

Saltburn District

Autumn 2024 Issue 49

Website: <http://u3asites.org.uk/saltburn>

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Welcome to the 2024 Autumn Newsletter

Celebrating Saltburn District u3a's 20th Anniversary

Is it September already? It feels like just yesterday we were marking the 10th anniversary of our vibrant Saltburn District u3a community. As we reflect on the past two decades, we are filled with gratitude for the countless members who have made this organisation such a special place.

From the early days to the present, Saltburn District u3a has been a hub of learning, friendship, and shared experiences. We've witnessed the growth of our membership, the expansion of our offerings, and the incredible stories of individuals who have found purpose, joy, and a sense of belonging here.

In this edition, we celebrate our 20th anniversary with a special feature and photographs of the event which took place on 6th September. We invite you to take a trip down memory lane and re-live the highlights of the day in Saltburn Community Arts Centre.

But it is not just about looking back. We are also excited to share the latest news and updates from our u3a. Discover new workshops and activities, learn about upcoming events and hear from our members about their experiences.

Remember, your voice matters. We encourage all members to share their stories, hobbies, knowledge, and experiences with the community. Whether it is a personal reflection, a creative piece, or a helpful tip, your contributions make our newsletter a valuable resource for everyone.

As we continue to grow and evolve, we look forward to another 20 years of learning, friendship, and community. Thank you for being a part of our journey.

Howard Leake, Tricia Salt, Anne Menzies and Sarah Telfer

Your Newsletter Team



Part 1

u3a News

Message From The Chair

A 'Hop Across The Pond'

I have been on a 4-day 'road trip' to the Bay of Fundy (the world's biggest tidal range), Peggy's Cove in Nova Scotia – an amazing place, Halifax Pier 21, and finally Prince Edward Island driving across the Confederation Bridge 12.9km long! On the last day, they took us on a 'Lobster Cruise' at sunset – absolute icing on the cake.

When I got back to the UK we went to see the amazing play 'Come from Away' at Newcastle Royal Theatre about all the planes that had to go to Gander when 11th September happened. The next day we were off to Edinburgh for the Military Tattoo and the day after a nice dinner with my great-niece. Next day we visited the wonderful Royal Yacht Britannia.

It was an amazing 'bucket list' tour, and the grand finale was to discover that yes, there are u3as over in Canada too – mainly in Ontario. I intend to catch up with some of the members there ready for my next trip across the pond.

Margo Davidson-Wood Chair

E Mail: margodavidsonwood@btinternet.com



**IMPORTANT
NOTICE**

Message re Membership Forms

If you haven't yet completed your membership renewals, we have arranged that completed membership forms can now be submitted at Saltburn Library.

Please ask at the desk for your membership form to be placed in the SDu3a folder. If you are including payment, be sure to put your form and payment into a sealed envelope. There are some spare envelopes in the folder for this purpose.

Ann Strong Membership Team

“MONTHLY UPDATE ”

THE OCTOBER UPDATE WILL BE ON FRIDAY OCTOBER 4TH

&

THE NOVEMBER UPDATE WILL BE ON FRIDAY NOVEMBER 1ST

SCAA (Saltburn Community Centre) & will also be available on Zoom
on Friday **OCTOBER 4TH** at 09.45 am, in the Hall.

The order of the morning will be:



•9.45am – doors open

•Coffee/tea to be served until approx 10.15am

•10.15am - Business, updates and notices

After the notices there will still be the opportunity to speak to committee members, sign up for groups, continue conversations etc, so don't feel you have to rush away!

Entrance fee remains £1.

THEATRE COFFEE MORNINGS EVERY 2ND SAT. 10 AM - ECHO CENTRE

Article deadline for next newsletter is Friday **NOVEMBER 22ND**

By email to: h.leake@ntlworld.com

Or

By hand to any of the newsletter team.

Northumbria Messenger is available on the Newsletter web site page.

FUTURE UPDATE MEETINGS

OCTOBER 2024

BACK CARE

NOVEMBER 2024

HEARING IMPAIRMENT

Author Susan Willis: A Creative Journey

Susan Willis from Northumbria Writers attended the Writing for Pleasure group on Thursday 29th August. She gave a wonderfully informal and friendly talk on self-publishing.

