

Ripon and District U3A Newsletter
November 2026



There is no Chairman's Report for November

STOP PRESS!

Re October's Monday Meeting: We are extremely sorry to have to inform you that North Yorks Police have cancelled their promised speaker for this coming Monday's monthly meeting (**October 26th**). We were promised Charlotte Newbold to talk to our members on the topic of scams, scammers and, importantly, how to avoid them.

This cancellation has been very last-minute but our excellent speaker secretary, Joyce Walmsley, is currently trying hard to find an alternative speaker.

Again, my sincere apologies for this as I know many of you will be very disappointed.

Janet Sutton, Vice-chair, Ripon and District u3a

NB – Beacon – the system the u3a uses to send out emails has been out of action today, hopefully the problem has been resolved and you all receive your newsletter and communication from group leaders.

November Monthly Meeting

"These Boots Are Made for Walking" sang Nancy Sinatra in 1966. So, get your hiking boots on all you walkers (and armchair walking enthusiasts!) as Paula Connoly takes us

Walking Along the Wolds Way at our next Monthly Meeting.

Never heard of the Wolds Way? Well then, that's all the more reason to shake off those cobwebs, expand your horizons and join us at Ripon Rugby Club on Monday, 23rd November at 2pm (doors open at 1.30pm) to find out more.

I'll look forward to seeing all you Happy Wanderers there!

Janet Sutton,
Vice Chair, Ripon and District u3a

Wider u3a availability

As discussed at the New Members Meeting and possibly of interest to all our members as quite a few of us were unaware that these were available:

Link to Friends Newsletter below
https://www.u3a.org.uk/what-we-do/newsletter
An individual member needs to complete the form on the right of the page you download.

Free online talks, workshops and courses
Link: https://www.u3a.org.uk/what-we-do/events/educational-events
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.

Subject Networks - Subject Networks provide a platform for u3a members to connect and come together around their interests. If you are looking for advice or support around a particular subject, you might want to see if you can contact a Subject Adviser.

- **What is a Subject Network?** Networks are groups of u3a members who share ideas and resources, build relationships, and access more learning opportunities around the subject.
- **Who can join them?** Any u3a member can join a national u3a subject network, whether you attend an interest group at your local u3a in that subject or not.
- **How can I start a network?** More subject networks are being developed across u3a all the time, both with and without the support of the u3a office.

If u3a members have questions regarding insurance or risk relating to activities, please contact the u3a office via info@u3a.org.uk or 020 8466 6139.

Link: https://www.u3a.org.uk/members-area/subject-networks Glenys

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Whist Group





We had a very successful afternoon at the Spotlight event with **10 i**nterested players turning up for the free taster session at our next game, we hope to see them become permanent members.
If anyone else is interested please contact Brenda via the Ripon U3A website

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Running Indoor and Outdoor Physical Activity Groups and Travel Activities

Any u3a member can attend.
Yours truly leading on the morning session.
A more detailed itinerary out soon.

Monday November 23rd

St George's Centre Leeds *(60 Great George St, Leeds LS1 3DL)*
10:00 for a 10:30 start until 15:00 (lunch included)

Outdoor activities and travel opportunities are an important part of a u3a. This workshop will look at both of these.

The morning session will look at the practical aspects of setting up outdoor activity groups including funding, health and safety and sources of practical advice.

After lunch we will look at running travel events. This is an opportunity to obtain good advice; hear the lessons of others (both positive and negative) and share your own experiences (both positive and negative).

You can book a place via our website at https://yahru3a.uk/2026-11- yahr-workshop/
The event is open to all u3a members in the Yorkshire and Humber Region and is free of charge.

Glenys

Could Playing Tennis Add 10 Years to Your Life?



If you're looking for a fun way to stay fit, healthy and active, tennis could be just what the doctor ordered!

According to research highlighted recently in *The Telegraph*, tennis players live, on average, almost 10 years longer than people who don't exercise. That's quite an incentive to dust off your racket! Tennis is a brilliant all-round workout, helping to improve balance, coordination, strength and cardiovascular fitness. It's good for the brain too, and perhaps best of all, it's a wonderfully sociable way to exercise - fresh air, friendly competition and plenty of laughter.

Our U3A Tennis Group is a friendly bunch who play for fun and enjoyment. Some of our members hadn't picked up a racket for decades before joining us, while others were complete beginners. Everyone is welcome, whatever their ability.

Just because winter is approaching doesn't mean we're packing away our rackets! We continue playing throughout the winter whenever the weather allows, so there's no need to wait until spring to join.

We meet at **Ripon Spa Park tennis courts on Wednesdays and Fridays at 2pm**, playing doubles for an hour, with short sets and regularly changing partners. Sessions cost just £2.50, tennis balls are provided, and we can even lend you a racket. Our WhatsApp group keeps everyone informed of arrangements, particularly when the weather is unpredictable.

So, whether you'd like to get fitter, make new friends or simply rediscover the pleasure of hitting a tennis ball, why not give it a go?

To join us or find out more, contact **Stuart Wakefield** via the U3A website.

