

South Durham u3a

Registered Charity Number 1207225
Active in **Darlington, Cockerton and surrounding areas**
Tuesday 7th July 2026

A HISTORY OF CINEMA, DENIS FOX – 14th July

NEWS FROM YOUR CHAIR

Welcome to our new members

Janis Brown
Christine Perry
George Hardy

Kathryn Rule

Once again, this month we welcome new members. Since the last AGM we have enrolled 36 new members, and we are currently standing at a 237 strong membership which is testament to the excellent and vibrant u3a we are offering here at South Durham.

Huge congratulations to our very own Judy Bowerbank, who is Hummersknott Academy, Duke of Edinburgh Award Manager, she met with the Duke of Edinburgh at Barnard Castle. The Duke's visit was to mark The Duke of Edinburgh's Award Scheme's 70th Anniversary. Judy was recognised for her 50 year long volunteering career and was presented with a certificate by the Duke.



Summer is well and truly upon us, we have had a good few warm if not hot days, long may it last. The current weather bodes well for our mid-summer picnic which is to be held on the 8th August from 1pm until 3pm in the beautiful grounds of Elm Ridge Church on Carmel Road South. If you are wishing to join us for this 3rd anniversary event it is **free for all members, but we still require you to let us know that you wish to come along for health and safety reasons.**

Now that our section on meeting your Committee members is complete, I am showcasing the thoughts of you or membership with a new section entitled "What our u3a means to me" if you have any thoughts on that subject I would love to hear from you and would feature them in the newsletter. I look forward to hearing from you.

Dot Hullah
Chair

“THE PEARL OF AFRICA” REVISITED

Visions of Uganda from Sarah Cartwright

Sarah’s unflinching look at the bit of Uganda she knows best elicited a variety of emotional responses from our members. This was not exclusively a tourist’s view.

We did see wildlife and iconic gorillas, but we also saw real people in hard and hopeful circumstances, including some of the young folk she sponsors through education.

I can personally attest to the time she spends online every day dealing with their highs and lows. Fun fact: Retired Archbishop John Sentamu hails from the same area of southwest Uganda referred to.



Sarah’s no mean photographer and belongs to an old-established camera club, the City of London and Cripplegate Photographic Society (1899).

LINDA CHADD

Calling all our bakers.

As part of the final celebrations for our Silver Anniversary Year, we would like to hold a cake decorating competition. It can be a cake or cupcakes that you have decorated wonderfully. Bring your entries to Bowen Road on the 13th of October where they will be voted on by the membership on the day and prizes awarded.



In order for me to actually make the necessary arrangements, could you please let me know that you would be willing to submit a decorated cake for this special competition. Send your details to Dot Hullah so that I can arrange for enough display space to be available.

Let's celebrate our wonderful u3a community with our third event which is a relaxed picnic to catch up with old friends and meet new ones.

You are invited to

South Durham u3a's
25th Anniversary Teddy Bears Picnic and Tree Planting Ceremony

On

Saturday 8th August 2026 at 1pm to 3pm

in Elm Ridge Methodist Church Gardens

What to bring:

Your own picnic

Guests can bring their own chair/rug, if they wish

Tea and coffee will be provided

Please remember that Elm Ridge is a Methodist Church so no alcohol in your picnic basket please.

This is a free event open to all members

Dress code:

Wear something silver/summery and bring along your favourite Teddy (Optional)

RSVP: Please contact Ann Robinson
to book your place at this special celebration.

FISH AND CHIPS AT COCKERTON CLUB



On Thursday the 2nd of July we held our second Anniversary Event with a fish and chip lunch at Cockerton Club. 67 members took advantage of this lovely event. They were looked after by our committee and our band of Helping Hands. Thank you for your commitment making it such a successful day. The fish and chips arrived piping hot and were enjoyed by all. Later the Mor-ukes ukulele

band entertained us with some great foot tapping music. Some of our members taking to the floor for a dance. Carol our organiser had set the members a tricky challenge to name members of the current committee from a few clues given for each committee member. Hot teas and coffees were provided by our expert catering team of Jenny Hurt and Ann Robinson. I hope that the next event The Teddy Bears picnic at Elm Ridge Church will be just as successful.

