



TAW THIRD AGE GROUP

Newsletter 407

1st February 2026

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

Registered Charity No 1026238



Welcome to our February 2026 Newsletter

COFFEE MORNINGS



The Coffee Morning on **Monday 2nd February** will be hosted by the **Short Tennis Group**. There will be a talk by **Community Police Officer Karen Grant**.

The host group for the Coffee Morning on **Monday 2nd March** will be the **Practical Gardening Group**. There will also be a talk about **Devon Subtropical Gardens** by **Steve and Dawn Morgan**.

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 2026/2027. A membership application form is on the **pages 6, 7 and 8 of this newsletter**.

Please Welcome our New Members

Mr John Bartlett
Mr John and Mrs Alison Harding
Mr Colin and Mrs Wendy Lingham
Mrs Gail Lucas-Brumby
Mrs Brenda Owen
Mrs Valerie Shaw
Mrs Emma Smale
Mr Nigel Wooden and Mrs Janet Gammon



TAW U3A HOLIDAY TO NORTHUMBERLAND

Monday 11th to Friday 15th May 2026

The next holiday is on **11th to the 15th May 2026** and we are going to the glorious Vera Country - Northumberland!!!

We will be staying at the 4* Marriott Hotel Newcastle - Gateshead.

The coach will make the first pick-up in Bideford at 7:00am on Monday 11th May. I will confirm other pick-up points and times later.

We will be visiting Holy Island and Alnwick Castle. There will be a choice one day to visit either Durham or Beamish open air museum. If you want to go to Beamish we will need at least 15 people to get the group entry rate of £17pp payable to the driver on the day. Or you can have the whole day in Durham.

Please join us for a great holiday and make new friends.

BOOKING FORM IS ON PAGE 2 OF THIS NEWSLETTER



Printed by **Wollens**

TAW U3A - Northumberland Holiday - Monday 11th to Friday 15th May 2026

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: 7:00am Bideford; other pick-up points to be confirmed.

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: Double rooms: **£509pp** plus any insurance if required
Twin rooms: **As above**
Single rooms: **£509pp + single supplement £120 total £629** plus any insurance if required
Insurance through Blakes: **£38pp**

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. No report this month.
~Patrick

AMBLERS - Trish Lilley. We will meet at the **Museum** at **11:00am** on the **10th February** for a walk commencing at Rock Park. This walk will be led by George. Will you please note that with effect from February Diane Wild will be our new Leader and new members are welcome.
~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**. We are actively seeking new members to boost our friendly group and invite you to get in touch if you are interested in playing. You are welcome to come along for a free session on either day, to meet and play with the members, enjoy some social time and gentle exercise.
~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. No report this month.
~Wendy

CANASTA - Linda Lee, Yvonne Geary. We meet on the **3rd Monday of the month at 2:00pm** in the **Beechfield Centre in Fremington**. We have room for a couple more players so if you are interested in joining us 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 every **3rd Wednesday of the month**. Come along and join us, this happy group will welcome you. We meet **10:30am to 12:00 noon** in **Arti's Too Café, 20 Cross Street, Barnstaple**. We look forward to meeting you. 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**. There will **not be a meeting in February**. The **March** meeting will be on **Tuesday 3rd**. This group is now full. ~Valerie

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

CRIBBAGE - Richard Taylor. We usually 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. We will be meeting on the **1st Thursday of the month** at **Barnstaple Library Room 3D** at **10:15am**. We discuss interesting topics that are currently in the news over a cup of tea or coffee. 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. We meet on the **4th Thursday of the month**. ~Chris

DANCERSIZE - Hilary Newing, Marilyn White. **February 3rd, 10th and 24th (no class 17th). March 3rd, 10th, 17th, 24th and 31st**. We still have a couple of vacancies, so do contact me if you are interested. ~Hilary & Marilyn

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

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

DEVON HISTORY - Paul Bate, Janice Hurdle. We meet on the **1st Thursday of the month** at **2:30pm** in the **Castle Centre**, except when there is a Bank Holiday. This group is now full. To be added to the waiting list please contact Janice, and regarding speakers please contact Paul. The February speaker is Richard Bass speaking on The Americans in Devon and D-Day. The March speaker is Tamsin Ferguson from Barnstaple Town Council talking about Medieval and Tudor Barnstaple. ~Paul & Janice

DINING EXPERIENCE - Lynden Davies. Lynden will advise members of the next date which will be **towards the end of February**. If interested in joining this group, please contact Lynden. ~Lynden

