

GUISBOROUGH u3a NEWSLETTER No. 46 – APRIL 2026

Welcome

A slightly belated Happy Easter to everyone. Unfortunately, the weather is still rather inconsistent but hopefully everyone survived storm Dave!

We were joined at our last meeting by PCSOs for Guisborough who spoke about crime figures and the role of the PCSO. We don't have a speaker booked for our May meeting as it is the AGM.

There is a lot of information included in the newsletter and if you currently receive a paper copy of this newsletter but would be happy to receive your newsletter by email, please let us know.

Moira, Chair

What's On

Date	Event	Location/details
Thu 23 Apr	Coach excursion: Ampleforth Abbey and Orchard	Further details below
Wed 6 May	AGM at the monthly meeting	2:00 pm, Parish Hall, with refreshments from 1:30 pm
Thu 21 May	Coach excursion: Cragside, Rothbury	Further details below
Thu 18 Jun	Coach excursion: Littlethorpe Manor Gardens and Ripon	Further details below
Wed 8 Jul	Coach excursion: Kiplin Hall , near Darlington	Further details below
Sat 15 Aug	Coach excursion: Kynren , Bishop Auckland	Further details below

Important notices

- **The next monthly meeting** will be on **Wednesday 6 May**, Parish Hall, Bow Street. The **AGM** will be held at this meeting. The agenda can be found towards the end of the newsletter. The doors will open at **1:30 pm** and the meeting will begin at **2:00 pm**. Only members helping in an official capacity will be allowed to enter the hall before 1:30 pm.
- If you are **renewing your membership** by BACS, please remember that you must still complete the membership form. If you prefer to renew by post, please send your form to the Membership Secretary and include a stamped addressed envelope if you would like your membership card returned by post. If no SAE is provided, a photo of your card will be sent to you electronically. Post to **Membership Secretary** (John O'Brien) at **7 Fanacurt Road, Guisborough TS14 8BJ** or contact Obrienrj100@gmail.com.
- We would like to apologise to any members who did not receive last month's newsletter. Almost all emailed copies were delivered successfully (we had only one bounce back), and others were posted or hand delivered. However, photocopying (15p a sheet) and delivering hard copies are both time-consuming and costly. If you currently receive a printed newsletter but are able to receive it by email instead, we would be very grateful if you could switch to the electronic version.

- **Saltburn District U3a** would like to remind all Guisborough U3a members that renewal is now **1st September 2026**. Their membership year runs from 1st September to 31st August. If you want affiliated membership and access to their activities, it costs £5.00 and proof of home membership is required. Full information and the membership form is on their website <https://saltburndistrict.u3asite.uk/>.
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Past Chairs

We took a moment at our last meeting to remember past Chairs who have died recently.

John Wardill

John Wardill was a great supporter of Gu3a. He previously held the role of Chair and Membership Secretary and he was an active member of walking and science groups.

We have received this message from John's wife, Diana:

I have so much appreciated all the cards and messages I have received from members since John's sudden death. They have been a great comfort at a difficult time. We knew he was ill, but not how little time he had left. He so enjoyed all aspects of Gu3a - the people, the activities, and the community. Anyone who wishes to attend his funeral would be most welcome - at Kirkleatham crematorium on Thursday 30th April at 11am, and afterwards at Guisborough Cricket club.

Reverend Ken Harris

Those of you who have been members for more than 10 years will remember Ken Harris, who died on 22 February at the age of 94. Ken served as Chair of Gu3a from 2010-2012 and again from 2014-2016.

Ken retired as a minister in the United Reform Church served in Blyth, Northumberland before moving to Guisborough.

We send our deepest sympathy to his widow, Margaret, who was also a member of Gu3a.

We remember all our friends and colleagues from Guisborough u3a who have passed on with respect and gratitude.

