



TAW THIRD AGE GROUP

Newsletter 383

1ST JANUARY 2024

Website: <https://u3asites.org.uk/taw/home>

Registered Charity No 1026238



Welcome to our January 2024 Newsletter



COFFEE MORNINGS

The first Coffee Morning in the New Year will be on **Monday 22nd January 2024**, hosted by the **Cribbage Group**, and our speaker will be **Tim Steer on the work of a Barnstaple Town Ranger and Lead on the Railway to Bideford**. **Monday 26th February** will be hosted by the **Bookworms and Book Club Groups**. **Monday 25th March** will be hosted by **The Trustees** and our speaker will be **Anne Widdecombe**.

!! Remember - our Coffee Mornings for 2024 have been moved to the 4th Monday !!

Please Welcome our New Members:

Mr David and Mrs Sheila Chappell
Mrs Sue Friend
Mr Jim Hunt
Mrs Lilian Richardson



Miss Anthea Rowland-Mitchell
Mr Phil Shaw
Mrs Rita Sparkes

!! IT'S THAT TIME OF YEAR AGAIN !!

SEE PAGES 9, 10 AND 11 FOR YOUR 2024 MEMBERSHIP RENEWAL FORM

A TALK BY ANN WIDDECOMBE - MARCH 25TH 2024



A reminder that tickets for this hotly anticipated talk will be available to purchase at the **January Coffee Morning**.

Please note that this will be a ticket only event limited to 140. The price per ticket will be £2 (to include entry, refreshments and raffle). Payment to be in cash or cheque please. No BACS. Tickets will be sold on a first-come-first-served basis.

Full Members will be given priority. No new Members from the date of this Newsletter may purchase a ticket. Membership Cards **MUST** be shown at the time of purchase and there will be an enforcement of one ticket per member.

Entry to this event will be strictly by ticket only!

STOP PRESS

Holiday 18th to 22nd May 2024 - Shanklin, Isle of Wight - £375 per person

One double and one twin room left. If you are interested please let me know. A £50 per person non-refundable deposit is required to secure your booking. Cheques payable to **Blakes Coaches**, but with NO date on it. If single occupancy, there is an additional supplement. Please contact **Lynden Davies** (see Contacts List for contact details).



HELP NEEDED

ILLNESS and BEREAVEMENTS CONTACT

We are in need of someone to take over from Carol Griffiths as our point of contact for illness and bereavements. Carol will shortly be standing down, so if any member would like to take up the baton please contact her for information about what the role involves (see Contacts List for contact details).



Report from Latest Trustees Meeting

The Trustees held their latest meeting after the December Coffee Morning and these are the main points from that meeting:

- Mal Thompson had resigned as a Trustee due to pressure of time.
- The current arrangements for Coffee Mornings using disposable cups will continue for 2024.
- A reminder to be sent to Host Groups that everyone needs to pay a £1 unless a new member has a free ticket.
- It was agreed to stop the Facebook page due to lack of interest.
- Guidelines for Group Leaders to be updated to include requirement to undertake Risk Assessment.
- It was agreed that the Membership Fees would not go up for 2024/25.
- The cost of postage of the Newsletter will increase in line with the rise of postage costs.
- On the question of members receiving scams, **it was agreed to remind members that they need to regularly change their password.**

~David

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.

REMEMBER - Contact details are in the tables on pages 7 and 8 of this Newsletter.

Those two pages are not available on our Website!

AFTERNOON TEA - Jill Chappell. We meet on the **4th Tuesday of the month at 2:30pm at Queen Anne's Cafe on The Strand in Barnstaple**. Our next meeting will be on **January 23rd**, then again on **February 27th**. See you there.

~Jill

ALLOTMENT 21 - NEW LEADER - Patrick Byrne. This is a friendly, relaxed group of leisure gardeners who enjoy being out in the fresh air - with the added bonus of (largely) free fruit, veg and flowers. Members are able to choose their own patterns of attendance either with others or on their own. Currently we are planning our planting schedules for 2024. For more information please contact the Group Leader.

