



Newsletter

February 2026

email: newsletter@ryedaleu3a.org.uk

Deadline for March entries: 15th February 2026

Ryedale u3a website
[https://
ryedale.u3asite.uk](https://ryedale.u3asite.uk)

General meeting Tuesday 10th February

From Copper to Shepherd by Sue Woodcock

Sue writes a dairy for the Yorkshire Post on a Saturday and is officially one of England's top 20 eccentrics, from a book by Henry Hemmings called 'In Search of the English Eccentric'. This may have had something to do with living above Grassington in a house with no facilities we all take for granted. A published author of murder mysteries set in Yorkshire, she has been a shepherd and, before joining the police was, for a short time, a professional opera singer. Currently she is singing in four choirs, has several rescue dogs, one geriatric cat, is involved with various crafts such as spinning, knitting, patchwork (out of men's ties) and tapestry.

Do bring any old ties you may have so that they can be re-purposed for charity.

All she asks is that the audience laugh, either at her or with her, she doesn't mind which.

Please note:
All contact information has been removed in the interest of Data Protection

All contacts can made through our Contacts or Groups pages

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Kirby Misperton Village Hall
Refreshments from 9.45 am
Speaker from 10.30 am
£2.50 admin charge - cash or card

Books 3 for £2
100s to choose from
Jigsaws Just £2 each
Members Table
For news, updates, info, or a chat



Coffee Mornings

Our coffee mornings are proving extremely popular. So much so that we are trialling an additional one, in Kirkbymoorside. Our Chair, David E, will host on the last Thursday of the month.

Please pop in to one or both of our coffee mornings for a cuppa and a chat.

Malton Coffee Morning Drop-in

Kingfisher Café, Saville Street, Malton **First** Thursday of month 10am-12

Pickering Coffee Morning Drop-in

Forest and Vale Hotel, Pickering **Third** Thursday of month 10am-12

Kirkbymoorside Coffee Morning Drop-in

Ginger Hall Café, Piercy End, Kirkbymoorside
Last Thursday of the month 10am-12



Enjoying a cuppa and a chat at Kingfisher Café, Malton



Welcome to new members:

John D, Norton

Eion F, Marton

Books and Jigsaws

As announced at the last meeting, the prices are going up to £1 per book, or 3 for £2, with jigsaws at £2. The money goes to Smiles to Tanzania, a small charity which supports children in Ukerewe, an island in the middle of Lake Victoria.

The charity supplies school uniforms, without



which the children cannot attend school, LED lights for homework, pen, pencils and books and healthcare. The charity has enabled hundreds of children to get an education since its foundation in 2013.

Report of January meeting by Trevor G

YOU DON'T LOOK WELL or what doesn't kill you makes you stronger

by u3a member Linda McC



u3a member Linda entertained us with a humorous and informative talk about health and medicine, with particular reference to the Victorian era. Treatments have been varied, from “eat a root” to prayer, pills, antiseptics and vaccines, and in the modern era tests, scans and specialists.

Some of the older treatments were induced vomiting or diarrhoea, the eating of flesh and even the injection of milk. If this isn't bad enough, tobacco enemas were once the craze, especially if you nearly drowned. Many old treatments were poisonous, like a soothing syrup which contained mercury and lotions containing arsenic.

The industrial revolution saw a great expanse in city and town populations, and this led to slum conditions and extremely poor sanitary standards. There was limited rubbish collection, no sewerage and rivers became dumping grounds for all types of waste, even bodies. Large numbers of horses in towns lead to large amounts of manure in the streets.

Slowly however things improved. In 1851 the first public toilets were opened, it cost a penny, and in the 1860's a vast London sewerage system was installed. Laws were passed to stop food adulteration, like adding sawdust to flour, and research lead to the identification and cause, and hence treatment of many diseases. The use of chloroform in operations improved matters, and although the public were sceptical at first at many of the “modern” developments, the use of these treatments on members of the royal family improved public confidence.

In the modern era we have seen many advancements. Penicillin, X-rays, radiation therapy, CT scans and MRI scans and transplants have all improved our wellbeing.

Linda concluded with a couple of concerns. The overload on the NHS was stretching facilities and staff beyond capabilities, and climate change realities are threatening millions of peoples.

Be careful about reading health books. You may die of a misprint.

Mark Twain

Older people shouldn't eat health food. They need all the preservatives they can get.

Robert Orben

Isn't it a bit unnerving that doctors call what they do practice?

