

**Selby & District**  
**u3a**  
**Newsletter**  
**NOVEMBER 2025**



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***Hello everyone and welcome to Selby & District u3a November Newsletter***

I hope you are all getting used to the cooler weather, it's not making the diet any easier but I'm off on holiday tomorrow for a week so it's a good excuse to forget about it.

There is quite a lot of new information in the newsletter this month so please try and read through it, hopefully you won't be too bored 😊

Our October meeting was a success, with a good singalong, although we seemed to have less people than usual, hopefully more of you will attend in November to help raise money for Cancer Research by bringing some of your delicious home baking for everyone to try.

The produce table raised £40 for the Yorkshire Air Ambulance.

Many thanks to everyone who donated produce to the stall at the monthly meeting on Wednesday, and those who bought things. We raised £40 for Yorkshire Air Ambulance.

We will continue supporting Yorkshire Air Ambulance through sales of books on the book swop table at monthly meetings.



***Our November Meeting*** will include “Yorkshires Big Brew” as well as our usual speaker and raffle. If you would like to take part please bring your donations to the meeting. All monies to cancer research. Tea and coffee will be available from 9.50 am until 10.20 am.

***December Open Meeting*** – The groups which make things (Art Group, Textile Group, Craft Groups and Friday Workshops) will all have exhibitions of work done during the year along with table top sales. There will be a free raffle as well as our usual raffle and the Children from the local school will be serenading us with some Christmas Carols again. Do put the date in your diary as this is obviously a very busy period for us all.

***Invitation to Chair's "Surgery"***

It is proposed to hold a Chair's Surgery Session at Selby Bowling Club on the third Wednesday of the month between 12.00 and 1.00 pm. This is open to any member who would like to put forward an idea, ask a question or raise a concern, perhaps about a group which they attend, or if they have an idea about any item which could be purchased for the use of the group.

If you would like to attend one of these sessions please email me [pamelaoverson@gmail.com](mailto:pamelaoverson@gmail.com) to book a slot.

***Proposed New Group (MOT – Members out Together)***

This is a new Social Group for those of you who would like to go out to the Cinema, Theatre, Museums etc but would like someone to go with. There will be no regular meetings but rather this will be run as a WhatsApp Group, with all interested members being a part of the group. Anyone who has a venue they would like to attend can announce it on WhatsApp so that others who would like to attend the same venue can answer and then arrangements for the outing can be made accordingly.

Could anyone who would be interested in joining this please email me [pamelaoverson@gmail.com](mailto:pamelaoverson@gmail.com) or call on 07557 371530 if they would like to chat about it.

Once the interest has been established we can then go ahead.

***Selby & District U3a Going Forward***

In January ( it will be here before you know it) we plan to celebrate our 10<sup>th</sup> Birthday at the open meeting on January 7<sup>th</sup>. We are also starting to put everything in place for the next AGM.

Like so many U3a's the danger of closure is always with us and if we are unable to present a full committee then there is a real danger of having to merge with another U3a. We were very close to that position just a few months ago.

Anyone who is willing to find out more about the roles that are needed to keep us active can shadow the existing committee over the next few months leading up to the AGM, attending the meeting as a visitor. Not a massive commitment, just a couple of hours and there is always a cup of tea/coffee to be had. We meet at Selby Bowling Club on the third Wednesday of the month at 10.00 am. You would be most welcome, just have a chat or email our Chair Anne Selwyn [anneselwyn@hotmail.com](mailto:anneselwyn@hotmail.com)

***News from the Groups***

***Thursday Craft Group***

The Thursday craft group made lots of fabric pumpkins this morning



### ***Walking Group***

Selby & District u3a's walking group, led by Helen Billington, enjoyed a 5.5 mile amble around the village of Stillingfleet, ending up at the Harmony Tea rooms for a well earned cuppa.



### ***Allotments Group***

#### ***Opportunity Knocks –***

There may be some availability at the allotment in the New Year. Anyone interested should contact me either by email, [p.robinson4@sky.com](mailto:p.robinson4@sky.com) or on my mobile 07826712712. It is not necessary to take a full plot, you could have half or a few people could share a plot.

### ***Guitar Group***

The guitar group played a 90 minute set for Selby Dementia Forward Support Group at Portholme Church on Wednesday 15th October. A good time was had by all and we're booked again for the 17th December.

We now have one space available if anyone is interested. Any instrument considered.



### ***Local History group and U3A***

Today's Street life guided tour with Richard was entertaining and informative. I came across a building I'd not seen before but will be visiting again.

