

Saltburn District



JUNE 2026

Issue 56

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



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LETTER FROM THE CHAIR

We held our AGM on 1st May and I was pleased to report that our membership is currently 848, that we have 67 groups offering 48 subjects and using 18 venues across the area. I would like to repeat my thanks to all our group leaders, key workers and numerous other volunteers and, of course, all you members: without you there would be no SDu3a! You will find a report and photos of this year's Group Leaders and Key Workers lunch in the following pages – just a small thank you for their work throughout the past year.

We now have 9 Committee members; I remain Chair and most of the other positions stay the same. Our new addition is Chris Addison, Accessibility and Safety Officer. There are photos and brief information about all the Committee later in this Newsletter. I would like to thank all of them for their support and input over the last year and look forward to 2026-27.

I hope you all have a lovely summer (when the sun returns!). Don't forget, membership renewal is in September, and we have a free month in October. (Further details also later in this edition).

Tricia

Editorial.

As we look around, watch TV and read newspapers it's hard not to notice the mess the the world seems to be in. We have Putin and Trump in charge of the world's two most powerful countries. Wars all over the world.

But there is much to be thankful for and enjoyed in our everyday lives, and, the icing on the cake, we have got Saltburn District u3a! Doing so well that members are getting five months' free membership and a month when all groups will be free.

On top of all that there is no price increase this year.

So let's try and keep SDu3a vibrant and well run. And, if you can, please step up and start a new group or join the committee.

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

“MONTHLY UPDATE”

THE JULY UPDATE WILL BE ON FRIDAY JULY 3RD

&

THE AUGUST UPDATE WILL BE ON FRIDAY JULY 31ST

(NB - The August Update has been brought forward a week to Friday 31st July)

At

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

3rd July

MIND - Lucy Coleman

~~7th August~~ 31st July

31st July (**note date change**) Trading Standards

4th September

Membership Renewals



Coming Soon

MESSAGE FROM THE TREASURER OCTOBER 2026

A FREE MONTH OF GROUP ACTIVITIES

I am very pleased to inform you that, due to the Committee backing me to make investments with our funds over the last two years, this money will be used to fund a **FREE MONTH** of group activities for all members. This will also include a zero entrance fee to the Update meeting and the Theatre Group coffee morning during the month of **OCTOBER 2026**.

The only exceptions to this are Theatre visits/trips and for any events the Social Events group may put on during this period. Therefore, this year SDu3a members will have benefited from five months' extended membership at no extra cost plus a free month of activities.

Paul, Treasurer

SDu3a 2026 - 2027 COMMITTEE



**TRICIA SALT
CHAIR**

I joined SDu3a when I retired in 2010, after working for many years for the local Mental Health Trust, first as a secretary and then as Planning Manager. I am originally from Leicester but moved up here after getting married in 1977. I served on the committee for 3 years from 2013 and was Chair from 2014-16. I have belonged to about 12 groups over the past 15 years and, currently I am also a member of the Newsletter team and the Social Events team.



**MARGO
DAVIDSON-WOOD
VICE CHAIR**

I joined SDu3a when I moved back to Saltburn a couple of years ago having heard a lot about it from my sister-in-law Daphne, a former SDu3a Groups' Coordinator. Almost immediately I took on the role of Administrative Secretary and started the 'Italian Conversation Group' which I thoroughly enjoy. I was proud to be Chair for a year and have accepted the role of Vice Chair this year. I am truly grateful to the Committee for all their support, being a member of the u3a really has helped me to settle back into the Northeast and I thoroughly recommend joining.



**PAUL BRADBURY
TREASURER**

I relocated to Brotton in 2022 with my wife and two dogs after retiring from a career in Shipping and Logistics. I have passion for water colour painting, travelling and WW2 history and quickly joined SDu3a and several groups, the latest being a writer's group where I achieved a lifelong wish to publish a book. I put myself forward as Treasurer at the 2023 AGM and have worked hard to improve the finances and keep costs down.



**FIONA HAMPTON
SECRETARY**

I joined both Guisborough and Saltburn u3as in 2016. I live near Guisborough but stay with Saltburn for the Russian Language group. I studied Russian at O Level and want to keep my brain ticking over in retirement. I volunteered for the Committee as I am determined that SDu3a should have sufficient officers to continue and since I am used to minuting meetings, I feel I can be of some help.



