

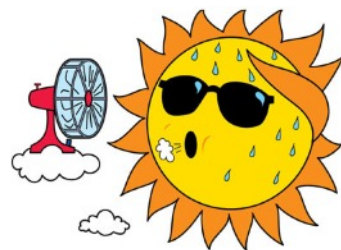


TAW THIRD AGE GROUP

Newsletter 413

1ST AUGUST 2026

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



Welcome to our August 2026 Newsletter

COFFEE MORNINGS



The next Coffee Morning will be **Monday 3rd August** (host group to be notified). Our Membership Secretary, **Wendy Evans**, will give a talk about **Bees**.

The host for the Coffee Morning on **Monday 7th September** to be notified. There will be a talk by **Liz Shakespeare** on **Research and Writing 'The Ordeal of Miss Lucy Jones'**.

Doors will be open at 10:00am for a prompt 10:30am start in the **Roundswell Community Hall**. Admission £1 to include coffee/tea, biscuits and a raffle ticket.

Please Welcome our New Members

Mrs Elizabeth Hockridge
Mrs Alison Smith
Mrs Heather Newcombe
Mr Keith and Mrs Patricia Smale



ADVANCE NOTICE - GROUP LEADERS' MEETING MONDAY 7TH SEPTEMBER

The Group Leaders' Meeting will be held in the back room at the Roundswell Community Centre, after the Coffee Morning. Please remember to collect a parking permit for your vehicle. ~Richard Taylor, Group Coordinator



TAW U3A - Worcester Holiday

Monday 28th September to Friday 2nd October 2026



The next holiday will be on **Monday 28th September to Friday 2nd October**. We will be staying at the Whitehouse Hotel in the centre of Worcester. On the Monday we will stop at Hereford for shopping, sightseeing and lunch. Tuesday we will go to Tewkesbury for shopping, sightseeing and lunch. In the afternoon we will ride on the Gloucester-Warwickshire Steam railway from Broadway to Cheltenham Race Course. Wednesday we visit Cadbury World. Thursday we go to Shrewsbury starting with a one hour boat trip then the rest of the day free to explore Shrewsbury. Friday we return home with a visit to Cheltenham or Gloucester.

Regarding the traffic situation, I will be monitoring it very closely. At the moment we will going with the usual pickups: Bideford; Chilpark; Fremington; Bickington; Sticklepath Hill; Tuly Street; Litchdon Medical; Landkey; South Molton. First stop at Bideford will be at 8:00am. Depending where everyone wants to get on, pick ups may change, and road closures may affect it. I'm sure someone will come up with something I haven't thought of.

I will be at the Coffee Morning taking bookings. Provisional bookings until cheques received for full amount. I only have double/twins at the moment but may be able to squeeze a couple more singles if struggling to get 30 people.

~Kim

Booking Form on Page 2 of this Newsletter

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 - Worcester Holiday - Monday 28th September to Friday 2nd October 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: 8:00am Bideford; other pick-up points to be confirmed.

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

Completed forms and cheques to: Kim Conibear, 7 Redlands Road, Fremington, Barnstaple, EX31 2NY

Phone: 01271 328511 (answer machine available)

Email: kimconibear@btinternet.com

Cost: Double/Twin rooms: **£575pp** plus optional insurance **£38pp**

Single rooms: Unfortunately there are no single rooms left for the September holiday to Worcester. However I do still have twin and double rooms available. If you are interested please email or call me for more information.

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. 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. Amblers will meet on **Tuesday 11th August** at the cafe in **Tesco Extra Barnstaple Retail Park by the Railway Station**. We will have a coffee and discuss ideas for future walks and also timings of future walks. It may not be a good idea to continue walking during the hottest part of the day. Looking forward to seeing everyone.
~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**. The next breakfasts are on **August 5th** and **2nd September**, both 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 **17th August** 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

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 on the **1st Tuesday of the month** at the **Fremington Methodist Church**

Hall, Old School Lane, from **10:00am to 12:00 noon**. Free parking on site. Our next meetings are **Tuesday 4th August** and **1st September**.
~Valerie

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

CRIBBAGE - Richard Taylor. We meet at the **New Inn, Fremington** on the **2nd and 4th Fridays** 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** at **10:15am**. Please check on reception as to which room we will be allocated, as this can vary. 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, Jenny Arnold (New Deputy Leader). No more classes until **September**. Enjoy your break.
~Hilary & Jenny

DAY TRIPS BY COACH 1 AND 2 - Wendy Walmsley, Jean Newcombe.