HOLIDAYS - Kim Conibear. See pages 1 and 2 of this newsletter for information and booking form for our Northumberland holiday in May. ~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. We meet every **2nd Thursday of the month** at **The Beechfield Centre, Fremington, 10:15am until 12:00 midday**. On the **12th February** we will be catching up with each other on what we have all been doing over New Year and Xmas (in our gardens of course). Don't forget your winter garden photos for next year and discussing what we are doing in next years programme. There is a waiting list for this group. ~Diana

PSYCHOLOGY GROUP 1 - Jane Bellworthy. This group that meets on the **2nd Thursday of the month** between **2:00pm and 3:30pm** is closing. **No further meetings will take place**. ~Jane

PSYCHOLOGY GROUP 2 - Annie Goodyear and Jane Bellworthy. This group that was planned to meet on the **4th Thursday of the month** between **1:30pm and 3:00pm** **will not be starting at all**. ~Annie & Jane

RAMBLING - Pauline Newbound, Barbara Hewis. **Monday February 9th**. The walk will start at **10:30am** from **Croyde NT CP**. Walk around Baggy Point to Putsborough, then down to the beach for a while and up to the cafe. Returning through Vention and back over the hill to Croyde. Distance 4 to 5 miles. BYOFAD. Leader Paul Bate. ~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 23rd February** we will meet at **10:30am** at **St John's Garden Centre, Newport, EX32 9DD** for a 4 mile town walk on footpaths and pavements. The walk is flat with one short dip as we go under a road. It takes us on both sides of the Taw. Bring a drink for our coffee stop but the walk will end at the garden centre where a table has been reserved - for us for optional lunch. Walk leader Harriet Croft. New members always welcome. ~Sue

RUMMIKUB - Paul Boden. The Rummikub group is still at its maximum quota. If you are interested in playing, please let me know, and I will place you on our waiting list. The next Rummikub session is **Friday 20th February** and will be back at the **New Inn Fremington**. Meeting at **12:00 noon** with play commencing at 12:15pm. Meals are available to order after the session should you want to stay for lunch. It is advisable to pre-order your meal at the bar and order it for 2:00pm. ~Paul

SHORT MAT BOWLING - Richard Taylor. We meet at **Christ Church Hall in Braunton** once or 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 on **Wednesday mornings** 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, Patrick Kift. We play Skittles **once a month** on a **Friday evening** at the **Agricultural Inn, Braunton (7:00pm start)**. The next scheduled event is on **Friday 20th February**. Mick Conibear celebrated his birthday in style by winning both the men's and Killer competitions at the December event. The ladies competition was won by Julie 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. Please contact Doug Saunders or Patrick Kift if you would like to participate. ~Doug & Patrick

STROLLERS - Kim Conibear. On **Tuesday 3rd February** we will meet at **St John's Garden Centre, Newport** at **11:45am** for a short walk, returning to the garden centre for lunch. ~Kim

SUNDAY LUNCH - Carol Smith. The Sunday Lunch Group meets on the **2nd Sunday in the month** for lunch and a chat at various venues in and around Barnstaple. If interested in joining please contact Carol. ~Carol

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, during school term times, **every Wednesday at 1:15pm** inside **Let's Go Bowling, on the Braunton Road in Barnstaple**. During the past few weeks everybody has achieved their best score of the year so far. Karen Stancombe has recorded a new PB and Doug Saunders has equalled his PB. The top scorer was Paul Holland with an outstanding 326. ~Brian & Jan

TUESDAY LUNCHEON GROUP - Trish Lilley. Our next lunch at **The Williams Arms** will be on the **17th February**. Anyone wishing to join us, if you haven't already booked, should please contact me either by email or telephone before **Sunday 15th**. ~Trish

WANDERERS - Wendy Walmsley, Sue Taylor. Sue and Richard will be leading this walk on **Tuesday February 10th**. We will meet at the **Baggy Point National Trust car park at 11:00am**, which is free for NT members. We will walk to Baggy Point and return to the car park, which is around 2.1/2 miles. We will then drive to the Thatch Inn, Croyde for lunch. New members always welcome. ~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 - February/March 2026

Coffee Mornings:

- | | |
|--|---------------------------------------|
| Monday 2nd February (Short Tennis Group) | - 10:30am - Roundswell Community Hall |
| Monday 2nd March (Practical Gardening Group) | - 10:30am - Roundswell Community Hall |

March Newsletter Deadline: Deadline for entry of events occurring **after Sunday 1st March - THURSDAY 12th February**.