With a writing career that spans 18 years, Susan has crafted an impressive collection of at least 30 books. Interesting genres like Cosy Crime, Psychological Thrillers and Romantic Foodie Suspense!

Living in the picturesque North East of England, Susan draws inspiration from such stunning landscapes and vibrant towns as Yorkshire, Durham, and York. We took a guided tour through her writing career and learned how to self-publish our work.

She left us all feeling inspired to create our own literary journeys.



Groups' Coordinator Report

Knitting and Knattering

- We have a new group that is hoping to start for those knitters amongst you – the Knitting and Knattering group will be on Tuesday afternoons fortnightly. This is a group to share techniques and chat about yarn and patterns. Please let me know if you are interested and I will add your name to the Interest Sheet.
- "There is a possibility of another new group starting called Keep Fit to Music, this would be run by Maureen Payne and she said this would be a fun class and is open to all."

As yet there is no day or time for this group, but if you are interested please contact me so I can add your name to a list.

Finally, please see the list of Groups that currently have some space. If you fancy trying something new, one of these groups could be for you; just check out their details on the website:

- | | |
|--|-----------------------------------|
| • Art Group (beginners welcome) | • Music Appreciation |
| • Backgammon 1 | • Papercraft 2 |
| • Backgammon 2 | • Parchment Craft |
| • Beginners Bridge | • Pebble Painting |
| • Birdwatching | • Poetry Reading Group 2 |
| • Board Games | • Russian |
| • Boules | • Scrabble |
| • Bridge 1 (social) | • Singing for pleasure |
| • Bridge 3 Social | • Smartphone Photography |
| • Circle Dance | • Sundowners |
| • Crochet (beginners welcome) | • Tai Chi (Beginners welcome) |
| • Discussion Group | • Tap Dancing (beginners welcome) |
| • Echo Literature Group | • Theatre Group |
| • Gardening | • Walking 1 |
| • German | • Walking 2 (5 miles minimum) |
| • Hand and Foot Canasta (experienced players only) | • Weekend Cozy (knitting group) |
| • Intermediate Spanish | • Zetland Literature Group |
| • Local History Group | |

Diane - Groups Coordinator

Art Group Critique Discussion

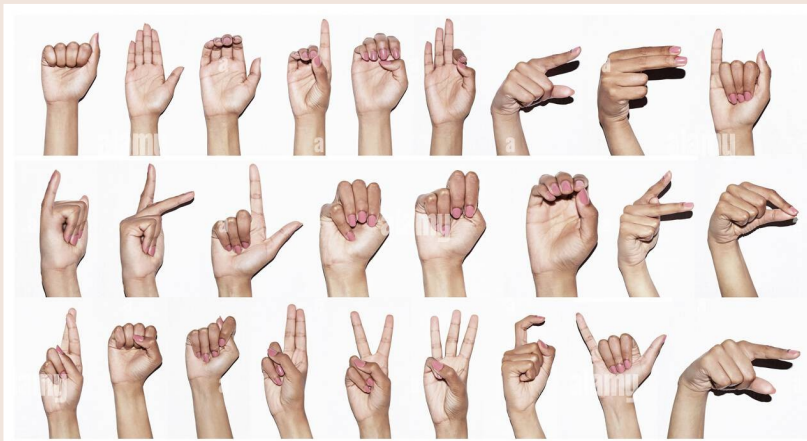
The Art group meets every 2nd and 4th Wednesday of the month in the Girl Guides Hall located in Redcar Central Railway Station car park. The doors open at 9.45 am for a 10 am start, with a tea break at 11 am; we finish at 12 noon.

- As an art group, there is no formal teaching but we do have some talented artists among us who are more than willing to help members improve. With improvement in mind, a painting was displayed at our venue on 11th September. We held a critique based on members' comments. The same painting will be modified and shown again at our next meeting (25th September) to see if there is any improvement.
- We have places free for any new members wishing to join the Art group. Please see the Saltburn u3a website or text Malcolm Lamond on 07934 405 523 for further information/ advice.

Malcolm Lamond Art Group Leader

Talking Hands

Talking Hands is a group that will bring together people who have difficulty with verbal communication. Either hearing it or speaking.



