



TAW THIRD AGE GROUP Newsletter 395 1st February 2025

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

Registered Charity No 1026238

Welcome to our February 2025 Newsletter



COFFEE MORNINGS

The **Monday 3rd February** Coffee Morning will be hosted by the **Psychology of Everyday Life Group**. The Coffee Morning on **Monday 3rd March** will be hosted by the **Wine Appreciation Group**, and we will also have a speaker - **Neville Pope** on the **Children's Hospice South West**.

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.

!!! TIME TO RENEW YOUR MEMBERSHIP !!!

It's time to renew your membership of Taw U3A for 2025/2026. A membership application form is on the **last 3 pages of this newsletter**.

NEW OFFICERS REQUIRED

At the AGM in June we will be looking for new officers. We will require a new **Chairman** or **Vice Chairman** and a new **Secretary**. If you are interested in helping Taw u3a please talk to the Chairman for more information.

~David, Chairman

A Notice from our Group Coordinator

Qi Gong Qi Gong is a very gentle health art which supports mental health, clarity and focus as well as physical wellbeing. The first session was enjoyed by around 18 people. The next meeting will be in **February**. 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: Please be aware that I have now closed my previous email account, so please update your email contacts to 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 Broads, plus trips to Norwich and Great Yarmouth.

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

SORRY, NO SINGLE ROOMS LEFT

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 the month**. Next meeting will be **Tuesday February 25th at 2:30pm at *Tea on the Taw on The Strand***. ~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 again meet at the **Museum** a **11:00am** on the **11th February**, and this month we will take a circular route walking along the opposite side of the estuary for a shorter walk returning to the Museum where light refreshments are served if required. ~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 group is now playing in the spring term until the Easter break. ~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**. The next breakfast is at **Queen Anne's Cafe** on **5th February**, and **Tea on the Taw 5th March**. If you are UNABLE to attend please let Wendy know. If you would like to join this friendly group for a chat over breakfast, please contact me. ~Wendy

CANASTA - Linda Lee, Yvonne Geary. 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 Cafe, 20 Cross Street, Barnstaple. 10:30am to 12:00 noon, the 3rd Wednesday of the month**, that's the

19th. Put it in your diary and come along, pull up a chair and join in conversation. You are very welcome. Contact Jackie. ~Jackie

CREATIVE WRITING - Sue Boyd. The need to file my report early for January crept up on me and hence its lack. What I would have said is that we have a new member of the group, which is excellent. Our Christmas meeting at Sylvia's was fuelled by the usual excellent spread (of food) and a good time was had by all, particularly because the written compositions were also excellent and as varied as usual. The subject for January was 'Not Again!' a title which produced some interesting responses. The title for February is 'Why I Lie' which can, of course, be interpreted in several ways, from the Somerset farmer's lifestyle advice to election manifestos. Anyway, I'll tell you more in March. ~Bob

CRIBBAGE - Richard Taylor. We normally meet at the **New Inn, Fremington** on the **2nd and 4th Fridays** from **3:00pm 'til 5:00pm**. 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. **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, Marilyn White. **February** dates: **4th, 11th and 25th. No class on 18th**. The class is full again, but if you are interested let me know, and you will be put on the waiting list. ~Hilary & Marilyn

DAY TRIPS BY COACH - David Baker. **There is no Day Trip by Coach in February**. The next trip is in March to **Cribbs Causeway Centre, Bristol** on **Thursday 20th March**. Pick up points and times: **8:50am** Chilpark; **9:00am** New Inn, Fremington; **9:05am** Bus stop by car park, Bickington; **9:15am** Coach Pickup, North Walk by Tuly Street; **9:30am**

Barnstaple Park and Ride.

Cost £17 per person. First-come-first-booked. Cheques made out to **Taw U3A** and sent to David. ~David

DESIGN & MAKE I & II - Jim Pinn. No report this month. ~Jim

DEVON HISTORY - Ken Bonewell. No report this month. ~Ken

DINING EXPERIENCE - John and Carole Wardle. No report this month. ~John & Carole

GARDEN DAYS - Roxanne and Graham King. **No garden visit in February.** The first trip for 2025, in April, will be advertised next month. ~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 - NEW LEADER - Diana Betham, Veronica McLaughlin. No report this month. ~Diana

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. **There is no meeting in February.** The March trip is on **Wednesday 12th March to Exmouth**. Leaving **Barnstaple at 9:35am**. If you would like to go please let me know. ~David & Jill

