TAW THIRD AGE GROUP

Newsletter 41

1st June 2026

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

Registered Charity No 1026238

Welcome to our June 2026 Newsletter

COFFEE MORNINGS

The next Coffee Morning will be **Monday 1st June** when we will have our **AGM.** It will be hosted by the **Trustees**. **Please remember to bring your current membership cards with you for voting purposes**. Only full members are eligible to vote.

The host group for the Coffee Morning on **Monday 6th July** will be the **Dining Experience Group**. There will be a talk by **Ability Net Paul Scarbrough, Staying Safe Online**.

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.

Chair's Report - May 2026

This newsletter finds me just about ready for our **AGM Monday 1st June**. With regards to our Secretary requirement, at the AGM I'm hoping to be able to give you a positive update.

Please Welcome our New Members

Mr David and Mrs Patricia Bearman
Ms Sandra Teenan

Our afternoon Cream Tea at the Barnstaple Hotel was well attended, with initial feedback being an enjoyable event. Even the scones got a good mention! I also have to thank the staff at the hotel for providing a small portion of cake (ok, a slice of banoffee pie) at such short notice to help celebrate Shirley Jobbins' birthday.

There are still some tickets available at £2 each for our evening talk, **An Evening with Sue Pengelly**, giving a talk on Social History in Barnstaple, on **Wednesday 17th June** at ***The Roundswell Community Centre*** between **7:30pm and 9:30pm**. Please contact me if you wish to come along.

Now for our next challenge. Depending on where you live, the heated topic of conversation is the up-and-coming road closures around the Fremington/Sticklepath area over the next six months. I went to a meeting at the Old Barn Inn in Bickington and, along with our councillors, I met with Steve Pratt from Wales & West Utilities. The situation as I see it is as follows:

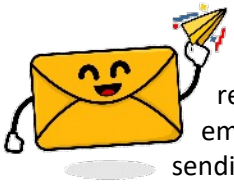
From 15th June to 23rd August - the Bickington Road (B3233) will be closed from Fremington Quay to Cedars Roundabout. There will be a fixed barrier (no vehicle access at all) at Fremington Quay. There will be access for residents and businesses within this road closure only from Cedars roundabout, which will be traffic light controlled. You will be able to go through the road closure by bicycle or walk through. Getting a bus to Barnstaple, there will be a shuttle bus running from Fremington to Bideford then a bus to Barnstaple, with the reverse coming back from Barnstaple. The road diversion is because "legally" they cannot divert traffic from a B Road to a lower designated road. Therefore, the diversion from Fremington to Barnstaple and return is going to be through Instow and up to the traffic lights on the link road then into Barnstaple. There are contingency plans in place for emergency services and any issues on the link road where they would normally divert traffic through the Bickington Road. Because they have no idea when this will happen it could take a few hours to implement!!

From 24th August to 8th November - the Bickington Road will be 'outbound closed' between Cedars Roundabout to Sticklepath Hill. This means you can travel into Barnstaple from Cedars roundabout but will not be able to come back from Barnstaple through the Cedars roundabout. There was no comment on bus requirements and I'm assuming the diversion back towards Bickington/Fremington will be via the 'Barnhenge' roundabout towards the link road down to the Roundswell roundabout then back to Cedars roundabout.

If that was not enough, from 9th November to 20th December there's going to be traffic lights controlling traffic between Fremington Quay and Mill Hill.

These closures may well have an effect on us, with possible attendance levels of some of our groups and the July/August coffee mornings dropping. For group leaders, if the drop in attendees has a financial impact on your group please come and talk to me. I am currently speaking with Wales & West Utilities to see if they will offer a donation to us to cover or go towards any extra outgoings we may incur because of these road closures. I'll keep you informed.

See you all at the AGM *~Martin, Chair*



A Reminder from your Newsletter Editor: As you can imagine, my email inbox gets pretty full when the newsletter deadline approaches. Therefore, can I please remind you that if you require acknowledgement of your emailed entries, would you please use the receipt function in your email programme. For example - in Thunderbird, after finishing composing your email and just before sending it, select the **Options** drop down menu, then select **Return Receipt**. This will generate a message for me to simply click on which sends a message back to you confirming receipt of your email. Other email providers' menus may differ. Thank you. *~Valerie, Newsletter Editor*

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. For more information please contact the Group Leader. *~Patrick*