~Patrick

AMBLERS - Trish Lilley, Lyn Bonewell. There will **NOT** be a walk in **January** this year. Our first walk of 2024 will be on **13th February**. We will meet at **Tews Lane Sports car park** for a level walk via Bickington. Please ensure you have good footwear in case it is wet underfoot.

~Trish

ART - Derek Seymour. The Art Group meets on the **1st and 3rd Thursday** each month from **9:30am to 12:00 noon** at the **Rhododendron Methodist Church Hall**.

~Derek

BADMINTON - Alex Ferguson, Carol Griffiths. **Tarka Leisure Centre 9:30am to 10:30am TUESDAY and 2:00pm to 3:00pm THURSDAY** except during school holidays. We resume in the New Year on **January 2nd 2024**. We still have vacancies for players to join us on our Thursday afternoon session. Why not come along and take advantage of a free taster session before making a decision on joining. We are a friendly group of mixed abilities so why not give it a try. For further information just call Alex or Carol.

~Alex & Carol

BOOK CLUB - Barbara Vercoe. From **January 2024** the Book Club will take place on the **4th Thursday of the 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**. We still have space for two more members.

~Linda

BREAKFAST CLUB - Wendy Walmsley. This group is usually held on the **1st Wednesday of the month at 9:15am**. The **January 3rd** meeting is at **Watergate (Wetherspoons), The Strand, Barnstaple** with time to discuss next year's breakfast venues. The **7th February** meeting will be at **Queen Anne's Cafe**. 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

BUS PASS - David and Jill Baker. Both the January and February meetings are a coffee morning at **Queen Anne's on The Strand, Barnstaple** starting at **10:30am**. This is in case the weather is bad. The **January** meeting is on **Thursday 26th** and the **February** meeting is on **Thursday 23rd**. New Members welcome.

~David & Jill

CANASTA - Linda Lee, Yvonne Geary. The next meetings of the Canasta group will be on **Monday January 15th** and **Monday February 19th at 2:00pm** in the **Annexe of Fremington Parish Hall**. The group is full at the moment, but if you would like to play do get in touch as our waiting list is very short

~Linda & Yvonne

CHAIR PILATES - Susie McCrum. No report this month.

~Susie

CHATTERBOX - Sheila Jennings. We meet on the **3rd Monday of each month at 11:00am to 1:00pm** in the **Barnstaple Museum**. Please come and join us.

~Sheila

COFFEE MUGS AND TEAPOTS - Jackie Ward. Meeting in **Arti'S Too Cafe, 20 Cross Street, Barnstaple**. The **3rd Wednesday morning of each month, 10:30am to 12:00 noon**. The round table in the window has been reserved for our group. Please come along, pull up a chair and join this happy chatty group. You are very welcome. Contact Jackie.

~Jackie

CREATIVE WRITING - Sue Boyd. No report this month.

~Sue

CRIBBAGE - Richard Taylor. We meet at the **Fox Inn, Fremington** every two weeks from **3:00pm 'til 5:00pm**. There is no charge for this, but food and drink is available to purchase at the pub. The aim is to enjoy playing crib. Help is available for those wishing to learn how to play.

~Richard

CRIME AND PUNISHMENT - Jane Bellworthy. We learn loads! No one has specialist knowledge and we all pitch in with our views. Topics for 2024 will include Organised Crime Groups, Action Fraud and Theft, Sentencing and the CPS. We meet on the **2nd Tuesday of the month** at **Fremington Parish Hall Annexe**.

~Jane

CURRENT AFFAIRS DISCUSSION 1 - Paul Bate. The next meeting will be on **Thursday 4th January at 10:15am** at the **Fox Inn in Fremington** and then on the **1st February**. The group meets on the **1st Thursday in the month**. We will be discussing interesting topics which are currently in the news. Refreshments are available at the pub.

~Paul

CURRENT AFFAIRS DISCUSSION 2 - Paul Bate. The next meeting will be on **Thursday 18th January at 10:15am** at the **Fox Inn in Fremington** and then on the **15th February**. The group meets on the **3rd Thursday in the month**. We will be discussing interesting topics which are currently in the news. Refreshments are available at the pub.