Group	Day	Date		Time	Venue/Information
		February	March		
		<i>(Subject to Change)</i>			
Allotment 21	Monday	TBN	TBN	10:30am	Barnstaple Coffee Shop
Amblers	Tuesday	10		11:00am	Rock Park
			10		TBN
Art	Thursday	5; 19	5; 19	9:30am	Methodist Church Hall, Rhododendron Avenue
Badminton	Tuesday	3; 10; 24	3; 10; 17; 24; 31	9:30am	Tarka Leisure Centre
	Thursday	5; 12; 26	5; 12; 19; 26	2:00pm	
Book Club	Monday	23	23	10:30am	The Bike Shed, Barnstaple
Bookworms	Tuesday	24	24	10:00am	Barnstaple Library
Breakfast Club	Wednesday	4		9:15am	TBN
			4		TBN
Canasta	Monday	16	16	2:00pm	Beechfield Centre, Fremington
Chatterbox	Monday	16	16	11:00am	Museum Tea Rooms
Coffee Mugs and Teapots	Wednesday	18	18	10:30am	Arti's Too! Cafe, 20 Cross Street

CALENDAR - February/March 2026 (Continued)

Group	Day	Date		Time	Venue/Information
		February	March <i>(Subject to Change)</i>		
Creative Craft	Tuesday	No Meeting	3	10:00am	Fremington Methodist Church Hall, Old School Lane
Creative Writing	Thursday	12	12	10:30am	TBN
Cribbage	Friday	13; 27	TBN	3:00pm	The New Inn, Fremington
Current Affairs Discussion 1	Thursday	5	5	10:15am	Barnstaple Library, Room 3D
Current Affairs Discussion 2	Thursday	26	26	10:00am	Roundswell Community Centre
Dancersize	Tuesday	3; 10; 24	3; 10; 17; 24; 31	10:00am	Church Hall, Fremington
Day Trips By Coach	Thursday	TBN	TBN	TBN	TBN
Design & Make I - Ladies	Friday	27	27	9:30am	Group members know venue
Design & Make II - Gents				2:00pm	
Devon History	Thursday	5	5	2:30pm	Castle Centre, Barnstaple
Dining Experience	TBN	TBN	TBN	TBN	TBN
Holidays	SEE NOTICE ON PAGE 1 AND BOOKING FORM ON PAGE 2 OF THIS NEWSLETTER				
Knitting	Friday	27	27	10:30am	The Museum, The Square, Barnstaple
Practical Gardening	Thursday	12	12	10:15am	Beechfield Centre, Fremington
Rambling	Monday	9		10:30am	Croyde NT CP
			9	TBN	TBN
Reading Shakespeare Allowed	Wednesday	18	18	2:00pm	Fremington Methodist Church, Old School Lane
Roamers	Monday	23		10:30am	St John's Gardern Centre, Newport
			23	TBN	TBN
Rummikub	Friday	20	20	12:00nn	New Inn, Fremington
Short Mat Bowling	Tuesday	3; 17	TBN	10:00am	Christ Church Hall, Braunton, EX33 2EA
Short Tennis	Wednesday	4; 11; 25	4; 11; 18; 25	11:00am	Tarka Leisure Centre
Skittles	Friday	20	TBN	7:00pm	The Agricultural Inn, Braunton
Strollers	Tuesday	3		11:45am	St John's Garden Centre, Newport
			3	TBN	TBN
Sunday Lunch	Sunday	8	8	TBN	TBN
Table Tennis	Thursday	5; 12; 19; 26	5; 12; 19; 26	9:30am	Tarka Centre, Barnstaple
Ten Pin Bowling	Wednesday	4; 11; 25	4; 11; 18; 25	1:15pm	Bowling Alley, Braunton Road, Barnstaple
Tuesday Luncheon	Tuesday	17	17	12:00nn	The Williams Arms, Wrafton
Wanderers	Tuesday	10		11:00am	Baggy Point National Trust car park
			10	TBN	TBN
Wine Appreciation	Friday	6	6	2:00pm	Room 3B, Barnstaple Library
Woodcarving	Wednesday	4; 11; 18; 25	4; 11; 18; 25	10:00am	Woodville, Sticklepath, Barnstaple



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 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.**

DO NOT SEIZE THE DAY

Do not seize the day. This will startle the day and may cause it to become aggressive and give you a nasty bite. Instead, approach the day calmly without making eye contact, pet it gently, and slowly enfold it in a careful embrace. If the day shows any sign of resistance to being engaged with, it is likely to turn on you. Back off and return to bed.

