



TAW THIRD AGE GROUP

Newsletter 409

1st April 2026

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

Registered Charity No 1026238



Welcome to our April 2026 Newsletter

COFFEE MORNINGS



There will not be Coffee Mornings on Monday 6th April or 4th May as they are Bank Holidays.

There will be a Celebration Cream Tea on **Wednesday 6th May** at the *Barnstaple Hotel* from **2:00pm to 4:00pm**. Tickets at £5 each became available at the March Coffee Morning.

!!! Election of Officers and Trustees !!!

In line with our Constitution, all Officers and Trustees are up for election at the AGM on **Monday 1st June**.

Once again we find ourselves in need of a Secretary. If any member wishes to come forward for this position and/or would like to be put forward as a Trustee, then please fill in the **Nomination Form on Page 7** of this Newsletter.

All Nomination forms have to be returned to me by **Thursday 30th April 2026** (see Contacts List for contact details) so the required documentation can be circulated in time for the AGM.

If you require further information or wish to discuss the requirements of the Secretarial and Trustees positions please do not hesitate to contact me.

~ Martin, Chair

Please Welcome our New Members

Mrs Jan Burton
Mr Edward Cornforth
Mrs Sheena Daniels
Mr Grahame Davidson
Mrs Christine Dymond

Mr Jonathan Ette
Mrs Anne Gear
Mr Ian Hayes
Mr Stuart James

Mr Nigel Owen
Ms Alison Partridge
Mr Phillip Warman and Miss Jill Wells
Mrs Barbara Watts



NEW GROUP - DAY TRIPS BY COACH 2

A second Day Trips By Coach Group is starting, visiting National Trust properties on the **4th Wednesday of the month**. If you would like to join this group please email Jean Newcombe or Wendy Walmsley (see Contacts List for contact details). Our first trip on **Wednesday April 22nd** is to **Lanhydrock, Cornwall** (more details under Day Trips by Coach 2). We look forward to many enjoyable days exploring National trust properties together.

~Jean & Wendy

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.

We still have some double and twin rooms for the holiday to Northumberland on the 11th to the 15th May. The cost is £509pp and insurance is £38pp. I have NO singles left.

Please contact Kim Conibear for more details (see Contacts List for contact details)

BOOKING FORM IS ON PAGE 2 OF THIS NEWSLETTER



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:



AN INVITATION FROM BRAUNTON U3A

U3A CROQUET GROUP: Braunton U3A run a Croquet Group during the summer and invite members from the surrounding U3A's to join the group. The U3A Croquet Group will be starting on **Tuesday 21st April 2026**. The group meets weekly at **Barnstaple Croquet club, Raleigh Meadow, off St. Georges Road, Barnstaple, EX31 4UX, Tuesdays**, weather permitting, during the summer from **2:00pm to 4:00pm**. No experience is necessary and all equipment and coaching is provided. Wear comfortable clothes and flat shoes. You may need a waterproof coat and a drink. The cost is £4 to join or rejoin the group and £4 for every session you attend. Contact **Anne Young on 01271 813255** or email rayvyoung2000@yahoo.co.uk for more information and to book your place. Come along to meet friendly people for a fun afternoon.



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.**

It is with great sadness that we learn of the passing of Maureen (Alice) Smith

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. We will meet at **St. Johns Garden Centre, Barnstaple** at **11:00am on Tuesday 14th April** for a walk led by John. ~Diane

ART - **TEMPORARY CONTACT** - Martin Allison. 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**. We have 3 vacancies in the group. We are also seeking a new Group Leader as Derek is retiring in April after many years doing the job. Hopefully it might appeal to someone looking to run a very friendly group. With your help the Art Group can continue to flourish. Please contact Martin if you are interested (see Contacts List for contact details). ~Martin

BADMINTON - **NEW LEADER** - Jim Smith. **Tarka Leisure Centre, 9:30am to 10:30am on Tuesday** and/or **2:00pm to 3:00pm on Thursday**. We invite you to get in touch if you are interested in playing and (ideally) have some racquet skills. You are welcome to come along for a free session. ~Jim

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 **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 **20th April** at **2:00pm** in the **Beechfield Centre in Fremington**. We now have room for new players so if you would like to join us do get in touch. ~Linda & Yvonne

CHATTERBOX - Sheila Jennings. GROUP DISCONTINUED. ~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 7th April** and **5th May**. 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. This small group meets on the **4th Thursday of the month** at the **Roundswell Community Centre** 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

