**Who’s Who in the Newquay u3a**

**Committee**

 Chairman Pauline Scotting

 07757 1222

 Secretary Caroline Birkby

 07766 165766

 Treasurer Carol Foscoe

 01637 878056

 Membership Secretary Nick Foscoe

 01637 878056

 Groups Co-ordinator and Website Valerie Tams

 01637 852162

 Meet & Greet June Colwill

**Other Volunteers**

 Refreshments Judith Holroyd

 Printing Dave Morey

 @NewquayU3A

Further details and events calendar can be found on our website u3asites.org.uk/newquay



Photo by Pat Harnett

**u3a – What is it? What does it do?**

u3a is a UK-wide movement. There are 1,035 u3as with nearly 400,000 members including 20 in Cornwall. A national periodic magazine is available to our members, together with a wide range of learning aids to help pursue learning - not for qualifications, but for fun.

The primary role of the u3a is to provide leisure, social and lifelong learning opportunities for retired and semi-retired people, either to gain new knowledge, or to expand any ideas they may already have. New interests, entertainment and companionship are enjoyed, and members are encouraged to contribute by offering their own skills and knowledge to fellow members, giving life-enhancing and life-changing opportunities.

The Newquay u3a now enters its 15th year. The current annual subscription is £15, which includes the national subscription. Our group leaders come from within our members, so that costs are kept to a minimum. The monthly general meeting takes place on the 2nd Tuesday of each month at the Lane Theatre. Chat over refreshments from 10.15am - 10.45am before the meeting at 11am, including a guest speaker, entertainment, or social. Our current membership is over 200, and between 70-100 attend the monthly meeting on a regular basis.

**Interest Groups – June 2023**

We currently offer several interest groups, covering a wide variety of subjects held at different venues. New groups can be set up at any time by two or three members sharing a common interest. One or two of the existing groups currently need new leaders; without volunteers, these groups will not be able to continue.

**Antiques and Collectables** David Shillaber01637 830617

Themed meetings on the last Monday of the month to discuss items brought in by members to encourage them to learn more about the subject by becoming ‘antique detectives’. Activities also include visiting speakers, visits to auctions, antique fairs, National Trust houses and other places of interest, quizzes and challenges.

Venue: Committee Room, Crantock Village Hall 10:15am

**Badminton** Pauline Scotting 07757 122236, Geraldine Fairweather 01637 873912. Fridays 11:30 – 12:30.

All are welcome, even beginners. Informal coaching available. A chance to be energetic at the same time as having fun.

Venue: St Newlyn East Village Hall

**Book Club** Margaret Biddle 07972 823877

Meeting on the last Friday of the month, 2.30pm. The books are provided by the library on production of a Library Card. They are chosen from a list of group stock depending on what is available at the time.

Venue: Newquay Library

**Bridge** Caroline Birkby 07766 165766

 and Margaret Harris 01637 875820

Wednesdays 2pm. Great opportunity to improve your knowledge of the game. Social Bridge, no formal teaching.

Venue: Lanherne

**Chess** Gus Horsley 01637 878996

Held on 1st and 3rd Fridays of the month at Newquay Library at 12.30pm. All levels of ability are welcome.

**Creative Writing** Valerie Tams 01637 852162

A group keen to share ideas and inspiration for writing memoirs, articles, fiction or poetry. Time & Venue TBA

**Cornish Dancing** Sheilah Terry 01637 830037 and Maggie Biddle 07972 823877

Fridays at 10.30am. Continually adding new dances to the repertoire. Great exercise and good fun.

Venue: The Heron Centre.

**Cycling** Bob Hay 07712 271619

Ride lengths and locations to be agreed with attendees.

Venue: Various.

**Family History** Sheila Terry 01637 830037

Contact Sheila who will arrange to meet up for individual help to trace your family history.

**Food with Friends** John Woodason 07724 051873

Meet once a month to enjoy meals at various venues.

Venue: Various.

**French Conversation** Pauline Scotting. 07757 122236

Meet second and fourth Mondays of the month 10:30 – 12:00.

Various topics covered, with the aim of increasing vocabulary and developing language skills.

