



TAW THIRD AGE GROUP Newsletter 397 1st April 2025

Website: <https://taw.u3asite.uk/>
Registered Charity No 1026238



Welcome to our April 2025 Newsletter

COFFEE MORNINGS

The Coffee Morning on **Monday 7th April** will be hosted by the **Devon History 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.

The Coffee Morning on **5th May** falls on the May Day Bank Holiday so was to be held at the Barnstaple Hotel. Unfortunately, we have had to cancel it because the Barnstaple Hotel will be closed for repairs to the roof that was damaged during the storm. The next Coffee Morning will be on **Monday 2nd June**.



Please Welcome our New Members

Ms Melanie Delve
Mr Tim Gibbs (Affiliated)
Mr Dale Hall (Affiliated)
Mr Andrew and Mrs Penny Hazel (Affiliated)



Mr Alan King
Ms Janine Thomson
Mrs Diane Wild
Mr Alan and Mrs Elaine Wilson

HOLIDAY COORDINATOR URGENTLY NEEDED

We urgently need a Holiday Coordinator. The next anticipated holiday is to Yorkshire in October. Without a Coordinator the holiday will have to be cancelled. Please contact Peter Robinson if you can help with this.

~Peter Robinson, Vice Chair



Coordinator



ADVANCE NOTICE OF TAW U3A AGM

Please find attached (Page 7) the Nomination Form for Officers and Trustees for election at the AGM on **2nd June 2025**.
The nominated person must also sign the form.
Closing date is Friday 9th May 2025

Your u3a Needs You! Changes this year mean that Taw u3a desperately needs new officers and trustees so that we can keep working successfully on your behalf. If you would like to serve in any of these roles, please complete the nomination form and send it to Peter Robinson by 9th May.

Officers: Three new officers are needed and will be elected at the AGM (see the nomination form on page 7).

- The Chair leads the branch, gives it direction and chairs the meetings
- The Vice Chair supports the Chair and stands in when needed
- The Secretary manages the branch and makes sure everything happens as agreed

The Treasurer maintains the finances of the branch (Colin O'Brien has agreed to continue in this role).

Detailed information about all these roles is available on the branch website at <https://taw.u3asite.uk/role-descriptions/>.

Trustees: The Trustees meet every two months to keep the branch working smoothly. Some Trustees also take responsibility for specific aspects of our work. We are always looking out for new Trustees, including:

- Coffee Morning Speakers – To arrange speakers for the Coffee Mornings
- Accessibility Officer – To lead on making the u3a accessible to as many people as possible
- Deputy Treasurer – To support the Treasurer and to learn how the finances are run
- General Trustee

Meetings Secretary: We would also like to have a Meetings Secretary to schedule meetings and take the minutes.

If you are interested in or would like to nominate someone for any of these roles please complete the nomination form and send it to Peter Robinson by 9th May (see Nomination Form on page 7 for contact details).

It is with great sadness that we learn of the passing of David Baker

EMERGENCY MEETING HELD 14th FEBRUARY 2025

An Emergency Meeting of Taw U3A Trustees was held on 14th February 2025 in view of David Baker's illness.

The meeting agreed that:

- In view of the time needed to organise an election the meeting agreed that the Vice Chair (Peter Robinson) would act as Chair until the AGM in June.
- An announcement would be made at the 3rd March Coffee Morning that a new Secretary, Chair and Vice Chair would be needed so that the u3a could continue. Proposals were invited from all members.
- The Cribbs Causeway trip would be cancelled but the monthly Day Trips by Coach programme would be headed up for the rest of the year by Jean Newcombe and Wendy Walmsley.
- The June Day Out urgently needed someone to manage it.
- Kim Conibear and Pauline Upright (with help from Valerie and Veronica) would take on the administration of the Norfolk holiday.
- We would investigate whether the October holiday could go ahead or not. A leader was required for this trip.
- Arrangements were confirmed for the March 3rd Coffee Morning.

LITTLE BRIDGE HOUSE, CHILDRENS' HOSPICE SOUTH WEST **Coffee Morning, Monday 3rd March**

Following the talk by Neville and Poppy about the Little Bridge House, we have received the following letter of thanks from Emma Perry, the Head of Fundraising:

Dear Mr Robinson,

Thank you to all members of Barnstaple U3A for your gift of £167.75 raised at the fundraiser talk with Poppy and Neville, it really is appreciated by every family who receives our care. It is because of your generosity and kindness that we can continue to support babies, children and young people living with life-limiting conditions and their families.

