Thirsk



Rolling News Bulletin November 2026



Back copies available from Eric, FOC!

Jane Terret

On Line Zoom Topics November
Many more on line.

u3a

Online learning events – free for u3a members

Events on Zoom sharing knowledge and skills

November 2026 highlights

Soulsville USA series - the history and legacy of Stax Records
Thursday 5 November and Fridays 13, 20 and 27 November at 10am

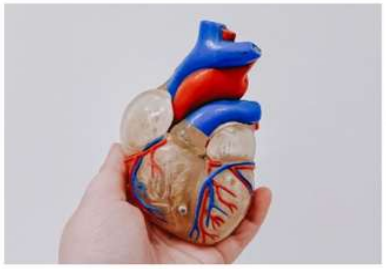
This series of four talks explores the story of the Memphis-based label that helped define Southern soul, with Lee Wellbrook.





Screening to prevent stroke: do we do too much or too little?
Tuesday 24 November at 11am

In this Science Network talk, Professor Jonathan Mant describes the pros and cons of earlier identification of risk factors for stroke such as atrial fibrillation.





Melancholy as a creative force: Joni Mitchell's Blue album
Friday 6 November at 2pm

Professor Christopher Dowrick explores how Joni Mitchell's Blue transforms melancholy into a creative force, opening a path to self-awareness and self-possession.

The ultimate guide to editing your creative writing
Thursday 26 November at 10am

Sara Grant discusses her systematic approach to editing and shares practical tips and simple exercises to help you improve your short story.



Book these and plenty more on the events page of the u3a website (www.u3a.org.uk/events)
Queries to learning@u3a.org.uk

Digital Buddies may help with access?

New Group! Exploring Comedy

Date - ASAP (Monthly, Friday mornings?)

Venue - Not Sure?

Topic- What Makes us Laugh? (Flexible)

Optimists and Pessimists Welcome

(Nothing like a challenge!)

Prize for the funniest hat?

List for names on Group Notice Board.

Ta. Trevor.

Always look on the bright side of life!

Sunday Lunch. November 15th Spencers Newsham Grange Farmhouse restaurant.
Pre Order Required. Contact Anita Haisley
Places available. Sign up at travel desk.





Email update / report / registration form available on membership desk.

Thirsk U3A Walking Group

The following are the details of the U3A walk on Friday 20th November.

Friday 20th November 20th U3A walk from Cod Beck Reservoir, north of Osmothlerley (Ref: 993467). From Osmotherly take the road to Swainby and park at the upper car park past the reservoir. Start from the car park. The walk has one steep climb and a couple of stiles and then follows the Cleveland Way (lovely views). About 4.5 miles. Could be muddy in places; boots advisable. We aim to start at 10.30, earlier if all have arrived. If you intend to come please contact Hannah 07929 943910 or Kate 07464 714948

Interested in Chess? Novice, Rusty or Ready to Rumble, Lets see if we can get a group together! Leader and players required. Contact Anita Haisley (Group coordinator) or Trevor



Canasta Group Meets Fortnightly 1st and 3rd Monday. New Players Welcome. Chris and Penny Robson 01845 567909

10.30 am Classic Canasta



New Players Welcome

This Photo by Unknown Author is licensed under CC BY-SA-NC



Email, Phone and Text Scams appear to be increasing? Banking scams in particular! Pick up 'A Short Guide To Avoiding Computer Based Fraud' from the Membership Desk.

Use Google to check for scams.
Type PICTURE STORAGE FULL SCAM

picture storage full scam

+6



"Picture storage full" scams are phishing attempts via email or text (SMS/iMessage) that falsely claim your iCloud, Google, or Microsoft account is full, threatening to delete your photos. They use urgency to trick you into clicking malicious links to enter credit card details on fake websites. Fox News +2

Key Details to Identify the Scam:

- **Urgent Threats:** Messages often warn that your data will be deleted immediately.
- **Fake Links:** They direct you to fraudulent websites designed to steal login credentials or credit card info.
- **Suspicious Sender:** The email address or phone number may look odd or unprofessional. Fox News +4

How to Protect Yourself:

WINTER FUEL PAYMENTS

are automatic

So, if you get TEXTS about Winter Fuel Payments it's a **SCAM**



Report suspicious texts at:

stopthinkfraud.campaign.gov.uk

Table Tennis Players Invited.