~Paul

CYCLING - Steve Coppel. Winter is almost here, but while we remain a group of fair weather cyclists, we intend to continue cycling through the winter when the weather gods look kindly upon us. We meet at **10:30am** on **Wednesdays** in **Barnstaple** (we no longer cycle from Bideford), for a gentle and approximately 12 mile ride (6 miles each way) on the Tarka Trail to a cafe for brunch. New members are always welcome.

~Steve

DANCERSIZE - Hilary Newing, Sue Fogarty. We are full but if interested please get in touch and we will put you on the waiting list. **January 9th, 16th, 23rd and 30th. February 6th, 20th and 27th. No class on 13th.**

~Hilary & Sue

DAY TRIPS BY COACH - David Baker. There will be **no trips until April 2024**. The following are the trips for 2024:

April 18th - Darts Farm Shop, Topsham and Sidmouth

May 16th - Tavistock and returning across Dartmoor with stop in Moretonhampstead

July 18th - Mevagissey

August 22nd - Swindon Designer Outlet Centre with option to visit Museum of Great Western Railway

September 19th - Day in Weymouth

November 21st - Cardiff Christmas Market

Details on booking arrangements nearer the time. ~David

DESIGN & MAKE I & II - Jim Pinn. **January 26th** will be next meeting.

~Jim

DEVON HISTORY - Ken Bonewell. At the meeting on **4th January** Paul Bate will tell us about Two Famous Historical Devon Clerics. On **1st February** Michael Teare will give a

talk on East the Water. Both meetings in the **Castle Centre Hall** starting at **2:30pm**.

~Ken

FOOD, FARM, ENVIRONMENT - David Baker. The **January** meeting has moved to a new venue which is **The Beechfield Centre, Fremington**. This has plenty of parking and the speaker is Huw Davies talking about the South West Coastal Footpath, starting at **2:30pm**. The **February** meeting is at **the same venue**, starting at the same time, and is a talk by Mary Breeds on the Benefits of No Mow May On The Environment. New members welcome.

~David

GARDEN DAYS - Roxanne and Graham King.

January: no visit this month.

February: Wednesday 28th, Country Cousins, Westward Ho!, post-Christmas lunch being kindly arranged by Lynn Folland. Details to follow.

The programme will start again in **April 2024 - 4th Wednesday**.

~Graham & Roxanne

HOLIDAYS - Lynden Davies. See the 'Stop Press' Notice on the front page of this Newsletter.

The annual U3A outing will be on **June 12th to St Fagans open air museum** on the outskirts of **Cardiff**. The cost this year will be £5 per member. Keep this date free in your diary. The entry to the museum is FREE.

~Lynden

ITALIAN FOR BEYOND IMMEDIATE BEGINNERS - Graham King. Couple of places available for anyone who has done some Italian before, or has a very good grounding in another romance language - and is prepared to work to catch up the past 18 months! Please email me if interested. Meetings are on the **1st and 3rd Wednesdays of each month**, from **11:00am to 12:00 noon** in the **Fremington Parish Hall Annexe**.

~Graham

KNITTING - Sheila Jennings. Both groups meet at **10:30am** on the **2nd Thursday and 4th Friday of every month** in the **Museum**. Please come along and bring your knitting. Gentlemen would be welcome.

~Sheila

PRACTICAL GARDENING - Jackie Ward. Meeting in the **Annexe, Fremington Parish Hall**. The **2nd Thursday of the month**, **11th January, 10:30am to 12:30pm**, starting with a cuppa and a biscuit. Then **8th February** when there may be cake. We have room for two more members.

~Jackie

PSYCHOLOGY OF EVERYDAY LIFE - Jane Bellworthy. We meet on the **4th Tuesday of each month**. We focus on a topic that is current or of particular interest to the group. We have a couple of vacancies so if you want to know more, please contact me. We meet at **2:00pm** at **Fremington Parish Hall Annexe**.

~Jane

RAILWAY - David and Jill Baker. The railway trip in **January** is on **Wednesday 17th** at **Queen Anne's on the Strand, Barnstaple** for a coffee morning in case of bad weather. The **February** trip is on **Wednesday 14th February** to **Exeter Central** leaving Barnstaple at **9:35am**. Names to David by **Monday 29th January**. New members welcomed.