**DIANE GOLDBY
GROUPS
CO-ORDINATOR**

After retiring from my job as the Sixth Form Administrator at a college in Leicestershire, in July 2021 I moved back to the area where I joined SDu3a and became a member of the Crafts Anon and Theatre Groups. I joined the committee in October 2022 as minutes secretary, then in May 2024, after 19 months as secretary I took on the role of Groups Coordinator. Joining SDu3a has helped me settle back into the community and has certainly expanded my friendship circle.

SDu3a 2026 - 2027 COMMITTEE (Continued from Page 4)



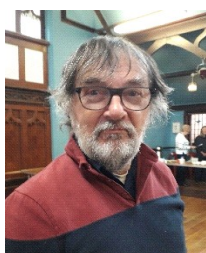
GAYE BATIZ
MEMBERSHIP/
BEACON / WEBMASTER

Before retiring, I worked in HR and Payroll both in the UK and in the USA. After returning from the USA, I joined SDu3a in February 2020 to make new friends and follow interests. After lockdown, I became group leader for the Birdwatching and Canasta groups and in March 2021 I applied to join the committee. After 3 years as Chair, 1 year as Secretary and just starting my 2nd year as Membership Secretary, I have made some great friends, and I am looking forward to a few more years on the committee working with a great team of volunteers



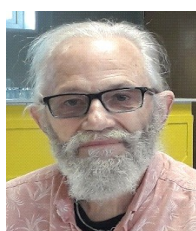
HOWARD LEAKE
MEMBERSHIP/
COMMUNICATIONS

After retiring my wife suggested I join her as a member of SDu3a. I soon found myself on the committee, mainly in the role of communications officer. As well as helping with the production of our quarterly newsletter, I am group leader for Backgammon, Mexican Train and the International Foodies. The u3a is a great community group organization so I am happy to continue as a group leader and committee member and learning my new role helping with membership.



KEN BLADEN
IT

I was elected to the committee of SDu3a in 2023 but had been helping with the IT before then. I now manage the IT for the monthly update meetings and other SDu3a events. I love photography and am now group leader for 3 different photography groups. I also volunteer with the Retired Men's Association and with the Saltburn Community Arts Association. In my spare time (if I have any) I like to drink beer and take photographs.....



CHRIS ADDISON
ACCESSIBILITY & SAFETY
OFFICER

I joined u3a to make new friends, especially people who share my interests in the arts. Before retirement I worked as a teacher, art therapist and lecturer, having originally studied Fine Art in Merseyside and in London and later, Craft, Design and Technology in York. I am currently a member of the Writer's Group.

WHAT DOES YOUR COMMITTEE DO?

Well, among other things, we:

Check:

- That all legal requirements of the Charities Commission and Third Age Trust are complied with.
- Guidance/news from Third Age Trust and Region and share/implement as necessary

Make sure:

- All returns and payments are made on time
- All licences are up to date
- Our finances are robust
- Our Constitution and policies are up to date and in accordance with Third Age Trust recommendations.



Members also attend meetings with various other u3as to share ideas, problems and good practice

And, most importantly, we try to ensure that SDu3a is run efficiently on your behalf:

- We receive monthly reports from the Chair, Treasurer, Secretary, Membership, Groups Coordinator, IT, Website/Beacon and discusses any issues/ideas arising from these and take actions accordingly.
- We discuss ideas on how to develop and grow SDu3a including introducing new groups and attracting new members.
- We organise monthly Update meetings and speakers for the meetings.

The Committee meets on the 4th Wednesday of each month – at 10am at MSRP.

Any SDu3a member is welcome to come along to see us in action!

How well do you know the Committee?

The current committee are:

Chair: <i>Tricia Salt</i>	Membership/Beacon/Website: <i>Gaye Batiz</i>
Vice Chair: <i>Margo Davidson-Wood</i>	Assistant Membership/ Newsletter: <i>Howard Leake</i>
Treasurer: <i>Paul Bradbury</i>	Groups Coordinator: <i>Diane Goldby</i>
Secretary: <i>Fiona Hampton</i>	IT: <i>Ken Bladen</i>
Health & Safety and Accessibility: <i>Chris Addison</i>	

elow are listed 2 statements of things that each member of the Committee has done at some point during their lives. Can you match the committee member to the statement.

