

September 2023

New Group

We have a new group starting – **Poetry: Reading and Writing.**

The group will meet weekly on Wednesday mornings from 10.00 – 12.00 downstairs at Holmfirth Library and will be co-ordinated by Sue Clark who is new to U3A but very experienced in the world of poetry. This is how she plans to approach things -

“The sessions would aim to give us a chance to share a love of poetry, read poems on themes and by certain poets, and (for those interested!) to write poems ourselves. We would start by finding out how people would like the sessions to be organised and what special requests they might have.”

There will be an introductory meeting on **Wednesday September 20th** to assess how many people are interested in joining the group and discuss how it might run.

Please let Rose Cuthbertson know if you are planning to attend because space will be limited

and I may need to find an alternative venue if the group proves too popular!

Other Group Possibilities

Art Appreciation

Ballroom Dancing

Beginners Spanish

British Sign Language

Chess

Improvisation

Italian Conversation

Meditation

Paper Cutting

Pickleball

Pilates

Thinking Faith for the Disillusioned

Walking Football

Yoga

Please contact Rose if you are interested in any of these groups.

rosecuthbertson@yahoo.co.uk

SUMMER DAYS OUT

With the exception for obvious reasons of our annual Xmas trips the Days Out Group has always avoided excursions over the winter months, with their troublesome weather patterns and seasonally closed attractions. The consequence tends to be a plethora of trips over the middle half of the year and 2023 has proved no exception with its couple of trips at both ends of the price spectrum.

Following a successful three-day trip to Shropshire in early May the more “value for money” of our summer trips saw a full coach of Group members exploring the delights of North Yorkshire in early July. Perfect weather (dry but not too hot) saw everyone fascinated by the history displayed within the Ryedale Folk Museum (think mini Beamish) and by its host village of Hutton le Hole with its delightful (and much utilized by members) coffee shops. History of a different sort was then available at the Scarborough Fair Collection but not before they had served us a sumptuous buffet lunch to the

occasional (the multi talented organist had to also serve the hot drinks!) accompaniment of the Wurlitzer organ. The Collection essentially comprises historic vehicles and fairground rides – the gallopers proving so popular that dedicated Holme Valley U3A rides had to be offered! Some free time in Scarborough completed the day, and even managed to accommodate for some members a fish and chip supper – although kids’ portions were the order of the day after the Collection’s lunch!

A more expensive excursion was enjoyed by another full coach of members in late August, but at four days long it was our longest Days Out trip ever. With a second claim to Days Out fame as our only trip so far to have been postponed twice (thanks to a certain virus) the Highlights of Edinburgh formed its full-on itinerary. Heading north on the first day a retired history teacher proved that professionals really do it best as for fifty minutes he held members spellbound at Alnwick Castle as he taught (possibly reminded?) us some five hundred years of English history without script or pause. The following day was all about the Scottish capital as

half the group visited HMY Britannia whilst the other half explored Scottish governance, in the form of Holyrood House and the new Parliament Buildings. After an early evening meal on Princes Street there were mountains to climb, which proved challenging, but the subsequent performance of the Military Tattoo was deemed more than sufficient reward by all.



Our third day centred upon Stirling with a morning visit to its impressive castle. One of the highlights of

the trip then followed with guided tours of the Glencoyne Distillery, which proved as interesting as the subsequent product (single malt whiskey) tastings were stunning – even if to a bunch of Yorkshire folk, the “at the cellar door” prices starting at £50 per bottle were generally considered a little steep. The last day obviously saw us heading south in a homeward direction, but not before a guided tour of the horse head statues known as The Kelpies and where our entry inside one of them proved to be a perhaps surprising highlight of the trip for many? May’s Shropshire trip had seen many of us experience one of only two inland boat lifts in Britain (the Anderton Boat Lift) and this Scottish trip saw us complete the double whammy by next taking the boat up the much newer Falkirk Wheel before journeying half way home to Carlisle where afternoon tea was enjoyed at the little known Devil’s Porridge Museum. Finally a weary but happy group of members attained home territory at around 2100 after more of a holiday than a Days Out trip.

