

GUISBOROUGH u3a NEWSLETTER No. 48 – JUNE 2026

Welcome

It was lovely to see you all at our June meeting when Donna and Natalie from Barclays Bank gave an overview of fraud, scams and how to avoid them. You can find a short article about some of the points they raised later in the newsletter; we have also included links to three useful websites, 'Take Five to Stop Fraud', 'Digital Wings' (developed by Barclays) and a Met Police video about 'Impersonation Fraud'.

At our July meeting, we will be welcoming the 'Singing for Pleasure' group - always a great afternoon and guaranteed to lift your spirits.

Remember to check out u3a website <https://www.u3a.org.uk/latest-news> for opportunities and courses that may interest you.

Moir, Chair

What's On

Date	Event	Location/details
Thu 18 Jun	Coach excursion: Littlethorpe Manor Gardens and Ripon	Further details below
Wed 1 July	Monthly meeting Speaker: see Important Notices	2pm, Parish Hall, with refreshments from 1:30 pm
Wed 8 Jul	Coach excursion: Kiplin Hall , near Darlington	Further details below
Sat 15 Aug	Coach excursion: Kynren , Bishop Auckland	Further details below; one ticket remaining
Thu 17 Sep	Coach excursion: Burton Agnes , near Driffield	Further details below

Important notices

- **The next monthly meeting** will be on **Wednesday 1 July**, at the Parish Hall, Bow Street. The doors will open at 1:30 pm and the meeting will begin at 2:00 pm. We will be joined by the **Singing for Pleasure Group**, helping us to celebrate the summer with some songs.
- Due to other commitments, Pam needs to step down from her role organising **Room Bookings/Accommodation**. Guisborough u3a only operates because of our wonderful volunteers - preparing teas and coffees, being group activity co-ordinators, working on the website and Facebook, or helping in many other ways. If you have time on your hands, please speak to **Pam Rayment** about the role
- If you have an **outstanding balance** for our trip to **Kynren** in August, please pay by BACS as soon as possible (and let Moira know you have paid) or pay at the next monthly meeting at the very latest. Thank you.

Guisborough u3a Excursions

Littlethorpe Manor Gardens and Ripon – Thursday 18 June 2026

The coach will depart Fountain Street car park at **11:00am** and thereafter St. Paulinus, The Avenue. We will arrive in Ripon at approximately midday. We will depart Ripon for Littlethorpe at 1:45pm, allowing you time to explore Ripon and get lunch.

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 **9:45am** 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



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.

The balance of £34 now due. There is 1 final ticket left. For enquiries, please contact Moira Stokoe

*****NEW*** Burton Agnes Hall & Gardens, near Driffield - Thursday 17 September 2026**

The cost is £38. If you are a member of Historic Houses, the **discounted cost is £22.** Burton Agnes Hall has been described as a “splendid and glittering composition”. The family stress it is a lived in family home! The original Norman Manor House was built by Roger de Stuteville in 1173. The Hall underwent development in 1457 under the ownership of Sir Walter Griffiths. The principles of Tudor Renaissance architecture are in clear evidence (the architect was Robert Smythson, master mason to Queen Elizabeth 1st).



There are extensive gardens including a walled garden with borders, a jungle area, a yew maze, and the woodland area has a peaceful arboretum walk. There is a café and a shop selling food and souvenirs as well as plants. We will have a guided tour of the hall (lasting approximately 1 hour 15 mins). There will then be time for you to explore the gardens at your leisure. The coach will leave Fountain Street car park at **9:00am** and thereafter St. Paulinus, The Avenue. Return will be approximately **3:30 – 4:00pm**. For queries, please contact excursion coordinator **Pauline Warrington** Booking will commence at the July meeting.

Visit to Ushaw for Northumbria Region's Day of Fun, Music and Learning by Pam Rayment

What a great day out. I turned up at Ushaw for Northumbria Region's first day of Fun, Music and Learning, having got lost only once en route. Walking up the path, enjoying the wonderful setting and countryside in the sunshine, I spotted the blaze of colour from the rhododendrons.



In the reception was the start of a wedding dress display, and I think there must have been 100. I was directed to the Harry Potter style dining room, but Moira found me before I got lost again! So, what can I say? The event was managed professionally and up there with the best I've ever been to, complete with comprehensive delegate packs.