Meets Fridays, Dalton Village Hall
2.30pm.
Contact Marion Pettengell
01845 587 326

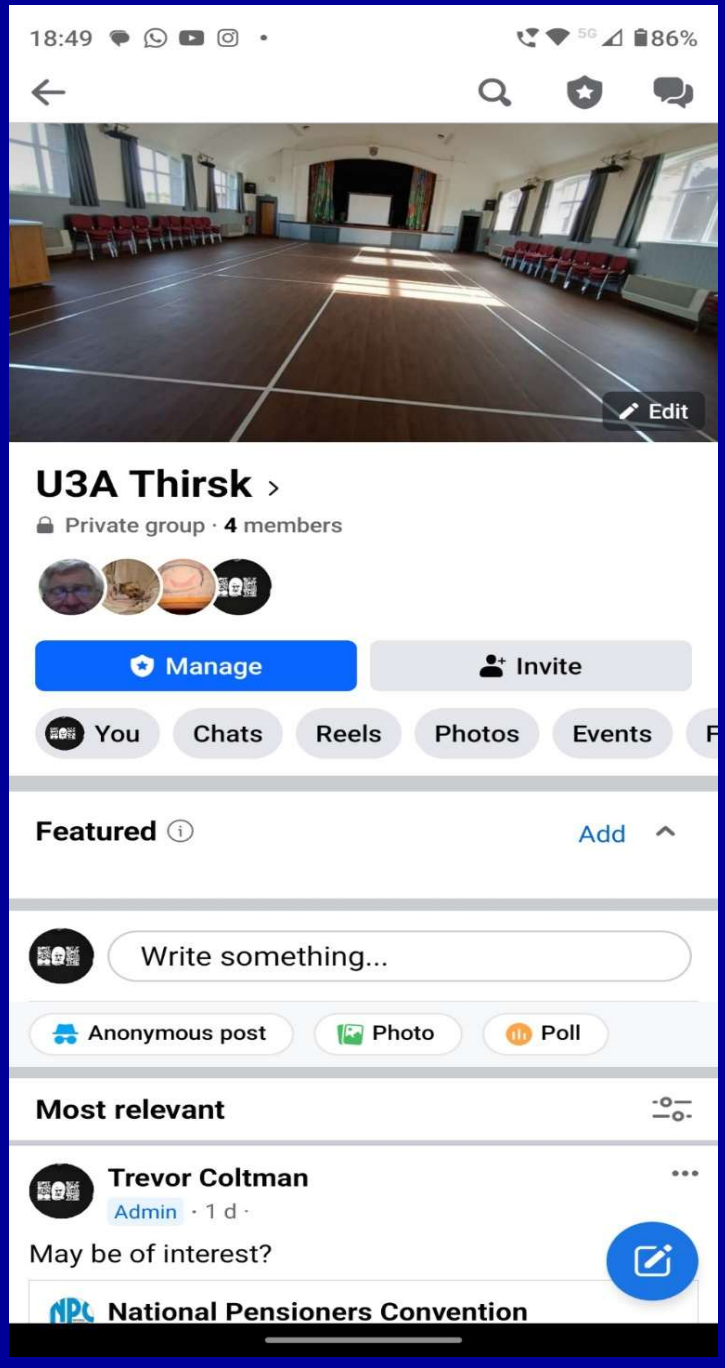


Next Meeting, Tuesday 8th December 10am

Georgie Sale The life of pioneering aviatrix Lady Isobel Chaytor.



Facebook



New Post on Scams

Private group for U3A and selected members. Search Facebook Groups for U3A Thirsk

Join group!

Admin: Trevor.

Are we missing you ?

Email or Phone Changed? Mailbox Full?

We support about 95% of our members using e-mail. If you are an e-mail user and do not receive circulars from us please contact the Secretary :

trevor.coltman@live.co.uk

There are a number of emails bouncing back at the moment! Report form on members desk.

North Yorkshire Adult Learning

23 December at 14:55 ·

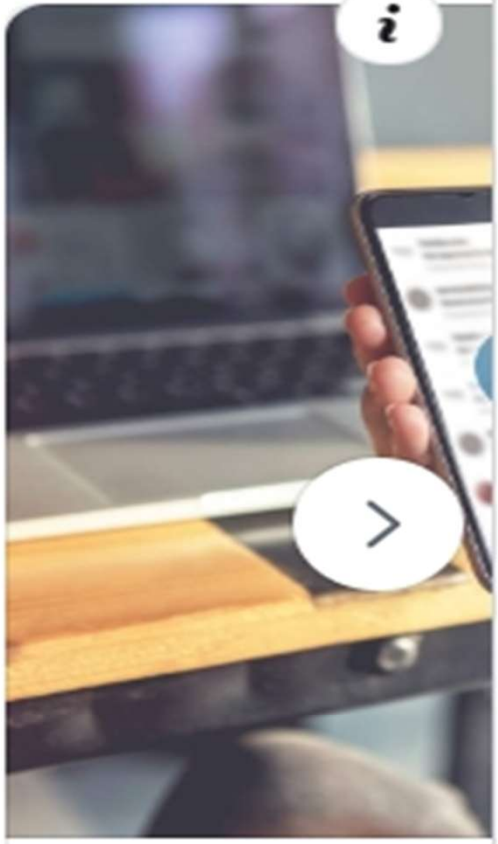
Develop your digital confidence with adult learning courses in Thirsk.... See more

Ckeck at Library



Adult Learning

Learn more



Join us in Thirsk



PLEASE SWITCH OFF YOUR MOBILE OR TURN IT TO SILENT

Many Thanks!