Martin Shaw
Days Out group leader

u3a Week. 16 -24 September



u3a Week is an annual event to showcase the activity, learning and fun which takes place across the movement every day. It is a celebration of positive ageing, highlighting our members' lived experience.

In 2023, u3a Week is 16 - 24 September. u3as can choose which day to celebrate.

Join our [u3a Week Facebook community](#) to share ideas and receive regular updates about events happening at u3as across the movement.

U3A MUSIC APPRECIATION GROUP 2023

This year the Music Group has met once a month for two hours at the Methodist Church in Crown Bottom. It has 29 registered members and on average an attendance at meetings of around 20. Whilst we are close to capacity there are still places for a few more new members, and they will be very welcome when we resume again at the end of September. Our meetings are usually on the last Tuesday each month from 1.30 to 3.30 pm.

The musical mood at our meetings is mainly classical in nature, because this reflects the interests of members. But not exclusively so! We aim to be a broad church and members are encouraged to offer presentations of a wide variety of music. This year, for example, we have listened to gypsy music and also to a history of the French *chanson*. No musical doors are shut. From Doris Day to Maria Callas, Duke Ellington to Edward Elgar, William Byrd to the Beatles. All are welcome.

Thanks to the digital revolution we are fortunate now to be able to draw upon the vast musical archive of film and video compiled on YouTube. We are no longer restricted just to listening to CDs. We can watch Fonteyn and Nureyev in action in "Swan Lake", as well as appreciating Tchaikovsky's wonderful music. The latest child prodigy or piano virtuoso will respond to our zapper!

Group members are encouraged to keep in touch via e-mail and make suggestions (or criticisms!) for future meetings.

David Cockman Group Leader July 2023.



U3a News

The u3a is excited to announce their programme of online events for u3a week, which will complement local u3a activity.

u3a week is taking place 16-24 September and is an annual celebration of the learning and fun within the u3a movement. During the week, u3as across the movement host events in their local community to raise awareness of the benefits of being a u3a member.

Alongside this, they will also be running a programme of online events that any u3a member can attend.

We will be joined by Heléna Horklotts, Older People's Commissioner for Wales, on Tuesday 19 September to discuss how she is working towards a Wales where older people are valued, rights are upheld and no-one is left behind. u3a has been part of the campaign calling for an Older People's Commissioner in both England and in Scotland - and this is an opportunity for members to hear from someone with that role and how it can bring about change.

On Wednesday 20 September, John Tucker from The Woodland Trust will lead a discussion on how u3a members can get involved in supporting wildlife and the environment. The talk follows on from the movement's achievement of planting almost 10,000 trees in our anniversary woodland last year.

Our final speaker is award-winning writer, activist around ageing and TED speaker Carl Honoré. He will be giving a talk on Thursday 21 September about how to embrace ageing as a privilege and adventure.

Find out more and book your place on these events on [our u3a week page](#).

Dates for Your Diary

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| 13 October | Sudden and violent death, Memories off a Retired Coroner. D Hinchliff. |
| 10 November | The Role of a Parish Councillor. A Wilson. |
| 1 December | Christmas Party |
| 8 December | Holmfirth Methodist Church |
| 12 January | Travellers Tails. Peter Drake. |
| 9 February | Metal Detecting. Martin Tyrell. |
| 8 March | An introduction to the holocaust. Ms H Randall. |

Committee 2023 -2024

Chairman: David Barnett ☎683114
Membership: Jenny Bagworth ☎07548992144
Groups: Rose Cuthbertson☎07776131834
Treasurer: Sally Hedges☎07857201276
Website and IT: Roy Biggs☎683353;
Business Secretary: Helen Wilberforce☎689624
Members Meeting Manager: Ian McCulloch☎680295;
Committee member: Rena Souten☎07799895350.
Committee member: Keith Wilberforce☎689624
Committee member: Judith Gibbons☎078891976422
Committee member:Michael Burn☎664214
Committee member:Geraint Johnes☎07969191043
Committee member:Keith Knutton☎07837475542

Email:enquiries@holmevalleyu3a.org.uk

Website: <https://u3asites.org.uk/holme-valley/page/57895>

Facebook :

<https://www.facebook.com/groups/434128977300240>

Holme Valley U3A is a registered charity and part of the Third Age Trust