I had only booked for one event, Local History (you might have known!) at 2:15pm so had plenty of time to explore. Lunch included a range of pre-packed sandwiches and extras (cherry tomatoes, yummy pre-packed cake etc); tea and coffee were available all day at one end of the refectory. While waiting in the lunch queue, the lively chatter all around set the tone - members had clearly enjoyed their morning workshops. I learnt about the online Geology group run by Northumbria Region (I have to make time to fit that in!), and over lunch made new friends from Durham who had been very pleased with their morning workshops.

Exploring, I learnt about the impact of the architects and designers of Pugin family members for nearly 100 years, found small, beautiful chapels and felt at home. And joy of joys, I found the Lambton Worm and Ushaw Cat. The Worm not only had a large digging screw in its mouth, but two saddles and bicycle pedals - a true masterpiece.



In St Cuthbert's Chapel I found the "Perfect Squares" choir singing, led by Janice Scott. Although I sat at the opposite end of the chapel from the Choir, the acoustics were so good I heard every word. Later, I happily enjoyed listening to Warwick Eden, the organist, practising. I felt I could have spent most of the day there.



Tearing myself away, I joined the Local History group - not at all what I had expected, but it worked well. After an overview of Chester le Street's history, we were put into groups to talk about our own localities, working to a framework from pre-Roman to today. When Margaret Bozic, our leader, pulled it all together at the end, we found we'd collectively generated a lot of interesting historic information between us. There was time to get to know our other group members a little and find out how their History groups were run. So it was an interesting two hours on many different levels. And one member proudly carried her willow bird feeder from an earlier workshop.

A very wide ranging 22 events were listed with six performances in the Concert Hall during the day and, of course, the performances in St Cuthbert's Chapel. I can honestly say Northumbria Region's Day was enjoyable and well run with friendly help when needed - including a lady near the Lambton worm cheerfully calling out "anyone lost?" I can't speak for the other workshops, but the buzz and cheerfulness of everyone I met and passed in the corridors spoke volumes, with friendly smiles and "hellos" everywhere. Well done to the Committee.

Pam Rayment



June's Monthly Meeting Speakers



Donna and Natalie from Barclays Bank gave us a talk called 'Frauds and Scams Awareness'. We were told that a horrifying one in five consumers were scammed in 2024, the vast majority of which happened online and involved purchases. Although scammers target anyone, anywhere, older people are often more vulnerable as they can be less tech-savvy.

We learned that some scammers use phishing (downloading malicious software), vishing (a phone call purporting to be from a trusted organisation like a bank), and smishing (using a bogus SMS link or encouraging a reply by text to a fraudulent number). Scammers sometimes even combine strategies to increase the pressure, for example sending an email about suspicious activity followed by a phone call. Romance scams were at a high in 2024, mainly working on social media or tech platforms.



There is a National Campaign called 'Take Five to Stop Fraud', to encourage us to take a moment before authorising payments or sharing personal information.

They have an easy-to-use website with information about different types of scam, giving you important red flags to watch out for. Click this link: <https://www.takefive-stopfraud.org.uk/>.

Another useful website is 'Digital Wings', developed by Barclays Bank. It aims to build confidence with money and stay safe online: <https://digital.wings.uk.barclays/>.



Donna from Barclays Bank can be found at Saltburn Library on Mondays, Thursdays and Fridays between 10am and 3pm. She is happy to give advice, including how to get started with online banking and setting up a Barclays app on your phone. She also hosts occasional 'tea and teach' events at the library.

Finally, there is a 6-minute video you can watch from the Met Police; it is called 'Little Guide to Avoiding IMPERSONATION FRAUD' and it has both subtitles & signing. <https://vimeo.com/805930371?&signup=true>

Volunteer Fair



We had a fantastic time at the Redcar and Cleveland Council volunteer fair at St Nicholas Parish Hall. Our Chair, Moira, shared a stand with Tricia from Saltburn District u3a to chat with residents about what we do.

It was wonderful to see so many people looking to connect with local charities and groups. After all, volunteering isn't just about giving back—it's about meeting new friends and doing more of what you love.

Group Information

Tai Chi Group

Our Tai Chi Group will move into the grounds of **Guisborough Priory** every **Thursday** from **2nd July throughout July and August**. The fee is 50p and the session is **10-11am**. Since before Covid, we have made the Priory Grounds our practice venue for the summer, with the kind permission of Guisborough Priory Project. The serene beauty of the place has greatly enhanced the Tai Chi experience.