Walking Cricket - Change of time

I have managed to change the time of our slot at the Jack Laugher Ripon Spots Hall after much frustration of visits and emails backwards and forwards. We now have a 2 hour slot from 10am until 12 noon with effect from 27th October 2026. This will be a great help to those who find it difficult getting up in the mornings. This is booked through to 31st March when we will return to playing outdoors. We will have a 2 week break on 22nd and 29th December. For now, we are keeping the price per session to £5 but may need to review it for the new year.



For any further information please contact Roger R

Science for All Group

At our October meeting Dr Parveen Smith gave an enthusiastic and entertaining talk on Science, non-Science and the Unseen World. Despite her own health problems, Parveen has built a career on helping people with health issues. Parveen says that, with her team, as a motivational speaker she can help you overcome stress, anxiety, depression or other health issues by channeling your own inner strengths.



Our next meeting, Monday 9 November, Sharow VH 2pm, is a change to the programme and will be a talk by-

Judy and Ralph Armsby on **"Our Electric House"** Keith

An additional report from Margaret Bushell

Science for All October 2026

None of us knew what to expect from this month's talk by Honorary Dr Parveen Smith with the title **Science, Non Science and the Unseen World** and for some members it was out of the normal comfort zone. Based on the psychological aspects of science, Parveen shared her early struggles with ill health and feelings of invisibility and being unaccepted in her society partly due to her Asian heritage. She explained that whilst emotional stress can't be seen, it can determine the quality and length of someone's life.

Feelings of confidence and trust are essential for societies and countries to function. Feelings connected to something far greater than oneself is reported across every known civilisation. Parveen stated 'Science has repeatedly shown us that invisible forces govern the visible world.' Throughout

centuries, scientists were initially ridiculed for their radical views and inventions but with courage, a sense of purpose and perseverance most of these transformed society. Whilst Parveen didn't mention 'mindfulness', one of our members felt that this was the essence of Parveen's talk. She is a Complimentary Medical Practitioner and gave us much to think about.

November's talk is more 'down to earth' **Our All-Electric Home** from a husband and wife couple from Harrogate u3a.

Wine Appreciation Group - Enjoy good wine, good company and a relaxing afternoon!



Do you enjoy a glass of wine? Would you like to try something different, discover new favourites and spend a pleasant afternoon in good company?

If so, why not join the Wine Appreciation Group?

Despite the name, you certainly don't need to be a wine expert! Our group is friendly and relaxed. We enjoy getting together to taste a variety of wines, share our impressions and learn a little along the way.

Each month we explore a different selection of wines, often discovering varieties, regions and producers we might never otherwise have tried. Some are familiar, others may surprise us, and there is always something interesting to discuss.

There are no right or wrong answers when it comes to taste. You don't need to know anything about wine to join in. Our aim is simple: an enjoyable, convivial afternoon, a little discovery, some lively conversation and good company.

When and where?

We meet on Wednesday afternoons from **2pm to 4pm**, throughout the year, making a monthly contribution to the wines. There are two small groups. **Vacancies are currently available in Group 2**, which meets on the **second Wednesday of each month**. The meeting address is available on application.

Why not come and join us?

Whether you know a little about wine, know a lot, or simply know what you like, you'll be very welcome. Come for the wine, stay for the company — and perhaps discover a new favourite along the way!

For more information or to express an interest in joining, click the link for the **Wine Appreciation Group** on the Ripon & District u3a website.

Theatre Group



The varied activities of the Theatre Visits Group have continued to interest Members. There have been two highlights during recent months, the first being a Coffee Morning at Ripon RUFC on July 15th at which Nicola Dawn gave a stimulating and exciting talk entitled 'Thrills and Spills of my Life in Television'. A remarkable story really about someone who just turned up at the ITV stage production door one day without any qualifications, asked if there was anything she could do to help, was immediately given a couple of tasks and at the end of the day they asked if she could come back tomorrow. She grabbed the opportunity, grew into the job, and loved being involved with all that went on behind the scenes. Nicola went on to become production manager after which there was no celebrity whom she hadn't actually met at some stage.

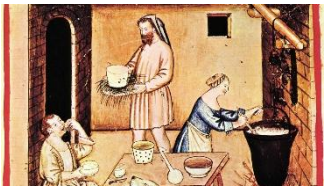


The second event was a visit to Darlington Hippodrome 8th October to see a new production of Twelve Angry Men, Bill Ward, (my nephew) and as it turned out, the Lead Actor in this production, joined our Group in the Theatre Cafe for some 30 minutes before the performance. And some performance it was. All 12 actors remained on the stage the entire production and the only scene change was a revolving table centre stage, the movements of which were barely noticeable. The production required fairly attentive listening. There was some very powerful acting and plenty of drama, the intensity of which might best be summarised by mentioning that one of our group said the tears really came to her eyes during the final scene. This was altogether very impressive theatre.

Rodney Towers

Local History Group

At 10.00am on **Thursday 22nd October** we will welcome Chris Tapster, a military history speaker and living history re-enactor who is based in Harrogate.