Dot Hullah



WHAT OUR U3A MEANS TO ME.....

Friendship and fun. I met a u3a member at Scampston Hall (Carol Boyd Trip). We then cruised to Scandinavia together – Hurrah !!!!!

Sandra Knowles

My diary, now I have discovered the u3a, is over full with so many varying activities. An added bonus is meeting all the lovely people who come.

Anon

To me the u3a has introduced me to the people of the area. I lived abroad for many years so for me it has been a positive thing.

Anon

U3a has given me back a social life. An opportunity to meet some lovely friendly people and take part in new activities. Thank you. An amazing organisation

Judy Bowerbank

Tell us what you think of your u3a More in next month's newsletter.

Send submissions to Dot Hullah

LATEST NEWS FROM THE GROUPS

COFFEE & CHAT



The group meets at Saltfish Townhouse in Houndgate on the last Wednesday of each month everyone is welcome. Do come along between 10.30 and 12.30 for a chat and an excellent cup of coffee in pleasant surroundings.

I look forward to seeing everyone.

Pauline Noble

DOT'S JUNGAGLOW CRAFTS



Today my crafters made dreamcatchers. To say it was a challenge was a bit of an understatement, but we all managed to produce a dreamcatcher by the end of the session – phew.



Our next session is on Thursday the 30th July when we will be quilling again.

Dot Hullah

CREATIVE WRITING



This month my writers were engaged in **MURDER AT THE u3a** haha. We had to cancel our meeting on the 10th June but shared our dastardly stories when we met on the 1st July. I have to say no members were harmed during this session **but members came up with very creative ways to Murder someone at the u3a.**

Dot Hullah

FRIDAY WALKING GROUP



19th June. Nine walkers set out from West Burton, regarded by many as the prettiest village in the Dales and on a lovely warm and sunny day it was picturesque. After checking that the cafe was open and well stocked, we went past the village obelisk constructed in 1820 and with the stocks next to it. Climbing up to Aysgarth via fields and narrow lanes we arrived at St. Andrew's church for a refreshment break. The church contains a spectacular choir screen brought from Jervaulx Abbey when it closed during the Dissolution of the Monasteries in 1537. We then followed the path of the River Ure on the south bank past the Middle and Lower Falls and sat on the huge limestone pavements to have our lunch. I had arranged for two F17 jets to do a low fly past whilst we were there! Pressing on we went through more buttercup filled hay meadows and cool wooded areas before arriving at Sorrellsykes Park. Mrs Sykes is reputed to have had three follies constructed in the 19th century, known locally as the Rocket Ship, the Arch and the Pepper Pot. Finally, thanks to some judicious use of GPS we arrived back at West Burton where we



walked a short distance out of the village to see Cauldron Falls which was sketched by JMW Turner in 1816 and can be viewed at Tate Britain by appointment only.

The Village Shop and Tearoom served us well for refreshments and we managed to leave just as the rain was starting. The walk had originally been planned as a 6-mile hike, but due to Lynne and Jayne getting lost/misdirected by a well-meaning local to avoid cows, it ended up as 5 miles according to my walking app but as usual there were alternative readings. Even though it was shorter than anticipated, the views and warm temperature made up for the brevity.

Lynne Heslop

Thanks to Lynne for leading the walk.

