

MESSAGE FROM THE CHAIRMAN

Hello everyone.

It doesn't seem like five minutes since I was penning my first Newsletter entry and here we are August already.

I am very pleased to report that several members have stepped forward as a result of my request at the last meeting for volunteers, but we could still do with several more, remember many hands make light work!

Our next meeting is on 14th August when the talk is by Fran Sandham a 'Solo Walk Across Africa' which should be fascinating.

Until the 14th - best wishes *DAVID*

u3a CHARITY STALL - Driffield Market

Thursday 4th September we have once again taken the charity stall in the Driffield Market. It would be wonderful if some of you could come along and chat to prospective members.

If you are able to commit to helping for an hour or two please let me know.

carolesalmon@hotmail.com

MONTHLY MEETINGS

Driffield Community Centre - Second Thursday of each month - 2.00pm - 4.00pm

All Members Welcome



FREE BOOK SWAP

Bring along your old books and help yourself to new ones!



FREE REFRESHMENTS

This month provided by the Sociable Strollers



PROGRAMME

2025

Thursday 14th August
Solo Walk Across Africa
Fran Sandham

Thursday 11th September
OPEN DAY

See Page 13 for details

Thursday 9th October
'Schoolreaders'
Susan Lawrie

All Members Welcome
£1.50 Admission

Doors Open
from 1.30pm



FRAN SANDHAM

Critically acclaimed author and lecturer Fran Sandham took on the challenge of a lifetime, by walking across Africa solo from coast to coast. His 3,500 mile walk from the Atlantic on Namibia's Skeleton Coast to the Indian Ocean near Zanzibar was the first time on record anyone has crossed Africa solo entirely on foot by this route. He undertook the journey with no backup or support team, no one to carry his gear and no sponsors. No film crew, no journalists, no fuss or cheering crowds and no strings attached!

FURTHER UPDATE ON

CLASSICAL MUSIC GROUP

The July meeting of interested members was a success and it is hoped that this popular group will be restarting in September.

Details are still to be firmed up but those members who expressed an interest will be kept informed.

Group Leaders:

Colin Bickerdyke: Email: c.bickerdyke@talktalk.net

Tanya Haber Stuart: Email: tanyaehs@yahoo.co.uk

425 MILERS GROUP

The 425 Walking Group (2nd Tuesday and 4th Thursday of the month)

NEW MEETING ARRANGEMENTS

9.30am in Driffield Community Centre Car Park - car sharing available £2.00

We walk the Wolds, Holderness and the East/North Yorkshire coast. Most of our walks are within a 25 mile radius of Driffield

Tuesday 12th August - Bill & Sandra Troy will lead a walk from Flamborough.

Contact details: Email: wtroy6789@gmail.com Mob: 07397 068377

Thursday 28th August - Allerthorpe Common, from Allerthorpe with Godfrey Middlewood.

Contact details: Email: sikelike@yahoo.co.uk Mob: 07960 755389



For more information about the group please contact the Group Leader Paul Grinstead by Email on p.grinstead2@btinternet.com or call 07932 494357 or 01377 255272

SOCIABLE STROLLERS GROUP

Meets on the first Friday of each month at 1.00pm

NEW MEETING ARRANGEMENTS - Community Centre Car Park

Leaving at 1.00pm unless otherwise informed. Strong footwear is advised for the walks.

Walks are between 2-3 miles ending with refreshments at a café.

Friday 1st August - Goodmanham

Leader: Norma Fassnidge - Mob: 07484 212826

Group Leader - Sue Clarkson: Tel: 01377 256857 Mob: 07762 782082
Email: clarksonsusan40@gmail.com



WALKING GROUP

Meets on the 1st Tuesday and the 3rd Thursday of each month.

NEW MEETING ARRANGEMENTS

9.30am prompt in Driffield Community Centre Car Park for car sharing.

Please bring picnic lunch.

Tuesday 5th August - from STAMFORD BRIDGE this will be a 7-8 mile walk. Further information and start point available from walk leader:

Paul Grinstead: Email: p.grinstead2@btinternet.com or Mob: 07932 494357

Thursday 21st August - from Flamborough 7-8 mile walk.