On Thursday 26th November the speaker will be **Peter Sutton** who will give a powerpoint presentation entitled **'Ripon's Three Medieval Hospitals'.**

The Rugby Club is situated on Mallorie Park Drive, Ripon HG4 2QD. It has its own car park, and the clubhouse and all of its facilities are on level ground. Club Steward Sam will ensure that the tea/filter coffee/cool water and biscuits will be available from our time of arrival - as well as during a short interval part-way through the talk.

The cost of unlimited refreshments, from when we arrive, is currently only £2 a person – which goes straight to our hosts at the Rugby Club.

Guests are welcome to come along to one of our meetings, for which there will be a further payment of £2 - which goes towards the hire of the clubhouse and any speaker expenses. To attend subsequent meetings a guest must also be a member of Ripon u3a.

if you would like any more details, or clarification, our contact information can be found on the Ripon u3a website under the 'Groups' heading on the opening page.

Walking Group

Well, the weather is changing, and we are entering the winter period, which is always a challenge for walking, but let's hope we can get most of the walks done!
If you would like to try one of the walks before you decide whether to join the Walking Group, please contact the Group Leader, whose details are on the website. Members will receive an email shortly with all the details of the walks. Please make sure you let the leader know if you intend to do any of the walks.

Kath Beeken, Walks Co-ordinator

Wednesday 4th November

Margaret D will lead a 6 mile circular walk from Pateley Bridge (PB). Meet at the PB Showground CP (HG3 5BD), for 10:00 start. The woodland tracks are well-marked (though can be rough and/or a bit muddy in places). There is some uphill walking, and one stile. Bring elevenses and lunch.



From PB we walk to Bewerley then head up through Skrikes Wood to Yorke's Folly (Two Stoops). We walk along the ridge, with views over the Nidd valley, to the Radio Mast. We then descend through Guisecliff wood via the tarn to Glasshouses, returning to PB alongside the river.

Tuesday 10th November

Janice S will lead a 4 mile town trail, visiting interesting places in the South side of Harrogate. All on good paths/ pavements. Bring lunch, hot drinks are available to buy or bring your own drink.
Leave Ripon on the 9.25am number 36 bus. Alight at Oatlands corner (M&S) and Janice will meet you there. The group will visit a nature reserve, and hear about what used to be there in wartime and beyond. There will be a short uphill walk to see a tower, with an interesting feature, and have views over Harrogate. Those who do not want to stop for lunch can carry on into town to catch the bus back to Ripon, otherwise we will have lunch in the Valley Gardens, and then go for the bus back.

Wednesday 18th November

Gill B will lead a 5 or 8 mile walk from Ripley. Meet in front of the Boars Head at 10.00am. Heading to Markington, and on to South Stainley. Either take 36 bus back to Ripon, or to Ripley, which will be the 5

mile walk, or walk back to Ripley, which will be 8 miles. Ice cream at the end if weather permits, otherwise a hot drink. Bring refreshments for 2 stops.

Wednesday 25th November



Linda will lead a 7m circular walk from Masham - An undulating walk initially following the riverside path before heading on a selection of quiet lanes and field paths returning to the cars by skirting Marfield Wetlands. One awkward stile otherwise gates.
Meet 10.15am in the Recreation ground car park - £2 voluntary contribution. Please bring refreshments for 2 stops - elevenses and lunch. By November it could be muddy so poles may be useful and a sitter.

Garden Group

The Garden Group (who in the summer visit gardens) are inside for the winter now. They meet on the third Friday of the month at Allhallowgate Methodist Church Hall 10.00am to 11.30am, there is a one-off charge of £5 for the season.



Quizzes, plant share , video's, speakers. Contact Glenys Bailey frankandglenys1@btconnect.com. if you would like to come and see how we roll.

This Month's Bio is from Karen Clerk

'Apparently the one on the left has the bigger heart!'



In my previous life, I went into teaching and spent most of my career in Birmingham where I was a Head of Department, Senior Manager and Head of School.

Then with retirement from full-time work, my husband and I moved to the Ripon area in 2018 and worked part-time over in Cross Hills in a very enjoyable job with a very un-enjoyable commute.

By 2021, I was looking for a new challenge and there it was - the u3a!
I initially joined Walking Netball which was wonderful, and then the Book Group which really expanded my choice of reading material.

Later, I was asked to form a Singing Group which is now over four years old and going on from strength to strength. I am also Group Leader for Calle Oche [Latin Muisc] and Culture Club.

I joined the u3a committee in 2023 and became Groups Co-ordinator in 2024. I enjoy helping develop new groups and creating new opportunities for our members.

Meeting and chatting to new people is another hobby of mine and have met lots of lovely characters in the u3a.

My husband and I along with 5 other musicians play in a Band which performs locally, giving live performances of music from the 60's up to the present day - often for Birthday Parties and other special occasions.

Returning to Yorkshire took over forty years but it is nice to be here, at last!

Deadline for the December Newsletter

Please can I have all copy for the December Newsletter to me no later than the 21st November
Thank you, Yvonne

- End -