Barnstaple, Devon.
 Registered Charity: 11026238.
 Website: <https://taw.u3asite.uk/>

Taw Membership Secretary:

Mrs Veronica McLaughlin
 2 Linscott Crescent
 West Yelland
 Barnstaple
 EX31 3ES

Tel No: 01271 860106

(10.00am-4.00pm Mon-Fri only)

Email: mclaughlin295@btinternet.com

Office Use Only			
GA		Aff	
NL		SSAE	
TAM		BACs/Chq	

MEMBERSHIP APPLICATION FORM 2026/27

Tick one box as applicable:

Renewal:

New Member:

Affiliated Membership:

Each applicant must complete and sign the form below.

APPLICANT(s) DETAILS:

Title		Forename		Surname	
Address					
				Area	
Town				Post Code	
Telephone No.				Mobile No.	
Email Address					
Emergency Contact Name			Contact No.		
Partner Applicant					
Title		Forename		Surname	
Telephone No.				Mobile No.	
Email Address					
Emergency Contact Name			Contact No.		
Affiliated members must state their Main u3a membership branch and membership number.					
Main Applicant				Membership No.	
Partner Applicant				Membership No.	

Proof of membership will be required to verify an affiliated membership. Please attach a copy of your existing u3a membership card.

PAYMENT

Please complete the form below when paying by cheque, cash, or Internet Banking, (Bankers' Automated Clearing System) BACS, using one of the Fee options shown below. Tick the option preferred. If you are paying by BACS, please indicate in the bank reference if you are paying for Newsletter Delivery or TAM; your name is automatically added by the bank and is not needed as a reference.

MEMBERSHIP FEES (Tick one item Only)

Annual Membership: 1 st April 2026 to 31 st March 2027	£12.00	<input type="checkbox"/>
Members Joining after: 1 st October 2026 to 31 st March 2027	£6.00	<input type="checkbox"/>
Affiliated members: 1 st April 2026 to 31 st March 2027	£8.00	<input type="checkbox"/>
Affiliated Joining after: 1 st October 2026 to 31 st March 2027	£4.00	<input type="checkbox"/>
Tick the box if you are 90+ years of age by 31 st March 2027	Free	<input type="checkbox"/>

Membership fee includes a fee of £4.00 paid to our National Organisation, the Third Age Trust.

PAYMENT DETAILS:

- If you would like to receive the National u3a Magazine (TAM) £4.50
- No Internet Access? The Monthly Newsletter can be sent by post £10.50
- Posting Newsletter after 1st October 2026 £5.25

CHEQUE	<input type="checkbox"/>	Cheque Number: (Make payable to TAW u3a)		
Internet Banking (BACS)	<input type="checkbox"/>	Account Name:		TAW u3a
		Sort Code:	30-90-49	Account Number: 02341066
CASH	<input type="checkbox"/>	Please discuss and arrange cash applications with the Membership Secretary by email or at the monthly meeting.		

Members, please sign below to show your consent to the above and send the completed form and cheque, (if this option is chosen), to the Membership Secretary at the address shown at the top of the form. Please include a Stamped Self-Addressed Envelope (SSAE) for postage of your membership card. Alternatively, the membership application can be handed in to the Membership Secretary at the coffee morning along with your payment and SSAE.

Applicant Signature (1)		Date:	
Applicant Signature (2)		Date:	

The following documents can be found on our website: <https://taw.u3asite.uk/>

> [Membership Code of Conduct](#)

> [Taw u3a Privacy policy](#)

> **Gift Aid Form** *If you are a UK taxpayer, we can reclaim the tax on your membership subscription and donations. Please complete the attached gift aid form if this applies.*

GIFT AID FORM

TO ALL TAW u3a MEMBERS WHO ARE TAXPAYERS

Gift Aid raises more funds for the Taw u3a without costing you a penny more. If you are a UK taxpayer, we can reclaim the tax on your membership subscriptions and donations. For every £1 of your subscription, we can claim a further 25p from HM Revenue and Customs.

Colin O'Brien
 Taw u3a Treasurer



GIFT AID DECLARATION

I/We would like the Taw u3a to reclaim the tax on this and any other eligible donations or membership subscriptions that I/we may make in the future or have made in the past 4 years. I/We understand that I/we need to pay enough Income Tax or Capital Gains Tax in each year to cover the Gift Aid claimed on all my/our donations otherwise it is my/our responsibility to pay any difference.

Applicant 1 Full Name:			
Applicant 2 Full Name:			
Joint Address:		Post Code:	
Signature (1)		Date:	
Signature (2)		Date:	