



March 2026

COMMITTEE

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Chair report

Welcome to March's newsletter !

A small step into Spring, finally. Have you looked at the u3a online courses lately? There's a huge variety of them; mindfulness and meditation, creative writing, AI news, how to measure your carbon footprint, laughter yoga, history events and how to solve cryptic crossword puzzles. I joined the last one only yesterday and thoroughly enjoyed it. You can find these through our website, just look for online events.

Some other news is that the Yorkshire and Humber Regional u3a, which we are a part of is invited to join national u3as in York this summer for a national festival. This runs from 1st July to 3rd July at the University of York. Further information is on the u3a website at u3a.org.uk/festival26

More good news is that annual membership subscriptions will remain the same as last year in that a single membership costs £12 and a double at £20. At the RNLi speaker meeting fairly recently a total of £300 was raised by a combination of Betty's jars and donations. Such generosity by u3a members!

Finally, Susie Mellish and myself are battling away with the Beacon platform. We knew it wouldn't be easy, and we are being proved right. We'll keep you updated as to when you can renew your membership.

June

MONTHLY SPEAKER MEETING

What Inspires Art? (and just about everything else!)

by Kevin Byron on Friday 20 March 2026,

There's something for everyone in this talk which explores creativity in broad terms, laced with a light touch of neuroscience and a large dose of down-to-Earth practicality.

It will demonstrate some commonly occurring patterns of creative ideas which appear across a broad spectrum of activity including art, science, engineering and advertising.

Awareness of these common patterns can enhance our own creativity and help with finding novel ideas to solve virtually any human problem or challenge.

Dr Kevin Byron is a retired research physicist who later developed a passion for education and taught at the University of Leicester and then at Queen Mary, University of London. He recently undertook research in creative thinking skills in art and science, and has published and lectured widely to a variety of audiences on his interest in these subjects.



Join us at Leyburn Arts and Community Centre, 10.00 for 10.30, Friday 20 March.

Speaker report February

Rotters - Jeff Coates

A well-attended audience learned that the equivalent of £100 of food is wasted per household each month. All waste from North Yorkshire goes to the Allerton Waste Recovery Park, 40 miles away from Leyburn, just off the A1. Of this waste, 87% is recycled and 13% goes to landfill.

Some advice given was to visit Love Food Hate Waste website which has helpful information to teach us how to compost waste at home. The top 3 categories of food that is wasted are: bread, milk, and potatoes. My husband was mortified at the third category, he loves potatoes!

What action can we take to reduce waste?

Check the date on foodstuffs. Can these be extended for a day or two?

Plan your meals in advance.

Store correctly, e.g. fridge or cupboard

Measure portions

Find recipes that use leftovers.

Below are things to help us do this. Can you guess what they are used for?



Answers; A fridge thermometer which tells you when it's at the correct temperature. A 'cup' which measures dry goods accurately and a pasta measure which shows how much is in a portion. On a sombre note... if food waste was a country the UK would be the third worst!

The second half of the presentation concentrated on how we can compost at home. We were shown different types of composting bins for our garden including wormeries. Composting successfully is like making a cake. You need some green waste and some brown waste to make a balanced mixture. Ideally, keep compost bins in a sunny spot and not behind the garden shed. In winter wrap in bubble wrap and turn the compost from time to time. Used eggboxes can be placed on top to create air pockets. Tiger worms can be bought online to add in. In the house, we were reminded that plastic bottles should be squashed down and the lid replaced before recycling and that glass bottle lids can also be recycled. Finally, members expressed an interest in visiting the Allerton Waste Recovery Park so watch this space!

Garden Group

On February 11th a hardy group of us braved the elements to visit the garden of Kiplin Hall. The weather was kind to us, there being a break in the seemingly relentless rain of the previous days. We were rewarded for our bravery with the vision of carpets of snowdrops in the woods at Kiplin. Our next meeting will be at Clifton Castle on Sunday 29th March, when the gardens will be open under the National Garden Scheme

Regarding our proposed trip on August 11th to Yews garden in Bowness, we have booked a minibus which is cheaper than the original 29 seater coach we were going to use. Consequently the estimated cost of the trip is now only £30. However, because the minibus has fewer seats, there are now only three places available on the minibus. Bookings are open to all Leyburn U3A members, not just those in the Garden Group.

Walk and Talk

Only six of us braved the pouring rain to have a walk along Middleham moor, it was very bracing. Afterwards Richard 111 gave us such a warm welcome and excellent food we soon forgot how wet we had been.



Bird Group

The February visit was to Marfield Wetlands and it was certainly very wet and muddy. Even though it was dull, rainy and cold we observed 36 different birds which is excellent for this small reserve.

Birds spotted included Willow Tit, Bullfinch and Avocet.

The next visit is to Bolton Lakes near Kiplin Hall on April 13th.

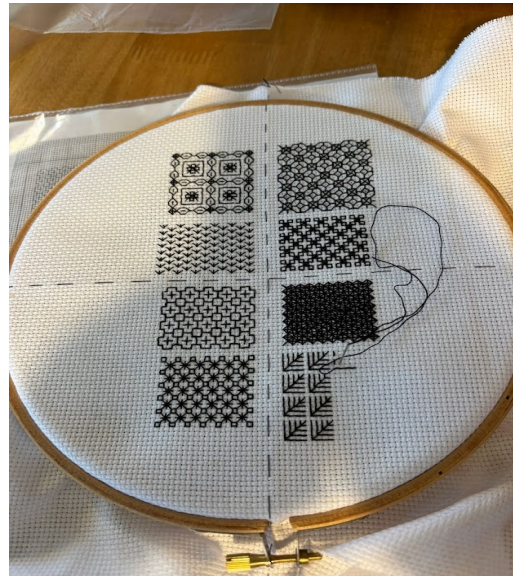
New members are always welcome.

CURRENT AFFAIRS DISCUSSION GROUP.

At our meeting on 6 February we discussed "The interface between religion , politics and morals". All religions seemed to have a chequered history with extremist adherents to all faiths promoting hideous cruelties at some stage in history. We felt that most politicians are in politics with good intentions but tend to be judged by unattainable standards. We were horrified by Trumps assertion that he did not need international bodies to set standards. He had his own moral code!

We next meet on Friday , the 6th March at LACC at [2.pm](#) when we will discuss "Cancel culture".

Our U3A Start a Stitch group started in October 25 when we decided to try a counted thread technique called Blackwork. We are now working on our second project, infill patterns, the heart of Blackwork. Jan Bell



The GREAT BRITISH SPRING CLEAN gets underway on Friday 13th of March.

Please help our local area by coming and spending a little time with us on these extra days of Litter Picking.

March 13th, March 22nd, March 25th, March 29th.

Meet at the Market Store near the Fire Station in the main car park at 10.00am. Equipment provided.

PLEASE BRING YOUR OWN GLOVES AND ENTHUSIASM.

Many thanks, Rose

RNLI Little Jars

The contents of the little jars have been counted and we will be sending £38.40 to the Royal Lifeboat Institution. This makes the grand total of £300 when adding it to your contributions in November. Well done Leyburn and District u3a.