



Welcome to our July 2025 Newsletter

COFFEE MORNINGS



The next Coffee Morning will be on **Monday 7th July** and will be hosted by the **Garden Days Group**. We will also be entertained by the **Ukulele All Stars**.

The Coffee Morning on **Monday 4th August** will be hosted by the **Tuesday Luncheon 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 David and Mrs Elaine Fowls
Mrs Jacqueline Ringrose



!! VICE TREASURER REQUIRED !!



We are looking for a **Vice Treasurer**. If you have your own PC and are familiar with Excel, please contact **Colin** for information on what the role entails (see Contacts List for contact details). ~Colin, Treasurer

AGM and Trustees Meeting Report

The following is an overview main points from the recent AGM and Trustees Meeting dated Monday 2nd June 2025.

Election of Officers:

- There being no other nominations, the following officers were voted in by the floor:
Martin Allison – Chair
Colin O'Brien – Treasurer
- There were no nominations received for Vice Chair, Secretary or Vice Treasurer

Election of Trustees:

- There being no other nominations the following were voted in by the floor:
Alison Clayton
Valerie Fama
Bob Godfrey
Veronica McLaughlin
Kim Conibear
Peter Robinson

Trustees Meeting:

- Paul Boden and Richard Taylor were co-opted onto the Committee as Trustees. Sue Taylor was co-opted in the capacity of Minutes Secretary only.
- It was noted from the floor of the AGM that there was no Secretary. The Acting Chair responded that the Trustees are looking at all options available to them in fulfilling this position.
- The Treasurer's report for year ending 31st March 2025 was available at the AGM highlighting the TAW U3A finances remain healthy. For this reason there was no increase in Members' subscription. However the Affiliated members subscription was increased, this will be reviewed again at the next Trustees Meeting.
- This year has been eclipsed by the passing of our Chair David Baker who worked tirelessly on our behalf for five years and will be missed by all of us.

New Group Leaders:

- Kim Conibear has picked up the reins of the Holidays Group and organised a very successful trip to Norfolk.
- Wendy Walmsley and Jean Newcombe have taken over the Day Trips by Coach Group and the Annual trip which this year was to Exmouth.

Martin, Chair

A MESSAGE FROM OUR HOLIDAY COORDINATOR: Thank you very much for the kind gift I received from everyone who came on the holiday to Norfolk.
~Kim Conibear

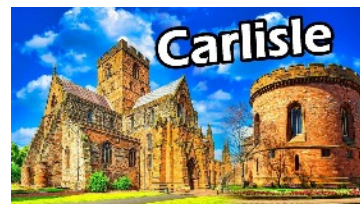
TAW U3A - Holiday to Cumbria
Monday 20th to Friday 24th October

Hotel: Crown and Mitre, Carlisle - 4 Nights dinner, bed, breakfast, and accommodation
Rooms available: 10 doubles, 10 twin and singles

Cost: Single rooms: **£560 pp**

Double/Twin rooms: **£460 pp**

(Includes train trip and entrance to Roman Fort Museum)



ITINERARY

Monday 20th October - We leave home and make our way north, with comfort stops along the way, arriving at the hotel in time to freshen up for dinner.

Tuesday 21st October - We travel south along the edge of the Lake District to Kirby Lonsdale to shop and have lunch. Then we go to Settle to catch the train to Carlisle.

Wednesday 22nd October - Today we will travel to the Vindolanda Roman Army Museum inside the Kielder Forest. Then we travel to the market town of Hexham. After lunch, we return to Carlisle with the rest of the day to explore.

Thursday 23rd October - Today we will do a circular tour around the north of the Lake District through Keswick, Windermere and Ullswater.

Friday 24th October - Today we make our way home!! Boo Hoo.



TAW U3A - Cumbrian Holiday - Monday 20th to Friday 24th October

BOOKING FORM

Name/s:

Address:

..... Post Code:

Mobile Phone Number/s:

Membership Number/s:

Single, Double or Twin Room:

Any Special Requirements:

Pick up Point:

Pick up points: Bideford Kingsley Statue; Pottery Lane; Chilpark; New Inn, Fremington; Bickington Car Park; Bus stop on Sticklepath Hill; North Walk, Tuly Street; Litchdon Medical Centre; Meadow Close, South Molton.

