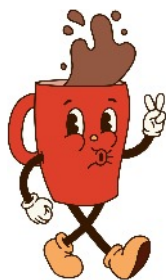




Welcome to our May 2025 Newsletter

COFFEE MORNINGS



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**. This will be our **AGM** and will be hosted by our **Trustees**. Please remember to bring your current membership cards with you for voting purposes. Only full members are eligible to vote. 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 David Bowden
Mrs Maggie Cornforth (Affiliated)
Mrs Linda James
Mr Rob Phillips
Mrs Claire Rose
Mr Richard Sleep
Mrs Gillian Williams



POSSIBLE NEW GROUP

I am looking to start a **Creative Craft Group** covering all sorts of crafting where we can share skills - crochet, decoupage, quilling, quilting, embroidery, sewing, card making, etc. At the moment I don't have venue information but am looking to hold meetings once a month, so if you're interested please contact me (see Contacts List for contact details).
~Valerie Fama (Newsletter Editor)



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 6).

- 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 6 for contact details).

Trustees Meeting of 7th April 2025

The Trustees met after the April coffee morning:

- The meeting agreed the new Safeguarding and Data Protection policies and a new Complaints Procedure for the branch.
- Our Treasurer (Colin O'Brien) reported a healthy balance of £15,197. We agreed that some of this sum should be spent to the benefit of all members and that decisions should be made at a future meeting. Members could suggest ideas for using the money to any of the Trustees.
- We noted that the Railway, Afternoon Tea, Dining Experience and Devon History Groups all needed new leaders. Anybody interested in leading one of these groups should contact Richard Taylor.
- The meeting agreed that the Minutes Secretary need not be a Trustee but could be co-opted by the Chair if s/he wanted to have voting rights. We also agreed to use ballot forms for Officer and Trustee voting at the AGM rather than risk embarrassing candidates by using a show of hands.
- Some Trustees were concerned that members were reserving too many seats at coffee mornings, which made it difficult for new members to find somewhere to sit. We all felt that this made the branch seem unwelcoming to new members and agreed to encourage members not to reserve too many seats.

~Peter Robinson, Vice Chair

TAW U3A ANNUAL TRIP

The Annual Trip will be on **Wednesday 11th June 2025**

going to **Exmouth** with a 2.15 hr **River Exe cruise**

We need names by the **5th May**

Names to **Wendy Walmsley** or **Jean Newcombe**

(see Contacts List for contact details)

Cheques please, made payable to **Taw U3A** with pickup point and trip name on the back

Cost: £10 per person

Pick up times: Chilpark 8:30am; New Inn 8:35am; Bickington car park 8:45;
North Walk 9:00am; Park and Ride 9:10am



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 - NEW LEADER NEEDED. After 2 years as Group Leader I'm stepping away for personal reasons. Thank you for your support.

~Jill

ALLOTMENT 21 - Patrick Byrne. No report this month.

~Patrick

AMBLERS - Trish Lilley. Our May walk is on **Tuesday 13th May** and we will meet in the **lower car park at The Williams Arms in Wrafton** at **11:00am**. We will walk to Branton via the coast path before crossing the main road to the park and return to our starting place where refreshments are available. This is a level walk and should be dry under foot.

~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**. Due to the premises being used for voting on 1st May, our first session will now be on **8th May**.

~Derek

BADMINTON - Carol Griffiths, Margaret Strange. **Tarka Leisure Centre 9:30am to 10:30am on Tuesday and 2:00pm to 3:00pm on Thursday**. 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 **May 7th at Tea by the Taw**. **June 4th** breakfast is at **The Wee Snug at Mermaid Cross, at Iceland end of High Street, Barnstaple**. 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 next meeting of the Canasta group will be on **May 19th**. We shall meet at our new venue which is the **Beechfield Centre in Fremington**. We'll aim to start at **2:00pm**. As we have heard from some new prospective members, the group is now full again, but if you are interested in playing do get in touch and we'll start a new 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. You are welcome to come along and join us for a chat and laughter. We meet in **Arti's Too Cafe, 20 Cross Street, Barnstaple. 10:30am to 12:00 noon, the 3rd Wednesday of the month, that's May 21st**, put the date in your diary. We hope to see you there. 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. We meet on the **1st Thursday in the month** at the **Library in Room 3D** at **10:15am**. We discuss interesting topics that are currently in the news over a cup of coffee or tea. The group is full at the moment but if you would like to be added to the reserve list then please contact the group leader. ~Alison

CURRENT AFFAIRS DISCUSSION 2 - Chris Daly. This group meets on the **3rd Thursday of the month** at the **Roundswell Community Centre** (small room off the main hall, bus stop side) from **10:00am to 11.30am**. We discuss interesting topics that are currently in the news. Tea and coffee are available. We are currently fully subscribed but please contact me if you are interested in going on a waiting list. ~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. We still have vacancies if anyone is interested.

