

Learn, Laugh, Live.

Newsletter No: 86. May 2025



It's lovely to sit and write this piece with the sun shining and the birds singing. The weather is still a bit variable but definitely moving in the right direction and I think probably the same could be said for our u3a.

We had excellent turn outs at both the social Thursday afternoon and at the AGM and it's great to see such enthusiasm and quite a number of new members attending and joining in, for example with the chairs and refreshments rotas.

We had some really interesting ideas put forward at the social afternoon, both for new groups and for better communication and identification of committee members and convenors and your committee will be discussing them in the near future. The new groups ideas however can only go forward if members are prepared to act as convenors, either as individuals or, as some groups already do, by sharing the role. It's a great shame that even though so many members are keen to do day trips and holidays, none appear willing to organise them. There is plenty of support and help available so if you would like a chat to see how you could contribute then do contact me, or Joyce [redacted] our New Groups Co-ordinator.

We had a u3a stall at the Swanland Village Hall 20th anniversary open afternoon and some very positive responses both from people hoping to join us and some taking away leaflets and forms for parents etc. There were even younger people in full time employment who were quite jealous that they couldn't yet join us! So do spread the word and I'm confident we can grow and develop in a way that benefits us all.


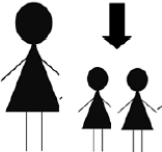
Enjoy the spring!

Alison [redacted]

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QUIZ TIME

Who is this?	
What connects: Coffee, Water, Pool and Periodic?	
Name this book?	
True or False: Lewis Carroll had family in Hull.	
<u>Answers on page 23</u>	

THURSDAY PRESENTATIONS

Date	Subject	Speaker
1 st May	Barrow to Baghdad and Back Again	Philip Caine. Has written 9 adventure novels, mainly based on his experiences working in the oil industry in the North Sea and Middle East.
15 th May	Trials and Tribulations of a Theatre Producer	Brian Daniels. An established award-winning playwright and theatre practitioner, he has worked with many well-known performers and actors and produced over 200 new plays.
5 th June	The Price of Friendship Bertie, Prince of Wales. <i>Scandal at the highest levels, and a local connection.</i>	Graham Lewis, has a Degree from Hull University in Philosophical Theology, a plethora of careers, including teaching and local government, and a lifelong interest in history.
19 th June	The Blunt End of the Grid: Real Motor Racing with a Middle-Aged Fantasist <i>The experiences and ups-and-downs of racing life.</i>	Dave Roberts built a kit car and took it motor racing. After 13 seasons of racing, he wrote a book about his experiences “The Blunt End of the Grid” which was shortlisted for the RAC Motoring Book of the Year in 2019.
3 rd July	Hot Off the Presses	Bernard Bale is a former Fleet Street Journalist and BBC broadcaster and author.
17 July	Members Social Event	
August Summer Break – No Talks		

Date	Subject	Speaker
4 th Sept	The Pavement that Walked <i>A tale of archaeological discovery, unbelievable theft and mystery.</i>	Michele Lewis has taught students from four year olds up to University graduates, and made forays into film, broadcasting and print.
18 th Sept	Geometry in Art and Ornament	Kevin Byron , spoke to us last year on “What Inspires Art” he returns by popular demand.
2 nd Oct	Yorkshire’s Vanishing Coastline	Malcolm Brooke was a teacher and Head Teacher with the MoD and a regular speaker for u3a’s.
16 th Oct	Thrilling Novels set in the East Riding	Chris Speck - author who bases his stories in Hull and the East Riding.
6 th Nov	To Be Confirmed	
20 th Nov	Introduction to the Institute of Advanced Motoring	Neil Bowerman is a Fellow of the Institute of Advanced Motorists. He is a Local Observer, coaching and training Associate Members to pass the test and qualified as a National Observer in 2024.
4 th Dec	How Astronomers Control Your Life	Professor Brad Gibson . Having given an inspirational talk on “Will we ever live on Mars” Brad has agreed to return.
18 th Dec	Carol Concert	
St Barnabas Church, Main Street, Swanland 2pm to 3pm followed by tea and coffee		

It wasn't meant to be funny!

