



TAW THIRD AGE GROUP Newsletter 415

1st October 2026

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

Registered Charity No 1026238



Welcome to our October 2026 Newsletter

COFFEE MORNINGS

The host groups for the Coffee Morning on **Monday 5th October** will be the **Day Trips By Coach Groups**.

The Coffee Morning on **Monday 2nd November** will be hosted by the **Devon History Group**.

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

Mr Brian and Mrs Wendy Newcombe
Mr Roger Tithecott
Mr Richard and Mrs Sue Waters



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.

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. After a convivial, enjoyable and successful few years, the time has come to "call it a day" for this group. Many thanks to all our fellow members who gave their time, energy and resources to make it all worthwhile.
~Patrick

AMBLERS - Diane Wild. Amblers will meet on **Tuesday 13th October at 10:30am** in the *layby between Fremington and Fremington Quay* for a circular walk. We will have a coffee stop at Fremington Quay. The walk will be led by Diane.
~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 **October 7th at The Pannier Cafe in Boutport Street (Old Post Office)** and **November 4th 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 **October** meeting of the Canasta group will be on the **19th** 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 6th October** and **3rd November**. The group is now full. ~Valerie

CREATIVE WRITING - Sue Boyd. We now have a space available in the Creative Writing Group. We meet **once a month on the 2nd Thursday** in **each others houses** and whoever's house it's in provides refreshments. The meeting starts at **10:00am** and we usually have a discussion on current events first or whatever someone wants to talk about and then read our stories. We all write a poem or story between 500/600 words in length, from a choice of 2 titles or you can choose your own subject. If you're interested in coming along for a trial session to meet us all, please contact Sue Boyd (see Contacts List for contact details). The subjects for the October meeting are: 'One Moonlit Night' or 'A Time Machine'. ~Sue

CRIBBAGE - Richard Taylor. We meet at the **New Inn, Fremington** on the **2nd and 4th Fridays**, from **3:00pm 'til 5:00 pm**. 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. **There won't be a meeting in October**. Many of our members will be on a U3A holiday this month so I have decided to cancel this month. However, we shall be back to normal in November. Please accept my apologies. ~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. **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.

OCTOBER TRIPS:

Coach 1: Sherborne, 15th October. Still a few places left.

Coach 2: Stourhead, National Trust, 28th October. There are a few spaces left.

NOVEMBER TRIPS:

Coach 1: Trip to Bath, Thursday November 19th. Roman baths, Abbey, Guildhall market, Circus and The Royal Crescent. Royal Victoria Park. Cafes, restaurants and shops. **No Coach 2 trip this month.**

DECEMBER - Advance notice: **Coaches 1 and 2 to Cotele, Thursday December 17th**. National Trust Tudor Manor **near Saltash**. The highlight of the season is a spectacular 60ft-long festive garland hung inside the Great Hall, put together by the garden team, handcrafted using thousands of dried flowers grown directly on the estate. Tudor-inspired Christmas feast layout across rooms. Also visit Cotehele Mill. 11:00am to 3.30pm, follow the light-lined stream through the woods to see the mill dressed up for a traditional Victorian Christmas. Two festive walking trails winding across the gardens and estate. Barn cafe and shop. We will also have a coffee stop on the way. 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. Indoor meetings are restarting with some interesting speakers this Autumn. Rob Palmer is talking about 'Chivenor and its role in defeating U-boats in WW2' at the **Castle Centre** at **2:30pm 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. See notices in future Newsletters. ~Kim

MUSCLES MATTER - Gail Lucas Brumby. Group suspended. ~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 minutes 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 visited Quince Honey Farm including a

guided tour and an enjoyable time was had by all. This month we are having Michael Gee coming to the Beechfield Centre to talk to us about The Mazzard Cherry. Also we will be discussing our garden photographs ready for November and our input for the U3A Open Day on **Monday 16th November 10:30am to 2:30pm**. A sub committee has been set up to work on this. There is a waiting list to join this group. ~Diana

