

Saltburn District

u3a learn,
laugh,
live

MARCH 2026

Issue 55

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



Hello from the Chair

INSIDE THIS ISSUE:	PAGE
EDITORIAL	2
MONTHLY UPDATE	2
AGM	3
BANK ACCOUNTS	4
MEMBERSHIP RENEWAL	4
FOOD BANK	5
FLOOD RESILIENCE	6
UPCOMING EVENTS	7
MORNING SAX	8
50/50 DRAW WINNERS	9
PAPERCRAFT GROUP	10
AFTERNOON OF SONG	11
SOUND OF MUSIC SINGALONG	12
GROUP NEWS	15
NEW MEMBERS	16
THAILAND	17

Welcome to this slightly delayed Spring Newsletter; it is a little late because we wanted to include articles on two recent musical events: the Singing for Pleasure concert and Singalong Sound of Music. You will find these, along with photos, in the following pages.

I have now been Chair for nearly a year and want to thank the Committee for their support and advice during the last 12 months. Thanks also, of course, to all our other helpers and to all you members, without whom we wouldn't have a u3a! I am hoping to be able to continue as Chair for the coming year, following our AGM on 1st May.

Please try and come along to the AGM as we need a 10% turnout to be able to go ahead (this currently equates to about 85 people). Our usual Update will follow and there will be no charge for entry on this occasion.

I know we say this every year but we are always looking for new people to join the Committee – all voluntary of course, though you do get coffee and biscuits at our monthly Committee meeting! No particular talent is needed, just a willingness to get a little more involved in the running of our wonderful SDu3a. Come and have a chat with me at Update or contact me via the website if you are interested in finding out more. And of course, anyone is welcome to attend our committee meetings to see what goes on.

Tricia

Editorial.

Welcome to the Spring Edition!

Spring has officially sprung in Saltburn, and with the daffodils still blooming, there's a distinct sense of renewal in the air. It's been a busy start to 2026, and our u3a community is buzzing with more energy than ever. Whether you're a long-standing member or have just joined us, this quarter's newsletter is packed with stories of adventure, creativity, and plenty of opportunities to get involved.

Dates for the Diary: AGM & Fair

First things first: please mark your calendars for our **Annual General Meeting (AGM) to be held on 1st May 2026**. It's the perfect time to hear our **Committee Reports**, see how we've grown over the past year, and have your say in the future of our branch.

Speaking of dates, you won't want to miss, the returning **Book and Craft Fair**. It's always a fantastic showcase of our members' talents—and a great place to snag a hidden gem for your bookshelf. **More details later in this edition.**

Don't forget to try your luck with the **50/50 Draw**. It's a simple way to support our activities, and who knows? The next winner could be you!

Get Creative and Connected

Our interest groups are the heart of Saltburn District u3a, and there's so much going on:

Papercraft: Recent workshops have produced truly stunning handmade cards and art.

Musical March: later in this edition you will find reports of two recent musical events: Singing for Pleasure's Afternoon of Song and the Singalong Sound of Music.

Ukulele Band has public gigs later in the Spring – check out the dates in this edition.

As always, a huge thank you to the volunteers and committee members who keep the gears turning. Saltburn District u3a is what we make of it, and based on this Spring line up, we're making it something pretty special.

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

“MONTHLY UPDATE”

THE MAY UPDATE AND AGM WILL BE ON FRIDAY MAY 1ST
&
THE JUNE UPDATE WILL BE ON FRIDAY JUNE 5TH
At

SCAA (Saltburn Community Centre) & will also be available on Zoom
on Friday **MAY 1ST** 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 May 15th

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

10th April	DESERT ISLAND DISCS - Louise Moore + surprise guest [Please note: this is the <u>2nd Friday of the month</u> as the 1st is Good Friday]
1 st May	A.G.M
5th June	HOMESTART - Michelle Hardy
3 rd July	MIND - Lucy Coleman



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

Friday 1st May 2026 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 Gaye Batiz, by **Friday 10th April 2026.**

Resolutions for discussion should be received by **10th April 2026**

By order of the Committee of Saltburn District u3a.

