

Garforth, Kippax & District u3a Bulletin Plus

September 2026

Messages From Your Chair

Welcome to this issue of the Bulletin Plus. Hope we are all enjoying the summer weather, however those few days of rain were a welcome relief from the heat, in our house at least. As you can see from below our groups are still busy, and we have another group starting at the end of September, Mah jong, details are below.

As you may have been aware we held our first drop in Coffee Morning, for our new members, and available for our current members who wish to join us, which was very successful. We have now set the date for the next one – Friday 2nd October, between 10 – 12noon. As previously all our new members will receive an invite, and for those who could not make the first, we would love to see you too. The venue is Garforth Methodist Church on Church Lane, Garforth.

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 2nd September 2026: Garforth Working Men's Club 1.00 for 1.30. Monthly social meeting with a talk from Andy Wilson of Yorkshire Cancer Research called 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

Members Meeting: Wednesday 7th October 2026: Garforth Working Men's Club 1.00 for 1.30 Monthly social meeting with speaker Peter Slater, telling us 'My Life as a BBC Sports Reporter'. Please respect our speaker by not chatting unnecessarily during their talk, thank you.

The membership desk will be 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 – term time only	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
Mahjong NEW	1st meeting 28th September. Garforth Library 2nd & 4th Mondays; 1.30 – 3.30	Sue Lackenby
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	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 Group

For our August meeting twelve members of the Activities Group undertook the Trivial Pursuit challenge around Leeds city centre. Beginning in Victoria Gate we visited the Corn Exchange, Royal Armouries, Wellington Place and the Merrion and Trinity centres before finishing in Leeds City Museum. Along the way we answered Leeds - themed questions to gain the wedges to complete our game cards. There



was quite a lot of walking involved, especially as we took the scenic route along the waterfront, but it was a fun activity, and we took full advantage of our refreshment breaks to have a rest and a chat.

Our September activity is a two-hour evening Bat Walk from St. Aiden's RSPB. Please remember to bring your own drinks. Numbers are limited to 15.

Please speak to Chrissy M for further details.

Art Group

Meeting at The Elders on alternate Tuesdays, our topics for September are

Tues 1st: Artist Playing a Musical Instrument

Tues 15th: Pond Life

Art Appreciation Group

This month we had yet another new approach, whereby some members delivered short, illustrated talks on topics in which they had a particular interest.

Jenny Evans started proceedings with a talk on Icons including their origin, symbolism and significance in recording as well as influencing history. She identified how they could be interpreted as well as how they had evolved and become established in modern culture.

Cathy Horner then gave a talk entitled - A Snapshot of the History of Bears in Art. This was illustrated by some of her collection of Bears as well as a comprehensive collection of illustrations ranging from Leonard Da Vinci's work to contemporary ones of Winnie The Pooh and Paddington Bear.

Chrissy March took us down a different path and talked about the Art Fund's National Art Pass as well as Boundless Plus. Two subscription memberships which have far reaching benefits for anyone who is interested in Art, Museums, Galleries or visiting Historical Buildings.

Peter Lockwood shared his passion and extensive knowledge of Salvador Dali when he focussed on some of the Spaniard's lesser-known work - Dali's Chairs. Members were also able to look at scale models of these rare pieces and hear about the context in which they were made.

An eclectic mix of talks which were well received by all those present. Next Meeting is September 17th at GWMC when an external speaker - David Winpenny will give an illustrated talk on the History, Art and Architecture of Wentworth Woodhouse in South Yorkshire.

Crochet & Knitting group

We continue to meet on 2nd Wednesday each month at the Gaping Goose from 1.00-3.00pm. As you will be aware we are also producers of our Post Box Toppers, and while our latest toppers went up for the summer, one of them was taken for a jaunt around Kippax before coming to rest at the Legion! We were led to assume someone thought that Dino was suffering from the heat. Unfortunately, we cannot accept that, this was a deliberate act, the toppers being very well secured, to remove the topper, for what ever reason. Fortunately, we knew of the incident quite quickly and it went onto social media soon after the act. The public were very supportive, and Dino and his girls came home to their post box within the week!



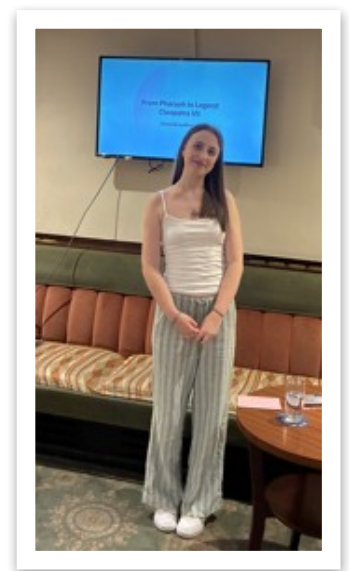
Pictures below are of our 2nd topper in Garforth featuring 'Sherlock Mole & Dr Watsoil' showing people of Garforth how to find us.



