



www.barnstaple.u3asite.uk

barnstaplethirdagegroup@rocketmail.com

Chairman: Nigel Wright
Membership Secretary: Julia Denton

Business Secretary: Philip Hawkins
Groups Co-ordinator: Mary Young

WELCOME NEW MEMBERS

We are delighted to welcome the following new full Member who has joined us recently:

Mr Roger Tithecott

We also welcome new affiliate members:

Mrs Lesley Monk

Mr John Wilshire

The September coffee morning will be dedicated to a member's CRAFT AND COLLECTION morning, held within the Roundswell community hall. The show will be free entry, with normal tea/coffee facilities and anyone is welcome. Many thanks, Keith Luckhurst

Coffee rota at Roundswell - Reminder

The rota is as follows:

3rd September: Dale Hall, Carolyn Oldfield

1st October: Chris Wright, Dale Hall

Many thanks as always to those who volunteer for the monthly coffee rota. I'm pleased to say we have volunteers for the next meeting in October and November. We will be looking for volunteers for the meetings starting in January, so if anyone would like to put their names forward, we should be very grateful. Coffee rota co-ordinator is Dee Street.

NOTES FROM THE EDITOR

The list of activities on Page 3 of this edition is to help members by showing the venue, day, time and contact numbers. Please keep communicating by emailing the Editor at:

barnstaplethirdagegroup@rocketmail.com. **If you have any group photographs please send them to this address.**

Group Leaders: Please note that the next edition will be circulated about the **28th September**, please submit any articles before the **24th September** if possible.

Lynne Dickinson, Editor

DO YOU WANT TO LEARN/PLAY CANASTA?

This new group will meet on Saturday 19 September at 2.30. Beginners to experts, all are welcome. The cost will be £2 per session and tea and biscuits will be provided. To keep costs down this will be run from my home and if you're interested, please let me know.

Maureen Penny, Group Leader

Barnstaple u3a Contact List – see groups entry for more details

Group	Date and time	Venue	Contact
Art	Tues 10-12am	Rhod. Ave.Meth Church	Brian Steward
Board Games	Second Mon 2-4pm	Frem.Meth. Hall	Mary Young, Sue Thomas
Bonsai	1 st Wed of month – 2pm	Venn Valley Vineyard	Nigel Wright
Book Lovers	Last Wed. in month	Various	Margaret Ryan
Coffee morning	Th. 3rd Sept - 10.30am	R'ndswell Comm.Hall	Any Committee Member
Croquet Braunton	Tue. Weekly 2-4pm	Bple Croquet Club	Anne Young
Embroidery	Second Mon of month	Frem.Meth. Hall	Christine Robilliard
Evening Dining	2 nd Tue of month	Various	Mary Young
Geology	2 nd Fri of month 1.45pm	Frem. Meth. Hall.	Mike Kelly
Hikers	Mon 10.30am	Various	Pauline Markey, Karen Wagstaff
How it Works	4 th Fri of month 1.45pm	Fremington Meth.Hall	Dale Hall
Knit and natter	Second Mon of month	Frem. Meth. Hall	Sue Thomas
Literary Studies	3 rd Tue 2.30pm	Imperial Hotel	Ellie Bray
Local History	Wed. Sept. 9 th 2pm	Barnstaple Library	Jackie Brayley, Yvonne Partington
Mosaics	Fridays 10am – 12.30pm	Rhod. Ave, Methodist Church	Jo Archer
Poetry	2 nd Sat of month, 2pm.	Various	Margaret Ryan
Practical Gardeners	3 rd Thurs of month, 10.30am normally	Various	Andy Jones
Ramblers	2 nd Thurs 10.30	Various	Karen Wagstaff
Scrabble	1 st Wed 10am-12.30pm 3 rd Thurs 10am-12.30pm	Pam's house	Pam Harman
Seated Exercise	Mondays 1pm	Tarka Leisure Centre	Maureen Penny
Singing for fun	2 nd Wed 10-12.	Fremington Meth.Hall	Patricia Hayhurst
Skittles	Thursday 4.15-6.15pm.	The Fox, Fremington	Elizabeth Howson
Spanish Conversation	1 st Fri of month 10am	Fremington Meth.Hall	Linda Southgate
Strollers	4 th Thurs. 11am normally	Various	Bob Smith
Table Tennis	Tuesdays 2-3.30pm	Tarka Tennis Centre	Agnes Adams, Gabi Engels-Hearn
Trekkers	3 rd Friday of month, 10.30am	Various	Dale Hall
Wine Group	Last Wed. of month, 2pm	Room 3b, Barnstaple Library	David Rowe



ART

We meet at the Methodist church hall in Rhododendron Avenue, between 10am and 12 noon, every Tuesday apart from the third Tuesday of the month. The group is now full, if anyone is interested in joining, they will be put on a waiting list. Please get in touch with Brian.

