



TAW THIRD AGE GROUP
Newsletter 414
1st September 2026
Website: <https://taw.u3asite.uk/>
Registered Charity No 1026238



Welcome to our September 2026 Newsletter

COFFEE MORNINGS



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

The Coffee Morning on **Monday 5th October** will be hosted by the **Day Trips By Coach Groups**, followed by the Group Leaders' Meeting.

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.



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 pick-ups: 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.

Chair's Report - August 2026

By the time our September Newsletter goes out we would have come through yet another heatwave, seen the eclipse of the sun, and phase 1 of the road closure in Bickington completed with phase 2 one-way through Sticklepath now in place till the beginning of November.

Back in the middle of June we had our second evening talk. This was with Sue Pengelly talking about the social history in 19th Century Barnstaple. An interesting talk about the "Ladies of the Night", some of whom were her own ancestors. These ladies were considered the lowest in society, but in truth according to Sue they were an extraordinary group of ladies that were resourceful, cunning, streetwise who looked out for each other. I will certainly look at 'hat pins' in a different light now!!

Now I would like to make an appeal for members on behalf of our Allotment Group. If you ever wanted to have an allotment or you have your name down for one, we have a very good opportunity for you. Our Allotment Group are looking for new members to help run the allotment, producing your own fruit, vegetables and flowers. The group was formed more than 4 years ago. The allotment is located off Mill Road near the town centre. It offers on-street parking accessed by flat paths. The facilities include summerhouse, bench and chairs, a rain capture and storage system along with two composting enclosures. I do hope someone will come forward and help. If we cannot entice new members by the end of the year it's possible we will have to give up the allotment which will be such a shame. Please contact me if you want further information.

Something which I briefly touched on at the AGM was bank charges, in particular with cheques. At the last meeting the Trustees looked at the options available. Currently our bank charges are heavily discounted. Unfortunately this discount finishes end of November. Therefore, as of 1st January 2027 it has been decided that there will be a 50p surcharge that will be added to the total cost per cheque made payable into our account. We are currently looking at the changes/controls required within our accounts, and over the next few months we will be talking to the relevant groups on the payment process required when submitting payments by cheques. I would like to thank you in advance for your understanding and acceptance of this surcharge. We will be reviewing the requirement of surcharges on a yearly basis.

Some dates for your diary: **Monday 7th December Coffee Morning.** Your Trustees will entertain you with a Bingo session. The entrance fee will be £2. This will cover 4 games of bingo with cash prizes for a line and full house. Our in-house entertainments manager will be calling the balls!!

We are also going to be doing the Afternoon Cream Tea again next year. This will be **Wednesday 5th May 2027** at the Barnstaple Hotel. Please keep an eye on future newsletters for further information.

At our September coffee morning we have local author **Liz Shakespeare** coming in to talk about her research and writing of her book "The Ordeal of Miss Lucy Jones". Hopefully I will see you all there. ~Martin, Chair



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**

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 15th September at 10:30am** (note new time) at the **Haunted House car park Westwood Ho!** for a walk along the cliffs in the direction of Clovelly. We will walk for about 30 minutes before turning back and retracing our steps. ~Diane

ART - Martin Allison. We are a very friendly group of self-help artists that meet on the **1st and 3rd Thursday of each month from 9:30am to 12:00 noon** at the **Rhododendron Methodist Church Hall, Sticklepath**. On a rota basis with other art/craft groups we exhibit our paintings at the North Devon Hospital along the corridor to the X-Ray department. We do have vacancies. For further information please contact me. ~Martin

BADMINTON - Jim Smith. **Tarka Leisure Centre, 10:00am to 11:00am 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 **September 2nd 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 **21st September 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**. We

have an extra free 15 minutes each end to set up and clear away. Free parking on site. Our next meetings are **Tuesday 1st September** and **6th October**. The group is now full. ~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. **September 8th, 15th, 22nd and 29th. October 6th, 13th and 20th. No class on 27th**. We still have a couple of vacancies so do get in touch if interested.

~Hilary & Jenny

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

Coach 1: Teignmouth and Darts Farm (coffee stop), **Thursday 17th September**. There are a few spaces left.

Coach 2: Lacock Abbey, National Trust, Wednesday 24th September. Still a few spaces left.

OCTOBER TRIPS:

Coach 1: Sherborne, 15th October. Visit the Abbey and town, cafes, pubs, restaurants, boutiques, art galleries. Free entry for RHS members (£13 non members) to Sherborne Castle Gardens (although castle closed). The 42 acre gardens are open featuring landscape by Capability Brown and a 50 acre lake with walking trails, diverse tree specimens. Ticket includes discount at cafe next to Castle.

Coach 2: Stourhead, National Trust, 28th October. Stourhead House, 1720's mansion, library, fine art and rare Regency furniture. Landscaped gardens around a central lake. Classical follies. Cafe restaurant.

