



TAW THIRD AGE GROUP

Newsletter 394

1st January 2025

NEW Website: <https://taw.u3asite.uk/>

Registered Charity No 1026238



Welcome to our January 2025 Newsletter



COFFEE MORNINGS

The **Monday 6th January** Coffee Morning will be hosted by the **Knitting and Chatterbox Groups**. We will also have a speaker - **Tricia Sail**, the winner of Race Across the World in Canada. The Coffee Morning on **Monday 3rd February** will be hosted by the **Psychology of Everyday Life Group**.

Doors will be open at 10:00am for a prompt 10:30am start in the **Roundswell Community Hall**. Admission £1 to include coffee/tea, biscuits and a raffle ticket.

Please Welcome our New Members

Mr Melvyn Ashley (Affiliated)
Mrs Margaret Beades (Affiliated)
Mr Jeremy and Mrs Linda Kendall
Stephen Percival (Affiliated)



Mr Alan and Mrs Susan Phillips (Affiliated)
Mrs Maureen Saunders
Mrs Jann Wirtz

WANTED - ILLNESS and BEREAVEMENT COORDINATOR

We are looking for someone to take on the role of sending cards to members who are ill or sending cards to families with a bereavement. This hopefully is not too busy a job and you can reclaim expenses for postage (second class) and the cost of the cards. It is a very valuable part of Taw U3A work and you will not need to be a Trustee. **If you are able to help please contact the Chairman (David)**

~David



A Notice from our Group Coordinator



Qi Gong is a very gentle health art which supports mental health, clarity and focus as well as physical wellbeing. The movements are simple and easy to follow and anyone can enjoy a session, even if they need to sit. The first session was enjoyed by around 18 people. The next meeting will be in **January**, at **Roundswell**. **We will need someone to act as group leader**. This involves liaising with Alessia who runs the sessions and books the hall, and advising members of dates. I will be available to help. Please let me know if you are interested in joining us.

~Richard Taylor

An IMPORTANT MESSAGE from your NEWSLETTER EDITOR

NEW EMAIL ADDRESS: As mentioned in the December 2024 Newsletter, I have now set up a new email address to avoid any confusion between Paul as Web Manager and myself as Newsletter Editor. **Please now use my new email address for all U3A matters.**



PLEASE SEE CONTACTS LIST FOR NEW CONTACT DETAILS

~Valerie Fama



May Holiday to Norfolk

The May U3A Holiday is to **Norfolk** from **11th to 15th May 2025**.

The Itinerary includes visits to Sandringham, a trip on the Bure Valley Railway with a cruise on the Norfolk Boards, plus trips to Norwich and Great Yarmouth.

Anyone interested, please contact David for full itinerary and booking form.

Report from the December Trustees Meeting

The following are the main points from the meeting:

- **MEMBERSHIP FEES FOR 2025/26:**
 1. It was agreed to maintain the Full Membership fee at £12.
 2. Affiliated Membership Fee to be £8 (letter to be sent to all Affiliated Members to explain).
 3. Over 90 years of age FREE.
 4. Cost of posting Newsletter £10.
 5. National Magazine (TAM) £4.
- A Membership Form will be attached to the February Newsletter.
- In light of the bad publicity Taw U3A Trustees agreed that Taw and Torridge Coaches should not be used by Taw U3A groups for the foreseeable future.
- Taw U3A now have a Policy for hiring coaches and booking holidays, and this can be found on our website.
- It was agreed that the Newsletter would only contain material relating to Taw U3A.
- The Budget for 2025/26 was agreed.
- Janet Stanley resigned as a Trustee due to personal reasons.

~David Baker, Chairman

Our Groups

Members are encouraged to contact the Group Leaders of groups they are interested in joining and have their names added to any waiting lists.

