

GUISBOROUGH u3a NEWSLETTER No. 47 – MAY 2026

Welcome

Welcome to May's newsletter. It is wonderful to see blossom on the trees and flowers blooming.

The May meeting was our AGM - thank you to so many of you for coming to support us. The AGM was an opportunity to say thank you to all those behind the scenes who work tirelessly to make sure Guisborough u3a remains a vibrant and growing organisation. Details of the newly elected committee are in this newsletter. If you wish to be involved in any way, from helping at monthly meetings to starting a new interest group, please speak to any of the committee.

Moira, Chair

What's On

Date	Event	Location/details
Wed 3 Jun	Monthly meeting Speaker: see Important Notices	2pm, Parish Hall, with refreshments from 1:30 pm
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; 3 tickets remaining

Important notices

- **The next monthly meeting** will be on **Wednesday 3 June**, at the Parish Hall, Bow Street. The doors will open at 1:30 pm and the meeting will begin at 2:00 pm. The speaker will be Lindsey Trainor from Barclays Bank and various topics will be covered, including fraud.
- At the AGM, **a new committee** was elected:

Chair - Moira Stokoe

Membership Secretary - John O'Brien

Vice Chair - Roy Crisp

Groups Coordinator - Pauline Warrington

Secretary - Pam Rayment

Brian Coulston

Treasurer - Barbara Blades

Ray Godfrey

We also have the option to have 2 co-opted members. If you would like to come along to a committee meeting, to see how we operate and to see what skills you could bring, you would be most welcome. Please just contact Moira or Pam - details are on the website.

It was mentioned after the AGM that it would be useful if the committee stood up at the next meeting so that members could put a name to a face, so we will do this at the June meeting.

Guisborough u3a Excursions

Littlethorpe Manor Gardens and Ripon – Thursday 18 June 2026



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 **11:00am** and thereafter St. Paulinus, The Avenue. We will arrive in Ripon at approximately mid-day. We will depart Ripon for Littlethorpe at 1:45pm, allowing you time to explore Ripon and get lunch - Ripon has a beautiful Cathedral and three interesting museums.

This trip is fully booked but there is a waiting list in operation. To be added to the waiting list or for queries, please contact Pauline Warrington

Kiplin Hall – 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 11:00am. We will leave at 3:30pm arriving back in Guisborough at approximately 4:45pm. For enquiries, please contact Moira Stokoe

Kynren, Bishop Auckland - Saturday 15 August 2026

The cost is £54 - all those attending will need to pay the balance of £34 at the June meeting.

We will be leaving Guisborough at 5:30pm and returning at around 11:30pm. Kynren is an epic outdoor theatre spectacle taking audiences through iconic moments from England's past – from Boudicca's battles with the Romans to the 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 3 tickets still available;** please contact Moira Stokoe

April Visit to Ampleforth Abbey by Pam Rayment

We were greeted at the orchard by Father Richard and Catherine (our host), on a lovely Thursday morning, in warm sunshine.

Fr Richard explained that 150 varieties of apple are grown in the orchard. Some names will be familiar from the supermarket, but the majority would not be recognised, a handful were of ancient origin. There wasn't much blossom in evidence due to the chilly spring which they were hoping wouldn't impact on the yield, later in the year. Closer inspection showed lots of buds ready to burst into flower.



When picking, eating apples have to be handled carefully to avoid bruising and stored carefully. However, all apples, including bruised and windfall apples, can be used for pressing. The large majority are picked by one person, but when there is a glut, everyone joins in to help with the harvest. All varieties of apple are mixed together for juice and cider, which is sold in the shop and locally.

Standard Cider is fermented for 10 months before bottling and has 6.5% alcohol. Premium Cider is fermented for 1 year before bottling and has 8% alcohol. Apple juice is pressed during the summer months. The darker the colour, the earlier in the year the apples were picked and pressed, and it has a tarter taste. Having spent longer on the trees, the apples picked later in the year produce a sweeter flavour and the colour is lighter. Yes, we were able to sample both cider and apple juice!

We were split into two groups to inspect the processing shed with its clever press and large storage vats, while the others enjoyed the orchard with the words "beware the surface is uneven because the rabbits dig everywhere" ringing in our ears.

On arrival at the Abbey, we found there had been a fire alarm, so the buildings had been evacuated. The staff worked valiantly to reset electrical things and serve those who had ordered lunch, persuading the coffee/tea machines to dispense hot liquid!

Most of us joined the short service in the Abbey at 1pm, sitting at the side and unable to see much but the chanting was peaceful and slightly hypnotic. A little later, we were guided round the Abbey with its vaulted ceiling and beautiful soft coloured stone. Observant members will have noticed damp patches in a side aisle, and it is clearly a huge task to keep the Abbey and other buildings in good order.



The pews and many pieces of furniture are "Mouseman" and stroking and feeling the warm carved wood was wonderful. A group of adventurous souls descended to the crypt below the abbey where, in days gone by, each monk had to say mass separately in his own cell. Others of us drifted back to the Tea Room and variously enjoyed sitting outside in the warm sunshine or cruising round the shop, information and display areas. The Monks were sociable, chatting to visitors about all sorts of things, including one giving advice from his mobile on cruises.

The estate is huge, as can be seen from the aerial photo. There are far fewer monks and school children at Ampleforth these days, the latter having fallen from around 1,000 down to 400. The brochure says, "St Benedict said that a monastery is never without visitors and that is just as it should be". There were a few visitors around (midweek) and - would you believe it - a group of school children from Marske on an outing. A wide range of events is available during the year, and guests are invited to stay, dine and enjoy exploring the beautiful countryside.