~David & Jill

RAMBLING - Pauline Newbound, Barbara Hewis. **Monday January 8th**. Just when you thought that nobody would be daft enough to lead a walk on **January 8th** along comes Arthur. He obviously does not fully understand that climate change does not mean it will be warm and sunny in January. So if, when you turn up for a **10:30am** start, at the **old Newport Park & Ride CP**, Arthur is wearing shorts and flip flops you know that he should be humoured by telling him lots of cracker jokes enroute to Fremington Quay and back. Arthur reckons it is a very scenic walk along the Tarka Trail but we know better don't we! Depending on the weather the walk could be between 5 and 7.5 miles with the option to return by bus. Don't forget your sunnies and BYOFAD. Leader Arthur Pinder. **Monday February 12th**, meet at the **old Park & Ride by the Park School** at **10:30am**. Walking to Braunton along the Tarka Trail, a distance of 6.7 miles. We plan to catch the bus back to Barnstaple. BYOFAD and bus pass if you have one. Leaders Ray and Ruth.

~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 - **NEW LEADER** - Sue Taylor. On **Monday 29th January** we will meet at **Arlington National Trust car park, EX31 4LP** at **10:30am** for a circular walk of about 5 miles on the Arlington Estate, led by Rich and Sue Taylor. The car park is free to NT members and volunteers, otherwise it is pay & display. The walk is of moderate difficulty and will be muddy. BYOFAD, however the Tea Room should be open for refreshments at the end of the walk (the NT website does not yet give opening times for 2024). I will provide more details by email in January. On **Monday 26th February** Brian Tilbury is leading a **Torrington Commons** walk of approximately 4.5 miles. Details to follow. New members always welcome, if you are interested, please contact me for more information. ~Sue

SHORT MAT BOWLING - **NEW GROUP** - Richard Taylor. We are starting a new bowling group, which will be on **alternate Tuesday mornings**, from **10:00am to 12:00 midday**. This is the short mat version, played indoors. We will be playing at **Christ Church hall in Braunton, EX33 2EA**. The total cost is £32.50 for the group for each session. This will include the use of the hall and the kitchen. It also includes the use of all necessary equipment including the bowls. Parking is free on site. We anticipate around ten people, so the individual cost will be around £3.50 each. We will need to set up the equipment beforehand and take down afterwards. We are starting on **Tuesday 16th January**. Please let me know if you are interested. ~Richard

SHORT TENNIS - Yvonne Geary, Sue Morley. We restart in the New Year on **10th January** and play **every Wednesday morning** at the **Tarka Tennis Centre** from **11:00am until**

12:00 noon. We now have two vacancies, so 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. ~Yvonne & Sue

SIGHT SUPPORT - Jill Baker. The next meeting is on **Monday 8th January** in **The Shambles, High Street, Barnstaple** at **10:30am**. The February meeting is at the same venue on **Monday 12th February** at **10:30am**. New members with a sight problem are very welcome. Contact Jill. ~Jill

SINGALONG - **NEW GROUP** - Rod Ball. The first meeting of this group is the **8th January** at **2:00pm** at **Fremington Hall Annexe**. No experience is needed! Please contact me for further details if required.

~John Wardle, Group Coordinator

SKITTLES - Julie and Patrick Kift. The **January** Skittle evening will be on **19th** and the **February** one will be on **23rd**. We hope these dates will suit you all but let us know if you can't come please. Hope you all had a lovely Christmas and we wish you all the best for the New Year. ~Patrick & Julie

STROLLERS - Maureen and Peter Penfold. There will be **no walk in January** as per usual. **February** walk, we will stay in **Barnstaple**. Meeting outside the **museum**. We will have a short walk before lunch in the Royal Fortescue. Meeting at **12:00 noon** and lunch approximately 12:30pm. Should it be too wet to walk, all meet at the Fortescue at 12:30pm. **March** walk will be arranged by Hazel, walking in **Braunton**. Venue to be arranged. Probably Williams Arms. **If you will not be coming please let Hazel know** (see Contacts List for contact details). ~Peter & Maureen

