

Newsletter

July 2026

Monthly Meeting

The Forum - 8th July, 10.15am

Talk by Chief Officer Lockley on the Hambleton Community Action, our charity of the year.

Future Meetings

Sept 9th – “The Golden Age of Radio” – Roger Browne

Oct 14th – “Life as a Documentary Photographer” - Jim Holmes

Nov -11th – “Wheelchair Adventures” – Brett Crossley

Coffee & Registration Rotas

If there are any problems, please contact alastair.mcminn@gmail.com

	Coffee	Registration Desk
July	Mixed Crafts	Rummikub
September	Book Club	Shanghai
October	Creative Writing	Singing for Fun

Details of group requirements are included on the monthly diary page

Group News

Beginners' Crafts has been renamed as **Mixed Crafts**, reflecting a better description of what the group is all about. The Craft Circle group is where members meet to do their own work whereas the Mixed Crafts group is run by the Leader, who chooses a different project to complete every two months.

Research Invitation

A Trainee Clinical Psychologist at the University of Leicester is currently conducting doctoral research exploring the experiences of adults aged 65 and over who have been affected by fraud or deception by someone they knew or trusted. This research aims to improve understanding of how these experiences affect older adults, inform clinical practice, and support the development of services and safeguarding strategies. A poster is attached to this newsletter – please contact Shannon Edwards for more information if you are interested



The Last Word

Alastair [alastair.mcminn@gmail.com]



u3a Northallerton - Meetings 2026

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

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



Are you aged 65 or over? Have you experienced fraud by someone you know or trust?

We want to hear your story.

I am conducting doctoral research at the University of Leicester to understand how older adults experience and respond to fraud by people they know or trust. This research aims to move beyond simple narratives to understand the complexity of your experiences.



What's Involved

- A confidential interview lasting up to 75 minutes
- Choose between in-person (East Midlands), online via Microsoft Teams, or by email
- Share your experiences in a safe, supportive environment
- Your identity will be protected, with all identifiable information removed



Can You Take Part?

- You are aged 65 or over
- You have experienced fraud or deception by someone you know or knew (partner, family, friend, or professional)
- Any investigation into the fraud has been completed
- You can speak and understand English fluently
- You are willing to share your experience

Why Your Voice Matters



Improve understanding of how fraud affects older adults



Inform psychological theory and clinical practice



Support service development & safeguarding strategies

Interested in Participating?

Contact: Shannon Edwards

Trainee Clinical Psychologist
DClinPsy Programme · University of Leicester
se220@leicester.ac.uk

As a thank you for
your time, you will
receive a £20
Love2Shop voucher!

This research has been reviewed and approved by the University of Leicester Research Ethics Committee: 5266