



**U3A Tennis Group**

## Committee 2023 - 2024

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**Facebook :** for members only: Holme Valley U3A

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

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

## **Chairman's Greeting**

Hi everyone; nearly 3 months since Christmas already, roll on the summer.

Our membership is climbing every month and attendance at our Monthly General Meeting is increasing as we continue to get interesting speakers.

For all you new members we are having a "New members meeting" on Wednesday 13<sup>th</sup> March at 10am in the church meeting room. It is our chance to give you as much information on the u3a as possible, many of our group leaders will be present to promote their groups.

I must mention again that any member can attend a Committee Meeting the last Friday of each month and remind you that we are always looking for more help and potential new committee members.

The General Meeting on the 12<sup>th</sup> April will be special as we celebrate 10 years and our speaker will be a special guest from u3a Headquarters.

Our July meeting is having to be moved as we clash with the Art Week Festival who use the church facilities, we will keep you informed of the new date as soon as we have it.

**David Barnett**

## Technology

You can sign up for regular WHICH alerts to scams here:

<https://act.which.co.uk/page/103781/data/1?ea.tracking.id=scam-alerts>

Paddock Community Trust are running free digital inclusion sessions within Holme Valley, Meltham & Colne Valley, and wanted u3a members to know about it. They are running weekly term time drop-in help sessions for anyone with problems with their technology such as tablets, smart phones and laptops at:

Holmfirth Library - Wednesdays 1-3pm

Meltham Library - Thursdays 1-3pm

and every two weeks at

Honley Library -10:30-12

They are also running a free 7 week Basic IT course at Holmfirth Tech, starting on 21st March

For more information contact [info@paddocktrust.org.uk](mailto:info@paddocktrust.org.uk) or 01484 431400

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## u3a Festival 24

This will take place in York, 18-20 July 2024 at the University of York.

This is the link to join the list for further updates:

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

<https://www.u3a.org.uk/events/festival-2024>

## U3a Newsletter

You can read the latest u3a newsletter here:

<https://mailchi.mp/u3a/your-u3a-friends-newsletter-february-2024?e=83474e59e1>



## Big Plastic Count

Just to introduce myself, I'm Julia and I work at an organisation called Everyday Plastic. We run campaigns to raise awareness about the single-use plastic problem and aim to inspire people to reduce their own plastic consumption.

This March, we're teaming up with Greenpeace UK to run [The Big Plastic Count](#), the UK's largest investigation into household plastic waste. Our goal is to highlight the urgency and scale of the plastic problem and empower individuals to play a part in helping solve the plastic crisis.

The Big Plastic Count brief is really simple: count your plastic waste for one week (from 11-17 March) and submit your results to us online. This will automatically generate your personalised household plastic footprint and will help us to reveal how much plastic we are throwing away as a nation, and what really happens to it afterwards. We'll use the results to convince UK ministers to lead the way at [global talks that could finally phase out plastic pollution for good](#).

Over 60,000 people across the UK have already signed up, but the more people we have taking part, the more powerful our collective voice will become.

We would love for the members of the Holme Valley U3A to join us on our mission, and would be extremely grateful if you would be willing to help us achieve that by sharing on the registration link with your group members: [thebigplasticcount.com/U3A](https://thebigplasticcount.com/U3A)

We also have additional information especially for [community groups](#), as well as images and graphics to share with your wider network and community (e.g. on social media or in an email newsletter). You can download those at the following link: [TBPC assets](#)

## **Group Co-Ordinator's Report**

Well, we have had a few changes since the last newsletter - some positive ones and some less so. As you know, we set up a few new groups in the autumn and some are thriving while others have struggled. The Art Appreciation group is very popular, with enthusiastic members willing to lead sessions and talk about the art they love.

Pickleball is also a great success, to such an extent that they may need to add another weekly session in order to accommodate everyone who wants to play. It was a new game to all of us so we are all learning together and having a lot of fun in the process.

The new Tai Chi for Beginners group is going from strength to strength with very few spaces left for new members now.

Thinking Faith for the Disillusioned is continuing to meet monthly and would welcome more members.

We tried Yoga and Meditation groups but unfortunately there were not sufficient members to make them financially viable, so they no longer meet.

The Badminton group will also not be continuing because their long-standing group leader has decided to step down and, unfortunately, no-one else is able to take on that role.

After a pause over the winter, the Weekend Social group is also meeting again. This is an informal group who meet up for coffee or a meal and the opportunity to socialise and chat. In the coming months they may also include trips to exhibitions or even the cinema. So, if you are at a loose end at weekends, why not join them?

