

Saltburn District



SEPTEMBER 2026

Issue 57

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



LETTER FROM THE CHAIR

"Hope you've all had a good summer and not found the 'heatwaves' too oppressive. Unfortunately, though it always seems too short and autumn looks to be on the way already in September. But plenty to look forward to in the u3a and especially to our free October! Enjoy your groups and the wonderful people you share them with."

Tricia

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Coming Soon

MESSAGE FROM THE TREASURER

OCTOBER 2026

A FREE MONTH OF GROUP ACTIVITIES

I am 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

Editorial

Welcome to your Autumn 2026 Newsletter! Summer was a record-breaking scorcher, but our u3a stayed as vibrant as ever with new workshops and activities shared by our fantastic members.

AGM & Committee Updates: A huge thank you to our departing committee members, and a warm welcome to Chris Addison, who joins us as Accessibility and Safety Officer.

Garden Party Success: The Social Events Team hosted a delightful Sunday Garden Party on September 6th—complete with sunshine, friendly competition, and great company.

Monthly Updates: We've recently enjoyed talks from MIND and Trading Standards. As Membership Renewals roll out this September, be sure to catch our upcoming Friday updates featuring Age UK, a brief history of seaside entertainment, and our December group Christmas celebration!

Your voice makes our community thrive. We love hearing your stories, tips, and creative pieces, so please keep sending them in as we look forward to another great year of learning and friendship together.

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

“MONTHLY UPDATE”

THE OCTOBER UPDATE WILL BE ON FRIDAY OCTOBER 2ND

&

THE NOVEMBER UPDATE WILL BE ON FRIDAY NOVEMBER 6TH

At

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

on Friday OCTOBER 2ND 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 13th

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

2nd October 2026

6th November 2026

4th December 2026

FUTURE UPDATE MEETINGS

Age UK

A brief history of seaside entertainment

Christmas event with our groups

Behind the Scenes at Mind

When Mike Robinson spoke at Saltburn u3a about Mind, many of us expected an overview of well-known national services like listening helplines and general counselling. While those remain vital pillars of the charity, Mike's talk revealed a vast network of specialized, ground-level support operating right here across Middlesbrough, Redcar, and Teesside.

One of the biggest eye-openers was learning how independent and tailored our local branches are. Teesside Mind (headquartered in Middlesbrough with hubs across Redcar) and Redcar & Cleveland Mind design their services directly around the needs of our local community.

Here are a few key takeaways and lesser-known local services from Mike's talk that everyone in our area should have on their radar:

- **The Road to Recovery & Wellbeing Services:** Operating out of local hubs like West Dyke Road in Redcar and Lothian Road in Middlesbrough, local teams provide dedicated 1:1 emotional and practical support. They help people navigate everything from anxiety and depression to building self-esteem and developing personalised coping strategies.
- **Crisis & Out-of-Hours Support:** Services like the local **Safe Haven** in Redcar offer a compassionate safety net for adults nearing a mental health crisis, providing an alternative to A&E when people need urgent emotional support.
- **Dedicated Carer Outreach:** Caring for someone with mental health difficulties brings unique challenges. Local outreach services across South Tees offer 1:1 emotional support, dedicated advice, and wellbeing workshops specifically for carers.
- **Social Prescribing in GP Practices:** Social Prescribing Link Workers operate directly within local surgeries to help residents dealing with isolation, stress, or life challenges connect with community groups and practical aid.
- **Talking Therapies & Recovery Courses:** Through local partnerships like *Impact on Teesside*, residents can access talking therapies, group sessions, and Recovery College courses to manage ongoing mental health conditions.
- **Workplace & Custody Advocacy:** From training local employers to delivering advocacy and "Appropriate Adult" support in police custody, local teams work actively across Teesside to safeguard rights and prevent crises before they happen.

Whether you need 1:1 support, guidance for a loved one, or practical help navigating daily challenges, the work happening across Middlesbrough and Redcar proves that no one in our area must face mental health struggles alone.

Protecting Our Community: Insights from our Trading Standards Talk



At a recent Saltburn u3a update meeting, we welcomed two speakers from Trading Standards. While many associate Trading Standards primarily with rogue doorstep builders, their presentation illuminated a far broader scope of work dedicated to safeguarding residents across Redcar and Cleveland.

