

## Newsletter

## March 2026

### Monthly Meeting

**Service Child – out of Egypt and into the NHS - Dr Paul Davison**  
**The Forum – 11<sup>th</sup> March 10.15am**

The talk for March is about retired GP, Paul Davison's childhood overseas with his father who was serving in the military.

### Future Meetings

8th April – Of Fish and Actors – Chris Lloyd

13<sup>th</sup> May- “Sister Dora” – Suzanne Stirke

10<sup>th</sup> June – The Circus - past, present and future – Steve Ward

The poster features the u3a Northallerton logo at the top left. On the right is a circular photograph of Dr Paul Davison with two children. The text reads: 'Guest Speaker DR PAUL DAVISON', 'SERVICE CHILD OUT OF EGYPT AND INTO THE NHS', and 'THE FORUM | 11TH MAR | 10:15AM'. At the bottom, it includes the email 'nallertonu3asm@gmail.com', Facebook and globe icons, and 'Northallerton u3a'.

### Speaker Meeting Rotas

#### Coffee

Mar Tai Chi  
Apr Trips Out & Stroll  
May Ukulele

#### Registration

Pilates 2  
Pub Lunch Group  
Quiz Group

If there are any problems, please contact the Group Co-ordinator

**Guidance as to requirements for coffee rota duty is included at the bottom of the diary page**

### u3a Northallerton – Renewal of Membership for 2026

Thanks to all members who have renewed their membership for this year.

Would members please remember to update any changes to their address, telephone number or email address...which need to be advised to the Membership Secretary.

## Promotion and Media Liaison

The committee has decided that the u3a Northallerton would benefit from a dedicated Promotion and Media Liaison person to promote the u3a in the local area.

The person would not have to be a committee member but would need to co-ordinate with the committee on a regular basis to ensure they were fully aware of the direction being taken by the u3a and all the aspects involved.

This could be quite a challenging position, but also extremely interesting and rewarding....and could also be achieved by more than one individual working together.

Some experience of promoting groups and/ or marketing would be especially beneficial, as well as a reasonable knowledge and understanding of various media platforms.

If you feel this role would suit your talents and you would like to volunteer for this position then the committee would love to hear from you. [nallertonu3asm@gmail.com]

## Coffee and Chat

We are planning on having a **Coffee and Chat in the Town Hall (lower hall) on Wednesday 18th March 2026 between 10.00am and 12.00pm** for a little social get together where all u3a members will be welcome.

It is a little experiment to see how popular this format will be. At our monthly speakers meeting the opportunity to meet up and chat is a little restricted so we thought a dedicated morning to converse with friends may be attractive.

If you would like to bring along a cake to share with others it would be most welcome.

Paul Partington

## Group News

### Recorders

Joyce McKay has stepped down as group leader for the Recorders Group and we thank Joyce for all her efforts and enthusiasm over the years towards this group. Thanks also to Helen Parrish for taking on the role as group leader.

### Badminton

Please note that the timing of Badminton sessions has changed to 9,30 to 11.00am on Thursdays.



## Creative Cards

The Creative Cards Group is looking for new members - no experience is necessary as we are willing to help newcomers.

Creative cards is a small, friendly group which meets monthly at the Forum

Each month we make a card using different techniques such as decoupage, stamping, iris folding, quilling, pergamano, stitching, paper crafts



## Trips Out and Stroll

Here are the places and dates for the trips we are planning for 2026

**Mar 20 - Tees Cottage Pumping Station**

**Apr 17 - Haworth and Bronte Parsonage**

**May 22 - Bampton Cliffs and Flamborough**

**June 19 - Raby Castle**

**July 24/31 - Craven Museum & Skipton Canal Trip**

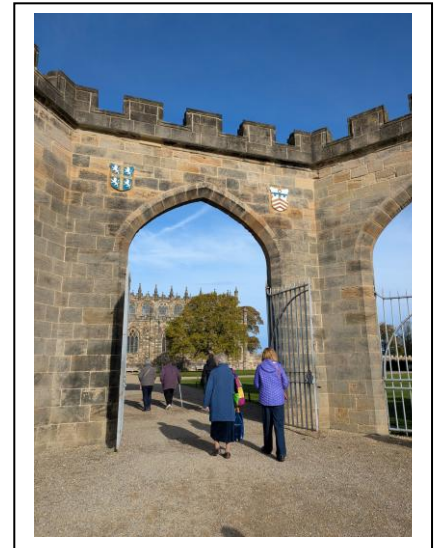
**Aug 21 - Norton Conyers Hall**

**Sept 18 - Spirit of Masham Distillery**

**Oct 16 - Yorkshire Sculpture Park**

**Nov 20 - Ampleforth Abbey**

This group is open to all members and you can come to as many or as few outings as you wish. For some of the longer trips we will be exploring the use of a coach or mini-bus. If we use cars, there are always places for those not wishing to drive. The places chosen by the members at our coffee morning at Strikes were the most popular. The trip in March was a late suggestion by a member, but as we don't want to travel too far in case the weather is not good, Sue and I added it to the list. I am still waiting for a reply to my email to the Pump Works, but have a contingency plan, should I not hear back. I have put two dates for the July trip as Sue and I are away the third Friday of the month and will speak to the Pub Lunch group about their meeting. There are 5 Fridays in the month.