George Carlin

Available from pick-up points

usually by the end of each month

Please remember - printing is expensive

Malton area	Malton Library, St Michaels Street
Norton area	Norton Hive Community Library, Commercial St
Pickering area	Pickering Memorial Hall, Potter Hill <i>(Please ensure you only pick up your personally named copy)</i>
Kirkbymoorside	Kirkbymoorside Library, High Market Place

If you can pick up one or two for members who live near you, it would be much appreciated

If you are unable to get to a pick-up point: please contact Judi

Refreshment Rota Coordinator / Chairs Rota

Please consider joining the rota, or maybe just be called on at short notice if a named person cannot attend.

Contact Janet

We also need volunteers to help put out the chairs for the meeting. If you are able to join this rota please contact Martin S via

Refreshments volunteers for February

Joan C and Jenny N

(Please bring your own cup/mug if you do not like the paper cups)

A surprise donation to our u3a

u3a have been able to secure a national offer from Riviera Travel. When a local u3a supporter books a holiday directly with Riviera Travel, 10% of the basic cost will be donated to The Third Age Trust and given to your nominated local u3a (10% of the donation will be retained by the Third Age Trust to contribute to the running costs of the scheme.)

One of our members did just that a few months ago, and our treasurer received a very welcome donation just before Christmas, which of course will be used for the benefit of all members.

Why not have a look at their holiday offers and see what you might fancy for 2026?

More information at <https://www.u3a.org.uk/about/our-partners/riviera-travel>
rivieratravel.co.uk/u3a

Just remember to mention 'Ryedale'!

Newsletter





Details of all groups can be found on our website ryedale.u3asite.uk/groups



Ryedale Group News

Groups Coordinator Liz

Is there something you are interested in?

Maybe something that is not covered by one of our current groups? Or is the group you would like to join full? Then think about starting up a group yourself. This is how we came to have three book groups and two French groups. Coordinating a group is not difficult. Most groups run themselves, the coordinator just needs to ensure that all members know the date, venue and subject matter where relevant.

Talk to [Liz](#). She is a mine of information, good ideas and helpful suggestions and will help you get started. So how about an art group for those of you who like to put something on canvas or paper? Or something musical? A bridge club maybe? Or come up with something innovative and exciting!

News about a possible u3a Choir

We are in negotiations with a possible Choir musical director who has a couple of questions for anybody who is interested in joining:

What would you like to sing?

How often would you like to sing?

Do you know whether you are a soprano/alto/tenor/ etc?

Do you have a preferred place to sing?

Please note that not knowing the answer to any of these questions will NOT exclude you from the choir - it is just useful to know!

Interested? Please send an email with your answers to these questions to Liz at

TAIJI Christine

The Taiji class will resume on Monday 2nd March at 9.30 am in The Memorial Hall Old Malton. For information and encouragement please contact me.

Cycling David

The cycling group had two attempts, on different dates, at the December ride, but were defeated by unsuitable weather. Well, it is winter and going out cycling anytime in this season is a bonus really. The next two rides are scheduled for 30th January and 27th February with details nearer the time.



Spanish Sue

The group is now full with six members, including the leader, Sue, with one other on a reserve list. We meet in members' homes on the last Monday of the month.

In our November meeting we practised our Spanish by sharing our various experiences of travel or living in Spain and Latin America. We are now going to use the '50 Spanish Coffee Breaks' book as a guide for future meetings, which offers 'Short activities to improve your Spanish one cup at a time'.

Line Dancing and

Seated Dancing Liz



Line dancing had to take an extended break over the festive season as Liz was away visiting family abroad. Seated dancing, however, continued as normal with a somewhat inexperienced substitute in charge. Anita (yes that's me, your editor) was persuaded to lead the two sessions. This involved not only learning about twelve routines off by heart but also having to do them the other way around so as to face the class. It went relatively smoothly with mistakes often being rectified by the class members themselves, who were very supportive and forgiving. They are a lovely lot!



Seated dancing continues as usual on Thursday mornings from 10 to 11 am at the Middleton and Aislaby Village Hall. We mostly focus on routines set to familiar tunes and enjoy singing along - when we are not too busy focusing on getting the movements right! In February we are hoping to branch out with a routine set to a Spanish salsa rhythm and possibly also an Indian Bhangra routine. This could be chaos...

Interested? Please contact Liz.

Line dancing continues on Wednesday mornings with **beginners** from 9 to 10.15 and **improvers** from 10.30 to 12. **Improvers is currently full** but there are still spaces in the beginners group.

Interested? Please contact Liz.