Next walks will be in 2026 - one in Selby centring on the railway and 3 more around York



### ***Floral Art***



As part of Floral Art we have been looking at Interpretive Works and no where is this more prevalent than in competitive works which some our group do.

Rita recently had the good fortune to visit Gloucester Cathedral where there were a couple of hundred exhibits adding to the splendour of a wonderful building. She competed in two classes but unfortunately did not achieve awards on this occasion.

This is one of the many exhibits in the cathedral. Also seen is some of the magnificent stained glass.

The title of this class was Natures Challenge



### ***Friday Workshops***

Friday workshops are back after that long summer break. Three fantastic projects with a Halloween theme, very talented members.



We have regular members who come along but we will always welcome anyone that wants to work on a project. We will be making Christmas themed items on the last workshop of the year on Friday November 28<sup>th</sup>. Contact Anne for more information.

### ***Military History***

After visiting the Yorkshire Air Museum in September members returned to Selby Bowling Club to hear a presentation from David Durham about life in the trenches during WW1. David, from York, highlighted the differences in construction of trenches between foes. The Germans, who occupied the high ground, created deep and dry trenches whereas the Allies had to contend with flooding that created problems. He covered daily life of a soldier in the trenches and all the challenges faced. He also talked about the illnesses soldiers suffered from owing to the terrible conditions.

David, a member of the Western Front Association, used his considerable knowledge of WW1 to illustrate a soldier's life and group members appreciated his research and resulting presentation.

The Military History group meets on the third Tuesday of the month at 11:00 am at the Bowling Club and welcomes new members.

### ***Photography Group***

The group hadn't met in August and then visited Yorkshire Air Museum in September with the Military History group. Photographs from their trip to the museum were viewed and discussed along with work from members who didn't make the museum trip. They were given the assignment of producing photographs showing a 'dominant' colour. Members had thought hard about their task and produced outstanding work. The assignment for November is 'Nature'.

The Photography group meets at 2pm at the Bowling Club on the third Tuesday each month. We welcome new members to the group.

### ***Wellbeing Walk***



## Art Group

### Bringing the Animal Kingdom to Life



Once again, the art group has risen to the monthly topic challenge across a very wide variety of subjects and mediums. The September topic threw down the gauntlet asking the art group to reflect the beautiful animal kingdom in all its glory. The 31 Art works reflect the widest possible subjects from the smallest to the largest and across land and water.

The monthly topics continue to be well received and October's challenge topic is "Autumn".

### Help through U3a Selby and District Executive for the art group

The art group were successful in receiving much needed assistance from the U3a Executive which has allowed the purchase of display stands. Displaying the group's artwork requires space and more than a little juggling to allow the maximum number of art creations to be showcased. This has become a much bigger problem over time, as the group size exceeds 40 and there is a strong will to showcase all our group's efforts, regardless of where they are on their personal art journey – starting out, in the middle or proficient. The acquisition of the display stands by U3a will provide a vital resource for the art group to access and will allow more artwork to be displayed in smaller spaces in the future. We look forward to trying them out in the coming months. The art group Leadership Team would like to extend their thanks to the Executive for their kind support in making this happen.

### Taking "Inktense" to the next level

A workshop was held this month, lead by one of the art group members. Berni, kindly showed the group how to use Inktense colours on fabric. Inktense are watercolour pencils but with a strong and dynamic kick, especially when they are wet. The beauty of Inktense is that once the colour dries, it is permanent, allowing layers of blended colour to be built up from subtle to strong, depending on your preference and without worrying that colours will run and become muddy.



Under Berni's brilliant direction, the group built up their own designs on cotton bags, which will provide a beautiful lasting memento of an interesting afternoon. We are sure that the finished products will be a talking point when group members take them out to carry their shopping. We would like to thank Berni for her hard work in preparing and delivering this workshop, which was much appreciated and well received. Future workshops are planned.

### ***Transport and Engineering***

This group was formerly called Engineering Past and Present. The new Group has joint Leaders with Eddie Roberts leading on Traction (Transport and Travel) and Ian Ayres leading on Engineering Matters.

The Group are visiting the North Yorks Force Control Room on 6 November. We are actively researching visit venues for late 2025 as well as 2026 Why not come along to our next meeting at Selby Bowls Club on 11 November at 14:00 in the Committee Room and find out more of what is being planned for members.