HANDS-DO-THE-TALKING



TALKING HANDS

We will practise and discuss using signing, singing, and playing games. We won't be using specific signing packages such as BSL or Makaton but will pick out random aspects that suit our purpose.

So, if you know someone who has hearing aids or just want to know more about how we can help others who are struggling to get their message across, come along!

The first of three two-hour sessions at SCAA, was held on 11 September 1-3pm. Subsequent sessions will be on consecutive weeks. After the sessions have ended, we will point you in the right direction!

Ann Strong Membership Secretary

Email: astrongu3a@gmail.com

SCAM: Stop Consult Assess Manage

How to report



Police

All Fraud in the UK is reported to the police at Action Fraud by phone or online:

0300 123 2040

www.actionfraud.police.uk

Action Fraud is the central reporting point for all reports of fraud, your local police force will be informed by Action Fraud.



Banks

Dial 159 (Stop Scams UK Anti-Fraud Hotline)

An automated line which Takes you through to your Bank's Fraud team .

For alternative ways of contacting your bank only use the contact details on your bank card or the official website.



Emails

Forward Fraudulent emails to **report@phishing.gov.uk**



Phone Numbers

Forward phone numbers Sending you Fraudulent Messages or calls to **7726**

Building Resilience Against Fraud

The role of the RECCC Engagement Team is to empower individuals and communities with knowledge. Our aim is simple, to build a resilience against Fraud with every individual we meet and offer them the skills to take their newfound knowledge and pass it on to people in their lives.

Our message is that however sophisticated the criminal's fraud technique, what matters most is what you do at the point at which the criminal tries to enter your life. The criminal can only enter your life through 4 doors; **In Person; Telephone; Post; Internet**. Put a good lock on each of these doors and the criminal will find it harder to get in.

For every communication you receive; **think SCAM: Stop Consult Assess Manage:**

Stop and think about it

Consult with trusted people

Assess the facts

Manage by reporting scams to Action Fraud

Talk at August Update meeting



As part of the local scam awareness campaign **Building Resilience Against Fraud**, Kelly Close And Andy Hampson came along to our August Update meeting to talk to us about scams. Over 80 of our members shared recent experiences of fraud. You can see above how to report scams and how to avoid them.

Andy did most of the talking and really opened our eyes to the world of scammers. Andy also said, causing a great deal of laughter in the audience, most scammers target older people so "if we see any we should warn them!"



Howard

50/50 Draw

I am pleased to let you know that the 50/50 draw has allowed us to give out the first donation of £54.03 to the Bridge Group to fund new playing cards.

If your group is in need of new or replacement equipment, please contact the treasurer Paul Bradbury to obtain funds from the 50/50 draw.

Also do not forget to purchase your tickets to be in with a chance of winning cash prizes and to help fund our groups.

Thanks

Paul Bradbury

And the winners of the last 3 draws were:

July - total of 87 tickets sold

1st prize:	I Scott	Ticket # 449	£18.50
2nd prize:	J Rodwell	Ticket # 618	£10.00
3rd prize	R Light	Ticket # 631	£5.00
4th prize	P Plews	Ticket # 103	£5.00
5th prize	S Thompson	Ticket # 612	£5.00

August - total of 79 tickets sold

1st prize	Sue Hicks	Ticket # 921	£15.50
2nd Prize	Susan Hall	Ticket # 652	£9.00
3rd Prize	Pauline Piper	Ticket # 637	£5.00
4th Prize	Mary Maternaghan	Ticket # 456	£5.00
5th Prize	Joan Greenwood	Ticket # 482	£5.00

September - total of 218 tickets sold

1st prize	P Shepherd	Ticket # 1047	£48.00
2nd Prize	V Taylor	Ticket # 1007	£25.00
3rd Prize	M Maxwell	Ticket # 738	£12.00
4th Prize	B Glover	Ticket # 1011	£12.00
5th Prize	P Shepherd	Ticket # 1048	£12.00

July Update meeting – Singing for Pleasure

Our Singing for Pleasure group gave a performance to members attending the July Update meeting. They started with a couple of “rounds”, moved on to several well-known songs (including 'The Hills are Alive' from the Sound of Music), and also included pieces they are currently practising. As Vicki, the group leader, emphasised the group is not a choir, the aim being to enjoy the sessions, while providing a challenge to improve. The audience was certainly appreciative with many people saying how much pleasure they had received from it. So job done!