Guisborough u3a Excursions

Ampleforth Abbey and Orchard - Thursday 23 April 2026

The cost is £37.00 and includes a tour of the orchard, tastings of their apple juice and cider, and a guided tour of the Abbey Church. The coach will depart Fountain Street car park at 10:00 am and thereafter St. Paulinus, The Avenue. The coach will return at approximately 3:30 pm. This excursion is full but if you wish to be added to the waiting list, please contact **Pauline Warrington** on **(07855) 751869**.

Cragside, Rothbury - Thursday 21 May

Booking is still open for this excursion. The cost is £45 without National Trust membership or £24 with National Trust membership. Cragside House sits at the heart of an enormous, landscaped garden. Discover the first house in the world to be lit by hydroelectricity. It is crammed full of ingenious gadgets – most of them still working. The gardens are incredible – one of the largest rock gardens in Europe leads down to the Iron Bridge which in turn leads to the Formal Garden. Explore the Rock Garden, Formal Garden and Pinetum, and experience grounds covered in millions of trees and rhododendrons.



Please note that in many places the terrain can be uneven with steep footpaths and steps and, at times, these can be muddy. We therefore recommend you wear sturdy footwear and take care as they can be slippery at any time of the year. The coach will leave Fountain Street car park at 8:30 am and thereafter St Paulinus, The Avenue. There will be a stop near Morpeth for coffee, and we plan to arrive at Cragside at approximately 11:30 am. We plan to leave Cragside at 4pm, arriving back in Guisborough at 6:30 pm. For queries, please contact excursion coordinator **Moira Stokoe** on **(07719) 698954**.

Littlethorpe Manor Gardens and Ripon – Thursday 18 June 2026



Booking opened at the April meeting, and the response was really positive. The cost is £32.00. We will begin the day in Ripon, where there will be time for you to explore this Cathedral city and have lunch. After that, we will move on to Littlethorpe Manor Gardens, situated in the small village of Littlethorpe on the southern edge of Ripon.

The gardens comprise of several distinct areas including The Walled Garden, The Sunken Garden, and Lime Avenue and Pond. The basic structure of the grounds was set out when Mr and Mrs Thackray purchased the property in 1985. The garden as seen today has been developed since 1998 with the appointment of Eddie Harland, Head Gardener. It is Eddie Harland who will take us on our tour of the gardens. Following our tour of the gardens, refreshments of tea/coffee and cake will be served (please notify when booking of any dietary requirements).

The coach will depart Fountain Street car park at 11 am and thereafter St. Paulinus, The Avenue. We will arrive in Ripon at approximately mid-day. We will depart Ripon for Littlethorpe at 1.45 pm, allowing you time to explore Ripon and get lunch - Ripon has a beautiful Cathedral and three interesting museums. For enquiries, please contact **Pauline Warrington** on **(01287) 610690** or **(07855) 751869**.

*****NEW*** Kiplin Hall & Gardens - Wednesday 8 July 2026**



The cost is £31. Join us for a guided tour of Kiplin Hall and the chance to explore the gardens. Tucked away in an idyllic corner of North Yorkshire, about 15 miles south of Darlington, Kiplin Hall and Gardens stands proud. This 17th Century Estate has been home to four families united through blood or marriage, each of whom have added artefacts and items to what is now a unique collection. The grounds and gardens surrounding the Hall have been restored to their former glory, following closely to the laid-out plans of the 19th Century.

We will have tea and coffee on arrival followed by a guided tour of the hall. Following the tour, you are free to explore the gardens at your leisure. The coach will depart Fountain Street car park at 9:45 am and thereafter St. Paulinus, The Avenue. We will arrive at Kiplin Hall at approximately 11 am. We will leave at 3:30 pm arriving back in Guisborough at approximately 4:45 pm. Booking will begin at the May meeting. For enquiries, please contact **Moira Stokoe** on **(07719) 698954**.

