

Saltburn District



MARCH 2025

Issue 51

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



Redcar Front Esplanade

EDITORIAL

Spring into Connection and Growth with Your U3A!

Spring is a time of renewal, and inside you will find details on how to renew your SDu3a membership for 2025-26. (Is it just me, or does it only seem yesterday that we were celebrating the millenium?!)

Annual membership remains at just £10, (and £1.50 for attendance at most groups) which I think you will agree is very good value for money. This is thanks to the careful management of our hardworking committee and treasurer, and is a testament to their commitment to ensuring our u3a remains accessible and affordable, even as external costs rise. For this, you get access to dozens of groups, talks, social events, Update meetings and, of course, this Newsletter! There really is something for everyone.

Also very important, if you are a tax payer, we would ask you to tick the Gift Aid box on the renewal form as this gives us, in total, over £1000 which helps fund **YOUR U3A.**

Later in this issue you will see details of our AGM on Friday 2 May. You can also read about our contribution to the wonderful Valley of Light event. And a report on our first ever Sunday Social afternoon. As well as interesting Update talks and news about our groups.

Now, we invite you to be a part of our thriving community in even more meaningful ways! You can find information in the following pages on how to become more involved (as much or little as you are able). We're always looking for more members to join our committee, share their expertise by leading a group, or lend a helping hand as a key worker. **We really do need you** in order to keep our u3a running efficiently in 2025-26.

Howard

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“MONTHLY UPDATE”

THE APRIL UPDATE WILL BE ON FRIDAY APRIL 4TH

At

SCAA (Saltburn Community Centre) & will also be available on Zoom
on Friday APRIL 4TH 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 May 16th

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

MAY 2025

ANNUAL GENERAL MEETING

M D-W– Chair

Group News

The **Gardening Group** has restarted for the season and new members would be very welcome. (See the article and photos in this issue) Anyone interested, just call by the wildlife garden at the Marske end of the allotments on a dry Tuesday morning between 10:30 and noon to have a chat and see if it's a group you would like to join. It's suitable for all abilities and more social than hard work.

Pat Atkinson is stepping down as Group Leader for **Writing for Pleasure** after 12 years in the role. (see photo in this issue) Many thanks to Pat for all her work as Leader.

One of our new members would like to start a group based on **Indian Vegetarian/Vegan cookery**. His idea is to get a group of 3/4 members together to host an evening at their homes. The group would put together a menu for the evening and then prepare, cook and sit down and enjoy the food and talk about the cultural background and history. If you are interested please contact me.

The **Cruise Discussion Group** will be meeting on Tuesday 25th March at 1.30pm at the Echo Centre. New members are welcome.

At the beginning of April, our **Walking 3 Group** will be hosting (leading walks) a group of 16 from Southport u3a as part of the Walkers Exchange.

Unfortunately, the following two groups are closing:

- ★ The **Pebble Painting Group** will be closing in June, the last meeting being 13th June.
- ★ The **Knit and Natter Group** is closing due to too few members.

Suggestion Box

I now have a suggestion box at the Update meetings (on my table at the back of the hall). This is so members can complete a slip of paper with any suggestions for anything they would like to see organised or any group that they would like us to try and start. Alternatively, please feel free to email any suggestions to me.

Thank you

Diane - Groups Coordinator

Saltburn District u3a needs you!!



Please reply to gbatizu3a@aol.com only if you are interested.

We are looking to recruit several new committee members who would be able to give a few hours each week for the smooth running of our u3a. Could you be one of these people?

Our current committee members try to be flexible in their roles to ensure that all the mandatory officer jobs are covered, and we may have to reshuffle depending on who is available following our AGM in May. It is also possible to job share and we have a committee meeting on the 4th Wednesday of each month that lasts for 2 hours.

The main roles are:

Chair, Vice Chair, Treasurer, Secretary, Groups' Co-ordinator, Membership Secretary (Admin and Finance), Beacon/Facebook Officer, IT and Communications.

In an ideal world we would have enough people to be able to shadow jobs so that assistance and backup is always available.

Job descriptions are available on the website under the News/Information Tab (Policies). Reply to this email if you are interested or talk to any committee member for more information.

