

Garforth, Kippax & District u3a Bulletin Plus

August 2026

Messages From Your Chair

Hello again. Once more we are having a tiny break from the latest heatwave, or we were as I write this!

I am please to say that our latest venture, the Coffee Morning for new members, held on 26th June was very successful, and we had some interesting comments, some of which your new committee is now implementing. There will be more of these meetings, which will not be restricted to just new members but to all members if you wish to drop in. watch this space for more information in the future.

I am attaching to this Bulletin Plus a flyer from Yorkshire & Humberside Regional U3A (YAHR) regarding their next forum to be held in Leeds on 22nd September, which is open to all members, not just the current committee. The subject is Trustees Roles and Responsibilities, which I am aware sometimes may put people off when it comes to joining any committee, but this forum/workshop is an explanation for anyone who would like to think about joining our committee either now or sometime in the future.

I would also like to mention that we will have a local digital newsletter representative joining us at our August meeting, so there may be photographs being taken.

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 5th August 2026: Garforth Working Men's Club 1.00 for 1.30
Monthly social meeting, which will be a social event, with time to catchup with friends, old and new, a small picture quiz will be available for those who wish to join in. The membership desk will open for any queries throughout the meeting, attending 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 2nd September 2026: Garforth Working Men's Club 1.00 for 1.30. Monthly social meeting, when we welcome back Andy Wilson from Yorkshire Cancer Research, with his delayed talk 'Family Fortunes, A look at the genetics of cancer'.

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

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	Next activity: see below	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 Tues, 1.30pm, Guide 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	
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

Art Group:

Topics for August:

4th August Trompe-L'oeil (have a Go)
18th August Self Portrait Pencil Drawing

Art Appreciation

At our monthly meeting on 20th August our members will be giving short talks of 10 to 20 minutes duration. If you would like to contribute or discuss ideas, please speak to me Dave W. Chrissy March, Jenny Evans and Cathy Horner are taking part but there is plenty of time for others to contribute.

On September 17th our guest speaker David Winnpenny will be giving an illustrated talk on the Architecture and Art of Wentworth Woodhouse.

Cinema Group

On Tuesday 14th July the Cinema Group attended our final Silver Screening until they return in September. (The Odeon do not show the Silver Screens during the school holidays.) 16 of us marked the occasion with a visit to Caballero where we were able to continue chatting and could choose anything from cake or a full meal depending on what we fancied.

Since our return after the Christmas break, we have seen a total of 24 films, booking at least 370 tickets. From those films, 3 were awarded 5* by everyone in the group. These were: I Swear, Desperate Journey and Nuremberg. So not what you would call lightweight. Our next most highly rated were Song Sung Blue, Crime 101 and Mother's Pride, which were all awarded a minimum of 4* and illustrate the wide range of genres which we get to see. The films with the highest attendance were Hamnet and The Choral which were each seen by 23 members of the group.

Although there will be no official Silver Screens over the summer I will most likely be inviting the group to a couple of films from the normal schedules during the coming weeks so that we don't all get withdrawal symptoms. I think the first film will probably be The Odyssey, but any other suggestions would be very welcome. Just let me know. In the meantime, I hope everyone has a lovely summer. Jane

Crochet and Knitting

We are a relatively small group meeting on 2nd Wednesday each month at the Gaping Goose public house. We would love to see any member who has a desire to learn either crochet or knitting, or those who wish to improve their skills, in a friendly environment. We regularly donate some of our work to Jo, the landlady, who then using then to raise funds via her customers for the Yorkshire Air Ambulance.



We also produce a number of post box toppers for Kippax and Garforth throughout the year.

These are a couple we had up recently. New members are always welcome, just turn up or contact us via the website.



Garden Visits

We've recently visited two very different gardens. Firstly, at the end of June, we went to York Gate Garden in Adel. This is a one- acre garden with Grade II National Heritage status. We had a lovely day, and even though it was hot and sunny we found plenty of shade under the trees. The flowers were as beautiful as always.



The second visit was at the beginning of July, to the Circles Garden, in Midgley near Wakefield. It's aptly named The Circles Garden because of the circle theme running through out. A privately owned ½ acre garden, organic and self-sustaining, it took 9 years to develop. It is frequently featured by the National Garden Scheme. After a tour of the garden, we were invited to have afternoon tea provided by members of the St Austin's choir.