Kynren, Bishop Auckland - Saturday 15 August 2026

The cost is £57 (reduced because more people are now travelling on the coach). Extra tickets have been acquired for our visit to Kynren at Bishop Auckland, leaving Guisborough at 5.30 pm. Kynren is an epic outdoor theatre spectacle taking audiences through iconic moments from England's past – from Boudicca's battles with the Romans to Vikings, Tudors and the fate of Charles I. With a cast and crew of 1,000 on a breathtaking 7.5-acre stage, you'll see awe-inspiring stunts, incredible horsemanship, dazzling pyrotechnics, and jaw-dropping special effects. There are a few tickets still available; please contact **Moira Stokoe** on **(07719) 698954**. Booking will close at the May meeting.

Northumbria and National u3a Events

Remember to check out the Northumbria u3a website <https://northumbria.u3asite.uk/> for event information. In last

There is information about the **u3a Festival 2026** in York in July on the National u3a website <https://www.u3a.org.uk/>. There are also links to interest groups online, radio podcasts, blogs, as well as the u3a magazine and newsletter.

Group Information

Laughter Yoga

Laughter Yoga blends playful laughter with deep, yogic breathing and is founded on research that states the mind and body do not distinguish between fake and genuine laughter. Eye contact and group energy help turn intentional laughter into genuine joy. It reduces stress by lowering cortisol levels in the body boosting mood, it increases feelings of connection and helps build resilience. It supports lung and cardiac health through controlled breathing exercises. References on NHS sites and ongoing research supports its use for general wellbeing.



All ages and abilities can take part - please give it a try.
Thursday 11am Sunnyfield House
Please contact **Jan Turner**,
Certified Laughter Yoga Leader
and Therapist, on **(07806) 781943**
or

New Groups

We have received interest in attending a **Beginners Chess Group**. If you would be willing to lead this group — or the **Trivial Pursuits Group** mentioned in our last newsletter — please get in touch with **Ray** at website@guisboroughu3a.co.uk or by texting him on **(07952) 799985**.

We hope to launch both groups in the Autumn, when the evenings draw in and members may be looking for new indoor activities. If you'd like to be involved, please make sure to register your interest.

Local Information

Moorsbus – North York Moors Bus Service

Margaret Grant spoke briefly at our April meeting, and she requested that the following information be shared with all U3a members. Moorsbus is a Community Interest Company formed to help folk access the Moors and surrounding countryside. It is also a greener, fairer and better way to travel.

Good news! There will be extra Spring and Summer buses for Guisborough, organised by volunteers : <https://www.moorsbus.org/route-maps>.



This year's service will be operating from **Friday 3rd April to 27th September 2026** on **Saturdays, Sundays** and **Bank Holidays**. The website above has a complete network map as well as downloadable timetables for each of the routes.

Timetables will be available from various points in the town including the Library, Guisborough Priory, Sunnyfield House, and the Tourist Information Centre, as well as some cafes and coffee shops. A "Suggested Days out from Guisborough" flyer has been produced and has been inserted into some timetables to help new users navigate the network. Popular destinations include Helmsley, Hutton le Hole, Pickering, Thirsk and Castle Howard. English National Concessionary Passes are accepted, although donation tickets of £2, £5 or £10 can be purchased which will help this valuable service continue. Please give us a try!

Guisborough Civil Parish Neighbourhood Plan – March 2026 update



GUISBOROUGH Civil Parish's Neighbourhood Plan is complete and includes input from many residents, businesses and organisations. Copies of the final (Referendum) version of the Plan will be available by early May on [Redcar & Cleveland Council's Neighbourhood Planning webpage](#). It was produced by **GUISBOROUGH TOWN COUNCIL** (not by Redcar and Cleveland Borough Council), and gives a local voice to Guisborough, Dunsdale, Newton under Roseberry, Upleatham and Hutton Village.

The Plan is aimed at protecting the parish's distinctive character, to keep it attractive to residents and businesses. It's designed to protect historic features, green spaces (parks, walkways, meadows, greens, allotments and some roadside verges) and it requires any new buildings/housing to be well-designed and energy efficient. Our Plan **MUST** support all national and regional planning policies, including government housing quotas and GP/dental appointment provision.