A family who visits one of our hospices said, "There is no judgement, the staff know how tricky things can get for us as a family and every single one of us receives everything we need while here. We feel we have someone in our corner at all times. They want to see you not only succeed as parents, but as a family."

Your donation really does mean so much. We would like to invite you to attend either Little Bridge House, Charlton Farm or Little Harbour on one of our open days, where you can see first-hand the difference your donation makes to the families we support. Please visit www.chsw.org.uk/hospicetours or call your local hospice for more information.

Thank you for continuing to raise smiles for babies, children, young people and their families across the South West.

With sincere thanks,

They also came back to me with dates of when members can tour the hospice. Future dates include Mondays 14th April, 12th May and 9th June. Tours start at 9:00am, 11:00am, 1:00pm, 3:00pm and 5:00pm. It's best if people let them know when they want to go so that they can plan accordingly.

~Peter, Vice Chair



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.**

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. Afternoon Tea Group meets on the **4th Tuesday of the month** at ***Tea on the Taw on The Strand in Barnstaple*** at **2:30pm**. ~Jill

ALLOTMENT 21 - Patrick Byrne. No report this month. ~Patrick

AMBLERS - Trish Lilley. On **Tuesday 8th April** we will meet at the ***car park in front of Dunelm in Roundswell*** at **11:00am** for a walk around Brynsworthy and Roundswell. The walk, being led by John Knill, lasts about 1 hour with no hills, styles or mud! ~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**. This friendly group is now playing in the spring term which ends on the **4th April**, recommencing on **Tuesday 22nd April** for the summer term of 13 weeks. If you are interested in joining us please contact us to come along for a free taster session. ~Carol & Margaret

BOOK CLUB - Barbara Vercoe. We now meet on the **4th MONDAY of each 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 **April 2nd** at the ***Coffee Shop, High Street, Barnstaple***, and **May 7th** at ***Tea by the Taw***. 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. There will **not be a meeting** of the Canasta group in **April** as it would fall on Easter Monday. Our next meeting will be on **May 19th** when we shall meet at our new venue, which is the ***Beechfield Centre in Fremington***. We'll aim to start at **2:00pm**. As it is a larger room we can accommodate one or two more players, so if you are interested in playing Canasta, do get in touch. ~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. We meet in ***Arti's Too! Cafe, 20 Cross Street, Barnstaple***. **10:30am to 12:00 noon**. We meet on the **16th April**, always the **3rd**

Wednesday of the month. Come along pull up a chair and join in the conversation, you are very welcome. Contact Jackie. ~Jackie

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

CRIBBAGE - Richard Taylor. We meet at the ***New Inn, Fremington*** on the **2nd and 4th Fridays of the month**, 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. No report this month. ~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. There will be only 3 classes in **April** as it's the Easter Holiday - **1st, 22nd and 29th**. **May dates 6th, 13th and 20th**. **No class on 27th**. We do have vacancies, so if you are interested please get in touch. Happy Easter to you all. ~Hilary & Marilyn

DAY TRIPS BY COACH - **NEW LEADERS** - Wendy Walmsley, Jean Newcombe. Myself (Wendy Walmsley) and Jean Newcombe have taken over the U3A Day Trips by Coach Group. We only have a couple of seats left on the **April** day trip, **Thursday 17th**, going to the ***Donkey Sanctuary, Sidmouth*** (for coffee stop), then onto ***Bridport and West Bay***. The cost will be £17.00 per person, cheques only, made payable to **TAW U3A**, please put name of trip and pick up point on reverse. This will be on a first-come-first-served basis. Please do not send any money until your place has been confirmed. Cheques can be collected by myself or Jean at the April Coffee Morning, or sent to my address (See Contacts List for contact details).

Pick Up Points: Times of pick up will be advised at a later date. Chilpark, Fremington; New Inn, Fremington; Bus Stop by Car Park, Bickington; Bus Stop North Walk, opposite Tuly Street, Barnstaple; Park & Ride, by Park School, Barnstaple. ~Wendy & Jean

DESIGN & MAKE I & II - Jim Pinn. **April** meeting is on the **25th**. All at usual times. ~Jim

DEVON HISTORY - Ken Bonewell. The meeting on the **3rd April** in the **Castle Centre, Barnstaple** at **2:30pm** will be a talk by Lisa Chanter on The Highwaymen of North Devon and Exmoor. Bob Beattie will conduct the meeting. Unless a new leader is found this will be the last meeting of the group. ~Ken

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

GARDEN DAYS - Roxanne and Graham King. **Wednesday May 28th: Tintinhull Garden, Somerset**, perfectly formed garden with 'living rooms' of colour and scent, created in the 20th Century, one of the most harmonious small gardens in Britain. Nearby Lytes Cary Manor mediaeval manor house, with arts and crafts garden.

