



TAW THIRD AGE GROUP
Newsletter 408
 1st March 2026

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



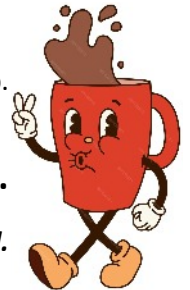
Welcome to our March 2026 Newsletter

COFFEE MORNINGS

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

There will not be a Coffee Morning on Monday 6th April as it is a Bank Holiday.

Doors will be open at **10:00am** for a **prompt 10:15am** 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 available on **pages 7, 8 and 9** of printed newsletters, or a **separate attachment** if you receive your newsletters via email.

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.

I have doubles and twins available for this holiday. The cost is £509pp and insurance is £38pp. I have NO singles left.

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

NEW GROUP - SEQUENCE



A new group is to commence from March 2026 to play the popular board game of Sequence. Sequence is a card-based board game consisting of 2 to 6 players. It is scheduled to commence from **Friday 6th March** at the **New Inn in Fremington** from **3:00pm to 5:00pm**. Places are limited and those that are interested to play, please contact me by email (see Contacts List for contact details). Unsuccessful applicants will be placed on a waiting list. Dates and times may vary dependant on popularity.

~Paul Boden

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: **NO SINGLE ROOMS LEFT**

Insurance through Blakes: **£38pp**

Total Amount Enclosed:



Chair's Report - March 2026

Once again, I would like to show my gratitude to Wollens Solicitors at Roundswell for printing our hard copy newsletters. Their continued support is much appreciated.

For our February Coffee Morning we had a talk by Community Police Officers Sean Jones and Karla Bullimore. They gave a very good insight into the working day of a PCO in and around the Barnstaple area. On leaving they said it was a pleasure to give a talk to a well-mannered and attentive audience. They normally go into schools and colleges! I can vouch for this as no arrests were made or ABOs issued at the coffee morning.

We also had a quick talk from Gail Lucas Brumby who is looking to start a new "Muscles Matter" group. Gail is looking for members who are interested in improving muscle movements and mobility through a variety of simple, gentle and effective massage techniques and stretches. Confirmation of member numbers, venue and dates will be issued in the Our Groups section of the newsletter.

With reference to our Charity Bank Account, all banks which offer Charity Accounts have now updated some of their Terms and Conditions along with new charges for transactions in and out of the accounts. Our Charity Account is with Lloyds, who at the moment are not as costly as some other banks. Changes to their T&Cs is the number of Trustees including officers. This should be no greater than twelve. Any higher than this number, extra charges are incurred. For us, we need a slight amendment to our Constitution which we will review ready to present the required changes at the AGM for your approval. With the new charges, there is now transaction costs which we will be invoiced for. These include costs for processing individual cheques and cash paid in or out of our account via branch, cash machine and Post Office, along with BACS payments. Lloyds Bank are giving us a 66% discount on these charges until November 2026, which will help as we go into are membership renewal period. We will be monitoring this year's renewal payments received to try and ascertain the full financial impact for next year. I will give an update at the AGM.

DIARY UPDATES FOR YOU

Wednesday 18th March: Evening with Charles Hanson at the *Roundswell Community Centre* from **7:30pm to 9:30pm**. Tickets £2 each. There are still a few tickets available (*please note this is a talk, not a valuation event*).

Wednesday 6th May: Celebration Afternoon Tea and scones at the *Barnstaple Hotel* from **2:00pm to 4:00pm**. Tickets £5 each and will be available from the March Coffee Morning.

Wednesday 17th June: Evening with Sue Pengelly, a talk on Social History in Barnstaple at the *Roundswell Community Centre* between **7:30pm and 9:30pm**. Tickets £2 each and will be available from the March Coffee Morning.

I do hope you will be able to join us for the above events.

Lastly, just a reminder that our "early holiday" is to Northumberland from **Monday 11th May to Friday 15th May**. Please contact Kim Conibear for further details.

See you all at the next Coffee Morning.