Section 16/17 of our new constitution (available on the website on the Annual General Meeting Tab and sent in a separate email) gives information on the requirements of trustees and the details on tenure.

Thank you on behalf of the Saltburn District u3a

Gaye Batiz - Secretary

Non-Committee Vacancy

We also urgently need a member to come forward to be our Venues Officer. This entails being the point of contact between our group leaders and our venues. For more information, contact gbatizu3a@aol.com. Or talk to any member of the committee.



Preliminary Notice of the Annual General Meeting Saltburn District U3A - Charity No. 1109691

Notice is hereby given that the Annual General Meeting (AGM) of **Saltburn District u3a** (SDu3a) will be held in Saltburn Community Centre, Albion Terrace, Saltburn, TS12 1JW on

2nd May 2025 at 10:00am

At the AGM, members of SDu3a entitled to vote, will be asked to consider and vote on Accounts, any resolutions received, election/re-election of Committee Members and the adoption of a new Constitution based on the recommendations of u3a Third Age Trust.

Visit <https://saltburndistrict.u3asite.uk/sdu3a-agm/> for more information and to download forms for motions, nominations and proxy voting.

A Zoom Link will be sent out prior to the date for those unable to attend in person. You will be able to make your vote using Zoom.

Forms for proxy voting and nomination for election of committee members can be given to any committee member and must be received by the Secretary, Gaye Batiz, by **Friday 4th April 2025.**

Resolutions for discussion should be received by **28th March 2025.**

By order of the Committee of Saltburn District u3a.

Website Training for Group Leaders

The next website training workshop for group leaders will take place on 19th March. If you are interested in learning how to edit your group page, please contact the webmaster using the contact form on our website. If you could not attend on 19 March (and it may be that this date has already gone), but are still interested, get in touch with the webmaster as above.

Gaye B

Once again it's time to renew our membership of Saltburn District u3a

*** Fees are again being held at £10 per year ***

Membership forms are on our **website**: [Saltburn District](#)

Completed forms can be emailed to memsecsalt@gmail.com

Forms are also available from **Saltburn and Marske Libraries**. Completed forms can be handed in to Library staff, along with your payment. Please put cash in an envelope with your name on if you are handing it into Library staff.

Or you can pay by **bank transfer** using:

Account number 38097230

Sort code 54-30-34

Please add your initials and surname on your bank transfer so that we can identify you.

It is also easy to pay **online** using Paypal or your debit card. Go to the SDu3a website, click on **News/Information** and then **Membership Renewals** and the link on this page will take you to the Beacon Members Portal where you should follow the instructions on the screen

If you do not want to use Paypal click on 'check out as guest' and you will get to a page where you can insert your card details. There is no charge to you for using Paypal or paying online.

Or you can come along **in person** to pay (by cash, debit card or cheque) on one of the following dates:

Thursday	3 April 2025	1.30 - 3pm	Saltburn Library
Friday	4 April 2025	10am -12pm	At Update Meeting
Monday	7 April 2025	11am - 1pm	At Saltburn Libray
Thursday	10 April 2025	1.30pm - 3pm	Saltburn Library
Saturday	12 April 2025	10am - 11am	Echo Hall Theatre Group
Monday	14 April 2025	11 am - 1pm	Saltburn Library
Monday	17 April 2025	1.30pm- 3pm	Saltburn Library
Thursday	24 April 2025	1.30pm- 3pm	Saltburn Library
Monday	28 April 2025	11am - 1pm	Saltburn Library

We really look forward to seeing you again!

Ann - Membership Secretary

Cleveland Fire Brigade Advice

Nigel and Andy came to the February 2025 Update and told us about their work with Fire Safety in the Home. The talk was very interesting and here are some of the important things they passed on to us.



Install Smoke Alarms

Place smoke alarms on every level of your home, inside bedrooms, and outside sleeping areas.

Test alarms monthly and replace batteries at least once a year.

Replace smoke alarms every 10 years.

Practice Kitchen Safety

Never leave cooking unattended.

Keep flammable items (e.g., towels, and paper) away from the stove.

Turn pot handles inward to prevent accidental spills.

