

Garforth, Kippax & District u3a Bulletin Plus May 2026

Messages From Your Chair

Hello and welcome to our May issue.

I need to remind you that **for our MAY MEETING ONLY** we are changing location to Swillington Sports & Social Club, 9 WAKEFIELD ROAD, SWILLINGTON, LEEDS LS26 8DT. This venue has plenty of parking and is also on a bus route (175 Wakefield- Castleford), but not sure of timings. If any one with a car has a spare seat, can you see if you are able to take a group member or friend. June is AGM time, once more and the appropriate paperwork will be coming to you over the next few weeks. If any member wishes to discuss nominations for committee, please feel free to contact our Secretary or myself, as Chair, either in person at our May meeting or via our respective generic emails.

May we take a moment to remind all our members that the ethos of the u3a is that we are '**run by members for the members**'! Thank you.

Dates For Your Diary:

Members Meeting: Wednesday 6th May 2026: Swillington Sports & Social Club 1.00 for 1.30

Monthly social meeting: our speaker is Dave Carlos with his talk on Online Awareness.

Please respect our speaker by not chatting unnecessarily during their talk, thank you.

The membership desk will open for any queries before and after the speaker but not **during** their presentation. Committee members will also be available – just look for their yellow name badges.

A general invite will be sent to all U3A members. Please attend with your membership card/number

Members Meeting: Wednesday 3rd June 2026: Garforth Working Men's Club 1.00 for 1.30

This is our **AGM meeting**, which should take about 45 minutes, followed by our monthly social meeting. when our speaker will be Stephen Midgley with a talk about Wildlife Photography.

Please show respect for our committee and speaker by not chatting unnecessarily during their presentation and talk, thank you.

The membership desk will be open for any queries before and after the speaker but not **during** the presentations. Committee members will also be available – just look for their yellow name badges.

A general invite will be sent to all U3A members. Please attend with your membership card/number

All guests or prospective new members to our monthly meetings will be required to sign our Guest Visitor Sheet.

Schedule of Group Activities

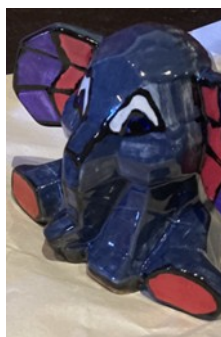
Group	When & Where	Convenor
Activities Group	Please contact the convenor for their next activity	Chrissy M
Art group	Tuesday fortnightly at 10:30am. The Elders, Great Preston	Jenny E
Art Appreciation	3rd Thurs at GWMC, 10.00 to 12 noon	Dave W
Bookworms	3rd Wed at 10.30am in members' homes, at capacity - waiting list for new members or 2nd group	Judith H
Chess	1st & 3rd Monday afternoons 2:00 pm-4:00pm, Garforth Library	Jenny T Genise G
Cinema Group	Tuesdays at The Odeon, The Springs for matinee film, followed by coffee discussion	Jane P
Classical Ensemble	Meet fortnightly in members' homes, actively looking for new members	Joe B
Conversational German	Thursdays 2:30 pm-4:00 pm, Garforth Library Café	Wendy B-E
Craft	2nd & 4th Mondays 2.00-4.00, Guide Hut, off Barleyhill Road	Janice G
Crochet & Knitting Group	2nd Wednesday 1.00 – 3.00, The Gaping Goose, Selby Road, Garforth	Heather M Penny B
Easy Cycling & Potterer's	2nd & 4th Tuesdays, see website for details Contact Convenor for details of Potterer's	Gary S
French	1.30 - 3.00pm, 2nd & 4th Monday, Garforth Library	Glenys M
Garden visits	Ad hoc visits, please see our website for details, and instructions	Susan I Judith R
History:	2nd Wednesday 1.00 - 3.00pm. Ad Hoc outdoor locations. See website for details	Carol W
Italian	2pm each Wednesday except 1st Wednesday at 3.00pm	Peter J
Italian For Beginners	Friday mornings 10:30 am-12:00 pm Garforth Library café	Wendy B-E
Keep Fit	Tuesdays between 10.00 & 11.30 am. Guides HQ, Barley Fields Close	Lynne H
Motor homes	On WhatsApp only	Sue La
Motoring	2.00pm 2nd Tuesday, The Gaping Goose, Selby Rd.	Nick H
Photography	Last Monday, 11.00 – 13.00 The Gaping Goose, Selby Road, Garforth	Graham I

