

What's On u3a York October 2026

Welcome to the October edition of u3a York "What's On".

Many of our groups have restarted, but there is still time to join a group.

We have 140 different groups of which 98 have spaces for new members and 10 have a waiting list. For a complete list of groups please go to our web site [Groups – u3a York](#).

Please do read all the way through and respond by email where relevant, or if you do not have access to email, please contact the Office on 019042 89293.

Group leaders, if you would like something to be included in the next "What's On" please email whatsonu3ayork@gmail.com. Any communication for the next month's email must be received at least seven days before the end of the month. The "What's On" team will contact you to let you know whether we are able to include your piece or to suggest a different method of communication.

If you need to alert the membership to a relevant opportunity or event, please contact eventsleadYorku3a@gmail.com.

If you would like to start a new group, or make changes to an existing group, please contact our group co-ordinator at yorku3agroups@gmail.com.

There is a lot in this edition, so let's get started!

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Groups News

Click the heading (the group name) for a link to the group page on the [u3a York website](#).

[Gigs Group](#)

Event: Sunday 29th November at the NCEM in York

Contact: u3agigs@gmail.com

Join the Gigs group for a wonderful evening in with top impressionist Alistair McGowan in a double-bill with singer-songwriter Deborah Rose. Deborah's co-writer and world-class pianist Martin Riley (Birmingham Conservatoire) will join her for the second half after Alistair shares his new poems and favourite impressions.

For one week only (1st – 8th October) ticket price is held at £25, afterwards rising to £30.

Get full details and order tickets from Jo Taylor-Greig by email u3agigs@gmail.com.

Mental Health Awareness

There is a lot of discussion in traditional media, social media, and information supplied by the government and health services, about mental health. There is also a widespread suggestion that there is a “mental health crisis”. But what is mental health? What is the difference between being mentally healthy and mentally unhealthy? Does medication and/or psychotherapy work to improve mental health, and are these better treatments than were found in previous times such as in the 19th century “mental asylums”?

This four-week course (two hours per week) will examine these questions.

Group Leader: Peter Morral

Weekly, starting October 7th, Wednesday morning, 10am–noon,

Location: York Youth Hostel

Let's talk about death

This is a new group, so there is no link yet. Contact: peggy.sellers@outlook.com.

Leaving your house in order...

There are few topics that are harder to broach with one's own family than one's own demise but this new u3a group is here to help. It comes at it from a very different angle: the idea is to learn about the procedures, language, and choices to help you choose and explain to people what you really want when you reach St Peter's shiny gates. Which we all will at some point – probably!

This group is most definitely not about a space for grieving but a time to ensure that your voice and your choices are clearly and simply explained to your family. Because nobody wants the final celebration not to reflect them, do they?

Peggy set up this group as she recalls several close family members who had to guess and make choices for their departed loved ones when all they wanted to do was remember and cry and rock quietly – and they mourned the fact that it was “too late to ask”.

So – a small group (...apply quickly) of about 8 members will investigate and discuss for about 8 weeks issues such as the obvious – where/how/what – but then they’ll look at suggestions such as living legacies and memoirs/oral stories and digital afterlife; treasured mementos for treasured loved ones; plans for after you’ve left – (passwords, accounts, letters to loved ones, etc.).

Group discussion helps take the drama and emotion out and instead provides a safe environment to become au-fait and in control of our own legacy.

As one member of the group stated: “Forewarned is forearmed...I see it as a grab bag – to prepare our children for life without us.”

Where: The group would meet in an available room in central York.

How long: Two-hour sessions for up to 8 consecutive weeks.

When: Meetings on a weekday, during the day.

Cost: Room cost to be split between members and paid in advance

Please email peggy.sellers@outlook.com to confirm your interest or arrange for a chat about what to expect.

u3a York Open Day

u3a York will be holding our **2026 Open Day** on **Thursday 8th October** in the **Central Methodist Church Hall**. The detailed program of sessions will be shared when it's closer to finalisation. The day will run from 10:00 to 13:00, and there will be an opportunity to meet Group Leaders who have spaces in their [groups](#), look at the opportunities for [travel](#), and meet the [Trustees](#). There will be refreshments, and an opportunity to listen to some music from one of our music groups.

You're most welcome to come along and find out more about what we do, and meet some like-minded individuals for a chat, and have some **refreshments**, with no commitment to join (although plenty of opportunity, of course!).

It's unlikely we will need to restrict numbers on general attendance at the Open Day.