On Thursday 3rd April our bi monthly meetings were changed slightly in that it was an evening rather than afternoon presentation and it was a 'ticket only' entry.

It was really nice to see so many people attending this event. But it was hardly surprising seeing as 120 tickets had been given out. Who was the person behind all of this interest? It was the one and only John Godber, our local playwright!

For those of you who think John is just a local hero, you may be surprised to learn that in 40 years he has written 72 plays and several TV scripts for programmes such as *Grange Hill* and *Brookside*, and in 1993 he was rated the third most performed playwright in the UK after William Shakespeare and Alan Ayckbourn.



His plays have been performed around the world and he had won five Edinburgh Fringe Festival awards, an Olivier award for *Up 'n' Under* in 1984 and two BAFTAs for *Odd Squad*, which was written and filmed on location in Hull and screened by BBC children's TV.

John's witty talk discussed how his career started from being a drama school teacher in West Yorkshire to joining Hull Truck in 1984 as its Artistic Director.

Shortly after his appointment, he learnt that Hull Truck was facing imminent bankruptcy. His answer to the bankruptcy issue was to write his own play. *Up 'n' Under* was about an amateur local rugby 7s team who had a never won a game and who accepted the help of a female coach.

Unlike similar sports based plays where the 'action' occurred offstage and the script took place off the pitch, John decided that the game action would be onstage. This meant that his cast of 6 men (one team member was always missing) doubled up as both teams wearing one coloured shirt on their front and the opposition team shirt on their backs.

The play was written as a realistic observational drama, but when it was first performed John and the cast were surprised and a little confused as to why the audience found it so funny. John was later told that it was a 'Comedy MasterClass' and it won the Laurence Olivier Comedy of the Year award beating Alan Ayckbourn's *Intimate Exchanges*.

As the title of his presentation says, however
It wasn't meant to be funny!

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NEWS FROM THE GROUPS

New Groups

We have had several suggestions for the formation of new groups and each one has people wanting to take part. These are Whist, Board games, Chess, Photography, Beginners Bridge, Crafts, Visits to local places of interest, Italian, Family History, Tai Chi and Yoga. If you would like to join any of these then please contact Joyce [redacted] email: newgroups@swanlandu3a.org.uk Tel [redacted] and hopefully we'll get enough people to make some of these viable.

The **Canasta** group meet on Wednesday and Friday mornings at various hosts houses at 10am until 12 o'clock approximately. We start with tea/coffee and biscuits, cost £1.50, and then cut the cards to determine the pairs to play. New players are welcome to come along and see how to play.

Fancy having a go at **Creative Writing**, then come along to our small, very friendly group and see what we get up to. We have a very varied programme of what to write about. There's no need to have previous experience, as all are welcome. We meet on the third Wednesday of the month at 10.am. Call Susan [redacted] on [redacted] for further details.

For the foreseeable future the **Croquet Group** has closed. We have been in dispute with the new management as to lawn maintenance etc. Sadly nobody is playing at Rowley for the time being. We are trying to look at some alternative venues, but so far it's proving difficult. We are hoping that maybe some compromise will be reached at Rowley.

Unfortunately the **Classical Music Interest Group** folded at the end of 2024, partly due to the costs of room hire but also as a result of no-one willing to take over as Convenor for 2025. However, in its place, a small group of enthusiasts from both Swanland and Beverley U3As have formed a new **Music Discussion Group**. It meets on the fourth Thursday afternoon of the month and each member is taking a turn in both hosting and presenting some music - for listening and discussing. By arranging these sessions in each other's homes, it has enabled very lively and interesting discussions and debate.

The **Discussion Group** has decided that every other month we will hold our meeting with a pub lunch, creating a social occasion with good conversation.

The **Luncheon Club** meet on the 2nd Tuesday of the month at various locations, usually a pub, restaurant, or cafe of a garden centre, for a reasonably priced lunch and a catch up with friends old and new. Recently we have been to Olive Tree Coffee Shop, Ellerker, Half Moon, Elloughton and Lounge, Southella Way, Kirkella. New members are always welcome.