Venue: 14 Stret Grifles, Nansledan, TR8 4FE

**Garden Appreciation** Tina Griffin 07768 997187

Large social group which meets monthly to visit a different location, taking in some of Cornwall’s historical large estates as well as some beautiful charity-run smaller gardens, members’ gardens and social events.

**Longer Walking Group** Janet Wilkins. 01637 861115

Large social group meets weekly on Wednesdays at 10:30 for a circular walk of up to 8 miles. Transport by members’ cars, sharing where possible. Please wear sturdy shoes/boots. Bring a packed lunch.

**Meditation for Relaxation.** Joy McArthur. 01637 831293

Learn to meditate. Bring water to drink.

Usually the first Monday of the month at 6.00pm.

Venue: A member’s home.

**Music Appreciation** Libby Joyce 01637 859313

The group meets to listen to music chosen by the group’s members. Primarily classical but many other musical styles are also encouraged during the year. Each month the group also highlights up-coming musical concerts/events to attend. Currently limited members.

Venue: In members’ houses.

**Nature Study Saunter** Valerie Tams 01637 852162

Guided Geology and/or Wildlife Walks led by local Geologist Gus Horsley. Other ad-hoc wildlife walks are arranged from time to time, notified by email to members of the Saunter Group.

**Photography**  Nick Foscoe 01637 878056

For all photographic enthusiasts. Technical session on 1st Thursday of the month. An exhibition of members’ photos on last Thursday of the month. Photos are also displayed at the general meetings.

Venue: Nick’s house

**Play Reading** Annie Jose 01637 875382

 Chris Spindler 01637 878540

Last Friday of month 1.30pm, except July and August. The plays are varied, and new members are welcome to join in the fun.

Venue: St Columb Minor Village Institute.

**Saturday Saunter**  Valerie Tams 01637 852162

A sociable stroll around some of the lovely places we have in and around Newquay or often a bus ride away. Easy walks from 2 to 5 miles, weather permitting. Venue notified by email usually the day before.

**Singing for Fun** Marianne Westwood 07985 723650

Enjoy singing songs from our portfolio in a relaxed, non-formal setting. Meet the third Monday of the month at 2.00pm.

Venue: 5a Henwood Crescent, St. Columb Minor

**Social Group** Valerie Tams 01637 852162

Casual meeting at 11am on the second and fourth Friday of the month to chat over a cuppa sharing information on upcoming events in the locality.

Venue: Heron Centre Café or Great Western Hotel Steam Bar.

**Technology Support** Caroline Birkby 07766 165766

Don’t struggle alone - contact me for help using your phone, tablet or PC. I can’t fix problems with your PC, phone or tablet, but I can help you to use them.

**Table Tennis** Valerie Tams 07889 660785

A new group playing at the Heron Centre currently meeting on Mondays at 2.30pm and Wednesdays at 10.30am. Other days / times can be arranged if we have enough members.

**Tennis for Fun** Valerie Tams 07889 660785

A new group who meets on an ad hoc basis when courts are available at the Heron Centre, arranged at mutually convenient times. No serious matches, just a friendly knockabout.

**Walking Group** Sheilah Terry

Currently suspended, Will notify when due to restart at the General Meeting. Fortnightly walks of 3 – 6 miles on Tuesdays along coastal paths or lanes. Share your favourite walk with others. Use of public transport wherever possible. Always contact group leader before 9am on day of walk.

**Yoga - Foundation** Clive Young 07795 410859

No prior Yoga experience needed. Come along and join us between 10am and 11am. You will need your own mat and a bottle of water.

Venue: Heron Centre

**Yoga - Improvers** Steve Harrison 07368 273809

Come along and join us. We meet at the Heron Centre from 11am to 12 noon. You will need your own mat and a bottle of water.

Venue: Heron Centre

**New Groups**

New groups can be started at any time if you have an interest you would like to pursue with like-minded u3a members. We have Scrabble and Rummikub boards available and a venue can be arranged if you feel that you could be the contact for such groups or any other interest you’d like to pursue.

Contact Groups Coordinator Valerie Tams 01637 852162