August Trips: **Coach 1 - Weston-Super-Mare, Thursday August 20th**. There are a few places left. **Coach 2 - Hidcote, Wednesday 26th August**. There are a few places left.

September Trips: **Coach 1 - Teignmouth, Thursday 17th September** (sorry we've had to change from Tintagel to Teignmouth due to difficulties with securing a booking with them). Visit Teignmouth Town Beach, Grand Pier, Back beach, Harbour, Arts quarter, cafes. Take the Sheldon ferry (10 minutes) and visit smugglers tunnels to Ness Cove beach. Visit Sheldon small endangered species Zoo (over 65's £10.75). **Coach 2 - NT Laycock Abbey, Wednesday September 23rd**. Visit the Abbey and Museum. Tour the Tudor and Victorian House, Botanic gardens and Laycock historic village 200 yards, pubs, cafes and shops. Please email Jean if you wish to reserve a seat, for either trip. Separate cheque for each trip please, £17 payable to **TAW U3A** with name of trip and pick up point on reverse. These can be collected at next Coffee morning or post to Wendy (see Contacts List for contact details).
~Wendy & Jean

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

DEVON HISTORY - Paul Bate, Janice Hurdle. There is **no meeting in August**. Indoor meetings will resume on **1st October**. The next field trip for members is to **NT**

Knightshayes on **3rd September**, meeting at **10:30am**.

~Paul & Janice

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

HOLIDAYS - Kim Conibear. See notice on the front page of this Newsletter, and a booking form on page 2.
~Kim

MUSCLES MATTER - Gail Lucas Brumby. Due to the road closure and a reduced access to Fremington, Muscles Matters Group will be **on hold until September 2026** when all being well we will regroup on **2nd Wednesday of the month instead of the 1st**.
~Gail

PRACTICAL GARDENING - Diana Betham, Veronica McLaughlin. The group meets **every 2nd Thursday of the month** at **10:30am until 12:00 midday**. This includes 1/4 hour set up and clear away at the end. Our group is a very friendly supportive group and we have a mixture during the year of visits to interesting gardening related places and speakers. Last month we went to Marwood Hill Gardens with a good attendance, although it was an extremely hot day. Everyone had an enjoyable time. Next month on **13th August** one of the gardeners from Marwood Hill is coming to give us a lecture on what Marwood is about, their plant collections, and answer any questions we may have about our visit. We will also be organising our next visit out to **Quince Honey Farm** on **Thursday September 10th**. We have a waiting list for this group.
~Diana

RAMBLING - Pauline Newbound, Barbara Hewis. Shirwell to Barnstaple 6.5 miles, (possible option to shorten). Bus to Shirwell. Paths, tracks, fields, quiet lanes, meandering towards Ashford, Bradiford and into Barnstaple town centre. Long grass in places, and a few stiles (2 are ladder stiles). **Bus 309 Barnstaple to Lynmouth, 9:44am from Barnstaple Bus Station (9:40am from Railway Station)**. Leader - Clarice Harwood (see Contacts List for contact details).
~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. No report this month.
~Sue

RUMMIKUB 1 AND 2 - Paul Boden. Two Rummikub groups will run consecutively on the **3rd Friday of the month** at the **New Inn, Fremington**. **Group 1** will be from **12:00 noon to 2:00pm**. **Group 2** will be from **3:00pm to 5:00pm**. The next Rummikub session will be **Friday 21st August**. Members of each group will be contacted by WhatsApp about the sessions. Please can members respond to my WhatsApp messages regarding attendance. 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. ~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 reached our membership threshold, you will be placed on the waiting list. The next Sequence session is **Friday 7th August** at the **New Inn, Fremington**. There are two group sessions. **Group 1** at **12:00 noon** and **Group 2** at **3:00pm**. I will contact each group by WhatsApp prior to the date to check on attendance. 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. After our Summer break we start again in the Autumn on **Wednesday 9th September**. 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)**. We are taking a break for the summer holidays so there will be **no skittles event in August**. At the June event, Keith Fletcher was triumphant in the men's competition. Moira Saunders won the ladies event and the killer event was won by Patrick Kift. 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. We will meet at the **Library in Tuly Street, Barnstaple** at **11:45am on Tuesday 4th August** for a short walk with lunch after at the Royal & Fortescue Hotel. The walk will be led by Jenny Day. ~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 now finished for the summer and will resume on **September 9th**. We are still very keen to see new members and are happy to allow the lane bumpers to be in play for anyone wanting to give it a go. Doug Saunders 282 was the highest 2 game score in the men's competition this month. Karen Stancombe was again top lady with an admirable 227. ~Brian & Doug

