

Newsletter

June 2026

Monthly Meeting – Speaker to be confirmed The Forum, 10th June – 10.15am

Please note we are looking for a new Speaker Finder for 2028 speakers [2007 already complete]. If you are interested could you please contact our Chairman, Sheila Middleton. Email address at bottom of Group Contacts List

Future Meetings

- 8th July - Hambleton Community Action
– Chief Officer Lockey
- 9th Sept - The Golden Age of Radio – Roger Browne
- 14th Oct - Life as a Documentary Photographer – Jim Holmes

Speaker Meeting Rotas

	Coffee	Registration
June	Pickleball	Recorders
July	Beginners Crafts	Rummikub
Sept	Book Club	Shanghai

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

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

NOTE – We have a new Bank Account.

Could you please ensure any existing or new Standing Orders or Direct Debits are changed to the new bank account.

Please also note that the **u3a membership reduces to £15 from June 1st**....should you know of any friends who may be interested in joining the Northallerton u3a

Could you also please ensure that, when using BACS or cheques, you include a clear reference to what the payment is for.

If you are posting anything into the box in the u3a box in the Forum please could you address it clearly eg Treasurer, Newsletter editor etc

Unfortunately our June speaker has had to cancel due to ill health.

We are currently trying to find a replacement speaker at short notice and will keep you informed of developments by email.

**Coop Bank
Northallerton U3A,
Sort Code 08-92-99,
Account Number
67506880-00.**

Chatty Café

Elaine Arkley is running a Chatty Cafe at Ontano Lounge on the High Street between 10.30 and 11.30. This is a national initiative to tackle social isolation and loneliness. Everyone is welcome and there's no need to purchase anything, and people can stay for a quick chat or longer if they are enjoying the company.

Elaine is looking forward to saying hello to anyone who would like to drop in. Further information can be found @ <https://thechattycafescheme.co.uk/>



Research Study Message from University of Leicester

I am writing to request your assistance in sharing information about a research study we are conducting on concern about falling in older adults. The study aims to understand whether witnessing or hearing about other people falling (e.g., friends, family members, or others) influences individuals' own concerns about falling.

We would be grateful if you could circulate the study information and survey link (at the end of this message) to members of your group/organisation. Participation is entirely voluntary, anonymous, and confidential. Members can access the survey online at their convenience, and there are no right or wrong answers – we are interested in participants' experiences and perspectives.

If you are willing to assist, we can provide you with the study information sheet that you can share with your members. We will be happy to answer any questions you may have about the study.

. Your support would be invaluable in helping us understand concerns about falling and informing future falls prevention strategies.

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

Dr. Matt Hill **School of Psychology and Vision Sciences (SoPVS)**
University of Leicester
Email: mwh20@le.ac.uk

The Last Word

[alastair.mcminn@gmail.com]

Scouts and Guides coffee morning

See Poster below.

The Scouts are also having a duck race at the Scout camp in July. Projects include solar panels for the headquarters and a new Mini bus.





Chatty Cafe Scheme



At a loose end?

Fancy a cuppa?

The 'Chatter & Natter table' is a wonderful way of encouraging people of all ages to talk to others. During the day and time below, the table will be hosted by a friendly volunteer. Do come along and sit for a chat.

**When: Thursday 30 April 2026
10am - 11.30am**

**Where: Ontano Lounge
189 High Street
Northallerton
DL7 8LQ**

Stay for five minutes or longer if you're enjoying chatting!



Having a chat can brighten someone's day

www.thechattycafescheme.co.uk

u3a Northallerton - Meetings 2026

For more information about u3a meetings - contact the Group Co-ordinator at groupsnallertonu3a@aol.com