Some of us have continued **Wild Swimming** at the Welton Waters Adventure Centre throughout the winter, braving temperatures as low as 2.6°. We (or most of us!) wear wetsuits and we only stay in for a few minutes. This takes some doing some days but we all find it very uplifting and energising and really enjoy our visit to the Cool Water Cafe (much recommended), overlooking the lake, afterwards. We look forward to the warmer months, warmer water and the return of summer members and hope then to gain new members who are always extremely welcome.

After a short break, the **Singing for Fun** group started again in January 2025. We meet on the fourth Wednesday of each month in Swanland Village Hall in the upper room from 2.15p.m. to 3.45p.m. There is a lift to the upper room for anyone who might find the short staircase difficult. We have a break half way through for some refreshments and a chance to have a chat with friends.

The singing is led by Gwyn. He has a lot of experience of leading groups in schools, churches and care homes. We pride ourselves on having a good sing-song to lift our spirits and to enjoy one another's company. You don't have to be a good singer and you don't have to read music. We aim to cater for all musical tastes. There is something for everyone. For example, we sing show tunes and everything from Frank Sinatra to ABBA, the Carpenters, the Beatles and much more reminiscent of music from our early years. We finish with our theme song '*Thank you for the Music*' by ABBA.

Singing with friends is proven to be good for our health in many ways but we don't always want to belong to a choir. Singing for Fun gives the opportunity for anyone and everyone to meet up just to enjoy a sing-song, mistakes and all, without preparing for a performance.

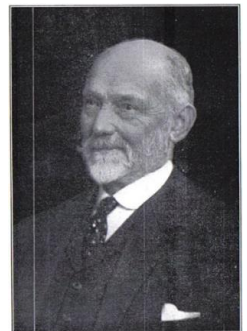
It is a privilege to be convener of this group and I am most grateful to Delphine and Brenda, who led the group before Gwyn and me, for all the support they have given in helping us to take over our roles.

Please feel free to come along and share the time together. You can join in the singing or just sit back, listen and enjoy the company.

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Thomas Robinson Ferens, 1847-1930

Thomas Robinson Ferens came to Hull from County Durham in 1868 as shorthand and confidential clerk to James Reckitt, manufacturer of starch and other household products. The Quaker Reckitt and Wesleyan Methodist Ferens had advanced views on welfare and education for employees. Ferens became, in turn, Works Manager, Secretary, General Manager, Director and Chairman of the company.



Inspired by the high-quality housing built by Cadbury's for their workers at Bourneville, Birmingham, James Reckitt and Thomas Ferens began the development of Garden Village in 1907. The architects for

Hull's Garden Village were the relatively new Hull firm, Runton & Barry, who were in partnership by 1901 in Victoria Chambers, Bowlalley Lane. Percy Tom Runton (1874-1947) had been trained by William Alfred Gelder, and William Ernest Barry (1867-1936) had worked for the eminent London firm of George & Peto.

The Garden Village scheme provided about 500 houses of varying sizes, a shopping centre, a village hall (destroyed in the Blitz) and a club house, all in Arts & Crafts style. Two thirds of the houses were reserved for rent by Reckitt's employees, providing housing and an environment that was far superior to any other housing at the time. The development was laid out on 130 acres of land purchased from the Jalland family who lived at Holderness House, an Elizabethan Revival mansion of 1838. When the Jalland family decided to move out of Holderness House, Mr Ferens bought the property, not wishing to see it demolished.

Ferens was a member of Brunswick Wesleyan Methodist chapel (replaced in 1962 by the present Holderness Road Methodist Church). He served as a Sunday school teacher, later Sunday School Superintendent. He was elected Liberal MP for East Hull from 1906 to 1918 and was also a Privy Councillor from 1912.

Auntie Annie, my grandmother's sister-in-law, who was cook at Holderness House, recalled that even when an MP he always returned at the weekend to teach in the Sunday School. My great aunt also remembered her employers' kindness and generosity, especially towards any family they knew to be in need.