DANCERSIZE - Hilary Newing, Marilyn White. We do still have a couple of vacancies, so if you think it appeals to you, please get in touch and we can give you more information. April 21st and 28th
May 5th, 12th, and 19th. No class on 26th. ~Hilary & Marilyn

DAY TRIPS BY COACH 1 - Wendy Walmsley, Jean Newcombe. This group is currently full. If you are interested in joining us, you are welcome to add your name to a waiting list and we will contact you if there is availability. The **April** trip to **Salisbury** has a few remaining seats. Our next trip will be to **Dartmouth** on **Thursday 21st May** There are plenty of things to do including 55mins circular boat trip (£13) enjoying beautiful river scenery. There are plenty of cafes, restaurants and shops. There is a small museum on Duke St (entry £2). Please email Jean to reserve a seat (see Contacts List for contact details). Cheques for £17 made payable to **TAW U3A** with NAME OF TRIP and PICK UP POINT on the reverse can be sent to Wendy (see Contacts List for

address). Unfortunately there are no coffee mornings in April or May to collect names or cheques for the trip. BOOK EARLY, FIRST-COME-FIRST-SERVED. ~Wendy & Jean

DAY TRIPS BY COACH 2 - NEW GROUP - Wendy Warmesley, Jean Newcombe. If you wish to join this group please email Jean or Wendy (see Contacts List for contact details). Our first trip is to **Lanhydrock, Cornwall** on **Wednesday April 22nd**. The cost is £17 for the coach. National Trust members free admission. Non members NT to pay their own entry which is £24 payable on the day. When booking can you let us know if you are NT members please. Names to Jean to book a seat (see Contacts List for contact details). Cheques for £17 made payable to **TAW U3A** with NAME OF TRIP and PICK UP POINT on the reverse can be sent to Wendy (see Contacts List for address). Details of pick up times will be emailed to you a week before the trip. Pick up points are Chilpark, New Inn Fremington, Bickington (Tesco), Ellerslie Road, North Walk/ Tuly Street and Park and Ride. ~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 April speaker is Lucy Scarrott on The Railway History of North Devon. ~Paul & Janice

DINING EXPERIENCE - Lynden Davies. No report this month. ~Lynden

HOLIDAYS - Kim Conibear. We still have some double and twin rooms for the holiday to **Northumberland** on the **11th to the 15th May**. See pages 1 and 2 of this Newsletter for information and booking form. ~Kim

KNITTING - Sheila Jennings. GROUP DISCONTINUED. ~Sheila

MUSCLES MATTER - NEW GROUP - Gail Lucas Brumby. **St Peter's Church Hall, Fremington, 2:00pm to 4:00pm, 1st Wednesday each month** starting in **April**. Ideal for members who are interested in improving muscle movements and mobility through a variety of simple, gentle, and effective massage techniques and stretches. Including foot and hand soaks, inhalations, face massage for sinus, jaw and neck pain etc. A fun couple of hours, often working in pairs, to release muscle tension and improve your quality of movement. Contact Gail for more details. ~Gail

PRACTICAL GARDENING - Diana Betham, Veronica McLaughlin. Our group will be meeting up on **Thursday 9th April** at **10:15am** at the **Beechfield Centre**. This will be an in-house meeting. We will be discussing our established membership and next month's visit to North Devon Hospice. Also it will be a time when we can restart our plant swap. It will also give us time to discuss any issues relating to our gardens and interesting information. ~Diana

RAMBLING - Pauline Newbound, Barbara Hewis. Sue and Richard will be leading this walk. Please meet at **St Paul's Church in Landkey** at **10:30am**. The walk is circular from here to Swimbridge and back. This is on quiet roads and footpaths and is approximately 6 miles. It may well be a bit muddy. Please BYOFAD. ~Sue & Richard

READING SHAKESPEARE ALLOWED - Bob Godfrey. An ALERT! If you are reading this and are interested please don't hesitate to contact me any time. Reading together is a most rewarding and supportive activity. No special knowledge of Shakespeare is necessary. All necessary reading material is fully provided. We meet on the **3rd Wednesday of the month 2:00pm to 3:30pm** at **Fremington Methodist Church, Old School Lane, Fremington**. ~Bob