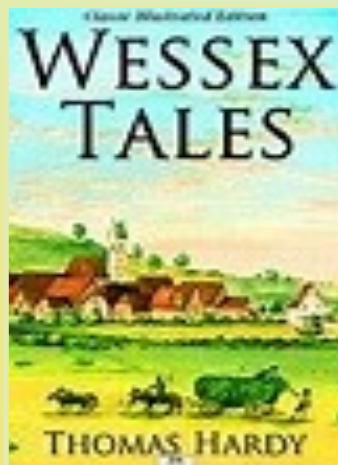
The Group is always happy to welcome new members: they meet at the Echo Centre from 1.30-2.30pm every Monday. Just turn up if you are interested.

UPSTART CROW IS CHANGING

NOW: 'THE ECHO LITERATURE GROUP'

Our group has read 13 of Shakespeare's plays since its inception five years ago. As much as we have enjoyed the reading and discussion, we are ready to try something new.

We have decided to read a mix of short stories alongside occasional Shakespeare. We restart this September with Shakespeare's much-loved comedy, 'As You Like It' followed by Thomas Hardy's Wessex Tales.



In Shakespeare's plays we read in the roles, every person having a turn each session. With short stories, each person in the group will be invited to read 1-2 pages of the story before passing it on to the next person. Of course, we love our chat about what we have read and that can't help but continue.

We felt we needed a new group name to reflect the above changes so agreed that the Echo Literature Group is the new name, given

we meet in the Echo Centre (3rd and 4th Mondays of the month - 10am-12noon). We currently have group vacancies for 2-3 new members.

If you would like to join our friendly group and find out more about us, please read the group 'blurb' under 'Echo Literature Group' on the SDu3a groups section of the website and leave a message via the website.

Val Metcalf Group Leader

MEMBERS' COMMENTS

On our 20th Anniversary, we have received some lovely comments from our members:

*Since moving to Saltburn
I've made lots of friends.
Through joining the u3a''*

*"Living on my own."
It's lovely to have the
groups.
To go to for a chat''*

*"There are no
social barriers.
In the u3a''*



Friendship

Support

*"Happy
memories"*

*New start, new
home,
New friends –
SDu3a!''*

What the u3a has done for me

I moved to Saltburn in April 2014, with my husband Victor, from Norwich. We didn't know a soul here and had no connection with the area at all. We just loved the place when we visited and decided to retire here. All the people we met in our neighbourhood were so friendly and welcoming and still are.

After a couple months of settling in, we were in the town one day and saw the signs for the u3a at the Community Centre for an Open Day in June to celebrate 10 years of SDu3a. On arrival we were greeted and welcomed by many a friendly face and so began a new life for us here. We have made many friends and joined in many activities and helped out where we can. One of the first people I met was Sally Melvin who took me under her wing and bade me join the Playreading group which I'm still in.

We have had fun and learnt a lot, just as the u3a motto says and, being newcomers to the area, have found our way around with help from all the wonderful people we've met. It has truly been life changing for us and we see the members of SDu3a as our second family, here in the North. In more recent years as we have all got older and been in a pandemic too, we have discovered how there's always someone there for you to talk to, listen to and be your friend.

In times of bereavement, loneliness and maybe confusion you are never alone. The strength of the u3a has helped me also to come out of myself and being in the ALR (A Life Remembered) group under Louise for a number of years has encouraged me to complete a book of memoirs which I would not otherwise have done so I'm also grateful for that. Long may the u3a continue!

Vicki Makins

WELCOME TO THE WRITERS' GROUP

Saltburn District u3a Writers' Group is a relaxed, eclectic mix of people interested in writing novels, short stories, or poems. Its object is to encourage and support its members in a constructive, helpful way and to employ skills within the group in this endeavour.

We meet fortnightly at 10am Monday at the Saltburn Community Arts Association (SCAA), Albion Terrace, Saltburn. We take a break at around 11am for refreshments and conclude the meeting at 12 noon. If you want to attend our group, the next meeting is on Monday 30th September.