RAMBLING - Pauline Newbound, Barbara Hewis. **Monday 12th October**. Meet at **Brownsham NT Car Park** for a **10:30am** start. Circular walk via Coast path to Clovelly and return across the fields. Approximately 6 miles. One steep hill. May be muddy in places. BYOFAD. Leader Brian Tilbury. ~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. Ray and Ruth are leading this walk on **26th October**. Meet at the **Woolacombe end of Marine Drive NT car park** at **10:30am**. This is free to members. We will then walk to Putsborough along the track and then back along the beach. Approximately 4.5 miles. Please BYOFAD. 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 16th October**. 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 still has places left. If you are interested in joining, please register your interest with the Group Leader. The next Sequence session is **Friday 2nd October** at the **New Inn, Fremington**. There are two group sessions running consecutively on the **first Friday of the month**. 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. We play on Wednesday mornings in the **Sports Hall in the Tarka Leisure 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 16 October**. The group had a break in the summer so there was no skittles meeting to report on for August. 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. There will be **NO walk in October**. The next one will be in **November**. ~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**. The group returned to the lanes at the beginning of September and Doug Saunders topped the high scores for the men with a 275. Karen Stancombe was top lady with a score of 196. 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. ~Brian & Doug

TUESDAY LUNCHEON GROUP - Trish Lilley. Our next lunch at **The Williams Arms** is on **20th October**. If you would like to join us please contact me either by telephone or email **before Sunday 18th October**. You will be very welcome. ~Trish

WANDERERS - Sue Taylor, Wendy Walmsley. Sue and Richard are leading this walk on **13th October**. Please meet

at the **Royal North Devon Golf Club in Westward Ho!** at **11:00am**. We will then walk around the Burroughs for 2 miles and back to the golf club for lunch. Please let Sue know if you will be joining us for lunch. 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 - October/November 2026

Coffee Mornings:

Monday 5th October (Day Trips by Coach Groups)

- 10:30am - Roundswell Community Hall

Monday 2nd November (Devon History Group)

- 10:30am - Roundswell Community Hall

November Newsletter Deadline: Deadline for entry of events occurring **after Sunday 1st November - THURSDAY 15th October.**

Group	Day	Date		Time	Venue/Information
		October	November		
			(Subject to Change)		
Allotment 21	GROUP DISCONTINUED				
Amblers	Tuesday	13		10:30am	Layby between Fremington and Fremington Quay
			10		TBN
Art	Thursday	1; 15	5; 19	9:30am	Methodist Church Hall, Rhododendron Avenue
Badminton	Tuesday	6; 13; 20	3; 10; 17; 24	10:00am	Tarka Leisure Centre
	Thursday	1; 8; 15; 22	5; 12; 19; 26	2:00pm	
Book Club	Monday	26	23	10:30am	The Bike Shed, Barnstaple
Bookworms	Tuesday	27	24	10:00am	Barnstaple Library
Breakfast Club	Wednesday	7		9:30am	Pannier Cafe, Boutport Street
			4		Tea By The Taw
Canasta	Monday	19	16	2:00pm	Beechfield Centre, Fremington
Coffee Mugs and Teapots	Wednesday	21	18	10:30am	Arti's Too! Cafe, 20 Cross Street
Creative Craft	Tuesday	6	3	10:00am	Fremington Methodist Church Hall, Old School Lane
Creative Writing	Thursday	8	12	10:30am	TBN
Cribbage	Friday	9; 23	TBN	3:00pm	The New Inn, Fremington
Current Affairs Discussion 1	Thursday	No Meeting	5	10:15am	Barnstaple Library
Current Affairs Discussion 2	Thursday	22	26	10:00am	Roundswell Community Centre
Dancersize	Tuesday	6; 13; 20	TBN	10:00am	Church Hall, Fremington
Day Trips By Coach 1	Thursday	15		TBN	Sherborne
			19		Bath
Day Trips By Coach 2	Wednesday	28	No Meeting	TBN	Stourhead
Design & Make I - Ladies	Friday	30	27	9:30am	Group members know venue
Design & Make II - Gents				2:00pm	
Devon History	Thursday	1	5	2:30pm	Castle Centre, Barnstaple
Dining Experience	TBN	TBN	TBN	TBN	TBN
Holidays	See notices in future newsletters				
Muscles Matter	GROUP SUSPENDED				
Practical Gardening	Thursday	8	12	10:30am	Beechfield Centre, Fremington
Rambling	Monday	12		10:30am	Brownsham NT Car Park
			9	TBN	TBN
Reading Shakespeare Allowed	Wednesday	21	18	2:00pm	Fremington Methodist Church, Old School Lane
Roamers	Monday	26		10:30am	Woolacombe end of Marine Drive
			23		NT car park
					TBN