Amalgamation of Saltburn District u3a Bank Accounts

Saltburn District u3a bank accounts, with effect from **1 April 2026**, will be amalgamated as part of an administrative restructuring process. This notice confirms that the change is genuine and not connected to April Fools Day.

From the implementation date, all **BACS payments relating to Theatre Group outings** must be directed to the following account:

Account Name: Saltburn District U3A **Sort Code:** 54-30-34

Account Number: 38097230

To ensure a smooth transition, the existing Theatre Group account will remain operational for a limited period. This will allow any payments already initiated to be received and transferred without disruption.

Members are advised that **card payments will continue to operate as normal**, and no changes are required for transactions made by card.

Saltburn District u3a appreciates the cooperation of all members during this period of administrative adjustment.

Paul Bradbury, Treasurer

MEMBERSHIP RENEWAL - 1st SEPTEMBER 2026

Thank you for supporting SDu3a with your membership. This is a reminder that membership has been extended to 31 August 2026 and that renewals will take place from **1st September** onwards. The renewal costs will remain the same:

£10 for full membership and £5 for affiliated membership.

Full details of how to renew will be sent out in our **JUNE** newsletter and will be posted on the website.

The membership team.

Supporting Our Community: Saltburn Solidarity Food Bank



At our January Update meeting, we heard from Eileen Tilley about the amazing team at Saltburn Solidarity Food Bank — a local charity making a real difference right here in Saltburn.

This registered charity supports residents who are struggling to buy food, offering help with dignity and kindness, with no questions asked. By the end of 2024, the Food Bank had already supported more than 1,500 people in our community — a testament to their dedication and the generosity of local donors.

If you would like to get involved, there are plenty of ways to help. You can donate food or funds, take part in a fundraising event, or volunteer your time. To find out more, just email saltburnsolidarityfoodbank@gmail.com.

And don't forget — we also have a food donation box at our monthly Update meetings for anyone who would like to contribute. Every tin and packet truly counts.

FLOOD RESILIENCE

March Update talk by Freya Fletcher

Freya Fletcher, supported by Dan, both from the Environment Agency, gave us a very interesting, timely and comprehensive guide to how flood resilience is being developed and monitored.

Many partnerships have been set up with community groups in areas which are likely to flood with Flood Wardens being appointed and support is given to the public about checking their risks, developing flood plans and on practical aspects of dealing with flooding (for example, making sure they have a “grab bag” ready in case they need to leave their house at short notice.)

The Environment Agency has a 3 tier system of flood warnings:

- **Flood Alert** – these are the most common and monitor the chance of flooding, giving warning 2-12 hours in advance.
- **Flood Warning** – properties at risk are warned that flooding may be possible due to heavy rains etc. These are given 30 minutes to 2 hours beforehand (by the nature of these, earlier warning cannot be given).
- **Severe Flood Warning** – this is given when flooding is imminent and there may be a risk to life.

Sirens are no longer used but information is sent out by texts, phone or email and can also be found on line at:

www.gov.uk/check-long-term-flood-risk for information about the long term flood risks from rivers and seas etc. and a link to check for current flooding alerts and warnings.

www.gov.uk/sign-up-for-flood-warnings which is a free service to get flood warnings from the Environment Agency.



UPCOMING EVENTS

North East Regional Quiz

South Durham u3a have arranged the annual North East Regional quiz:

Venue: Hurworth Grange Community Centre, DL2 2BN

Date: Wednesday 17 June 2026

Time 2.00-5.00pm

Cost: £4 per person

The quiz will be similar to previous ones, with prizes and refreshments. There is also an independent cafe, The Coffee Pot, on site should you arrive early or are travelling some distance and want some lunch.

If any of you SDu3a quizzers would like to take part, there is a maximum of 2 teams per u3a, with a maximum of 6 people per team.

If you are interested, please contact the Chair, Tricia Salt, via the SDu3a website, for further information.