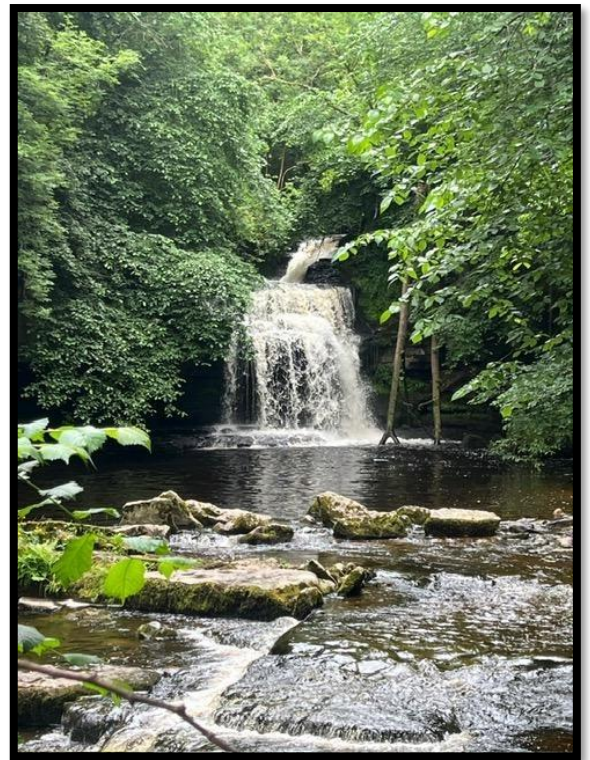
Next walk: Friday 17th July. Alan plans to lead a walk in the Barnard Castle/ Cotherstone area. More details will be available on WhatsApp and at the next monthly meeting.

As usual we will meet in Linden Avenue (the end of the road close to Coniscliffe Road), for car sharing, ready to leave together at 9 30 a.m.

Members should be confident they are fit to participate, wear suitable clothing and footwear. It is advisable to carry refreshments as well as drinking water. While we try to visit a tea shop, this cannot be guaranteed.

Please make sure that you carry information to be used in an emergency and bring your ICE card with up-to-date details.

Judith



INTERMEDIATE WALKING GROUP



Almost the longest day of the year, and yet the thermometer barely scraped 15°C. But with dry skies and clear views, eleven of us set out from



Reeth for a circular walk, heading west towards Healaugh along the River Swale. Walking through those vibrant wildflower meadows and sheep-filled pastures, surrounded by a chorus of birdsong, I was reminded all over again why Swaledale is my absolute favourite dale.



At one point, a protective curlew swooped and called in her wonderful voice, making sure we didn't stray too close to her nest. When lunchtime came, our seats were nothing more than hard rocks by the water's edge—not the most comfortable, but the gentle, calm soundtrack of the river more than made up for it. The walk took us across a small beck to be crossed using stepping stones. Unfortunately, my recollection of 4 stones was a little different to the wider crossing of a dozen or so slightly wobbly stones. (sorry walkers!)

Crossing the river Swale on the Aysgarth road, we hit a springy grass path that treated us to fabulous, sweeping views of the dale. We eventually made our way back to Reeth, (after a search for some lost sunglasses which were miraculously found), via the Swing Bridge, tackling one short, steep climb back to the cars. I was utterly captivated by a dry stone-walled field perfectly shaped like a milk jug; sadly, it didn't quite delight the rest of the group as much as it did me! Fortunately, the scrumptious cakes and scones at the Dales Bike Centre Cafe did just the trick to send everyone home happy.

Wendy Nordmann

The next walk is on 20th July is around Staindrop and will be led by Dave. The walk is mainly over fields, due to long grass some are overgrown in parts. Lots of stiles, including a ladder stile, all various heights and some may be awkward. There are cows, some road walking and one incline.

If you have a walking stick you may wish to bring it.

The following walk on 3rd August is a circular from Barmpton Lane. For both walks you may wish to bring a packed lunch and drink. We will meet at Cockerton car park for a prompt start at 10am.

Members should be confident they are fit to participate and wear suitable clothing and footwear. They should also carry information to be used in the case of an emergency. {ICE cards}. could you please check and ensure these ICE cards are up to date with all details.

To ensure that we do not get mud/dirt on the drivers mats, could all walkers have a change of footwear or alternatively a plastic bag/ newspaper to put your feet on.

Sue



LOCAL HISTORY GROUP

"Our Day Out" - Thursday 11th June 2026

Sion Hill Hall (nr Thirsk) is a Grade II listed Arts and Crafts building designed by Walter Brierley, known as the 'Lutyens of the North'. As our group approached this house in pouring rain we were met by the screeching sound of peacocks and the sight of a beautifully balanced house: very wide, symmetrical, two storeys with a steeply pitched roof and innumerable tall chimneys. Very much a 'typical' Arts and Crafts house.