AFTERNOON TEA - Jill Chappell. We meet on the **4th Tuesday of each month at 2:30pm**. The next meeting will be on **January 28th at Tea on The Taw, on The Strand at 2:30pm**. Please note change of venue. ~Jill

ALLOTMENT 21 - Patrick Byrne. As Winter begins the members can slow down, enjoy the winter produce and start to think about the next planting season in 2025. We have now reached the practical limit for maximum group size but if anyone would like to start a new allotment group we would be happy to offer our help and support. To find out more please contact the Group Leader. ~Patrick

AMBLERS - Trish Lilley. We will meet at **11:00am on Tuesday 14th January** at the **MUSEUM** for a walk along the southwest coast path to Ashford Garden Centre where refreshments are available. For those who wish to return by bus don't forget to bring your bus pass with you. New members welcome. For information please contact me. ~Trish

ART - Derek Seymour. The Art Group meets on the **1st and 3rd Thursday** each month from **9:30am to 12:00 noon** at the **Rhododendron Methodist Church Hall**. ~Derek

BADMINTON - Carol Griffiths, Margaret Strange. **Tarka Leisure Centre 9:30am to 10:30am on Tuesday and 2:00pm to 3:00pm on Thursday**. The new term starts on **January 7th** and will continue until **Easter**. The group is full at the moment so we will open a waiting list for members interested in playing when a vacancy occurs. Contact Carol or Margaret for more information. ~Carol & Margaret

BOOK CLUB - Barbara Vercoe. We meet on the **4th Thursday of the month at 10:30am** at the **Bike Shed in Barnstaple**. At present this group is fully subscribed. ~Barbara

BOOKWORMS - Linda Tyrrell. We meet at the **Library** on the **last Tuesday of each month at 10:00am**. The group is now fully subscribed, but if anyone is interested in joining us, do please feel free to contact me. ~Linda

BREAKFAST CLUB - Wendy Walmsley. This group is held on the **1st Wednesday of the month at 9:15am**. There will be **no breakfast meeting in January** as it is a Bank Holiday. If you would like to join this friendly group for a chat over breakfast, please contact me. ~Wendy

CANASTA - Linda Lee, Yvonne Geary. The **January** meeting of the Canasta Group will be on the **20th** in the **annexe of Fremington Parish Hall at 2:00pm**. The group is full at the moment, but if you would like to play do get in touch and we'll put you on the waiting list. ~Linda & Yvonne

CHATTERBOX - Sheila Jennings. We meet on the **3rd Monday of each month at 11:00am to 1:00pm** in the **Barnstaple Museum**. Please come and join us. ~Sheila

COFFEE MUGS AND TEAPOTS - Jackie Ward. Meeting in **Arti's Too! Café, Cross Street, Barnstaple, 10:30am to 12:00 noon, January 15th**, that's the **3rd Wednesday morning of the month**. Put the date in your diary, come along, pull up a chair, enjoy the fun and conversation. Contact Jackie. ~Jackie

CREATIVE WRITING - Sue Boyd. No report this month. ~Sue

CRIBBAGE - Richard Taylor. We meet at the **New Inn, Fremington, twice a month**, from **3:00pm 'til 5:00pm on Fridays**. The aim is to enjoy playing crib. Help is available for those wishing to learn how to play. Free parking on site. Please let me know if you are interested in joining us. ~Richard

CURRENT AFFAIRS DISCUSSION 1 - Alison Clayton. **January meeting cancelled. February meeting as normal in Barnstaple Library Room 3D.** ~Alison

CURRENT AFFAIRS DISCUSSION 2 - Chris Daly. This group meets on the **3rd Thursday in the month** at the **Roundswell Community Centre (small side room next to main car park)** at **10:00am**. Please note new time. We discuss interesting topics that are currently in the news. Tea and coffee are available. We currently have vacancies for 2 new members. ~Chris

CYCLING - Steve Coppel. We meet at **10:30am** on **Wednesdays** in **Barnstaple** (we no longer cycle from Bideford), for a gentle and approximately 12 mile ride (6 miles each way) on the Tarka Trail to a cafe for brunch. The group is now full, and cannot currently accommodate any new members. But if you are interested in joining the waiting list, do please get in touch. ~Steve