## Resources within u3as in N. Yorkshire

The Committee have been meeting with committee members from other u3as in North Yorkshire and one of the proposals is that we combine our resources for some events. Sue and I have met the trips organiser from Thirsk and she has sent us some of their proposals for 2026.

They are proposing joining an Acklam Coaches trip in November 22nd to Thursford to see the Christmas Spectacular. This would be a 4-day break staying at the Palm Court Hotel in Great Yarmouth at a cost of £429 per person or £479 for single occupancy. Last November they organised a trip to Kingussie and some of their members wish to return so they are looking at this as alternative, though both trips may be a possibility.

They are also looking at a trip to Lytham St Anne's whilst the lights are on in September in Blackpool and this would include a visit to see Funny Girls at the

theatre in Blackpool. Thirdly they are planning a trip to Seahouses using the Thirsk Community buses. No date given yet.

These are very much in the first stages of planning, but to assess if there is enough interest in our u3a can you get back to me or Sue and we will liaise with the Thirsk Outings Leader to bring these to fruition.

Sheila and Sue

## The Last Word

[alastair.mcminn@gmail.com]



**NORTH YORKSHIRE COUNCIL**

### Home Library Service

Books and more delivered to your door



A FREE service for people of all ages who are unable to get to the library or carry books themselves



Contact your local library for more information or call  
Tel: 01609 533800 Email: libraries@northyorks.gov.uk



Shirley Marshall would like to promote the Home Library Service which needs volunteers. They would love to have some new clients as the numbers are reducing. Audio books and large print editions are particularly popular. Please contact me ([sm@n-gate.net](mailto:sm@n-gate.net)) if any U3A members would be interested in volunteering as a driver for the home library service.

## The Last, Last Word

Please note that contact email addresses for committee officials have now been included on the Group Contacts page for ease of reference.

As of now there are still 130 outstanding membership renewals.

Could you please inform the Membership Secretary if it is your intention to resign from the u3a.

During the first week of March members who have not renewed will be considered to have lapsed their membership and will be removed from the current membership on our system - as we are charged a fee by the national u3a for each member of the Northallerton u3a.

# Don't Read This if You're a Man or you have a much loved Husband, Partner, Son, Grandson, Uncle, Father, Grandfather or Male Friend:

**1 in 8 Men in the U.K. will get Prostate Cancer, and most of them will have no symptoms at the start.**

Please be selfish. Have a simple blood test, life is precious.

(None of the Finger Up Your Bum Stuff anymore). So no excuses. Quick, easy, simple.

"You know you're worth it".

**Saturday 7<sup>th</sup> March.....Limited to first 100 to book**

**PSA Testing@TNLC Thirsk and Northallerton Lions Club**

1 in 8 men will get  
prostate cancer.



THIRSK AND NORTHALLERTON  
LIONS CLUB



BOOK YOUR FREE PSA TEST



SCAN HERE

Or visit

[PSA Testing @ TNLC - THIRSK  
AND NORTHALLERTON LIONS  
CLUB](#)

SATURDAY 7TH MARCH 2026

NORTHALLERTON METHODIST  
CHURCH HALL

73 HIGH STREET, NORTHALLERTON

DL7 8EG

APPOINTMENTS AVAILABLE 10am  
to 3.45pm

Tests are carried out by Graham Fulford Charitable Trust. Men aged over 50 can apply for this free test, Thirsk and Northallerton Lions Club will pay for the tests, although we would welcome any donations.

however small. Limited to the first 100 to book.