~Martin, Chair

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. This is a friendly, relaxed group of leisure gardeners who enjoy being out in the fresh air - with the added bonus of (largely) free fruit, veg and flowers. With Spring on the horizon it's time to plan and prepare for this year's crop. Here's looking forward to that elusive sunshine! For more information please contact the Group Leader. ~Patrick

AMBLERS - Diane Wild. Amblers will meet at *Tews Lane sports field car park* at **11:00am** on **Tuesday 10th March** for a walk led by Lyn. We may have a coffee stop if the New Inn is open by then. ~Diane

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. This group is held on the **1st Wednesday of the month** at **9:30am** (please note new time). The next breakfast is on **4th March** at *Tea by the Tow*, then **1st April** at *Harry's in Bear Street*. 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 the **16th March** at **2:00pm** in the *Beechfield Centre in Fremington*. The group is full at the moment but if you would like to join us do get in touch and we'll put you on the waiting list. ~Linda & Yvonne

CHATTERBOX - Sheila Jennings. We meet on the **3rd Monday of each month** at **11:00am to 1:00pm** in the *Barnstaple Museum*. Please come and join us. ~Sheila

COFFEE MUGS AND TEAPOTS - Jackie Ward. 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**. The next meetings are **Tuesday 3rd March** and **7th April**. £3 subs are due for the March meeting to round off the financial year. This group is now full. ~Valerie

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

CRIBBAGE - Richard Taylor. We now 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. **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.

Our March trip to Plymouth is fully subscribed, with a short waiting list. The **April** trip is to **Salisbury** on the **16th**.

Things to do in Salisbury:

Salisbury Cathedral

Mompesson House (in Cathedral Close) which is a National Trust property

Arundells, former home and garden of Sir Edward Heath. Not NT.

Plenty to do and see plus shopping. Please email Jean (see Contacts List for contact details) to book a place. **£17.00**. Cheques made out to **TAW U3A WITH NAME OF TRIP AND PICK UP POINT ON REVERSE PLEASE**, can be sent to Wendy (see Contacts List for contact details). Names and cheques can also be taken at the March Coffee Morning. First-come-first-served, so book early!

~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**. This group is now full. To be added to the waiting list please contact Janice, and regarding speakers please contact Paul. The March speaker is Tamsin Ferguson from Barnstaple Town Council talking about Medieval and Tudor Barnstaple.

~Paul & Janice

DINING EXPERIENCE - Lynden Davies. No report this month.

~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**.

~Diana

RAMBLING - Pauline Newbound, Barbara Hewis. **Monday March 9th**. The walk will start from the **Park School CP** at **10:30am**. Walk upstream along the banks of the river Taw before branching off towards Tawstock through the woods. At Tawstock Village Hall we will climb up cross-country before reaching Lake. Return through Sticklepath and Rock Park. Approx 6 miles. BYOFAD. Fingers crossed for some dry weather! Leaders Ruth and Ray.

~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. This is the walk we were going to do in January but which we had to cancel due to the weather. So on **March 23rd**, please meet at the **National Trust car park in Croyde, EX33 1PA** at **10:30am**. Free to NT members or pay and display. The walk is around 4.5 miles on footpaths. Please bring your own food and drink for a coffee stop and lunch break. This will be led by Sue and Richard. 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 March** 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

SEQUENCE - NEW GROUP - Paul Boden. See notice on the front page of this Newsletter.

~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 27th March**. At the January event, the men's event was won by Patrick Kift and he was also victorious in the Killer event. The ladies competition was won by Gaynore Fletcher. 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 March** we will meet outside **Squires chippie in Braunton** at **11:45am**. After a short walk we will return to Squires for lunch. The walk will be led by George.

~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. No report this month. ~Brian

TUESDAY LUNCHEON GROUP - Trish Lilley. Our next lunch at **The Williams Arms** will be on **17th March**. If you haven't

already booked please contact me either by email or telephone by **Sunday 15th March**. We look forward to seeing you. ~Trish

WANDERERS - Wendy Walmsley, Sue Taylor. Sue and Richard will be leading this walk on **Tuesday March 10th**. We will meet at **11:00am** at the **Sawmills pub just north of Berrynarbor. EX34 9SJ**. We then walk out to Watermouth Bay and back for lunch at the Sawmill. 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 - March/April 2026

Coffee Mornings:

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

Monday 6th April - **NO COFFEE MORNING AS IT IS A BANK HOLIDAY**

March Newsletter Deadline: Deadline for entry of events occurring **after Sunday 1st March - THURSDAY 19th March.**

