

Saltburn District



WINTER 2024 Issue 50

Website: <https://saltburndistrict.u3asite.uk/>



The card on the front page was made by the Papercraft Group

*On behalf of everyone on the committee,
We wish you a very peaceful
Christmas and a happy and healthy 2025*

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MERRY CHRISTMAS

and very best wishes for 2025

from the Chair and Trustees of Saltburn District u3a

As we approach the end of another year and prepare to venture with gusto into the next, I continue to value and appreciate being a member of such a wonderful organisation as our SDu3a. This time of year always seems to bring out the very best in our members – smiles, cheer, and friendship; and such fun festive activities were on offer this year too, to complement our usual group sessions. I do hope you've managed to visit at least one of our Christmas workshops over the past weeks. If so, we'd love feedback. What did you particularly like? Is there anything we could do better? We're always looking to improve, and hearing our members' thoughts is the best way to do this.

I'd also like to thank, particularly, those of you who continue to offer that little extra to SDu3a. Our Group Leaders and Key Workers - without whom our organisation simply could not exist – are the firm foundations on which we continue to build our success. You are very much appreciated. **A plea**, also, for all members to consider volunteering a small amount of time to help on the committee. There are many roles on offer. You do not have to be a Trustee (Committee member) - although we are always searching for willing hands here too. There are also 'non-officer' openings. Please have a word with any Trustee if you'd like to know more.

This year we are, sadly, saying a very fond farewell to Barbara and Paul Spight; thankfully, only in their two decade-long roles as Group Leader and Treasurer respectively of our marvellous Theatre Group. We wish them both many more happy and active years with their SDu3a friends, Paul a speedy recovery, and our gratitude and appreciation for the years of hard work given for the enjoyment of others. You will be missed. Keep an eye out for the December issue of Talk of the Town featuring an article highlighting Paul and Barbara's time in the hot seat, written by our own Rosemary N.

A piece of news that won't affect your day-to-day activities, but will be felt by Trustees as we continue to steer our SDu3a ship – Margo, our Chair, will be stepping back for a while as she gives priority to her health and wellbeing. Feel better soon, Margo, and keep in touch. I'll be Acting Chair, with Liz R as Acting Vice Chair, for the time being.

New for 2025 – Stand Alone Social Events! Hopefully, we'll be trialling this concept in the spring. If you have great ideas, would like to be involved in organising, or can simply help out (in any way), please let any of the Committee know. We'd love to work with you to take this idea forward.

Finally, I hope the New Year brings all you wish for and deserve as we move forwards together.

Onwards for our wonderful SDu3a, into 2025 and beyond.



Deb B. Acting Chair

“MONTHLY UPDATE”

THE JANUARY UPDATE WILL BE ON FRIDAY JANUARY 3RD

At

SCAA (Saltburn Community Centre) & will also be available on Zoom

on Friday JANUARY 3RD at 09.45 am.

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 February 14th

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

FEBRUARY 2025 THE FIRE BRIGADE

MARCH 2025 CITIZENS ADVICE (GROWING OLDER PROJECT)

M D-W- Chair

Group Coordinator Update

A big thank you to Karin for standing in for me at the November Update meeting and for handling any queries whilst I was away last month.

Christmas is nearly upon us and we have had a few Christmas Workshops take place which have been enjoyed by all attending. More on these later in the Newsletter.

Lots of our groups have already started their Christmas break and will resume in the New Year.

Tai Chi has recently let me know that they are taking a break for Christmas, the last session being Wednesday 11th December and restarting on Wednesday 8th January 2025.

Poetry 2 Group is in need of more members or unfortunately it will be closing. They meet on the first Tuesday of the month at TOC H, Saltburn from 10.30am – Noon. The next meeting is Tuesday 7th January,

A **Dementia Awareness** workshop was held in November and so we have even more members who are now Dementia Friends. Thanks to Bill for organizing that.

Finally I'd like to wish you all a very Happy Christmas and New Year.

Diane

Have You Seen Our New Website



<https://saltburndistrict.u3asite.uk/>

Quite a long time ago we received word that u3aSites was coming to an end and that an alternative platform for u3a websites was in development. Our expectation was that someone somewhere would just magic up a site for us using our old site information. Around the end of September, we followed up and found that we had to do all the work ourselves and that our old website will disappear forever on 13th December 2024.

A 200-page tutorial later, I am very pleased to announce that our new website went live mid-November, all members were emailed at the time with a link to the site. If you haven't had a look yet, please do so, there is a lot of information for you.

The new website is simpler to navigate and has lots of linked buttons. These are set into 5 pages, **Home, Groups, How to Join, Committee** and **News and Information**.

