

## [NEWPORT u3a NEWSLETTER OCTOBER 2023](#)

Despite the good weather waning, there's still plenty of activities to report from our members

### **DAY OF OLDER PERSONS**



Newport u3a was one of several organisations to have a stall at Newport City Council's 'International Day of Older Persons'. This was held at the Riverfront Arts Centre for organisations to showcase their social activities and services available to older residents in Newport. There was also a chance to have a say in plans to make Newport an Age Friendly City. Six of our members manned the stall and informed visitors of our many varied groups, social events, activities and trips that our membership enjoys, and most of them seemed very interested. Several of the other organisations that deal with helping the lonely, disabled, ethnic minorities etc to become more active thought our u3a would be just the ticket and will definitely be promoting us.

## **WALKERS' HOLIDAY**

Members of our two Walking Groups are very fortunate to be invited every September to join Caldicot u3a Walkers on their annual holiday which, this year, was in beautiful Powys. The Elan Valley Lodge, in the village, provided us with excellent accommodation and superb home cooking. The walk leaders were local residents with a comprehensive knowledge of the area and its history. Four walks were undertaken with a distance choice



of 6-12 miles. The famous reservoirs, rivers, surrounding hills and countryside provided us with a beautiful variety of terrains. The weather was good with just a few short showers - but hey! we're a hardy bunch! Thanks Caldicot for organising a great holiday - hope to see you next year.

## **THIRD AGE TRUST VISIT**

Early in the month, Karen Green who represents Wales on the Third Age Trust Board, visited us. That is the national body that looks after all the u3as in the UK. Karen spent the morning chatting to many of our members about our activities over a cuppa in the Cafe and she also listened to the Choir rehearsing. She was blown away by the great atmosphere, the Cafe area, the camaraderie between us



all, and that she has not heard another u3a sing in four-part harmony. Derek Shotton, the Chairman of the South Wales Network, was also present and spent some time with Committee Member, Lyn Street, discussing her new role as our Representative. So, keep an eye out for the next 'Third Age Matters' magazine, as we may get a mention!

## LACOCK AND BOWOOD



The History Group arranged a coach trip to Wiltshire for our members. We wandered the picturesque streets of the National Trust's village at Lacock, most notable for its historic cottages untouched by modernisation. It is mostly 18th century or earlier and we recognised various film locations from productions of *Pride and Prejudice*, *Cranford* and *Harry Potter* - though not a pint of 'Butter Beer' to be found! The Abbey was home to photography pioneer Henry Fox Talbot whose achievements were exhibited in the museum.

Afterwards we visited the grand stately home of Bowood House where we explored its 100 acres of Capability Brown-landscaped parkland with sweeping lawns leading to a cascade and a mile long lake. We witnessed dozens and dozens of Canada Geese arriving for the winter. We also enjoyed the wealth of historical treasures in the house's exhibition rooms, including where Dr. Joseph Priestley discovered oxygen in 1774

## CHARITY CAKE SALE

Kay Ruffell, who is one of our Choir members, held a Cake Sale in our Cafe to raise funds for Breast Cancer UK. She was assisted by Ann Delahaye, Julie Davies and Lyn Street who helped to make the cakes. More than 40 choristers indulged themselves during the morning break and any cakes remaining were snapped up by members from the other groups that were meeting that day.

The Sale was a brilliant way to bring our members together and the £141.80 raised will help to change the future of Breast Cancer by supporting their vital work - Well Done All!



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