1. This person worked in Ghana for 2.5 years in the 90s	
2. This person once fell in a canal and nearly drowned (their father's friend had to rescue them)	
3. This person once ran a marathon in a wedding dress for Charity.	
4. This person developed a new product that was launched on board the HMS Belfast.	
5. This person is a qualified Yachtmaster Navigator and used to race in Cowes Week and cross channel races during the 1980s	
6. This person rode pillion on a vintage Harley Davidson along the Great Ocean road in Australia with a complete stranger.	
7. This person makes rustic wooden furniture.	
8. In their later years this person was in contact with the Duke of Edinburgh, Ken Clarke and Sebastian Coe, as they all had something in common.	
9. This person has flown over Kilaueo volcano in a helicopter	
10. This person identified as an owl from the age of 5 years to 7 years.	
11. This person has done the Great North Run 20 times.	
12. This person stayed in a hotel in Paris in La Rue de la Gaité	
13. This person took part in a charity trek for Scope along the Great Wall of China	
14. This person owned a Cessna 172 in 1987 and took flying lessons. Their Cessna was the only small plane to 'survive' the great storm and so they rented it out to British Caledonian for pilot flight training.	
15. This person has visited all 7 continents.	
16. In their early 20's this person was a founder member of the controversial 'Scratch Orchestra of Great Britain'.	
17. This person has had lunch with Margaret Thatcher.	
18. This person was on the last Dakota aircraft from Teesside to Durham and back.	

MEMBERSHIP RENEWAL – 1ST SEPTEMBER TO 6TH OCTOBER

Annual subscriptions are due on 1st September 2026. Fees remain unchanged:

- **Individual Full Membership:** £10.00
- **Affiliate Membership:** £5.00 (*primary u3a membership proof required*)

Early renewals are from 1st August 2026. Unpaid memberships lapse after 6th October 2026, restricting group attendance until payment is received.

MEMBERSHIP RENEWAL SCHEDULE

HOW TO RENEW

1. Obtain a Form

A 2026–2027 membership form to be completed ONLY if your contact details have changed or if you wish to register for Gift Aid. Forms are available: as download from official website, Saltburn and Marske libraries, monthly Update meetings, Theatre Group coffee mornings or dedicated renewal sessions.

2. Renewal Methods

Online:

Email: Scan or photograph your completed form, email it to membershipsdu3a@gmail.com, and pay via Bank Transfer.

Member Portal: *from 1st September* follow the link sent via email or found on the website. Pay via PayPal or debit card. (*Note: This method incurs a 30p processing fee for the charity*).

In Person:

Submit your form and payment at the monthly Update meeting, Theatre Group coffee morning, or designated Saltburn Library sessions.

Via Saltburn or Marske Libraries:

Request the u3a folder at the reception desk, complete the form, and return it to the librarian in an envelope. Pay via Bank Transfer. *Libraries cannot accept cash or card payments.* designated Saltburn Library sessions.

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Request the u3a folder at the reception desk, complete the form, and return it to the librarian in an envelope. Pay via Bank Transfer. *Libraries cannot accept cash or card payments.*

DAY	DATE	TIME	VENUE
Fri	4th Sept	9.45 am - 11.00 am	SCAA - Saltburn
Mon	7th Sept	11.00 am - 13.00 pm	Saltburn Library
Wed	9th Sept	11.00 am - 13.00 pm	Saltburn Library
Thu	10th Sept	11.00 am - 13.00 pm	Saltburn Library
Sat	12th Sept	9.30 am - 11.00 am	Echo Church Hall
Mon	14th Sept	11.00 am - 13.00 pm	Saltburn Library
Fri	18th Sept	11.00 am - 13.00 pm	Saltburn Library
Mon	21st Sept	11.00 am - 13.00 pm	Saltburn Library
Wed	23rd Sept	11.00 am - 13.00 pm	Saltburn Library
Fri	25th Sept	11.00 am - 13.00 pm	Saltburn Library
Mon	28th Sept	11.00 am - 13.00 pm	Saltburn Library
Thu	1st Oct	11.00 am - 13.00 pm	Saltburn Library

3. Payment Methods

Preferred Method: Bank Transfer:

Account No: 38097230 | **Sort Code:** 54-30-34

Reference Format: First 5 letters of surname, membership number, and "REN" (e.g., *Pavar 1235 REN*)

Or:

Debit Card: Card readers are available exclusively at face-to-face meetings.