AMBLERS - Diane Wild. Ablers will meet at ***Beechfield Centre Car Park, Fremington*** at **11:00am** on **Tuesday 9th June** for a walk in the surrounding area. There may be an opportunity to have refreshments in a local pub subject to either of them being open. This walk will be led by Jane. *~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 retired 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 - 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 **June 3rd** at ***The Barnstaple Coffee Shop in the High Street*** and then on **1st July** at ***Tea by the Taw***. 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 **15th June** 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. We are unsure how the road closures in Bickington are going to affect us over the summer. Accurate information is difficult to get but we will try to keep you informed as and when we can. *~Linda & Yvonne*

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 usually meet the **1st Tuesday of the month** at the ***Fremington Methodist Church Hall, Old School Lane,*** from **10:00am to 12:00 noon**. We have a free 15 minutes extra each end for setting up and clearing. Free parking on site. We take our own projects, share knowledge and skills, drink tea/coffee and eat biscuits (why not!), and natter while we work. Our next meeting on **Tuesday 2nd June**, will be at **10:00am** at ***Sandbanks Cafe*** for coffee and an exploration of the The Left Hookery Craft Shop. The next meeting at the ***Church Hall*** (hopefully, depending on the road closure) will be **Tuesday 7th July**. We have one place available. Please contact the Group Leader for more information if you are interested in joining us. *~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. No report this month. *~Hilary & Marilyn*

DAY TRIPS BY COACH 1 - Wendy Walmsley, Jean Newcombe. We have a few seats left on our trip to ***St Ives*** on **Thursday 18th June**. If you wish to join us, please contact Jean or Wendy to reserve a seat at £17. *~Wendy & Jean*

DAY TRIPS BY COACH 2 - Wendy Warmsley, 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. Devon History members are participating in field trips over the summer. **Thursday 4th June** - 'Devon at War' Tour of Braunton Burrows with Richard Bass. **Thursday 2nd July** - Heanton Church and War Graves with Rob Palmer. The next indoor meeting is in October. *~Paul & Janice*

DINING EXPERIENCE - Lynden Davies. Lynden will email members with details of the next meeting. *~Lynden*

HOLIDAYS - Kim Conibear**.** See notices in future Newsletters. *~Kim*

MUSCLES MATTER - Gail Lucas Brumby. ***St Peter's Church Hall, Fremington,*** **2:00pm to 4:00pm**, **1st Wednesday each month**. 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. The Practical Gardening Group visited North Devon Hospice on Thursday 14th May for a tour of their gardens and were shown the Almond tree planted in memory of the U3A former chairman David Baker (2020 to 2025). It was grand to see it with its inscription and looking healthy. Our next meeting will be the **2nd Thursday of the month**, **11th of June**, at the ***Beechfield Centre***. We will have a friendly discussion about our visit to The North Devon Hospice in May and our next visit next month to ***Marwood Hill Gardens***. There is a great deal to discuss about our gardens and plants at the moment. Please bring any extra cuttings or plants along for sale and also our magazine swap. Looking forward to our meeting. THERE IS A WAITING LIST FOR THIS GROUP. *~Diana*

RAMBLING - Pauline Newbound, Barbara Hewis. **Monday 8th June**. We shall start our walk at **10:30am** from the ***Watergate Bridge free car park on the Tarka Trail*** which is a mile or so beyond Taddiport. After 6.5 miles across fields and along lanes, always seemingly to go uphill, we will end back on the flat Tarka Trail once again. The weather is forecast to be dry and sunny with the possibility of feline and canine precipitation. Arthur will be your leader. BYOFAD. *~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. Jean and Joyce are leading this walk on **22nd June**. Meet at the ***public car park in Landkey***, ***behind the Castle Inn*** at **10:30am**. Please bring refreshments for coffee and a lunch break. New members always welcome. *~Sue*

RUMMIKUB 1 AND 2 - Paul Boden. There are now two groups of Rummikub commencing from **June**. Both groups will run consecutively on the **3rd Friday of the month** at the ***New Inn, Fremington***. Group 1 will be from **12:00noon to 2:00pm**. Group 2 will be from **3:00pm to 5:00pm**. The next Rummikub session will be **Friday 19th June**. Members for each group will be contacted by WhatsApp about the sessions. Places are now available for new players that want to join the groups. Please contact the Group Leader to reserve a place. Meals are available to order at the New Inn after the sessions should you wish to stay. It is advisable to pre-order your meal at the bar for serving at 2:00pm for Group 1 and 5:00pm for Group 2. *~Paul*