Further details available and start point from walk leader:

W. Troy: Email: wtroy6789@gmail.com Mob: 07397 068377



For more details contact Group Leader **Steve Whitaker** Email: sp.whitaker@yahoo.co.uk Mob: 07952 981786

INDEPENDENT PERSONS' GROUP

We meet on the second Friday of each month at the Cricket Club, King's Mill Road, Driffield
10.30am - 12 noon



Photographs from:
Lavender walk in Terrington
and
Visit to Scarborough



Our next meeting is Friday 8th August - our annual garden party.

For more information contact: Marian Carter - Mob: 07702 317441 / Penelope Kinsley - Mob: 07837 604166

Members not on Email are always phoned and updated!



The Discussion Group

The Group meets every Friday at 9.30am in the Driffield Community Centre.
All u3a Members are welcome to join us.

This group is taking a break for the summer.

We will resume on 5th September.

For more details of planned discussions contact: **Chris Taylor: Mob: 07484 160660**

Tai Chi



We have two Groups - Feel free to turn up and have a go!!

Entry Fee - £1.00

Meetings are held in the Driffield Community Centre in main hall
on the first, third and fourth Monday & Thursday of the month.



MONDAYS: 2.00pm - 3.00pm THURSDAYS: 1.00pm - 2.00pm

Both groups are suitable for beginners and will include warm up exercises, Qigong, Meditation and Lee style Tai Chi form. Tai Chi can help you improve your health by learning to breathe correctly, improve flexibility and balance and help calm the mind.

If you want to awaken all of humanity,
then awaken all of yourself.
If you want to eliminate the suffering in the world,
then eliminate all that is dark and negative in yourself.
Truly, the greatest gift you have to give
is that of your own self-transformation.
'Lao Tzu'

**Dates for August:
Mon - 4th & 18th
Thurs - 7th, 21st & 28th**

**Group Leader: Maggie Bray
Mob: 07753 224793 email: maggie.bray@hotmail.com**

NEW AGE KURLING

We have now broken up for the summer but not before another 80th Birthday celebration between games. Chris Bolton celebrated her "big birthday" slightly early before we broke up. Well done Chris, hope you had a good one! Thank you to our fellow Kurler, Liz Hickson, for another beautiful cake. Sue Hudson rejoined us 5 weeks post new knee op - so we obliged with a wheelchair! We certainly are all inclusive - it all adds to the fun! Due to holidays and summer pursuits there were not so many players.

If you would like to join us when we re-start in September you would be most welcome, even if you can't make it every Tuesday.

Details of our restart in September will be in your next Newsletter and emailed to current players.



Group Leader: Ann Wilkinson: Email: wilkynaff@yahoo.co.uk Mob: 07747 102635

CARD MAKING and CRAFT GROUP

Meetings are held in the Community Centre on the last Friday of the month from 10.45am-12.30pm
£5.00 per person to cover rent, materials and refreshments.

Our next meeting is Friday 29th August



This month we die cut our own bespoke card bases then hand stamped and painted them, also producing laminated bookmarks.



The Card and Craft Group are holding 3 'pop up' sessions dedicated To Christmas crafts. The dates for these sessions are as follows:

Friday 26th September

Friday 31st October

Friday 28th November

Driffield Community Centre (small room) 1.30pm - 3.30pm - £5.00 per session

If you would like to join us please contact:

Debbie on: d.ireland-oneill@hotmail.com

Please contact: Adrienne Bailey - 07530 714186 - adrienne.bailey@outlook.com
or Debbie Ireland-O'Neill - 07917 447974 - d.ireland-oneill@hotmail.com

GEOLOGY GROUP

Indoor sessions at the Cricket Club have now finished until September 2025.

We plan to organise monthly Field Trips throughout the summer!

Indoor meetings will resume on Thursday 11th September 10-12 noon in the Cricket Club.

**We have a field trip to Hildenley Quarry, Malton planned for
Thursday 28th August**

The leader for this trip will be Richard Myerscough.