Play Reading	3rd Thursday of month in members' homes, at capacity, waiting list for places/2nd group	Sue Lo
Quiz afternoon	Last Wednesday of the month, 2.00 - 4.00pm, Garforth Working Men's Club	Judith R
Saturday Lunch Club	Last Saturday each month, venue chosen by members at previous month meeting	Joan B Via landline
SciTech	Ad Hoc visits: but taking a break Contact convenor or see website for details	Carol J
Spanish	Each Mon, 10.30 – 12.00, Garforth Library Contact convenor for further details	Eric A
Strings & Swing	1st & 3rd Thurs, 1.30pm, Scout Hut and 2nd & 4th Tues, 1.30pm, Gaping Goose.	Les G
Strollers	1st Mon & 3rd Wed each month. Details posted on the website & our fb group.	Sue La
Tech it Easy	1st & 3rd Monday, 10am at Kippax Library See website for full details	Sue La Chrissie M
Theatre group	2nd Tuesday of the month 2.00pm The Commercial, Kippax High Street	Virginia W
Ukulele	Tuesday mornings, 10.30-12.30 Welfare Hall, Main Street, Garforth	Martin B
Walking Netball	Wednesdays 3pm – 4.00 pm Kippax Sports Centre	Group Co-ordinators
Walking over 5 miles	2nd & 4th Wednesdays each month	Wendy B-E
Walking Under 5 miles	Alternate Thursdays. Contact convenor for full details.	Diane McE
Wellbeing with Nature	Full details are available via the Group Convenor on website	Tina R

Groups Roundup/New Groups and/or Next Visits

Activities

On February 18 members of the Activity Outings group went to Paint a Pot Castleford and had an enjoyable morning painting a pot of their choice.





On March 13 members of the Activities group visited an escape room at Escape Hunt in Leeds. Our game was The Fourth Samurai, set in ancient Japan, where our intrepid adventurers were tasked with defeating an evil warlord. The idea is to solve a series of puzzles to escape various rooms and advance through the game to complete the challenge. As this game has twin rooms, we were able to play as two teams so there was an added air of competition! Sadly, neither team

managed to defeat the warlord before our hour was up, so we didn't escape. It's fair to say some of the puzzles were a bit too puzzling and the time went too quickly! Both teams displayed great teamwork and enthusiasm, and it was an entertaining morning.

Art

Their topics for May:

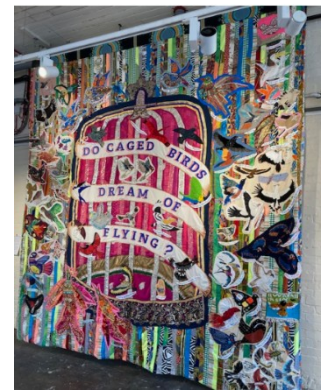
12th May: Wild Africa

26th May: A scene from History

Art Appreciation



Examples of the Textile Art that were on display at Sunny Bank Mills Galleries when we visited on April 16th. There was also a guided tour of the Museum and Archive. Members enjoyed the social gathering for refreshments; before and after the tour.



Our next meeting will be on 21st

May, with an illustrated talk on Charleston & The Bloomsbury Artists – Art, Lives & Loves.

Please see our website for further details and contact the convenor if you are interested to join this varied group.

Chess



Whilst hunting for chess sets in Garforth's excellent charity shops, I was lucky enough to find a facsimile set of *the Isle of Lewis Chessmen*. [In chess, all the pieces are called 'men', even the queen!]

The Isle of Lewis Chessmen is a collection of intricately carved chess pieces that were discovered in 1831 on the Isle of Lewis, part of the Outer Hebrides in Scotland. They are one of the most famous examples of medieval European craftsmanship and have intrigued historians, archaeologists, and art enthusiasts for

nearly two centuries.

The chessmen were probably created in the 12th century and are believed to have been carved in Norway. Why they were hidden in a sandbank in Lewis has never been adequately explained. Maybe they were brought by the Vikings for trading, for entertainment or possibly to keep them safe from raiders or even as part of a burial ritual. Their remarkable preservation has allowed us to glimpse the artistry of the Viking period.