SEQUENCE 1 AND 2 - Paul Boden. The Sequence group still has 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 list. Once we reach our membership threshold, you will be placed on the waiting list. The next Sequence session is **Friday 5th June** at the ***New Inn, Fremington***. There are 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 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 then 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 ***Muddiford Inn, Muddiford*** (**7:00pm** start). The June event has yet to be confirmed but is likely to be **Friday 19th June**. At the April event, Jim Goodwin came out on top in the men's competition. The ladies event was won by Sue Taylor, and the Killer event was won by Kim Conibear. We are at the maximum number of members for this group so new applicants will 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 will be on **Tuesday 2nd of June**. We will meet at **11:45am** on ***The Square in Barnstaple*** for a short walk. We will be eating at the Queen Anne cafe after the walk. The walk will be led by Chris and Lesley. *~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***. We are very keen to see new members and are happy to allow the lane bumpers to be in play for new players wanting to give it a go. Brian Tilbury returned to some brilliant form smashing a two game score of 333, including a Turkey. Doug Saunders also weighed in with a Turkey this month, and Karen Stancombe achieved a new two game high score of 220. *~Brian & Doug*

TUESDAY LUNCHEON GROUP - Trish Lilley. Our next lunch at ***The Williams Arms*** will be on **16th June**. For those who have not already booked, please contact me either by telephone or email by **14th June**. All members welcome. *~Trish*

WANDERERS - Sue Taylor, Wendy Walmsley. Mick and Kim are leading this walk on **9th June**. Please meet at the ***Wistlandpound Reservoir*** at **11:00am**. The car park is a 'pay and display'. Lunch at the Station Inn at Blackmoor Gate afterwards. Please let Kim know if you will be joining us. 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 - June/July 2026

Coffee Mornings:

Monday 1st June (AGM - hosted by the Trustees) - 10:30am - Roundswell Community Hall
Monday 6th July (Dining Experience Group) - 10:30 am - Roundswell Community Hall

July Newsletter Deadline: Deadline for entry of events occurring **after** **Wednesday 1st July - THURSDAY 18th June.**

Group	*Day*	*Date*		*Time*	*Venue/Information*
		June	*July (Subject to Change)*		
Allotment 21	Monday	TBN	TBN	10:30am	Barnstaple Coffee Shop
Amblers	Tuesday	9		11:00am	Beechfield Centre, Fremington
			14		TBN
Art	Thursday	4; 18	2; 16	9:30am	Methodist Church Hall, Rhododendron Avenue
Badminton	Tuesday	2; 9; 16; 23; 30	7; 14	9:30am	Tarka Leisure Centre
	Thursday	4; 11; 18; 25	2; 9; 16	2:00pm	
Book Club	Monday	22	27	10:30am	The Bike Shed, Barnstaple
Bookworms	Tuesday	30	28	10:00am	Barnstaple Library
Breakfast Club	Wednesday	3		9:30am	Barnstaple Coffee Shop, High Street
			1		Tea By The Taw
Canasta	Monday	15	20	2:00pm	Beechfield Centre, Fremington
Coffee Mugs and Teapots	Wednesday	17	15	10:30am	Arti's Too! Cafe, 20 Cross Street
Creative Craft	Tuesday	2		10:00am	Sandbanks Cafe & The Left Hookery
			7		Fremington Methodist Church Hall, Old School Lane
Creative Writing	Thursday	11	9	10:30am	TBN

CALENDAR - June/July 2026 (Continued)

