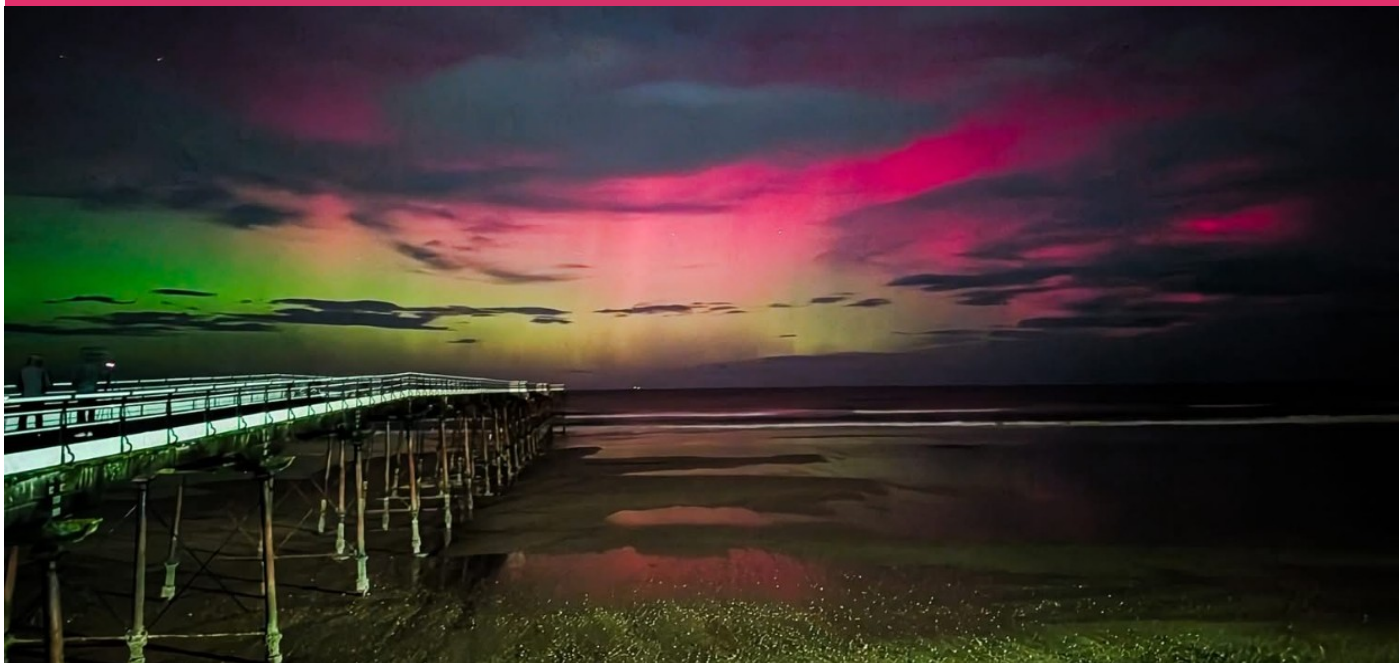


# Saltburn District

WINTER 2025 Issue 54

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



## Editorial

Another vibrant year for Saltburn District u3a draws to a close! Our success is your success, built on a wonderful foundation of shared knowledge and camaraderie.

In this issue, you can find useful information, group news, read about the recent Festive Update meeting, the ICE emergency contact form, food donation bank, Guy Fawkes, and find out about some of the events planned for 2026.

My thanks to every member who led a group, shared a skill, or simply joined in during 2025. Here's to more learning and friendship in the year to come.

Wishing you a very merry Christmas and a Happy New Year on behalf of the Newsletter Team.

*Howard Leake*



Website address: [u3asites.org.uk/saltburn](http://u3asites.org.uk/saltburn)

## Letter from the Chair

Can you believe that it is 5 years since the 2020 Christmas lockdown? In some ways the time seems to have gone really quickly and in others it feels like a distant memory. I was looking at the message we received that December:

***Residents will be asked to stay at home and all non-essential shops must close. In areas in tiers one, two and three Christmas bubbles will no longer be across five days. Instead, three households coming together will now only be allowed on Christmas Day. People in these tiers are also being asked to stay local.***

We all did our best to follow the rules (well... mostly!), and SDu3a not only made it through that challenging period but emerged stronger than ever. Our survival was thanks to the dedication, creativity, and sheer determination of the Committee at the time—and, of course, the unwavering support and enthusiasm of you, our members. Your commitment kept our community thriving when it mattered most.