Cash: Accepted face-to-face only at designated meetings.

Cheque: Use cheques only as a last resort; payable to *Saltburn District u3a*, sign and date correctly, write your name and membership number on the reverse.

**FULL DETAILS ON HOW TO RENEW WILL BE EMAILED TO ALL
MEMBERS NEARER THE TIME.**

Gaye, Membership Secretary

VOLUNTEER FAYRE - GUISBOROUGH

Moira Stokoe, Chair of Guisborough u3a, and I shared a stall at the above Fayre on 3 June. This was organised by the Volunteer Coordinator at Redcar & Cleveland Council with the aim of attracting people within the community who would like to find out more information about volunteering opportunities and local volunteer groups.

There were over 20 stalls, covering volunteer groups from all over the area, some well known, some I had never heard of. We had a pleasant morning, sharing information about our two u3as and handing out leaflets to many interested visitors.

Tricia Chair



Groups' Coordinator's Report

The groups all appear to have been running smoothly so far this year but there have been a few changes as shown below:

The **Local History Group** has now changed its name to the **History Group**. This is because they have decided that it would give more opportunities to learn about the wider area of the North East. Anyone is welcome to go along to their talks.

Since the last Newsletter, 3 Group Leaders have let me know that they are standing down as the Group Leader; luckily another group member has agreed to take on this role for each group.

- Catherine Donovan is stepping down as the **Non Fiction Reading Group** Leader and Sara Bailey and Carol Wennington are jointly going to be the Group Leaders.
- Val Metcalf is stepping down as Group Leader of **The Echo Literature Group** after 7 years, due to family commitments. During this time, the group has read and enjoyed 15 of Shakespeare's plays, many of his sonnets and several Thomas Hardy classic short stories. This successful group will continue with a new leader, Joy MacMahon in September.
- Louise Moore is stepping down as the Group Leader of **A Life Remembered** with effect from 1st September 2026, after running it successfully for many years. The new Group Leader will be Michelle Marshall.
- Lesley Johnson is stepping down as the Group Leader for **Bridge 1** after July. Rosemary Willows, with the help of Lesley James, has agreed to take it on .

On behalf of the Committee I would like to thank all the outgoing Group Leaders for their time and work in running these groups.

Groups who would welcome new members

- The **Canasta** group have spaces available, beginners are welcome. They meet at the MSRP on Wednesday afternoons from 1.30pm - 3.30pm.
- There are spaces in both of the **Crochet Live** sessions. These take place on a Tuesday morning and Tuesday afternoon.
- **Russian language (intermediate)** group also have spaces. They meet on Friday afternoons, 1.30-3.30pm. We know Russian may not be top of your list of the languages you would be interested to learn in view of the current political situation but it is a fascinating language and very good for keeping your brain active.

We describe ourselves as an intermediate group but that only means that we assume knowledge of the basics such as the alphabet and very simple principles of grammar. If you don't have those but think you might be interested we can point you in the right direction.

Why not come along and listen to what we talk about? It is very relaxed and we would welcome some new faces.

If you are interested in starting up a new group and would like to know more about how to do this, please contact me at: dianegoldbyu3a@outlook.com

Thank you

Diane Groups' Coordinator

Local History Group Name Change

After many years, the Local History group has changed its name to **History Group**. After ten years it has become more difficult to identify speakers on the close local area and keep the talks fresh.

Widening the name to 'History' provides a wider scope to bring in speakers to talk about Yorkshire, County Durham, Northumberland and more. Still broadly in the Northeast but with a much wider catchment area.

Please don't get me wrong, our speakers are well informed, professional and well received. However, drawing speakers from a wider area from time to time will enable us to learn more about our historic part of the world.