New members are always welcome, please contact Convenor Judith Robinson, via text: 07944 863 423 or via email: jhrobinson55@yahoo.co.uk

History Group

In June the History group went to Hull to visit some of the museums in the Old Town. There wasn't time for us to visit them all collectively, so members chose which sites they particularly wanted to see. Between us we visited Wilberforce House, the Hull and East Riding Archaeological Museum, the Street life Museum (showcasing 200 years of transport history plus a recreated 1940s High Street), the Spurn Lightship and Hull Minster. We also managed to find time for a very nice pub lunch. Some of us then walked off our lunch with a stroll along the waterfront and a browse around the independent shops.

Our History Group August meeting will be something a little bit different. We will be welcoming historian Olivia Broadhead who will be giving a talk on Cleopatra VII, specifically her portrayal throughout history.

The talk will take place in the Lounge at Garforth WMC at 2pm on Tuesday August 11th. There will be a charge of £2 per person to cover room hire. We hope to see you there!

Quiz Group

We shall be meeting at GWMC for our August quiz on Wednesday 26th August, however if this reaches you in time, we'd love to see you on Wednesday 29th for our July quiz, prepared and presented by Penny B.

The winners of our June quiz were the Kippax Cuties... Well done Ladies!

Saturday Luncheon Group

In June we had another lovely lunch at Miller and Carter, which was well attended. This month we are going to Boundary House in Methley. Please note there will be no lunch in August. Please contact Joan B, as per the schedule for further details.

Strollers

On Monday thirteen of us met at Glebelands car park for a circular stroll around some of the lesser-known paths and backways of Garforth. We had ideal weather - warm, cloudy and a light breeze. We strolled down Ninelands Lane to the Lines, took the path down behind the Academy to come out at the ginnel on the Grange. Julie even managed to navigate the path on her mobility scooter. Taking the ginnel up to Church Lane we cut through the medical centre car park to our refreshment stop at The Briggate.

Several Strollers decided to leave us there but eight of us strolled back behind the cricket pitch and care home, across Church Lane and through St Mary's church yard to Glebelands and either straddled the fence or limbo'ed under the gate to finish in the car park. It was about 2.2 miles at a leisurely pace. A lovely walk with great company and a big welcome to Adele who joined us for the first time.



Walking Under 5 miles

On 19th July some of our ladies took part in a charity walk at Temple Newsam in aid of Parkinsons Disease. Well Done ladies.



Walking over 5 miles

On the 10th of June, 5 of us headed out from the Maypole in Barwick in Elmet for an 8 mile walk led by Gary. We headed out of the village and across fields to Garforth Golf Course before skirting the ELOR and then through Scholes and up to Langlands for a well-earned café break before heading back.



On June 24th, Julie and John led 10 of us on a hot and sunny day from just outside of Sherburn In Elmet for a wander on the wild side. We started the 8.5 mile walk with a challenge to get through the defined paths, which were now a jungle of high weeds, until we emerged onto the wide farm tracks. We stopped frequently for 'hydration breaks' across the fields onto South Milford and Newthorpe incorporating a couple of railroad crossings along the way. Finally, after going towards Micklefield we headed back to Sherburn, stopping to admire the historic Huddleston Hall. The highlight of the day was seeing the 1940's vintage plane Gentle Annie (MH120), Avro Anson MK1, fly over us ([Look North article](#)



On July 8th, yet another hot sunny day, 7 of us started out from Leathley for a 6.4-mile walk. There was plenty of shade along the route as we took this shorter but interesting circular route visiting the hamlets of Stainburn, Braythorn and Lindley. Thankfully, we had just gone through the barley field and stopped for a lunch break as the combine harvester arrived.

Wellbeing With Nature

Ten members enjoyed another session at Incredible Edible's Wildlife Garden in Garforth. Our theme this visit was Elder and Nettles.

We learnt about the mythology, medicinal and other uses of both. Elder has had a conflicting press in the past but modern science is showing us the health benefits of the flowers and berries.

Then we made elder beads and harvested nettle fibre to make nettle cordage to thread our beads onto. It was quite challenging, but everyone had ago.

Although it was a hot day it was very pleasant under the shade of the trees drinking elderflower cordial with ice. The session ended with elderflower and courgette cake with tea or coffee.



Possible New Group

Mah Jong: this is still in early planning stages, but if you wish to learn how to play Moh Jong as a board game, please contact Sue Lackenby, via groupscoord@garforthkippaxu3a.org.uk

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 Liaison, Carol Lucas, 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!