

GUISBOROUGH U3A NEWSSHEET No. 21 – JANUARY 2024

Next monthly meeting 2pm, 7 February 2024, at the Parish Hall, Bow Street.
Doors open 1.30pm. Meeting begins at 2pm.

Chair's Introduction

A happy New Year to everyone. I hope you had an enjoyable Christmas break wherever you found yourselves.

A special thanks to all the group coordinators and supporters for their efforts over the past year. Your efforts have ensured that we remain one of the strongest U3A groups in the region. It is sad to note that some U3A groups in the region have had to close because folk have not been willing to lead groups or join the committees, despite a lot of grass root support for the activities offered.

We are fortunate to be in a fairly sound financial position in GU3A which will enable us to support new groups for a period whilst they get themselves established. If you have ideas for new activities now's a great time to give them a try.

We have now started taking membership payments for the 2024/25 year to avoid a rush in March.

A reminder that our reciprocal agreement with Saltburn will end in March, so to take part in a Saltburn activity you will, in addition to your Guisborough membership, now need to formally join Saltburn U3A. We have agreed a reduced rate of £5 with Saltburn U3A, on production of your Guisborough membership card. (This excludes Saltburn Local History Group and G/bro 5th Wednesday Talks, to which everyone is welcome).

Dave, Chair.

What's on?

10 January. 10am Local History talk by Michael Kirke, "Conflicts at Home and with the Sea". Michael will be looking at JPs around the country, especially in corrupt Rotten Boro's; the relationship between some Parish Priests and thieving Navvies; and the wreck of The Royal Charter, one of 100s of vessels wrecked in the Storm of the Century, allied with heroism, murder and Christian charity. Follow that! Saltburn Methodist Church upstairs hall, Milton Street. £2. No need to book, just turn up and enjoy the talk, a coffee and the opportunity to chat with the Speaker afterwards.

31 January. 5th Wednesday Talk. *Apologies, this has caught me on the hop ... please keep an eye on the website - Pam* 2pm, Sunnyfield House. £1.50. No need to book, just turn up and enjoy the talk.

7 February. Monthly Meeting. Parish Hall, Bow Street, 2pm. Doors open at 1.30pm. Professor David Ferguson will be speaking about growing up in Park Lane (approx. 20 mins).

EXCURSIONS:

To make bookings for excursions a little more efficient we now have a table to the side of the bookings team where you will find details of the excursions being booked that day (as well as on the website and in the monthly newssheet).

If you haven't done so in advance, please write your cheques at this table, payable to GU3A. On the reverse of the cheque please include the name of the excursion, person attending, contact number and U3A membership number. Remember to bring along your membership card.

Reminder for bookings: Bookings begin at the monthly meeting. Bookings will only be taken with full payment. A cheque may be sent with a friend to secure a place on the day booking commences. For

exceptional circumstances where a member wishes to book for an excursion but is unable to attend the monthly meeting in person, or arrange for another member to make the booking on their behalf, please contact the excursion coordinator.

Thursday 14th March. York's Chocolate Story and York. Cost £30. Booking continues, limited places remain. Join us to find out how chocolate is made. Unwrap the secrets of York's most famous brands. Learn to taste chocolate like an expert. Marvel at the skills of the professional chocolatiers. The visit includes a tour which ends with a hands on chocolate experience crafting and personalising your own chocolate lolly before watching a demonstration from one of the chocolatiers. The coach will depart Fountain Street car park at 9am and thereafter St Paulinus, The Avenue. On arrival in York we will walk to the venue from the memorial gardens. Following the visit there will be time in York to get lunch and shop. The coach will depart from the memorial gardens at 3.30pm. For enquiries please contact excursion coordinator Pauline.

Thursday 18th April. Bowes Museum and Barnard Castle. Cost £28.00. An experienced guide will explain the story of the museum founders and its history whilst touring the museum and highlighting favourite pieces in the collection. The tours will principally visit galleries on the 1st Floor and the three European Picture Galleries on the second floor where **The Swan** is to be found. (It is hoped that The Swan will be working at the time of our visit, following complex restoration). After spending time in the museum you can walk in the parkland or stroll into Barnard Castle to enjoy the antique shops and cafes, although there is a cafe at the museum. Coach leaves Fountain Street car park at 9.30am and thereafter St Paulinus, The Avenue. Return journey will depart at 3pm. For enquiries please contact Moira.

+++++

u3a Croquet Needs YOU between April & September:

U3a Croquet was started last year as a joint venture between our two local branches. It came about in response to comments by members of different groups which close down during the school hols due to loss of members engaged in Grand-pupping duties, exotic travel et al.

It struck me that Non-Club standard of Social Croquet offers such sheer good fun that it appeals to tyros & experienced players alike.

Thanks to the generous provision of Kit, Lawn & Hospitality by a Gu3a member AND the joint purchase of a u3a Croquet kit we can offer Gu3a & SDu3a members play at different venues on 4 days per month. Wonderful!!