2026 Speakers

SPEAKER PROGRAMME 2026

10 February	**Peter Mathers** Diaries, Dahlias and Deadlines
10 March	**Fran Postlethwaite** The Pensioners' Convention
14 April	**Andy Wilson** Berenblum and the Bari Bombs
12 May	**Catherine Taggart** Do Crocodiles really cry?
9 June	**Caroline Brannigan** Extraordinary stories of Ordinary People
14 July	**Paul Whittaker** More Music to Your Ears
There is no August meeting	
8 September	**Barbara Dixon** A ramble around the Register Office
13 October	**Valerie Welti** Crossing the Blue Line
10 November	**Chris Cade** Arthur Walker's Great War
8 December	**Georgie Sale** Lady Isobel Chaytor
12 January 2027	AGM
9 Feb 2027	**Gary Bankhead** Dive into Durham

More Walkers Required!
Contact Hannah or Kate



These Boots Are Made For Walking!



Will those interested in joining a new Latin group please see Hannah Wright at the end of this morning to arrange the date of a preliminary meeting. Alternatively, phone Hannah (07929 943910) to see what has been arranged.

HELP NEEDED

OUR U3A MEETINGS 9.15am

We need volunteers to help set up the chairs and tables before meetings (and help to dismantle after).

Please talk to Pat, Trevor or Eric Sampson after this meeting to volunteer or perhaps suggest someone who might be willing to help. It's not a huge job but it's a necessary one.

This Month Tuesday 10th November

Chris Cade Arthur Walkers Great War



Tea and Coffee money to British Legion.

"Arthur Walker (1898-1973) was an under-age recruit of the Wolds Wagoners in 1914 and subsequently joined the Leeds Pals. He was taken as a prisoner of war and returned home safely to North Yorkshire in 1918. I play Arthur as a veteran, looking back. I interviewed his widow, Dorothy (1919-2018) and daughter Elsie (born 1939) and was privileged to be given permission to tell his tale."

Independent Age

News and media | Login

Helpline 0800 319 6789
Monday to Friday 8.30am to 5.30pm

Donate

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Interested in Bridge?
Leader and Players needed to start a group.

Christmas Concert Leyburn Brass Band Monday 21st December Tickets £15 Book Tickets Now to Reserve Seats.







Saturday March 20th 2027 Black Dyke Mills Brass Band Tennants Garden Rooms Book Tickets to Get Best Seats.



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Second Ever U3A Thirsk Mystery Trip - The first was memorable!

Sunday 6th December. Departs St Oswalds 12 noon Marage Coach Park 12.10pm Back 4.30-5pm £10 Book at Travel Desk.

SELF-CARE WEEK
16 - 21 NOVEMBER 2026





THIRSK COMMUNITY LIBRARY



Simple Changes for a Healthier Life

Here are some practical ways to incorporate daily self-care into your life:

- **Nutrition:** Pay attention to what you eat and drink. Opt for balanced meals and stay hydrated.
- **Exercise:** Regular physical activity is crucial. Find an exercise routine that you enjoy and can stick to.
- **Sleep:** Ensure you're getting enough rest. Good sleep is vital for both physical and mental health.
- **Work-Life Balance:** Maintain a healthy balance between work and personal life. Stay connected with friends and family, as social interactions are key to our wellbeing.



Here, at Thirsk Community Library, we have planned a week of fun, free activities and taster sessions to help you with your physical and mental wellbeing. There's something for everyone.



Hambleton Strollers



Boccia Taster



Healthy food for children



Crafts for children



Sit, Stand, Stretch & Smile



U3A



Christmas Crafts for adults




THIRSK
COMMUNITY
LIBRARY
Christmas
12 DECEMBER
7.30 PM
QUIZ AND CRAFT NIGHT
Seasonal quiz and fun crafts.
Buffet and mulled wine included
Bring your own drinks.
library@thirskcommunitylibrary.org
01609 534 589
Bookmarked Thirsk
Tickets £8 from library