Pick up times: Chilpark **9:30am**; New Inn **9:35am**; Eilerslie Road **9:40am**; Newport Park & Ride **9:45am**.

Cost: National Trust members £19.25, non NT members £40.50.

Booking: via our email. Once your place confirmed, please send cheque (**Taw U3A**) to our home address. Please write pick-up point on back. If we don't already have phone (mobile if possible), for security write on separate paper.

Wednesday April 23rd: Tredegar House, Newport, Wales.

Pick up times: Chilpark **9:30am**; New Inn **9:35am**; Eilerslie Road **9:40am**; Newport Park & Ride **9:45am**.

~Graham & Roxanne

HOLIDAYS - TEMPORARY LEADERS FOR THE NORFOLK HOLIDAY ONLY - Kim Conibear, Pauline Upright. I will notify everyone of the pick up times and distribute the luggage labels when I get them. ~Kim

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 - Diana Betham, Veronica McLaughlin. Our next group meeting, held on the **2nd Thursday of the month**, will be **10th April 10:30am** for 2 hours approximately, held at **Fremington Parish Hall Annexe**. We have an enclosed WhatsApp group for urgent communications. Refreshments are available and free car parking. We have an in-house speaker, our own Wendy Evans, talking about 'Bees and how to encourage them to our gardens'. ~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

QI GONG GROUP SUSPENDED UNTIL FURTHER NOTICE. ~Richard

RAILWAY. GROUP SUSPENDED. ~Trustees

RAMBLING - Pauline Newbound, Barbara Hewis. **Monday 14th April**. We shall meet at the **Puffing Billy car park, EX38 8JD, in Torrington** at **10:30am** for a circular walk of

approximately 6 miles to include paths, tracks and fields which may well be muddy. Please BYOFAD if required or you may wish to eat in the Puffing Billy. This walk is being led by Sue and Richard Taylor. ~Sue & Richard

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. **28th April. 10:30am**. Meet at **Bideford Old Cattle Market car park**. £2 for the day. 4.5 to 5 miles. Easy walk to Appledore - 3 miles - alongside river with the option of going on to Westward Ho! Bus back. BYOFAD. ~Brian

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 invited to play should we not have full capacity. We meet up on the **3rd Friday of each month**, dependent on room availability. The next session will be on **Friday 18th April**. We meet at the **New Inn, Fremington**, at **12:00 noon**. Play commencing at 12:15pm. Lunch is available to purchase at the New Inn should you wish to stay. It is advisable to order your lunch on your arrival, so it is more or less ready for when you have finished playing. I would suggest you have your order ready for 1:45pm or 2:00pm. By preordering, it gives the chef a chance to have your meal ready and not having to wait. Menus are available on the bar as you arrive. ~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. 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**. Our last session before Easter will be **Wednesday 9th April**, and our first session of the summer term will be **Wednesday 30th April**. 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

SKITTLES - Doug Saunders. We play Skittles **once a month** on a **Friday evening** at the **Agricultural Inn, Braunton (7:00pm start)**. The next scheduled event is on **April 25th**. At the February event, we split everybody up into teams, team A and B. Team A came out on top with a winning margin of 16 points. This was followed by the usual 'killer' event won by Patrick Kift. Although we are nearing the maximum number of members for this group, there are

usually new member places available for each event due to the unavailability of existing members. Anyone interested in participating will be warmly welcomed. ~Doug

STROLLERS - Kim Conibear. The next walk will be on **Tuesday 1st April**. We will meet in **Cedars car park** at **12:00 noon**. After a short walk we will return to the Cedars for lunch. The May walk will be on **Tuesday 6th May**. ~Kim

SUNDAY LUNCH - Susan Covington. Next lunch **Sunday April 13th** at **New Inn, Fremington** at **12:30pm**. There will be **no lunch in May** due to the U3A holiday. Then **Sunday 8th June** at the **Green Man pub, Pilton** at **12:30pm**. The group is full and cannot accommodate any new members. ~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**, except school holidays, **inside the**