DANCERSIZE - Hilary Newing, Stella Smith. **January 21st and 28th, February 4th, 11th and 25th. No class on 18th.** We have 1 space available. Please contact us if interested. ~Hilary & Stella

DAY TRIPS BY COACH - David Baker. There is **no Day Trips by Coach in January**. The next trip is in March. ~David

DESIGN & MAKE I & II - Jim Pinn. **January 2025, last Friday of the month.** Usual times. ~Jim

DEVON HISTORY - Ken Bonewell. There will **not be a meeting of the group in January**. ~Ken

DINING EXPERIENCE - John and Carole Wardle. Dining Experience Group held a lovely meal at the end of November at The Bell at Chittlehampton. great food and company! Sadly John and I are stepping down as leaders of the group as we are going to be spending more time in Spain during the coming year. We have written to the group and hope someone takes it on as it is a lovely group. ~John & Carole

FOOD, FARM, ENVIRONMENT - David Baker. This group no longer meets due to lack of leader. ~David

GARDEN DAYS - Roxanne and Graham King. **No garden visit in January or February.** Lynn is organising the post Christmas lunch for the **4th Wednesday of February**. Please contact her (via us) if interested and not already booked. ~Graham & Roxanne

HOLIDAYS - David Baker. See the notice on the front page of this newsletter. ~David

KNITTING - Sheila Jennings. We usually meet on the **4th Friday of every month at 10:30am**. Any newcomers would be welcome to join. I have needles, wool and patterns if you are a learner. We have ladies who are excellent knitters who are always delighted to pass on their expertise. ~Sheila

PRACTICAL GARDENING - Jackie Ward. Happy New Year everyone. This group meets in **The Annexe, Fremington Parish Hall, January 9th, (the 2nd Thursday morning of each month), 10:30am until 12:30pm**. Come along, enjoy a cup of tea or coffee and biscuits and welcome our new group leader Diana and her second, Veronica. I am sure we all want to know how George 1 and George 2 enjoyed their

Christmas then discuss our gardens and start making plans for the coming spring. Contact Diana. ~Jackie

PSYCHOLOGY OF EVERYDAY LIFE - Jane Bellworthy. We meet on the **4th Tuesday of each month**. We focus on a topic that is current or of particular interest to the group. ~Jane

RAILWAY - David and Jill Baker. **No meeting in January.** ~David & Jill

RAMBLING - Pauline Newbound, Barbara Hewis. **Monday January 13th.** The walk starts at **10:30am** from the **old Railway Station, East the Water, Bideford**. Parking in Clarence Wharf car park, East the Water is £5 all day or roadside parking in nearby industrial estate. We shall walk across the Long Bridge and make our way to the outskirts of Littleham by quiet roads, lanes and footpaths, returning via Mill Bridge and the Tarka Trail. The distance is 6.5 miles with a couple of 'ups and downs' but no stiles. BYOFAD. Leaders - Pauline and Barbara. ~Pauline & Barbara

READING SHAKESPEARE ALLOWED - Bob Godfrey. An ALERT! If you are reading this and are interested please don't hesitate to contact me any time. Reading together is a most rewarding and supportive activity. No special knowledge of Shakespeare is necessary. All necessary reading material is fully provided. We meet on the **3rd Wednesday of the month 2:00pm to 3:30pm at Fremington Methodist Church, Old School Lane, Fremington.** ~Bob

ROAMERS - Sue Taylor. On **Monday 27th January** we shall meet at **10:30am** in the **Muddlebridge Layby, Fremington** for a walk of about 4 miles led by Harriet Croft. We shall go on the Tarka Trail and some footpaths to Instow where we shall finish with the option of lunch in one of the pubs. Precise details of the walk will depend on the ground conditions. Back by bus so please bring your bus pass. ~Sue

