

Saltburn District



SEPTEMBER 2025

Issue 53

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



The picturesque fishing village of Staithes

Hello from the Chair

Hope you've had a good summer and are enjoying getting back to your groups.

First, some sad news: Eric Midwinter, one of the founders of the u3a movement in the UK, died recently. He helped to establish the u3a in the UK in 1982 with the belief that “later life should be a time of continuing learning, connection and contribution”.

Nearer to home, many of you will already have heard of the sudden death of Robin Willows, one of our own founder members and previous Chair, who was still active in many of our groups. Our condolences to Rosemary and all the family.

You will all by now have received an email or letter telling you about the change in membership renewals to 1st September 2026. Any questions, contact Gaye (Membership Secretary) or any of the Committee.

Did you know that 1st October is the **United Nations International Day of Older Persons**? You do now! Its purpose is to “Value Older Adults”, “Combat Ageism” and “Promote Age-Friendly Communities”. I think we do all of that and more.

As part of this, Redcar & Cleveland are holding an Age-Friendly event at Redcar Civic Centre and Library on Wednesday 1st October, 10am-3pm. If you are interested in going, there is further information later in this Newsletter. We will be supplying leaflets about SDu3a for the event.

So, on 1st October, let's relax and pamper ourselves with a cup of coffee, a glass of wine, a book, a walk, or whatever does it for you. We deserve it!

Tricia

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Editorial

Welcome to the 2025 Autumn Newsletter. It's September already? It feels like just yesterday we were marking the 20th anniversary 2024 of the Saltburn District u3a community.

We don't just look 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. We are continuing to grow and evolve; we can look forward to further years of learning, friendship, and community.

The AGM was in May (the report was included in the last edition of our newsletter). We have said goodbye to some of our Committee members and have welcomed new and enthusiastic people. We have Tricia Salt back for a second term as Chairman – good on you! A big thank you to you all!

In this Newsletter there are the usual updates about groups, photographs, membership, and the latest 50/50 draw (You have to be in it to win it!)

In 2025 we've had more speakers at our monthly Update meetings. This season started with a talk from TWAM (Tools with A Mission). In August Desert Island Discs with Sally Melvin as the Castaway, Louise Moore Interviewing and Ken Bladen synchronising Sally's prose and music. Lastly, in September we had a talk from the Veterans Liaison Officers.

Make sure you join us for these future Friday Updates. The following are planned.

FUTURE UPDATE MEETINGS

3rd October 2025 Lasting Power of Attorney

7th November 2025 Guy Fawkes

5th December 2025 Christmas Events

Also, it is a great excuse for coffee, tea, a biscuit, and a chat with other members (all for just £1). Hope everyone is looking forward to a long and dry Autumn and see you all again in October.

Anne For the Newsletter Team: Howard, Tricia, Sarah and me.

“MONTHLY UPDATE”

THE OCTOBER UPDATE WILL BE ON FRIDAY OCTOBER 3RD

&

THE NOVEMBER UPDATE WILL BE ON FRIDAY NOVEMBER 7TH

At

SCAA (Saltburn Community Centre) & will also be available on Zoom
on Friday **OCTOBER 3RD** 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 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..



Tricia – Chair

50/50 Prize Draw

-----June 2025-----			
FIRST	#962	£25.00	Sigsworth
SECOND	#190	£16.00	Shortmann
THIRD	#1356	£7.00	Bailey
FOURTH	#1350	£7.00	Maxwell
FIFTH	#961	£7.00	Griffin

-----July 2025-----			
FIRST	#2039	£34.00	B Hawting
SECOND	#1739	£17.50	A Davis
THIRD	#1968	£7.00	J Grimwood
FOURTH	#1743	£7.00	J Oxlee
FIFTH	#1997	£7.00	H Lewis

-----August 2025-----			
FIRST	#1850	£32.00	P Plews
SECOND	#2220	£17.00	A Cotterhill
THIRD	#1974	£6.50	G Nixon
FOURTH	#2240	£6.50	J Grimwood
FIFTH	#2118	£6.50	E Birchell

-----September 2025-----			
FIRST	#2151	£31.00	J Grimwood
SECOND	#1885	£17.50	L Ambler
THIRD	#2543	£6.00	O Lamson
FOURTH	#2557	£6.00	J Oxlee
FIFTH	#2169	£6.00	P Salt

P B - Treasurer

New Members' Meeting – 21 August 2025

Our Membership Secretary (Gaye) and her able assistant (Howard) held a meeting for new members on 21 August in Saltburn Library. Thirteen new members attended what was an interesting and useful session. Information was shared regarding the Website, Beacon, Update Meetings, Newsletters, etc.