Future talks will be published on the Saltburn District u3a website and are held from 10am - 11.30am at the Methodist Church Hall, Milton Street, Saltburn on the second Wednesday of the month. There's no need to book in advance, please just come along and enjoy the talk.

Very many thanks

Pam

Writing For Pleasure Group Scribbles

Writing for Pleasure has a tradition of providing members with a 10-minute scribble on a given subject. Last month's was called "The 60-second Silence". Where every sound stops. No wind, no traffic, no breathing, no heartbeat. You have one minute before the world restarts. Write about that experience.

Eleanor Mair, part of the communications team at u3a, was planning to share activities for members to try that are beneficial for wellbeing on our social media platforms. She came across our Writing for Pleasure group on the website and was particularly interested in the idea of the 10-minute's scribble writing exercise.

It can nudge you into areas that you are not familiar with, which I believe can expand creativity. We then read out that work and if we have any time left, see where discussions lead us.

If you would like to see group members' stories and poems they are on the Saltburn District u3a website: https://saltburndistrict.u3asite.uk/u3a_groups/writing-for-pleasure/

Sarah Telfer (Group Leader)

RESEARCH INTO FALLS

We have been approached by a Dr Matt Hill, Lecturer in Psychology at Leicester University to ask whether any of our members would be interested in taking part in a research study they are conducting on concerns about falling in older adults. The study aims to understand whether witnessing or hearing about other people falling (e.g. friends, family members or others) influences individuals' own concerns about falling.

If anyone is interested and would like more information about this, please contact me via the SDu3a website.

Tricia Chair

WALK THIS WAY - VISIT FROM SOUTHPORT u3a

Denise Trewitt (Southport u3a) recounts her fantastic exchange trip with Saltburn District u3a:

"There were sixteen members of our u3a group who enjoyed a fabulous exchange holiday with Saltburn District u3a. From the initial contact with Sheila Golden, their walking group leader, we were given recommendations for places to stay, where to eat and walks that showcased the lovely North Yorkshire and Teesside coast. Sheila's enthusiasm for her area and her local knowledge made the planning process for our trip so much easier.

We arranged to stay for four nights in a family run seafront hotel in Redcar. We travelled to Saltburn by car and arrived at lunchtime, leaving us plenty of time to enjoy a sunny beach walk with Sheila towards Teesport taking in the stunning views along the coast from the Redcar Beacon.

In the days that followed we did three more walks, each led by a different member of the Saltburn Walking group. Our most challenging walk was an eleven-mile trek along the Cleveland Way. However, Julie, our walk leader made sure everyone could walk at their own pace.

One of the best things about an exchange like this is walking and talking with the members of the local u3a who joined us. They were able to share their love and knowledge of the flora and fauna, local heritage and historical architecture.

Denise Trewitt (Southport u3a)

50/50 DRAW WINNERS

April 2026 ~ 141 tickets sold ~ £70.50 prize money			
FIRST	1557	£32.50	C Peart
SECOND	3773	£17.00	J Cox
THIRD	1542	£7.00	G Nixon
FOURTH	3755	£7.00	O Wilson
FIFTH	3098	£7.00	S Lewis

May 2026 ~ 141 tickets sold ~ £70.50 prize money			
FIRST	1557	£32.50	C Peart
SECOND	3773	£17.00	J Cox
THIRD	1542	£7.00	G Nixon
FOURTH	3755	£7.00	O Wilson
FIFTH	3098	£7.00	S Lewis

June 2026 ~ 113 tickets sold ~ £56.50 prize money			
FIRST	3317	£24.50	Snowball
SECOND	3331	£14.00	Lister
THIRD	3653	£6.00	Lewis
FOURTH	3694	£6.00	Hartley
FIFTH	3306	£6.00	Cotterhill

If you are a group leader and need any equipment for your group, please get in touch with Paul Bradbury (Treasurer). Half of the funds raised by the 50/50 raffle prize draw go to the purchase of group equipment.

P B - Treasurer

DESERT ISLAND DISCS

Michael Kirke at April Update

Michael Kirke gave us a fascinating and wide ranging account of his life over several careers and countless experiences in several different countries. He remembered that as a 5 year old he accidentally caught two Nazi spies, as he saw them taking photos of a military convoy crossing a railway bridge and reported them.