Electrical Safety

Avoid overloading outlets or extension cords.

Replace frayed or damaged cords immediately.

Unplug appliances when not in use.

Candle Safety

Never leave candles unattended.

Keep candles away from flammable materials and out of reach of children or pets.

Smoking Safety

Smoke outside and use deep, sturdy ashtrays.

Never smoke in bed or when drowsy.

Ensure cigarettes are fully extinguished before disposal.

Keep water in the ashtray to extinguish spent cigarette butts.

Install Carbon Monoxide Detectors

Place carbon monoxide detectors near sleeping areas and on every level of your home.

Test them regularly and replace batteries as needed.

Update Talk: 7 March 2025

Growing Older Coordinator for Darlington, Redcar and Cleveland Citizens Advice

Sandra Blades gave us an outline of her role as Growing Older Coordinator. This project has received 3 years' community funding and is currently coming to the end of its first year. Her presentation highlighted the multitude of different initiatives already in existence.



Her main aims are to identify the needs of over 50s in our region and to map and link into existing services in order to influence future service delivery, as well as providing information on local services such as support services, awareness campaigns, local events and social gatherings. The Centre for Ageing Better has predicted that the number of people over 60 in this country will double from approximately 1 billion people in 2024 to 2.1 billion in 2056.

Sandra is keen for more people to get involved, to share their views on social care, health and other issues at their monthly focus group, the next one being on Wednesday 9 April, 12.30pm at the Citizens Advice Office, 17 Queen Street, Redcar. If you are interested in attending or just want to find out more, please contact Sandra by email at:

sandra.blades@citizensadvisedrc.org.uk.

- 1st Monday of the month in the Community Room at Morrisons in Redcar (11am-1pm)
- 1st Wednesday of the month at Sleights Court Community Hub, in Guisborough (1.30-3pm)
- 2nd Wednesday of the month at the Citizens Advice Office, 17 Queen Street, Redcar (2-3.30pm)

Further information on both this project and other support organisations, can be found in their first Newsletter. There is a link to this on the SDu3a website (under News/Information, then Update Meetings Information).

A Heartfelt Thank You To Pat Atkinson



Pat Atkinson

After 12 wonderful years of leadership, Pat Atkinson is stepping down as Group Leader of Writing for Pleasure at Saltburn District u3a. Her dedication and hard work have been the backbone of this group, and it is with deep appreciation and sadness that we bid her farewell in this role. Pat has nurtured and inspired us all, creating a welcoming and vibrant space for writers to grow and connect.

The group has now been passed into the capable hands of Sarah Telfer, Pauline Bennett, and Anita Langham, who will carry on Pat's work. We know the void left by Pat's departure will be felt deeply, as she has been the heart and soul of our group for over a decade. However, she will continue attending the group meetings as a member, so all is not lost.

Pat, thank you for everything you have done. Your impact will not be forgotten, and we wish you all the best in whatever comes next.

Saltburn District U3a Banner



Sarah Telfer with the new Banner

Sarah Telfer is also proud to be featured on our new banner, paid for with money raised from the sale of the 50/50 draw tickets. The banner echoes the inclusive, welcoming and collaborative spirit of the u3a movement: to learn, laugh and live well.

This banner is available for any member to use at SDu3a groups or events. If you would like to borrow it, please contact any member of the committee.

Riviera Travel

This is just a friendly reminder about a great way to support our u3a while planning your next getaway!

We have an arrangement with Riviera Travel where they donate to u3as when members book holidays through them. This applies to all sorts of trips – holidays, tours, cruises, and packages. If you're thinking about booking a trip, why not check out what Riviera Travel has to offer? You can call them on 01283 248 304 or visit their website at www.u3ariviera.co.uk to see their holidays and special offers.

To make sure our u3a receives the donation, simply mention u3a when you book and tell them it's for Saltburn District u3a. This works whether you are booking for yourself or for a group. Riviera Travel donates 10% of the booking cost after you travel. The donation goes to the Third Age Trust first, who then sends it to us (minus a small admin fee). It usually takes a couple of months for us to receive the donation.