Trading Standards acts as a vital frontline defence, ensuring fair trading, safety, and accountability across multiple sectors.

The Reach of Trading Standards

- **Doorstep Crime & Rogue Traders:** Enforcing initiatives like *No Cold Calling* areas, prosecuting fraudulent workmen, and assisting vulnerable residents targeted by high-pressure sales.
- **Scam Prevention:** Educating the public on phone, mail, and online fraud while tackling aggressive doorstep practices.
- **Product & Food Safety:** Testing imported goods and local items to ensure toys, cosmetics, and household electronics meet strict safety regulations, as well as verifying correct allergen labelling and food standards.
- **Fair Trading & Weights & Measures:** Checking that local businesses display transparent pricing and accurately calibrate measuring equipment—from petrol pumps to market scales.
- **Animal Health & Welfare:** Monitoring livestock transit, preventing disease outbreaks, and responding to welfare concerns on local farms.

How to Report an Issue or Get Advice

Trading Standards works closely with national consumer helplines to triage reports and initiate local investigations.

- **For Consumer Advice or to Report a Scam / Rogue Trader:**
Contact the **Citizens Advice Consumer Helpline** on **0808 223 1133**. They log details, offer immediate guidance, and refer actionable cases directly to the Redcar & Cleveland Trading Standards team.
- **Redcar & Cleveland Borough Council Team:**
For local inquiries (such as requesting *No Cold Calling* home packs or reporting local animal welfare concerns), reach out directly via **01287 612489** or email tradingstandards@redcar-cleveland.gov.uk.
- **Immediate Danger or Intimidation:**
If an aggressive trader refuses to leave your doorstep or you feel threatened, call the police on **999** immediately.

Below are the answers to:

How well do you know the Committee which appeared in the summer edition of the newsletter?

The current committee are:

Chair: **Tricia Salt**

Membership/Beacon/Website: **Gaye Batiz**

Vice Chair: **Margo Davidson-Wood**

Assistant Membership/Newsletter: **Howard Leake**

Treasurer: **Paul Bradbury**

Groups Coordinator: **Diane Goldby**

Secretary: **Fiona Hampton**

Information Technology (IT) **Ken Bladen**

Health & Safety/Accessibility: **Chris Addison**

Below are listed 2 statements of things that each member of the Committee has done at some point during their lives.

FIONA

Worked in Ghana for 2½ years in the 90s

Makes rustic wooden furniture.

TRICIA

Fell in a canal and nearly drowned. Their father's friend had to rescue them.

Flown over Kilauea volcano in a helicopter.

PAUL

Ran a marathon in a wedding dress for charity.

Had lunch with Margaret Thatcher.

KEN

Developed a new product that was launched on board the HMS Belfast.

Stayed in a hotel in Paris in La Rue de la Gaité.

MARGO

A qualified Yachtmaster Navigator who used to race in Cowes Week and cross-channel races during the 1980s.

Owned a Cessna 172 in 1987 and took flying lessons. The only small plane to 'survive' the great storm and so they rented it out to British Caledonian for pilot flight training.

DIANE

Rode pillion on a vintage Harley Davidson along the Great Ocean Road in Australia with a complete stranger.

Took part in a charity trek for Scope along the Great Wall of China.

CHRIS

In his later years was in contact with the Duke of Edinburgh, Ken Clarke and Sebastian Coe, as they all had something in common.

Founder member of the controversial 'Scratch Orchestra of Great Britain'.

GAYE

Identified as an owl from the age of 5 to 7 years.

Has visited all seven continents.

HOWARD

Was on the last Dakota aircraft from Teesside to Durham and back.

Ran the Great North Run 20 times.

Tribute to Roger Elgood



*Yesterday I fulfilled my promise: to one day visit Roger Elgood's family brewery in Wisbech. I raised a pint in memory of him. After tasting several fine ales, I opted for Cherry Wheat beer along with a ploughman's lunch in the Tap Room. Despite the deluge of rain in the morning, we managed a walk in the gardens, challenged - but not fazed - by the maze. **Cheers, Roger ... RIP.***

Roger Elgood was a long-standing member of Saltburn u3a until his passing this year. A member of two writing groups, he wrote horror and many other genres, always with a leaning towards the ecclesiastical, including the series he is most known for "Tales from the Vicarage" (Amazon). Roger delighted us at the groups with his short stories and he is sadly missed.