Bowling Alley at **1:15pm** for a 1:30pm start. The top scorer this month with 293 was Brian Tilbury, but the main highlight was achieved by Janice Hurdle who scored a personal best of 227 which included 3 strikes, very well done! ~Brian & Jan

TUESDAY LUNCHEON GROUP - Trish Lilley. Our next lunch at **The Williams Arms** is on **15th April**. For those members who have not already booked please contact me by email or telephone by **Sunday 13th April**. Trish

WANDERERS - Wendy Walmsley, Sue Taylor. Jean Newcombe will be leading the **8th April** walk. This will be at **Gorton Hill community woodland near South Molton**. Meet at **11:00am**. Take the A361 to Bishmill roundabout, turn right, back towards South Molton, the car park is situated on the left (entrance to Gorton Hill Farm). Can be muddy in places. Lunch 12:30pm at Quince Honey Farm. Please let Jean know if you wish to come. ~Wendy & Sue

WINE APPRECIATION - David Rowe. The Wine Appreciation 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**. ~Fred

CALENDAR - April/May 2025

Coffee Mornings:

Monday 7th April (Devon History Group)

- 10:30am - Roundswell Community Hall

NO COFFEE MORNING IN MAY as it is a Bank Holiday

May Newsletter Deadline: Deadline for entry of events occurring **after Thursday 1st May - THURSDAY 17th April**.

Group	Day	Date		Time	Venue/Information
		April	May (Subject to Change)		
Afternoon Tea	Tuesday	22	27	2:30pm	Tea on the Taw, The Strand, Barnstaple
Allotment 21	Monday	TBN	TBN	TBN	TBN
Amblers	Tuesday	8	13	11:00am	Car Park, Dunelm, Roundswell Wrafton
Art	Thursday	3; 17	1; 15	9:30am	Methodist Church Hall, Rhododendron Avenue
Badminton	Tuesday	1; 29	6; 13; 20	9:30am	Tarka Leisure Centre
	Thursday	3; 24	1; 8; 15; 22	2:00pm	
Book Club	Monday	28	26	10:30am	The Bike Shed, Barnstaple
Bookworms	Tuesday	29	27	10:00am	Barnstaple Library
Breakfast Club	Wednesday	2		9:15am	Barnstaple Coffee Shop
			7		Tea by the Taw
Canasta	Monday	No Meeting	19	2:00pm	Beechfield Centre, Fremington
Chatterbox	Monday	21	19	11:00am	Museum Tea Rooms
Coffee Mugs and Teapots	Wednesday	16	21	10:30am	Arti's Too! Cafe, 20 Cross Street, Barnstaple
Creative Writing	Thursday	10	8	10:30am	TBN
Cribbage	Friday	11; 25	9; 23	3:00pm	The New Inn, Fremington
Current Affairs Discussion 1	Thursday	3	1	10:15am	Room 3D, Barnstaple Library
Current Affairs Discussion 2	Thursday	17	15	10:00am	Roundswell Community Centre
Cycling	Wednesday	TBN	TBN	10:30am	TBN
Dancersize	Tuesday	1; 22; 29	6; 13; 20	10:00am	Church Hall, Fremington
Day Trips By Coach	Thursday	17		TBN	Sidmouth, Bridport and West Bay
			15	TBN	TBN
Design & Make I - Ladies	Friday	25	30	9:30am	Group members know venue
Design & Make II - Gents				2:00pm	
Devon History	Thursday	3	TBN	2:30pm	Castle Centre, Barnstaple
Dining Experience	Saturday	TBN	TBN	TBN	TBN

CALENDAR - April/May 2025 (Continued)