Training is being developed and will be on offer soon to committee and group leaders; all members will benefit by using the website as a “**go to**” place to find out all the latest news, browse groups, send messages, and lots more. If you have suggestions and ideas for the new website, please send a message to the Webmaster

Note of thanks –to the team who have developed the site in u3a themes, written all the guidance materials, mentored and been there during migration and to offer support. This has all been done in their own time as VOLUNTEERS. Without volunteers to help with projects like this and those who help to run individual u3a's we would disappear quickly. Could you help Saltburn District? Speak to any committee member for more information or use the contact buttons on the new website.

G B- Acting Webmaster – email: gbatizu3a@aol.com

Dec 2024

A Festive Update: 6 December 2024



Our recent Christmas Update event was a resounding success. We were delighted by the turnout and the community spirit shown by all who attended. The event featured festive activities, including a prize from Santa for the best festive outfit, two quizzes, the 50/50 raffle, tea, coffee and mince pies, culminating in a delightful performance by the Saltburn District u3a Singing for Pleasure group.

We celebrated Barbara and Paul Spight's 20th anniversary as Theatre Group Leader and Treasurer. Barbara received a beautifully crafted card and several gifts from the Committee, including a framed photograph and a Northern Potters jug. She expressed heartfelt thanks on behalf of herself and Paul, who unfortunately could not attend due to illness.

The Committee extends sincere thanks to everyone who contributed to the event's success.



Barbara Spight with gifts at the Xmas at Update Meeting

Dementia Awareness Workshop

Monday was a cold and blustery day but I'm glad I braved the weather for Yvonne's informative u3a workshop on dementia. I came away with a greater understanding of dementia.

While I haven't had a family member directly impacted, witnessing friends' and neighbours' struggles, I thought I understood the disease. However, I realized how much I didn't know.

Dementia is a complex condition that affects each person differently. It's like an umbrella with many facets, and everyone's experience is unique. Hearing first hand accounts from group members willing to share their experiences made me realise how little I understood. This has given me a newfound respect for caregivers and loved ones.

Thank you and well done Saltburn u3a!

Pauline Twedde

SAVE THE DATE!

16 MARCH 2025

SAVE THE DATE!

SPRING SOCIAL & AFTERNOON TEA

We are planning to hold a ticket-only event
on Sunday 16 March 2025.

There will be a multitude of games
and activities for you to enjoy as
well as a light afternoon tea.



**More details will be available in the New Year
with tickets on sale in February.**

SAVE THE DATE!

16 MARCH 2025

SAVE THE DATE!

Valley of Lights Project 2025

Get ready to experience the magic once again! The Valley of Lights Project will be returning next year, and Saltburn District u3a has once again been invited to take part.

As in previous years, the event will showcase beautiful light installations and will offer plenty of opportunities for everyone to get involved. It is expected that the workshops will be held in February 2025 with the event itself taking place in March.

Emails will be going out soon inviting members to participate, so keep an eye on your inbox for details on how to sign up. We look forward to another successful and glowing Valley of Lights.

Talks At Autumn Updates

6 September – Cleveland Bat Group

Jean D. gave a very interesting talk about bats introducing the audience to the magical time of day around and after sunset in the Spring/Summer and early Autumn when bats emerge to forage. She pointed out that bats do not like wet, cold or windy weather meaning that for humans, surveying for bats is a comfortable experience. How the bats use their calls to echo-locate (a sonic sat-nav) to communicate and to capture their food was also explained.



Her talk included a PowerPoint presentation on the work of Cleveland Bat Group:

- ★ To record the existence of the 9 bat species in our area and identify them by use of sonograms and feed that information to national resources,
- ★ Bat carers who rehabilitate injured/rescued bats and return them to the wild
- ★ To engage the public and educate on their legal protection, their importance as pest controllers and pollinators and dispel negative myths.

If you would like further information or want to become involved, please contact Cleveland Bat Group at: www.clevelandbatgroup.org.uk or clevelandbatgroup@gmail.com

4 October – Hearing Impairment



In October we welcomed Rebecca and Charlotte from Scrivens Hearing Care who talked about hearing loss, a so-called “invisible disability”. As we know, this is often age related but can also be congenital or noise related. High frequencies are usually the first to go along with hearing the beginning and end, but missing the middle, of a sentence. It is often isolating, people preferring to stay at home rather than struggling to hear what is said, and can be very tiring for the person living with it.

To help anyone with this problem we should slow down when we are talking – speaking clearly rather than shouting. Attracting a person's attention before speaking and facing them can also help.