One of our members recently used this scheme, and thanks to them, Saltburn District u3a received a fantastic donation of £503.82! This is a brilliant way to help us fund our activities, so please consider Riviera Travel when booking your next holiday.

P B -Treasurer

50/50 Draw

January 2025: 73 tickets sold

1 st	#1268	Bradbury	£13.50	Donated back to U3A funds
2 nd	#1446	Read	£8.00	Donated back to U3A funds
3 rd	#1260	Beddell	£5.00	
4 th	#1462	Bailey	£5.00	
5 th	#1463	Atkinson	£5.00	

February 2025: 127 tickets sold

1 st	#519	Miles	£25.00	
2 nd	#915	Lawson	£14.50	
3 rd	#1279	Atkinson	£8.00	
4 th	#837	Willows	£8.00	
5 th	#1212	Batiz	£8.00	Donated back to U3A funds

March 2025: 124 tickets sold

1 st	#962	Sigsworth	£25.00	
2 nd	#190	Shortmann	£16.00	
3 rd	#1356	Bailey	£7.00	
4 th	#1350	Maxwell	£7.00	
5 th	#961	Griffin	£7.00	

That is the last draw for this financial year and during that period we have sold 1416 tickets giving out £708.00 in prize money. The other £708.00 is in a reserve account for use by group leaders to renew/replace equipment to date £245.08 has been used.

P B Treasurer

Saltburn District u3a Garden Club Update

Spring 2025

The first signs of spring are appearing at last: snowdrops, catkins and some early daffodils. The SDu3a Garden Club has started up again in the Saltburn Community Wildlife Garden. The garden is a valuable local resource provided by the Parish Council and managed by the Allotment Association. It is used by walkers, cyclists, wildlife, young families, picnickers and people just wanting a quiet sit down surrounded by birdsong and flowers.

We would love to see some new members this year. We meet every Tuesday, weather permitting, at 10.00am in the Wildlife Garden, where we maintain and develop a culinary herb bed, a pollinator bed and a medicinal herb bed. All the beds are raised so easier on the back! You don't need to be Monty Don, we are a motley crew of very mixed ability, but you do need to enjoy some fresh air, a bit of chatter and an hour or two of light gardening

Last year our u3a Garden Club won Second Prize in the "Posy of Herbs" class at the Handicraft and Produce Show which started up again in 2024. And we were thrilled that the Wildlife Garden and Saltburn Allotments won a Gold Medal in the Northumbria in Bloom Special Projects category. One of the u3a Garden Club members went to Newcastle to receive the award, which particularly recognises the participation of volunteers and encouraging biodiversity.

If you are interested in joining our award winning group or would like more information, come along to the Wildlife garden at the Marske end of the allotments any fine Tuesday morning or get in touch via the website or Update meetings.

Sue Cotton



Mystery from the Shore: Can You Help Identify This Fossil Find?

June Mulroy, a member of Saltburn District u3a, stumbled upon a fascinating find during a post-Christmas walk along the beach. After a period of wet and stormy weather, the tides had churned up the shoreline, revealing an intriguing stone that appeared to be a fossil. Now, June is hoping to unravel the mystery surrounding her discovery.

"I picked it up just before Christmas," June explained, "after the storms had been lashing the coast. It was a really interesting looking piece and it definitely looks like some kind of fossil."



The North East coast of England, particularly around Saltburn, is known for its rich geological history. This area has yielded numerous fossil discoveries over the years, ranging from ancient ammonites to remnants of prehistoric forests. The recent storms could well have unearthed something truly special.

Identifying fossils can be a complex process, often requiring expert knowledge of geology and paleontology. Characteristics such as the fossil's shape, size, texture, and the surrounding rock formations can all provide clues to its origins. Sometimes, even the location where the fossil was found can be a significant indicator.

June is hoping that someone with expertise in fossil identification might be able to shed some light on her find. Perhaps a local geologist, a museum curator, or even an amateur fossil enthusiast could provide the answer. Even if a definitive identification isn't possible, pointers towards helpful resources or relevant experts would be greatly appreciated.