Group	Day	Date		Time	Venue/Information
		April	May (Subject to Change)		
Garden Days	Wednesday	23		9:30am	Tredegar House, Newport, Wales
			28		Tintinhull Garden, Somerset
Holidays	Further information forthcoming when available				
Knitting	Friday	25	23	10:30am	The Museum, The Square, Barnstaple
Practical Gardening	Thursday	10	8	10:30am	The Annexe, Fremington Parish Hall
Psychology of Everyday Life	Tuesday	22	27	2:00pm	Fremington Methodist Church
Qi Gong	GROUP SUSPENDED UNTIL FURTHER NOTICE				
Railway	Wednesday	GROUP SUSPENDED			
Rambling	Monday	14		10:30am	Puffing Billy car park, EX38 8JD, Torrington
			12	TBN	TBN
Reading Shakespeare Allowed	Wednesday	16	21	2:00pm	Fremington Methodist Church, Old School Lane
Roamers	Monday	28	No Meeting	10:30am	Bideford Old Cattle Market car park
Rummikub	Friday	18	16	12:00nn	New Inn, Fremington
Short Mat Bowling	Tuesday	1; 15	TBN	10:00am	Christ Church Hall, Braunton, EX33 2EA
Short Tennis	Wednesday	2; 9; 30	7; 14; 21	11:00am	Tarka Leisure Centre
Skittles	Friday	25	TBN	7:00pm	The Agricultural Inn, Braunton
Strollers	Tuesday	1		12:00nn	Cedars Inn carpark
			6	TBN	TBN
Sunday Lunch	Sunday	13	No Meeting	12:30pm	New Inn, Fremington
Table Tennis	Thursday	3; 10; 17; 24	1; 8; 15; 22; 29	9:30am	Tarka Centre, Barnstaple
Ten Pin Bowling	Wednesday	2; 23; 30	7; 14; 21	1:15pm	Bowling Alley, Braunton Road, Barnstaple
Tuesday Luncheon Group	Tuesday	15	20	12:00nn	The Williams Arms
Wanderers	Tuesday	8		11:00am	Gorton Hill community woodland
			13	TBN	TBN
Wine Appreciation	Friday	4	2	2:00pm	Room 3B, Barnstaple Library
Woodcarving	Wednesday	2; 9; 16; 23; 30	7; 14; 21; 28	10:00am	Fremington

An Invitation from the Braunton U3A CROQUET GROUP

Braunton U3A run a croquet group during the summer and invite members from the surrounding U3A's to join the group.

The U3A Croquet Group will be starting on **Tuesday 29th April**. The group meets weekly at **Barnstaple Croquet Club, Raleigh Meadow, off St. Georges Road, Barnstaple, EX31 4UX**. **Tuesday**, weather permitting, during the summer from **2:00pm to 4:00pm**. No experience is necessary and all equipment and coaching is provided. The cost is £4 to join or rejoin the group and £4 for every session you attend.



Contact **Anne Young** on **01271 813255** or email rayvyoung2000@yahoo.co.uk for more information and to book your place. Come along to meet friendly people for a fun afternoon.

The Rules of Chocolate

If you can't eat all your chocolate, it will keep in the freezer. But if you can't eat all your chocolate, what's wrong with you?

Diet tip: Eat a chocolate bar before each meal. It'll take the edge off your appetite and you'll eat less.

A nice box of chocolates can provide your total daily intake of calories in one place. Isn't that handy?

If calories are an issue, store your chocolate on top of the fridge. Calories are afraid of heights, and they will jump out of the chocolate to protect themselves.

Why is there no such organisation as Chocoholics Anonymous? Because no one wants to quit.

Put "eat chocolate" at the top of your list of things to do today. That way, at least you'll get one thing done.

Chocolate is a health food. Chocolate is derived from cacao beans. Bean = vegetable. Sugar is derived either from sugar beets or cane, both vegetables. And, of course, the milk/cream is dairy. So eat more chocolate to meet the dietary requirements for daily vegetable and dairy intake.

HAPPY EASTER !!!

TAW U3A NOMINATION FORM FOR OFFICERS AND TRUSTEES 2025

<u>Chair:</u>	Nomination.....	Signed.....
	Proposer	Signed.....
	Secunder	Signed.....
<u>Vice Chair:</u>	Nomination.....	Signed.....
	Proposer	Signed.....
	Secunder	Signed.....
<u>Secretary:</u>	Nomination.....	Signed.....
	Proposer	Signed.....
	Secunder	Signed.....
<u>Treasurer:</u>	Nomination.....	Signed.....
	Proposer	Signed.....
	Secunder	Signed.....
<u>Trustee:</u>	Nomination.....	Signed.....
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	Proposer	Signed.....
	Secunder	Signed.....
<u>Trustee:</u>	Nomination.....	Signed.....
	Proposer	Signed.....
	Secunder	Signed.....

Up to 8 nominations can be received for trustees. Each nominee must sign the form. The proposer and seconder must not be related.

Please return this form to **Peter Robinson (Vice Chair), by Friday 9th May 2025 (Deadline)**.

Forms may be mailed or delivered to **4, Barbican Terrace, Barnstaple, EX32 9HQ**. Alternatively, you can photograph the completed form and email it to peter.g.robinson@bristol.ac.uk.