In addition to Mr & Mrs Ferens' private generosity, income from Mr Ferens' profit-sharing contract at Reckitt's was largely directed into public benefactions. Early in his life, he had resolved to donate 10% of his earnings to charity.

Mr Ferens encouraged Hull people's appreciation of art by an annual donation of £1,000 to the city for purchase of paintings for ten years from 1905. The art collection was displayed initially at the Royal Institution in Albion St, but from 1910 in what is now the Mortimer Suite of the City Hall.



Carved names of famous artists on the walls of the City Hall are a reminder of its time as Hull's art gallery. In 1924, Mr Ferens bought the redundant St John's church (closed in 1917) and presented it to the city with £35,000 to build a new art gallery on the site; it was completed in 1927.

To encourage outdoor recreation, Ferens donated land in 1913 for the extension of East Park (first opened by Hull Corporation in 1887), to create a boating lake. In north Hull he bought land north of Cottingham Road which was at first used to create the YPI Ferens Recreation Ground.

A new YPI recreation ground was established on Chanterlands Avenue when the Cottingham Road site was chosen for the University College, for which Ferens provided 60 acres of land and £250,000 endowment. It opened in 1927, offering external degrees from London University. In 1954, the University College became the University of Hull, awarding degrees in its own right. Its motto, "Lampada Ferens" (carrying a torch) is also a reminder of its founder.

On Sunday evenings Ferens and his wife opened Holderness House and grounds to the young people of Brunswick Chapel for social gatherings after the evening service.

Concern for elderly people prompted the establishment, in 1911, of Ferens Haven of Rest retirement homes, about half a mile further east along Holderness Rd.

Mrs. Ferens died in 1922, but Mr. Ferens continued to live in Holderness House until he died in 1930. The house was left in his will for use as a home "for 12 elderly ladies in reduced circumstances". It continued as a care home until the early 2020s, but modern standards for care provision are forcing the Trust which still runs Holderness House to look at new options, but still in the spirit of Mr. Ferens' social concerns.

John

Twentieth Anniversary - Theatre Group.

Lights Down. Curtain Up.

So began a performance of “Ain’t Misbehavin” attended by members of **Swanland u3a Theatre Group** in 2005. 20 years later the Theatre Group is going strong: Ballet, Comedy, Drama, Musicals, Opera, Shakespeare, Tragedy. Take your Pick.

- November 2024. **An Officer and a Gentleman. Hull New Theatre.** A musical version of a timeless story of love and courage.
- December 2024. **The Lion, the Witch and the Wardrobe. Leeds Playhouse Theatre.** A delightful performance shared with a few hundred local school children.
- January 2025. **Hamilton. Alhambra Theatre, Bradford.** A multi award winning musical based on the life story of America’s Founding Father, Alexander Hamilton, told in dance form with a score of hip hop, R + B, jazz, blues and rap.
- February 2025. **The Merchant of Venice. Leeds Playhouse.** Direct from selling out to RSC and in London’s West End, the well-known Shakespearean story of Shylock, adapted and brought forward into 1936.
- March 2025. **Jane Eyre. Leeds Grand Theatre.** A passionate story danced to the live accompaniment of Northern Ballet’s Sinfonia Orchestra.

All the above shows since November 2024 have been enjoyed by groups of Swanland u3a Theatre Goers, thanks to the efforts of Jean [redacted] and Terry [redacted] who have organised the programme, booked tickets and travel. Thank you so much. It would just not have been possible without you.

For more information: <https://www.swanlandu3a.org.uk/x-theatre.htm>

Applause! Applause!

Hazel [redacted]

VOLUNTEERS' WEEK

June 2nd will mark the start of Volunteers Week, which is co-ordinated by the National Council for Voluntary Organisations.

This week is designed to help organisations think about how they can encourage as wide a range of people as possible to volunteer, and open up volunteering opportunities where appropriate. During the week stories about volunteering are shared on Social Media, and hundreds of celebrations and events will take place.