We would like to extend an invitation to Gu3a members to join us for the summer. No previous experience is necessary, but a reasonable level of fitness is required. It is a standing exercise which involves stretching, bending and twisting. The session is a mix of warm up, Tai Chi and Qigong. In the past we have been very lucky with the weather, but if it rains, we do not turn out.



Any Gu3a member who wants to join us, please come along and bring your membership card. If you have any questions, please contact John Poole at taichi@guisboroughu3a.co.uk.

National u3a Information

NEW!!! Explore the UK with u3a getaways



u3a getaways is a new programme of bespoke holidays exclusively for u3a members and friends. The first u3a getaways trip - **The Agatha Christie Story** – will be from **14 – 18 September 2026**. You'll join other u3a members from across the country to explore the beautiful houses and coastlines that inspired her famous mysteries.

Other trips include **Appreciating Shakespeare**, with an itinerary in and around Stratford-upon-Avon, **Aviation Heritage**, with a day at both Shuttleworth and the Imperial War Museum at Duxford, and **Wine Lovers Unite**, where you will be based in Harrogate and enjoy a wine tasting masterclass as well as a visit to Ryedale Vineyard.

For more information and to book, visit the u3a getaways website <https://www.justforgroups.com/u3a-getaways>.

National u3a essay competition

It's time to get writing! This year, we want you to take us on a remarkable real-life journey - of discovery, adventure or transformation - and bring the story to life in fewer than 1000 words. It is free to enter for all u3a members, the deadline is 31 July 2026, and the prizes are book bundles for the winner and two runners-up (kindly donated by HX Expeditions). Ideas and competition rules can be found by clicking the link:

[Find out more and apply](#)

Guisborough Neighbourhood Plan

Guisborough's chance to have its voice heard on 2nd July – USE IT OR LOSE IT.

Everyone on the electoral register of Guisborough Parish is now receiving a Poll Card to vote on Thursday 2nd July.

It's **NOT** for any councillors or political parties, but to bring a 'Neighbourhood Plan' into force. The Plan was written by **GUISBOROUGH TOWN COUNCIL** to highlight what gives the town and its surrounding villages their special character.

The Plan covers green spaces (meadows, allotments, parks, pitches and verges), giving them the protection they deserve and that people expect.

It also requires any houses that are built to be of the highest standards, so that they're adaptable, energy efficient and suitable for the lifetime of the building.

BUT to come into force, the majority of votes cast must be **YES** votes. Then Redcar & Cleveland will have to take full account of it when they consider planning applications. If the majority are No votes, the Plan will just be shelved, and the opportunity will be lost.

All the information about the Guisborough Neighbourhood Plan and arrangements to vote are on the Redcar & Cleveland website >>>> <https://www.redcar-cleveland.gov.uk/planning/neighbourhood-planning/guisborough-neighbourhood-area-planning>

For anyone eligible to vote who will be away on polling day, you can vote by post or by proxy, but time is short for setting these up – please act immediately.

Guisborough Library

Just in case you haven't heard, Guisborough Library is closing for a full refurbishment starting **Monday 15th June 2026** and will remain closed until **mid-to-late October 2026**. During the extended closure, the local council will share updates on pop-up events and the grand reopening celebrations on the Redcar & Cleveland Libraries Facebook Page.

Users can visit any other library within the Redcar & Cleveland library network while Guisborough is closed. Your existing library card will work at all branches for borrowing, returns, and computer access.

Next newsletter

We are always looking for articles for the newsletter. If you would like to share an experience, write about an outing or your group activities, promote your group or even test interest in a new group, our newsletter is a free method of getting the information out there.

Photographs are always welcome. If you want to share yours, please send them to us and we may use them for the newsletter or our website. Please remember that if you are taking photographs of people, please gain their permission and let them know the pictures will be out in the public domain.

The deadline for contributions to the next newsletter is **10th July**. The newsletter will be distributed by email or through the letterbox soon after this date.

Contact: newsletter@guisboroughu3a.co.uk.