To bring this Neighbourhood Plan into practice, a referendum must be held (expected in June this year) and Guisborough Civil Parish residents must vote 'YES'. If the majority of residents (who vote) vote 'No', the Plan will be shelved and RCBC will not take it into account when deciding on planning applications in our parish.

Guisborough Neighbourhood Plan Steering Group

60+ Driver Workshop

We have only had a few members registering their interest in a new short road safety workshop, specifically for the over 60s. If you are interested in attending the workshop, please contact **Pam Rayment** on **(07752) 558079** as soon as possible and we can arrange a date and time.

Corrie Jones, who spoke at our March monthly meeting, has sent us the following information:

Cleveland Fire Brigade is taking an innovative and holistic approach to improving road safety across Cleveland through accessible education sessions and workshops.

The Service is offering free road and driver safety workshops for people of all ages, providing advice and information to help individuals make safer choices on the roads.

In February 2026, Cleveland Fire Brigade piloted driver and road safety workshops for mature drivers, becoming one of only a small number of fire and rescue services nationally to deliver this type of initiative. The sessions cover the legal requirements for drivers aged 70 and over, technology that can help people remain safely behind the wheel, and the challenges mature drivers may face. They also explore how medication, mobility and eyesight can affect driving, while providing practical advice and signposting to further support.

The workshops are designed to provide a safe and supportive environment where attendees can ask questions, raise concerns and receive up-to-date advice on road safety and changes to legislation. Participants are provided with an information brochure and an 'Am I Safe to Drive?' leaflet, which helps individuals consider any concerns about continuing to drive. Cleveland Fire Brigade has also worked with a local representative from 'I Am Road Smart' to highlight the benefits and importance of 'supervised drives' for those who may be questioning whether they are safe to remain behind the wheel. Alternative support and guidance are available for individuals who feel they may no longer be fit to drive, and advice is also provided for those who use mobility scooters.

Corrie Jones, Safer Roads and Water Coordinator for Cleveland Fire Brigade, who delivers the workshops, said:

"When we introduced these workshops, our goal was to promote responsible driving for people aged 60 and over across Cleveland. We want mature drivers to have access to the advice and support they need to make safer choices on the roads.

We recognise that maintaining independence is incredibly important. Our workshops are designed to give older drivers the information, tools and education they need to make informed decisions about their driving, including whether it remains safe for them to continue driving.

We provide guidance on legal requirements and changes to legislation, and we can also signpost people to partner organisations for additional support or alternative travel options.

We are also exploring opportunities to introduce drop-in sessions where the Safer Roads and Water team can support older drivers with DVLA paperwork. Alongside this, we will continue to run our annual Winter Vehicle Safety Checks at fire stations.

By introducing these workshops, we are now engaging with drivers across all age groups. By educating every demographic, we hope people will make safer choices behind the wheel, helping to make our roads safer for everyone."

For more information or to book a road safety workshop, please email the Safer Roads and Water Team on: roadandwateradmin@clevelandfire.gov.uk

Guisborough u3a AGM Agenda

1. Welcome
2. Apologies for Absence
3. Chair's Remarks
4. Minutes of the 2024/2025 AGM
5. Matters arising
6. Membership Secretary's Report
7. Group Activities Coordinator's Report
8. Treasurer's Report

9. Confirm Subscription 2026/27
 10. Subscription 2027/28
 11. Appoint Auditors
 12. Motions (*only as properly notified in advance*)
 13. Any Other Business (*only as properly notified in advance*)
 14. Elect Committee Members. Nominees will be named on the Agenda distributed at the meeting. The names of Proposers and Seconders will be available at the meeting.
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Next newsletter

The deadline for contributions to the next newsletter is **10th May**. Please email any information that you would like included about your group activities or anything else relevant to our u3a. The newsletter will be distributed by email or through the letterbox soon after this date.

Tricia, Newsletter Editor

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