As always, you can find information about all the groups we have on offer on the website at <https://u3asites.org.uk/holme-valley/groups>

**Rose Cuthbertson**

## News from our Groups

### Tai Chi

A NEW Beginners Tai Chi class has just started on Wednesday mornings at 10.30 at the Phoenix Squash club, Honley. All new people are very welcome.

Some comments from previous students

“The gentle movements are surprisingly energising. Leaving you 2” taller and very calm and at peace with the world” M

“It is a most wonderful way to exercise and has kept me sane over the last few years, plus the laughter with the other ladies is priceless” F

“The overall experience is so grounding and peaceful. Time out from the rat race” W

“You go into the class at 60 miles an hour but come out at 20. This relaxation leads to other benefits – that of reflection and time to make life changes whether large or small. Lynda’s tuition is helpful in psychological as well as physical

My aim is for all student to learn the basic skills with like minded beginners. It will cover an introduction to Chi Kung which I describe as easy Tai chi, where there is less movement of the feet. My style is Infinite Tai Chi which is Mindful, Moving, meditation, a very Yin, soft and flowing practice. The last 15 minutes consists of a relaxing meditation enabling you to leave the class more at peace with the world.

If you are interested, please contact Lynda Hull 07718535332 or [lynda.hull49@gmail.com](mailto:lynda.hull49@gmail.com)



## **Tennis Group – Coordinator, Linda Hollingworth**

The U3A tennis group has now been running for over 7yrs. We have nearly 40 members, with an age range mid-50s to mid-80s – and an equally mixed range of physical agility and skills.

If you are interested in joining the group, have a look at the information below and get in touch with Linda, the Coordinator.

**New members** are welcome. Although we can't immediately include new members who have never played tennis before, or who haven't played for a very long time, some members are willing to have a practice session or two with new people, and there are coaches at the Club who offer individual sessions for both complete novices and returners to tennis.

**We play on Monday and Thursday mornings at Holmfirth Tennis Club** (next to Holmfirth Fresh Fish on the new Mill Road), when we have the use of all three outdoor all-weather courts from 9am until 12. Monday mornings are exclusively for the U3A group session, but Thursday mornings are a joint U3A/Club social tennis session. We play all year round, weather permitting, organised as one-hour doubles games pre-arranged via WhatsApp.

U3A members are classed as visitors to the Club and pay a £5 visitor fee per session to the Club (arranged by the Co-ordinator). Most of the group have now opted to join the Tennis Club, which means they don't have to pay any extra to play with the U3A group.

We have regular mid-morning socials at the Clubhouse when we enjoy a chat over coffee and a Danish pastry in between playing tennis. In early January 24 we had a very successful social at New Mill Club, jointly with a couple of other U3A groups.

**Coaching:** Club coach Gill Kilner has run a very popular and enjoyable group coaching session for about 5yrs now (1hr on Friday mornings),



which is mainly U3A, but open to all. Many of the group also have regular or occasional individual sessions with Gill. Both individual and the group coaching would be available to new group members.

## **Linda Hollingworth**

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### **U3A Music Appreciation Group**

The next regular monthly meeting of the Music Appreciation Group will on Tuesday February 27<sup>th</sup>, between 1.30pm and 3.30pm. in the upstairs room at the Methodist Church, Crown Bottom. Meetings are always held on the last Tuesday each month.

We usually have about 20 regular members attending, so there are still a few spare seats for any newcomers. You will be especially welcome if you would like to share a particular musical interest with the group. We are a broad musical church. Nothing is off limits. Not even Taylor Swift!

More information can be obtained from David Cockman, e-mail: [dwcb Bramley@talktalk.net](mailto:dwcb Bramley@talktalk.net)

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### **U3a Wine Appreciation Group – Spring 2024**

For the Wine Appreciation Group, 2023 ended with our Christmas party featuring English fiz before a traditional meal followed by a quiz and carol singing.

In January we continued with our varietal recognition series this time focusing on Sauvignon Blanc and Pinot Noir featuring those varietals

from across the world at different price points. Again France showed very well against new World competition.

In February we had something completely different. Trevor delighted us with a selection of Fairtrade wines from the Coop. We tasted Chenin Blanc, Sauvignon Blanc, Carmenerere, Shiraz, Malbec and Cabernet-Cabernet. All were excellent value for money and the model might well be worth repeating for other supermarkets.