ROAMERS - Sue Taylor. Pauline and Barbara will be leading this walk. Please meet at the **Haunted House car park in Westward Ho!** at **10:30am**. We will walk up Kipling Tors and make our way to Greencliff via country lanes and footpaths. Back along the coast path where we will have our lunch stop. Distance 5 miles with one steady ascent to begin with. BYOFAD. 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 17th April** 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 1 AND 2 - Paul Boden. The Sequence Groups still have places for anyone that would like to Join. If you are interested in joining, please let me know and I will place you on our group lists. Once we reach our membership threshold, you will be placed on the waiting list. The next Sequence session is **Friday 3rd April** at the **New Inn, Fremington** (THIS IS GOOD FRIDAY). There are now two group sessions - **Group 1** at **12:00 noon** and **Group 2** at **3:00pm**. Existing members have been allocated their group times. Check with me if unsure. I will contact each group by WhatsApp prior to the date. Meals are available to order after the session should you want to stay for lunch. ~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 start for the summer term on **Wednesday April 15th**. We have no vacancies at the

moment, but 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. We can put you on our waiting list.
~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 17th April**. At the February event, Patrick Kift top scored in the men's competition. The ladies event was won by Jane Burton and the Killer event was won by Mick Conibear. We are almost at the maximum number of members for this group so new applicants may need to go onto a waiting list. If you are interested in participating, please contact Doug Saunders or Patrick Kift.
~Doug & Patrick

STROLLERS - Kim Conibear. The next Strollers walk is on **Tuesday 7th April**. The walk will be led by John Knill. We are meeting at **11:45am in Cedars car park** for a short walk followed by lunch at Cedars.
~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 11:30am** (NOTE new finish time) 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, Doug Sanders. We meet during school term times, **every Wednesday at 1:15pm** inside **Let's Go Bowling, on the Braunton Road, Barnstaple**. New members are most welcome and we allow the lane

bumpers to be in play for new players wanting to give it a go. At £9 for two games, it's very good value for money. In the Jan-Feb period, Brian Tilbury set the standard with the first Turkey of the season and 3 scores of over 300 (the best being a 306). Karen Stancombe was the top scoring lady with a score of 196. In the Feb-March period, Brian Tilbury went one better with a Badger (4 successive Strikes), and a high score of 316. Janice Hurdle was top scoring lady with a two game score of 199 and a personal best one game score of 130.
~Brian & Doug

TUESDAY LUNCHEON GROUP - Trish Lilley. Our next lunch at **The Williams Arms** will be on **Tuesday 21st April**. Members who haven't already booked can do so, either by telephone or via email, up until **Sunday 19th April**. All members welcome.
~Trish

WANDERERS - Sue Taylor, Wendy Walmsley. Chris and Leslie will be leading this walk. Meet at **11:00am** outside the **Royal Hotel in East the Water**. Parking is available at the Bridge Street car park on the Bideford side of the bridge. The 21A bus stops on Clarence Wharf near the hotel. The walk is on made up paths, mainly flat with a short incline and a few steps. The walk is based on the 'Way of the Wharves' trail and on the Tarka Trail. Lunch will be at the Blacksmiths Arms, Torrington Street at 12:30pm. We need to pre-book food if possible. The menu will be sent to members nearer the time. New members always welcome.
~Sue & Wendy

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**. I have 2 or 3 spaces so please contact me if you are interested in joining us (see Contacts List for contact details)
~Fred

CALENDAR - April/May 2026

Coffee Mornings:

Monday 6th April and Monday 4th May - **NO COFFEE MORNINGS AS THEY ARE BANK HOLIDAYS**

May Newsletter Deadline: Deadline for entry of events occurring **after Friday 1st May - THURSDAY 16th April**.

Group	Day	Date		Time	Venue/Information
		April	May (Subject to Change)		
Allotment 21	Monday	TBN	TBN	10:30am	Barnstaple Coffee Shop
Ambler's	Tuesday	14		11:00am	St John's Garden Centre, Barnstaple
Art	Thursday	2; 16	7; 21	9:30am	Methodist Church Hall, Rhododendron Avenue
Badminton	Tuesday	21; 28	5; 12; 19	9:30am	Tarka Leisure Centre
	Thursday	23; 30	7; 14; 21	2:00pm	
Book Club	Monday	27	25	10:30am	The Bike Shed, Barnstaple
Bookworms	Tuesday	28	26	10:00am	Barnstaple Library
Breakfast Club	Wednesday	1		9:15am	Harry's Bear Street
			6		TBN
Canasta	Monday	20	18	2:00pm	Beechfield Centre, Fremington

CALENDAR - April/May 2026 (Continued)

