

Bridlington u3a Newsletter

MARCH 2025



Welcome to your Newsletter!

This Newsletter is designed to give you lots of information in one place. If there is anything you would like to share with the group, please email admin@u3abridlington.co.uk

Next Month's Meeting

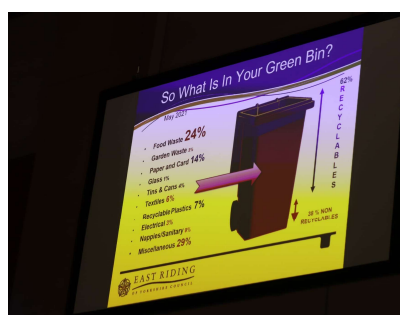
Next Month's meeting will be on **Tuesday 29th April** at 10am at Bridlington Spa. This will be a community event with lots of different organisations for you to meet and talk to at your leisure. Full details can be found later in this newsletter.

Further meeting dates this year

Tuesday 20th May
Monday 23rd June
Monday 14th July

LAST MONTH'S MEETING

Kate Wagg, the waste and Recycling Officer for ERYC gave us lots of information on Monday not only about our waste, but about Climate Change and the effects of Global Warming. By recycling our waste, we can save energy by not having to make items from scratch; reduce global warming; reduce air pollution and reduce the need for landfill which is a large cause of greenhouse gas. ERYC does not send any waste to landfill. What waste isn't recycled is burnt to produce electricity, with the residue being used to make road surfaces and aggregates. Kate explained how the items that go to our recycling plants are sorted – almost entirely by machine with very little being done by hand. The waste in our brown bin is turned to compost in only 10-14 weeks and is used in farming or sold to garden centres. At the end of her talk – after many interesting questions from the floor, Kate gave away a very useful 'wheel' which told you what to put in which bin, or what to take to your local tip.



??*!*? QUIZ ?@!***?

Our next quiz is at the Town Bar on Queensgate YO16 7LN on Wednesday 26th March 7.30 – 10 pm. Entry fee £1.50 per person. Maximum 6 per team – don't worry if you're on your own, we'll have a friendly team for you to join!

GROUP NEWS

Here are members of **the U3A Over The Hill Mob** on their snowdrop walk from Ebberston to Wyedale Hall on 12th February.



COMMUNITY INFORMATION DAY

As mentioned in last month's newsletter **next month's meeting** will be different to our usual format. I have invited over 40 different local groups – and we are also hoping to encourage more people to join our wonderful u3a too. Each organisation will have a table and you can browse at your own pace. We have been lucky enough to receive a grant from ERYC which means that we have opened the event to the public, so please encourage friends and family to come along. It will be free of charge and refreshments will also be free. The full list of confirmed organisations to date are as follows:

ERYC Electric Bikes
Burlington Probus Club
Neighbourhood Watch
HEY Credit Union
Humber and North Yorkshire Cancer Alliance
East Yorkshire Community Transport/HART
Carers Plus Yorkshire
YOUR Health
Humberside Police
Bridlington RNLI
St Catherine's Hospice
Alzheimers Society
Bridlington Primary Care Network

School readers
Xyla Health Services
Sight Support
Your Money Team
ERYC Active Communities Team
Co-Op Community Team
The Hinge Centre
Mental Health and Wellbeing
Bridlington Lions
Bridlington Town Council
Bridlington Talking Newspaper
Humber and Wolds Rural action
HEY Smile Foundation

CREATIVE WRITING

Every month our Creative Writing group are going to contribute a short piece of writing – maybe a story or a poem – for your enjoyment. They meet alternate Wednesdays, 10am at The Friendly Foresters. Please contact on Susie Fox 07736547277 susiejfox14@gmail.com

This month's contribution is a poem from John Arthur

Back in the Day ©John Arthur 2024

Back in the day, when life was quite good
70s simple life no complaints, no moans,
Bell bottomed jeans, Slade and the Stones,
Back in before dark, no mobile phones

We wrote actual letters using a pen,
We walked to school, a posse, a clan,
Now we Empty our spam whenever we can,
friends are remote, that wasn't the plan.