Cheques **must** be made out to: **BLAKES COACHES**

Completed forms and cheques to: Kim Conibear, Trayne Barn, Pilton West, Barnstaple, EX31 4JQ

Phone: 01271 328511 (answer machine available)

Email: kimconibear@btinternet.com

Cost: Single **£560pp**

Double or Twin **£460pp**

If you require travel insurance, please add **£36 per person** to your total.

Total Amount Enclosed:

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.

ALLOTMENT 21 - Patrick Byrne. Our members are busy enjoying the good weather and stocking the allotment with lots of different produce according to their own individual tastes. 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 **St John's, Barnstaple** at **11:00am** on **Tuesday 8th July** for a local walk led by Joy and Chris. Refreshments will be available on our return 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**. Are you keen for some exercise, both physical and mental, with our friendly group? We now have capacity for additional members to play with the group. The summer term ends on **July 24th** so contact us to arrange a free trial session before then. ~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 on **July 2nd** and will be at **Tea by the Taw**. The **August** breakfast will be at the **Watergate on the Strand**. 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 **July 21st** at our new venue, which is the **Beechfield Centre in Fremington**. We'll aim to start at **2:00pm**. We have space for one or two more members, so if you are interested in playing then please 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. 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. Put the date in your diary. We hope to see you there. Contact Jackie. ~Jackie

CREATIVE CRAFT - Valerie Fama. We meet the **1st Tuesday of the month** at the **Fremington Methodist Church Hall, Old School Lane**, from **10:00am to 12:00 noon**. £3 per session to include refreshments. Our next meetings are **1st July** and **5th August**. Free car parking. Please be aware that at the end of the meeting you will not be able to leave your car in the car park as it will be locked. We have a free 15 minutes each end to set up and clear away, and I would appreciate it if members could arrive before 10:00am to help with that. The group is already full but if you are interested please contact me and I will add you to the waiting list. Please let me know if you are unable to attend. ~Valerie

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. **July 15th** and **22nd**. **No classes in August**. We do have vacancies, so please contact me if you are interested. ~Hilary & Marilyn

DAY TRIPS BY COACH - Wendy Walmsley, Jean Newcombe. Our trip in **July** to **Kingsbridge and Salcombe** is fully subscribed with a small waiting list.

The next trip is on **21st August** where we'll have a coffee stop at **The House of Marbles**, then on to **Torquay**. Jean will be taking names and cheques made out to **TAW U3A** for **£17.00** (with pick up point on reverse) at the coffee morning or you can book by email (see Contacts List for contact details). First-come-first-served.

Pick up times: Chilpark **8:30am**, New Inn **8:35am**, Bickington **8:45am**, Tuly/North Walk **9:00am**, P&R/Park School **9:10am**.
~Wendy & Jean

DESIGN & MAKE I & II - Jim Pinn. **July 25th and August 29th**. Both at usual time and place.
~Jim

DEVON HISTORY - Paul Bate, Janice Hurdle. Meetings will start again in **October**.
~Richard

DINING EXPERIENCE - Lynden Davies. Future venues and dates agreed at the first meeting on 24th May will be advised later.
~Richard

GARDEN DAYS - Roxanne and Graham King. **Wednesday July 23rd: Abbotsbury Tropical Gardens and Swannery**. 30 acres, the Subtropical Gardens are home to over 6000 species from across the world. This world-renowned paradise is unique and nestled on the edge of, and with views of, the Dorset Jurassic Coast. Nearby Abbotsbury Swannery, established by Benedictine Monks who built a monastery here during the 1040's, is home to over 600 Mute Swans. Cost: £34.50 for coach and entry to both sites.
Pick up times: Chilpark **9:30am**, New Inn **9:35am**, Ellerslie Road **9:40am**, Newport Park and 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) by end of June. Write pick-up point and trip on back. If we don't already have phone (mobile if possible), for security write on separate paper.
~Graham & Roxanne

HOLIDAYS - Kim Conibear. See notice on Page 2 of this newsletter.
~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. This group has a NEW VENUE. From July the **2nd Thursday of the month**, which will be **July 10th**, we will be meeting at **The Beechfield Centre, Beechfield Road, EX31 3DD**. Admission will be from **10:00am** for a 10:15am start. We have a visiting speaker, Steve Grant, who is a local commercial grower. Also our plant sales. There is a waiting list to join this group.
~Diana