### ***Knife and Fork***

Knife and Fork evening group were out at Bangla at West Haddlesey this evening.  
Super meal and excellent service  
Would recommend

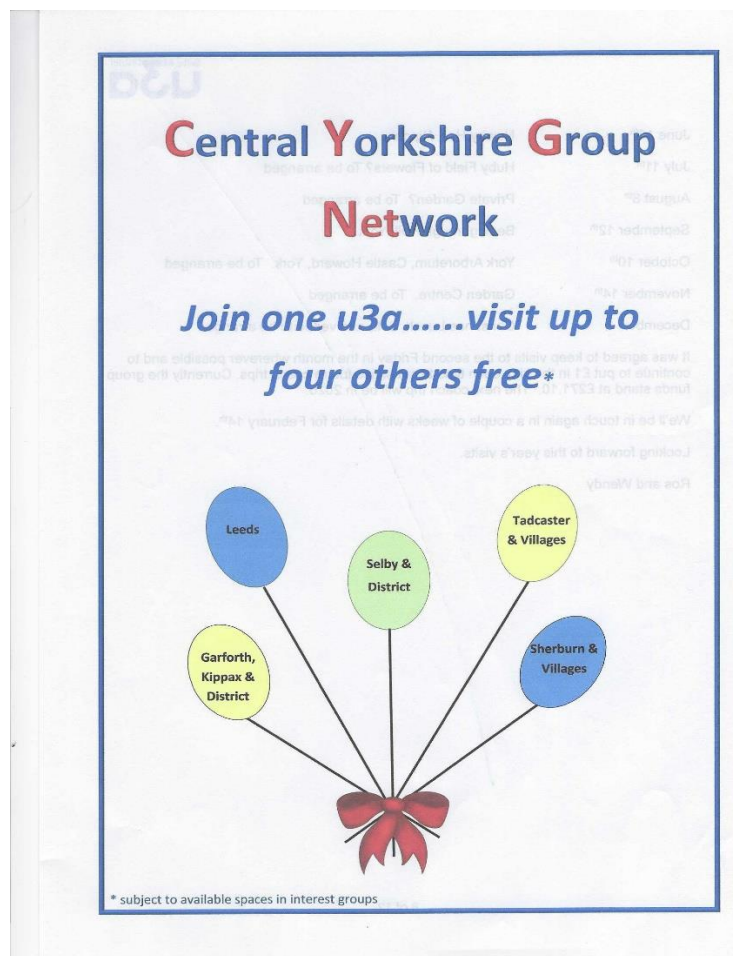
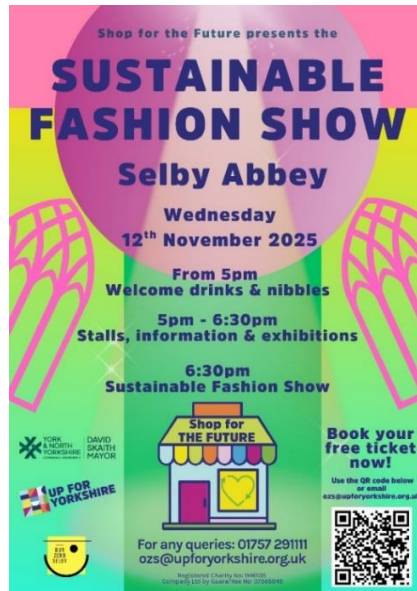


### ***Other things which may be of interest, not U3a***

Some u3a members are exhibiting textile art work as part of the 'All that glitters' exhibition in Selby Abbey from Saturday 25 Oct - Sunday 2nd Nov. There are some amazing embroideries plus a sales table. Don't miss it if you are in Selby.



**Shop For The Future** funded by the Y&NY Mayor high street vibrancy programme is hosting a Sustainable Fashion Show at Selby Abbey on 12<sup>th</sup> November, and the [tickets are now open](#) to the public, it is a free ticketed event, it is also a celebration of the Our Zero Selby project



### ***2025 Speaker List***

November 5 <sup>th</sup>	Peter Mathers	Municipal Marvels
December 3 <sup>rd</sup>	Christmas programme including carols from the children of Thorpe Willoughby Primary School	

### ***2026 Speaker List***

January 7 <sup>th</sup>	Jayne Griffiths	Milford Hedgehogs
February 4 <sup>th</sup>	Mary Smith	The Wartime Schoolgirl
March 4 <sup>th</sup>	AGM Rita Braithwaite	Get Me to the Church on Time
April 1 <sup>st</sup>	Chris Cade	The Railway King
May 6 <sup>th</sup>	Tim Foreman	Amusing Years in Sales and Marketing
June 3 <sup>rd</sup>	Keiron Hardwick	Yorkshire Air Ambulance
July 1 <sup>st</sup>	Joanne Aston	The Mitford Men
August 5 <sup>th</sup>	Sarah Greenhalgh	Dogs Trust
September 2 <sup>nd</sup>	David Hardcastle	Police Horses
October 7 <sup>th</sup>	Patti Gold	My Life in Showbusiness
November 7 <sup>th</sup>	A beginners Guide to Retirement	
December 2 <sup>nd</sup>	Chris Cade	A Christmas Carol + local school choir

***The thought for the week will be back***  
 when I have found some new inspiration.  
 If anyone has any snippets of wisdom  
 that I can use please let me know,  
 don't keep it to yourself.