So here we are, heading into another Christmas. And if, like me, the preparations sometimes feel a bit overwhelming, it is worth pausing to remember how things were five years ago. Now the shops are open, we can travel freely, and we're able to celebrate with friends and family as we choose - luxuries we can truly appreciate.

I hope the only bubbles you'll be experiencing this year will be from your favourite tippie!

*Tricia*

## “MONTHLY UPDATE”

***THE JANUARY UPDATE WILL BE ON FRIDAY JANUARY 9<sup>TH</sup>***

**&**

***THE FEBRUARY UPDATE WILL BE ON FRIDAY FEBRUARY 6<sup>TH</sup>***

**At**

SCAA (Saltburn Community Centre) & will also be available on Zoom  
on Friday **JANUARY 9<sup>TH</sup>** 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 *February*13<sup>th</sup>

By email to: [h.leake@ntlworld.com](mailto:h.leake@ntlworld.com)

Or

By hand to any of the newsletter team.

Northumbria Messenger is available on the Newsletter web site page..

### **Update Events for 2026**

Reminder that the January 2026 Update is on the **2nd Friday** (9th) of the month. The following have been booked for the first 3 months of the year:

9 <sup>th</sup> Jan	Saltburn Food Bank	Lynn ?
6 <sup>th</sup> Feb	Morning Sax	Vaughan Dexter
6 <sup>th</sup> March	Flood Resilience	Frayner Fletcher

## COMING UP IN 2026 .....

### National Events

- **Festival 2026**, 1-3 July 2026, at the University of York  
*More details can be found on the Third Age Trust Website*

### Regional Events

- **Summer School**, 12 May 2026 at Ushaw Historic House, Durham, when our own Ken Bladen will be leading a photography workshop
- Possible **Golf Event** (if enough interest) in July 2026  
*More details of both the above on the Northumbria Region website*

### SDu3a Events 2026

#### **January/February/March**

- **Singing for Pleasure Concert** – Monday 16 March
- **Singalonga Sound of Music** – Sunday 22 March (“further details below” )
- **New Members' meeting** - January - Invitations will be sent out in the New Year.

#### **May**

- **AGM** – Friday 1<sup>st</sup> May
- **Group Leaders' and Key Workers' lunch** – May

#### **Spring/Summer**

- **Open Day**
- **Art Exhibition**
- **Ukulele** appearances at public events (including at the Band Stand, and the Saltburn Folk and Food festivals) during the Summer

Look out for more information on the website, at monthly Updates, via email and in our quarterly Newsletter

Please let us know if we have missed an event you would like mentioning



### **SINGALONGA-SOUND-OF-MUSIC- 22<sup>nd</sup> MARCH 2026**



Are you perhaps at least in your 60s, going on 70s but wishing you were ‘**Sixteen Going On Seventeen**’?

Have you recently been waking up in the morning feeling as though you have just ‘**Climb (ed) Ev’ry Mountain**’?

Maybe, you’ve lately been sending up a silent ‘**Alleluia**’ each time you’ve finally managed to find one of your ‘**Favourite Things**’?

Or possibly, you’re just feeling like a ‘**Lonely Goatherd**’, with weeks of cold weather looming ahead?



Well, our Social Events Team invite you to say ‘**So Long, Farewell**’ to all that and join us for an afternoon of **SINGALONGA-SOUND-OF-MUSIC** fun on Sunday 22nd March 2026.