The chess pieces are made mostly from walrus ivory, a material highly prized in medieval Europe. The set includes not only the traditional chess pieces—kings, queens, bishops, knights, rukhs, and pawns—but also unique figures such as the king with a distinctive crown and stern expression, bishops with long beards, and knights riding horseback. The pieces are carved with exceptional attention to detail, and each has a distinct personality, making them very intriguing. The Isle of Lewis Chessmen possibly belonged to a high-ranking noble, and their discovery has provided valuable insights into Viking-era trade, craftsmanship and culture. Today, the chessmen are divided between the British Museum in London and the National Museum of Scotland in Edinburgh, where they continue to fascinate visitors.

Our Chess group meets at Garforth Library, 2pm, every 1st & 3rd Monday each month. New members, including beginners, are welcome. Please see the website or tel: 07787 575570

Conversational German

With five regular members and a recent new member we are perhaps one of the smaller language groups. However, that hasn't stopped us getting together on a weekly basis and chatting away with varying degrees of fluency. We also tackle some reading with an all hands on deck approach to help each other when anyone is finding it harder going. If you have some prior experience of German and would like to join us then do come along to Garforth Library, downstairs computer room 14:30-16:00 on Thursdays.

History



In February the History group visited Leeds Civic Hall. After meeting the Lord Mayor over refreshments in the Ark Royal room we were shown round by the Sergeant-at-Mace and Cllr Mark Dobson who helped to arrange the visit. We saw the Council Chamber, hearing about the procedures for council meetings, the Banqueting Suite and the East and West Rooms which are now used more regularly for weddings and citizenship ceremonies and host an impressive collection of portraits of former Lord

Mayors. We also visited the gallery where many of the treasures of the Civic Hall are displayed, most of them gifts from visiting dignitaries or from civic visits overseas.

The photos are courtesy of Dave T and Lorna and one from the Lord Mayor.



On 18th March, a small group of us visited the Mental Health Museum which is now part of the Fieldhead Hospital complex in Wakefield. It contains exhibits and artefacts from Stanley Royd Hospital, which opened as the West Riding Pauper Lunatic Asylum in 1818. Sally Evans from the museum gave us a short introduction about its history. The asylum was born out of a desire to give more humane care to patients, and we were reminded that “asylum” means a safe place. From 150 patients, the hospital grew and accommodated 1000 by the 1860s.

A scale model of the Stanley Royd hospital site is on display and there is a detailed drawing made by one of the patients. We were interested in the many different reasons why people were admitted in the nineteenth century and how financially, the hospital had to be as self-sufficient as possible. Methods and attitudes to mental health over the last 200 years are explored there is also section on modern mental health care. Stanley Royd finally closed in 1995, but museum staff are keen to hear stories from anyone with a connection for their oral history archive. Visiting is by appointment, but the museum will be open for heritage open days in September.

Italian for Beginners

The group is going well with eight members of mixed abilities, as we have had some newer members over the past few months. Whilst we still consider ourselves beginners, we are slowly but surely increasing our grasp of the language, increasing our vocabulary and grappling with the grammar. Each week we do a little reading, talk about what has interested us the past week and now do 'speed chatting', which has proved to be very popular and is helping us get more confident and fluent.

Saturday Lunch Club

Our March 28th Lunch was at The Buffers in Scholes. It re-opened before Christmas and at present is only serving the Lunch Menu every day. These are smaller portions, though quite filling, if you want a dessert too!

Possibly not recommended to use email to book as the Landlady Lorraine, seems to prefer telephone communication. Lorraine also asks you to pre-order your food if there's a large group. Some found the food needed lots of vinegar and sauces, others not keen on the salad dressing, whilst those who had deserts enjoyed them.

We all agreed that we really enjoyed each other's company



Walking Over 5 Miles



The 25th of March saw 8 of us on a bright but cold morning set out to Lotherton Hall for our long walk of the month at 10.25 miles. We headed up the Flyline and onto Aberford before stopping at Lotherton café for coffee and cake. The return trip was via Scotts Woods, Hooks Moor and Micklefield.