RUMMIKUB - Paul Boden. The Rummikub Group has reached the maximum number of members. Anyone interested will be placed on a waiting list and notified of future placements or notified if we do not have the full capacity. There will be **no Rummikub in January** due venue renovation. The next session will be **Friday 21st February**, and continuing on the **3rd Friday of each month**, dependent on room availability. We meet at the **New Inn, Fremington**, at **12:00 noon**, play commencing at 12:15pm. Coffee and teas are available for a £1 contribution collected on arrival if you wish to take up the offer. Lunch is available to purchase at the New Inn should you wish to stay. ~Paul

SHORT MAT BOWLING - Richard Taylor. We meet at **Christ Church Hall in Braunton twice a month, on Tuesdays from 10:00am to 12:00 midday**. The cost for each session includes use of the hall and the equipment. Tea and coffee is provided. Parking is free on site. The cost will be £3 or £4 per person, depending on numbers. We do need to set up and take down the equipment each time. Please let me know if you are interested in joining us. ~Richard

SHORT TENNIS - Marjorie Sargent, Sue Morley. We play every Wednesday morning at the **Tarka Tennis Centre** from 11:00am until 12:00 noon. We start in January on Wednesday 8th. We have a couple of vacancies, so please get in touch if you have had any experience of tennis and would be interested in coming along to see how we play short tennis. ~Marge & Sue

SIGHT SUPPORT - Jill Baker. The January meeting is on Monday 13th January in **ROOM 3D The LIBRARY, TULY STREET BARNSTAPLE** at 10:30 am. Please note new venue. New members with a sight problem are very welcome. Contact Jill. ~Jill

SKITTLES - Doug Saunders - **NEW LEADER**. We play Skittles once a month on a Friday evening at the **Agricultural Inn, Braunton (7:00pm start)**. The next scheduled events are on January 17th and February 21st. At the November event, we split everybody up into teams team A and B. Team A came out on top with a winning margin of just 3 points. This was followed by the usual "killer" event won by Patrick Kift. Anyone wishing to join the group will be warmly welcomed. ~Doug

STROLLERS - Maureen and Peter Penfold. No report this month. ~Peter & Maureen

SUNDAY LUNCH - Susan Covington. There will be no Sunday lunch in January. Next lunch will be on Sunday 9th February, **Williams Arms, Wrafton**, at 12:00 noon. Please note earlier time. Please let me know if you cannot attend. ~Susan

TABLE TENNIS - Janice and Bob Godfrey. We meet every Thursday morning, 9:30am to 12:00 noon at the **Tarka Centre**. We now have a couple of places available. If there's anyone out there wishing to join the group you would be very welcome. Do please contact us first. Some experience of playing (however long ago!) is desirable. ~Janice & Bob

TEN PIN BOWLING - Brian Tilbury, Jan Hartshorne. We meet every Wednesday at 1:15pm inside the **Bowling Alley on the Braunton Road**, except during the school holidays. Congratulations go to Gary Vigee, ending the year on a high, with a new PB of 181. Congratulations also go to Jan 'there's a lotta luck in it' Hartshorne who got a 'Turkey' one week and then another 'Turkey' the next, with a top score of 310. We hope everyone has had a jolly festive time and we'll meet again on **Wednesday 8th January 2025**. ~Brian & Jan

TUESDAY LUNCHEON GROUP - Trish Lilley. Our first lunch of 2025 will be at **The Williams Arms** on 21st January. Anyone who has not pre-booked please contact me by email or telephone. ~Trish

WANDERERS - Wendy Walmsley, Sue Taylor. There is no walk in January. ~Wendy & Sue

WINE APPRECIATION - David Rowe. The Wine Group continues to meet on the 1st Friday of each month, in **Room 3B** of the **Barnstaple Library**. ~David

WOODCARVING - Fred Barrow. **Weekly, Wednesday mornings 10:00am to 12:00 noon**. I have a vacant place with the Woodcarving Group as from January 8th. ~Fred

CALENDAR - January/February 2025

Coffee Mornings:

Monday 6th January (Knitting and Chatterbox Groups) - 10:30am - Roundswell Community Hall
Monday 3rd February (Psychology of Everyday Life) - 10:30am - Roundswell Community Hall

February Newsletter Deadline: Deadline for entry of events occurring after Saturday 1st February - **THURSDAY 16th January**.