You will be warmly welcomed.

Maggie Sheehan Writers' Group Leader

Email: maggierrypain@yahoo.co.uk

Polymer Clay Workshop

During May and June this year we decided to have some fun and organised jewellery-making workshops using the medium of Polymer Clay. Over four Wednesday mornings, attendees created earrings, pendants, bracelets and brooches. A variety of techniques were learned and implemented, including colour blending (the Skinner technique), screen printing and slab-making. Many tools – the extruder, the pasta maker cutters and moulds – were mastered and utilised, as was applying gold/silver leaf, glitter, relief patterns, textures and many more.

Much enjoyment was had by all and many exceptional and distinctive pieces were created.



By request, and if interest is sufficient, we are considering organising a Christmas workshop along similar lines. Create your very own festive pieces, tree ornaments, wine charms, jewellery or fashion-unique gifts for the special folk in your life. Look out for an interest sheet at future Update meetings or an email giving further details. We'd love to see you there.

Deb Barwick and Louise Moore



Part 2

20th Anniversary
Saltburn District
u3a
2004 - 2024

SPECIAL EDITION

CELEBRATING 20 YEARS OF SALT BURN DISTRICT U3A

Getting ready for the 20th Anniversary

I am writing this with less than 24 hours to go before the grand opening of our 20th anniversary celebrations. The decoration of the cake (very large) has been completed and the bunting (many, many metres) has been updated and hung and we have a new banner. None of this would have been possible without the thirty-plus volunteers who have baked, iced, sewn, drawn, and generally turned their hand to whatever was needed.

A great many hours have been so willingly given, and, as well as all the making, we have had such a good time socialising. We have put the world to rights, shared deep emotions, and had plenty of laughs.

A massive and heartfelt thank you to all, too many to name but you know who you are! It has been such a privilege to work alongside everyone and I hope we get a chance to work together again.

Karin Slade



Making Bunting



Cake is made & decorated

Preparations are started in the SCAA Hall.

Early on the morning of the Anniversary (6th September 2024)

Bunting was hung.



u3a Banners are placed inside & outside



Everybody Welcome

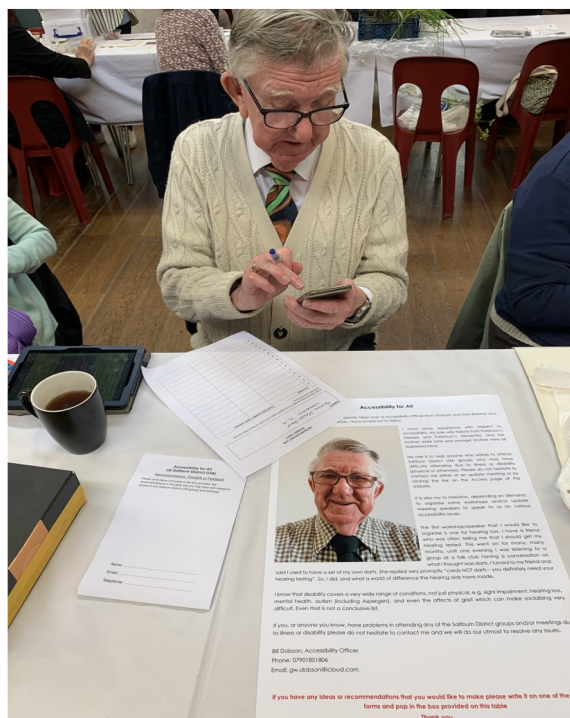
**Our Anniversary event
Was announced
By
Town Crier
Sharon Wilson**



**The Mayor of Redcar and Cleveland
Councillor Neil Bendelow
&
Saltburn District u3a Chair
Margo Davidson-Wood
Declared the event officially 'open'
By the cutting of
our enormous Cake**



Accessibility



Accessibility – Bill Dobson – Supporting Disability, It's Good To Know That Someone Has Your Back.

Art Group



Art Group – Malcolm Lamond – Very Eventful Day. Lots Of Interest And New Members To Our Art Group.