There was a lot of information and questions/discussion about the different types of hearing aid; we were advised to try NHS ones first, although private ones often have the most up to date technology.

The overriding message though was to have your hearing checked as often as your sight and, if you are already using a hearing aid and it is not fit for purpose, to go back to your provider and ask for adjustments to be made.

50/50 Draw

The winners of the last 3 draws were

October

FIRST #	827	25.00	J Wardell
SECOND #	1081	12.50	K Slade
THIRD #	854	8.00	H Garbutt
FOURTH #	1085	8.00	L Kettlewell
FIFTH #	826	8.00	A Beddows

November

FIRST #	1180	25.00	J Bradbury
SECOND #	1167	13.00	A Beddows
THIRD #	1175	8.00	A Pacitto
FOURTH #	1165	8.00	M Maxwell
FIFTH #	1157	8.00	L Kettlewell

December

FIRST #	1104	23.00	S Richardson
SECOND #	1105	15.00	S Richardson
THIRD #	1141	8.00	J Bradbury
FOURTH #	0397	8.00	M Tyson
FIFTH #	1243	8.00	J Devasagayam

P B

Board Games!

Do you like playing board games? During the cold winter days, why not give it a go:



Scrabble on Monday mornings, 10.00-12.00 am

Board games on Tuesday mornings, 10.00-12.00 am

Both are held at Marske Sports and Recreation Pavilion (Marske Football Club)

All levels of players are welcome: just come along on the day and try it out.

H J

Papercraft 2

If you are interested in creating cards, gift boxes and other items, then our friendly Papercraft 2 group could be for you!

We meet on the 1st and 3rd Tuesdays of each month at the Echo Centre next to the Emmanuel Church. Sessions last two hours and we start at 1:30pm.

Papercrafting can be addictive so please come and try a session to see what we do.

No special equipment is needed, but it might be helpful if you brought a pair of scissors, a ruler and anything else you think would be useful. A mat is also useful but the inside of a cereal packet will do to begin with.

If you think you would be interested, then please let me know or get in touch with Diane Goldby, our groups coordinator.

L M

Christmas Workshops

We had three workshops to choose from this year:

- ★ Tree decorations from felt.



- ★ Making marzipan fruits and vegetables.



- ★ Willow windows or stars to hang at home.



An amazing amount of work was done given how much we laughed and chatted.

Karin

Theatre Group

14 December Coffee Morning

At the last coffee morning of 2024, Barbara officially retired from running the Theatre Group (though I'm sure that will not be the last they see of her!) The assembled members presented her with a beautiful bouquet and an envelope containing money. One of the members, Sybil, read a lovely farewell to her.

However, you will be pleased to hear that this popular group will continue running in the same way, with the usual coffee mornings and trips, as Carole Murdoch takes over the reins. We wish her well and know that the enthusiastic helpers and group members will continue to support her.



Barbara Spight



Carole Murdoch
New Theatre Group Leader



Theatre Group



Barbara and Paul Spight

It is with a heavy heart that I am stepping down from running the Theatre group after organising it from 2004 to 2024. Nevertheless I do feel that this is the right time, for two reasons. The main one being husband Paul's recent stroke preventing him from being the very efficient Treasurer for the group. The second being the shift to doing everything online. Not being a very technical person I do find this harder than the more personal approach.

I would like to take this opportunity to sincerely thank all my helpers in Theatre Group, most of whom have been with me over many years: Robin, Rosemary, Carol, Joyce, Pat, Eirwen, Hazel, occasionally Sally and Margaret and, recently, Gaye.

I was delighted when Carol Murdoch offered to take over from me and I hope all Theatre group members will support her and help this popular group to go on for many more years.

Barbara

Theatre Group

It was in 2004 that Barbara suggested running a “theatre visits by coach” group as an activity for the new Saltburn District u3a.

Since then, she has organised about four hundred visits which have been a highlight in many members’ lives. The first meetings of twenty-five people were in the ToCH building but growing numbers led first to a move to the Convalescent Home (now Saltburn House) and later to the new ECHO building where meetings have been held on the second Saturday of the month ever since.

Events have included plays and musicals, outings to stately homes, castles and gardens as well as river trips. Barbara says: “Stand out events for me have been seeing the play of War Horse and the amazing outdoor spectacular Kynren up in County Durham. We’ve been four or five times now and it never ceases to thrill with the pyrotechnics, fireworks, horses and other animals, as well as the story of our history through the ages.”



Other Theatre Group Pictures



Teesside Princess afternoon cruise and tea.



Stephen Joseph theatre, Scarborough