Further details will be sent to members of the group when they become available.

For further details contact the Group Leader: **Kathy Chilver: 01377 255052**

LOCAL HISTORY GROUP

Meetings are held on the third Wednesday of the month at 2.00pm in the Driffield Community Centre

ALL MEMBERS WELCOME!

THERE IS NO MEETING IN AUGUST

Put 17th September in your diary. Paul Scofield will open our next annual programme with a presentation on 'Transmigration'

Paul is a lively, interesting speaker who will 'do us proud'.



July's guided tour
of York with
Paul Scofield



For more information contact **Ross Weekes** Tel: 01377 253832 Email: rossweekes@btinternet.com

ARCHAEOLOGY/HISTORY GROUP

Meets on the first and third Tuesday of each month at the Driffield Community Centre 10.00am to 12 noon

This group will resume after the summer on 16th September

For more information contact: **Dr. Christopher Renn: chris.renn@yahoo.co.uk**

FUN QUIZ

The MONTHLY QUIZ will resume in September at the Cricket Club, Kings Mill Rd. 1.30pm-3.30pm

Diary dates are the following Fridays:

19th September - 24th October - 21st November - Christmas Quiz 19th December

If you would like more details call: Ann Wilkinson - Mob: 07747 102635

Driffield and Wolds u3a website

The Newsletter is up to date as of the first of each month, but sometimes things change. To get the latest news, visit our website at:

<https://driffieldwolds.u3asite.uk>

FRENCH CONVERSATION GROUP



Meets every other Wednesday morning
10.00am - 12 noon in Driffield

WE ARE NOT MEETING IN AUGUST

Our next meeting is 3rd September in the Butcher's Dog

This is a small group please so contact:

Group Leader **Jenny Canning**

Email: tinribs_fr@yahoo.co.uk Mob: 07949 799666

READING GROUP

We meet on the last Thursday of the month in Members' homes.

We are taking a break until September.

For more details please contact:
Julia Spencer-Jones Mob: 07726 264712
Email: charles.juliasj@gmail.com



National u3a - Learn Online

Details of the National u3a Online Learning Events can be found on their website:

<https://www.u3a.org.uk/learning>

Our online learning programme can connect you with other learners wherever you are. We offer lessons, resources and an exciting schedule of online events to get you learning at your pace.



BRIDGE GROUP



For Beginners to the more Advanced

We meet every Wednesday at 2.00pm in the Committee Room of the Community Centre

**Our meetings in August will be on:
6th, 13th, 20th and 27th**



For more information please contact
Group Leader - **George Ansell**
Mob: 07929 299362

find us on **facebook**



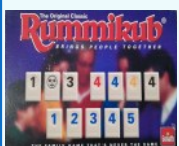
SCRABBLE

Gerald Massey - 01377 257063



MAH JONGG

Denise Massey - 01377 257063



RUMMIKUB

Carole Salmon - 07905 682103

Kay Maslen - 07838 208025

The Games Group

The Games Group is an amalgamation of three separate groups (Mah Jongg, Rummikub and Scrabble) who meet together to defray costs. They all meet on the second and fourth Tuesday of each month at the Cricket Club from 2.00pm - 4.00pm.

This is a friendly social occasion with tea, coffee and biscuits.

We would be pleased to see anyone who is interested in any of our three groups to drop into one of our meetings with no obligation. Patient help will be given to anyone interested in any of the games even if you have no experience.

**Our next meetings will be on 12th & 26th August
We look forward to seeing you!**

U3a HOLIDAYS 2025 - 2026

LLANDUDNO - SATURDAY 7TH SEPTEMBER 2025

It is an 08.30am pick up at Driffield 'Car Wash' Bus Stop.

I will be sending out a last minute reminder email to all passengers travelling with us.

NORTHUMBERLAND - MAY 2026

There are only 4 twin/double rooms left for our proposed holiday next May!

It's filled up pretty quickly. The coach company would like deposits of £50.00 to secure this holiday for us.