Jackie Hill & Brian Steward, Leadership Team



BOARD GAMES

Second Monday 2-4pm.

Alongside the Knit and Natter group, we are running a board games afternoon. This is on the second Monday of the month at the Fremington Methodist Church Hall 2.00 to 4.00 p.m. The cost per person will be £3 to cover the cost of refreshments and hall hire. A selection of traditional board games will be provided so why not come along and join in.

Mary Young, Sue Thomas, Group Leader

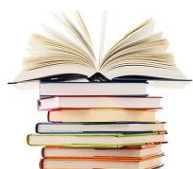


BONSAI – An introduction.

Our next meeting will be on Wednesday, 2nd September at our usual excellent venue of The Vine, at 2.00. Along with the fascinating miscellany of trees that are brought in by the group, we have two aspects of Bonsai on which to focus. Firstly, a look at mid-season pruning to keep the style of trees, and secondly, thoughts for the Craft and Hobbies show

the next day. It would be really good to see as many trees as possible from different owners showing the spectrum of what we do each month.

Nigel Wright, Group Leader



BOOK LOVERS

Last Wednesday in month.

Please contact Margaret for more information if you are interested in this group.

Margaret Ryan, Group Leader



CROQUET (BRAUNTON)

Braunton U3A run a croquet group during the summer and invite members from the surrounding U3A's to join the group. The U3A Croquet Group started again on Tuesday 21st April 2026. The group meets weekly at Barnstaple Croquet club, Raleigh Meadow, off St. Georges Road, Barnstaple, EX31 4UX, Tuesdays, weather permitting, during the summer from 2pm to 4pm. No experience is necessary and all equipment and coaching is

provided wear comfortable clothes and flat shoes, you may need a waterproof coat and a drink.

The cost is £4 to join or rejoin the group and £4 for every session you attend. Contacts below for more information and to book your place. Come along to meet friendly people for a fun afternoon.

Anne Young, Group Leader



EMBROIDERY

Our friendly embroidery group meets the second Monday of each month from 2 to 4 pm at Fremington Methodist Hall. We include all kinds of stitching and new members are very welcome. If you are interested, please contact Christine.

Christine Robilliard, Group Leader



EVENING DINING GROUP

Second Tuesday

Just a quick reminder that September's venue is Morans at Westward Ho! On the 8th at 6.30pm (pre orders this time - let me have your requirements and I'll do the honours) A deposit of £5 is required please. October will be at The Golden Horn on the 13th at 6.30pm. Hope to see you all soon. Please contact the Group Leader if you are interested in joining this group.

Mary Young, Group Leader



GEOLOGY

GEOLOGY The Geology Group visited the North Somerset coalfield and museum at Radstock on 11th. August in the company of geology colleagues from Wells U3A and the Somerset Earth Science Centre. The excursion was well supported and very informative in highlighting an often-overlooked aspect of our neighbouring county. Talks resume on 11th. September at 2.00 p.m. in Barnstaple Library with a presentation by Richard Attenborough on 'Wiggly lines generated whilst drilling for oil and gas' which draws on Richards's professional background in the industry. All are most welcome.

Mike Kelly, Group Leader



HIKERS

Monday 7th September

We hope you will be able to join us for a beautiful walk through Lorna Doone country, Exmoor. This will be an 8m walk with fantastic views, well worth the couple of steep ascents! Our route begins in Malmsmead and will take us along river valleys as well and across South Common and past famous the famous Church at Oare. New members very welcome -

Pauline Markey, Karen Wagstaff, Group Leaders

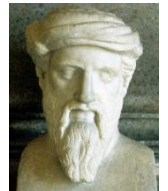


HOW IT WORKS

4th Friday of each Month

Our meetings resume in Barnstaple Library (room 2A) on **September 25th** when **Rita Granger** will give a fascinating and informative talk on "**Pythagoras: Man, Myth and Mathematics**".

The ancient Greek Pythagoreans were a secretive brotherhood of philosophers who saw mathematics as a quasi-mystical way to understand music and reality in general. A highly **recommended interesting talk that is neither obscure nor technical**. [Roman copy of Greek bust of Pythagoras]



Our other events on Fridays are:

23/10 An Infidel's Guide to Islam: Dale Hall (Library 2A)

27/11 Workshop of the World: Arthur Hodgetts (Library 2A)

11/12 Joint Christmas Party with Geology, with a **Christmas Cracker** of prose and poetry! (Library 3B)

ALL the meetings are in **Barnstaple Library**. Everyone is welcome to attend this eclectic group. Meetings include refreshments and are at 1.50 for 2.00pm. For more information, contact Dale

Dale Hall, Group Convenor



KNIT AND NATTER

Second Monday at 2pm-4pm

The venue for this group has been moved to Fremington Methodist Church Hall to provide extra space and new members are welcome. The group meets on the second Monday of the month 2.00 to 4.00 p.m. The cost will be £3 per person to cover the cost of the hall hire and refreshments, and there is plenty of parking. If you would like to join, please contact Sue Thomas.