Sewing Bee Susan

Introducing Pins and Needles! (aka Sewing Bees)



The Sewing Bees met up on Thursday 8th January for our first meeting of 2026. There was a good turn-out despite the freezing temperatures outside and fun to meet up after a Christmas break for December. We caught up on news of the projects we are all working on and the name of our group. Sewing Bee was the working name when plans were being laid for the group a couple of years ago. The name,

however, is rather misleading as we have such a wide range of interests in sewing and knitting crafts. To reflect this we are going to rename ourselves **Pins and Needles** as this better reflects the sort of things we get up to! If you would like to come along to one of our meetings because you enjoy sewing and knitting in whatever form please do! We really do cover a wide range of creative activities using pins and needles!

Book Group 1 Karen

We are a group of nine ladies who meet on the 3rd Monday of each month, taking it in turns to choose a book and host the meeting. This year we have read a variety of books including a non fiction, *Orbital* by Samantha Harvey and two books by local authors, *It Began with a Ghost Story* by Jean Harrod and *the Offing* by Benjamin Myers.

We are starting 2026 with a Jane Austen novel, *Northanger Abbey*, written and published over 200 years ago. This is a new challenge and I am looking forward to the discussion.

Unfortunately at the moment our group does not have any spaces but I understand that both Book Groups 2 and 3 have one space each if you are interested.

Book Group 2 Sheila

The three book groups met for lunch at the Forest and Vale hotel in January and enjoyed the discussion about the chosen book *Orbital* by Samantha Harvey afterwards. Book group 2 has room for one more member taking our number to nine, which is just comfortable for hosting meetings in our homes. We look forward to reading a wide range of books chosen by our members during the year.





Photography Paul

Our January meeting commenced with a show of members' images interpreting the phrase 'Festive Season', which ranged from Christmas Day on an Australian beach, to Belgrade, to local night time views. We do not lack imagination! We then turned to the subjects of hyperfocal distance, and monochrome imagery, which forms the basis of this month's photographic challenge. Next meeting 12th February at Marton Mission Room.



This month's photo is by Colin



Psychology Rosie

Psychology Group December 2025 Meeting What fun was had at our last meeting before Christmas with a discussion around Body Language, our second review of this subject. Our discussion was formed around several videos where we discussed what body language the main character might be conveying. We viewed extracts from the original interview with Prince Charles following his failed marriage to Diana, Princess of Wales (when he was asked if he had been unfaithful), Prince Andrews' Epstein interview with Emily Maitlis and two pieces on The Art of Hand Gestures which covered the cultural differences of hand gestures. This in particular caused much merriment! Our group started again in January 2026 and over the year we hope to hold discussions around a variety of topics including Motivation, the Psychology of Religion, Memory, Social Identity and Prejudice, Mindfulness, Stigma, Dementia and many more topics. Thank you to Barbara Dransfield for all her input into our happy bunch of Psychobods!



Rummikub Dee and Dan

dan.dee.dwyer@outlook.com

The Rummikub Group has resumed play on the 2nd and 4th Mondays of the month at The Talbot Hotel in Malton. Our first meeting of the year was a very lively one, with 10 very competitive players.



Remember to carry your membership card

- Currently we have two places offering a **discount** to u3a members, **on production of a u3a membership card**.
- Kemp's General Store**, Market Place, Malton, which is a wonderful little bookshop, is offering 10% discount. This excludes events, book tokens and gift vouchers.
- Cornercopia Café**, 8 Castlegate, Helmsley, also 10% discount.

Online Learning Events

Check out these free to
join Zoom sessions

See what else is on offer

Go to [https://
www.u3a.org.uk/what-we-
do](https://www.u3a.org.uk/what-we-do)

go to 'Events' and 'Our
Impact'

Free online talks, workshops and courses

u3a members can access a wide range of free online talks, workshops and courses through their membership. Most sessions are led by fellow members, sharing their expertise, with additional talks from notable speakers and organisations.

All events are bookable via Eventbrite. Please ensure you can attend when booking and cancel if you're unable to make it so others can participate. Events are exclusively for u3a members. Sign up to our events mailing to get our monthly online events straight to your inbox.

If you are considering offering a talk or workshop please get in touch at events@u3a.org.uk - we'd love to hear from you.