RAMBLING - Pauline Newbound, Barbara Hewis. **Monday February 10th**. The walk will start at **10:30am** from **Marine Drive in Woolacombe**. Free parking. Walk along the path at the rear of the beach to Putsborough. The cafe may be open for a coffee stop. Return back along the beach and up a short hill to the car park. Walking time is about 4 hours. BYOFAD. Leader - Edna Drew ~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 24th February** we are walking from Braunton towards Barnstaple. Take the **21B bus from Barnstaple Bus Station at 10:04am to the George in Braunton**. Please bring your bus pass. If anyone wishes to join us in Braunton, we will **meet outside the Museum at 10:30am**. We then walk 3.1/2 miles along the Tarka Trail to St John's Garden Centre in Ashford for optional lunch, or bring your own food to eat on the way. You can either

walk back to Barnstaple, 3 miles, or catch the bus if preferred. ~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. We meet up on the **3rd Friday of each month**, dependent on room availability. The next session will be **Friday 17th February**. 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 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 and HEARING SUPPORT - Jill Baker. The February meeting is on **Monday 10th February** in **ROOM 3d The LIBRARY, TULY STREET BARNSTAPLE** at **10:30am**. Please note new venue. New members with a sight or hearing problem are very welcome. Contact Jill. ~Jill

SKITTLES - Doug Saunders. We play Skittles **once a month on a Friday evening** at the **Agricultural Inn, Braunton (7:00pm start)**. The next scheduled events are on **February 21st and March 21st**. At the December event, we split everybody up into teams team A and B. A keenly fought contest resulted in Team A coming out on top with a winning margin of just 1 point. This was followed by the usual 'killer' event won by Kath Lehan. Anyone wishing to join the group will be warmly welcomed. ~Doug

STROLLERS - NEW LEADER - Kim Conibear. There will **not be a walk in February**. We will instead meet at the **Queen Anne's cafe on The Strand** at **12:00 noon** for coffee and lunch, and a chat re the walks for the rest of the year. Could those wishing to attend please email me so I can book numbers. ~Kim

SUNDAY LUNCH - Susan Covington. Next lunch will be at the **Williams Arms, Wrafton**, on **Sunday 9th February at 12:30pm**. Group members, 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 who started the year with the first strike of 2025. The highest score of 2025, so far, was achieved by Doug Saunders with an impressive 294. For anyone considering trying tenpin, please just turn-up and 'give it a go', it's fun!

~Brian & Jan

TUESDAY LUNCHEON GROUP - Trish Lilley. Our next lunch will be at **The Williams Arms on Tuesday 18th February**. For those members who have not already booked please

contact me by email or telephone. New members welcome.

~Trish

WANDERERS - Wendy Walmsley, Sue Taylor. On **11th February** we are walking along the coast path from Fremington towards Barnstaple and back. We will meet in the **Muddlebridge layby at 11:00am**. We then walk past the Quay café and continue towards Barnstaple, returning to the café for lunch. Total walk around 2 miles.

~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 - February/March 2025

Coffee Mornings:

Monday 3rd February (Psychology of Everyday Life Group) - 10:30am - Roundswell Community Hall
Monday 3rd March (Wine Appreciation Group) - 10:30am - Roundswell Community Hall

March Newsletter Deadline: Deadline for entry of events occurring **after Saturday 1st March - THURSDAY 13th February**.

Group	Day	Date		Time	Venue/Information
		February	March (Subject to Change)		
Afternoon Tea	Tuesday	25	25	2:30pm	Tea On The Taw, The Strand, Barnstaple TBN
Allotment 21	Monday	TBN	TBN	TBN	TBN
Amblers	Tuesday	11	11	11:00am	Museum, Barnstaple TBN
Art	Thursday	6; 20	6; 20	9:30am	Methodist Church Hall, Rhododendron Avenue
Badminton	Tuesday	4; 11; 25	4; 11; 18; 25	9:30am	Tarka Leisure Centre
	Thursday	6; 13; 27	6; 13; 20; 27	2:00pm	
Book Club	Thursday	27	27	10:30am	The Bike Shed, Barnstaple
Bookworms	Tuesday	25	25	10:00am	Barnstaple Library
Breakfast Club	Wednesday	5	5	9:15am	Queen Anne's Cafe, The Strand Tea on the Taw, Barnstaple
Canasta	Monday	17	17	2:00pm	Fremington Parish Hall Annexe
Chatterbox	Monday	17	17	11:00am	Museum Tea Rooms
Coffee Mugs and Teapots	Wednesday	19	19	10:30am	Arti's Too! Cafe, 20 Cross Street, Barnstaple
Creative Writing	Thursday	13	13	10:30am	TBN
Cribbage	Friday	14; 28	14; 28	3:00pm	The New Inn, Fremington
Current Affairs Discussion 1	Thursday	6	6	10:15am	Room 3D, Barnstaple Library
Current Affairs Discussion 2	Thursday	20	20	10:00am	Roundswell Community Centre
Cycling	Wednesday	TBN	TBN	10:30am	TBN
Dancersize	Tuesday	4; 11; 25	TBN	10:00am	Church Hall, Fremington
Day Trips By Coach	Thursday	No Meeting	20	8:50am	Cribbs Causeway Centre, Bristol
Design & Make I - Ladies	Friday	28	28	9:30am	Group members know venue
Design & Make II - Gents				2:00pm	
Devon History	Thursday	6	6	2:30pm	Castle Centre, Barnstaple
Dining Experience	Saturday	TBN	TBN	TBN	TBN
Garden Days	Wednesday	26	No Meeting	TBN	TBN
Holidays	See notice on the front page of this Newsletter				
Knitting	Friday	28	28	10:30am	The Museum, The Square, Barnstaple
Practical Gardening	Thursday	13	13	10:30am	The Annexe, Fremington Parish Hall
Psychology of Everyday Life	Tuesday	25	25	2:00pm	Fremington Methodist Church
Railway	Wednesday	No Meeting	12	9:35am	Barnstaple Railway Station for Exmouth
Rambling	Monday	10		10:30am	Marine Drive, Woolacombe
			10	TBN	TBN