SDu3a Ukulele Group

The Ukulele group are having a busy spring as usual. You can hear them play on the following dates:

- **Venue:** Cycling gig (East Cleveland classic) outside the Zetland usually on its balcony.
Date: Sunday 12 April 2026
Time: (about midday)
- **Venue:** Loftus Station Hotel (this is a pub and anyone can pop in)
Date: Sunday 19 April 2026
Time: From 2.30pm
- **Venue:** Saltburn Bandstand
Date: Saturday 6 June:
Time: 2:30 till 4.00pm

Saltburn Book & Craft Fair

Venue: Saltburn Community Arts Association Hall

Date: Saturday, 25 April

Time: 10.00 am till 4.00pm

SDu3a will be manning a table at this event to inform the public about our activities.

Members of some of our groups will also be there: including Art, Papercraft and one of the Writing groups, who will be selling their products.

Please come along and support your fellow members.

MORNING SAX

Talk and performance at Update 6 February 2026

On yet another damp and dreary morning, we welcomed Vaughan Dexter to tell us about the history of the saxophone.

It was invented in the 1840s by Adolph Sax (1814-1894) who wanted to produce a hybrid brass and reed instrument. It was originally used mostly in military bands and, in the early 20th century, became commonly used in the rise of jazz which occasioned a lot of hostility from some countries who identified it as part of modern, degenerate music.

There are 9 types of saxophone although only 4 are regularly used: soprano, alto, tenor and baritone. They all have a range of 2.1/2 octaves – the same as the human voice.

After Vaughan's presentation he was joined by 3 more saxophonists (Jean, Michelle and Jane) who entertained us with a dozen or so well known tunes (from American Patrol to House of the Rising Sun). And what a wonderful sound they produced.

The appreciative audience left feeling brighter and more cheerful and ready to face the rest of the day!



Vaughan Dexter telling us about the history of the saxophone.



Vaughan, Jean, Michelle and Jane who then entertained us with some well known tunes on the saxophone.

50/50 DRAW WINNERS

January 2026 ~ 134 tickets sold ~ £67.00 prize money			
FIRST	#2314	£32.00	Hogarth
SECOND	#2300	£17.00	Hogarth
THIRD	#2905	£6.00	Shortman
FOURTH	#2294	£6.00	Batiz
FIFTH	#2846	£6.00	Hartley

February 2026 ~ 117 tickets sold ~ £58.50 prize money			
FIRST	2928	£26.50	Shortman
SECOND	2364	£14.00	Hogarth
THIRD	2863	£6.00	Kettlewell
FOURTH	2927	£6.00	Shortman
FIFTH	2925	£6.00	Lawson

March 2026 ~ 113 tickets sold ~ £56.50 prize money			
FIRST	3122	£24.50	Atkinson
SECOND	3108	£14.00	Kettlewell
THIRD	3019	£6.00	Wilson
FOURTH	2945	£6.00	Davis
FIFTH	3059	£6.00	Mackay

From January to March 2026, 364 tickets have been sold, and £182.00 awarded in prizes.

Group Leaders please remember that 50% of this draw is held to supply you with replacement or new equipment and to date 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).

Say it with Style: Handmade Cards by the Papercraft Group

Looking for the perfect card? Skip the supermarket aisle and head to the **Papercraft Group** table at our monthly **Update meetings!** Our talented members create stunning, one-of-a-kind cards for every occasion - whether you need a heartfelt **Birthday** wish, a joyful **Congratulations**, or a beautiful **Easter** greeting.

- **Why buy from us?**
- **Support Your u3a:** 50% of every sale goes directly into our Saltburn District u3a funds.
- **Support the Artist:** The other 50% helps our crafters cover the cost of their beautiful supplies.
- **Go Bespoke:** Can't find exactly what you're looking for? **Individual commissions** are available for those extra-special milestones!

Come and have a browse at the next meeting—there is always a fantastic selection waiting for you.

Recent Creations:



Afternoon of Song



Monday 16th March was not just an ordinary meeting of the Singing for Pleasure group, it was our Afternoon of Song held to raise money for Teesside Hospice.