Once inside we were guided through immaculate rooms displaying extensive porcelain collections and elegant furniture more suited to the 18th and 19th centuries. Michael Mallaby is listed as the 'caretaker' of this property which he has had restored and furnished with an exquisite eye to detail – and certainly many, many visits to auction houses around the country. He was a very informative guide who is clearly extremely knowledgeable about fine arts and has a close friendship with Rodney Tennant, whose business we were to visit later in the day.

The current gardens at Sion have been developed from the field they had become and laid out to formal parterres, herbaceous and shrub borders, although we probably weren't able to fully appreciate them in the rain. We did however enjoy the coffee & biscuits in the Edwardian kitchen.

From there we all drove towards Leyburn and turned off at **Tennants Auctioneers** – and still it rained!! Luckily, we were indoors for the rest of the visit, beginning with lunch in the Bistro. Then Adam Wasdell entertained us with the story of Tennants and its beginning from humble retail beginnings in the Dales, to becoming the largest family run auction house in Europe.

Adam's particular love is horology – he is one of the 27 specialists they have within the auction house, and he introduced us to clocks and watches, their stories and valuations. Do you know the difference between a 'table clock' a 'carriage clock' and a 'timepiece'? We do!



We then wound our way around the central display area with 'Mouseman' items to be auctioned that weekend, and through two sale rooms before going upstairs to be directed at an early David Hockney which was also up for auction with a guide price of £7,000 - £10,000. Hockney died the day after our visit, and the picture reached £40,000 – clear sign that an artist is worth more dead than alive!

I am sure we could have spent another couple of hours wandering around the site and talking to the staff who are so knowledgeable about their fields of expertise, but every good thing comes to an end – in this case with more drinks and cakes!!

Many thanks to Carol Boyd for masterminding our expedition. It was certainly a great day out and I'm sure we all learned a great deal.

Ruth Beckett

OF FISH AND ACTORS - CHRIS LLOYD, LOCAL HISTORY GROUP JUNE 16

Chris did his usual brilliant job of entertaining us whilst imparting knowledge, this time about the story of theatre in Darlington. He's becoming positively Dickensian as his dramatic gestures multiply. I'd seen his talk before but couldn't remember where the fish came in - of course they came in on the train with the actors. With the advantage of hindsight, we can see that early 19th century Quaker opposition would only encourage audiences - indeed by the late 19th century some Darlington Quakers were positively swanky and probably theatregoers themselves. I hope Signor Pepi is happy with the ongoing success of his only remaining theatre, albeit one which has to subsidise its more highbrow shows with panto and tribute acts.

LINDA CHADD

LOCAL HISTORY – AUGUST 2026

Please note that we have had to **change the date** of our meeting in August.

The hall @ Willow Road is being closed whilst the kitchen is refitted.

Our meeting will be a **week later - on Tuesday 25th August** from 1.15pm.

Dr John Ridley will be telling us all about the history of **Fountains Abbey**.

Everyone is welcome, no need to book!

July 21	Margaret Hedley	Women of the Durham Coalfield in the 19th Century - Hannah's Story
August 18	Dr John Ridley	Fountains Abbey: Making Sense of the Ruins
Sept 15	Judith Phillips	Josephine Bowes: collecting for the museum – Bargains & Beauty
Oct 20	David Elliott	Richmond - A thousand years of history in ten buildings
Nov 17	Penny Moon	'Mary Ward, Pilgrim and Educator'. An historical tale with a family history link, from one of our members.
Dec 15	Richard Annis	What lies beneath the site of an Amazon warehouse?

NEW MEMBERS (and not so new members) COFFEE MORNING



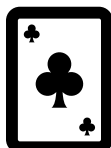
This will take place the fourth Tuesday of each month- in William Stead Wetherspoons Crown Street 10.30- 12.00.

Enter by the main door on Crown Street, turn right up two steps to the raised area, where you will find our reserved tables.

Our aim is to allow new members to get to know each other in a less busy setting than the monthly Bowen Road meetings. There will be committee members present should you have any questions to ask. We hope that this will help you make new friends and meet with our recently joined members in a relaxed environment. No need to book, just turn up.

