

**Selby & District**  
**u3a**  
**Newsletter**  
**OCTOBER 2025**



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

I hope you have all had a good Summer, it seems as though Autumn is now well and truly on the way, with nice days but quite cool nights. This makes a nice change as it is easier to sleep but it heralds another battle with the duvet as it gets changed for a warmer one.

Having spent most of the year doggedly getting fatter and less fit yours truly is now on a diet and exercise plan which may or may not work depending on whether or not I give in to temptation 😊, I have to say I'm not hopeful!

Our September meeting seemed to be a success although we apologise for the glitch at the beginning which left us waiting for raffle tickets and drinks. However the speaker had some very interesting information and facts which I am sure were new to a lot of us.

If anyone has any raffle prizes they can spare these would be very welcome if you could bring them to the meeting. Also if you hear of any local fete's etc where we could possibly have a recruiting table we would be grateful to have the details.

***Our October Meeting*** will include a produce table where you can bring Jams, Chutneys or fruit and veg from your garden to sell. The money from the sales will be donated to the Yorkshire Air Ambulance.

Please note this is for garden produce, jams and chutneys only, it is not a general bring and buy.

If you have any spare carrier bags we would be grateful to have them for members to take the produce home.

If anyone would like to volunteer to man the table we would be very grateful. Please email me [pamelaoverson@gmail.com](mailto:pamelaoverson@gmail.com) if you could do this.

***Our November Meeting*** will include "Yorkshires Big Brew" as well as our usual speaker and raffle. If you would like to take part please make a cake to the recipe attached to last months newsletter or alternatively make something of your own choice. All donations welcome and all money to go to Cancer Research. Recepte attached again for anyone who wishes to try their hand.

Information on our Christmas meeting will follow in due course.

***Please note*** Tea and coffee is available from 9.50 am until 10.20 am only.

***Abbey Christmas Tree***

We are having a Christmas Tree in the Abbey again this year and would like volunteers to help with the decorations. Please let me know if you would like to help with this.  
[pamelaoverson@gmail.com](mailto:pamelaoverson@gmail.com)

**The national u3a Festival** is returning to York University next year from Wednesday 1st to Friday 3rd July. If you are interesting in helping out, offering a workshop or talk, or attending you can find out more on the u3a website <https://www.u3a.org.uk/events/festival-2026>

You can also sign up for the Festival newsletter so you get updates on when the programme of events has been arranged and booking opens.

If you aren't sure what the u3a Festival involves there is a short video from the 2024 Festival on the u3a website [https://www.youtube.com/watch?v=wYK\\_8AtmmH8](https://www.youtube.com/watch?v=wYK_8AtmmH8). Watch out for people you may know!

## News from the Groups

### Garden Visits

Had a great visit to Beningbrough Hall on the 12<sup>th</sup> with lots of information provided by the staff.



### Local History Walks

Wednesday 1st October 1.30pm in York  
Street Life guided walk £1  
Contact Jan to reserve place - [tetleyjan@gmail.com](mailto:tetleyjan@gmail.com)

## **Photography and Military History**

On Tuesday September 16th members of Photography and Military History combined for a visit to the Yorkshire Air Museum near Elvington, York.

After a brief introductory talk by a museum guide and a cup of coffee members went their own way to wander around the museum looking at aircraft and exhibits. In the main hangar sits a Handley Page Halifax bomber that towers over the visitor. The aircraft is a composite restoration and includes a section of fuselage that was used as a chicken coop on the Isle of Lewis.

The airfield was a wartime bomber operation and hosted French Air Force personnel who carried out an operation over the French coast on the eve of D Day in June 1944. A fine display of military planes is outside and kept members busy before they headed inside to look at further informative displays. It is a sobering thought that 51% of aircrew became casualties fighting against Germany as RAF Bomber Command took a lead in the strategic bombing of the enemy.

The Military History groups meets next on October 21st at 11:00am in the bowling club's committee room to watch a presentation by David Durham on 'Life in the Trenches of WW1'. New members welcome.

On the same day and in same place, at 2pm, the Photography Group with self critique pictures from the YAM visit and work by members illustrating a dominant single colour photograph.



### ***Knife and fork Group***

The knife and fork group enjoyed a very nice meal at Rustique in York.



### ***Thursday Craft Group***

The Thursday craft group made colourful wreaths this morning to mark the start of Autumn



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

went to the Skipwith Gateway project.  
Big thanks to Linda (u3a) and Jon (Community archaeologist)

### ***Traction and Engineering***

The Traction and Engineering group are arranging a tour round the AMAZON FULFILMENT CENTRE (Their words not mine- it's basically an incredibly automated distribution warehouse) The in-person tour aims to show visitors the Robotic and Human means of getting the stuff you order online into your hands as soon as possible. The tour is at AMAZON'S Centre in BOLTON Lancs.

The selected date for the tour is Wednesday 22nd of October 2025.

We would aim to get there for 10.45 for a tour start at 11.00 am. We are going for a group size of 10-12 persons and have 5 signed up already so we need 6-7 more. The Tour is FREE! and lasts 60-90 minutes. Walking distance is 1-2 Kilometres. There will be stairs to be negotiated.

