



August 2024

# CRAVEN U3A NEWSLETTER

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## ***Dates for your Diary:***

*14 September – Coffee morning with speaker at Champions, 10 for 10.30 am*

*12 October - Coffee morning with speaker at Champions, 10 for 10.30 am*

*11 December- u3a Carol Service at Christ Church, Skipton*

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## **Behind the Scenes at ~~the Museum~~ Ermysted's!**



No, it's not the secret of Kate Atkinson's novel, but something perhaps as well-hidden ... the tremendous amount of work put in by Linda Hoole to pull off another fantastic Summer Programme. In contrast to most other u3a events, there was never a time when all participants were in one place and able to show their appreciation, but Linda was there throughout keeping the show smoothly on the road. With no less than 31 offerings over the two days, including outside speakers, there was a wonderful choice of subjects and activities – none of which Linda gave herself time off to attend. So, to Linda and her team of helpers, we extend our thanks and appreciation. And on the next page you will find what Linda herself says...

## The Summer Programme 2024...in numbers

2 days, 30 activities and sessions, 205 enrolments, 400 tea-bags, 500g of coffee, 12 litres of milk...

...and totally unquantifiable but very much appreciated: the skills, enthusiasm and kindness of all those who contributed to make the programme such a success. Enormous thanks must go to all those who gave their time to give talks, lead walks, run craft, yoga and dance sessions ; direct people to the correct room; and co-ordinate members at the Auction Mart. I'm very grateful to the ladies who donated delicious cakes and scones and to those who valiantly manned the refreshment table so efficiently.

The Summer Programme is a great opportunity to showcase the u3a: the huge range of interests, talents and skills among the members. Equally important, it provides a forum for social interaction and exchange of ideas.

If you are interested in running a session next year (24 and 25 July), please do not hesitate to contact me (lindahoole@yahoo.co.uk). I will be recruiting speakers and facilitators in January 2025. I am also very keen to hear from those who would like to help organise the event.

*Linda Hoole*

### *Note from a new speaker*

*This was my third year of attending the Summer Programme, and it was probably at the end of the 2023 session when it occurred to me that I just might be able to offer something myself. Not that I had any particular expertise, just an interest which I thought it might be fun to share. In truth, putting together the material for the talk and adding to my knowledge was itself a good enough reason to proceed, as it was so enjoyable. As the time approached I was a little apprehensive about how well the technology would work – would my images look okay on the classroom screens? – but Linda had arranged a session where we could run through the tech stuff with an Ermysted's IT technician, and my worries on that front were eased. As for giving the talk itself, how lovely to have a group that were all there because they were interested! I would really encourage anyone to have a go. Most of us know something about something, and the u3a will welcome any contribution to share an enthusiasm.*

*Liz Morrison*

## Summer School visit to Craven Cattle Mart

Upwards of twenty inquisitive Summer Schoolers gathered at the Auction Mart for what turned out to be a fascinating afternoon. Some of us managed to arrive in time for the tail-end of the Sheep Dog Auction. We were treated to the sale of some lively Border puppies, while earlier in the day some of the experienced dogs were selling for four or five thousand pounds.



We were then addressed by the CEO of the mart, Jeremy Eaton. He wore his life story on his sleeve as well as his generous personality. Jeremy has served the Mart all his career – beginning as an auctioneer apprentice and rising to the position of CEO. He’s seen the Mart from its beginnings on the High Street, to Jerry Croft and the site on which Morrisons now stands, and finally to the spacious

out-of-town location of today. What impressed us was his passion for the success and well-being of the farmers he serves. In these days of transition from in-person markets to on-line sales, he’s worked hard to create an enviable ‘one-stop-shop’ venue. Farmers not only buy and sell, but obtain legal and land management advice, visit the vet, buy feed, machinery, all-weather clothing, and enjoy a social meet-up over food at the café.

The partnership with Craven College is also Jeremy’s initiative, and the number of buildings the college uses continues to grow, including their Equine Centre and Land Use Department. Students experience machinery maintenance, Estates Management, and many other aspects of the agriculture industry, so important for North Yorkshire. Adjacent to the College Department is the Yorkshire Wildlife Fund headquarters housing its thirty staff. As we trekked on there was a feeling there was still much more Jeremy could have shown us but time was pressing and we had taken in about as much as we could manage.

As we walked, we heard about the many challenges facing the industry not least the uncertainty about subsidies in the post Brexit era. Jeremy also explained the impact of the move from local abattoirs to the huge regional ones which are geared to producing packaged meat for the supermarkets.

The field-to-plate days of meat slaughtered near the farm and sold in the Town's butchers has long since gone.

We were privileged to have a personal tour by a true entrepreneur and thoroughly likeable guy, who encouraged us to come anytime to watch the animal sales – and even to come on a 'work experience' ticket like pupils from our Skipton schools.