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. After 25 years I have decided to end the Design and Make Group. My current members will continue as long as they wish and as they finish I will not be taking new members.

~Jim

DEVON HISTORY - Paul Bate, Janice Hurdle. The next field trip for members is to **NT Knightshayes** on **3rd September**, meeting at **The Stables** at **10:30am**. Booking is required. Indoor meetings resume on **Thursday 1st October**.

~Paul & Janice

DINING EXPERIENCE - Lynden Davies. The group meets once a month, usually on a **Saturday lunchtime**, at various locations. If interested, please email Lynden to put your name on the waiting list.

~Lynden

HOLIDAYS - Kim Conibear. I still have double and twin rooms available for the holiday in September but all the singles have gone. If you fancy a holiday and making new friends please join us on the holiday **28th September to 2nd of October**. Please see the itinerary on the front page of this newsletter. If you would like to go please ring me (see the Booking Form on page 2 of this newsletter or the Contacts List for contact details).

~Kim

MUSCLES MATTER - Gail Lucas Brumby. No report this month.

~Gail

PRACTICAL GARDENING - Diana Betham, Veronica McLaughlin. This group meets **every 2nd Thursday of the month** at **10:30am until 12:00 midday** at the **Beechfield Centre, Fremington**. This time includes 15 mins setting up and clearing away at the end. Our group is a very friendly supportive group and during the year we have a mixture of visits to interesting garden related places and speakers. Last month we had a follow up from our visit to Marwood Hill Gardens from the manager and head gardener giving us an interesting talk of the history of Marwood Hill and the gardens through the seasons. This month, **10th September**, we are visiting **Quince Honey Farm** with an organised tour. There is a waiting list for this group.

~Diana

RAMBLING - Pauline Newbound, Barbara Hewis. **Monday September 14th**. The walk will start at **10:30am** from the **NT CP at Exmansworthy**. The CP is off the minor road that goes to Hartland Point. **GR SS271268**. Turn right off this road at Fatacott Cross. Fairly level walking to East Titchberry and Fatacott Farm. 4-5 miles. Leaders are Lawrence and Diana. 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. Arthur is leading this walk. Please meet outside the **Lundy offices on Bideford Quay** at **10:30am** for a short 3 mile walk along the Torridge to Appledore. If you come by car you can park at the Council/Cattle Market car park for £2.50. This is a deliberately short walk in case we are still in the middle of yet another heat wave that has become the norm this summer. Once in Appledore everyone is invited to take a hydration break on the insistence of FIFA at your walk leader's home. Afterwards you can either return by 21A bus to Bideford, or retrace your steps and walk back to Bideford. New members are always welcome.

~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 18th September**. Members of each group will be contacted by WhatsApp about the sessions. Please can members respond to my WhatsApp messages regarding attendance. There are still places 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 now has only one place left. If you are interested in joining, please let me know. Once the places are full, I can place you on our waiting list until places become available. The next Sequence session is **Friday 4th September** 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. Please can you let me know if you will be attending or not as places are becoming limited. 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)**. The next Skittles event will be held on **Friday 18th September**. At the July event, Mick

Conibear came out on top in the men's competition after a playoff with Doug Saunders and Jim Goodwin. Julie Kift beat Karen Stancombe in a playoff to win the ladies event. 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. The Strollers walk on the **1st September** will be in **Bideford**. We will meet by the **Hockings ice cream van** at **11:45am**. After a short walk led by Alison and Hazel, we will have lunch at the Wetherspoons. ~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. At present this group is fully subscribed but names can be added to a waiting list if required. ~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 don't take the game too seriously and have a social get together after the game every 1st Wednesday of the month. Use of the lane bumpers is permitted for any new members wanting to give it go. Please contact Doug Saunders or Brian Tilbury if you are interested in joining. There has been no ten pin bowling to report on since the last update, and the group will resume on **September 9th**. ~Brian & Doug

TUESDAY LUNCHEON GROUP - Trish Lilley. Our **September** lunch at **The Williams Arms** will be on **Tuesday 15th**. For anyone who hasn't already reserved a place please contact me by **Sunday 13th September** either by email or telephone. You will be very welcome. ~Trish

WANDERERS - Sue Taylor, Wendy Walmsley. Our walk this month is on **Tuesday 8th September**, led by Jean and Wendy. We will meet **11:00am** at the **entrance (small car park) to South Molton Community Woodlands**, turn left down short lane to small car park, coming from link road as you enter South Molton, before toll house and recreation park. Circular gravel paths around the community woods, followed by lunch at Quince Honey Farm at 12:30pm. Please contact Jean or Wendy if you are planning to join us. New members are 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 - September/October 2026

Coffee Mornings:

Monday 7th September (Tuesday Luncheon Group)

Monday 5th October (Day Trips by Coach Groups)

- 10:30am - Roundswell Community Hall

- 10:30am - Roundswell Community Hall

October Newsletter Deadline: Deadline for entry of events occurring **after Thursday 1st October - THURSDAY 17th September**.