***More details to follow after Christmas.***

***Tickets will be on sale at Updates and Theatre Coffee mornings  
from January.***

## 50/50 Prize Draw

-----October 2025-----			
FIRST	#2395	£23.00	Tyson
SECOND	#2483	£13.00	Beckworth
THIRD	#2587	£6.00	Drabick
FOURTH	#2485	£6.00	Beckworth
FIFTH	#2578	£6.00	Ambler

-----November 2025-----			
FIRST	#2703	£31.00	Devasagayum
SECOND	#2374	£17.00	Jankowski
THIRD	#2223	£6.00	Cotterill
FOURTH	#2255	£6.00	Hogarth
FIFTH	#2615	£6.00	Murdoch

-----December 2025-----			
FIRST	#2745	£39.50	Bradbury
SECOND	#2737	£22.00	Murdoch
THIRD	#2682	£7.00	Maddison
FOURTH	#2659	£7.00	Strong
FIFTH	#2786	£7.00	Smith

50/50 raffle has been a great success. 165 tickets sold at the Christmas Update meeting resulting in £82.50 in prizes.

In the 18 months since its inception, 2,318 tickets have been sold, with a total of £1,159 given in prizes.

In the current financial year, we have sold 1,124 tickets, with prizes of £562. To date, we have supported our groups to the value of £450 (£206 in the current financial year).

Group Leaders please remember that 50% of this draw is held to supply you with replacement or new equipment and so far we have supported seven groups.

Please contact me if you can sell tickets at your group meetings.

Thank you all for taking part.

Paul Bradbury (Treasurer and 50/50 Organiser)

*P B - Treasurer*

## FOOD DONATION BOX

A donation box for the Saltburn Food Bank will now be available at all Update meetings. The response from our members was overwhelming at both the November and December update meetings. In November, we struggled to fit it all into the basket! Please do continue to support this initiative to help those in need, especially at this time of year.

For December, the food bank was especially grateful for **Christmas-themed adult food items**. These will have helped them create festive gift boxes for families in need. For the rest of the year, **any food donations** are appreciated.

“Could I thank each and every one of you who donated to our food bank. I am overwhelmed. Thank you! Your generosity is truly appreciated.” — *Eileen Tilley, Saltburn Food Bank*

*Our donation box for the Saltburn Food Bank .*



## Remember, Remember the Fifth of November: The History of Bonfire Night

*Presentation by Gaye Batiz at November Update*

Few dates in British history are as widely remembered as November 5th. Known as **Guy Fawkes Night** or **Bonfire Night**, it commemorates the failure of the infamous Gunpowder Plot of 1605—a conspiracy that sought to destroy the Houses of Parliament and assassinate King James I. What began as an act of treason has become one of the most enduring traditions in the United Kingdom, marked by bonfires, fireworks, and effigies of “the Guy.”

### The Gunpowder Plot

In 1603, James VI of Scotland ascended to the English throne as James I, ushering in the Jacobean era. Many Catholics hoped his reign would ease the harsh restrictions. Those hopes quickly faded when James continued repressive policies, ordering priests to leave England and fining families who refused to attend Protestant services. Against this backdrop, Robert Catesby and a group of Catholic conspirators devised a radical plan: to blow up Parliament during its opening session in November 1605.

Guy Fawkes, a soldier with expertise in explosives, was recruited to guard 36 barrels of gunpowder hidden beneath the House of Lords. The plot might have succeeded, but an anonymous letter warning Lord Monteagle not to attend Parliament reached the king. A search was ordered, and Fawkes was discovered in the cellar on the night of November 4th. He was arrested, tortured in the Tower of London, and escaped his final execution by jumping off the scaffold, dying from his injuries. They still hung, drew, and quartered his body and sent his body parts to the four corners of the Kingdom; the intention being a stark warning against treason.



### From Thanksgiving to Tradition

In January 1606, Parliament passed the Observance of 5th November Act, mandating annual thanksgiving services to celebrate the king’s survival. Over time, the solemn ceremonies gave way to popular festivities.

Though the law was repealed in 1859, the tradition had already taken root. By the 20th century, Bonfire Night had become a family event, with backgarden displays and organised community gatherings.

### Modern Celebrations and Concerns

London alone spends millions on public displays, while the UK public collectively spends around half a billion pounds annually on fireworks. Yet the spectacle comes with risks: injuries to people, distress for pets, and environmental harm to wildlife. Campaigns have called for restrictions, with petitions urging that fireworks be limited to organized displays. Despite these concerns, commercial interests and public enthusiasm keep the tradition alive.