PSYCHOLOGY OF EVERYDAY LIFE - Jane Bellworthy. At our May meeting we looked at Forensic Psychology. It's not all about murderers but about investigation of many other areas inside and outside of law enforcement. In June we considered the psychology of friendship. We meet on the **4th Tuesday of the month at Fremington Methodist Church Hall at 2:00pm**.
~Jane

QI GONG Group suspended until further notice. It should be able to continue later this year.
~Richard

RAMBLING - Pauline Newbound, Barbara Hewis. **Monday 14th July**. The walk starts from the **Community Shop Car Park in Berrynarbor at 10:30am**. Walk across fields and lanes, hilly in places, to Hele Bay for a lunch stop and return along the coast path. Walking poles recommended for this section. It is possible to return along quiet roads to Berrynarbor if you do not like the coast path. Distance 6 miles. BYOFAD. Leaders Mel and Margaret.
~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. **July 28th**. Jean Newcombe is leading this walk. Please meet at **Umberleigh Railway Station at 10:30am, EX37 9AJ**. This circular walk is approximately 4 miles on roads and paths, with some ups and some downs. Please bring your own food and drink.
~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 18th July**. 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 after the game. It is advisable to pre order your lunch on your arrival. Estimated time for lunch is between 1:00pm and 2:00pm.
~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. Our last session for this term will be on **Wednesday 16th July**.
~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 events are on **July 18th**

and **August 15th**. At the May event, the men's tournament was won by Steve Jordan and the ladies tournament won by Gaynor Fletcher. Steve's score of 41 was good enough to win the overall competition. The "killer" event was 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. Join us for a stroll around the sleepy back streets of **Appledore** on **Tuesday July 1st**. We meet in the **main car park opposite the Seagate** at **12:00 noon**. Following our walk we have lunch in the Seagate at 12:30pm. For those travelling by bus the 21A leaves Barnstaple at 11:00am and gets to Appledore at 11:50am. Parking in the car park is £ 2.80 for 2 hours, limited parking at the Seagate is free, as is parking on the Quay, if you can find one. ~Lesley

SUNDAY LUNCH - Susan Covington. **Sunday 13th July, 12:00 noon** at **The Vineyard, Landkey**. **Sunday 10th August, 12:30pm**, at **St John's Garden Centre**. Members please let me know if you cannot attend. Group is full. ~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. During the past four weeks, unfortunately, there were no Turkeys and no new PBs. However, the top scorer, Brian Tilbury achieved an impressive 313. ~Brian & Jan

TUESDAY LUNCHEON GROUP - Trish Lilley. Our next lunch is on the **15th July** at **The Williams Arms**. If you haven't already booked please contact me either by email or telephone **by Sunday 13th July**. ~Trish

WANDERERS - Wendy Walmsley, Sue Taylor. **July 8th**. Sue Taylor is leading this walk. Please meet at the **Fairview car park in Barnstaple, EX31 1JR** at **10:45am**. The charge is £3.50 for the day. We will then walk along the Tarka Trail to Ashford Garden Centre for lunch. You can then either walk back, or join us on the bus. This walk is around 2.1/2 miles and is flat. ~ 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 - July/August 2025

Coffee Mornings:

Monday 7th July (Garden Days Group)

Monday 4th August (Tuesday Lunch Group)

- 10:30am - Roundswell Community Hall

- 10:30am - Roundswell Community Hall

August Newsletter Deadline: Deadline for entry of events occurring **after Friday 1st August - THURSDAY 17th July**.