If you are considering joining us please contact:

Cairngorm Travel direct on Tel:01405 761334 or Ann on Mob: 07747 102635

We will be picking up in Driffield and then Bridlington for this holiday.

SEPTEMBER 2026

We have another holiday provisionally booked for September 2026 in the offing.

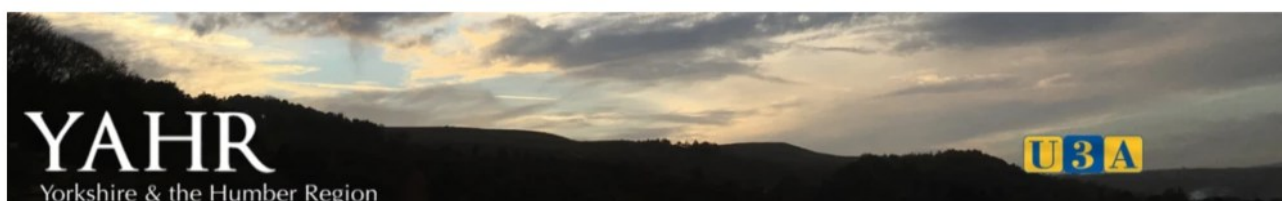
Details will be in the September Newsletter and on email to members, please look out for the this!

Again it would be first come, first served basis, by contacting Cairngorm Travel for this 7 day holiday with a £50 deposit required.

The only reason for the change of coach company is that Buckley Coaches could not accommodate us for the dates that we requested in 2026!!

Thank you Ann & Sue

Enquiries to: Ann Wilkinson: email: wilkynaff@yahoo.co.uk Mob: 07747 102635



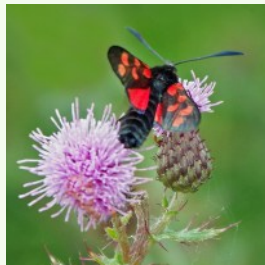
YORKSHIRE AND HUMBER REGION U3A

Details of regional activities for u3as in the Yorkshire and Humber Region can be found on their website: <https://yahru3a.uk>

NATURE GROUP

For our July trip we were led on butterfly walk in Forden.

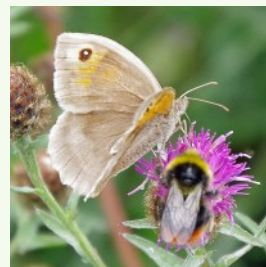
Beautiful photographs by our newest member - Josie.



Small Skipper Butterfly

Six-Spot Burnet Moth

Meadow Brown Butterfly
with Bumblebee



In August we will be visiting Allerthorpe Common looking at heathland plants.

We meet on the 2nd Monday of the month. For more information contact Group Leader:

Marian Carter: Mob. 07702 317441 or Carole Salmon: Mob. 07905 682103

CROQUET

Driffield Lawn Tennis & Croquet Club



We continue to play every Monday, meeting at 1.30pm for a 2.00pm start at the Driffield Lawn & Croquet Club, near the Fire Station.

Entrance between 8-10 Manorfield Avenue.

We have about half a dozen members playing each week - usually singles plus doubles. Everyone progressing well, taking fewer shots to run a hoop and fitting more games in.

We are also playing on the full lawn which is much preferred by all.

You are most welcome to join us. The first 3 sessions are free!

Looking forward to seeing you - Regards Peter

For more information: Email: peter_mathews@gmx.com Mob: 07740 780933

AWAY DAYS



Thursday 28th August

'Away Day' to Ripon museums and market.

Your payment must be received by **Thursday 14th August** at the very latest!

The Away Day co-ordinators will be at the monthly meeting on the 14th to collect your payments.

Leader: Terence Jarvis: Email: thejarve@googlemail.com Tel: 01377 254615 Mob: 07484 847816

DIGITAL PHOTOGRAPHY GROUP

We meet in the Community Centre on the third Monday of each month 10.00am - 12 noon
We have a varied membership, all with experience to share.

Tea, coffee and treats are included! Why not join us?