Jenny & Brenda (New member Liaison)

CANASTA GROUP



Our Canasta Group is starting up again after the Winter rest. We meet every other Thursday in The Travellers Rest in Cockerton. We are looking for new members to join our group. Please contact Sylvia Elliot if you are interested. We meet every other Tuesday in the Travellers Rest in Cockerton.

Joan Sadler

GARDENING GROUP



Kiplin Hall Gardens guided tour - Wednesday 12th August 2026

I'm currently in the process of arranging a guided tour of Kiplin Hall Gardens on Wednesday 12th August. The group rate for this guided visit is £14 per person. A few places are still available, and this event is now open to non-gardening group members.

The grounds and gardens surrounding the Hall have been restored, following closely to the laid-out plans of the 19th century. With 90 acres of land to explore, their vast Gardens and Estate have something for everyone. Cut flowers are grown for display in the Hall and are also sold alongside fruit

and vegetables on the Produce Cart. There is a small Garden Museum to the rear of the Walled Garden for visitors to look around.

Kiplin is a large site with many historic buildings, bodies of water, and some uneven surfaces. Accessible toilets are available near the clock tower, or in the Visitor Centre. There is a café on site serving seasonal home cooked meals and drinks or if you prefer you can take picnics - they have seating in the Parkland and on the South Lawn, as well as behind the Hall.

This will be a car share trip, and parking is available on site. Please let me know by Tuesday 30th June if you would like to join, and whether you will need a lift or are able to offer one to another member.

Once we have confirmed numbers, I will let you know how to make payment for the trip.

GARDENING GROUP

Breezy Knees Gardens – Members of the group enjoyed a lovely day out at Breezy Knees Gardens near York. The gardens were full of colour, and with 20 acres to explore, we were spoilt for choice. Stunning displays of peonies, alliums, foxgloves, and roses were in bloom, to name just a few of the 10,000 different varieties of plants. Giant garden sculptures dotted throughout the grounds added a fun and whimsical touch to the day. It didn't take long to see why Monty Don has described the garden as... *“a beautiful modern garden created on the grandest possible scale”* It was a great visit, with plenty of colourful displays and interesting features to enjoy.



Ann Cartwright's open garden – In June, Ann and Malcolm Cartwright kindly hosted an open garden event at their home. It was a pleasure to walk around their lovely garden,

which featured colourful borders, winding paths, and water features. With a beautiful mix of late spring and early summer flowers and shrubs in full bloom, there was something to catch your eye wherever you looked. Many thanks to Ann and Malcolm for their kind hospitality.

North Cowton and Staindrop Village Open Gardens - Some members ventured out to two local village open garden days. Each village had around 12 gardens to explore, all quite different and packed with many varieties of flowers, plants, shrubs, and trees. Everyone came away with plenty of ideas to try in their own gardens!

Future Trips and events – We will take a trip to Thornton Hall Gardens in early July. In addition, Hummersknott Allotments are holding an open day. We'll be taking part in a tree trail around West Cemetery, as well as visiting Kiplin Hall Gardens.

Ann Robinson

FRENCH CONVERSATION

What an enjoyable time we've had in French sessions these last few months! We've learnt and discussed about: French exhibits in the Bowes museum; a working trip to Algeria; a dabble into French politics; French heritage and famous sites; gastronomy; and so much more, including games of

Scrabble in French and other things that have made us all laugh! We're not perfect in our French but we're all eager to learn and have good chats! Our sessions for the Autumn are on Mondays from 11.15-12.15 in the Newcastle BS.

14 September

28 September

19 October

26 October

9 November

30 November

14 December

Please contact me for further information.

Celia Howarth

DIY GROUP



More tips and suggestions on how to manage jobs in our homes were provided.

These varied from different types of door hinges wrapping masking or insulating tape around a drill bit to mark how deep a hole is to be made without completely going through the wood.

Door hinges come in a variety of designs from rising butt hinges which can be used to avoid shaving off the bottom of doors when installing new deeper floor coverings in a room to lose pin butt hinges which enable easy removal of doors by merely removing the pin which avoids the need to remove the hinge.