## ***Interest Groups Calendar***

For further information on any of these interest groups, or Selby & District u3a in general, please contact our Group Co-ordinator John Richardson by text or phone on 07803 296603 or email [rich.johnh@hotmail.com](mailto:rich.johnh@hotmail.com) or visit our website <https://selby.u3asite.uk> › groups

**Drop in for a Cuppa**  
**2<sup>nd</sup> & 4<sup>th</sup> Wednesday**  
**10.00 – 12.00**  
**Barco Lounge, Market Cross,**  
**Selby**

**Monthly General Meeting**  
**1<sup>st</sup> Wednesday of the month**  
**10.00 – 12.00**  
**Thorpe Willoughby Village Hall**

<b>Activity</b>	<b>Day</b>	<b>Time</b>	<b>Venue</b>	<b>Leader</b>
Aerobics/Exercise	Wednesday	2.00 – 3.00	Osgodby Methodist Church Hall	Kay McSherry
Allotments	Any time		Westbourne Road	Peter Robinson
Art	Monday	2.00 – 4.00	Thorpe Willoughby Village Hall	Janet Howley Eddie Roberts
Board Games	Tuesday	From 1.30	4, South View, Osgodby	Kay McSherry
Board Games Backgammon Mahjong	2 <sup>nd</sup> Thursday	2.00 – 4.00	Selby Bowling Club	Maureen Sherry
Chess	Thursday	9.30 – 11.30	Selby Bowling Club	Alan Preene
Dark Skies	1 <sup>st</sup> Thursday	2.00 – 4.00	Selby Bowling Club	Michael Hewan
Family History	3 <sup>rd</sup> Thursday	10.30 – 12.00	Selby Bowling Club	Margaret Cromack
Floral Art	1 <sup>st</sup> Friday	9.30 – 11.30	Selby Bowling Club	Rita Braithwaite
Flyleaf Books	3 <sup>rd</sup> Friday	3.00	Selby Library	Imelda Dickinson
Friday Crafts Workshop	Last Friday	9.30 – 12.00	Selby Bowling Club	Anne Selwyn
Garden Visits	2 <sup>nd</sup> Friday		Various locations	Ros Low

Guitars+	Every Monday	1.30 – 3.30	Selby Bowling Club	Carol Hewan
Knife & Fork	Varied times		Various locations	Jan Tetley
Knit & Natter	Every Tuesday	10.00 – 12.00	Selby Bowling Club	Annella Law
Local History	Various		Various	Jan Tetley
Longer Walks	4 <sup>th</sup> Thursday	10.00	Various locations	John Duffy
Military History	3 <sup>rd</sup> Tuesday	11.00 – 1.00	Selby Bowling Club	Mike Cowling
Monday Crafts	Every Monday	10.00 – 12.00	Selby Bowling Club	Sue Davison
Philosophy	4 <sup>th</sup> Friday	2.00 – 4.00	Selby Bowling Club	Lindsay Gee
Photography	3 <sup>rd</sup> Tuesday	2.00 – 4.00	Selby Bowling Club	Mike Cowling Michael Howley
Textile Arts	3 <sup>rd</sup> Friday	9.30 – 11.30	Selby Bowling Club	Rita Braithwaite
Thursday Crafts	1 <sup>st</sup> Thursday	10.00 – 12.00	Selby Bowling Club	Helen Billington
Traction and Engineering	2 <sup>nd</sup> Tuesday	2.00 – 4.00	Selby Bowling Club	Eddie Roberts Ian Ayres
Walking	2 <sup>nd</sup> Thursday	10.00	Various locations	Helen Billington
Wellbeing Walks	3 <sup>rd</sup> Thursday	10.00	Various locations	John Richardson
Writing	Most Mondays (not 4 <sup>th</sup> Monday)	10.00 – 12.00	Various locations	Imelda Dickinson
Writing Workshops	4 <sup>th</sup> Monday	10.00 – 12.00	St. Wilfred's Court	Imelda Dickinson

Could Group Leaders check that the information for their group is correct and if not please let me know asap.

Thanks