New members were encouraged to share any ideas for new groups that they might wish to see or run in the future; one lady is thinking about starting a dressmaking group. Thanks to all who attended.

Gaye Batiz Membership Secretary

Groups' Coordinator Report

There is going to be another **Dementia Awareness Workshop** on Monday 22nd September from 1pm – 3pm at SCAA. We have approximately 4 spaces left so If you are interested in attending please contact me and I will add your name to the list. Thanks to Bill Dobson for organising this.

Our **Parchment Group and Card Craft** groups are amalgamating at Durham Road CC in Redcar and will be held from 10am – 12noon on Tuesdays as a self-help group with Judith Snowdon as the Group Leader. Maureen Tosh, who was Group Leader of the Parchment Group, is stepping down due to ill health after 18 years as Group Leader. A big thank you to her for all her work and commitment during this time.

We have a new group playing **Hand and Foot Canasta** starting on Thursday 23rd October from 1.30pm – 3.30pm at Gleneagles Centre in New Marske. This is a fun game following simple rules where you can then advance to other forms of canasta. You are welcome to go along and give it a try.

Finally, the **Papercraft 1** group has now closed, due to lack of a leader.

As always if you have any questions about any of the Groups or if you would like to start up a new group, please feel free to contact me.

Diane - Groups' Coordinator

Veterans' Voices:

Local Charity Shares Powerful Stories at Saltburn District u3a Update meeting

On Friday, 5th September, we welcomed Wayne and Lindsay, who are Veteran Liaison Officers working with several charities, including Walking with the Wounded and OpCourage (an NHS Veterans Mental Health and Wellbeing Service).

Their roles are multiple: to help veterans back into employment, to help them re-engage in society, to give mental health support where needed, and generally to support them through the transition back into civilian life.

It was a sobering story: many of our veterans are discharged from the services with little or no support (although things are improving), perhaps returning to previously disordered lives and without family ties. Many also end up homeless: 27% of the homeless community are Armed Forces veterans, 70% of these from the Army. Shocking figures.

The talk prompted many questions and individual experiences. What could we, as a u3a, do to help? Make sure our organisation becomes better known in the community, especially via



GP surgeries, and extend our friendly welcome to any veterans who are thinking of joining us.

Many thanks to Wayne and Lindsay for their passion for helping veterans, and the Incredibly moving stories they shared with us.

The transition from military to civilian life can be a difficult path, whether it's helping someone find a new job, navigating mental health challenges, or simply reconnecting with society; this work makes a tangible difference.

New Groups And Subject Advisers

Do you have ideas for new groups – either a particular interest which you would like to share or a suggestion of something you would like to see offered?

Did you know, as well as the support and advice our Groups' Coordinator can offer in setting up a new group, you can access advice and information from the 80 Subject Advisers (ranging from Archaeology to Wine Appreciation) on the Third Age Trust website? (u3a.org.uk/learning/subjects). Here is an extract from their page:

“We have over 80 advisers available to help you and your interest groups.

- **What is a Subject Adviser?** Advisers are passionate u3a members ready to share their knowledge within the u3a movement. Contact them for helpful resources, as well as support and inspiration for setting up new groups, running groups, and engaging members with a subject area.
- **Who can contact them?** Any u3a member can contact a Subject Adviser. They are here to support any member or group leader with an interest in their subject, whether you have a group or not.”

Contact our Groups' Coordinator, Diane Goldby if you would like to discuss your ideas further: dianegoldbyu3a@outlook.com

Or via the Groups website page: <https://saltburndistrict.u3asite.uk/groups/>

National Information



Third Age Matters magazine – a digital version of the magazine is on the Third Age Trust Website.

u3aFriends Newsletter



Are you signed up to *u3a Friends*? The Third Age Trust's monthly newsletter is the best way for members to keep up to date about u3a news, events and opportunities. u3a Friends get access to *Friends Extra*, an exclusive scheme that offers discounts on travel, shopping, electronics and much more.