TUESDAY LUNCHEON GROUP - Trish Lilley. Our next lunch at **The Williams Arms** is on **Tuesday 18th August**. For those who have not already booked will you please contact me either by email or telephone by **Sunday 16th August**. New members welcome ~Trish

WANDERERS - Sue Taylor, Wendy Walmsley. No report this month. ~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 - August/September 2026

Coffee Mornings:

Monday 3rd August (Host Group TBN)

Monday 7th September (Host Group TBN)

- 10:30am - Roundswell Community Hall

- 10:30am - Roundswell Community Hall

August Newsletter Deadline: Deadline for entry of events occurring **after Tuesday 1st September - THURSDAY 20th August**.

Group	Day	Date		Time	Venue/Information
		August	September (Subject to Change)		
Allotment 21	Monday	TBN	TBN	10:30am	Barnstaple Coffee Shop
Amblers	Tuesday	11		11:00am	Tesco Extra Barnstaple Retail Park
			8		TBN
Art	Thursday	6; 20	3; 17	9:30am	Methodist Church Hall, Rhododendron Avenue

CALENDAR - August/September 2026

Group	Day	Date		Time	Venue/Information
		August	September (Subject to Change)		
Badminton	Tuesday	No Meetings	8; 15; 22; 29	9:30am	Tarka Leisure Centre
	Thursday	No Meetings	3; 10; 17; 24	2:00pm	
Book Club	Monday	24	28	10:30am	The Bike Shed, Barnstaple
Bookworms	Tuesday	25	29	10:00am	Barnstaple Library
Breakfast Club	Wednesday	5	2	9:30am	Tea By The Taw
Canasta	Monday	17	21	2:00pm	Beechfield Centre, Fremington
Coffee Mugs and Teapots	Wednesday	19	16	10:30am	Arti's Too! Cafe, 20 Cross Street
Creative Craft	Tuesday	4	1	10:00am	Fremington Methodist Church Hall, Old School Lane
Creative Writing	Thursday	13	10	10:30am	TBN
Cribbage	Friday	14; 28	11; 25	3:00pm	The New Inn, Fremington
Current Affairs Discussion 1	Thursday	6	3	10:15am	Barnstaple Library
Current Affairs Discussion 2	Thursday	27	24	10:00am	Roundswell Community Centre
Dancersize	Tuesday	No Meetings	TBN	10:00am	Church Hall, Fremington
Day Trips By Coach 1	Thursday	20		TBN	Weston-Super-Mare
			17		Teignmouth
Day Trips By Coach 2	Wednesday	26		TBN	Hidcote
			23		Laycock Abbey
Design & Make I - Ladies	Friday	28	25	9:30am	Group members know venue
Design & Make II - Gents				2:00pm	
Devon History	Thursday	No Meeting	3	10:30am	NT Knightshayes
Dining Experience	TBN	TBN	TBN	TBN	TBN
Holidays	See Notice on front page of this Newsletter, and booking form on page 2				
Muscles Matter	Wednesday	No Meeting	9	2:00pm	St Peter's Church Hall, Fremington
Practical Gardening	Thursday	13		10:30am	Beechfield Centre, Fremington
			10	TBN	Quince Honey Farm
Rambling	Monday	10		9:44am	Bus 309 Barnstaple to Lynmouth
			14	TBN	TBN
Reading Shakespeare Allowed	Wednesday	19	16	2:00pm	Fremington Methodist Church, Old School Lane
Roamers	Monday	24	28	10:30am	TBN
Rummikub 1	Friday	21	18	12:00nn	New Inn, Fremington
Rummikub 2				3:00pm	
Sequence 1		7	4	12:00nn	
Sequence 2				3:00pm	
Short Mat Bowling	Tuesday	TBN	TBN	10:00am	Christ Church Hall, Braunton, EX33 2EA
Short Tennis	Wednesday	No Meetings	9; 16; 23; 30	11:00am	Tarka Leisure Centre
Skittles	Friday	No Meeting	TBN	7:00pm	Muddiford Inn, Muddiford
Strollers	Tuesday	4		11:45am	Barnstaple Library
			1		TBN
Sunday Lunch	Sunday	9	13	TBN	TBN
Table Tennis	Thursday	6; 13; 20; 27	3; 10; 17; 24	9:30am	Tarka Centre, Barnstaple
Ten Pin Bowling	Wednesday	No Meetings	9; 16; 23; 30	1:15pm	Bowling Alley, Braunton Road, Barnstaple
Tuesday Luncheon	Tuesday	18	15	12:00nn	The Williams Arms, Wrafton
Wanderers	Tuesday	11	8	11:00am	TBN
Wine Appreciation	Friday	7	4	2:00pm	Room 3B, Barnstaple Library
Woodcarving	Wednesday	5; 12; 19; 26	2; 9; 16; 23; 30	10:00am	Woodville, Sticklepath, Barnstaple

