

MINUTES OF PLYMPTON u3a

GROUP LEADERS MEETING

MONDAY 31ST OCTOBER 2022.

2.15pm to 3.45pm

AT HAREWOOD HOUSE, PLYMPTON

Present;

Yvonne Bawden	Group Coordinator
Rose Mitchelmore	Refreshments
Heather Lamble	Stroll with a camera and Treasurer
Alan Monger	Discussion – Current Affairs
James Wilson	French Groups
Val Moody	Local History and Chair of Plympton u3a
Chris Ottley	Quiz Group
Sue Tozer	Art Appreciation
Mike Tozer	Art Appreciation
Liz Morphew	Pilates
Jane Banbury	Medieval History
Chris Banbury	Medieval History
Gabrielle Stook	Fun with Words
Rhiannon Prys-Owen	Secretary
Anne Cooper	Short Walks

1.Welcome and Apologies

Yvonne Bawden welcomed the Group Leaders to the meeting and there were apologies from:

Sylvia Guthrig	Play Reading
Alan Adams	Garden Visits
Bryan Short	Ancient History
June Witheridge	Canasta
Patsy Stidwell	Committee

2.Previous minutes

The Minutes of the last Committee meeting held on 23rd February 2022 had been circulated to all the Group Leaders and were approved by those present.

3. A few words from the Chair of Plympton u3a

a) Val Moody thanked Yvonne for all her work as the Group Coordinator and a special thanks to all the Group Leaders who organise the activities, manage the administration and support the u3a as an organisation.

b) Thanks to Rose Mitchelmore for managing the website. To keep the site updated a request that the group leaders please submit regular information and news about their

meetings and activities as this will support the local u3a and attract new members.

c) Sylvia Guthrig is currently preparing the Newsletter for January 2023 and has requested that any interesting articles and reports on Group Activities be submitted to her as soon as possible. The Newsletter gives the local u3a and all the groups greater publicity.

d) Treasurers Report submitted by Heather Lamble. *I would like to thank you for letting me have your 'Group's expenses' returns in the Spring. Whilst it is not the time for me to ask you to complete these for the current year, I think we may not be meeting again until after I do need to do so! I will be sending them out in February when I will be asking you to complete and return them to me as soon as possible after the end of the financial year.*

4 Introductions and Summary of Group Activities.

4a) Stroll with a Camera – Heather Lamble.

The Strollers had a slightly longer programme of outings, but destinations were limited this year by whether members could reach them using public transport.

Having had the Spring Social in March, the first outing was to repeat the Totnes Town Trail where members were interested to be shown buildings of interest slightly off the beaten track! This was followed by a visit to Tavistock. Again they looked at landmarks of interest rather than simply walking by including in particular the Parish Church of St Eustachius.

In June there was a visit to Dartington Hall gardens with three buses there and back, but a day enjoyed by all. The Summer Social in August saw a return to Mount Edgcumbe on a very hot day, with a return visit on a very wet day which included a guided tour of Mount Edgcumbe House. The last get-together will be a Christmas Social in December.

4b) Local History Group – Val Moody.

The group continues to be well supported with the visits staying 'close to home'. In July there was a visit to the Tamar Bridge Museum with an enjoyable talk about the history of the bridge.

In September there was visit to the Mayflower Museum on the Barbican. In October there was visit to Ford Park cemetery when Alan Bricknell along with Vivian Warne and Lindsay Noad gave an insight into some of the famous people buried there. We were also given a guided walk.

Later this week Chris and Jane Banbury are going to give a presentation about St Mary's Church here in Plympton. The year will end with a Christmas Lunch at St Elizabeth House.

4c) Discussion Group Current Affairs– Alan Monger.

The group re-commenced its meetings in the wake of the pandemic in March 2022. Five of its members have not returned and Alan wonders how the pandemic and cost of living crisis has affected the membership overall. Five new members have joined, and the membership is now eleven.

Due to holidays and family obligations, attendance varies between seven and nine and the fee for each meeting is £3. Thanks go to Mike Miller and Kathy Smith for contributing

questions for discussion providing a varied and lengthy list for each meeting. Thanks also to Linda Harris for providing the refreshments that are much appreciated.

With the current political furore, we have had to take care to remain as neutral as possible and always managed to remain good-humoured and sometimes come to some surprising conclusions such as when a discussion on “Do you enjoy weddings?” ended with the conclusion that most prefer funerals!.

4d) Art Appreciation – Sue and Mike Tozer

The group continues to meet on the first Monday in the month 10.30-12.30 at St Maurice Church Hall. At present there are eleven members. All members are extremely grateful to Peter Riches who introduces them each month to Artists/Schools of Art and Art themes with his amazing wealth of knowledge.

Members bring along their own art interests and questions and help each other to increase their knowledge. The group aims to be very welcoming to everyone, whatever knowledge they have or none and hopefully together fulfil the u3a motto, learn, laugh, live.

4e) Fun with Words - Gabrielle Stook

The group consists of six to eight members and meet regularly, however when numbers are low there are Zoom meetings or email communication. The monthly theme is decided by the group the previous month and there is a move back to “words” directed ideas.

4f) Medieval History – Jane Banbury.