On April 8th we had a mixed distance walk along the Linesway and St Aiden's on a glorious day. With 9 of us, including one new walker, starting in Garforth for a 10 mile walk, and a further 4 walkers joining at Becks Lane, Kippax for a 7.75 miler. We stopped off at The Green House in Methley for our break and on spent a while bird watching and catching a glimpse of a Little Owl before leaving St Aiden's for back.



Walking Under 5 Miles

Our last walk was local and led by David Trebilock. We met the car park on Barley Hill Road Garforth, walking around the park and across the Wakefield Road, which was very busy; then up the farm drive through the trees to join Barrowby Lane, to cross the Railway by the new (and probably very expensive) green bridge, designed especially for horses to cross safely.



We saw lots of horses, and the countryside opened out. We then walked along a new and stoney path to join the ELOR, the stream had been cleared, and we saw marsh marigolds etc.

After coffee in Springs, we did a shorter walk back including the mystery bridge to nowhere. Across the motorway and joined Barrowby Lane, then reversed our outgoing journey back to the carpark.

Thank you Dave for an interesting walk with paths I haven't been on. Perhaps we could collate some of these walks we do into some kind of pamphlet?

Wellness with Nature

Twelve members met at Lotherton today. After a confusing start due to maintenance on the Lotherton access road we were all ready for a fascinating talk with Stephanie Davies the

Community Curator. We were welcomed into the servant's hall and started the session with tea, coffee and cake.

Stephanie's talk explained the relationship between Florence and the family at Lotherton. The letters and diaries now held at Lotherton show Florence grew up in an extended loving family with access to nature for play and a strong sense of social justice. As a determined woman at a time when women had little power, she became influential in nursing and the design of hospitals including LGI, which incorporated hygiene measures and access to nature. Florence made good relationships with influential men of her generation, including Charles Dickens. She was adept at maths and presented statistical evidence which changed prevailing opinions and improved health outcomes.

The Nightingale exhibition in the servant's hall includes references to her interest in plants and nature. After the talk the group visited the Botanically Beautiful exhibition and then had more drinks in the servant's hall with our packed lunches. Those with time further explored nature around the Lotherton estate.

It was a great morning, and we are very appreciative of the staff at Lotherton making us feel so welcome.

Apple Blossom at the Growing Zone, Kippax



Our latest visit to the orchard at the Growing Zone, Kippax was to celebrate apple blossom. Last August we went there to make juice with the 2025 bumper apple harvest. In this visit we were able to see the blossom. It was touch and go whether it would be in bloom, luckily some warmer days brought it on just in time. We also took inspiration from the Japanese Spring celebration of Sakura when families and friends celebrate the cherry blossom, renewal, beauty and the transience of life by

having an picnic under the blossom in public parks and gardens.

We started with a chat about the work of the Growing Zone and Sakura. Blessed with sunshine we were able to do our blossom drawing and painting activities. Some group members were more confident, but everyone did some mindful sketching of the blossom. Then we found our inner child painting with our fingers and sticks to capture the apple blossom. We concluded our celebration of blossom chatting whilst enjoying tea, coffee or water and a piece of cherry and almond cake.



The Growing Zone gave us another friendly welcome, and we are grateful for their continuing support.



CYGNET:

CYGNET links:

Selby: www.selby.u3asite.uk

Sherburn: www.sherburnu3a.org

Tadcaster: www.tadcasterandvillages.u3asite.uk

Leeds: www.u3aleeds.com

If you wish to visit, or join, any interest groups under CYGNET, please remember to make contact via our CYGNET Liaisons in the first instance, via the website or to cygnet@garforthkippaxu3a.org.uk; **please do not just turn up!**

Keeping up to Date

Keep checking our website for news updates:

<https://garforthkippaxdistrict.u3asite.uk>

Check out our Facebook Group/Page:

Facebook members group: Garforth, Kippax & District U3A

<https://www.facebook.com/garforthkippaxu3a>

Facebook open page: We are Garforth Kippax & District u3a

<https://www.facebook.com/profile.php?id=61562379895610>

From u3a's National Learning Programme

Further information on the following free talks is available on

<https://www.u3a.org.uk/learning/national-programmes>

If you check the above website, you'll see there are also many other ideas, themes and topics you can apply to join in with. Please note events which require members to book are at

<https://www.u3a.org.uk/events/educational-events>

Thank you for reading,

Posted on behalf of Garforth, Kippax & District u3a:

Run by our members for our members!