Contacts

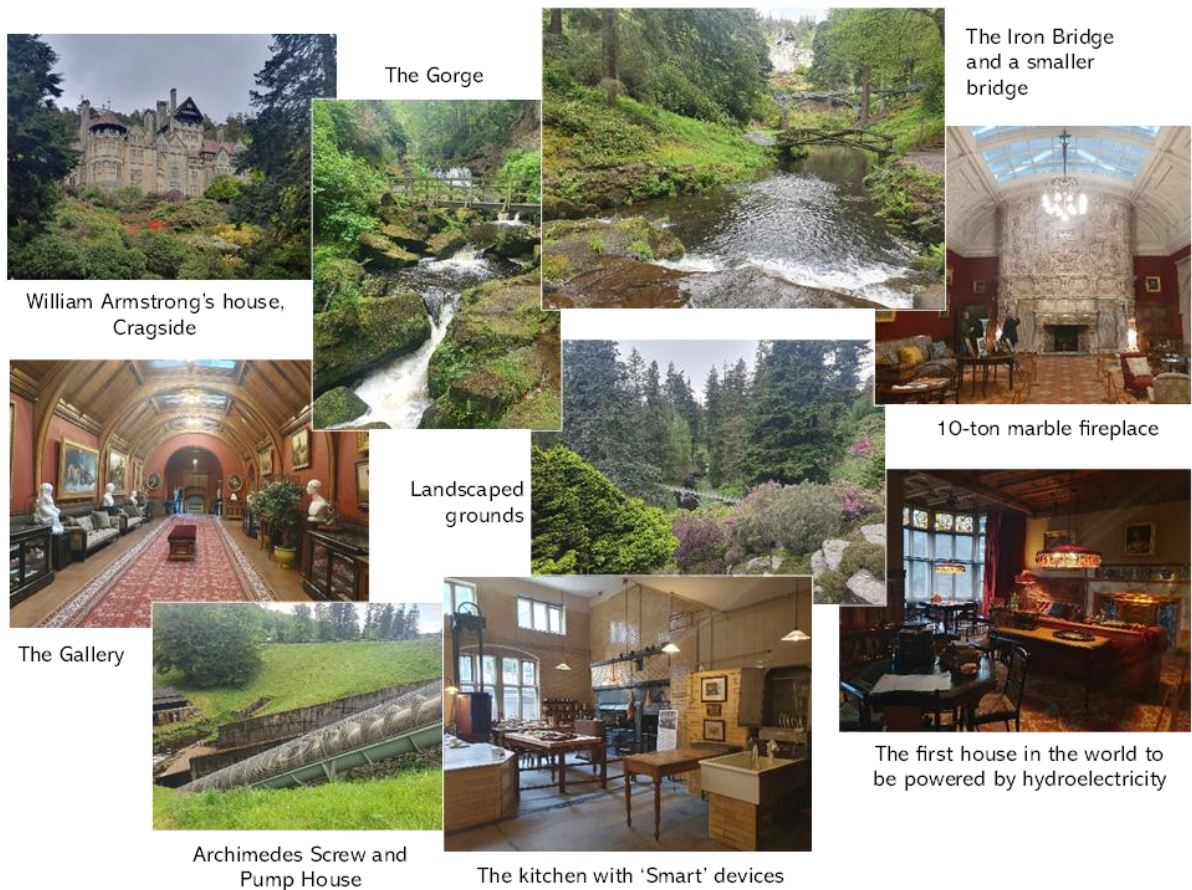
Chair (Moira Stokoe)	chair@guisboroughu3a.co.uk
Newsletter Editor (Tricia Goldring)	(07794) 834814 newsletter@guisboroughu3a.co.uk
Group Activities Co-ordinator (Pauline Warrington)	(07855) 751869 paulinewarrington@outlook.com
Membership Secretary (John O'Brien)	obrienrj100@gmail.com

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/

I'll finish the newsletter this month with some photos from our recent visit to Cragside in May. My husband and I thoroughly enjoyed the day. We love the fact that someone else does the driving and we can just relax on the journey! Cragside is such an interesting place, and it has a unique place in history; it was the first house in the world to be lit by hydroelectricity and was the revolutionary home of Lord Armstrong, Victorian inventor and landscape genius. The grounds are stunning, particularly when the rhododendrons are flowering.

Many thanks to Moira and Pauline for organising the many trips held each year.



Tricia Goldring, Newsletter Editor