Memories? Warm, kindly staff and monks, a truly beautiful Abbey set in lovely countryside, new u3a friends and a sense of peace.

60+ Driver Workshop

Alongside Cleveland Fire Brigade, we will be running a new short road safety workshop, specifically for the over 60s. If you are interested in attending the workshop, please contact Pam Rayment as soon as possible.

Cleveland Fire Brigade has 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.

We will let you know the date as soon as possible.

Group Information

Croquet Group

Croquet will be played on the 2nd & 4th Wednesdays of the month as guests at a member's home in Guisborough. Kit & refreshments will be provided by the hostess.

All sessions are open to members of Guisborough and Saltburn u3as. Play is not to club standard but totally enjoyable and hilarious. The fees are £1 per session, plus £1 for refreshments provided by our two hosts. Contact Michael Kirke for further details.

Laughter Yoga Group

Our sessions take place on Thursdays at 11:00am at Sunnyfield House.

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. Please contact Jan Turner, Certified Laughter Yoga Leader and Therapist

North East Region u3a Information

Name change

At the Regional AGM, it was agreed that the name would be changed from Northumbria Region u3a to North East Region u3a. This is in line with National u3a boundaries.

This is an administrative change. The website can still be accessed via <https://northumbria.u3asite.uk/> although this will change.

Visit to Durham Botanic Gardens with guided tour - Monday 22 June 2026

You will meet at the **main entrance** to the Gardens between 10:30am – 11:15am, after which you are free to go into the gardens, visit the café, etc. The guided tour begins at 11:30am and takes an hour. Your ticket then allows you to remain in the gardens as long as you wish until they close at 4.30pm.

Sorry, no dogs except assistance dogs are allowed. Further information will be supplied when we hear from the Gardens about arrangements for the tour. The cost is £6.65 per person, including the tour.

Book your place now with Kathy Clegg, email kathy.clegg@u3a.org.uk

Regional Birdwatching Group

This group is seeking new leaders, but before that process goes very far it seems sensible to try to assess the likely demand. If you might be interested in joining the group for monthly birdwatching sessions with experts in various parts of the Region, please send a quick message saying so (with no obligation of course) to kathy.clegg@u3a.org.uk

They would also be very pleased to hear from any experienced birdwatchers who might be willing to share in the leading of this group. Thanks!

National u3a Information

AGM 2026

The 43rd Annual General Meeting of the Third Age Trust will be held on Wednesday 14 October 2026. Our AGM is a great way to find out more about the wonderful work of the Trust and our future plans and strategy.

Details on the location for the in-person event and how to access the meeting online, for both voting delegates and non-voting delegates, will be shared later.

New Learning Activity Project: Missing Pieces

Inspired by Historic England's national Missing Pieces project, we've developed our own version as a u3a learning activity and we would love u3a groups to take part. We're asking groups and members to share visual or written records inspired by a listed building in their area. This could take the form of memories, photographs, artwork, a creative writing piece or historical research.

Groups that might be interested include:

local history, research, architecture, family history, creative writing, photography, art or painting.



More information, including a learning pack, can be found on the u3a website: Missing Pieces. We can't wait to see what Missing Pieces your u3a will share.

U3a Friends

Stay connected by signing up to receive updates on everything u3a. Each edition of our u3a Friends newsletter features exclusive member offers, national u3a events, new learning opportunities and the stories from across the movement.

Sign up on the u3a website: <https://www.u3a.org.uk>

Volunteer Week 1-7 June 2026

Redcar and Cleveland Council are holding a Volunteer Event on Wednesday 3 June from **10:00am to 12 noon** in St Nicholas Church Hall, Guisborough.

Guisborough u3a along with Saltburn & District u3a will be represented - please come along and say hello.

Feelings of Safety- Women and Girls Survey

The Police and Crime Commissioner, Matt Storey, has developed a short survey to understand how safe women and girls feel, what level of harassment they have experienced and what they think can be done to make them feel safer.

If you're a female in Cleveland, tell us how safe you feel at home and in public spaces, in our new survey. Your feedback will help identify hotspots and shape future work to make our communities safer for everyone. The survey closes 30th June 2026.

To take part and make your voice heard: <https://www.smartsurvey.co.uk/s/SOXR57/>

Falling in Older Adults - Survey

We have been asked to share information about a research study concerning falling in older adults and whether witnessing or hearing about other people falling (e.g. friends, family members or others) influences individuals' own concerns about falling. Support would help them understand concerns about falling and informing future falls prevention strategies.

Participation is entirely voluntary, anonymous, and confidential.

<https://app.onlinesurveys.jisc.ac.uk/s/leicester/how-seeing-or-hearing-others-falling-affects-older-adults-worri>

Next newsletter

The deadline for contributions to the next newsletter is **10th June**. 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. Contact: newsletter@guisboroughu3a.co.uk

Tricia, Newsletter Editor

Contacts

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Membership Secretary (John O'Brien)	obrienj100@gmail.com

Useful links

Guisborough u3a website	https://guisborough.u3asite.uk/
Guisborough u3a Facebook page	https://www.facebook.com/profile.php?id=61577605674673
North East Region u3a website	https://northumbria.u3asite.uk/
National u3a website	https://www.u3a.org.uk/