A full Echo Hall (extra chairs had to be brought in) was entertained by a varied programme of songs. These ranged from well known tunes from musicals, an upbeat 'pop' song, to some quieter pieces including the final song by John Rutter. The group sang some pieces in unison, others in harmony.

There was also some humour - especially Pat Morris wielding an axe during "There's a Hole in my Bucket" - a good job it was blunt! Sybil Waite, as ever, was excellent on the bongos



and special thanks must go to Janice Barnett our pianist.

Singers and audience alike had a very pleasurable afternoon and more importantly £700 was raised for the Hospice. Thanks to everyone who attended and contributed.

Vicki Taylor

Sound of Music Singalong Event

22nd March 2026

What a wonderful afternoon we all spent at the SCAA Theatre watching the classic musical, The Sound of Music (SoM).

Dressing up in the SoM theme was encouraged although not obligatory, and attendees entered into the spirit with some marvellous costumes and enthusiastic singing. Never were so many nuns seen in one small theatre!



EARLY PREPARATIONS - FILLING THE FOOD BAGS

Those joining in the fun were handed two bags on arrival - one containing snacks to sustain mind and body during the film, and the second full of props to use during the interactive moments. Two of the events team positioned themselves stage right and left to prompt the audience what to shout or wave, and when, and there was much laughter when whistles, torches and party blowers, to name but a few, were used to good effect.



Sound of Music Singalong Event (Continued from page 12)

Everyone was encouraged to loosen those vocal chords by Sybil Waite, who led the audience in a fun warm-up prior to the event proper, and the afternoon was well chaperoned by our MC for the day, Mr Howard Leake, who kept good order and advised the audience of useful information, such as where to head for drinks during the interval and, most importantly, who had won prizes.



Sound of Music Singalong Event (Continued from page 13)

Everyone was encouraged to loosen those vocal chords by Sybil Waite, who led the audience in a fun warm-up prior to the event proper, and the afternoon was well chaperoned by our MC for the day, Mr Howard Leake, who kept good order and advised the audience of useful information, such as where to head for drinks during the interval and, most importantly, who had won prizes.



Sound of Music Singalong Event (Continued page 14)

These were judged by our very own Mary Maternaghan and Angela Smith from the Co-op (who had very kindly donated goodies for the snack bags along with other organisations i.e. Farmfoods and Morrisons in Redcar and Asda in Skelton, all of which were very gratefully received).

Prizes were awarded for most imaginative costume, most authentic costume, most enthusiastic participant, and our usual door prize for a lucky ticket holder. Competition was fierce, and the Events Team wished they'd been able to award many more of the attendees who had made such a great effort.

There were too many lovely words of thanks received afterwards from our audience to note them all here, but the Team were thrilled that so many people took the time to say how much they had enjoyed the afternoon and were looking forward to the next event. In that respect, watch this space. Nothing has been decided as yet, so if you have a particular favourite that could work as an SDu3a event, please do feel free to let us know. We are open to suggestions.

On behalf of the SDu3a Social Events Team

Deb, Di, Julia, Karin, Ken, Liz, Louise, Mary, Sally and Tricia

A Short Group News For March/April

BOWLS

Saltburn Bowls Club are offering a six week introductory course for our members starting on Tuesday 5th May, from 2pm until 4pm. The cost will be their usual £2 visitors fee (refunded if you subsequently join the Club). Flat-soled shoes only should be worn. Bowls will be provided by the Club.

There will be an Interest List available at the April Update or you can contact Chris at the Bowls Club direct on: saltburnbowls@gmail.com

RAINBOW TAI CHI

Unfortunately the Rainbow Tai Chi Group has now closed, due to lack of members.

If you have any questions about any of our groups advertised on the website please feel free to contact the Group Leader directly via the website or please contact myself.