## Legacy of the Plot

The Gunpowder Plot left a lasting scar on English Catholics, who faced centuries of discrimination. They were barred from voting, serving in the military, or practising law until reforms in the 19th century. Ironically, the failed conspiracy deepened the persecution it sought to end.

More than four centuries later, Bonfire Night remains a fiery reminder of a turbulent past. Whether seen as a celebration, a cautionary tale, or simply an excuse for spectacle, November 5th continues to blaze in Britain's collective memory.

## Presentation by Gaye Batiz

## Gardening Group is Closing

As the seasons change and it comes to autumn and winter, we usually put the u3a plots to rest till spring and leave our plots within the wildlife garden as tidy as possible after the late season pruning and weeding, ready for spring.



However, this is the last time we will do it, because after more than 8 years, we had a chat and decided that because of the known upcoming family changes, we did not have enough people to carry on next year, and so decided it's time to clean off our spades and hand tools for the last time.

It was a difficult decision to make as we had enjoyed the companionship whilst

we "worked". People passing by often made complimentary remarks, and we consider that over the years we have contributed positively to the state of the overall plot. We have seen all aspects of life during the 8 years, including 2 births (in our families, not us!), 2 weddings and 2 deaths. These life events have all enabled our small group to become well-bonded.

We gave notice to the allotment society as soon as our decision was made, so they have the chance to find replacements before next spring. If you are interested, I understand there is a notice on the fencing.

If you pass by in spring, our bulbs should be blooming.

So, farewell from the gardeners.

## Denice

# IN CASE OF EMERGENCY (ICE) INFORMATION

Many of us turn a blind eye to “what ifs” but have you really thought about what you would like to happen should you have a medical emergency?

In the days before the General Data Protection Regulation, it was common practice for u3a Group Leaders to have a list of members with their emergency contact information. This is no longer the case; SDu3a could receive heavy fines for data protection breaches should the list fall into the wrong hands.

The responsibility for ICE information lies with you as a member. We strongly encourage you to always carry the required medical information and details of who to contact on your person. Emergency situations can happen any time, any place. **Remember** to always obtain the permission of anyone you put as your Emergency Contact.

To help our members, we have drawn up a simple form that can fold up neatly into your purse or wallet or be kept in a pocket on your person. The information on it is of no use to anyone who finds it, should you lose it. Alternatively, you can use your mobile phone; all phones have an area that can be set up so that ICE information can be accessed on your phone by a third party. The Membership Secretary also has a supply of printed credit card-sized ICE information cards available for the cost of £1 each.

If you require a form, email, or any further information, please contact [gbatizu3a@aol.com](mailto:gbatizu3a@aol.com).

*Gaye Batiz - Beacon Officer*

SALTBURN DISTRICT u3a	
IN CASE OF EMERGENCY INFORMATION	
Always carry with you	
Personal Details:	
Name:	
Address:	
Contact Number:	
Date of Birth:	
Medical Information Medical conditions & allergies	
Medication	
EMERGENCY CONTACT	
Name	
Relationship	
Contact Number	
CONTACTING EMERGENCY SERVICES With a phone signal: Dial 999	

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## Saltburn District u3a Festive Update: 5 December 2025

Our recent Christmas Update was a wonderful success for SDu3a members. We were thrilled to welcome 120 attendees, whose enthusiasm made the event truly special.

The generosity shown through donations to the Food Bank was inspiring. The collection box quickly filled to overflowing with festive treats and Christmas goodies—so much that one box could hardly contain it all!

**JUST STARTING**



At 9am organised chaos reigned but that soon transformed into a delightful selection of Christmas themed treats, with Santa delivering a sweet to everyone in the room, tables decked with beautiful table coverings, mince pies, biscuits, the lot. An interview with Santa before the main events revealed that it was an extremely hazardous job, which he only usually performed on bank holidays!