Group	Day	Date		Time	Venue/Information
		July	August (Subject to Change)		
Allotment 21	Monday	TBN	TBN	10:30am	Barnstaple Coffee Shop
Amblers	Tuesday	8	12	11:00am	St John's, Barnstaple Landkey
Art	Thursday	3; 17	7; 21	9:30am	Methodist Church Hall, Rhododendron Avenue
Badminton	Tuesday	1; 8; 15; 22	No Meetings	9:30am	Tarka Leisure Centre
	Thursday	3; 10; 17; 24		2:00pm	
Book Club	Monday	28	25	10:30am	The Bike Shed, Barnstaple
Bookworms	Tuesday	29	26	10:00am	Barnstaple Library
Breakfast Club	Wednesday	2		9:15am	Tea By The Taw
			6		Watergate, The Strand
Canasta	Monday	21	18	2:00pm	Beechfield Centre, Fremington
Chatterbox	Monday	21	18	11:00am	Museum Tea Rooms
Coffee Mugs and Teapots	Wednesday	16	20	10:30am	Arti's Too! Cafe, 20 Cross Street, Barnstaple
Creative Craft	Tuesday	1	5	10:00am	Fremington Methodist Church Hall
Creative Writing	Thursday	10	14	10:30am	TBN
Cribbage	Friday	11; 25	No Meetings	3:00pm	The New Inn, Fremington
Current Affairs Discussion 1	Thursday	3	7	10:15am	Room 3D, Barnstaple Library
Current Affairs Discussion 2	Thursday	17	21	10:00am	Roundswell Community Centre
Cycling	Wednesday	TBN	TBN	10:30am	TBN
Dancersize	Tuesday	15; 22	No Meetings	10:00am	Church Hall, Fremington
Day Trips By Coach	Thursday	17		8:30am	Kingsbridge and Salcombe
			21		The House of Marbles and Torquay

CALENDAR - July/August 2025

Group	Day	Date		Time	Venue/Information
		July	August		
			(Subject to Change)		
Design & Make I - Ladies	Friday	25	29	9:30am	Group members know venue
Design & Make II - Gents				2:00pm	
Devon History	MEETINGS WILL RESUME IN OCTOBER				
Dining Experience	TBN	TBN	TBN	TBN	TBN
Garden Days	Wednesday	23		9:30am	Abbotsbury Tropical Gardens and Swannery
			24	TBN	TBN
Holidays	SEE NOTICE ON PAGE 2 OF THIS NEWSLETTER				
Knitting	Friday	25	22	10:30am	The Museum, The Square, Barnstaple
Practical Gardening	Thursday	10	14	10:00am	Beechfield Centre, Fremington
Psychology of Everyday Life	Tuesday	22	26	2:00pm	Fremington Methodist Church
Qi Gong	GROUP SUSPENDED UNTIL LATER THIS YEAR				
Railway	GROUP DISCONTINUED				
Rambling	Monday	14		10:30am	Community Car Park, Berrynarbor
			11	TBN	TBN
Reading Shakespeare Allowed	Wednesday	16	20	2:00pm	Fremington Methodist Church, Old School Lane
Roamers	Monday	28	No Meeting	10:30am	Umberleigh Railway Station, EX37 9AJ
Rummikub	Friday	18	15	12:00nn	New Inn, Fremington
Short Mat Bowling	Tuesday	No Meetings	TBN	10:00am	Christ Church Hall, Braunton, EX33 2EA
Short Tennis	Wednesday	2; 9; 16	No Meetings	11:00am	Tarka Leisure Centre
Skittles	Friday	18	15	7:00pm	The Agricultural Inn, Braunton
Strollers	Tuesday	1		12:00nn	Car Park opposite Seagate Hotel, Appledore
			5	TBN	TBN
Sunday Lunch	Sunday	13		12:00nn	The Vineyard, Landkey
			10	12:30pm	St John's Garden Centre
Table Tennis	Thursday	3; 10; 17; 24; 31	7; 14; 21; 28	9:30am	Tarka Centre, Barnstaple
Ten Pin Bowling	Wednesday	2; 9; 16; 23	No Meetings	1:15pm	Bowling Alley, Braunton Road, Barnstaple
Tuesday Luncheon Group	Tuesday	15	19	12:00nn	The Williams Arms, Wrafton
Wanderers	Tuesday	8		10:45am	Fairview Car Park, Barnstaple, EX31 1JR
			TBN	TBN	TBN
Wine Appreciation	Friday	4	1	2:00pm	Room 3B, Barnstaple Library
Woodcarving	Wednesday	2; 9; 16; 23; 30	6; 13; 20; 27	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** 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. **See Contacts List for her contact details.** 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.**



NOTICE



The objective of all dedicated company employees should be to analyse thoroughly all situations, anticipate all problems prior to their occurrence, have answers for these problems and move swiftly to solve these problems when called upon.....

However.....

When you are up to your rear end in alligators, it is difficult to remind yourself that your initial objective was to drain the swamp!