If you are interested, you can sign up on the [u3a website](https://u3a.org.uk). It is completely free and you will receive an email with the attached newsletter every month.

Tricia

AUGUST UPDATE - Desert Island Discs

A visit to a Desert Island, stopping off for a village wedding, breakfast with Holly Golightly and a distracting metro ride - thanks to a man and his parrot!

At the August monthly Update meeting, Sally Melvin, one of the founding members of SDu3a, was the castaway on a desert island for our occasional Desert Island Discs feature.

With choices of music ranging from Burl Ives' 'Big Rock Candy Mountain' to Beethoven's 'Eighth Symphony', members were treated to tempting snippets of music accompanied by Sally's heart warming and often highly amusing anecdotes from her life.

She shared stories from her childhood in a small village, the family enjoying Children's Favourites on the radio, her travels through Europe with college friends, curious continental railway sleeping arrangements, and barefoot dancing at Greek beach clubs.

An excerpt from Purcell's 'Trumpet Voluntary' reminded Sally of her wedding day when the congregation, and presumably her anxious groom, Hugh, waited patiently for the bride to arrive. A delay involving a wet bow on the back of her dress was the cause of the delay but to spare Sally's blushes, I will say no more here! (though I'm sure she will explain all if you ask her).

Sally ended by sharing her thoughts on how much she valued being a member of SDu3a and how she had felt particularly supported in the months following Hugh's death.

For her book on the desert island Sally chose 'The Complete Works of Thomas Hardy' so that she could use the time to 'fill in some gaps' in her appreciation of 19th century literature. Her luxury item was her reading glasses - so she could enjoy the books!

On behalf of SDu3a members, a huge thank you to Sally for sharing her musical memories with us all and to Ken Bladen for sourcing and playing her fabulous music choices.

If YOU would like to participate in a future Desert Island Discs slot - either as a Castaway or perhaps as Interviewer - please speak to any member of the committee or email me at: louisemooreu3a@gmail.com

Louise Moore



Members Taking Part

Sally Melvin - Castaway On A Desert Island

Louise Moore - Interviewer

Ken Bladen - Synchronised

Sally's Prose and Music

TOOLS WITH A MISSION (TWAM) - Talk at July Update

Thank you to members of Saltburn District u3a for their very warm welcome at their July meeting. It was a pleasure to explain how Tools with a Mission (TWAM) collect unwanted usable tools from individuals and organisations in the UK, refurbish them at their centres in Rugby and Ipswich, before shipping them to Africa. Recognised projects in countries such as Tanzania, Uganda and Zambia organise training programmes for individuals from poor communities to learn a trade: e.g. electrician, plumber, seamstress. The tools empower these individuals to transform their lives and work together to build more prosperous communities.

I look forward to hearing how many tools have been collected by Howard from the u3a members. I am sure there will be a good response.

Jo Everington, Tools Ambassador, TWAM

N.B. A reminder from Howard: you can bring any tools to Update or drop him an email if you would like something picking up. h.leake@ntlworld.com

Twam Photo Today



Twam Van



17th August, 2025 - "Move with Nature", Saltburn Valley Gardens

SDu3a hosted a table at the Move with Nature event in Saltburn Valley Gardens on 17th August 2025. The event was hosted by LoTS Saltburn (Library of Things Saltburn); visit them on facebook for more information.

Howard Leake and Gaye Batiz were there early to get everything set up and then spent the day talking to visitors about SDu3a. It's amazing how many people have never heard of us but equally amazing how many members came to say hello and offer to help. A big thank you to Martin, Sarah, Pauline, Lorna and all the others who contributed their time to our cause.

We're not sure how well we did but the next week or two will tell after folks have checked out our website and submitted their application forms. Focus was also placed on the need for new groups and group leaders and there was some positive feedback so watch out for new group opportunities.

Gaye Batiz Membership Secretary



Art Exhibition at SCAA

The SDU3A Art group were very well represented at the art exhibition held at SCAA over the August bank holiday, which was very well attended by both local residents and visitors to the area.

There were 12 paintings displayed by 5 of our members, within a total of 88 pieces of work on display.