# SANTA'S HERE

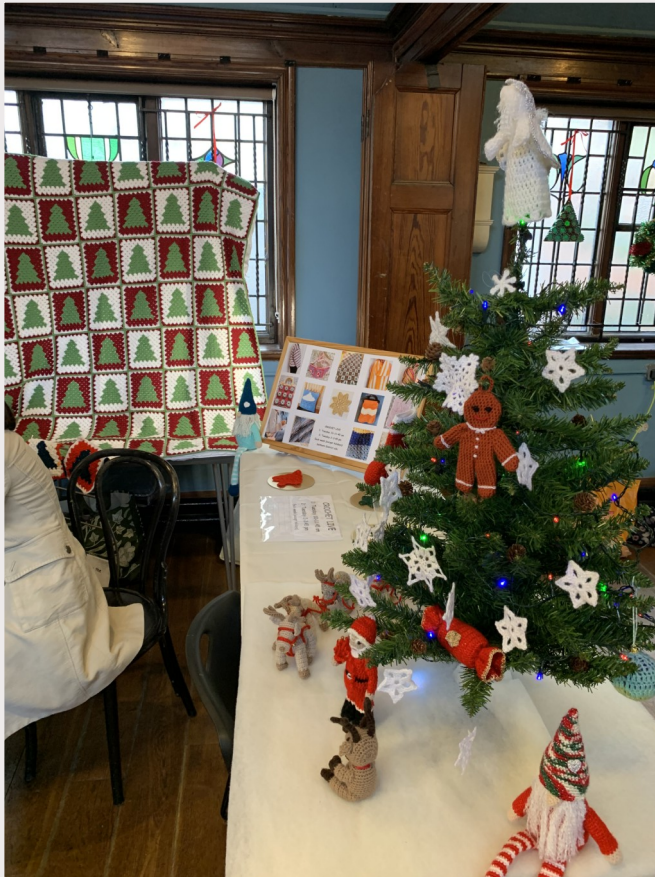


# NO LONGER CHAOS



# THE CROCHET GROUP STARTED

The event kicked off with an interesting talk from Jean Devasagayam entitled 'Crochet Live' about the growth of the talented Crochet Group from its inception in 2020, to keep folk connected. Jean said she could teach that ... then realised she had said that out loud! She mastered the art of webcamming her hands demonstrating crochet stitches. Following that, members continued meeting in Jean's home to improve their craft. At the end of the talk, four of the group members presented their fabulous crochet creations on the catwalk! If you want to join Crochet Live just contact Jean via the Saltburn District u3a Website.



# THE WRITERS' GROUP

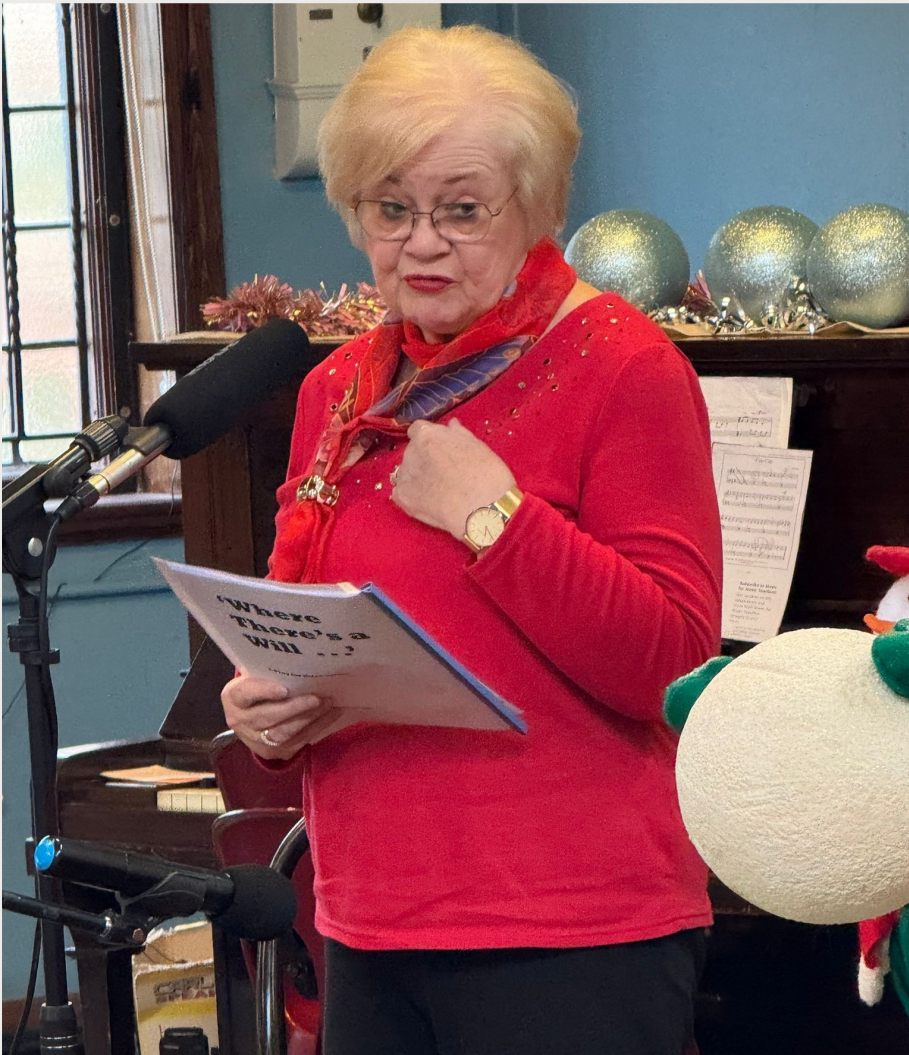
Next came two short plays and a Snowman poem from Maggie Sheehan's talented Writers' Group. 'The Christmas Tree' and "Where there's a Will'. Both plays were written by Christopher Addison, and the beautiful Snowman poem was written and performed by Jill Bradbury. We expect a Panto next year?