It cannot be underestimated how many societies and organisations rely on voluntary workers, and there is no doubt about the positive impact it has on the life of the volunteer.

My widowed neighbour Linda is a typical volunteer. She 'meets and greets' at the local hospital, helps run the local food bank, as well as helping out at her church whenever needed. She says that volunteering gives her a lifeline, a reason to get up in the morning, and a wide circle of supportive friends. It also makes her aware how many people are less fortunate than herself.

How many of us have cause to be thankful to the volunteers who organise or take an active part in organisations such as The National Lifeboat Institution, St Johns Ambulance, The Red Cross and the Humber Rescue? How many can be grateful for the life skills they gained in bodies such as The Boys & Girls Brigades and the Brownies and Scout Movements?

My friend John is a Scout Master. He tells me that there are some 4,000 troops in England. Each troop comprises of at least 40 children, and in order to operate they need one adult volunteer for every five children. Recently Hull has lost 3 troops because they lack the adult volunteers.

The membership of Swanland u3a is at present some 445 people. Each one of us reliant on other members willing to organise meetings, send out information, provide technical expertise, administer for the group as a whole, or act as convenors for our many interest groups.

Typical of so many of our convenors Kate, a retired Primary School teacher, takes a lifelong interest in music to provide ‘Singing for Fun’ for our members. John, a retired senior Avionics Engineer with a lifetime interest in gardens and nature, can take you on walks amid wildflowers should you like to go. Roy used to teach Physics and joined the u3a to learn to dance. Ten years later he can teach you English Country Dancing if you wish to learn.

Swanland u3a now has 40 interest groups available. Each group dependant on a convenor who needs your support in order to continue and ensure groups do not go the way of groups such as ‘Family History’ or ‘Bird Watching’ which have recently closed.

None of our interest groups could continue were it not for the small group of people who administer our ‘university’ or provide specialist input for our meetings and newsletters. Our Chairperson has a task many commercial CEO’s would find too demanding.

Volunteers Week gives us the opportunity to pay tribute to all those wonderful people who make charitable organisations work for the benefit of so many others.

If you would like to help Swanland u3a, even in a small way, please contact a member of the committee.

Tony [REDACTED] Newsletter Reporter)

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A Spring Walk through Nutwood

In March we went on a walk through Nutwood in Raywell, to look for wild flowers as spring was well on its way. In the bottom of the hedgerow were a number of species we would expect to see at this time of year, including the bright yellow star shaped flowers of the Lesser Celandine, which have a reflective coating similar to buttercups.



Further along we can see the occasional Dandelion and a few Common Daisies together with the purple of a Red Dead Nettle one of the non-stinging types as this is a member of the mint family.



As we looked along the mainly Hawthorn hedge we saw a few bushes which are full of white flowers. These are Sloe or Blackthorn bushes which are members of the plum/cherry family and are one of the first of our hedgerow shrubs to flower. Further along we can see the drooping catkins of the Hazel which look like lambs tails and have been showing for some time.

As we progress into the wood there are large patches of a plant with green upright leaves and small heads of multiple green flowers. This is Dogs Mercury, which is dioecious, as they have separate male and female parts. They are members of the Euphorbia family.



Walking further into the woodland we found a few bright white flowers of the Wood Anemone emerging. This is one of my favourite spring flowers, and the main reason for coming to the wood. There will be larger areas of them as spring progresses.

Dotted amongst the ever growing leaves of the Ramsoms, or Wild Garlic distinguished by the smell given off as your feet bruise the leaves, is another spring and woodland favourite the lemon yellow Primrose which is becoming scarcer in Nutwood though there are still quite a few patches to be found. We are also looking out for native Bluebells but sadly it will be another few weeks before we see them in this wood. For the best showing of Bluebells in the area I would recommend a visit to the North Cliff wood reserve, where the show of Bluebells is spectacular in late spring.

