

For the latest news check the [Caves u3a website](#)

NOTES FROM THE CHAIRMAN

Dear Members

As the Government eases restrictions appertaining Covid 19, it is up to all of us to make up our own minds as to how to respond. If you feel better still wearing a mask or avoiding big crowds, then do as you think best for everyone's benefit.

Hopefully we shall see daffodils and tulips arriving soon giving us more colour in the garden as March approaches. As our attendance numbers increase I feel it is time we had new interest groups. We need fun, activity and interest. So please come and help, you do not need to be an expert just to organise dates and venues. I hope you will come forward.

All my best wishes.

Margaret Tinker – Chairman

Zebra by Malcolm Tather



Courtesy of Caves u3a Art Group

INTEREST GROUPS

Art

Our March meetings are **Wednesday the 9th and Wednesday the 23rd** at the WI Hall in Church Street. 10am to noon.

We do our own thing in various mediums and help each other with advice & comments. New members are welcome, please contact me.

Malcolm Tather on 01430 421983 or email malcolmtather@yahoo.co.uk

Board Games

The next meeting will be on **Thursday, 3rd March**, 2pm to 4pm at 26, The Parklands.

Contact Joan Robertson on 01430 423816 or joanrobertson@hotmail.co.uk

Bookworms

The next meeting will be held at South Cave Library at **3pm on Monday, 21st March**. The book choice is **Shuggie Bain by Douglas Stuart** – Jean Bibby on 01430 423882.

Canasta

The Canasta group is now ready to start up again after lock-down. Anyone interested should ring for details of when and where this meeting will take place. If you've never played before, or are feeling rusty, I am happy to spend time with you to brush up your skills

Contact Val Leslie 01430 235825

Craft

The next meeting will be on **Thursday, 24th March in Ellerker Village Hall at 2pm**. Karen Wood will be demonstrating rag eggs. I will let all members know what they need to bring as soon as I know.

An advance notice: the April meeting will be held at the Coffee Cake Create Pottery Studio in Market Weighton. I would like names of those wishing to go at the March meeting please.

Thank you. Jean Butler on 07504 693623 and email: jeanbutler46@hotmail.co.uk

Creative Writing Group

The next meeting will be on **Thursday, 10th March** at 2pm at 50 Castle Rise, South Cave. Contact: Mike Pinfold. Tel. 01430 422059.

Digital Photography

Share your photographs amongst members – let's see your interesting photographs. We are planning to have informal monthly exhibitions on various themes. The next meeting will be SUNSETS and SUNRISES so please bring along some pictures to share and compare with us, on a memory stick or other medium suitable for projection from a laptop.

Many of you will find that you have talents that you didn't know you had! All welcome.

The next meeting is on **Tuesday, 15th March at 2pm** in the meeting room of the All Saints Community Centre (next to the car park at the back of the church).

Contact David Newton on 01430 421545

Enjoying Poetry

The group will meet as usual at my house, Wednesday afternoon at 2pm. People are asked to be sure that they have a **Negative Lateral Flow Test result** before they come.

There will be no meeting in April, but instead two in March. The first is on **2nd March** and the topic is '**Journeys**' – the second on **30th March** where the topic will be '**Awakenings**'.

Contact Sue Pedley on 01482 666884.

Gardening

The next meeting will be on **Friday, 18th March at 10.30am** in the meeting room of the All Saints Community Centre (next to the car park at the back of the church). Due to the weather the plant swap will be in Dorothy Parkes garage in April. David Newton 01430 421545.

Genetic Genealogy

Our next meeting will be at 10am on **Monday, 14th March** by Zoom. Please get in touch if you would like to know more.

Chris Edwards on 07876 575764 or chris.edwards20@gmail.com

Jazz Group

The next meeting will be at 50 Castle Rise, South Cave at 2pm on **Wednesday, 9th March**. Contact: Mike Pinfold on 01430 422059

Local History Group

The next meeting will be on **Thursday, 17th March** at 2pm at the All Saints Community Centre, South Cave, when some of the members will be giving short talks about their interesting houses. Contact Joan Robertson on 01430 423816

Lunch Club

Sorry I had to cancel February's lunch, but I have rebooked it for **Tuesday, 22nd March**. Please let me know if you want to change, or need to remember what you ordered by phoning me.

Margaret Tinker 01430 423330 or tinksatlast@uwclub.net

Old Rockers

We will be meeting from 2pm to 4pm on **Friday, 25th March** in the Conference Room of the All Saints Community Centre when Sonia Jenkinson will be presenting her choice of music for us to enjoy. Enquiries to Joan Jarrett on 01430 422008 or joanjarrett69@gmail.com

Scrabble

We shall meet next on the **Monday, 14th March** at 2pm at 15 Castle Drive.

Margaret Tinker on 01430 423330.

Scrabble 2

The next meeting will be at 2pm on **Monday, 14th March** at 26, The Parklands.