Saturday Talks & Socials

Climate, environment, and adapting for the future in York

Saturday Talk 10th October 2026, Central Methodist Hall 10.30 –11.30am, with tea & coffee available from 9.45am

Speaker: **Jenny Kent**

Jenny Kent is a York City Councillor. She will talk about some of the challenges that extreme weather holds for York and North Yorkshire, and work in progress. She welcomes audience questions and discussion on how we can all make a difference.

Jenny started out as Editor on the Energy Desk with McGraw Hill. She has practised as a barrister in London and Leeds, taught Law at York University, and prior to being elected as a Councillor and Executive Member for the Environment in 2023, worked with internationally acclaimed charity The Against Malaria Foundation. She is also Vice Chair of the Yorkshire and Humber Climate Commission, Portfolio lead for Climate and Environment at the York and North Yorkshire Combined Authority and is passionate about the need to work alongside nature for the benefit of all.

The talk will be available live via zoom and the recording will be made available following the talk. Watch out for zoom details in forthcoming emails.

There is no admission charge for members, but we ask for a voluntary donation from guests.

No need to reserve spaces to attend in person.

Games Social

Saturday 24th October, in the Penn Room (Friends Meeting House), 10.00–12.00, with tea & coffee throughout.

Note that **booking is required**, which can be done in response to an email that will be sent out before the event

Do come and join us at our Saturday “Games” Social on the 24th October 2026 10.00–12.00 to have fun playing boardgames, to meet with some old friends and to make new ones.

Typically, the morning starts with coffee/tea and the odd biscuit, followed by about two hours of board games such as Scrabble, Canasta, Rummikub, Bananagrams, Ticket to Ride, plus any games brought along by enthusiastic participants (new games always welcomed!!).

Members participating for the first time will always feel very welcome as the session is fully hosted.

Volunteering Opportunities

“What’s On” publishing volunteer.

Are you efficient, organised and dependable?

We need you to help our team by summarising the monthly timetable of what’s happening in u3a York from emails from members.

It won’t take long and will help so many by giving them ideas of new things to do and new places to go every month. You could really help people to get out and about. Feel free to talk to me about what it would consist of. You’ll be part of our team and make lots of new friends.

We need someone to start as soon as possible so that the “What’ On” can continue without interruption. Just email Karen Sawyer at chair@u3ayork.org.uk to arrange a no commitment chat.

Events and Volunteering Assistant.

We are looking for expressions of interest for an Events and Volunteering Assistant to support and deputise where necessary for the Events Lead.

The role would involve working closely with the Events team and refreshment volunteers, helping to plan, organise and host a range of regular and one-off events, with a particular focus on Saturday Socials and New Members Meetings.

If you enjoy working in a supportive team and meeting and interacting with new people, then this is the role for you!

For more information, please contact eventsleadyorku3a@gmail.com

Travel News

Travel UK

All our UK trips can be seen listed on the [u3a York website](#).

The next trip that is taking bookings is a day titled ‘Christmas Shopping and Festive Lunch’ on Thursday 3rd December.

We will travel to the Eastfield Garden Centre in Bridlington, for coffee and shopping then to the famous North Star Hotel at Flamborough, to enjoy a three-course Christmas lunch. The cost will be £38.80.

Paper copies of the details and booking forms are also in the office.

For any queries contact travelukyorku3a@gmail.com

Travel Abroad

The newly formed Travel Abroad Team have arranged a trip for next year.

Grand Tour of Slovenia & Italy's Friuli Region

The full holiday details and hotels can be found at [Riviera Travel's website](#). Allocation of a space is initially through the Travel Abroad Team.

Departing 21 September 2027 for 10 nights / 11 days, travelling with easyJet, out from Manchester to Venice (06:15–09:40) and back from Ljubljana to Manchester (17:10–18:45).

Based on 30 people minimum, on the above Manchester flights, the price would be £2319pp in a superior twin or superior double room.

We can also get a maximum of 11 superior sole occupancy rooms, all at a supplement of £555pp.

If you would like the day-to-day itinerary, please contact the Travel Abroad Team and this can be sent to you. Travel Abroad – u3a York

If you are interested, please go to [Travel Abroad – u3a York](#) and contact the leader by email, giving your name and whether you want a single or double room/twin bedded room. The team will send booking forms to you which will require a deposit of £250pp payable directly to Riviera Travel. If the trip is oversubscribed there will be a random selection for places and single rooms as necessary.

The Team are also looking at other venues for the future so these will be sent out as soon as they are confirmed.

Looking forward to travelling with you!