Pat Atkinson

Ukulele Band at the Annual Saltburn Food Festival!

Held every summer—usually on a Sunday, the Food Festival takes over Saltburn's central streets with over 100 food, drink, and craft stalls along with live local entertainment.

Among the day's entertainers, Saltburn u3a's Ukulele Band was entertaining folk outside the Spar. The band provided the ultimate soundtrack for festival-goers strolling past the bustling stalls. Armed with strumming ukuleles and infectious energy, the group turned the pavement into an impromptu dance floor. Crowds stopped in their tracks—food in hand—to sing along to classic 60s and 70s hits. Though the gourmet street food certainly brought people to town, it was the u3a Band's lively set that kept spirits high, proving once again that local live music is the secret sauce to any great festival!



Saltburn Cricket Club Clickgate

Vic Makin was interviewed by a reporter from The Guardian, last month about the news that Saltburn's local Cricket Club was being compared to the Argentina football team. The reaction from Vic and members at their Ukulele group meeting at Saltburn Community Centre was laughter and a rendition of 'I Love to Boogie'. It all started with a video from Saturday's match between Saltburn 2nd XI and Norton 2nd XI. In cricket, if a thrown ball slightly grazes the edge of the bat and is caught in the air, the batter is out. Because these slight grazes can be hard to see, umpires rely on the faint "click" sound of ball hitting wood.

A viral video appears to show a fielder snapping his fingers right as the batter swings. He is accused of deliberately faking the sound to trick the umpire into calling the batter out.

While the Saltburn team celebrated the decision, the confused batter was left protesting to the umpire. The Internet has dubbed the saga '**Clickgate**', labelling the mischievous fielder '**Clicky Punting**' (a nod to Australian legend Ricky Ponting)—though his real name is Brian.



Vic Makin

A Month of Unforgettable Outings: Theatre Group's August Adventures

An enormous round of applause goes to Carole M, the tireless leader of our Theatre Group, for her dedication to organizing such a brilliant line-up of events for us. This year has been packed with activities, but August was truly exceptional, offering two memorable trips that brought everyone together for great food, history, and fun.

11th August: Sunshine, Storytelling, and Wine at Ryedale Vineyards

Our first outing of the month took us to the charming Ryedale Vineyards, where we were treated to a delightful brunch made fresh right on the premises. After refuelling, we settled in for a fascinating talk tracing the history of the vineyard before taking a guided tour through the leafy vines and processing facilities.

The tour concluded with a tasting of their delicious local wines—and naturally, a few bottles made their way home with us! While the wine was superb, the undisputed stars of the day were the vineyard's two energetic collie dogs, who were overjoyed to find a whole group of new friends willing to throw tennis balls for them.

Storytelling, and Wine at Ryedale Vineyards



A Month of Unforgettable Outings:

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27th August: Masterpieces and High Fashion at The Bowes Museum

Later in the month, the group headed to The Bowes Museum for a day immersed in art, history, and culture. Visitors had the chance to explore the extraordinary collection of fine art, ceramics, and treasures originally gathered by the museum's founders, John and Josephine Bowes.

The trip featured a special exhibition showcasing iconic outfits by fashion legend Vivienne Westwood. Other standout moments included standing just inches away from El Greco's masterpiece, *The Tears of Saint Peter*, and watching the museum's famous 18th-century Silver Swan automaton in action.

A heartfelt thank you to Carole M for all the hard work and time she puts into making these trips happen—we are already looking forward to the next adventure!

History Group Lectures

The History group meets second Wednesday monthly from 10am-11am at Saltburn Methodist Church. No need to book, just turn up with £2 and enjoy the talk and a chance to chat over a cuppa afterwards.

14 October The Battle of the Standard given by Tony Ward.

The Battle of the Standard is a hugely important battle in our area. It took place on 22 August, 1138 at Cowton Moor, near Northallerton. It was one of two major battles fought in the Civil War between King Stephen and Empress Matilda in the troubled times known as The Anarchy.