Group	Day	Date		Time	Venue/Information
		March	April (Subject to Change)		
Allotment 21	Monday	TBN	TBN	10:30am	Barnstaple Coffee Shop
Amblers	Tuesday	10		11:00am	Tews Lane Sports Fiedl Car Park
			14		Muddlebridge
Art	Thursday	5; 19	2; 16	9:30am	Methodist Church Hall, Rhododendron Avenue
Badminton	Tuesday	3; 10; 17; 24; 31	21; 28	9:30am	Tarka Leisure Centre
	Thursday	5; 12; 19; 26	2; 23; 30	2:00pm	
Book Club	Monday	23	27	10:30am	The Bike Shed, Barnstaple
Bookworms	Tuesday	31	28	10:00am	Barnstaple Library
Breakfast Club	Wednesday	4		9:15am	Tea by the Taw
			1		Harry's Bear Street
Canasta	Monday	16	20	2:00pm	Beechfield Centre, Fremington
Chatterbox	Monday	16	20	11:00am	Museum Tea Rooms
Coffee Mugs and Teapots	Wednesday	18	15	10:30am	Arti's Too! Cafe, 20 Cross Street
Creative Craft	Tuesday	3	7	10:00am	Fremington Methodist Church Hall, Old School Lane
Creative Writing	Thursday	12	9	10:30am	TBN
Cribbage	Friday	13; 27	10; 24	3:00pm	The New Inn, Fremington
Current Affairs Discussion 1	Thursday	5	2	10:15am	Barnstaple Library, Room 3D
Current Affairs Discussion 2	Thursday	26	23	10:00am	Roundswell Community Centre
Dancersize	Tuesday	3; 10; 17; 24; 31	TBN	10:00am	Church Hall, Fremington
Day Trips By Coach	Thursday	19		TBN	Plymouth
			16		Salisbury
Design & Make I - Ladies	Friday	27	24	9:30am	Group members know venue
2:00pm					
Design & Make II - Gents	Thursday	5	2	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	24	10:30am	The Museum, The Square, Barnstaple
Practical Gardening	Thursday	12	9	10:15am	Beechfield Centre, Fremington

CALENDAR - March/April 2026 (Continued)

Group	Day	Date		Time	Venue/Information
		March	April		
			(Subject to Change)		
Rambling	Monday	9		10:30am	Park School Car Park
			13	TBN	TBN
Reading Shakespeare Allowed	Wednesday	18	15	2:00pm	Fremington Methodist Church, Old School Lane
Roamers	Monday	23	TBN	10:30am	National Trust car park, Croyde, EX33 1PA
Rummikub	Friday	20	17	12:00nn	New Inn, Fremington
Sequence - NEW GROUP	Friday	6	3	3:00pm	The New Inn, Fremington
Short Mat Bowling	Tuesday	3; 17	TBN	10:00am	Christ Church Hall, Braunton, EX33 2EA
Short Tennis	Wednesday	4; 11; 18; 25	1; 22; 29	11:00am	Tarka Leisure Centre
Skittles	Friday	27	TBN	7:00pm	The Agricultural Inn, Braunton
Strollers	Tuesday	3		11:45am	Squires Chippie, Braunton
			7	TBN	TBN
Sunday Lunch	Sunday	8	12	TBN	TBN
Table Tennis	Thursday	5; 12; 19; 26	2; 9; 16; 23; 30	9:30am	Tarka Centre, Barnstaple
Ten Pin Bowling	Wednesday	4; 11; 18; 25	1; 22; 29	1:15pm	Bowling Alley, Braunton Road, Barnstaple
Tuesday Luncheon	Tuesday	17	21	12:00nn	The Williams Arms, Wrafton
Wanderers	Tuesday	10	TBN	11:00am	Sawmills pub just north of Berrynarbor. EX34 9SJ
Wine Appreciation	Friday	6	3	2:00pm	Room 3B, Barnstaple Library
Woodcarving	Wednesday	4; 11; 18; 25	1; 8; 15; 22; 29	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.**

ROAD RUNNER AND COYOTE

1. The Road Runner cannot harm the Coyote except by going "Beep Beep".
2. No outside force can harm the Coyote - only his own ineptitude or the failure of the Acme products.
3. The Coyote could stop any time - if he were not a fanatic (a fanatic is one who redoubles his effort when he has forgotten his aim).
4. No dialogue ever, except "Beep Beep".
5. The Road Runner must stay on the road - otherwise, logically, he would not be called Road Runner.
6. All action must be confined to the natural environment of the two characters - the Southwest American Desert.
7. All materials, tools, weapons, or mechanical conveniences must be obtained from the Acme Corporation.
8. Whenever possible, make gravity the Coyote's greatest enemy.
9. The Coyote is more humiliated than harmed by his failures.

FAIRIES, BEWARE!

I put my false teeth under my pillow.
I thought they'd be safe under there.
But the fairies took them and put them on Etsy;
they've modelled them into a chair.
The fairies take teeth on a regular basis.
I ought to have took better care.

But I thought they only took children's teeth.
I thought mine were safe to be fair.
Luckily I had a back up plan.
Luckily I have a spare
and a mousetrap to set at the head of my bed,
so pilfering fairies, beware!