Two short plays  
'The Christmas Tree'  
and  
"Where there's a Will'.  
Both plays were written  
by  
Christopher Addison



**THE WRITERS' GROUP CONTINUED**



**Snowman poem  
was written and  
performed  
by  
Jill Bradbury.**

# THE FRENCH GROUP

Then the French Group took to the floor in their usual energetic fashion. A French rewriting of the 12 Days of Christmas when we learnt a valuable lesson – “les poules” in French doesn't just mean chickens but can also mean “ladies of the night”. Not a mistake you want to be making if ordering a meal! Full marks to the 3 ladies who dressed the part! And to the whole group for avoiding the onions and finishing off with the cancan



# THE FRENCH GROUP CONTINUED



# THE SINGING FOR PLEASURE GROUP,

The morning was brought to a close by the Singing for Pleasure group, entertaining the crowd with half a dozen seasonal, and other, songs. The audience was encouraged to join in any they knew and especially Good King Wenceslas. A great way to round off our Xmas Special Update.



## WINNING OUTFITS



Thanks to all who took part and everyone who helped with the morning, especially the refreshment team who managed to keep up with the record number of people needing tea and coffee. Also, thanks to our IT specialist, Ken, and of course for Santa finding time in his busy schedule to award prizes.

## Marzipan Workshops

A lump of marzipan, some food colouring and good company made for two very relaxing and productive mornings. Fruits and vegetables were lovingly shaped ready to be gifted to some lucky friends and relatives.

Thanks to the Scrabble Group for allowing us to share their space.

*Karin*



## 3 (yes, just 3!) Ingredients Baileys Christmas Cake



**Baileys Christmas Cake.  
Three ingredients,  
mixed fruit,  
Baileys and flour**

If you haven't managed to make your Christmas cake yet this year, don't worry, below is the simplest recipe ever:

### Ingredients

1 kg dried fruit

600ml Baileys Irish Cream liqueur

300g SR flour

### Method

1. In a large bowl, combine the mixed fruit and the Baileys. Cover with cling film and leave to soak overnight (or for at least for 2 hours).
2. Preheat your oven to 160C. Sift the SR flour into the bowl with the soaked fruit and stir until a thick batter forms.
3. Pour the batter into a greased and lined 20cm round cake tin. Bake for 1.3/4 - 2 hours or until skewer comes out clean. Cover top with foil if it browns too quickly.
4. Let cake cool in tin for a few minutes before turning it out onto a wire rack. Enjoy as it is or ice as preferred.

*Thanks to Louise for this recipe – she hasn't tried the cake yet but I'm sure it will be delicious!*