John

COMMUNITY AND WIDER U3A NEWS

Dates for your Diary

Victory in Europe – 80th Anniversary

Thursday 8th May

Several events will be held in North Ferriby and Swanland to commemorate the 80th anniversary of Victory in Europe.

These include:

- A WW2 display by the Swanland Heritage Centre, in the Swanland Village Hall,
- Raising the VE Day Flag at the War Memorial,
- Fish & Chips at the Duke of Cumberland,
- Ringing the Church bells,
- Beacon Lighting at 9:30 after refreshments at the Ferriby Village Hall.

Saturday, 10th May

Themed 'Street Party' at the Ferriby Social Club to commemorate the 80th anniversary of VE Day playing live music from the 40's through to the 60's & more.

Ferriby Festival 25

Saturday 24th May

North Ferriby Football Club

Live music, food, sports, drink, entertainment, face painting and more.

Details and tickets from <https://www.ferribyfestival.co.uk/>

Swanland Festival 2025

Friday 11th – Tuesday 15th July

Various community fun activities and shows suitable for all ages. The Heritage Centre will be open for additional hours and the Village Model of 1824 will be on display in Christ Church.

For full details: <https://www.swanland.info/Festival2025.htm>

Swanland Heritage Centre AGM & Women in World War II

Monday 21st July

Swanland Village Hall 7pm in the Cygnet Room

The talk is by Colin Bradshaw.

Heritage Open Days 2025

Friday 12th September - Sunday 21st September

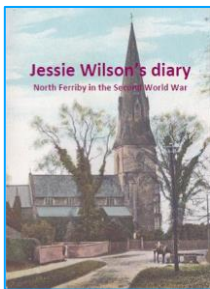
Watch your local village websites and social media for more information.

Various community notices for films, shows and events can be found on these websites:

Swanland: <https://swanlandvillageassociation.info/>

Ferriby: <https://www.ferribyvillagehall.org.uk/events/>

Jessie Wilson's Diary North Ferriby in the Second World War



Swanland Heritage Centre has been delighted to be given the hand-written diary of Jessie Wilson, a resident of North Ferriby during WW2. The diary has been edited by members of the Swanland Heritage Centre and includes over 50 photographic illustrations and footnotes providing more information about the residents and events chronicled in the diary.

Covering the period from 1 January 1941 to 'VJ Day' on 15 August 1945, there are details of daily life, local, national and international events.

The diary will be launched on 8 May at both the Ferriby & Swanland Village Halls at the VE Day events.

It will cost £8 and can be pre-ordered via the Heritage Centre website: <https://swanlandheritage.info/contact-us.html>

u3a ONLINE LEARNING EVENTS

All u3a members can access a wide range of free online talks, workshops, and courses through their membership. Most sessions are led by fellow members, sharing their expertise, with additional talks from notable speakers and organizations.

Sessions coming up include:

8 May at 10am. <i>Turner and Impressionism</i>	This illustrated talk looks at the work of British landscape painter JMW Turner. In 2025 we celebrate the 250th Anniversary of his birth
8 May at 2pm <i>A life living and exploring with the most exciting wildlife on Galapagos.</i>	Ramiro Tomala shares his first-hand experiences of living on Galapagos.
9 May at 10am. <i>Staying Safe Online</i>	Keeping you safe in an electronic age. Presentation with Q&A.
12 May at 10am. <i>Exploring World Faiths: Chaplaincy</i>	Exploring the role of chaplaincy in hospitals, prisons and the police.
12 May at 10am. <i>How generative AI Works</i>	This talk describes how AI works, and includes a generative AI showcase, early work with non-generative AI and more recent discoveries.
13 May at 2pm. <i>Simple adjustments for your device and staying safe on social media.</i>	Some simple adjustments for your device and some smart ways to stay safe on social media.

For more information visit:

<https://www.u3a.org.uk/events/educational-events#Events>

CREATIVE WRITING SPOTLIGHT

Coincidences

In life there are coincidences,
That we cannot explain.
Though most have no significance
Some make us think again.

Like times we meet by chance
And that might lead to romance,
And feelings that may grow.