TVs had knobs, cases, no remote control,
Only a few channels to entertain,
Now streaming floods our screens like the rain,
We scroll, we search, to our disdain.

Cameras had film, taking pictures was tough,
Did anyone blink whilst taking that shot,
Now selfies abound, did I look hot,
I will filter the flaws like it or not.

Maps used to unfold, get wet, smudged and torn,
Folding them back was something to see,
Now GPS says we can go hands free,
Watch where you are going, did you see that tree

Arcades were the centre of seaside holiday life,
With coins in hand we tested our luck,
Now we stare at screens, did that suck,
Wifi and earbuds, mind that sign, don't forget to duck

We mixed tapes with passion, missing the chat,
waiting for the DJ to stop talking fast,
now algorithms guess our next blast,
and shuffles just skip over our past

Books were on paper, with spines which would crack,
We squinted at pages, wild tales uncovered
Now e-readers blink with stories of lovers,
Thousands of books to read, no rediscovers.

Remember phone calls, attached by a wire,
No caller ID each call a surprise,
Now I stare at my mobile, think, agonise,
Shall I ignore this person, be cool, strong, streetwise

Eat Marathon, Black Jacks, fruit salads, and Dime,
A pint of Mild, let's go down the pub,
Now cream eggs are tiny, Twix is a stub,
Shrinkage is normal, less chocolate on your Club

No internet, no computer to help us at work,
Forms filled manually, with care and attention,
Now only Windows and Word get a mention,
Rat race no, not me, I'll draw my state pension

So here's to the Tech that has taken our lives,
Milk bottles on the steps, now plastic thrives,
Deep down we know life was truly fantastic,
We miss those sweet days when we said, naught at all.

PROPERTY TO LET

Property to let from 1st May. One Bedroom ground floor apartment.

Headlands Close, North Bridlington

Good size lounge, fully equipped kitchen, double bedroom, wet room, patio and garden.

Excellent location just off Martongate. One minute Co-op supermarket, Bridlington North library, Friendly Forester pub and good bus routes.

£575 per calendar month. Email Steveandjaneward@aol.com

If you have any property you would like to advertise here, please email admin@u3abridlington.co.uk

ITEMS FOR SALE/FREE TO A GOOD HOME



Cat tree for sale **£10**

Can be dismantled for easy transport. Contact Diane on 07986 650773

CONTACT US

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Burton Agnes Lawn Bowls Club

Lawn Bowls is the traditional version of the game where the bowling surface is essentially flat. It is one of the few sports where men and women compete on equal terms and it can be enjoyed by all ages. An afternoon bowling session involves plenty of healthy but not strenuous exercise and plenty of fresh air. At Burton Agnes we are a very friendly group that welcomes new members – experienced or beginners. The club is situated in the village of Burton Agnes, a very pleasant setting just a few hundred yards from the main road. There is plenty of free parking available for all visitors. The clubhouse is modern and well equipped for social gatherings. The green has recently been re-surfaced and it is now the envy of every club in the locality. If you are a beginner, you will be able to enjoy free introductory sessions, with coaching. Following this you can join a social bowling group every Friday afternoon - dedicated to U3A members and another Sunday afternoon social session which is open to all club members. For social bowling there is always a draw for teams which means you will always get a game even if you turn up alone. For those looking for a more competitive edge to the game there are League team bowling opportunities on Wednesday afternoons and in the evenings on Tuesdays and Thursdays. Whatever your commitment to the game you are welcome to join us and participate in the many extra social events we hold each year. To take up flat green bowling you will need a pair of flat soled shoes (to prevent damage to the green surface) and a set of 4 bowls. The club has a store room containing several pairs of different size shoes and many sets of bowls of different makes and sizes. All of these can be loaned out to beginners. If you are interested in joining us or want more information, please contact me by phone on 07854637349 or by email billwestern@ymail.com

All the best Bill Western - Chair



AN INVITATION FROM OUR SCIENCE AND TECHNOLOGY GROUP.....