Diane - Groups Co-ordinator

<<<<< NEW MEMBERS WELCOME >>>>>

The following groups are looking for more members to join them:

ZETLAND LITERATURE GROUP

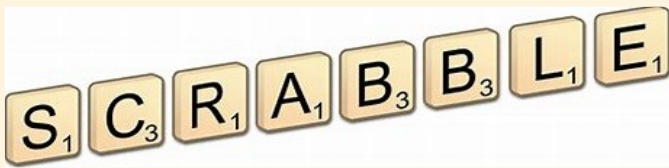
We read the Classics and other fiction books and also non-fiction like 'The Wager'.

We like to take our time with a book (reading sections out loud) and usually work through a text over the course of a term (sometimes two).

We also dip into poetry on a regular basis.

Meets every Wednesday afternoon, 1.30-3.30pm at Zetland Church, Redcar.

SCRABBLE



Are you good with words?

Do you want to give your brain a work out?

Or just have some fun

Come along to MSRP and join us on Mondays, 10.00am-12.00pm

GAMES GROUP

Do you like playing card games or Board games?

Do you just play the games we all know?

Why not try games you probably never heard of

CARD GAMES:

Flush, Flip 7, Skip, Bo Masters, Sky Jo

Board Games:

Dog; Carcassone; Labyrinth; Qwirkle; Logo; Sequence; Sounds fishy; Bali; Chicken foot; Quixx; Azul.

To name but a few.....and always looking for new ones to try.

Come along to MSRP on Tuesday mornings 10.00am-12.00pm



If you are interested in any of the above you can contact the relevant Group Leader via our Website.

Go to the Groups page, choose the group you are interested in and send a message. Or just turn up on the day.

THAILAND TRIP AND THE FINGERPRINT TREE

In early January 2025, I was selected as one of eight UK members for a Trefoil TOPAZ (Trefoil Overseas Partnership: Adventure with Zest) trip to Thailand. As a member of the Trefoil Guild—the adult section of Girlguiding (of which I have been a member for 63 years since joining Brownies at the age of 7), this was a dream opportunity.



Our mission in January 2026 was to collaborate with the Girl Guides of Thailand (GGAT) in schools and their local Trefoil Guild. We aimed to share skills and forge lasting friendships. Our project included producing educational banners on Guiding history and a mural for their Activity Centre in Bangkok.

One of our key activities was creating a **Fingerprint Tree**. However, lacking the specific artistic skills required, I turned to our very own **Graham Bassett**, leader of the Saltburn District u3a Art Group. Graham kindly provided a beautiful A3 canvas painting of a tree. We were so delighted with it that, upon arriving in Thailand, we had copies made so every school we visited could have their own.

The response was overwhelming. The Guides and their teachers (who doubled as leaders) were

captivated by the simple yet effective idea. One headteacher was even inspired to replicate the project for every classroom in her school!

We also visited a Buddhist orphanage in Kanchanaburi, working with children ranging from eight months to 18 years old. They, too, added their colourful prints to the branches. At the end of our sessions, we presented each school with a framed Fingerprint Tree as a permanent memento.

On our final day, we made smaller A5 copies for the staff and ourselves to sign and keep. The original canvas painting, now blooming with fingerprints, was presented to the GGAT Headquarters in Bangkok.

I want to extend a huge thank you to Graham. His painting was a massive talking point and a bridge between our cultures. As our Thai hosts beautifully put it:

THAILAND TRIP AND THE FINGERPRINT TREE (Continued from Page 17)

“The Fingerprint Tree: A collaborative art piece where everyone’s fingerprints formed the leaves of a tree, symbolising unity and togetherness.

Our UK friends brought joy to the local Girl Guides with activities like the Parachute game, jump rope, Giant Bubble Mix, Fingerprint trees and ball relay games. Despite the language barrier, the connection made through smiles and body language created a truly heart warming atmosphere.”



THAILAND TRIP AND THE FINGERPRINT TREE Continued from Page 18



FINISHED ORIGINAL



PRESENTATION

The trip was an unforgettable experience for me and one I wouldn't have experienced without being a member of the Trefoil Guild (despite breaking my arm whilst I was there).

Diane Goldby Saltburn District u3a Groups Coordinator