Group	Day	Date		Time	Venue/Information
		September	October (Subject to Change)		
Allotment 21	Monday	TBN	TBN	10:30am	Barnstaple Coffee Shop
Amblers	Tuesday	8		10:30am	Haunted House car park, Westward Ho!
			13		TBN
Art	Thursday	3; 17	1; 15	9:30am	Methodist Church Hall, Rhododendron Avenue
Badminton	Tuesday	8; 15; 22; 29	6; 13; 20	10:00am	Tarka Leisure Centre
	Thursday	3; 10; 17; 24	1; 8; 15; 22	2:00pm	
Book Club	Monday	28	26	10:30am	The Bike Shed, Barnstaple
Bookworms	Tuesday	29	27	10:00am	Barnstaple Library
Breakfast Club	Wednesday	2		9:30am	Tea By The Taw
			7		TBN
Canasta	Monday	21	19	2:00pm	Beechfield Centre, Fremington
Coffee Mugs and Teapots	Wednesday	16	21	10:30am	Arti's Too! Cafe, 20 Cross Street
Creative Craft	Tuesday	1	6	10:00am	Fremington Methodist Church Hall, Old School Lane

CALENDAR - September/October 2026 (Continued)

Group	Day	Date		Time	Venue/Information
		September	October (Subject to Change)		
Creative Writing	Thursday	10	8	10:30am	TBN
Cribbage	Friday	11; 25	9; 23	3:00pm	The New Inn, Fremington
Current Affairs Discussion 1	Thursday	3	1	10:15am	Barnstaple Library
Current Affairs Discussion 2	Thursday	24	22	10:00am	Roundswell Community Centre
Dancersize	Tuesday	8; 15; 22; 29	6; 13; 20	10:00am	Church Hall, Fremington
Day Trips By Coach 1	Thursday	17		TBN	Teignmouth
			15		Sherborne
Day Trips By Coach 2	Wednesday	23		TBN	Laycock Abbey
			28		Stourhead
Design & Make I - Ladies	Friday	25	30	9:30am	Group members know venue
Design & Make II - Gents				2:00pm	
Devon History	Thursday	3		10:30am	NT Knightshayes
			1	2:30pm	Castle Centre, Barnstaple
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	9	14	2:00pm	St Peter's Church Hall, Fremington
Practical Gardening	Thursday	10		TBN	Quince Honey Farm
			8	10:30am	Beechfield Centre, Fremington
Rambling	Monday	14		10:30am	NT CP Exmanworthy
			12	TBN	TBN
Reading Shakespeare Allowed	Wednesday	16	21	2:00pm	Fremington Methodist Church, Old School Lane
Roamers	Monday	28		10:30am	Lundy Offices, Bideford Quay
			26		TBN
Rummikub 1	Friday	18	16	12:00nn	New Inn, Fremington
Rummikub 2				3:00pm	
Sequence 1		4	2	12:00nn	
Sequence 2				3:00pm	
Short Mat Bowling	Tuesday	1; 15	TBN	10:00am	Christ Church Hall, Braunton, EX33 2EA
Short Tennis	Wednesday	9; 16; 23; 30	7; 14; 21	11:00am	Tarka Leisure Centre
Skittles	Friday	18	TBN	7:00pm	Muddiford Inn, Muddiford
Strollers	Tuesday	1		11:45am	Hockings Ice Cream Van, Bideford
			6		TBN
Sunday Lunch	Sunday	13	11	TBN	TBN
Table Tennis	Thursday	3; 10; 17; 24	1; 8; 15; 22; 29	9:30am	Tarka Centre, Barnstaple
Ten Pin Bowling	Wednesday	9; 16; 23; 30	7; 14; 21	1:15pm	Bowling Alley, Braunton Road, Barnstaple
Tuesday Luncheon	Tuesday	15	20	12:00nn	The Williams Arms, Wrafton
Wanderers	Tuesday	8		11:00am	South Molton Community
			13		Woodlands
Wine Appreciation	Friday	4	2	2:00pm	Room 3B, Barnstaple Library
Woodcarving	Wednesday	2; 9; 16; 23; 30	7; 14; 21; 28	10:00am	Woodville, Sticklepath, Barnstaple

UNAVOIDABLE LAWS OF THE NATURAL UNIVERSE

Law of Mechanical Repair – after your hands become coated with grease, your nose will begin to itch or you will need to use the bathroom.

Law of the Workshop – any tool, when dropped, will roll to the least accessible corner.

Law of Probability – the probability of 'being watched' is directly proportional to the stupidity of your act.

Law of the Telephone – when you dial a wrong number, you never get an engaged tone.

Law of the Alibi – if you tell the boss you were late for work because you had a flat tyre, the very next morning or so thereafter, you will have a flat tyre.