Are there greater powers?
That lead us through our lives.
Is there an eternal plan,
On which our hope survives.

Or is it all coincidence,
A chance of circumstance
A feeling of providence
Or of pure happenstance.

Paul

Do you have a story about a coincidence that has played a part in your life? I would love to hear from you and include your story in the next newsletter. You can contact us on newseditor@swanlandu3a.org.uk

TECH TALK: Securing Facebook

For many of us Social Media is a relatively recent form of communication, and I know to my cost that we don't always understand how to secure our privacy when using them. In this quick guide I hope to show you how to access the settings on Facebook to protect yourself and your family/friends.



Many of you will be aware that you can post your pictures and comments on Facebook so they can either be seen by everyone (regardless if you know them or not), or so they can only been seen by your Facebook friends. But did you know that the list of your friends can also be seen by everyone unless you change your settings?



In your account settings go to '*Settings*' then '*Settings and Privacy*', then to '*Audience and Visibility*'.

This may be in different places depending on which device you use (phone, tablet or PC).

The sections to look for are:

1. **'How people can find and contact you'**

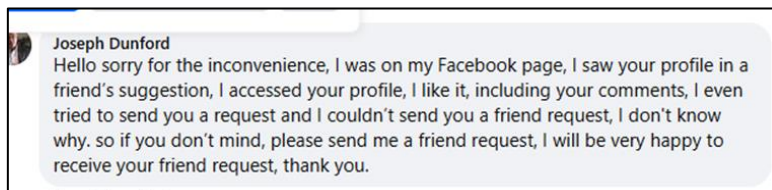
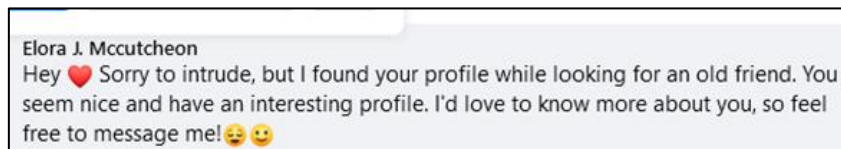
The 1st option in this section is who can see your friends list. This is set to public by default, but you can change it to friends, specific people only, or only you.

You will be aware that Facebook will suggest people to be your friends and often you don't even know them. This means that Facebook could be suggesting YOU as a friend to strangers.

This has a section that will suggest your profile to people who have your email address or your phone number. Bearing in mind some of the scam calls I have received on my mobile, I definitely don't want those people to be to be able to see my profile. You can change this to only include friends of friends, friends only, or no one.

2. 'Followers and public content'

In this section you can ensure that only your friends (or friends of friends) can access your information.



These are genuine posts on two different accounts. The people who post these are probably scammers (potentially romance scammers) who will eventually try to get you to send them money.

In cases like this you should report and block the writer, then delete or hide the message. These options can be found by clicking on the 3 dots at the side of the message or when you have clicked on their name. You then have the option to do all of these actions. Blocking a person means they cannot even see your Facebook page or profile. This link will give you more information:

https://www.facebook.com/help/1540345696275090/?helpref=hc_fn_av

3. 'Profile and Tagging'

If someone tags (names) in a post, you can see if it automatically goes onto your timeline and who can see it. I believe the default is everyone (even strangers). In this section you can determine if those posts can go onto you timeline (nice if it is birthday wishes, but not if they are being flirty or nasty), and who can see them. Again this is often set as everyone rather than just the people you know.

There are lots of other privacy settings in Facebook. You can learn more here: **<https://www.facebook.com/privacy/center/>**

WILD SWIMMING

"The water is my sky and I swim to fly" Clayton Jones.

Our group (of 8 so far) has been running for about two years now, throughout the year. Perhaps a better term would be "Open Water Swimming", as we usually swim, every Wednesday morning, at the Welton Waters Adventure Centre, where we are well looked after. The staff keep an eye out for us in the water and we have the benefit of warm changing rooms and showers, and now a wonderful lakeside cafe. We also occasionally swim in the sea.