Backgammon



Games – Howard Leake And Dave Lowe
The Intricacies Of Backgammon, Possible Two New Members.

Card Craft



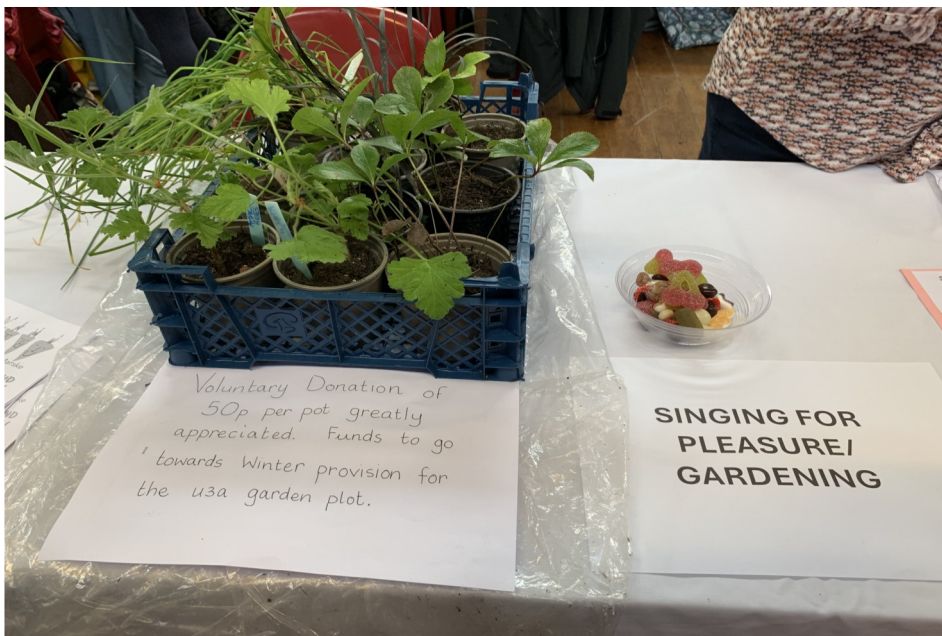
Crafts Anon – Sue Wilson And Maureen Wood Presenting
A Variety Of Excellent Crafts.

Crochet



Crochet – Jean Devasagayam ,Margaret B And Margaret L
Display Of Works By Group Leader And Members Showing
The Wide Range Of Crochet Work Possible.

Gardening



“Wildlife Community Garden” Denice Partington and Sue Cotton.
“Singing for Pleasure” Vicki Taylor
Between April And October (Seasonal).

Games



Scrabble with Helen Johnson & Elizabeth Groves

Photography



Photography - Ken Bladen

Spanish



Languages – Vicki Makins And Marie Maxwell

Sundowners



Sundowners – Ann, Rita, Margaret And June
An Introduction To Seasonal Mocktails, One For Each Season Of The Year.

Pebble Painting



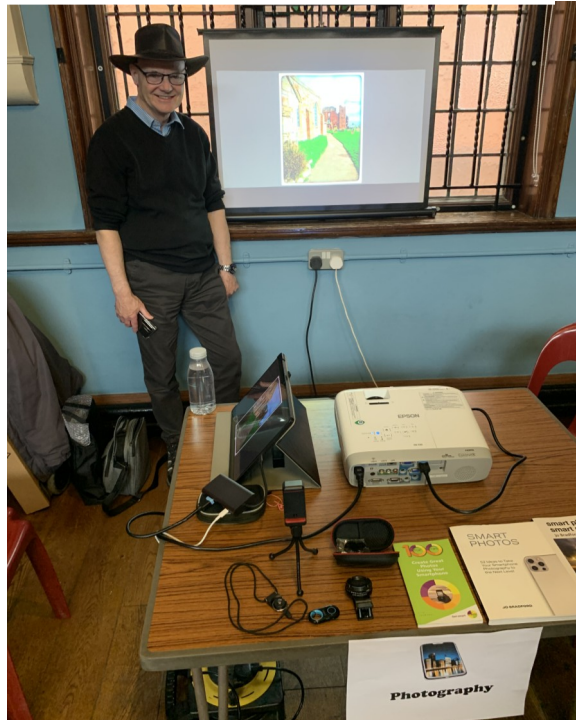
PEBBLE PAINTING – Sarah Telfer and Kaye Smith
Give the gift of sight to a clay ladybird and take it away today.