In March we'll taste a selection of Alsace wines chosen by Mel who is something of a specialist on the area. In April we'll taste a case assembled by the Wine Society to celebrate their 150<sup>th</sup> anniversary. The wines will be in the style of those available when the Wine Society began.



## **Folk Dance Group**

We have been unable to meet in the last month or so due to illness and family commitments, but from early March we should be meeting as normal.

We have fun learning new dance moves and repeating ones we know well. The emphasis is on enjoyment rather than absolute accuracy. However, we are very proud when all goes well.

We dance mainly English dances, a few American ones with a very occasional dance from abroad. There are usually about a dozen of us and we pay £1 each to rent the room.

We meet at Holmbridge, in St David's Church Hall side room at 11 am for about an hour on 1<sup>st</sup> and 3<sup>rd</sup> Thursdays in the month. Plenty of free parking. New members are welcome.

## **Elisabeth Watson (Nibs)**

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### **CRAFT GROUP**

The Craft Group has had a successful period preparing for Christmas creating Tiffany Glass ornaments, folded fabric baubles and printing Christmas Cards, leading up to a fun-filled Christmas Party at which members crafted their own party hats; no hats out of crackers for us! We were delighted when a photograph of some of our Tiffany Glass was chosen as the u3a Christmas Card. Since the festive season, we have been recycling cards into even better ones and weaving them into baskets.



We are pleased to have built up a good relationship with the Handicrafts Group which meets on alternate Mondays to ourselves. Several members of each group have started attending the meetings of the other and we are sharing ideas and hope to work together on some projects. Attendance has been good, and we are settling into our home at Holmfirth Tech. New friendships are being forged

and it is good to chat while we craft.

Our forthcoming sessions will include making Easter Wreaths and we are looking forward to experimenting with papier mache and block printing onto fabric after Easter.

New members are welcome. We meet from 1.30-3.30pm on the 2<sup>nd</sup> and 4<sup>th</sup> Mondays in the Month in the Basement Art Room at Holmfirth Tech.

**Pat Whalley**

## **THEATRE GROUP**

We are pleased to see increased interest in the Theatre Group and now have 270 people receiving regular updates, a large proportion of them joining us on trips, some regularly and others from time to time. We are also getting higher uptake on shows and were able to offer coach travel on recent trips to see *White Christmas* at Sheffield Crucible in December 2023 and *Hamilton* at the Manchester Palace Theatre in February this year. Because the coaches were virtually full on one occasion and full on the other, we were able to offer comfortable travel at a very reasonable price. Increased membership should ensure that use of coaches becomes more cost effective and therefore increasingly possible.

Not all shows, however, attract enough members to warrant use of a coach and we intend to continue to offer a wide variety of shows to smaller parties using the minibus service which has served us so well for so long. Sadly, like a lot of organisations, the Charity providing the minibus service has faced financial difficulties since Covid, resulting in the sale of a minibus and changing the minibus hire pricing and payment system. We now must first pay a deposit and then make full payment in advance for the minibuses. However these increases have been relatively modest, and their prices are still incredibly good value – less than half what a private hire would be.

Members going on theatre trips in future may therefore expect to see certain changes:

- Possible greater use of coach travel for more popular shows
- Slightly increased prices for minibus travel
- Requests for earlier payment to secure a place so we are sure of numbers attending
- Payment up front for minibus as well as coach travel

Despite this we expect that interest in theatre trips will remain high. Virtually all the trips we offered for the first half of this year were full very quickly including the coach trip to Buxton to the *Gilbert and Sullivan*

Festival in August. Look out for details of new trips in due course and do let us know of any shows you feel may prove popular.

Remember that any Holme Valley u3a member can sign up to receive regular updates of trips on offer and become eligible to join us. Full details are given on the THEATRE tab of the u3a website, and we usually have a member of the Theatre Team (listed below) present at meetings to give you further help.

**Andrea Goodall**

**Linda Hollingworth**

**Roger Lancaster**

**Pat Whalley**

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### **The Holme Valley Local History group**

The group has now been running for 2 years with the membership growing to 37, this does appear as a high number but only twice this year have we had more than 50% of this number at a monthly meeting. I quite accept that people of our age do have busy lives and if this is the percentage we have to work with then that's fine, plus when members do attend, I am sure they get a lift from what is available at our monthly get togethers and the camaraderie that goes with it.

We meet on the first Wednesday of the month in the upstairs room at the Methodist Church in Holmfirth and the door is always open to prospective new members to the group, we start at 10 am when we have a complementary cuppa and a biscuit before our speaker or meeting commences.