CALENDAR - February/March 2025 (Continued)

Group	Day	Date		Time	Venue/Information
		February	March (Subject to Change)		
Reading Shakespeare Allowed	Wednesday	19	19	2:00pm	Fremington Methodist Church, Old School Lane
Roamers	Monday	24		10:04am	21B Bus Barnstaple to Braunton
			24	TBN	TBN
Rummikub	Friday	17	21	12:00nn	New Inn, Fremington
Short Mat Bowling	Tuesday	4; 18	TBN	10:00am	Christ Church Hall, Braunton, EX33 2EA
Short Tennis	Wednesday	5; 12; 26	5; 12; 19; 26	11:00am	Tarka Leisure Centre
Sight and Hearing Support	Monday	10	10	10:30am	Room 3D, The Library, Tuly Street, Barnstaple
Skittles	Friday	21	21	7:00pm	The Agricultural Inn, Braunton
Strollers	Tuesday	4		12:00nn	Queen Anne's Cafe, The Strand
			4	TBN	TBN
Sunday Lunch	Sunday	9		12:30pm	Williams Arms, Wrafton
			9	TBN	TBN
Table Tennis	Thursday	6; 13; 20; 27	6; 13; 20; 27	9:30am	Tarka Centre, Barnstaple
Ten Pin Bowling	Wednesday	5; 12; 26	5; 12; 19; 26	1:15pm	Bowling Alley, Braunton Road, Barnstaple
Tuesday Luncheon Group	Tuesday	18	18	12:00nn	The Williams Arms
Wanderers	Tuesday	11		11:00am	Muddlebridge Layby
			11	TBN	TBN
Wine Appreciation	Friday	7	7	2:00pm	Room 3B, Barnstaple Library
Woodcarving	Wednesday	5; 12; 19; 26	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: **Annabelle Marriott** has kindly volunteered to take on this role. **See the Contacts List for her contact details.** She is now 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. Would Group Leaders please take responsibility for informing Annabelle of illnesses of their group members. Would the family, Group Leader or any other member please inform Annabelle 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 Annabelle who will notify the Newsletter Editor.**

A Valentine Story. Just before Valentine's Day God was looking down at Earth and saw all of the evil that was going on. He decided to send an angel down to Earth to check it out. So he called one of His best angels and sent the angel to Earth for a time. When she returned she told God, yes it is bad on Earth, 95% is bad and 5% is good.

Well, he thought for a moment and said, maybe I had better send down a second angel to get another point of view. So God called another angel and sent her to Earth for a time too. When the angel returned she went to God and told him, yes, the Earth was in decline, 95% was bad and 5% was good.

God said this was not good. So He decided to email the 5% that were good and He wanted to encourage them, give them a little something to help them keep going.

Do you know what that email said? Ah, so you didn't get one either?

Can We Come Back Tomorrow? A couple were having marital problems. They decided together to do the right thing and they contacted a marriage guidance counsellor. Several visits followed when lots of questions were asked and lots of listening carried out. Eventually the counsellor felt that he had discovered the main problem. He stood up, went over to the woman, and asked her to stand up. He gave her a huge cuddle.

He turned to the husband and said, "This is what your wife needs, at least once every day."

The husband frowned, considered what had been said for a moment, then replied, "Ok, what time do you want me to bring her back tomorrow?"