Over the last 4 sessions we have covered tools, repairs and maintenance and we are now moving forward and using our practical skills to undertake a project of each member's choice.

As we currently meet above the Newcastle Building Society practical work has not previously been possible. To facilitate practical DIY, we are relocating our meeting place to a workshop at The Well Methodist Church from July going forwards.

Anyone interested in joining our friendly group please email Sue Clark

A member of our group has volunteered to compile a list of recommended tradespeople for use by South Durham u3a members. The list will cover any jobs from decorating to gardening, computing, car repairs, dressmaking, watch repairs, plumbing, electrical work, hairdressing – the list is endless.

Sharing details of your recommended tradespeople will benefit members as they will feel confident in contacting the tradesperson. The referral will also act as a thank you to your tradesperson by supporting their business.

If you or a member of your family or friends have used a sole trader or business in the past and been pleased with their work just email their name and contact details to Vivien Clear or alternatively speak to her in person. She will be sitting in the Annexe at the Bowen Road Monthly Meeting on 14th July 2026.

Sue Clark

PLAY READING



June's reading was a case of 'Read it again, Sam' as members who had missed out on May's read needed to be in the picture. So 'Lend me a Tenor' Act 1 again held our imaginations as to whether we had a body at the end of the act, or was he just drugged?? However, the Italian Tenor of the title duly rose from his supine, comatose position just as the curtain came down on the first act.

More hilarious manoeuvrings when we meet to read Act 2 in July.

Next meeting on Tuesday, 21st July at 2pm. Venue to be confirmed.

Muriel Jones

READING GROUP 2



There were mixed views about our June's book choice – The Names by Florence Knapp. It tells the story of one family – Cora, her abusive husband Gordon, daughter and son. The author gives the son 3 different names – Bear, Julian and Gordon and 3 different scenarios play out at seven-year intervals over a period of 35 years. The book explores the themes of identity, coercive control and domestic abuse with sensitivity.

Brenda Ellidge.

Next meetings

10th July "All the light we cannot see" by Anthony Doerr.

14th August. "A list of suspicious things" by Jennie Godfrey.

Judith Bryant

BRING YOUR OWN CRAFT & NATTER

Four crafters met up at Newcastle Building Societies' upstairs meeting room on Wed June 24th on a very hot morning and enjoyed the air-conditioning and a chat. Topics of conversation included crafting while cruising, Thornton Hall Gardens, ballroom dancing and a Van Gogh exhibition. We meet from 9.30 to 11.30 on the last Wed of the month and have room for new members.

Christine Walker

READING GROUP 1



"The Plot Against America" is a novel by the Jewish-American writer, Philip Roth. Published in 2004, it is a combination of memoir and historical fiction which makes it a very powerful work.

The book presents an alternative view of US history in which the presidential election of 1941 is won, not by Franklin D Roosevelt, but by the famous aviator Charles Limburgh. Limburgh is presented as a Nazi sympathiser and a member of 'America First Committee' which opposes American intervention in the war raging in Europe and openly criticises the Jewish Race for promoting US involvement. The real Limburgh was known to embrace some of these views.

The tumultuous events depicted in the book are seen through the eyes of the young Philip growing up in a mainly Jewish area of Newark, New Jersey. Philip's father, a mercurial insurance salesman, becomes incensed by the moves made by the government to isolate and humiliate the Jews. He is outraged at what he sees as capitulation by members of his own family and the Jewish community leaders.

The tense situation deteriorates into rioting and murder, one of the victims being a downstairs neighbour, the mother of a school friend.

This is not an easy read. Roth's sentences often seem to wind on forever and get bogged down in endless lists of names, leaving the reader in a limbo between fact and fiction. However, the book is a powerful evocation of a child's perception of death, loss and racism which has a relevance in the politics of today.

Many thanks to Gillian for hosting the meeting and providing the refreshments.

Our July 8th Meeting will be hosted by Lorna and we will be discussing "The Snow Geese" by William Fiennes.