**July Theme:
Wheeled transport**



Our next meeting will be on

Monday 18th August

Theme: 'Below the Knees'

For more information please contact:

Penelope Kinsley on 07837 604166



TABLE TENNIS

Table Tennis is now being held during the day
at the Driffield Community Centre.

Every Tuesday 3.30pm - 5.30pm

Now you can play every week for better continuity.

There are no experts here, just those who want to benefit from the following:

Social bonding & friendship, burn calories/lose weight, gentle on the joints and improves balance.
Improved mindfulness and sense of well being, may delay the onset of dementia.

We have space for 2 new members - why not come along and give it a try!!

All equipment is provided - you just need suitable clothing and footwear.

For more details please contact Group Leader: Chris Crosby: chricrosby40@aol.com



FLOWERS REPRESENTING AUGUST

The **gladiolus** symbolises strength, integrity and infatuation
while the **poppy** represents remembrance,
pleasure and imagination.





WALKING TENNIS



This option is kindly being made available to our u3a by:

Driffield Town Cricket & Recreation Club - Lawn Tennis Section, Kingsmill Road YO25 6TT

If you don't feel up to full on tennis, why not try WALKING TENNIS safe, fun and inclusive, a great way to keep body and mind active in a friendly, social setting. Suitable for complete beginners and those in need of more time to get to the ball.

Give it a try! It's for fun!!

FRIDAY AUGUST 8th and FRIDAY AUGUST 22th - 2.00pm-3.30pm

Racquets and larger, lighter balls provided. Tea, coffee, squash and biscuits included - £3.50 per session

More information available from: Anita Oxtoby: email: anita_oxtoby8@hotmail.com

**Congratulations
JOY & TONY**



We're Jammin'



We meet every Wednesday at Driffield Methodist Hall 10.00am to 12 noon

This group is going from strength to strength which means there is currently a waiting list. **However, we would love two singers to join us!!**

Group Leader: Chris Crosby Contact: keeponstrumming@proton.me

Guitar: Starting Out



Due to the great success of the 'Keep on Strumming' Group, Guitar: 'Starting Out' is born. (GSO)

*The 'GSO' is here for **beginners**, where you will receive a great learning experience from three separate Mentors, so a good Pupil/Tutor ratio!*

The classes are held in Driffield Community Centre
Mondays 10.00am - 11.00am

Currently TWO spaces available in this group.

Group Leader: Chris Taylor:

chri_taylor@btinternet.com Mob: 07484 160660

Your u3a Committee

CHAIRMAN	David Holman	07543 491129
SECRETARY	Amanda Evans	07932 759262
TREASURER	Paul Davies	haven4angels@hotmail.co.uk
VICE CHAIRMAN	Eamon McGeough	07950 057373
BEACON ADMINISTRATOR	Maggie Bray	07753 224793
MEMBERSHIP SECRETARY	Carole Salmon	07905 682103
MEMBERSHIP TEAM	Kay Maslen	07838 208025
ACCORD ADMINISTRATOR	Vacant	
SPEAKER FINDER	Eamon McGeough	07950 057373
NEWSLETTER EDITOR	Carole Salmon	07905 682103
COMMITTEE MEMBER	Anne Firth	-
COMMITTEE MEMBER	Mike Smith	07955 733514
COMMITTEE MEMBER	Chris Crosby	07594 414681
COMMITTEE MEMBER	Steve Sansom	07714 178832

Membership

If you have any questions about Membership or would like details sent to a friend:

Please contact:

Carole Salmon:
carolesalmon@hotmail.com

Our Website

Our u3a website contains information about the Driffield & Wolds u3a and full details of our events.

<https://driffieldwolds.u3asite.uk>

What? When? Where?

Details of all our events can be found in this Newsletter, on our Website, in Chris's weekly email and in the Driffield & Wolds Weekly and on our Website - details above.

Gift Aid

Donating through Gift Aid means The Driffield & Wolds u3a can claim an extra 25p for every £1 you give. It is completely free and the form is available on our website or at our monthly meetings.



Important Reminder to Group Leaders!

If you hire a venue to hold your meetings and have to cancel, for whatever reason, please ensure that you inform them. otherwise you may be charged!