Sue Thomas, Group Leader



LITERARY STUDIES GROUP

Tue 15th Sept. 2.30pm Imperial Hotel: Tue 20th October 2.30pm Imperial Hotel

The Dry is the first novel by Jane Harper and was enjoyed by everyone, including those not normally drawn to the world of crime/ thrillers. Set in a small town in the Australian outback during a blistering drought, the author created a wonderfully gripping, atmospheric murder mystery. A very clever story with strong characters and a vivid sense of place - we all felt the tension and heat running through the small-town community. The clever weaving of the past and the present through flashbacks to earlier events did not cause the story to lose its momentum; neither did it distract, as is so often the case. The Dry is a breathless page-turner, and the title is never more fitting than in the book's final pages, featuring a situation none of us was anticipating. An excellent book, and we would like to read more from Jane Harper.

"There is no friend as loyal as a book" (Ernest Hemingway)

Ellie Bray, Group Leader



LOCAL HISTORY

Second Wednesday, 2pm.

We re-start our Local History meetings on Wednesday, 9th September at 2pm. Our speaker will be David Carter and he will speak on The Pubs and Inns of Appledore.

Please note that for **THIS TALK ONLY THE VENUE WILL BE AT THE CASTLE CENTRE** as the library is unavailable. The Speaker for 14th October is Trish Andrews talking about the Devon Dialect. We're back in the library in our usual room for this and the rest of our talks.

We look forward to seeing you again and welcoming new members - Yvonne and Jackie.

Yvonne Partington, Jackie Brayley Group Leaders



MOSAICS

We meet at the Methodist Church Hall in Rhododendron Avenue on Friday mornings from 10 to 12.30 (apart from the last Friday of the month). We now have two places available in the Mosaic group, if you are interested and would like to have a try at Mosaics please phone our Group Leader, Jo.

Jo Archer, Group Leader



POETRY

We meet next on September 12th when our theme will be poems from the 18th century and Dale has kindly volunteered to host. We still have room for new members. We are a small friendly group who meet on the second Saturday of the month at each other's houses starting at 2pm and usually ending 4.30-5pm. Refreshments are provided halfway. For more information, please contact Margaret.

Margaret Ryan, Group Leader



PRACTICAL GARDENERS

On Thursday August 20th 19 members of the Practical Gardening Group travelled to Ron and Yvonne Bimson's stunning 'Dahlia Paradise' in Lake. The couple embrace the labour-intensive aspect of gardening, evident during our guided tour: the preparation for growing dahlias starts with Ron's pride in his carefully produced compost and the clever use of wooden posts and ironwork frames to support the plants; he says daily

deadheading is the secret to numerous blooms and this takes several hours each day; water is obtained from a source across the road and the containers are carried by wheelbarrow to the dahlia beds; thousands of litres were used this summer, as you can imagine. Our group marvelled at the dedication displayed by the pair – and we mustn't forget the cream tea on the patio that summed up a perfect morning. On Thursday September 17th we are returning to Marwood Hill Garden to enjoy its autumn colour - for more details see the link on the website to our 2026 programme. Contact Andy for further information

David Green, Andy Jones, Group Leaders



RAMBLERS

Thursday 12th September

'The Hidden Paths of Parracombe' - Aptly named during our recent recce! A lovely 4m circular walk beginning in Parracombe we will make our way along quiet lanes, footpaths and tracks which we are sure you will enjoy. We plan to have lunch afterwards and hope some of you will join us. Please let us know if you intend to come along so that we can ensure you receive further details. New members always welcome.

Karen Wagstaff, Pauline Markey, Group Leaders



SCRABBLE

September dates - Wed 2nd 10-12.30pm & Thurs 17th 10-12.30pm

The meetings are held at Pam's home and we now have a waiting list for new members who may be interested in joining. For further information contact Pam.

Pam Harman, Group Leader



SEATED EXERCISE Weekly on Mondays at 1.00pm

Seated Exercise sessions have now been running for about 9 months. We exercise to music and as one of the members says 'I wonder what our 18-year-old selves would think of us doing exercises to music that we used to dance to?' Other comments are 'gives me a mental lift', 'challenging but fun', 'my body is now more toned', very rewarding and gets me out to meet people'. Anthony (our trainer) is very able, professional and funny. Everyone who attends says they really enjoy themselves and with the added benefit of trying to get fitter and quite a lot stay for coffee and chat afterwards. There are some seats left so if you want to come along to the Tarka Leisure Centre at 1.00 every Monday let me know - Maureen

You must bring along your u3a membership card to participate.