Toni Carr

LUNCHEON GROUP



June's get-together took place at the Burtree Inn when 16 members attended. We all agreed that the food was delicious & it is easy to see why they won the accolade of the Northern Echo's best Restaurant & Gastropub 2026.

Our July Lunch Group get-together will be at Tre Amici Skinnergate, Darlington on Friday 31st July at 1pm.

This is always a popular venue where we can pay individually by card or cash.

We don't make our menu choices in advance so I just need numbers which I will notify them a week before the meal date. If you want to attend please see me in the annexe at the main meeting on Tuesday 14th July

Stella Barnes

An important reminder. If you sign up to come to the Luncheon Club and then find you can no longer attend, please let me know in advance so appropriate cancellations can be made.

SCRABBLE GROUP



This is a fairly new group, and we need some new members. We are a mixed ability group so whatever your level you're sure to fit in. Held on the 2nd and 4th Mondays of each month in The Travellers Rest, in Cockerton - Interested? Contact Brenda Ellidge

ITALIAN CONVERSATION

We have 16-17 in the group and find learning Italian fun, rewarding and interesting - though sometimes quite challenging! Over recent sessions we have learnt how to: describe clothes; talk about aches and pains; describe our daily routines; book a room at a hotel. We can have short conversations in Italian - and usually have lots of giggles!

Our sessions in the Autumn are in the Newcastle BS on Mondays from 10am to 11am on these dates:

14.09.26

28.09.26

19.10.26

26.10.26

9.11.26

30.11.26

14.12.26

The group is now better for Intermediate rather than Beginner learners of the language.

Celia Howarth

Please note that family History Group will be suspended over the Summer. The Group will restart in October. Members, please keep an eye out for re-opening details.

Jane Laninga

BRIDGE CLUB

Starting up again after their summer break is the Bridge Club. They meet in the Travellers Rest in Cockerton at 1.30 on the 1st Monday of the month.

Summer Quiz

NORTHEAST REGIONAL QUIZ JUNE 2026

South Durham hosted the North East Regional Quiz on Wednesday 17th June 2026 at Hurworth Grange Community Centre. This is a biannual event. We had 18 Teams of 6, from 11 different u3a's taking part.

South Durham was represented by our keen Quizzer

A huge thank you to our members who helped on the day with parking and refreshments.

The next Quiz will be in November. *Jenny Hurt*



It was a very pleasant afternoon, a chance for friends and potential rivals to catch up with each other.

The range of questions set by our Quiz Master; Dave Tucker didn't disappoint.

Congratulations to the
Winners: Bishop Auckland

Letter to Harry Kane

I worry a lot about you, Harry Kane,
 'Cos football's a dangerous game.
 There's so much tussling occurs on the
 pitch
 It's a wonder you don't end up lame.
 Opponents will slyly try tripping you up
 Or sneakily pull at your shirt,
 Or jab and elbow into your ribs,
 It's a wonder you don't get really hurt.
 But I've a solution to put an end
 To what happens in the arena –
 You should train for another much safer job
 And become a ballerina!

Kate Brown



The Polar Bear at the zoo

Fascinated the child looked on,
 As the majestic Polar Bear swam,
 Silent curiosity
 Between the pair
 Power and frailty
 Separated by glass
 Sadness and understanding
 Of freedom lost.

Dot Hullah



UPCOMING EVENTS FOR MEMBERS

Harrison and Harrison Church Organ Repair & Restoration

Meadowfield Industrial Estate

Brandon

Durham

DL7 8RF.

This is a car share trip.

Thursday August 20th @ 10am an hour's tour.

This is a free tour they ask for a donation for their chosen charity of the year.

Closing date Saturday 8th August.

I am hoping to arrange a visit to the **Amazon Distribution Warehouse** at Gateshead for later in the year.

Once that visit has taken place it will be my last.

As announced earlier I am relinquishing the role of Trip & Visit organiser.

For future outings in 2027 we need a member to step into the role.

I have a file of places to visit, also coach companies for costings, would be willing to give assistance in any way I can.

Many thanks for those who have supported in everything I have organised

Carol Boyd

Trip to Goldsborough Hall

Linda Chadd had masterminded our visit to Goldsborough Hall, a 16th century stately home and former residence of HRH Princess Mary, the Princess Royal in the 1920s. The visit was open to u3a members and non-members and 27 of us gathered in the village on 29th June.