Paper crafts



Papercrafts Judith Brun, Mary Grimley, Janet Robson And Louise Moore
Presenting
The Make & Take Activity Making Greeting Cards, Meeting Monday Mornings
Or Alternate Tuesday Afternoons

Smartphone Photography



“Smartphone Photography “- John Davis.

Writing For Pleasure



Writing For Pleasure – Pat Atkinson
Very Positive Response From Members New And Prospective.

u3a table



Refreshments



Some of the Key Workers who helped on the day.
Thanks to everyone.

“Theatre Show”

At 12 noon, the spotlight moved to the Theatre for performances from some of our groups, with Ken Johnson reprising his role as Master of Ceremonies (and master of alliteration), welcoming the audience to the “Saltburn Palais Hall of Varieties”.

To start things off with a bang, the always excellent Ukulele Band entertained us with many oldies but goodies, including 'Hi Ho Silver Lining' and 'Dedicated Follower of Fashion', with the audience joining in, waving their arms and singing along

The Ukulele Band



“Theatre Show”

There followed a quieter interval from some members of the Writing for Pleasure Group members reading creative writing.

The Poetry Reading Group

Sarah Telfer performed her comic rhyming poetry about a disastrous birthday party, grandma’s unusual soups, and a petrol head in love with his van. We heard Michael Kirk’s memories of teaching lady convicts at HMP Newhall in West Yorkshire. His story, from a writing group prompt ‘And Then There Were None’ had just the right blend of comedy and tragedy, and was true! Bill Dobson (Accessibility Officer) read ‘The Sound Collector’ by Roger McGough, and ‘Talk to Me’ written by his late wife, Felicity, which shed light on the societal perceptions of wheelchair users.



The German Conversation Group

There Was A Welcome Translation For Non-German Speakers, But We Did Learn A (Perhaps Not So Useful) German Phrase: “Der Himmel Sturtzt Ein!” (The Sky Is Falling!) And The Moral Was “Don’t Believe Everything You Read On The Internet



The German Conversation Group

(Continued from previous page)



The Wind Band

After a short interval to give them time to set up, and despite lacking some key players, the Wind Band played some lovely tunes to a very appreciative audience, including 'Memory' from "Cats" (in memory of a band member who has sadly now passed away) and a medley of Burt Bacharach songs.



“Theatre Show”

Another quieter yet powerful performance followed, with a trio from Maggie Sheehan’s Writers Group. Jane Rodwell read a piece from our master storyteller Roger Elgood; her Cosy Crime Novel is still in progress. Anita Langham adapted her well-researched story from Oscar Wild’s ‘Salome’, taking her title from the Writing for Pleasure Group. Maggie Sheehan read an extract from Jane Rodwell’s cosy crime novel – still in progress.

The Trio From Maggie Sheehan’s Writers Group



What a talented lot our u3a members are!

The results of September’s 50/50 draw were next. A record 218 tickets had been sold – winners names in this issue of the newsletter.

The afternoon ended with the French Conversation Group Members arriving on the stage. *See Below*



“Theatre Show”

Finally, the French Conversation group once again brought the house down with their always original and hilarious play: ‘Les Jeux Gériatriques’ (the Geriatric Olympics). Weightlifting grandpas struggling to lift a feather-light barbell, fencing grandmas, hurdles, and the slow-motion marathon with various walking aids to the tune of ‘Chariots of Fire’. The costumes, music, props, and jokes were brilliant as our ‘geriatrics’ slowly attempted the various sports. A misunderstanding about “fencing” was particularly amusing and the ensuing chaos was nothing short of hilarious. The audience then joined in the Marseillaise.

The French Conversation Group



Thanks to all of those taking part at the theatre and to such a lovely audience who made their hard work worthwhile.

******* STOP PRESS *******

NEW WEBSITE ON ITS WAY!

Work is currently in progress to update your SDu3a website which will make it easier to use and navigate. We are hoping that it will 'go live' in November this year. Watch out for further updates.