The English Army set out to meet the invading Scots. They had at their head a mast mounted on a cart proudly flying the consecrated banners of the Minsters of Beverley, Ripon and York, earning the battle its name.



The Battle of the Standard in 1138

11 November Airport Photographer 1994-2003 given by Ted Parker

As the official photographer for TSIAP, I accumulated a collection of historical images of Teesside Airport in its heyday both behind the scenes and some of the more prestigious events, and some surprising visitors!

As you will see 'Access all areas.'

Pam Rayment

50/50 DRAW WINNERS

Jul 2026 ~ 155 tickets sold ~ £77.50 prize money			
FIRST	3719	£36.50	Lewis
SECOND	3776	£20.00	Davis
THIRD	3352	£7.00	Nixon
FOURTH	3185	£7.00	Burchell
FIFTH	3786	£7.00	Sigsworth

Aug 2026 ~ 112 tickets sold ~ £56 prize money			
FIRST	3507	£24.00	Burchell
SECOND	3539	£14.00	Maxwell
THIRD	3503	£6.00	Bradbury
FOURTH	3244	£6.00	Lewis
FIFTH	3526	£6.00	Grimley

Sep 2026 ~ 95 tickets sold ~ £47.50 prize money			
FIRST	3596	£20.50	Dobson
SECOND	3029	£12.00	Dale
THIRD	3575	£5.00	Maxwell
FOURTH	3574	£5.00	Maxwell
FIFTH	3561	£5.00	Grimley

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

Indoor Garden Party

What a fabulous afternoon we had on Sunday, 6th September, 2026. Around 65 guests, along with the Events Team and our trusted helpers, met in the ECHO Centre for our fourth, and very different, get together.

Attendees were given a wide remit on the dress code this time. Dress to impress in your best, wear dungarees and wellies (think allotment chic), or use the 'garden party' theme in any inventive way of choice. As some selected photos show, our SDu3a members entered into the spirit with gusto. Guests were encouraged to remember the day by having a picture taken. Using the frame provided and a floral backdrop, our resident photographers, Ken and Howard, were on hand throughout the afternoon.

Various competitive activities ensued - cake decorating, building a greenhouse using cocktail sticks and marshmallows, and music bingo to name but a few - ensuring an ongoing fun atmosphere, with lots of laughter. There was also a prize for best head-wear, with a parade of those wishing to enter the competition. An anonymous vote by all guests, won by the wonderfully glamorous Pat Atkinson for her fabulous hat.

Team activity winners were awarded wild-flower seed bombs, with those winning individual prizes presented with a shortcake Strawberry Box. A personal afternoon tea was served at the guests' tables, and teams then shared their previously decorated Victoria Sponge between them (cakes provided by our own Karin Slade). All were declared 'delicious'.

The Social Events Team would like to thank all attendees for entering into the theme with such enthusiasm, and for some of the generous feedback received: "...overwhelming success...", "...filled with fun and laughter with great company...", "I thoroughly enjoyed myself...", "...another bloomin' marvellous afternoon...", "...such a success...thank you all so much".

We have already received some suggestions for our next event but, as always, we welcome your ongoing input. If you have a great idea that would work as an SDu3a Sunday afternoon gathering, please let any of the Social Events Team know about it.



*A heartfelt thank you to our trusted helpers: Sarah, Sue, Catherine, Andrew and Yvette.
Looking forward to seeing you at the next one! [Deb](#), [Di](#), [Julia](#), [Karin](#), [Liz](#), [Louise](#), [Mary](#), [Sally](#),
[Tricia](#) (SDu3a Social Events Team)*

Deb Barwick

Other Indoor Garden Party Pictures

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Dressed to impress



Other Indoor Garden Party Pictures

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Cake decorating was another competitive activity. The cakes were judged by our own Bake Off Judges



Other Indoor Garden Party Pictures

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Guests were encouraged to remember the day by having a picture taken. Using the frame provided and a floral backdrop, our resident photographers, Ken and Howard, were on hand throughout the afternoon



*There was a prize for best head-wear,
Won by the wonderfully glamorous Pat Atkinson..*



Other Indoor Garden Party Pictures

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Other activities, building a greenhouse using cocktail sticks and marshmallows, and music bingo.