History Group

There was a really good attendance for our August meeting with over 30 members of the History group attending a talk presented by Olivia Broadhead - From Pharaoh to Legend Cleopatra VII. The talk looked at our assumptions about Cleopatra and the way she has been depicted throughout the ages beginning with the earliest accounts, and covering the Renaissance, Shakespeare, the Victorian era and concluding with the epic 1963 film. The talk was very enjoyable and packed with information - and given that it was our speakers very first talk to an audience outside of an academic setting we were even more impressed. If the name sounds familiar Olivia is the granddaughter of our very own member Marie Broadhead.

Thanks also to sister Amelia who provided tech support.



Mah jong Group

After voicing my interest in learning how to play Mah Jong as a board game, not the online version I spend hours playing, I decided to ask our wealth of knowledge, otherwise known as our members, if anyone could teach me. Of course there was someone out there, there were more than one and very quickly, in the responses to the initial email, we had people saying they too would be interested in learning.



It seems the board game is played in groups of 4 (who knew) and that came together quite quickly so as soon as I could, I booked a room in Garforth Library on the 2nd and 4th Monday of each month from 1.30pm - 3.30pm.

We currently have a list of 12 members, meeting on 28th September. I am sure not everyone will find it works for them so the numbers will move and adjust. If anyone interested in

joining us, I will create a waiting list and invite you to the next available session, keeping the number in 4's.

Thank you for supporting this new group and if you have any ideas of something you'd like to do/learn get in touch with convenor Sue Lackenby via groupcood@garforthkippaxu3a.org.uk.

Quiz Group

Please join us for our September quiz on Wednesday 30th. We will be starting at 2pm as usual. Our July quiz, set by Penny, was interesting with the question section being all about numbers, while the picture quiz had us unjumbling pictures to guess the answers. Not a particularly high scoring quiz but very informative. By pure co-incidence the winners were 'Penny's Leftovers' who usually play under the 'Odd Bods' name.... Well done team!

Saturday Luncheon Group



In July we visited The Boundary House in Methley. The venue was pleasant and we sat in the conservatory at a reserved table. The air conditioning was very effective as it was yet another beautiful day. We were served with a very pleasant team of young people and frequently asked if we needed more drinks, condiments etc. Our individual food choices spanned a wide variety of the menu, including a Fish Platter, Quiche with Salad and Small Fries, Meat pie and Mash, Salmon, Steak, Toasted Sandwiches and Gammon with Pineapple, Egg chips and

Peas. When I asked what people thought, there was a chorus of, "It was very nice!" and responses of, "Absolutely fabulous!", "Best Quiche I've ever tasted!" "Very good!" We all enjoyed the well-presented food which, where appropriate, was served nice and hot.

I think we would all recommend this venue and it might be one for us to visit again. Why not join us for our next lunch on Saturday 26th September at: The Cobblers, 2 Knottingley Rd, Pontefract, WF8 2LG. We always look forward to seeing new members if you wish to join us

Walking up to 5 miles Group

Our latest walk was from Ledston village, we walked to the edge of the village and turned left through a kissing gate. As we walked up the field it was noticeable how dry the ground was and no grass at all. The field was full of sheep and cows. Through another kissing gate and left up a gentle slope towards a wood. A welcome relief as the wood was dark and cool. Across a very stubbly corn field, just recently



cut, another wood, and onto the Ledsham road for a few minutes. Then right over a stile and up a gentle slope to the farm. We saw some yellow flowers growing amongst the dead grass, luckily thanks to an 'app' we could name them as yellow toad flax. The farm was very busy with huge tractors and trailers. On to a B road and then to Fairburn Ings for coffee. After that welcome break, we turned left out of the car park for a few minutes and then crossed over a slightly wobbly stile. A lovely view across to Castleford, the low level of water at Fairburn was noticeable, I wondered if the ruins of Newton Abbey would ever be visible again. On the last stretch of the walk, again the cows showed no interest in us, much to our relief and back into Fairburn.

Wellbeing with Nature Group

We had another enjoyable session at **Incredible Edible Garforth** 's Wildlife Garden. Our Harvest theme was Bread and Jam. We brought some soft fruit to make jam and foraged for some more blackberries to add to it. Tina and Ian told the story of bread from Prehistory to the Iron Age based on archaeological evidence. Ian then explained the technology that was needed to be developed from Neolithic times when agriculture began.



He then demonstrated two types of querns for grinding and three types of sickles for harvesting.

Our original plan had been to cook campfire bread on sticks over fire.

However, being mindful of the drought and not wanting to set the woods alight we made flatbreads over camping stoves instead. Everyone enjoyed their jam and bread and there was plenty of time for a natter and a cup of tea or coffee.



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!