He has had various teaching jobs, from rural science in prep schools, as well as science, history and cookery in HM Prisons. A polymath, he is also a prolific author of both non fiction and fiction titles and even makes his own clothes.

His choice of music was mostly classical, including the well known (Tchaikovsky and Bolero) and some lesser known works. He also entertained us by singing "The Music of the Hounds" (a traditional folk song) proving himself to be a talented singer as well.

The audience was well entertained by his many stories and our thanks go to him for sharing these with us. Thanks also to our interviewer, Louise, and IT expert, Ken.



Michael Kirke at the Update Meeting

HOME-START

Home-Start Teesside Volunteer Opportunity

Could you spare 2–3 hours a week to support a local family? Home-Start Teesside is looking for volunteers to provide friendship, encouragement and practical support to parents with at least one child under five. Our volunteers visit families in their homes, helping to reduce isolation, build confidence and ensure children get the best possible start in life. No formal qualifications are needed, and full training and ongoing support are provided. If you would like to use your experience to make a difference in your local community, we would love to hear from you. Call 01642 501811 or email admin@homestart-teesside.org.uk

Thank you for your support and please let me know if you need any further information.

Best wishes,

Michelle

Home-Start Presentation at the June's Update

At June's Update we welcomed Michelle Hardy to talk to us about Home Start Teesside, a charity which works alongside families with children under 5, where parents/carers may be struggling for any number of reasons. She emphasised that brain development reaches 90% at this age and it is therefore vital that they have as good a start in life as possible.

Home Start volunteers receive training and support both before and during their placements with families. They work alongside families to give compassionate and confidential support, tailored to each family.

They currently work into over 180 families across the area and have two volunteer groups:

younger parents and those who are retired. If anyone is interested in finding out more and is thinking of volunteering, you can visit www.home-start.org.uk for more information.

Many thanks to Michelle for such an interesting and eye-opening talk.



The Breath of Ushaw: a u3a Creative Journey



Usworth College

On 12th May, the ancient corridors of Ushaw Historic House (built in 1808 and originally a sanctuary for young boys training for the Catholic priesthood) awoke to a vibrant new energy. Cecilia Coulson and her team transformed this former seminary into a stage for creative learning, anchored by Third Age Trust CEO Iain Cassidy's inspiring vision: redefining later living through connection and discovery.

My friend Jan Dearden and I set off with Ken Bladen at 7.30am to attend the day's event. It was a long drive to the outskirts of Durham. The morning was overcast but we made good time arriving at 9.15am. Registration was 9:30-9:50am in the grand Refectory. We were given a wallet with a MAP (very handy), programme and list of the 22 group learning sessions on offer. These were hosted by 16 different u3a regions.

Bridging Past and Future

The day beautifully paired this historic reverence with modern exploration across 22 diverse subjects. Every corner of the house hummed with life.

The Modern: A deep dive into **Understanding AI**—embracing the future while always verifying the truth.

- **The Creative & Academic:** From **Flower Photography**, **Willow Bird Feeders** and **Birdwatching** (hosted by our very own **Gaye Batiz**) to **Irish History**, **Hieroglyphics**, **Poetry** and **Short Stories**.
- **The Active & Musical:** **Tai Chi** and **Line Dancing** shared space with organ and string



(Continued on page 16)

The Breath of Ushaw: a u3a Creative Journey (Continued from page 15)

I had booked 2 sessions: Understanding AI and Flower Photography. AI is here to stay, so we should 'get used to it'. A word of caution – if you use ChatGPT or CoPilot always check their answers. The Photography was great with a talk by Jeannie on camera and phone settings. Then 4 'stations' were set up for us to use as backgrounds for the lovely flowers provided. Help At lunchtime I managed to take some photos in the Formal Garden. The sun broke through at lunch, bathing the garden rhododendrons in golden light, the harmony of the day felt complete.

Our deepest thanks to Cecilia Coulson, the u3a North East Region team, and the Ushaw staff for turning a monumental undertaking into a seamless, flawless experience. History, nature, and community truly aligned. Photographs kindly supplied by Moira Woolridge, North East Region u3a, photographer for the day.