Last March David Cockman gave a powerpoint presentation on Hope Bank pleasure grounds; our first away visit of the year was in May when a large group visited and were well received at the Tolson Museum, June saw our biggest turn out of the year visiting Tunnel end in Marsden where again we were treated to a splendid morning out including a trip into the tunnel and questions and answers over a cup of coffee in the café afterwards.

This visit brought a follow up meeting in Sept when Trevor Ellis came to the Methodist church and spoke about the book he had written 'The Standedge Tunnels'.

November saw us on a visit to David Brown Tractors club and museum which was another well attended and interesting meeting. Again, being treated to splendid hospitality and a very interesting morning out. Already pencilled in for this year we have Vincent Dorrington talking on the Buckstones Murders which are the unsolved Marsden moors murders of 1903.

David Cockman will be talking on the Holmfirth Floods, with a promise of a visit to the Yorkshire mining museum later in the year.

## **Gerald Parr**

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## **Moderate Walking Group**

The moderate walking group walk every Thursday throughout the year, with a very varied range of walks, both local and slightly further afield in the Summer. When we go further afield we often car share to make the walks accessible for those who are unable to drive further and to reduce our carbon footprint. The best footprints are muddy ones!

Our walks are graded moderate and typically are about 7 to 8.5 miles in length, on varied terrain, with a total ascent of around 700 – 1,200 feet over the length of the walk. In December & January we shorten our walks to around 6-7 miles to reflect the weather and shorter daylight hours.

We are a very friendly and sociable bunch and our walk leaders ensure no-one gets left behind, so please join us for beautiful views, fresh air and chat. Several of our group are keen photographers and there are always plenty of photo opportunities.



We frequently gather in a pub or café for refreshments (with even more chat) at the end of our walks and in December we finish up with a slightly shorter walk than usual followed by our Christmas Lunch at a suitable hostelry. Just let us know via the website if you want to join up.

## **Cathy Field**



## **Pickleball**

The U3A Pickleball Group began in January 2024 and we now have 34 players .

### **What is Pickleball?**

Pickleball is a paddle sport that combines elements of tennis, badminton, and ping-pong. It is played on a badminton-sized court with a slightly modified tennis net, where players use paddles to hit a plastic ball between them. It can be played as both singles and doubles.

### **Where?**

We play at the Civic Hall, Holmfirth. It has two badminton courts, which can be used for pickleball with an adapted net. We are hoping to buy pickleball nets soon.

### **When?**

We meet on Wednesday afternoons between 1.30-3.30pm. There are two sessions 1.30pm-2.30pm and 2.30pm – 3.30pm.

### **How is play organised?**

We have a WhatsApp group and people opt for the first or second session. Up to ten players can play per session in rotation ensuring everyone has lots of time on the court.

### **Equipment?**

The U3A funded some start up equipment. As people have played many have bought their own paddles. The equipment is stored at the Hall.

### **Cost and payment?**

Payment is on a pay-as-you-play basis. The charge is £4 per session.

### **Support with learning the game.**

Most of us have not played pickleball before, so after a taster session we are still learning and help each other to play the game.

**Comments:**

Good quick game. Easy to learn. No prior skills needed. Fantastic way to get together. Wish there were more days. Good fun. New for all of us. People helpful. All have a go. Enthusiastic amateurs! Come and join us.

**Interested? New members welcome.**

If you are interested in joining the group, please contact me, Judy Lund, by email [julu237@gmail.com](mailto:julu237@gmail.com) or on my mobile 07484734776. I will then add you to the Pickleball WhatsApp Group.



## NOTES

## Dates for your Diary 2024

These meetings will be held at 10.00am at Holmfirth Methodist Church.

### 2024

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|---------------------|--|
| <b>8 March</b>      | Sudan by Mike Kelley   |
| <b>12 April</b>     | Our 10 <sup>th</sup> Anniversary. Alison May                   |
| <b>10 May</b>       | Britain- A secretive Country by Stephen Dorril                 |
| <b>14 June</b>      | Tax, Care and Toy Boys by Steven Sykes.                        |
| <b>26 July</b>      | Water Drops, Smarties and Other Cool Stuff by Carl Heywood     |
| <b>9 August</b>     | Ambulance First Responders, including using a defibrillator.   |
| <b>13 September</b> | <b>Our AGM.</b><br>Laughter is the Best Medicine by Alan Swan. |
| <b>11 October</b>   | Centenarian lady hires topless waiters. Paul Isherwood.        |