Group	Day	June	July	Time	Venue
Alternative Walking	Tuesday	2nd, 9th, 16th, 23rd, 30th	7th, 14th, 21st, 28th	10.00am	Varies
Badminton	Thursday	4th, 11th, 18th, 25th	2nd, 16th, 23rd, 30th	9.30 - 11.00am	Forum
Basic French	Friday	5th, 19th	3rd, 17th, 31st	1.30 - 3pm	Forum
Beginners Crafts	Monday	15th	20th	3.00 - 4.30pm	Forum
Book Club	Wednesday	17th	15th	10.30 - 11.30 am	Library
Canasta	Monday	15th	20th	1.30 - 4.30pm	Forum
Craft Circle	Monday	1st, 22nd	7th	1.30 - 3pm	Forum
Creative Cards	Friday	12th	10th	3.00 - 4.30pm	Forum
Creative Writing	Monday	8th	13th	1.30 - 3pm	Library
Exercise to Music	Thursday	4th, 11th, 18th, 25th	2nd, 9th, 16th, 23rd, 30th	11.00 - 11.45am	Forum
Family History	Monday	15th	20th	1.30 - 3.00pm	Library
French Conversation	Friday	5th, 19th	3rd, 17th, 31st	3.00 - 4.30pm	Forum
Functional Fitness	Tuesday	2nd, 9th, 16th, 23rd, 30th	7th, 14th, 21st, 28th	10.00-10.45am	Forum
Functional Fitness 2	Tuesday	2nd, 9th, 16th, 23rd, 30th	7th, 14th, 21st, 28th	11.00 - 11.45am	Forum
History	Wednesday	3rd,	1st	2.30 - 4.00pm	Library
Intermediate German	Friday	12th, 26th	10th, 24th	1.30 - 3pm	Forum
Long Walking Group	Tuesday	9th, 23rd	7th, 21st	10.00am	Varies
Mahjong	Wednesday	10th, 24th	8th, 22nd	1.30 - 3.30pm	Library
Monthly Meeting	Wednesday	10th	8th	10.00 - 11.30am	Forum
Music for Fun	Thursday	4th, 11th, 18th, 25th	2nd, 9th, 16th, 23rd, 30th	2.00 to 4.00pm	Scout Hall
Natural History	Varies	17th Old Glebe	15th Hagsgs Castle	Varies	Outings
Painting & Sketching	Friday	12th, 26th	10th, 24th	1.30 - 3pm	Forum
Philosophy	Monday	15th	20th	1.30 - 3pm	Forum
Photography	Monday	8th	13th	Varies	Forum /Outings
Pickleball	Wednesday	17th, 24th	1st, 15th, 22nd, 29th	10 - 11.30am	Forum
Pilates 1	Thursday	4th, 11th, 18th, 25th	2nd, 9th, 16th, 23rd, 30th	12 - 12.45pm	Forum
Pilates 2	Thursday	4th, 11th, 18th, 25th	2nd, 9th, 16th, 23rd, 30th	1pm - 2pm	Forum
Pub Lunch Group	Friday	26th	31st	12.30 for 1pm	Outings
Qigong [Tai Chi]	Wednesday	3rd, 10th, 17th, 24th	1st, 8th, 15th, 22nd, 29th	1.30 - 2.30pm	Catholic Ch. Hall
Quiz	Monday	8th	13th	1.30 - 3pm	Forum
Recorders	Thursday	11th, 25th	9th, 23rd [upstairs]	10.00 - 11.30 am	Forum
Rummikub	Monday	8th	13th, 27th	3.00 - 4.30pm	Forum
Shanghai	Monday	22nd	7th	3 - 4.30pm	Forum
Signing Group	Monday	22nd	No Meetings	10.30 - 11.30 am	Library
Singing for Fun	Monday	1st, 15th	13th	10.00 - 11.30 am	Methodist Hall
Spanish	Monday	8th, 22nd	13th, 27th	3.00 - 4.30pm	Forum
Table Tennis	Tuesdays	2nd, 9th, 16th, 23rd, 30th	7th, 14th, 21st, 28th	2.00 - 3.30pm	Forum
Trips Out	Varies	19th Raby Castle	24th	As advised	Various
Ukulele	Monday	1st, 15th, 29th	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

Registration Desk In line with the decision to revert back to taking attendance details at monthly meetings for insurance and fire safety purposes, groups are being requested to take it in turns to assist at the registration desk, allowing committee members more time to circulate and discuss any concerns with attendees. We recommend that 2 [or 3] group members attend to cover the registration desk prior to the meeting. Suggest arrival for 9.30/ 9.45 am.