Group	Day	Date		Time	Venue/Information
		January	February (Subject to Change)		
Afternoon Tea	Tuesday	28	25	2:30pm	Tea On The Taw, The Strand, Barnstaple
Allotment 21	Monday	TBN	TBN	TBN	TBN
Amblers	Tuesday	14	11	11:00am	Museum TBN
Art	Thursday	2; 16	6; 20	9:30am	Methodist Church Hall, Rhododendron Avenue
Badminton	Tuesday	7; 14; 21; 28	4; 11; 25	9:30am	Tarka Leisure Centre
	Thursday	9; 16; 23; 30	6; 13; 27	2:00pm	
Book Club	Thursday	23	27	10:30am	The Bike Shed, Barnstaple
Bookworms	Tuesday	28	25	10:00am	Barnstaple Library
Breakfast Club	Wednesday	No Meeting	5	9:15am	TBN
Canasta	Monday	20	17	2:00pm	Fremington Parish Hall Annexe
Chatterbox	Monday	20	17	11:00am	Museum Tea Rooms
Coffee Mugs and Teapots	Wednesday	15	19	10:30am	Arti's Too! Cafe, 20 Cross Street, Barnstaple
Creative Writing	Thursday	9	13	10:30am	TBN
Cribbage	Friday	TBN	TBN	3:00pm	The New Inn, Fremington
Current Affairs Discussion 1	Thursday	No Meeting	6	10:15am	Room 3D, Barnstaple Library
Current Affairs Discussion 2	Thursday	16	20	10:00am	Roundswell Community Centre
Cycling	Wednesday	TBN	TBN	10:30am	TBN

CALENDAR - January/February 2025 (Continued)

Group	Day	Date		Time	Venue/Information
		January	February (Subject to Change)		
Dancersize	Tuesday	21; 28	4; 11; 25	10:00am	Church Hall, Fremington
Day Trips By Coach	Thursday	No Meeting	No Meeting	TBN	TBN
Design & Make I - Ladies	Friday	31	28	9:30am	Group members know venue
Design & Make II - Gents				2:00pm	
Devon History	Thursday	No Meeting	6	2:30pm	Castle Centre, Barnstaple
Dining Experience	Saturday	TBN	TBN	TBN	TBN
Food, Farm, and Environment	Group Discontinued				
Garden Days	Wednesday	No Meeting	19	TBN	TBN
Holidays	See notice on the front page of this Newsletter				
Knitting	Friday	24	28	10:30am	The Museum, The Square, Barnstaple
Practical Gardening	Thursday	9	13	10:30am	The Annexe, Fremington Parish Hall
Psychology of Everyday Life	Tuesday	28	25	2:00pm	Fremington Methodist Church
Railway	Wednesday	No Meeting	TBN	TBN	TBN
Rambling	Monday	13		10:30am	Old Railway Station, East the Water, Bideford
			10	TBN	TBN
Reading Shakespeare Allowed	Wednesday	15	19	2:00pm	Fremington Methodist Church, Old School Lane
Roamers	Monday	27		10:30am	Muddlebridge Layby
			24	TBN	TBN
Rummikub	Friday	No Meeting	21	12:00nn	New Inn, Fremington
Short Mat Bowling	Tuesday	21	TBN	10:00am	Christ Church Hall, Braunton, EX33 2EA
Short Tennis	Wednesday	8; 15; 22; 29	5; 12; 26	11:00am	Tarka Leisure Centre
Sight Support	Monday	13	10	10:30am	Room 3D, The Library, Tuly Street, Barnstaple
Skittles	Friday	17	21	7:00pm	The Agricultural Inn, Braunton
Strollers	Tuesday	7	4	12:00nn	TBN
Sunday Lunch	Sunday	No Meeting	9	12:00nn	Williams Arms, Wrafton
Table Tennis	Thursday	2; 9; 16; 23; 30	6; 13; 20; 27	9:30am	Tarka Centre, Barnstaple
Ten Pin Bowling	Wednesday	8; 15; 22; 29	5; 12; 26	1:15pm	Bowling Alley, Braunton Road, Barnstaple
Tuesday Luncheon Group	Tuesday	21	18	12:00nn	The Williams Arms
Wanderers	Tuesday	No Meeting	11	TBN	TBN
Wine Appreciation	Friday	3	7	2:00pm	Room 3B, Barnstaple Library
Woodcarving	Wednesday	8; 15; 22; 29	5; 12; 19; 26	10:00am	Fremington