This is where we are victims of our own success! Would you believe that my wife & I, between us, take part in some 20 u3a activities/month plus irregular public speaking & hospital engagements? *Darlings, we meet at breakfast!!*

This hectic retirement presents problems in offering our, very irregular, small lawn to players on a regular basis.

My **cri de coeur** is two fold:

WANTED 1: a u3a volunteer at each venue to tick the register, collect money & look after the joint kit once a month from April to September.

WANTED 2: the offer of OR an introduction to a lawn where we can set up & take away the kit &, if needed, provide our own seating & refreshments during the afsd months.

NB Croquet is a fine weather summer game which does NOT damage pristine lawns. It was introduced to Victorian English society by M. le duc d'Orleans, heir (?) to the French throne. After scraping thru' a 1960s Students Union vote it became so popular that, within a week, a second kit was purchased & academic staff were queuing to play 'Kirke's Dismounted Polo'. Surprised!! Ask our players. Come & join us. contact Michael.

~~~~~

**AT THE MONTHLY MEETING ON 3 JANUARY**, we had some fun with teams winning points towards the desirable prizes, by undertaking some of the activities of our Groups including an original Wordsearch compiled by Pauline, the opportunity to write up to six lines of poetry, collaborative group Scrabble, a Quiz

and drawing Rudolf after he'd finished racing around the world helping Santa to deliver presents. Entries were overseen/judged by the Group Coordinators. There was a cheerful buzz with lots of laughter and, not least, the reward of fruit cake with Wensleydale cheese at the end. A huge thank you to everyone who took part in anyway, including the very competent Chief Scorer (Dave), and to Members for joining in and helping to get the new year off to a fun start.

I've sent some photos to Ray for the website – not sure if they're good enough – Ed.

=====

### **ANNUAL GROUP COORDINATORS' MEETING AND "THANK YOU" ON 5 JANUARY.**

We don't have many opportunities to thank our Group Coordinators for all they do to help to make Guisborough u3a so successful. The Committee meets them once a year to provide updates, answer questions, listen to ideas and to say 'thank you'.

After a welcome from the Chair, John Wardill updated the GCs on Membership and Brian Coulson took them through the accounts for the year to date. Pauline Warrington reviewed the year's activities and provided updates on Health & Safety reporting, Risk Assessments and Safeguarding.

**Safeguarding** matters are dealt with in confidence by our Safeguarding Champions who are Wendy Milnes and Brenda Elliott. Comprehensive guidance from the Third Age Trust (which oversees all 1000+ u3as) and the updated model policy (adopted by Gu3a) is available on our website. If you would like a hard copy, please contact Pauline, Groups Coordinator.

Safeguarding is everyone's responsibility and all members need to be aware of what to look out for and what to do if you have any concern at all. To that end, the summary given to Group Coordinators is attached to this Newssheet.

If you have any questions or would like to meet our Safeguarding Champions to explore the topic further, or have training, please contact Pam (details below), who will make the arrangements.

AAAAAAAAAAAAAAAAAAAAA

**GUIDE DOGS FOR THE BLIND.** A joint u3a/Mother's Union member has asked me to mention this event. The Mother's Union has arranged a talk on **Monday, 5 February**, at the Parish Hall, at 1.30pm about Guide Dogs for the Blind, which will be attended by Badger, an ambassador dog. Refreshments will be free but there will be a voluntary collection for Guide Dogs for the Blind. Everyone is welcome to attend.

.....



### Coming to Lingdale Village Hall

Have you ever wanted to dance.  
Do you love strictly  
Come along to Lingdale Village Hall and learn

**Dance lessons - £10 per person or £15 per couple**  
Sunday 7th January 1.30pm to 3.00pm  
Sunday 21st January 1.30pm to 3.00pm

**Tea Dance - £6 per person**  
Sunday 11th February 1.30pm to 3.30pm

Lessons & Tea Dance by  
Michael & Deborah of White Rose Dance  
Professionally Qualified Dance Teachers  
Ballroom, Latin, Classical & Modern Sequence & Argentine Tango

Contact the hall for details and book your spot : 01287 659908





# Libraries Consultation

## Have Your Say!

### Drop-in Sessions

We are hosting Drop-In Sessions across all of our libraries to give you another opportunity to have your say on the proposals for the future of the service. A member of staff will be available throughout the sessions to chat about the consultation and answer any questions.

#### Drop-In Venues:

- Ormesby Library, Tuesday 16<sup>th</sup> January, 1pm – 5pm
- Marske Library, Wednesday 17<sup>th</sup> January, 1pm – 5pm
- Loftus Library, Thursday 18<sup>th</sup> January, 1pm – 5pm
- South Bank Library, Monday 22<sup>nd</sup> January, 9am – 1pm
- Skelton Library, Monday 22<sup>nd</sup> January, 1pm – 5pm
- Saltburn Library, Monday 22<sup>nd</sup> January, 1pm – 5pm
- Redcar Library, Tuesday 23<sup>rd</sup> January, 9am – 1pm
- Laburnum Road Library, Tuesday 23<sup>rd</sup> January, 9.30am – 12.15pm
- Guisborough Library, Wednesday 24<sup>th</sup> January, 9am – 1pm
- Grangetown Library, Wednesday 24<sup>th</sup> January, 10am – 1pm
- Roseberry Community Library, Wednesday 24<sup>th</sup> January, 10am – 12.15pm
- Brotton Library, Thursday 25<sup>th</sup> January, 2pm – 5pm
- Dormanstown Library, Friday 26<sup>th</sup> January, 9.30am – 12.15pm

**this is Redcar & Cleveland**