"Celtic Boars" by Malcom Lamont and "A Tropical Parrot" by Paul Bradbury were 2 of the 9 paintings sold at the exhibition.

Linda Mackay's "Strolling along the canal" was voted by visitors as the "Best in Show."

Whether you are a beginner or a Constable why not come and join our very friendly group that meets every Wednesday morning from 10.00 am.

Held at Redcar Guides Hut just by the West Dyke Road level crossing (Free parking in Morrisons for 3 hours!).

We would also like to thank the staff at SCAA for organising this event and look forward to next year's.

Paul Bradbury



*Most popular picture
Strolling Along The Canal - Linda Graham*



Sold painting - Parrot - Paul Bradbury



Celtic Boar - Malcolm Lamond

Art Exhibition at SCAA *(Continued from Page 9)*

Paintings displayed by members of the Art Group

Paintings by Linda Graham



Painting by Chris



Painting by Linda



Paintings by Malcolm Lamont



Paintings by Paul Bradbury



THIRD AGE TRUST NATIONAL SHORT STORY COMPETITION 2025

Anyone interested in short story writing?

The Third Age Trust has just announced the theme for this year and is asking for entries as detailed by them below:

The u3a national short story competition is back for its sixth year. We are delighted to welcome Bloomsbury published author Sara Grant as a new judge. Sara will be delivering an exciting Online Event in support of the competition, optional for entrants to attend.

To enter this year's competition, u3a members are invited to: Write and submit a short story (max 1,500 words) on the theme '**Lost and Found**'.

Key Details:

Free entry (one short story per person)

Deadline: Submit by 12 noon, Friday 17 October 2025

- First prize - five books, donated by Bloomsbury.
- Second and third prizes - two books, donated by Bloomsbury.
- Further runners-up on the shortlist - a book, donated by Bloomsbury.
- All prize winners and those on the shortlist will also have their stories published on the u3a website.
- You must read the rules of the competition before entering. Any submission which does not meet these rules will not be considered.
- All submissions will be judged by group judging panels. The best story from each group will be compared to decide on an overall winner.

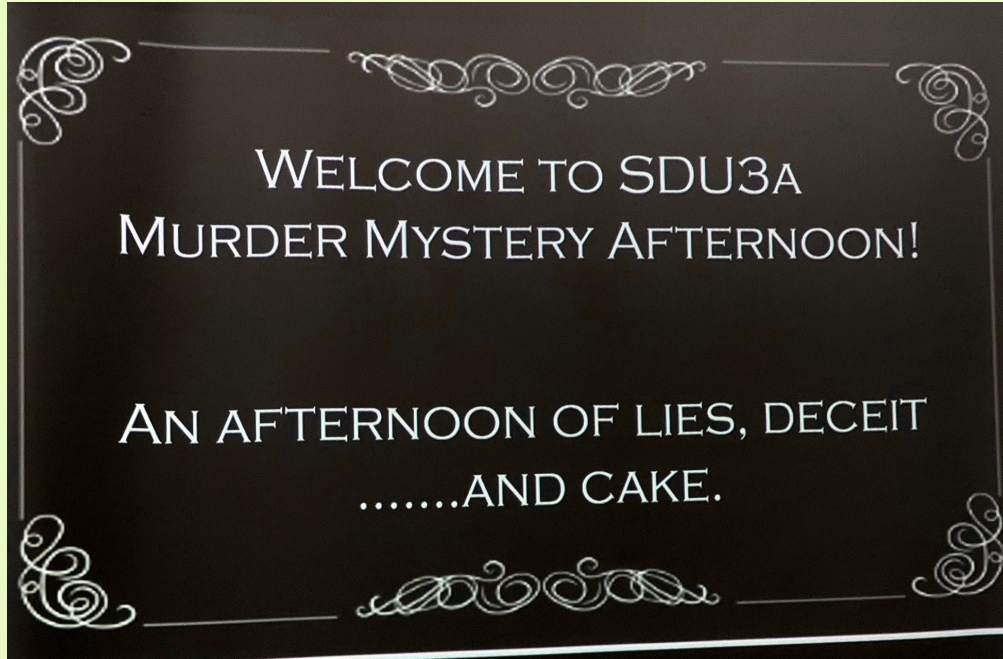
Who Can Enter?