REMINDER: If you **move house** or your **email** or **telephone number changes** please let **Veronica McLaughlin**, the **Membership Secretary**, know so that we can continue to keep in contact. It will also ensure you continue to receive the Newsletter by email.

ILLNESSES and BEREAVEMENTS: Carol Griffiths is **temporarily** responsible for keeping in touch with members who become ill or are taken into hospital. If you become aware of any such cases please contact her (see Contacts List for contact details). Would Group Leaders please take responsibility for informing Carol of illnesses of their group members. Would the family, Group Leader or any other member please inform Carol of the details of names and dates of deaths. **A single line announcement will be included in the Newsletter unless the family do not want any acknowledgment. It is for the Group Leader to notify Carol who will notify the Newsletter Editor.**



A Message from your Web Manager

I would like to offer this form to Group Leaders to complete and submit to myself, for entry on to our website. Groups that are displayed on the web page have a table of entries which needs to be completed and submitted. This is the case for existing and new groups. Some fields may be left blank if unknown, as I can use a standard entry to cover it. The form provided highlights all the field requirements for a group. Group Leaders need to provide as much information as possible and any notes where applicable.

~Paul Boden

Group Name	
Details of the group: eg details of the activity and what it offers	
Primary Group Leader Name	
Primary Group Leader Email	
Primary Contact Number	
Secondary Group Leader Name if applies	
Secondary Group Leader email if applies	
Venue Name	
Venue Location	
Meeting Day	
Meeting date if fixed	
Start Time	
End Time	
Frequency: eg fortnightly, weekly, monthly, etc	
When: (additional text), eg 3rd Friday of the month	
Status: eg Open/Full/Waiting list for New Members	
Photos if any to add. Direct photos by email to the webmaster	paulboden.taw.u3a@gmail.com
Optional costs to members	

TAW U3A - CONTACTS LIST

TRUSTEES: NOTE: Trustee Business Hours - 10:00am to 7:00pm Monday to Saturday

TRUSTEE ROLE	NAME	TELEPHONE	EMAIL ADDRESS
		(Area Code 01271 unless otherwise specified)	
Chairman/Beacon Administrator/Annual Trips/Booker Card/Holiday Coordinator	David Baker	374656	davidbaker687@btinternet.com
Vice Chairman	Peter Robinson	07949 092565	peter.g.robinson@bristol.ac.uk
Secretary	Carole Wardle	07773 527316	Johnwardle17@gmail.com
Treasurer	Colin O'Brien	07802 432468	colin_obrien@btopenworld.com
Membership Secretary	Veronica McLaughlin	860106	mclaughlin295@btinternet.com
Group Coordinator	Richard Taylor	343532	adrianrichardtaylor@gmail.com
Coffee Morning Speakers	Jill Baker	374656	davidbaker687@btinternet.com
New Members	Jackie Ward	07468 537576	ghjlward@hotmail.co.uk
	Alison Clayton	343691	alisonclayton45@btinternet.com
Website Manager	Paul Boden		paulboden.taw.u3a@gmail.com
Newsletter Editor	Valerie Fama	07510 939314	New email address ed.taw.u3a@gmail.com
Trustee	Bob Godfrey	860605	rgodfrey007@btinternet.com

NON-TRUSTEES:

ROLE	NAME	TELEPHONE	EMAIL ADDRESS
		(Area Code 01271 unless otherwise specified)	
Illnesses and Bereavements Coordinator	Carol Griffiths (Temporary)	860282	
Equipment Manager	Gordon Gregory		ggre240208@aol.com