CALENDAR - October/November 2026 (Continued)

Group	Day	Date		Time	Venue/Information
		October	November (Subject to Change)		
Rummikub 1	Friday	16	20	12:00nn	New Inn, Fremington
Rummikub 2				3:00pm	
Sequence 1		2	6	12:00nn	
Sequence 2				3:00pm	
Short Mat Bowling	Tuesday	6; 20	TBN	10:00am	Christ Church Hall, Braunton, EX33 2EA
Short Tennis	Wednesday	7; 14; 21	4; 11; 18; 25	11:00am	Tarka Leisure Centre
Skittles	Friday	16	TBN	7:00pm	Muddiford Inn, Muddiford
Strollers	Tuesday	No Meeting	3	11:45am	TBN
Sunday Lunch	Sunday	11	8	TBN	TBN
Table Tennis	Thursday	1; 8; 15; 22; 29	5; 12; 19; 26	9:30am	Tarka Centre, Barnstaple
Ten Pin Bowling	Wednesday	7; 14; 21	4; 11; 18; 25	1:15pm	Bowling Alley, Braunton Road, Barnstaple
Tuesday Luncheon	Tuesday	20	17	12:00nn	The Williams Arms, Wrafton
Wanderers	Tuesday	13		11:00am	Royal North Devon Golf Club in Westward Ho!
			10		TBN
Wine Appreciation	Friday	2	6	2:00pm	Room 3B, Barnstaple Library
Woodcarving	Wednesday	7; 14; 21; 28	4; 11; 18; 25	10:00am	Woodville, Sticklepath, Barnstaple

Family Tree of Vincent Van Gogh

His dizzy aunt: Verti Gogh
 The brother who ate prunes: Gotta Gogh
 The brother who worked at a convenience store: Stop N Gogh
 The grandfather from Yugoslavia: U Gogh
 His magician uncle: Where Diddy Gogh
 His Mexican Cousin: A Mee Gogh
 The Mexican cousin's American half-brother: Gring Gogh
 The nephew who drove a stagecoach: Wells Far Gogh

The constipated uncle: Can't Gogh
 The ballroom dancing aunt: Tang Gogh
 The bird lover uncle: Flamin Gogh
 An aunt who taught positive thinking: Way To Gogh
 The little bouncy nephew: Poe Gogh
 A sister who loved disco: Go Gogh
 The brother with low back pain: Lum Bay Gogh
 His niece who travels in an RV: Winnie Bay Gogh

I saw you smiling there ya Gogh

GONNA BE A BEAR

In this life I'm a woman. In my next life I'd like to come back as a bear. When you're a bear, you get to hibernate. You do nothing but sleep for six months. I could deal with that.

Before you hibernate, you're supposed to eat yourself stupid. I could deal with that too.

When you're a girl bear, you birth your children (who are the size of walnuts) while you're sleeping and wake up to partially grown, cute, cuddly cubs. I could definitely deal with that.

If you're mama bear, everyone knows you mean business. You swat anyone who bothers your cubs. If your cubs get out of line, you swat them too. I could deal with that.

If you're a bear, your mate EXPECTS you to wake up growling. He EXPECTS that you will have hairy legs and excess body fat.

Yup. Gonna be a bear!

Unavoidable Laws

Variation Law – if you change traffic lanes, the one you were in will start to move faster than the one you are in now.

Bath Theorem – when the body is fully immersed in water or in the shower, the telephone rings.

Law of Close Encounters – the probability of meeting someone you know increases when you are with someone you do not want to be seen with.

Law of the Result – when you try to prove to someone that a machine won't work, it will.

Law of Biomechanics – the severity of the itch is inversely proportional to the reach.