We began in St Mary's Church where we were introduced to the history of the settlement dating back to Viking times (a hoard found there is now in the British Museum). A small group of



buildings was noted there in the Domesday book, and the church contains effigies of two Richards de Goldsborough (the fourth and fifth apparently).

We walked from there to the Hall, which operates now as an hotel where our history lesson continued as we were conducted through several of the communal rooms displaying Jacobean architecture, Georgian influences and finally two of the luxuriously appointed 21st century bedrooms (complete with whirlpool baths).



The rose garden, long borders, lime tree walk, kitchen garden were all admired and several of us returned after our refreshments (tea/coffee and scones, lemon curd & cream) for a further exploration.

At each stage in our visit we learned of the 'Byerley Turk' a famous racing horse (now supposedly buried in front of the hotel) one of the three stallions from which all thoroughbred horses are descended.

I'm sure I'm not the only visitor who returned home and went online to price a night in one of the Hotel suites and found it would set us back a mere £654.50 including breakfast!! Shall have to think about that!

Ruth Beckett

Monthly Speakers

July 14	A HISTORY OF CINEMA, DENIS FOX
Aug 11	BROTHER KHADIM FROM NEWCASTLE CENTRAL MOSQUE A Geordie convert speaks
Sept 8	LOOKING AND SEEING Dave Phillips on aspects of art
Oct 13	GARY BANKHEAD ON HIS TIME AS A FIREMAN
Nov 10	SADDAM HUSSEIN, MY PART IN HIS DOWNFALL By our very own John Sloss
Dec 8	tba, hopefully musical

Groups on Offer

Bridge – David Dixon	Travellers Rest - Cockerton	1.30 -4pm every other Tuesday
Current Affairs – Gill Turnbull	Members' homes	10am-12 noon on the 3rd Monday of the month
Coffee & Chat - Pauline Noble	Salt Fish Town House	10.30-12.30am last Wednesday of each month
Creative Writing – Dot Hullah	Leader's home	10-12am first Wednesday of each month

Canasta	Travellers Rest - Cockerton	Every other Thursday
Own Craft and Chat	Newcastle building Society Community Room	9.30 untill 11.30 – last Wednesday of the month
DIY Club	Newcastle Building Society Community Room	Variable check with leader
Family History – Jane Laninga	Crown Street Library	2-4 2 nd Friday of the month
French, Advanced Celia Howarth	Above Newcastle Building Society, Market Place	11.15 - Fortnightly
Friday Walking Judith Bryant	Park cars in Linden Ave (nearest Coniscliffe Rd end)	9.30am on the 3rd Friday of each month
Gardening Group Ann Robinson	Harroway Room – Elm Ridge Methodist Church	October to April 3 rd Thursday of the month – 10 - 12
Intermediate Walking Susan –	Cockerton car park	10am on the 1st & 3rd Monday of each month
Italian for beginners Celia Howarth	Above Newcastle Building Society	10 until 11 - Fortnightly
Jungalow Crafts – Dot Hullah	Above Newcastle Building Society, Market Place	10am-12pm Last Thursday of the month
Local History – Ruth Beckett/Linda Chadd	Willow Road Community Centre	1.30pm on the 3rd Tuesday of the month
Luncheon Group - Stella Barnes	Pubs/restaurants	1.00pm on the last Friday of each month
New Members (and old) coffee morning Jenny Hurt	William Stead Weatherspoons	10.30-12 on 4th Tuesday of each month
Play Reading – Muriel Jones	Members' homes	2pm on the 3rd Tuesday of the month
Reading Group 1 – Toni Carr	Members' homes	2nd Wednesday of each month
Reading Group 2 – Judith Bryant.	Members' homes	10.30am on 2nd Friday of each month
Rummikub – Liz Kay	Members' homes	10am-12 noon on the 1st Friday of each month
Scrabble Brenda Ellidge	Travellers Rest Cockerton	2pm on 2nd & 4th Monday of each month