Cecilia Coulson & Iain Cassidy

Lynn Flounders (Saltburn District u3a)

The Formal Garden



The Refectory



Kathy Clegg's Wildflower Walk

To Learn more: ushaw.org



SDu3a Indoor Garden Party Event
Sunday, 6th September 2026
 at
ECHO Centre, Upleatham Street, Saltburn
 from
1.30 to 4.30 pm
Tickets: £7pp

Please join us for another afternoon of fun, food and great company.

For this event we will be asking attendees to 'think summer'. Whether it be a 'Buck House' garden party (dress to impress), or an afternoon at the allotment (dungarees and wellie boots), we want you to be inventive with your attire.

A prize for best head-wear is on offer - go on...be outrageous - along with various other crazy challenges, and themed quizzes to test your knowledge and recall; team and individual prizes to aim for throughout. We'll throw in a yummy afternoon tea to keep body and soul together too.

This event is for SDu3a members only. Tickets can be purchased from Update Meetings, from Theatre Group Coffee Mornings, or from any Social Team member. Attendance numbers are limited, so first come first served.

We'd love to share another wonderful Sunday afternoon with you.

See you there!

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

Your SDu3a Social Events Team

Group Leaders & Key Workers Celebrate at SCAA

Saltburn's dedicated Group Leaders and Key Workers gathered at the Saltburn Community Arts Association (SCAA) on June 9th, 2026, for a dynamic, fun-filled luncheon.

Here is how the afternoon unfolded:



Updates & Trivia: Attendees got the latest updates on Finance, Beacon, Renewals, Health & Safety and the Saltburn District u3a website. Would group leaders be up for selling 50/50 raffle tickets? This was followed by a lively quiz on "How well do you know your committee?" I wondered who had had eaten lunch with Margaret Thatcher...

- **Afternoon Tea:** Guests relaxed and reconnected over delicious afternoon tea boxes supplied by Coastline Catering of Marske.
- **Musical Bingo:** The energy soared with a crowd-favourite game of "music through the decades" bingo, prompting plenty of humming, cheering, and friendly competition.

The laughter, shared meals, and engaging activities made the day a resounding success, ensuring our leaders received the appreciation they so richly deserve. We were also reminded of our free group sessions in October, which extended to the Update and Theatre coffee morning entrance fees. (Continued on Pages 20)

(Continued from Pages 19)

Group Leaders & Key Workers Celebrate at SCAA



A Huge Thank You!

A heartfelt thanks goes out to our incredible **Groups' Coordinator**, Diane Goldby, as well as everyone who dedicated their time to organising the event and helping out on the day. Your hard work made this memorable afternoon possible!

The u3a Essay Competition 2026

[FULL DETAILS CAN BE FOUND ON THE NATIONAL U3A WEBSITE]

Take us on a remarkable real-life journey—of discovery, adventure or transformation—and bring its story to life in fewer than 1000 words.

Who Can Enter?

All u3a members, including those in Interest Groups Online. You must be a member by 1 June 2026 and stay a member until winners are announced in October 2026.

Key Details:

- Free entry (one essay per person)
- Deadline: Submit by 12 noon, Friday 31 July 2025
- Prize books for the winner and two runners-up, donated by HX Expeditions.

THE TASK:

The most incredible journey

Journeys come in many forms. Some take us across oceans and continents; others lead to remarkable discoveries, great acts of courage, or profound changes in the way we see the world.

For this year's essay competition, we invite you to explore **an incredible journey that really happened**.

Your subject could be almost anything:

- A famous expedition or voyage of exploration
- A scientific or medical breakthrough
- A historical journey that changed lives
- A cultural, intellectual, or spiritual journey
- A journey undertaken by an individual or group that altered the course of history

The aim is to **tell a true story in an engaging way**.

Your essay **must be factual (non-fiction)**.

It **must NOT be an autobiographical account of your own journey**.

The journey can be **physical, intellectual, cultural, scientific, historical, or spiritual**.

Write for an **interested general reader**, avoiding overly technical language.

Clear structure, good storytelling, and evidence of research will strengthen your essay.

Above all, we hope this theme encourages you to **share a fascinating story of movement, discovery, and change**—a journey that deserves to be remembered.