May 6th, 13th and 20th

June 3rd, 10th, 17th and 24th. ~Hilary & Marilyn

DAY TRIPS BY COACH - Wendy Walmsley, Jean Newcombe. No report this month. ~Wendy & Jean

DESIGN & MAKE I & II - Jim Pinn. **May 30th and June 27th** All at usual times. ~Jim

DEVON HISTORY - **PENDING NEW LEADERS**. As you probably know, Ken is unable to run this group anymore. We have asked for new leaders several times, to no avail. The May meeting has been cancelled. There will be no trips in June, July or August. We do have a couple of people who would be willing to share the leading of this group, but we need someone else to help as well so that we may keep this long standing and popular group running. ~Richard

DINING EXPERIENCE - **NEW LEADER** - Lynden Davies. Lynden has kindly taken over this group. The next lunch will be at the **Imperial Hotel, Barnstaple** on **Saturday 24th May**. Meet at **12:30pm** for lunch at 1:00pm. The 2 course lunch will be £22 per person. Lynden needs to know numbers by early May so please contact him (see Contacts List for contact details). Future venues will be discussed at this meeting. ~Richard

GARDEN DAYS - Roxanne and Graham King. **Wednesday June 25th: Kingston Maurward, Dorset**. 35 acres of formal gardens including two National Plant collections, sweeping lawns, lakeside walks, plus a collection of livestock etc in the animal park, all set within Grade II listed parkland. 18th Century house not open to the public (part of ag coll). Coffee stop in Sherborne, a really lovely town. Bring a picnic as catering limited. **Cost: £20.50**.

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

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

Wednesday May 28th: Tintinhull and Lytes Cary Manor, Somerset.

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

~Graham & Roxanne

HOLIDAYS - **TEMPORARY LEADER** - Kim Conibear. Just to let you know Pauline Upright is no longer involved in organising the annual holidays. I am leading the group on my own with help from Valerie and Veronica. ~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. The Practical Gardening Group had an informative talk about 'Bees and Our Gardens' by our own member Wendy Evans which was appreciated by our members who turned out in force. Before our next meeting we are going on a Bluebell walk at Loxhore and on the **8th May** the club is going to the **Old Well garden centre, Uffculme**, for the day with lunch included so we will not be meeting at our usual venue. There is a waiting list to join the Practical Gardening Group. ~Diana

PSYCHOLOGY OF EVERYDAY LIFE - Jane Bellworthy. Our topic for April was Conformity, Compliance and Deviance. In **May** our topic will be Forensic Psychology. Just a reminder that we need minimum of 13 people to attend so that we can pay our rent. ~Jane

QI GONG GROUP SUSPENDED UNTIL FURTHER NOTICE. ~Richard

RAILWAY GROUP SUSPENDED. ~Trustees

RAMBLING - Pauline Newbound, Barbara Hewis. **Monday May 12th**. Meet at the **large layby opposite the new school (Atlantic Academy) on the A39 just before Bucks Cross, GR SS 356226 EX39 5DW**. Walk starts at **10:30am**. Walk to Bucks Mills and along the coast path to Sloo, fields and lanes to Foxdown, Broad Parkham, and back to cars. Distance 6 miles. BYOFAD. Leader - Maggi Rogers. ~Pauline

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. No walk in May. ~Sue

RUMMIKUB - Paul Boden. The Rummikub Group has reached the maximum number of members. Anyone interested will be placed in 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 16th May**. 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 pre order your lunch on your arrival, so it is more or less ready for when you have finished playing (at approximately 2:00pm). A meal order sheet has been created by me and will be presented to those wishing to pre book their meal. Menus are available at the bar. ~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**. All the bowling equipment, tea, coffee and biscuits are 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 for some bowling and a chat. We have space for some new members, so come and give it a try. ~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

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 **May 16th**. At

the March event, the men's tournament was won by Jerry Kendall and the ladies tournament won by Gaynor Fletcher. Gaynor's score of 31 was good enough to win the overall competition. The "killer" event was won by Kath Lehan. 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 Strollers walk is on **Tuesday 6th May**. It will be lead by Jean and Wendy. We will meet at the **South Molton Community Woodland** at **12:00 noon**. Then we will lunch at the Quince Honey Farm. ~Kim

SUNDAY LUNCH - Susan Covington. 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 at 1:15pm inside the Bowling Alley on the Braunton Road**, except during the school holidays. Congratulations go to Gary Vigee who has scored another PB, 229, and also to Jan Hartshorne who got 'Turkeys' two weeks on the trot. The top scorer leading up to the Easter break was Brian Tilbury, yet again, with a modest 295. ~Brian & Jan

TUESDAY LUNCHEON GROUP - Trish Lilley. The next lunch is on the **20th May** at **The Williams Arms**. If you haven't already booked please contact me by email or telephone **before the 18th May**. Trish

WANDERERS - Wendy Walmsley, Sue Taylor. Lynden Davies will be leading this walk. Please meet at the **Puffing Billy car park in Great Torrington** at **11:00am**. We will then walk along the Tarka Trail, returning for lunch at the Puffing Billy at 12:30pm. Please let Lynden know if you will be attending (see Contacts List for contact details). ~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

HAVE A GREAT HOLIDAY IN NORFOLK !!