*David Hawkins*

### IF YOUR EARS SOMETIMES FRUSTRATE YOU...THERE IS GOOD NEWS

Both the Tuesday and Thursday film groups always show films with English subtitles. Can't go to the cinema anymore because you can't follow the dialogue? Try one of these groups instead.

The committee have bought a portable microphone, to help people hear the speakers at lectures in the bigger venues. We'll need to experiment. Will it help? It's worth a try...

Last year those of us who use hearing loops realised that the one at St Stephens Church wasn't working. It's now been fixed. Just be sure to sit in the main body of the room, before the dividing doors.

And you can join the hearing loss network – an email grapevine for all things hearing loss. Contact [vera.brearey@btinternet.com](mailto:vera.brearey@btinternet.com) or join via the website.

AND REMEMBER - The RNID report that around 70% of the over-seventies have hearing loss. You are not alone.

### A Good Idea

When we were walking the Pembroke coastal path last month we found some house keys and later a car key. We took them to the village pub as there was no information on them. I bought some tags, six for £1 at Yorkshire Trading Co., and have written my mobile and home number on them and attached them to our keys.



*Douglas Goode*

### September's Monthly meeting

will be at Champions on 14 September and the speaker will be *Jay Cundell Walker*. She will be speaking about a subject on which she has a wealth of practical experience – Putting on a Musical

Many thanks to *Rosemary Gibbs* for sending in some new banner photos to top page 1 of our newsletter

## The Open Event

First of all a huge thank you to the 50 group leaders at the event who showcased their fabulous range of activities. Also, many thanks to the committee members and others who acted as guides and helped people join our flourishing u3a. Almost 50 new members joined us on the day and in fact 113 have swelled our numbers since 1 July. A warm welcome to you all, and thank you to returning members as well of course, especially if you passed on the good news about our u3a and encouraged friends and neighbours to join us. At present a small number of last year's members have not yet renewed and are probably away enjoying a summer break...



*The Floral Art group display at the Open Event*

There was excellent attendance at the Open Event and I hope most of you managed to also visit the Hub and hear the music/ get a drink of water. I am sorry we cannot provide hot drinks - health and safety prevents it. Feedback was very positive and the suggestion box was empty, which I hope is a good sign, but if anyone wants to offer thoughts about the Open Event or the Programme please feel free to contact any Committee member. There appear to have been far fewer issues with getting onto groups this year and I felt the decision not to include group enrolment at the Open Day prevented queues and confusion. I can only apologise that some members did not realise the 9 am start for the window to join courses on 7 August was online, not at the Town Hall, and had a wasted journey. Looking at the programme

cover, I can see there was ambiguity and I will ensure we are totally clear next year.

Groups have filled up well but there are still spaces on a good number of courses and activities. Here is to another year of 70 + activities: I am delighted that new courses like Art, Pottery Collective and Solo Latin Dance and Badminton have recruited well, as have People and Places courses run by some of our most experienced Group Leaders. I look forward to seeing members old and new at our September monthly meeting, where we do provide coffee as well as delicious cakes. See you there.

*Jacqui Eames*

### **Singing carols from scratch**

There is a plan this year to try to organise a scratch choir to sing a couple of unaccompanied carols at the u3a carol service on the afternoon of Wednesday 11 December. It would be good to have men's as well as women's voices but we will modify our plans to fit any volunteers that we get.

We will probably organise three or four short rehearsals to suit those who want to take part, one of which will be immediately before the service. Enthusiasm and an enjoyment of singing are the main requirements, although an ability to read music would be an advantage!

If you would like to take part or want to find out more, please contact Chris Skidmore ([chrisکیدmore47@gmail.com](mailto:chrisکیدmore47@gmail.com)).

**Note from Editor: I would really like to include more members' creative work in the newsletter, be it written, crafted, artistic, or achieved on the ground. Photos can be sent to me via email at [elizam2207@gmail.com](mailto:elizam2207@gmail.com), or ask me for my mobile no. if you prefer WhatsApp.**



## Skipton Step into Action

SSIA was born in March 2020 in response to the Covid-19 Pandemic. Charlotte McKeown, the founder of SSIA was concerned about how local people would access shopping, prescriptions and essential supplies if the country was placed in lockdown. She reached out to local people for their support and received a phenomenal response - 300 volunteers stepped into action within the first 3 months. At this time, SSIA was known as a dynamic, responsive, community-led group with a large active volunteer base and grassroots community reach.

The intention was to wind down the community group as the lockdowns eased. However, Charlotte received a phone call from a young gentleman, saying, "I don't need any shopping or prescriptions. I just need human contact."

This phone call was extremely moving, and prompted Charlotte to explore other ways we could support people, such as befriending and projects to connect local people.

SSIA registered as a Charity in January 2021 and was appointed as a Community Support Organisation in April 2021, providing essential services, and engaging, inclusive community projects and activities, plus signposting into other local services.



**STEP INTO ACTION**  
**WELLBEING HUB & CAFE**  
Wednesdays 6-8pm & Saturdays 2-5pm

Everyone's welcome to join us for...