Group	Day	Date		Time	Venue/Information
		April	May		
			(Subject to Change)		
Coffee Mugs and Teapots	Wednesday	15	20	10:30am	Arti's Too! Cafe, 20 Cross Street
Creative Craft	Tuesday	7	5	10:00am	Fremington Methodist Church Hall, Old School Lane
Creative Writing	Thursday	9	14	10:30am	TBN
Cribbage	Friday	10; 24	8; 22	3:00pm	The New Inn, Fremington
Current Affairs Discussion 1	Thursday	2	7	10:15am	Barnstaple Library, Room 3D
Current Affairs Discussion 2	Thursday	23	28	10:00am	Roundswell Community Centre
Dancersize	Tuesday	21; 28	5; 12; 19	10:00am	Church Hall, Fremington
Day Trips By Coach 1	Thursday	16		TBN	Salisbury
			21		Dartmouth
Day Trips By Coach 2 - NEW GROUP	Wednesday	22		TBN	Lanhydrock, Cornwall
			27		TBN
Design & Make I - Ladies	Friday	24	29	9:30am	Group members know venue
Design & Make II - Gents				2:00pm	
Devon History	Thursday	2	7	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				
Muscles Matter - NEW GROUP	Wednesday	1	6	2:00pm	St Peter's Church Hall, Fremington
Practical Gardening	Thursday	9		10:15am	Beechfield Centre, Fremington
			14	10:30am	North Devon Hospice
Rambling	Monday	13		10:30am	St Paul's Church, Landkey
			11	TBN	TBN
Reading Shakespeare Allowed	Wednesday	15	20	2:00pm	Fremington Methodist Church, Old School Lane
Roamers	Monday	27	TBN	10:30am	Haunted House car park, Westward Ho!
Rummikub	Friday	17	15	12:00nn	New Inn, Fremington
Sequence 1	Friday	3	1	12:00nn	The New Inn, Fremington
Sequence 2				3:00pm	
Short Mat Bowling	Tuesday	7; 21	TBN	10:00am	Christ Church Hall, Braunton, EX33 2EA
Short Tennis	Wednesday	15; 22; 29	6; 13; 20	11:00am	Tarka Leisure Centre
Skittles	Friday	17	15	7:00pm	The Agricultural Inn, Braunton
Strollers	Tuesday	7		11:45am	Cedars Inn Car Park
			5	TBN	TBN
Sunday Lunch	Sunday	12	10	TBN	TBN
Table Tennis	Thursday	2; 9; 16; 23; 30	7; 14; 21; 28	9:30am	Tarka Centre, Barnstaple
Ten Pin Bowling	Wednesday	1; 22; 29	6; 13; 20	1:15pm	Bowling Alley, Braunton Road, Barnstaple
Tuesday Luncheon	Tuesday	21	19	12:00nn	The Williams Arms, Wrafton
Wanderers	Tuesday	14	TBN	11:00am	Royal Hotel, East The Water
Wine Appreciation	Friday	3	1	2:00pm	Room 3B, Barnstaple Library
Woodcarving	Wednesday	1; 8; 15; 22; 29	6; 13; 20; 27	10:00am	Woodville, Sticklepath, Barnstaple

A LITTLE SLICE OF VINTAGE LIFE

If staying in a haunted house, women should investigate any strange noises wearing their most revealing underwear. A man will show no pain while taking the most ferocious beating but will wince when a woman tries to clean his wounds. A single match will be sufficient to light up a room the size of a football stadium. One man shooting at 20 men has a better chance of killing them all than 20 men firing at one. Once applied, lipstick will never rub off – even while scuba diving.

TAW U3A
NOMINATION FORM FOR OFFICERS AND TRUSTEES 2026

Chair: Nomination..... Signed.....
 Proposer Signed.....
 Secunder Signed.....

Vice Chair: Nomination..... Signed.....
 Proposer Signed.....
 Secunder Signed.....

Secretary: Nomination..... Signed.....
 Proposer Signed.....
 Secunder Signed.....

Treasurer: Nomination..... Signed.....
 Proposer Signed.....
 Secunder Signed.....

Trustee: Nomination..... Signed.....
 Proposer Signed.....
 Secunder Signed.....

Trustee: Nomination..... Signed.....
 Proposer Signed.....
 Secunder Signed.....

Trustee: Nomination..... Signed.....
 Proposer Signed.....
 Secunder Signed.....

Trustee: Nomination..... Signed.....
 Proposer Signed.....
 Secunder Signed.....

UP TO 8 NOMINATIONS CAN BE RECEIVED FOR TRUSTEES.
EVERY PERSON NOMINATED MUST SIGN THE NOMINATION FORM.
THE PROPOSER AND SECONDER MUST NOT BE RELATED.
THIS FORM MUST BE RETURNED TO MARTIN ALLISON - CHAIR, BY THURSDAY 30th APRIL 2026 (see Contacts List for address if posting).