CALENDAR - May/June 2025

Coffee Mornings:

NO COFFEE MORNING IN MAY as it is a Bank Holiday

Monday 2nd June (Trustees - AGM)

- 10:30am - Roundswell Community Hall

June Newsletter Deadline: Deadline for entry of events occurring **after Sunday 1st June - THURSDAY 15th May.**

Group	Day	Date		Time	Venue/Information
		May	June		
			(Subject to Change)		
Afternoon Tea	Tuesday	NEW LEADER NEEDED			
Allotment 21	Monday	TBN	TBN	TBN	TBN
Amblers	Tuesday	13		11:00am	Lower car park, The Williams Arms, Wrafton
			10		Instow
Art	Thursday	8; 15	5; 19	9:30am	Methodist Church Hall, Rhododendron Avenue
Badminton	Tuesday	6; 13; 20	3; 10; 17; 24	9:30am	Tarka Leisure Centre
	Thursday	1; 8; 15; 22	5; 12; 19; 26	2:00pm	
Book Club	Monday	26	23	10:30am	The Bike Shed, Barnstaple
Bookworms	Tuesday	27	24	10:00am	Barnstaple Library
Breakfast Club	Wednesday	7		9:15am	Tea by the Taw
			4		The Wee Snug, Mermaid Cross, Barnstaple
Canasta	Monday	19	16	2:00pm	Beechfield Centre, Fremington
Chatterbox	Monday	19	16	11:00am	Museum Tea Rooms
Coffee Mugs and Teapots	Wednesday	21	18	10:30am	Arti's Too! Cafe, 20 Cross Street, Barnstaple
Creative Writing	Thursday	8	12	10:30am	TBN
Cribbage	Friday	9; 23	13; 27	3:00pm	The New Inn, Fremington
Current Affairs Discussion 1	Thursday	1	5	10:15am	Room 3D, Barnstaple Library
Current Affairs Discussion 2	Thursday	15	19	10:00am	Roundswell Community Centre
Cycling	Wednesday	TBN	TBN	10:30am	TBN
Dancersize	Tuesday	6; 13; 20	3; 10; 17; 24	10:00am	Church Hall, Fremington
Day Trips By Coach	Thursday	15	19	TBN	TBN
Design & Make I - Ladies	Friday	30	27	9:30am	Group members know venue
Design & Make II - Gents				2:00pm	
Devon History	GROUP SUSPENDED PENDING NEW LEADERS				
Dining Experience	Saturday	24	TBN	12:30pm	Imperial Hotel, Barnstaple
Garden Days	Wednesday	28		9:30am	Tintinhull Garden, Somerset
			25		Kingston Maurward, Dorset
Holidays	Sunday	11 to 15		TBN	Norfolk
Knitting	Friday	23	27	10:30am	The Museum, The Square, Barnstaple
Practical Gardening	Thursday	8		TBN	Old Well Garden Centre, Uffculme
			12	10:30am	Fremington Parish Hall Annexe
Psychology of Everyday Life	Tuesday	27	24	2:00pm	Fremington Methodist Church
Qi Gong	GROUP SUSPENDED UNTIL FURTHER NOTICE				
Railway	Wednesday	GROUP SUSPENDED PENDING NEW LEADERS			
Rambling	Monday	12		10:30am	Layby opposite Atlantic Academy, EX39 5DW
			9	TBN	TBN
Reading Shakespeare Allowed	Wednesday	21	18	2:00pm	Fremington Methodist Church, Old School Lane
Roamers	Monday	No Meeting	23	10:30am	TBN
Rummikub	Friday	16	20	12:00nn	New Inn, Fremington
Short Mat Bowling	Tuesday	6; 20	3; 17	10:00am	Christ Church Hall, Braunton, EX33 2EA
Short Tennis	Wednesday	7; 14; 21	4; 11; 18; 25	11:00am	Tarka Leisure Centre
Skittles	Friday	16	TBN	7:00pm	The Agricultural Inn, Braunton
Strollers	Tuesday	6		12:00nn	South Molton Community Woodland
			3	TBN	TBN
Sunday Lunch	Sunday	No Meeting	8	12:30pm	Green Man Pub. Pilton
Table Tennis	Thursday	1; 8; 15; 22; 29	5; 12; 19; 26	9:30am	Tarka Centre, Barnstaple
Ten Pin Bowling	Wednesday	7; 14; 21	4; 11; 18; 25	1:15pm	Bowling Alley, Braunton Road, Barnstaple
Tuesday Luncheon Group	Tuesday	20	17	12:00nn	The Williams Arms, Wrafton
Wanderers	Tuesday	13		11:00am	Puffing Billy car park, Great Torrington
			10		TBN
Wine Appreciation	Friday	2	6	2:00pm	Room 3B, Barnstaple Library
Woodcarving	Wednesday	7; 14; 21; 28	4; 11; 18; 25	10:00am	Fremington

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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	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.