Joan Robertson on 01430 423816 or joanrobertson@hotmail.co.uk

Walking Group

We do walks of around 6 miles, alternating between Wednesdays and Fridays starting at 10am. We meet every two weeks, in the weeks when the South Cave Walking for Health doesn't have a walk. Next walks are **Friday 4th March, Wednesday 16th March and Friday, 1st April**. I can also put you in touch with Walking for Health (not a u3a group) who do shorter walks on Tuesdays. Contact me Chris Edwards (chris.edwards20@gmail.com or 07876 575764) for more information.

AGM Speaker

The AGM speaker in May will now be from Co-op Estate Planning and the talk will be "Tax, Care and Toyboys" – a humorous title for thinking about your money and money planning.

Caves u3a Facebook

If you haven't already done so have a look at the [Facebook page](#) and join the community.

HOWDEN u3a NEW ASTRONOMY GROUP

A new group has started and the next meeting is FRIDAY, 11th MARCH at NEWPORT VILLAGE HALL. If you wish to participate, please contact Graham Bate at bategrahm@gmail.com and take along your telescope or binoculars. Caves u3a members are very welcome to join.



u3a Tutorials with Specsavers

Some new u3a tutorials – [have a LOOK!](#)

u3a SUMMER SCHOOL

The Yorkshire and Humber Region (YHR) Summer School has returned and will take place again this year between July 25th- 28th at The Hawkills, Easingwold. There are 10 topics from which your members can choose to apply. There are three documents available to view on the yahr website: www.yahru3a.co.uk under the Summer School Link. Booking is now open. Attendance can be either residential (deposit £100.00.pp) or non-residential (deposit £75.00 pp). Application forms to be returned to the address at the bottom of the form to Samina Aslam, 342 Abbey Lane, Sheffield S8 0BY.

Application enquiries, Samina Aslam on 01142 351489 or summerschool250722@gmail.com

We are looking forward now to welcoming as many of your members as possible to our Summer School 2022.

SILVER SHARKS

Are you interested in finding out more about the natural world?

The Deep in Hull have an educational club for over 55s, called [Silver Sharks](#).

The focus is on The Deep's Conservation projects with topics ranging from jellyfish to penguins. They have featured a guest talk from one of the site's team of Aquarists, who focused upon their own work based at The Deep including going into detail about their daily Dive Shows including a few tales from inside the tank.

Silver Sharks takes place on a Tuesday afternoon from 3pm to 5pm during the Autumn and Spring term.

If you are interested in joining a visit by a Caves u3a group please contact Penny Bell on 07905 525597.

INTEREST GROUPS

Did you know that you can attend interest groups in a neighbouring u3a if there is something you would like to try. The interest groups for each u3a are listed on their web pages.

Branches of the u3a in the local Humber Accord Network are Caves, Cottingham, AWAKE (Anlaby, Willerby & Kirk Ella), Howden, Hornsea, Swanland, Hessle, Wolds, Pocklington, Beverley and Hull.

Please remember that you must contact the group leader first to make sure there is a vacancy.

Penny Bell on 07905 525597

u3a Radio

The u3a radio podcast has now launched on podcast platforms, including Apple, [Spotify](#) and [Google](#) Podcasts. The episode can also still be listened to on our [u3a YouTube](#) channel, with captions.

u3a Newsletters – National and Local

Should you wish to keep up to date with what is happening with the u3a nationally and locally (Yorkshire & Humber) here's where you can peruse them:

[National u3a](#)
[Yorkshire & Humber](#)

u3a JIGSAW LIBRARY

I have a selection of jigsaws and books in my porch for anyone to borrow. The porch is unlocked during daylight hours so please just go in and help yourself.

There are also some books in my porch that anyone is welcome to take away and enjoy reading Jennifer Murray at 59 Wesley Close. Tel. 01430 423519 or by email: jigsawjennifer@gmail.com

CORONAVIRUS (COVID-19)

Information about the virus, as well as symptoms and advice, is available to view at this [Government Information website](#) and this [NHS website](#)

BROUGH & SOUTH CAVE SURGERIES

For the latest news of Brough and South Cave Surgeries relating to COVID-19 pandemic look at the [The Ridings Medical Group News webpage](#) – to summarise:

- ◆ Walk-in appointments are prohibited – they must be booked in advance
Brough: 01482 668668 South Cave: 01430 424764
- ◆ Prescriptions can be requested through the online system or by email – due to phone lines being busy: broughdispensary@nhs.net southcavedispensary@nhs.net

Anyone wishing to include items in the Newsletter should send them to the editor, email: cavesu3a@gmail.com

Items should be received by **20th of the month** at the latest.

Chairman	Margaret Tinker	01430 423330
Vice Chairman	David Kite	01430 423185
Treasurer	Eileen Fearon	01482 668662
Secretary	Bernice Maitland	01430 421960
Membership Secretary	Chris Edwards	07876 575764
Speaker Finder	Jeny Clarkson	01430 422419