

October newsletter

How can it be October already? Is it just me, or do years really keep speeding up? We may no longer find the same joy in kicking through piles of crunchy leaves, or picking up shiny conkers, but October's a lovely month, with golden trees, fresh crisp mornings, and still the brightness of flowers everywhere. I don't think I've ever seen the trees and hedges so thick with berries as this year, after the wet spring and then all that sunshine.

And we can celebrate the start of Autumn at the Drop-in today, **October 1st, from 10.00am**, at the Community Hall as usual. Join us for tea, coffee, a chat with friends and maybe a chance to meet new ones. It's good to get out and meet up, and there is always a welcome for you.

You will also be sure of a welcome at our Indoor Games Afternoon at Burnby Hall, back by popular demand. It's on **Saturday 10th October** from 2.00pm till 4.00pm. Come along and choose from a wide variety of board games. Enjoy your favourites or try something new.

Find out more, or get your questions answered from Margaret Stubbs, 01759 303683 or margaretstubbs2024@outlook.com

And arrangements are well under way for this year's Midwinter Music event, which will be held on **Thursday, December 17th**, in the Tom Stoppard Theatre at Pocklington School. More about this next time, but you might want to put a note in your diary now.

The u3a diaries are available again, and I'll be sending an order in. Like everything else, they rise constantly in price, and this year are £9 each, or £7 if I can buy a pack of ten. Please could you let me know as soon as possible if you'd like me to order one for you? Send me your request to waughrosemary022@gmail.com

And now some news from our groups!

- Ian at the Philosophy Group is restarting sessions on **Monday October 12** at 1.30pm. Weekly meetings are held at Nottingham Farm, Barmby Moor. The suggested first topic for discussion might be whether the Arts matter to us, and if so, why. Are they simply to give us pleasure and move the emotions, or do they offer more? You can discuss the idea on 01759 304408, or contact Ian at ian228768@gmail.com
- German Improvers have space for someone interested – practise your skills, or brush up a rusty O-level! Meetings are on Mondays from **5th October**, downstairs in All Saints church, Contact Patrick Laverack at patrick-moira@sky.com
- The Pocklington Quiz Group is moving from the Methodist Church, which can no longer be used, to The Feathers, and would welcome new members for convivial trivia-sharing! Next meeting will be on **Thursday, October 22nd** at 10.30am – please contact Michael Ellwood at michael.ellwood27@gmail.com if you'd like to come along and join the happy band.

· Neil Barrett is handing over as Group Leader of the Photography Group to Simon Eggleston. The group will have its usual monthly meeting in the Station Hotel at 11:00am on **Friday 4th October**.

I don't often mention our 'parent organisation', the Third Age Trust, but they give us lots of support and information to help run the Pocklington and District u3a. For instance, a working party is currently updating our constitution to be more aligned with the Trust standards. A recent report from them showed that in the Yorkshire and Humber region, more than 10,000 members responded to a survey and showed that–

- 95% say u3a has improved their life in some way.
- 90% say u3a gives them opportunities to keep learning and stay curious.
- 79% say the u3a has expanded their social connections.
- 77% say their sense of well-being has improved since joining.
- 66% say the u3a has helped them stay physically and mentally active.
- 45% say being part of the u3a has reduced feelings of loneliness and isolation.

That's cheerful, isn't it? I hope you agree! You can read the full report at https://www.u3a.org.uk/what-we-do/our-impact/u3a-impact-reports/u3a-and-me?utm_source=mailchimp&utm_medium=email_friends&utm_campaign=u3a_and_me&utm_content=read_report_cta

Today is World Vegetarian Day, and also World Poetry Day. October also gives us special days to celebrate (?) Kale, Porridge, Apples, Pumpkins and Honey. Though carnivores can enjoy National Tripe Day on the 24th. And of course the month ends with Halloween, which has grown from a little-known Scottish celebration to a massive Americanised pumpkin-fest within our lifetimes. Oh well!

Look after yourself as the year grows cooler, and enjoy the autumn.

Rosemary Waugh