Maureen Penny, Group Leader



SINGING FOR FUN

Second Wednesday 10-12noon.

After our two-month break, we're due to meet again on 9th September, and I look forward to seeing all of you, plus any newcomers who want to "give us a try". Please remember to bring your music, plus a pencil to note anything you may have forgotten, in a folder in case it's raining (we need rain!), and I'll have extra copies of what we sing to give to any newcomers who join us. Also, we plan to have lunch afterwards at the New Inn, organised by Jane. At our last meeting in June, members were able to fill out forms to indicate which meal they wanted to have, as the venue wished to have prior notice for such a large booking. So please can any members who weren't present in June, plus anyone who plans to come for the first time, please contact me on 2nd-4th September if you'd like to join us for lunch after the session so that I can pass the information on to Jane. Thank you for being such a friendly group - please go carefully - see you on Wednesday 9th September.

Patricia Hayhurst, Group Leader

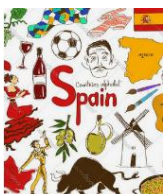


SKITTLES

Thursday 4.15pm – 6.15pm

We play every week on a Thursday at The Fox at Fremington. We have a full group at the moment. I have started a waiting list so if anyone would like to put their name on it let me know.

Elizabeth Howson, Group Leader



SPANISH CONVERSATION

This group is basic Spanish Conversation aimed at giving interested parties enough knowledge of the language to be able to hold a simple conversation, order from a menu and purchase from a store. We shall resume on Friday Sept 4th at Fremington Methodist Hall at 10 a.m. and then another session on Fri 11th Sept at 3pm. Each session will last an hour and costs £3 which covers the rent, refreshments and printing. Members should bring their membership cards/lanyard. For more information contact Linda.

Group Leader, Linda Southgate



STROLLERS

Thursday 24th September, 11am.

Meet at Crow Point car park at end of Toll Road (£2.50 toll). Walk to beach entrance near old boardwalk. Walk along sands to old pill box (1 mile). Walk back along sands to Crow Point light (1.3 miles). Walk round light house and along sands back to car park (2.6 miles). Approx 90 mins. Lunch at Williams Arms (or St Johns, Ashford if preferred).

Bob Smith, Group Leader



TABLE TENNIS

Tuesday afternoon from 2.00 to 3.30pm at the Barnstaple Tarka Centre.
Table tennis will re-commence on the 1st September. New members welcome.
Contact Agnes or Gabi.

Gabi, Agnes, Group Leaders



TREKKERS

In August the Trekkers did a fine coast walk around Morte and Bull Points with a countryside return.



Friday

This month...

SEPTEMBER 18: Exford, Room Hill and River Exe

Route: Janet Ellis will lead a southerly circuit using the Exe Valley Way from Exford to climb Room Hill before returning along the River Exe. An inviting tearoom at the end!

Rendezvous: Exford main carpark (Chapel Street, TA24 7PP) at 10.15 for 10.30 depart. It's payable for more than two hours, so car sharing might be attractive (via WhatsApp?). **More details:** contact Janet.

Friday OCTOBER 16: Peter Loombe is planning a circular countryside walk of about nine miles between Merton and Dolton. Contact him for more details.

Friday NOVEMBER 20: Mike Kelly will lead a countryside or coastal walk. Contact him for more details.

New members are welcome to join this friendly group – as are route suggestions and/or offers to lead walks.

Dale Hall, Group Coordinator

WINE

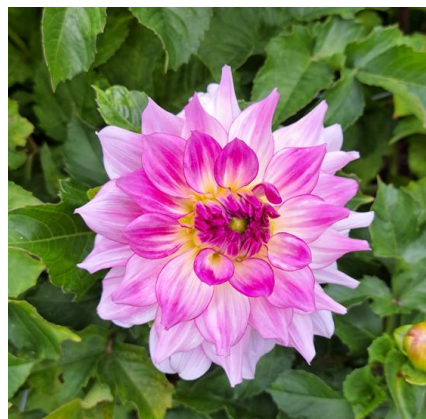


The group continues to meet on the last Wednesday of the month in Room 3b of Barnstaple Library at 2pm. We are an open and welcoming group with a wide range of knowledge and interest in wine from beginners to those with in depth knowledge of specialist areas.

If you fancy giving the group a try just to see if it would be of interest to you, please drop me a line

David Rowe, Group Leader

The Practical Gardeners group went to “Dahlia Paradise” in Lake for a visit.



Hikers and Ramblers – our joint August social walk



A little taste of Parracombe – our next Ramblers walk



Geology Field Trip to Radstock Museum and looking for fossils in the spoil heap