All u3a members, including those in Interest Groups Online. You must be a member by Thursday 21 August and stay a member until the end of February 2026.

Entry forms and further rules of the competition can be found on the Third Age Trust website: u3a.org.uk under Learning Activities.



Murder Mystery 'Who Done It' Event: Enjoyed by All



On 7 September 2025, our very own Social Events team and a group of SDu3a 'Players' collaborated to host an event with a difference. The team - to provide refreshments, service, and camaraderie. The actors - to perform a wonderful production, written by our very own Colin Worswick. An enthusiastic audience entered into the Victorian/Gothic theme, enjoying Afternoon Tea-style refreshments as many embraced the mood with gusto in some spectacular and unique costumes.

Ken Johnson did a splendid job of getting everyone into the mood and, to get the little grey cells working, we began with a detective-themed quiz. A prize was on offer for the most correct answers.

Then, it was on to the main event. The actors took to the stage.

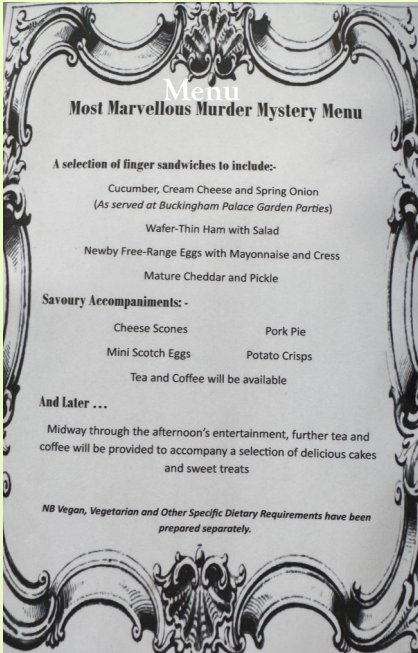


Cast and 'Crew'

Murder Mystery 'Who Done It'?

Continued from Page 12

Shockingly, the performance had soon to be suspended as a murder most horrid occurred in our very midst – and one of the players before us had pulled the trigger. The task of attendees? To unmask the felon and solve the crime.



As sandwiches, savouries, cakes, and beverages were enjoyed by all, statements were made by the suspects, and the questioning began. Attendees worked as teams to reach their eventual decision before the murderer was finally revealed and the winning team announced. It was Sybil Waite all along; we always knew she had a dark heart.



Murder Mystery 'Who Done It'?

Continued from Page 13

Prize-giving then began.



As well as the winning team pennants, there were also awards - all crafted by the very talented Karin Slade - for best costume (Heather Hartley) and best hat (Pat Atkinson), and an entry ticket raffle gift of a beautiful copy of Mary Shelly's 'Frankenstein'.



An enjoyable afternoon with a difference, and a first for our SDu3a Social Events team, who are planning the next Sunday afternoon adventure even now. Suggestions for our next event welcome.

Watch this space for further details.

Deb Barwick

On behalf of the Social Events Team:

Deb, Diane, Julia, Karin, Liz, Louise, Mary, Sally, Tricia

P.S. We have received some lovely comments since the afternoon. Here is a selection:

"There was such a lot of hard work, over a long time that must have gone into the planning of this event and it made a wonderful, entertaining afternoon."

"Many thanks for such an enjoyable afternoon."

"A huge thank you to all who gave us such an entertaining, excellently executed Murder Mystery afternoon; the food and table decorations were great too."

AGE-FRIENDLY EVENT

Although this is not a u3a event, we thought you might be interested in the below and we will be providing SDu3a leaflets for one of the tables.

The age friendly day is an opportunity for residents of Redcar & Cleveland to tell us what is important to them and what could be improved to support good health, well being, and independence as people age. The event also marks the end of the Age Friendly survey. There will be opportunities to complete the survey on the day both on paper and online.

Join us for a celebration of

AGE-FRIENDLY REDCAR & CLEVELAND

Wednesday 1st October 2025
10am-3pm
Redcar Civic Centre & Redcar Library

**A day of activities, information,
advice and refreshments!**

**This International Older Person's Day
we are celebrating the power of
social connections!**

agefriendly@redcar-cleveland.gov.uk