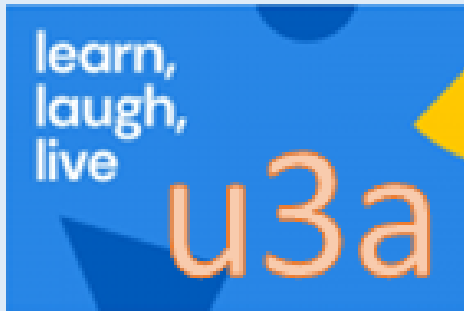
Registered Charity Number:
1183231

Non Committee Roles

WEB MASTER	Chris Taylor	07484 160660
GROUP SUPPORT	Ann Wilkinson	07747 102635

Groups and Group Leaders

425 Milers	Paul Grinstead	07932 494357
Archaeology/History	Chris Renn	chris.renn@yahoo.co.uk
Bridge	George Ansell	07929 299362
Card Making and Crafts	Debbie Ireland-O'Neill	07917 447974
	Adrienne Bailey	07530 714186
	Peter Mathews	07740 780933
Croquet	Penelope Kinsley	07837 604166
Digital Photography	Chris Taylor	07484 160660
Discussion Group	Jenny Canning	07949 799666
French Conversation	Kathy Chilver	01377 255052
Geology	Chris Taylor	07484 160660
Guitar Starting Out	Marian Carter	07702 317441
Independent Persons	Penelope Kinsley	07837 60416
	Ross Weekes	01377 253832
Local History	Denise Massey	01377 257063
Mah Jongg	Ann Wilkinson	07747 102635
New Age Kurling	Marian Carter	07702 317441
Nature Group	Ann Wilkinson	07747 102635
Quiz Afternoon	Julia Spencer-Jones	07726 264712
Reading Group	Carole Salmon	07905 682103
Rummikub	Kay Maslen	07838 208025
	Gerald Massey	01377 257063
Scrabble Group	Sue Clarkson	01377 256857
Sociable Strollers	Chris Crosby	chris Crosby 40@mail.com
Table Tennis	Maggie Bray	07753 224793
Tai Chi	Steve Whitaker	01377 271447
Walking Group	Chris Crosby	keeponstrumming@proton.me
We're Jammin'		



OPEN DAY

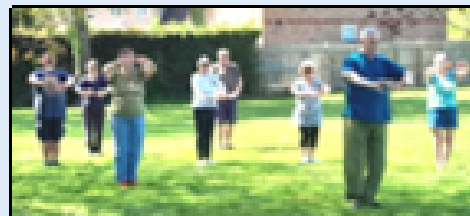
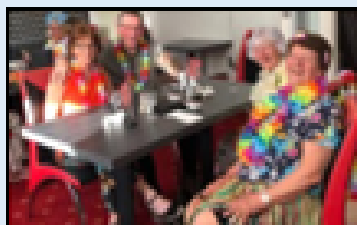
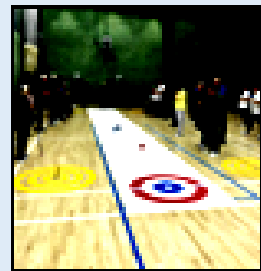
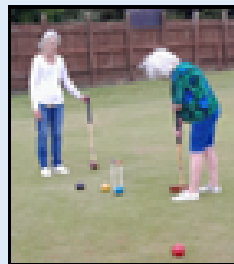
Come and join us

THURSDAY 11th SEPTEMBER

u3a is a group aimed at people who are retired or semi retired,
but equally suited to anyone who has time on their hands!

u3a is a perfect place to make new friends, have fun,
share skills and learn new ones.

We have over 20 interest groups, something to suit everyone.



**FIND OUT WHAT
YOUR LOCAL u3a
CAN OFFER YOU!**

**2.00pm to 3.30pm
Driffield Community Centre**

Join us for coffee and cake.
Bring your friends,
and learn more about our
interest groups.



Full details can be found on our website:
driffieldwolds.u3asite.uk
Registered Charity No. 1183231