If you think you can help June identify her fossil, or if you know someone who might be able to, please email: h.leake@ntlworld.com This could be a chance to unlock a piece of Saltburn's ancient past and add another chapter to the area's fascinating geological story. Perhaps the mystery fossil will even end up on display at the local museum, offering a glimpse into the prehistoric world that once existed along the rugged North East coastline.

Valley of Light: A Magical Celebration Under the Stars



On 14-15th March 2025 from 6.30 pm to 9:00 pm Saltburn Valley Gardens in Redcar & Cleveland was illuminated for the Valley of Light, a magical celebration of community and creativity under the stars. SDu3a members were involved in two workshops to prepare for this event:

Braided Poetry Workshop

Local poets, writers and playwrights collaborated to create a body of work under the guidance of Stella Creates.

Author and poet Carmen Marcus conjured a space of poetic enchantment in the Braided Poetry workshop. Participants unlocked hidden voices, weaving together unlikely threads into poems of strange beauty. These verses, charged with the energy of their creators, were then set free in the woods, their voices becoming part of the forest's mystical song. Braided Poetry: a spell of convergence, where themes intertwine to reveal a single, luminous vision.

Sarah Telfer

Lantern Making Workshops: An Afternoon of Creativity and Cake

Saltburn District u3a members had a couple of very enjoyable afternoons at our Valley of Light workshop, led by talented local artist Adam Bligh. Under Adam's expert guidance, we spent a couple of creative and sociable sessions making vegetable lanterns, learning new skills, and eating cake.

Many of our members took part in last year's project so we were delighted to be asked to contribute again this year. The workshops were made even more enjoyable by the delicious homemade scones and cake, kindly baked by Karin. Her treats provided the perfect accompaniment to the afternoon's fun.

A heartfelt thank you to Adam, Karin and everyone who joined us to make this event so enjoyable.

The lanterns are looking absolutely beautiful and we can't wait to see them glowing in the Valley of Light.

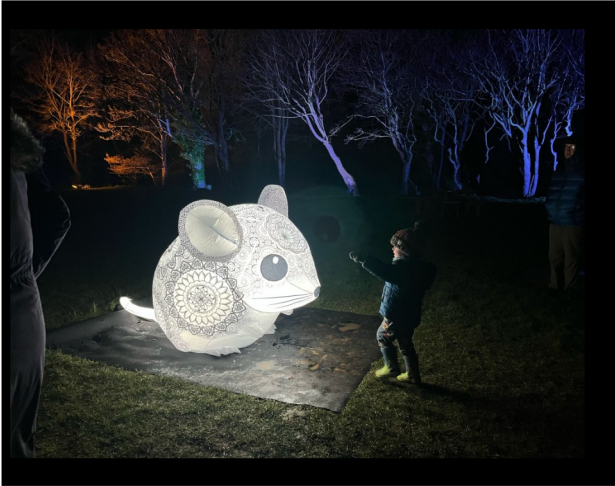
Liz Read



Lanterns continued on page 15

The above workshops contributed to an immersive evening for all ages with captivating light installations, engaging performances, storytelling and poetry reading, live music and stunning artworks created by the local community. It was a celebration of the incredible creativity and spirit of the Redcar & Cleveland community. Truly, Saltburn Valley Gardens did come to life that weekend evening.

More information about Stella Creates can be found at: <https://stellarcreates.co.uk/product/valley-of-light-2025>



A NUMBER OF THE LANTERNS WHICH APPEARED AT THE EVENT

Sunday Spring Social – 16 March 2025

On a Sunday afternoon this March, we welcomed nearly 60 people to our first Spring Social at SCAA.

JUST STARTING



There were games, challenges, and tea and home-made cakes (probably the most popular part of the afternoon!). Quizzes were answered, marshmallow towers built and various other games dotted around the alcoves.

BUILDING MARSHMALLOW TOWERS



Sunday Spring Social Continued

CAKES QUEING TO BE SERVED



HERE THEY ARE



Sunday Spring Social Continued

CAKES A LOVELY SELECTION



Sunday Spring Social Continued

A CUP OF TEA AT LAST



TUCKING IN



Sunday Spring Social Continued

Miniature cups and bars of chocolate were awarded to winning individuals and teams.