~~~~~

National u3a Newsletter <https://www.u3a.org.uk/news/newsletter>

National u3a online Learning and Talks - fascinating and interesting online events. Learn and explore the world from home: <https://www.u3a.org.uk/events/educational-events>

Free online learning that might appeal to some members this month includes:

Blue Monday Bollywood Laughter Yoga Dance Mon 15 Jan at 10am

Judith Walker and Merrie Maggie offer a session of Bollywood Laughter Yoga Dance to banish Blue Monday blues.

Fun mathematics with Platonic solids Wed 17 Jan at 10am

A morning of mathematical puzzling for all abilities with David Martin, u3a Maths and Statistics Subject Adviser.

Toulouse-Lautrec and the Music Halls of Paris Thurs 18 Jan at 2pm

Join Peter Webb for a talk on the world of Toulouse-Lautrec and eighteen-nineties Montmartre in Paris.

u3a Festival 24

The first ever national u3a Festival is taking place **17-19 July 2024** at the University of York. It's an opportunity to bring members together to celebrate the joy of u3a membership. Find out more about the festival on [the u3a website](#)

.....

Deadline for the next Newssheet is 2/2/24. Contact Pam prayment7@gmail.com, 07752 558079.

SAFEGUARDING GUIDANCE – Guisborough u3a.

Outline summary for Group Coordinators 5.1.24

Extract taken from the National u3a Guidance and Procedures for Safeguarding.

General Safeguarding information and guidance

It is a legal requirement of all the Charity Commissions that **all u3as (and other charities) must have a safeguarding policy in place to protect their members.**

1. What is safeguarding?

“Safeguarding” refers to measures designed to protect the health, wellbeing and human rights of individuals. Safeguarding is everyone’s responsibility.

All u3a members have a responsibility to report safeguarding concerns. They must be reported to one of our Safeguarding Champions (Brenda Elliott or Wendy Milnes [as at 5.1.24] – see website for updates). Concerns may be raised through the Group Coordinator.

All u3a committee members have an obligation to follow their safeguarding policy and procedure if they suspect that a member is at risk of abuse.

2. What are some examples of where safeguarding procedures may be activated?

- A member controlling the finances of a visually impaired member.
- A member arriving at an outdoor-based group without appropriate clothing and seemingly confused.
- A member making advances towards another vulnerable member.

3. What are the signs and indicators of abuse and neglect?

Abuse may be inflicted by anyone that the member comes into contact with. There are many signs and indicators that may suggest abuse or neglect including:

- Unexplained bruises or injuries – or lack of medical attention for an injury
- Non attendance at interest groups without reason and no response to reminders from group leaders or other members.
- Significant loss or gain of weight and/or an unkempt appearance.
- A change in the behaviour or confidence of a member, where they become quiet and withdrawn, or lash out in anger.

- A member showing fear of a particular group or individual.
 - A member who sends unwanted sexually explicit text messages to a vulnerable member
 - Threats of physical harm and bullying, or intentional striking of another member.
- Additionally, a member may report they are being abused – i.e., a disclosure.

4. How to deal with a disclosed safeguarding concern?

If someone discloses a safeguarding concern to you:

Do:

- Stay calm and try not to show shock or disbelief.
- Listen carefully to what they are saying.
- Be sympathetic (“I’m sorry that this has happened to you”).
- Be aware of the possibility that medical evidence might be needed.
- Tell the person that:
 - They did the right thing to tell you.
 - You are treating the information seriously. It was not their fault.
 - You are going to inform the appropriate person.
 - You/ will take steps to protect and support them.
- **Contact one of the Safeguarding Champions or your Group Coordinator without delay.**

Do not:

- Press the person for more details if they are not comfortable sharing.
- Stop someone who is freely recalling significant events (Don’t say ‘hold on, we’ll come back to that later’; they may not tell you or anybody else again).
- Promise to keep secrets; you have a duty of care to raise safeguarding concerns.
- Make promises you cannot keep such as “this will never happen to you again”.
- Contact the alleged abuser
- Be judgemental.
- Pass on the information to anyone else, other than the Safeguarding Champion(s) or Group Coordinator.

Further information, examples, guidance and the national u3a Safeguarding Policy which was adopted by the Committee on 27.7.23, are available on the website. If you would like a hard copy, please ask the Groups Coordinator.