Electric Vehicles: Cutting Through the Noise

Are you curious about electric vehicles (EVs) but unsure what to believe? With so much conflicting information in the media, it can be hard to separate fact from fiction.

Join us for an engaging talk where we'll take an honest look at the realities of EV ownership—the benefits, the challenges, and the costs. We'll also explore alternative vehicle options and cut through the negative press and common misconceptions. Whether you're considering an EV, already own one, or just want to learn more, this is a great opportunity to get the facts.

The talk will conclude with an open Q&A session, so bring your questions!

 Venue: **Bridlington Sports Centre, Gypsey Road**

 Date: **Wednesday, 26th March**

 Time: **2pm**

All are welcome—come along and join the conversation!

Group Activities Summary

am	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	Spa meeting (Monthly) Knit & Natter Short Walks 1 Tap Dancing for All	Continuing French Book Group Knitting & Crochet New Age Kurling 3 Orchestra Play Reading Reiki Course Show Dancing Trim Intentions/ Weight Management	Ballet Fitness Friendship Circle Golf Improvers Greek for Holidays Mindfulness Meditation New Age Kurling 1 Over the Hill Mob (Walking Group, Monthly). Short Strolls Short Walks 2 Spanish Intermediate Ukulele Sensation A Writers Group	Bible Discussion (Monthly). Crown Green Bowls Discussion Group Gentlemen's Relish Map Reading Round & About Walks Scrabble	Croquet Flower Arranging New Age Kurling 2 Line Dancing Table Tennis Watercolours Mixed
pm	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	Archery Acrylics Art Group Book Club Canasta 1 Introducing Canasta Digital Photography Petanque Readers' Group 2 nd . Year Spanish	Beginners' Canasta French Conversation Literary Studies 2 (Monthly). Line Dancing Beg. Poetry Appreciation Reiki Exchange Science/Technology Sewing Group Uno and Boardgames Yoga & Pilates Wine Appreciation	Bridge – Improvers Calligraphy Photography Pickleball Progressive Whist Spanish – Intermediate /Advanced Quiz Night (monthly)	Canasta 2 Climate Change Italian Literary Studies Wine Appreciation	Book Group Flat Green Bowls Recorder Ensemble Rummikub, UNO and Dominoes <u>Sunday</u> Canasta Sunday
Variable: Allotments, Geoarchaeology, Hearing Loss, Silver Dream Bikers, Trips/Events					

TRIPS AND HOLIDAYS

LIVERPOOL, LLANDUDNO & LLANGOLLEN

5 Day/4 Night Coach Trip – 8th September 2025

£355 per person (based on 2 sharing), (supplement for single occupancy of £19pn – limited availability)

Includes return luxury coach travel, 4 nights stay at Beaufort Park Hotel, Mold, with dinner, bed & breakfast, hotel portage, and 3 excursions. Entrance fees are not included unless stated below

From Beatlemania to Scenic Heights: Exploring Liverpool, Llandudno and the Pontcysyllte Aqueduct

- Visit Liverpool, offering a vibrant mix of history and culture. Explore the bustling Albert Dock, home to the Beatles Story and Tate Liverpool. Marvel at the Royal Liver Building and immerse yourself in the city's legendary music scene at the Cavern Club. Diverse cuisine and lively streets make Liverpool an unforgettable destination.
- Journey to Llandudno, which offers a blend of Victorian charm and natural beauty. Nestled between two headlands, the town features a scenic promenade, a historic pier, and stunning coastal views. Lined with boutique shops and cosy cafes, creating a welcoming atmosphere for a relaxing getaway.
- A boat cruise on the Llangollen aqueduct offers an unforgettable experience that combines serene waters with breathtaking views. As you glide along the canal, you will traverse the Pontcysyllte Aqueduct. The journey provides stunning vistas of the countryside, allowing you to appreciate the greenery and rolling hills from a unique vantage point. This trip is not suitable for people with walking difficulties. Entrance is included.