THE PRIZES



To bring the afternoon to a conclusion, and give people a chance to dance off some of the extra calories, Maureen Payne led some brave members in a brief line dancing session. Then, with doggy bags of cakes in hand, it was time for home.

MAUREEN PAYNE LEADS THE LINE DANCING



Sunday Spring Social Continued

We have received some lovely comments from those attending:

- *a very enjoyable afternoon and well worth doing*
- *very nice afternoon and would like it repeated*
- *thank you all for your hard work – very much appreciated*
- *prizes were second to none*
- *hope to see more afternoons like this*

This being the first spring social, it was also useful to receive some constructive feedback. In particular, in our enthusiasm, we probably tried to pack too much into a fairly short afternoon. We will keep this, and all the comments people kindly left, in mind for next time.

Next time?! Hopefully we will be arranging more events later in the year.

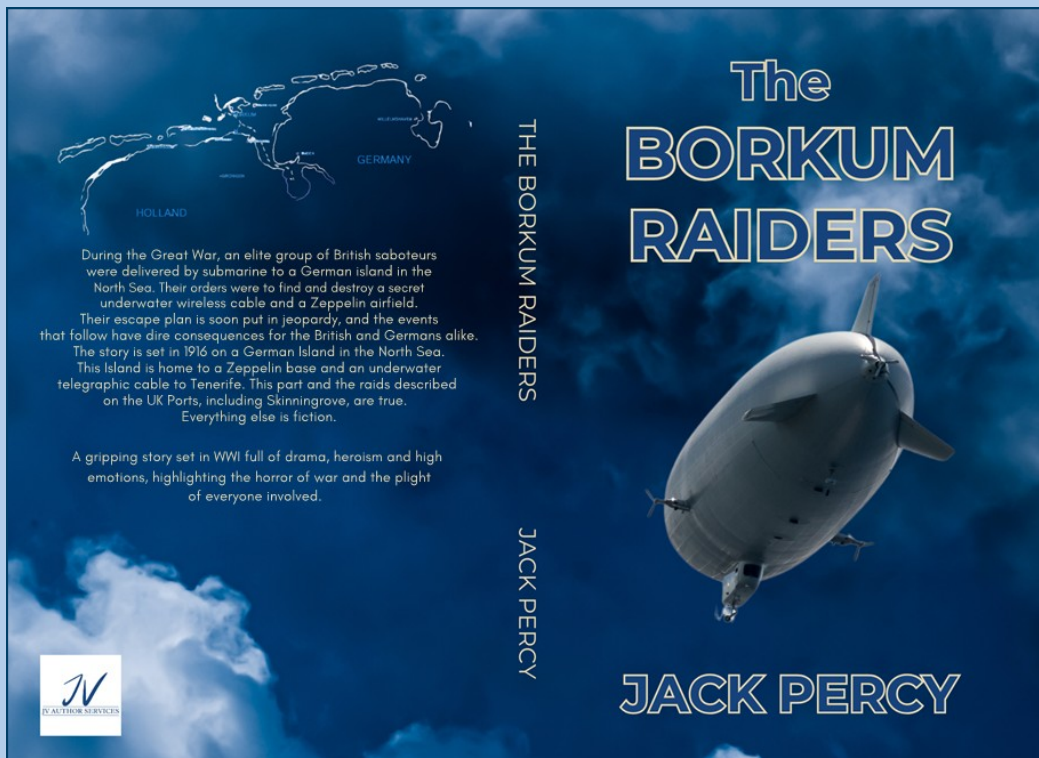
Thanks to everyone who attended. Hope to see you again.

Tricia

(on behalf of the social events team: Deb, Di, Julia, Karin, Liz, Louise, Sally, and Garry)

Novel Writing Group Sees Another Author Published

Paul Bradbury, under the pseudonym of Jack Percy, is the latest member of SDu3a to become a published author.



His book "The Borkum Raiders" briefly mentions the Zeppelin raids on Skinningrove, Whitby and Redcar, but is mainly set on the German Island of Borkum in the North Sea.

The book is available on Amazon or via Paul directly at £7.00 and, as a thank you to Maggie Sheehan and the Writers Group for their support, he will be donating 50p of every book sold to a SDu3a member to SDu3a.