HOW TO GIVE YOUR CAT A PILL

1. Pick up the cat and hold them on your left arm as you would hold a baby. Position the index finger and thumb of your left hand to apply a soft pressure to the cat's cheeks while you hold the pill with your right hand. When the cat opens their mouth, toss the pill in. Allow them to close their mouth so they can swallow the pill.
 2. Pick the pill up off the ground, and pick the cat up from behind the couch. Hold the cat as instructed in step 1, and repeat the process.
 3. Bring the cat from your bedroom and throw the now spit-covered pill in the rubbish bin.
 4. Grab a new pill. Hold the cat. Now, with your right arm, keeping their back legs firmly held with your left hand, force their jaw open and push the pill inside with your thumb. Keep the cat's mouth shut while you count up to ten.
 5. Take the pill out of the fish bowl and search for the cat behind the fridge. Call your partner.
 6. Kneel on the ground with the cat firmly held between your knees. Keep their rear and front legs pinned in place. Ignore the growls the cat will now be emitting. Ask your partner to hold the cat's head with one hand while you open its mouth with a wooden ruler. Toss the pill in and rub the cat's throat to force him to swallow it.
 7. Peel the cat off the wall. Get a new pill. Remember to buy a new wooden ruler and repair the curtains as soon as you can. Mop the floor and gather the pieces of all the porcelain jars and plates you used to have.
 8. Wrap the cat in a large towel and ask your partner to keep them stretched, with only the head visible. Put the pill inside a drinking straw. Open the cat's mouth with a pencil. Put one end of the straw in the cat's mouth and then blow into the other end.
 9. Read the pill's box to make sure the pill isn't harmful for human beings. Drink a glass of water to recover your sense of taste. Apply bandages to your partner's arms and clean the blood off the carpet.
 10. Get the cat back from the neighbour's house. Grab another pill. Place the cat in your wardrobe and slowly close its door on their neck, leaving only their head outside. Force their mouth open with a metal spoon. Fling the pill into their throat with a rubber band.
 11. Search for a screwdriver in order to put the wardrobe door back in its proper place. Apply bandages to your arms and legs and verify when you got your last tetanus jab. Toss the top you were wearing, which used to not be in rags, into the rubbish bin and wear another one.
 12. Call the fire brigade to get your cat off the tree across your street. Apologise to your neighbour who crashed into a wall while running away from the enraged cat. Get the last pill from the box.
 13. Tie the cat's front and rear paws together with a strong rope, leaving enough rope to tie them to the kitchen table. Wear heavy duty gloves. Keep the cat's mouth open with a car jack. Put the pill in their mouth followed by a large slice of meat. Keep the cat's mouth vertical and drop half a litre of water in to ensure the pill is properly swallowed.
 14. Get your partner, if they can still drive, to take you to the hospital. Sit calmly while the doctor disinfects and bandages your fingers and forehead, and then wait until they remove the pill from your eye. On your way back, stop in the furniture shop to buy a new kitchen table.
 15. Call the nearest pet shop and find out how much a hamster, parrot or any other non-feline pet would cost.
- Hope this helps you next time you have to give your cat a pill.