The group continues to meet in St Marys Church Hall. The equipment has been PAT tested and the check lasts for two years. The average meeting attendance is fifteen to eighteen per month and the charge is £2. As the money builds up we give a free month to each member so that we do not accrue too much surplus. There are twenty-five members registered.

There have been some visiting speakers and access to the internet and Wi-Fi enables streaming of programmes. The programme since the Group Leaders meeting in February has been:

1. March - Alan Bricknell talking about the Anarchy.
2. April - Cecily of York - Sylvia
3. May – A visit to St Mary’s Church - Jane
4. June – Medieval building techniques - Chris
5. July – An episode of Time Team from Youtube
6. No meeting in August
7. September- An episode of Time Team (Looe Island)
8. October – Manors and the development of rents- Sylvia
9. November – William 1 up to the Battle of Hastings – Alan Bricknell

Further talks will be on Rivaulx Abbey by a new member, Jennie. Research is also being undertaken on Clothing in Medieval Times for the December meeting. Alan Bricknell is returning to tell us what William did after the Battle of Hastings and there will be more focus on social history and the lives of people.

4g) Short Walks – Ann Cooper.

There has been difficulty recruiting volunteers who would offer guided walks. Elaine Shawcross would lead, however there are no walks forthcoming. In April there was a walk along Clearbrook Way and fortunately we kept to the path rather than walking through a private garden!

In May we walked through Plymbridge Woods and in October we experienced very good weather whilst walking along Drakes Leat. It is always good to find a coffee shop on our walks and usually members take a picnic as the walks can be three to four miles long. The groups consist of four to eight members, and we would like to increase our numbers.

4h) Quiz Group- Chris Otley.

The group has now moved to St Peter's Church Hall. There are varying number of attendees, generally seventeen to eighteen and it is a very relaxed and good-humoured group that generates lots of discussions. Meetings are twice a month, and the format has changed as all members are now asked if they would like to submit quizzes and they have responded well.

The group does not expect the quizzes to rise to Oxford Degree standard, the main aim is to laugh and have fun. Fifteen minutes at the beginning of the session is set aside for preparation and clearing the hall. There is a fixed fee of £2 that covers the cost of admin, and photocopying.

4i) Tai Chi – Barbara Smith

The class is still going strong meeting on Wednesdays at the Scout Hut on Station Road. Due to parking difficulties the parking time has been changed slightly to start at 11.15am to finish at 12.15pm. This makes it easier for parking as people are then leaving other surrounding buildings.

In the last few months two members have left and two members have joined. Four more people are interested in joining and we have vacancies for more members as it is a large hall. The health benefits are very good, and this was confirmed following a conversation with my GP and he wished other patients would take it up as gentle exercise

4j) Book Club – Jane Beal

There are thirteen members with eight to ten usually in attendance. The group meets on the second Monday at the Chaplins outdoor cafe and hopefully will move indoors soon to avoid the cold.

The members suggest the books that would be of interest to them and then discussions follow. There are some books that have proved popular and others not so well received.

4k) Pilates – Liz Morphew.

The group has met continuously from January to the present day with a few breaks to accommodate holidays and family visits. The group meets in the Guildhall in Plympton on a Wednesday at 10.30am for one hour, although the floor is cleaned and disinfected one hour prior to the meeting to allow it to dry.

The floor had been laid out with tape to denote the correct spacing, but this has been removed so there has to be a reminder of spacing and layout especially when the class is busy.

The group has grown quite a lot and there are now twenty-seven registered which makes the class full for the time being, although it is difficult turning people away as keeping fit and mobile is a very important principal as people get older.

During August numbers stayed between ten and thirteen due to holiday commitments which meant accepting a few more to the group which may not have been totally sensible, but 'there is always someone absent' Last week there were twenty-two in attendance, so reorganising the space and the class content was in order to accommodate everyone.

The cost of the hall has increased by £7 per month so the monthly fee has increased to take account for this, although it sadly increased before the adjustment could be made which has left a hole in the budget, but this now seems fine. As someone said it is still "as cheap as chips"

The end of the term will be marked by a Christmas meal at the George on 21st December so our last class will be 14th so we will return on 4th January. Here's to 2023.

4L) French Groups – James Wilson

There are two groups named "Restarters" and "Extenders" who meet on alternate Fridays from 1-3pm and 3pm-4pm. There are usually eight to twelve members which are ideal numbers.

The meetings are now held at The Rise on George Lane for a modest charge of £5 per group. The activity suite is a generous size and there are facilities for refreshments and members contribute biscuits. Members make voluntary contributions to cover the costs including reprographics and there is a small financial balance.

Members are encouraged to read out a short piece and this year subjects have been based around Families and Holidays.

AOB

- **YB** Could members please make sure that they meet the requirements of the national organisation and copyright legislation as identified on the web-site.
- **VM** There are copies of the u3a Walk Leader Risk Assessment Checklist to help leaders in the planning of walks.
- **YB** A reminder that all Groups are responsible for the members of the u3a. Potential members can attend taster sessions for no charge to determine the suitability of the activity.
- **VM** Congratulations to Leaders for all the Group activities and the thing they all have in common are the positive social aspects of each activity.

Date of next meeting: 30th March 2023 3.00pm – 5.00pm

Venue : Alf Wright Lounge at Harewood House