In the summer the water temperature can reach 22°, but we have swum in as low as 2.6° in the winter. The colder the water the less time we stay in and the more likely we are to wear wetsuits! The experience is exhilarating and uplifting and the lake is a wonderfully natural blue space where we can unwind and have fun in nature.

The benefits of wild swimming are becoming increasingly well known. I can do no better than quote from the 2023 All Party Parliamentary Group on Outdoor and Wild Swimming :-

"Mental health and stress levels all improve by being in or next to water, as research shows. It can reduce our blood pressure, slow our breathing down and allows our parasympathetic nervous system to function properly. Research evidences a better night's sleep since subjects started swimming. Vital for effective brain function and a strong immune system, reported benefits include an increased metabolism and an improvement in mood. Being in and near water reduces the stress hormones cortisol and adrenaline that course through our bodies and make us feel unwell. Interesting research is emerging too on the anti-inflammatory powers of cold water.

Inflammation for example plays a role in many diseases and in depression and anxiety, and immersing ourselves in cold water regularly, stimulates the vagus nerve to give us powerful mood enhancing effects. In addition, looking at water, the horizon, the sky and any surrounding habitats gives us

a sense of awe, calm and perspective. In water, we come home to ourselves – our bodies and minds, in a way that few other places offer so simply and effortlessly. Catherine Kelly also notes the social wellbeing aspects, through which camaraderie, an acceptance of each other and of the water, keeps people excited to return. In essence, blue space allows us to connect to ourselves, to the water itself, and to each other."

Open Water Swimming has become increasingly popular in recent years. Swim England estimates around 7.5 million people swim outdoors in the UK.

We are keen to welcome new members, from any u3a group, female or male. We communicate via a WhatsApp group. Take the plunge (sic) and come and join us!

"I don't like swimming in swimming pools but I love swimming in the lake"
(Linda),

"I love it when the sun shines down on your face and shimmers on the water"
(Erika),

*"You don't know till you get in the water how good it feels,
physically and mentally "* (Linda)



"When I get into open water I feel alive" (Alison)

" I'm on a high for the rest of the day after a swim (in open water) "
(Steph)



Erika

QUIZ ANSWERS

Who is this?		Dame Maggie Smith
What connects: Coffee, Water, Pool and Periodic?		___ Table
Name this book?		Little Women
True or False: Lewis Carroll had family in Hull.		True. His mother was raised in Hull.
<p style="text-align: center;">Do you enjoy quizzes? Then why not join our Quiz group on the 2nd Monday of the month at the North Ferriby Social Club. Everyone is welcome.</p>		

WHAT YOU NEED TO KNOW TO KEEP IN TOUCH:

Executive Committee from 2026-27

Chair Alison  chair@swanlandu3a.org.uk	Vice Chair & Speaker Finder Paul  vice-chair@swanlandu3a.org.uk
Treasurer Rosalind  treasurer@swanlandu3a.org.uk	Secretary John  secretary@swanlandu3a.org.uk
Membership Secretary Graham  memsec@swanlandu3a.org.uk	Meetings Secretary Brenda  minsec@swanlandu3a.org.uk
New Groups Joyce  newgroups@swanlandu3a.org.uk	Web Administrator Keith  webadmin@swanlandu3a.org.uk
Without portfolio: John  Patricia 	
<p style="text-align: center;">Details are on our website: https://www.swanlandu3a.org.uk/u3acontacts.htm.</p>	

Contact Information



Swanland u3a WEBSITE

<https://www.swanlandu3a.org.uk>

To access, update or add information please email:

webadmin@swanlandu3a.org.uk



Look / Join our FACEBOOK Page:

<https://www.facebook.com/groups/swanlandu3a/>

Swanland u3a Contacts for Information and Help.

info@swanlandu3a.org.uk

chair@swanlandu3a.org.uk

memsec@swanlandu3a.org.uk or 01482 631497

Newsletter Deadline

The closing deadline for the submission of articles for the
September 2025 newsletter is:

1st August 2025

Send to: newseditor@swanlandu3a.org.uk