- Creative arts and crafts activities
- PC & WiFi Access
- Light refreshments
- Hot meals (Saturdays only)
- A listening ear & signposting

...plus games, activities and more!  
Soroptimist Clubroom, 28 Otley Street, Skipton, BD23 1EW

01756 802098  
hstockwell@ssia.org.uk

PIONEER PROJECTS



**NURTURING GROWTH**  
Bringing people together for a variety of wellbeing activities...

**Where?** Fisher Medical Community Room, Coach Street, Skipton, BD23 1EU

**When?** Every Thursday 10:15am - 2pm

**What's on?**

- 10:15am: Group walk and talk in nature
- 11am: Group singing
- 12pm: Crafts, games and a cuppa
- 1pm: Yoga for all abilities

...or please feel free to just come along for refreshments and a chat!

All activities on a pay-as-you-feel basic, donations gratefully received.

To find out more or to book a place, please contact:  
01756 802098 swl@ssia.org.uk

We've organically evolved over the last four years, actively supporting local people offering the following services:

- Shopping and prescription collection and delivery
- Transport
  - Volunteer car scheme.
  - Wheelchair Accessible Vehicle (WAV)
- Wellbeing Hub & Café
- Nurturing Growth
- Befriending
  - in the Home
  - on the phone
  - Walk & Talk
  - Coffee & chat
- Signposting



SSIA is a trusted, well-known, reputable community resource, rooted in the community, therefore best placed to support people to stay healthy, independent, and connected. In recognition of this work. SSIA has recently been appointed as the Community Anchor Organisation (CAO) in Skipton, to work alongside other providers, community organisations and charities to signpost and support vulnerable people in our local community, to become strong, healthy, independent and connected.

### Our Mission

With kindness and compassion, we will step into action to mobilise and connect people within Skipton and surrounding villages. We will offer safe spaces and engaging activities, which demonstrate and celebrate the diverse skills and gifts of every individual. Through collaboration and mutual respect, we will become the strongest, happiest, and healthiest community we can be.



If you would like to know more about the services we offer, or volunteering opportunities please follow this link to our website <https://ssia.org.uk/> or contact us on 01756 802 098 (Mon-Fri 9am-1pm) or email on [support@ssia.org.uk](mailto:support@ssia.org.uk)



## Bring a friend this *u3a* week

The National u3a is planning a series of special online events to celebrate *u3a* week (21-29 September.) Usually these online events are exclusive to u3a members - but for *u3a* week, these events are available to the wider public. If you know someone who you think could benefit from being a part of the u3a movement, please encourage them to come along. You can see the programme below.

- Tuesday 24 September, 2pm - *The Development of Barnsdale Gardens* with Nick Hamilton
- Wednesday 25 September, 2pm - *Upgrade Your Brain: Dementia-proof your diet and lifestyle* with Patrick Holford
- Thursday 26 September, 2pm - *The Secret Lives of Garden Bees* with Jean Vernon

Book a place on these events on [the u3a week page](#).

## Would you like to learn bridge online?

u3a Subject Adviser for Bridge, Steve, is running a bridge course for u3a members. The programme will be run online, starting in September until early Spring. Find out more at [www.bridgewebs.com/u3abridgegroup/](http://www.bridgewebs.com/u3abridgegroup/)

## New u3a quiz library

Are you a quiz enthusiast or a quizzing group leader looking for inspiration? u3a Subject Adviser for Quizzes, Ian, has set up a *u3a Quiz Library*. Submit a quiz round to share with other members, and receive one in return. This collaborative activity aims to share the knowledge and skills from members across the movement. Access the *u3a Quiz Library* on [the u3a website](#).

## Notes from the Chair

Membership: a massive thank you to all those members who have renewed their membership. To those who have recently joined our u3a - Welcome. The membership numbers continue to recover. There were 825 at the last count [*as of 16 August*], so thank you for continuing to show confidence in our u3a.

To assist those members who are not confident using the internet we have offered several Open Sessions to assist. All these sessions have been well attended.

Finances: thanks to the plan put in place by our previous treasurer James Enever our financial situation improved sufficiently that we were able to reduce the membership fee from £35 to £25 for 2024-25.

Newsletter: At a recent committee meeting it was decided that those members not on email will receive a printed copy of the newsletter free of charge. Previously these members only received papers we were required to provide eg AGM papers. For those members on email who would also like a printed copy, this will be available at Craven Stationery on Coach St for a small charge.

Changes at committee level: Anne MacDonald is the new Groups Coordinator, which supersedes the Programme Secretary, and better reflects the role. Adrienne Gilchrist has stepped down from the role of Venue Secretary. As a temporary fix the role is being split between Anne MacDonald & Sandra Firm.

If anyone has any queries or questions, please contact any committee member. All that remains for me to do is wish you enjoyment at the groups you attend and in the social side of the u3a.

*Mick Richings*

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