Usual Attire- Closed comfortable flat shoes, Long Trousers, Shirts must have sleeves, No loose clothing,

ID (here's a new one) -Amazon require a sight of a government issued photo id -this to me means a Driving Licence or Passport- this should match the Guest ID we have to submit on sign up to the tour which has to be prior to arrival. The group sign up also involves ALL tour members submitting their E mail addresses to AMAZON. AMAZON have been fined in the past for not abiding by the General Data Protection Regulations but have cleaned up their act considerably in recent years with guarantees on how they use our data.

Mobile phones are NOT allowed- they will provide secure storage if necessary but probably best to leave em locked in the car. You can take your Wallet, Car Keys, any necessary medicines and bottled water on the tour.

Transport- probably members cars. The Journey takes roughly 1hr 30m with Amazon Bolton access just off the M61. I guess this would mean a start time of 8.0-8.30 am. An Alternative to Members Cars could be a Mini Coach -I will suss this out and let members know the financial damage - it will probably be in the region of £40 pp.

Could Selby U3A members wishing to go on this visit let me know by e mailing me AS SOON as POSSIBLE on [ianclayres@btinternet.com](mailto:ianclayres@btinternet.com). I will register the first 6-7 on a first come first served basis and make the application for the entire group. Could those interested indicate if you are willing to take your car and share the cost of fuel with some passengers. Thanks Ian.

## Floral Art

Today for Floral Art we had to think of a title for our arrangement and then others could guess what we may have called it.

Good fun and very informative. Thanks Rita



## Art Group

“August was bustin’ out all over” (With apologies to Rogers and Hammerstein)



August’s optional inspirational topic was “Floral” and the group members did not disappoint. A gargantuan display of 35 floral inspired pieces were displayed at the group’s mini exhibition. Everything floral was on show in a variety of splendid colours and designs.



Group members used a wide variety of mediums from acrylic, oil and watercolour, and even a design created onto a cotton bag using “Inktense” pencils. Group members confirmed that having an optional monthly inspirational topic was a good idea and this will continue. September’s theme is “The Animal Kingdom”.

### **Changes to Art Group Committee**



Long standing Leadership Team member Louise Holland has decided to step down from her role. She has long been the welcoming face when art group members arrive at the Hall, receiving their weekly subs.

Louise has said she now wants to concentrate on her artwork so she will still be a regular attendee within the art group family. We thank her for her hard work over the last few years and wish her well for the future.

## Canvassing views and opinions from Art Group Members

In order to move with the times and be as transparent as possible, art group members have recently been asked to complete a short questionnaire about activities within the group. This was to identify any new suggestions and ideas that would make the group as exciting as possible both now and to keep things fresh in the future. The group returned a brilliant 31 questionnaires with a wide range of very helpful feedback.

The overwhelming view was that the workshops and monthly inspirational topic ideas are very much liked and should continue. Some fresh topic ideas were also provided, so there will be plenty of ideas to call on going forward. The Leadership Team also received some very complementary feedback on how the group is managed, which was reassuring and a strong message to “keep calm and carry on”.

## For those interested in Archaeology

Riccall Archaeology with Dr Jon Kenny


### Neolithic Yorkshire

Tuesday 23<sup>rd</sup> September  
 Tuesday 30<sup>th</sup> September  
 Tuesday 7<sup>th</sup> October  
 Tuesday 14<sup>th</sup> October  
 £8 per session  
 Or £30 for the 4 sessions.

At the Community Hub, the Old Methodist Chapel in Riccall.  
 Meeting from 10 am until Midday.  
 Free Tea, Coffee and biscuits.

The 4-week course will be at an introductory level Starting with the basics: What do we mean by Neolithic? When are we talking about in time? What has archaeology told us about Neolithic Yorkshire?

Contact Jon Kenny on [jkcomarc@gmail.com](mailto:jkcomarc@gmail.com)



© Tony Hunt

Neolithic flint arrow-head from Kuldstone, Yorks. (Evans.)

Jon Kenny is running another archaeology/history course in Riccall starting next week. Contact Jon Kenny on [jkcomarc@gmail.com](mailto:jkcomarc@gmail.com)

## For those who could use it –

New bus from Selby to Thorpe via Leeds Rd from 27 Oct. which may be of interest to members

### Selby Bus Station - Thorpe Circular

Days	MTWHF	MTWHF	MTWHF	MTWHF
Service No	4	4	4	4
Selby Bus Station [4]	09:05	11:05	13:05	16:05
Thorpe Willoughby, Fox Inn	09:15	11:15	13:15	16:15
Selby Bus Station [4]	09:30	11:30	13:30	16:30

## Ageing Well Health Fair at Selby Abbey

The Abbey are running a health fair on 29<sup>th</sup> September from 10.00 am to 4.00 pm, all are welcome. There is a comprehensive list of services available and also various workshops. Full details of workshops are on the sheet which is attached to this email, along with an email and phone number for anyone who is interested. Please check it out.



### 2025 Speaker List

October 1 <sup>st</sup>	Stuart Atkins	The Sammy Cahn Songbook
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

Thought for the week 😊

Did you ever feel as though

You were diagonally parked

In a parallel universe?

## ***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