Group	Day	Date		Time	Venue/Information
		June	July (Subject to Change)		
Cribbage	Friday	12; 26	TBN	3:00pm	The New Inn, Fremington
Current Affairs Discussion 1	Thursday	4	2	10:15am	Barnstaple Library, Room 3D
Current Affairs Discussion 2	Thursday	25	23	10:00am	Roundswell Community Centre
Dancersize	Tuesday	TBN	TBN	10:00am	Church Hall, Fremington
Day Trips By Coach 1	Thursday	18		TBN	St Ives
			16		Wells
Day Trips By Coach 2	Wednesday	No Meeting	22	TBN	Saltram
Design & Make I - Ladies	Friday	26	31	9:30am	Group members know venue
Design & Make II - Gents				2:00pm	
Devon History	Thursday	4		TBN	Braunton Burrows
			2		Heanton Church
Dining Experience	TBN	TBN	TBN	TBN	TBN
Holidays	See Notices in future Newsletters				
Muscles Matter	Wednesday	3	1	2:00pm	St Peter's Church Hall, Fremington
Practical Gardening	Thursday	11		10:15am	Beechfield Centre, Fremington
			9	TBN	Marwood Hill Gardens
Rambling	Monday	8		10:30am	Watergate Bridge free CP, Tarka Trail
			13	TBN	TBN
Reading Shakespeare Allowed	Wednesday	17	15	2:00pm	Fremington Methodist Church, Old School Lane
Roamers	Monday	22	TBN	10:30am	Public car park, Landkey
Rummikub 1	Friday	19	17	12:00nn	New Inn, Fremington
Rummikub 2				3:00pm	
Sequence 1		5	3	12:00nn	
Sequence 2				3:00pm	
Short Mat Bowling	Tuesday	2; 16	TBN	10:00am	Christ Church Hall, Braunton, EX33 2EA
Short Tennis	Wednesday	3; 10; 17; 24	1; 8; 15; 22	11:00am	Tarka Leisure Centre
Skittles	Friday	19	TBN	7:00pm	Muddiford Inn, Muddiford
Strollers	Tuesday	2		11:45am	The Square, Barnstaple
			7	TBN	TBN
Sunday Lunch	Sunday	14	12	TBN	TBN
Table Tennis	Thursday	4; 11; 18; 25	2; 9; 16; 23; 30	9:30am	Tarka Centre, Barnstaple
Ten Pin Bowling	Wednesday	3; 10; 17; 24	1; 8; 15; 22	1:15pm	Bowling Alley, Braunton Road, Barnstaple
Tuesday Luncheon	Tuesday	16	21	12:00nn	The Williams Arms, Wrafton
Wanderers	Tuesday	9	TBN	11:00am	Wistlandpound Reservoir
Wine Appreciation	Friday	5	3	2:00pm	Room 3B, Barnstaple Library
Woodcarving	Wednesday	3; 10; 17; 24	1; 8; 15; 22; 29	10:00am	Woodville, Sticklepath, Barnstaple

REMINDER: If you **move house** or your **email** or **telephone number changes *please*** let **Wendy Evans,** 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.**

TAW U3A TRUSTEES - CONTACTS LIST

TRUSTEES: NOTE: Trustee Business Hours - 10:00am to 7:00pm Monday to Saturday

TRUSTEE ROLE	NAME	TELEPHONE *(Area Code 01271 unless otherwise specified)*	EMAIL ADDRESS
Chair/Equipment Manager/Temporary Speakers' Secretary	Martin Allison	07423 163999	m.allison205@btinternet.com
Vice Chair	TBN		
Secretary	TBN		
Treasurer	Colin O'Brien	07802 432468	colin_obrien@btopenworld.com
Vice Treasurer	Barry Vincent	07757 620999	barryvincent12@hotmail.com
Membership Secretary	To be Confirmed at the June AGM		
Beacon Administrator/Website Manager	Paul Boden		paulboden.taw.u3a@gmail.com
Group Coordinator/Booker Card	Richard Taylor	343532	adrianrichardtaylor@gmail.com
Holiday Coordinator	Kim Conibear	328511	kimconibear@btinternet.com
New Members	Alison Clayton	343691	alisonclayton45@btinternet.com
Accessibility Officer	TBN		
Policies and National Contact	Peter Robinson	07949 092565	peter.g.robinson@bristol.ac.uk
Newsletter Editor	Valerie Fama	07510 939314	ed.taw.u3a@gmail.com
Trustee	Bob Godfrey	320820	rgodfrey007@btinternet.com

NON-TRUSTEES:

ROLE	NAME	TELEPHONE *(Area Code 01271 unless otherwise specified)*	EMAIL ADDRESS
Meetings Secretary	Sue Taylor	343532	adrianrichardtaylor@gmail.com
New Members	Hazel Flowerday		
Annual Trips	TBN		
Illnesses and Bereavements Coordinator	Annabelle Marriott	374657	marriottstjohn@gmail.com
Membership Secretary	Wendy Evans	07779 182882	evanswendyj@hotmail.com
	Address for Membership Forms: **3 Combrew Cottages, Combrew Lane, Bickington, Barnstaple, Devon, EX31 2ND**		