After Alzheimer: Memory, Ageing and What Comes Next

Tuesday 3rd February 2pm

Join Dr. Mike Bender as he walks you through the history of dementia and evidence-based ways of slowing memory decline

In this illustrated talk, Dr Mike Bender, retired consultant clinical psychologist and nationally recognised expert in memory and ageing, traces the history of Alzheimer's disease from its origins in early 20th-century Germany to the present day. Using historical images and case material, he explains how Alzheimer's discovery of brain plaques and fibres came to define dementia as a disease, and how that idea shaped decades of research, diagnosis, and hope for a pharmaceutical cure.

How do your medicines work? - Hypertension

Wednesday 4th February 10am

Mike Trevethick discusses hypertension, the drugs used to treat this condition, and the science of how they work in the body.

Hypertension is often a silent disease in that many do not know they have it until their blood pressure is measured. Mike Trevethick will discuss the changes in the cardiovascular system that contribute to hypertension and the mechanism(s) by which anti-hypertensive drugs work.

Interest Groups Online Fair: Sign Language

Wednesday 11th February 1.30pm

Join Stephen to find out about the IGO Sign Language groups and learn your first signs.

The IGO Sign Language groups:

Is learning British Sign Language interesting? Is it easy? Is it for me? Would an online group suit me? What about an online group for another language? Attend this participatory session to learn and try a few signs and find out.



Walking Groups

Strollers	Linda
Short walks	Susan
Medium walks	Peter
Long walks	Eric
10-12 milers	Simon

For specific details of walks contact the named walk leader



Report on November short walk by Susan

Short Walk January 2026 – Dalby Forest

The first walk of the new year was a 5km circular walk in Dalby Forest. We were blessed with a beautiful, frosty morning. The first few minutes were a little cold but we soon got into our stride and warmed up quickly!

We didn't break any records in terms of the time it took us to complete 5km, but the walk seemed to go very quickly!

As always, we finished the morning with a very welcome stop at the café.

Our next walk will be on **Wednesday 11th February** when we will be meeting in Coneysthorpe. Details will be sent out at the start of February.



February medium walk

As the January walk was cancelled due to bad weather we are trying it again

Date **Tuesday 3rd February**
Time 10 am
Start Appleton le Moors next to church
Distance 5 miles approx
Contact Peter



February long walk



Photo of December walk
by Nigel

Date **Tuesday 17th February**
Time 10 am
Start Nunnington Station Road, west of junction near church
w3w ///solves.escapes.marmalade
Distance 7 miles approx
Contact Jane
or Eric



February 10-12 miler

Date **Tuesday 24th February**
Time 9.30 am
Start St Nicholas Church, Hogg Lane, North Grimston
Grid ref: SE 8413 6774 w3w///issued.window.snug
Distance 9 miles approx
Led by Deborah
Contact Simon

Answers to January Quiz ('new'):

New South Wales, New Deal, New Musical Express, Brave New World, New York State of Mind, New England, Newt, New Jersey, Newlands, New Potatoes, New Labour, New Orleans, New Mexico, Newcastle, Newspaper, New Amsterdam, Newton, Renewable, Newfoundland, Newel, Sinew, Newley Weds, New Age, New Look, New Wave.

We started the year off with high scorers for this one— Team P, Team K and Team H, 25/25; with Judy C and Jean L on 24/25 and Team E on 23/25.

Send in your entries to Judi Watkinson, by 15 February 2026.



February Quiz

The answers to this month's cryptic quiz all contain the letter 'F'

1	Number in favour we hear (4)	
2	FYI dull, but moving gracefully in an unsettled situation (7)	
3	Content, though the side is fat (9)	
4	Woodland deity colour, we're told (4)	
5	Original tree over the street (5)	
6	Too much small fruit around the east (7)	
7	Mate found eating fried noodles (7)	
8	Base established when almost discovering a country (10)	
9	Case for harbour page (9)	
10	Make it easier to eat italic feta, scrambled (10)	
11	There were a lot of hold ups due to car tiff (7)	
12	Smooth parts of student with flu (6)	
13	Authoritatively rearrange a finite dive (10)	
14	Strength of drink shown? (5)	
15	Man-made object will fail Tricia badly (10)	
16	Choice initially picked for citation (10)	
17	Fairly frequent depending how it's said, alf ten? (5)	
18	Deep professional discovered (8)	
19	Complete change for front arms previously mangled (9)	
20	Everyone the same, with their car keys I hear (7)	
21	Be mindful when dealing with acre flu – its crazy (7)	
22	Meeting place for roamers? (5)	
23	Recipe for success, a mathematical expression? (7)	
24	Fife ovens are so ridiculously rude (9)	
25	Morning meal using baker fats (9)	