## u3a Northallerton - Meetings 2026

For more information about u3a meetings - contact the Group Co-ordinator at [groupsnallertonu3a@aol.com](mailto:groupsnallertonu3a@aol.com)

Group	Day	March	April	Time	Venue
Alternative Walking	Tuesday	3rd, 10th, 17th 24th, 31st	7th, 14th, 21st, 28th	10.00am	Varies
Badminton	Thursday	5th, 12th, 19th, 26th	2nd, 9th, 16th, 23rd, 30th	9.30 - 11.00am	Forum
Basic French	Friday	6th, 20th	10th, 24th	1.30 - 3pm	Forum
Beginners Crafts	Monday	16th	20th	3.00 - 4.30pm	Forum
Book Club	Wednesday	18th	15th	10.30 - 11.30 am	Library
Canasta	Monday	16th	13th	1.30 - 4.30pm	Forum
Craft Circle	Monday	23rd	27th	1.30 - 3pm	Forum
Creative Cards	Friday	13th	10th	3.00 - 4.30pm	Forum
Creative Writing	Monday	9th	13th	1.30 - 3pm	Library
Exercise to Music	Thursday	5th, 12th, 19th, 26th	2nd, 9th, 16th, 2rd3, 30th	11.00 - 11.45am	Forum
Family History	Monday	16th	20th	1.30 - 3.00pm	Library
French Conversation	Friday	6th, 20th	10th, 24th	3.00 - 4.30pm	Forum
Functional Fitness	Tuesday	3rd, 10th, 17th 24th, 31st	21st, 28th	10.00-10.45am	Forum
Functional Fitness 2	Tuesday	3rd, 10th, 17th 24th, 31st	21st, 28th	11.00 - 11.45am	Forum
History	Wednesday	4th	1st	2.30 - 4.00pm	Library
Intermediate German	Friday	13th, 27th	17th	1.30 - 3pm	Forum
Long Walking Group	Tuesday	3rd, 17th, 31st	14th, 28th	10.00am	Varies
Mahjong	Wednesday	11th, 25th	8th, 22nd	1.30 - 3.30pm	Library
Monthly Meeting	Wednesday	11th	8th	10.00 - 11.30am	Forum
Music for Fun	Thursday	5th, 12th, 19th, 26th	2nd, 9th, 16th, 23rd, 30th	2.00 to 4.00pm	Scout Hall
Natural History	Varies	25th Salthome RSPB Reserve	15th St Aidan's RSPB Reserve	Varies	Outings
Painting & Sketching	Friday	13th, 27th	17th,	1.30 - 3pm	Forum
Philosophy	Monday	23rd	27th	1.30 - 3pm	Forum
Photography	Monday	16th	20th	Varies	Forum /Outings
Pickleball	Wednesday	18th, 25th	29th	10 - 11.30am	Forum
Pilates 1	Thursday	5th, 12th, 19th, 26th	2nd, 9th, 16th, 2rd3, 30th	12 - 12.45pm	Forum
Pilates 2	Thursday	5th, 12th, 19th, 26th	2nd, 9th, 16th, 2rd3, 30th	1pm - 2pm	Forum
Pub Lunch Group	Friday	27th	24th	12.30 for 1pm	Outings
Qigong [Tai Chi]	Wednesday	4th,11th, 25th	1st, 8th, 15th, 22nd, 29th	1.30 -2.30pm	Catholic Ch. Hall
Quiz	Monday	9th	20th	1.30 -3pm	Forum
Recorders	Thursday	5th, 19th	2nd, 16th, 30th [Upstairs room]	10.00 - 11.30 am	Forum
Rummikub	Monday	9th	20th	3.00 - 4.30pm	Forum
Shanghai	Monday	23rd	27th	3 - 4.30pm	Forum
Signing Group	Monday	9th, 23rd	20th	1.30 - 2.30pm	Library
Singing for Fun	Monday	2nd, 16th, 30th	13th, 27th	10.00 - 11.30 am	Methodist Hall
Spanish	Monday	9th, 23rd	13th, 27th	3.00 - 4.30pm	Forum
Table Tennis	Tuesdays	3rd, 10th, 17th 24th, 31st	7th, 14th, 21st, 28th	2.00 - 3.30pm	Forum
Trips Out	Varies	20th Tees Cottage Pumping Station	17th Haworth & Bronte Parsonage	As advised	Various
Ukulele	Monday	2nd, 16th, 30th	13th, 27th	2.00 - 4.00pm	Scout Hall

### An informative note for Groups assisting with the Coffee Rota at the Speakers' Meetings

**Coffee Duty Volunteers**, of which there should be a maximum of three, should not arrive before 09:30

First duty is to go to the kitchen and stack 60 cups, 12 saucers, 2 glass jugs for milk and 12 teaspoons in a mug onto one of the steel trolleys... by which time Paul should be there with the rest of the provisions.

Volunteers are also requested to assist in clearing up after the meeting, which takes about 15mins.

Due to the number of Groups within the Northallerton u3a, individual Groups are only asked to assist every 2 or 3 years

**The Committee are extremely grateful to those who volunteer to assist at the Monthly Meetings, it is very much appreciated**