HOLIDAY TO SCOTLAND

5 Day/4 Night Coach trip – 14th January 2026

£279 per person (based on 2 sharing). There are a limited number of single rooms available at no additional cost. For a double room at single occupancy the supplemental cost is £20 pppn i.e. £279 + £80 = £359

This includes coach travel, bed, breakfast and evening meal at Duke of Gordon Hotel (Kingussie) and coach excursions (entry fees not included unless stated). Entertainment most evenings. Proposed itinerary for this trip – awaiting finalisation by Cairngorm:

- Highland Wildlife Park (entry fee included) – a drive-through safari park as well as enclosures with rarely see native wildlife, as well as species that once roamed the Scottish Hills and many iconic species from around the world. The new visitor centre is due to open ready for 2026.
- Fort George and Nairn Fort George, one of the most outstanding fortifications in Europe was built in the wake of the Battle of Culloden (1746) and is home to the Highlanders museum (English Heritage membership enables free admission to Fort George). Fort George is currently home to the Black Watch.
- Nairn is an ancient fishing port and market town.
- Dundee. Many and varied places to visit, including the McManus Museum (free entry), V & A, Mills Observatory and an opportunity for retail therapy.

If you would like to join either of these trips, or would like any further information, please contact Sylvia Wright via email silverladybrid@gmail.com or call 01262 672721 to reserve your seat and request a booking form. A deposit of £50 per person is payable on completion of the booking form – deposits to be paid by the end of March. Sylvia will be at Bridlington Belvedere Golf Club (restaurant) on Mondays from 10.30am to 11.30am so you can collect/return your booking form.

AND FINALLY.....

THE MAGIC OF UKULELES

Generally, the ukulele is regarded as a happy instrument. It is commonly believed to have its origin in Hawaii and it is easy to conjure up a vision of players strumming away under palm trees with waves breaking on golden sands in the background.



That may well be the case in Hawaii today but research indicates the ukulele was originally being played in Portugal during the eighteenth century. The present popularity of ukuleles (ukes) can be attributed to their small size and relatively low cost. Presently you will need to pay around £50 for an instrument that it is easy to play and sounds good. Below £50 you may have a few rough edges for your fingers to deal with and the sound you get, compared to other ukes may wish you had spent a bit more. There is a lot of hype about which uke gives the best sound – in reality it is the player that makes the big difference.

There are four basic uke sizes. The smallest “Soprano” size provides a more treble sound. Many parents buy the Soprano size for their children assuming it will be easier for small fingers to handle. In reality it is the most difficult instrument to play. Do we give kids miniature pianos to play? No way! Look on the internet and you will find 6-year-old kids handling a full size, grand’ piano with great dexterity.

Learning to play the ukulele is relatively easy compared to other musical but to be an accomplished player it takes discipline and lots and lots of practice. “Little and often” is the secret. Three 10-minute sessions are so much better than a single half-hour stint. These days there is a lot of help available on the internet using the “Youtube” app.

There are many health benefits associated with playing a ukulele. In my own case it has considerably reduced the pain in my ancient arthritic fingers and very much improved their mobility. I have heard many reports of learning a musical instrument staving off the symptoms of dementia. I complete this article with a photo of Bridlington’s U3A ukulele group “Ukulele Sensation”. Everyone looks very happy – don’t they.

Bill Western – Group Leader



WE ARE CURRENTLY LOOKING FOR A BASS GUITAR OR UKELELE PLAYER FOR THE GROUP. PLEASE CONTACT BILL WESTERN BY PHONE ON 07854637349 OR BY EMAIL billwestern@ymail.com