SUNDAY LUNCH - Susan Covington. The venue for **January 14th** will be at the **Williams Arms, Wrafton** at the earlier time of **12:00 noon** due to availability. **Sunday 11th February** will be at the **Rolle Quay Inn, Barnstaple** at **12:30pm**. Group full with a short waiting list. ~Susan

TABLE TENNIS - Janice and Bob Godfrey. We meet **every Thursday morning, 9:30am to 12:00 noon** at the **Tarka Centre**. The group is full at the moment. However people do move on from time to time and anyone wishing to be on a short waiting list please ring Janice and Bob. Some experience of playing is desirable. ~Janice & Bob

TEN PIN BOWLING - Brian Tilbury, Jan Hartshorne. HAPPY NEW YEAR to all our members, and past members, who have enjoyed a bit of exercise, some light-hearted competition and camaraderie playing ten pin. Anyone who might want to 'give it a go' is very welcome to join our group even for just one week 'as a taster'. We meet **every Wednesday at 1:15pm inside the Bowling Alley on the Braunton Road**, except during the school holidays, and our first session will be on **January 3rd**. Congratulations go to Jan Hartshorne for being the highest scorer for the men, in the last few weeks of 2023, with 294 and, yet again, Jayne Hartshorne was highest scorer for the ladies with 225. Richard Taylor also ends 2023 on another high having improved his PB in consecutive weeks going from 266 to 267!!! ~Brian & Jan

THEATRE - NEW GROUP - David Baker. It looks like this will happen as I have 40 members interested. I will be in contact with all those that have shown an interest in early January. New members welcome. ~David

TUESDAY LUNCHEON GROUP - Trish Lilley. Our first lunch at The **Williams Arms** this year will be on **Tuesday 16th January**. The next lunch will be on **Tuesday 20th February**. Both meeting for lunch at **12:30pm**. Please either telephone or email me to make a reservation. ~Trish

WANDERERS - TBN. No report for January. Details of walks for next year and, hopefully, details of new group leaders for 2024 would have been circulated to group members after our Christmas get-together. ~Chris & Lesley

WINE APPRECIATION - David Rowe. The Wine Group continues to meet on the **1st Friday of each month**, in **Room 3B** of the **Barnstaple Library**. ~David

WOODCARVING - Marion Choules. **Weekly, Wednesday mornings 10:00am to 12:00 noon**. ~Marion

REMINDER: If you **move house** or your **email** or **telephone number** changes **please** let **Veronica McLaughlin**, 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: Carol Griffiths 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. Would Group Leaders please take responsibility for informing Carol of illnesses of their group members. Would the family, Group Leader or any other member please inform Carol 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 Carol who will notify the Newsletter Editor.**



EQUIPMENT MANAGER: Gordon Gregory.

CALENDAR - January/February/March 2024

Coffee Mornings:

Monday 22nd January (Cribbage Group)	-	10:30am - Roundswell Community Hall
Monday 26th February (Bookworm and Book Club Groups)	-	10:30am - Roundswell Community Hall
Monday 25th March (Trustees)	-	10:30am - Roundswell Community Hall

March Newsletter Deadline: Deadline for entry of events occurring **after Friday 1st March - THURSDAY 15th FEBRUARY.**

Group	Day	Date			Time	Venue/Information
		January	February	March		
		(Subject to Change)				
Afternoon Tea	Tuesday	23	27	26	2:30pm	Queen Anne's Cafe, The Strand
Allotment 21	Friday	22	26	TBN	2:30pm	Sainsbury's Coffee Shop
Amblers	Tuesday	No Meeting	13		11:00am	Tews Lane Sports Car Park
				12		TBN
Art	Thursday	4; 18	1; 15	7; 21	9:30am	Methodist Church Hall, Rhododendron Avenue
Badminton	Tuesday	2; 9; 16; 23; 30	6; 20; 27	5; 12; 19; 26	9:30am	Tarka Leisure Centre
	Thursday	4; 11; 18; 25	1; 8; 22; 29	7; 14; 21; 28	2:00pm	
Book Club	Thursday	25	22	28	10:30am	The Bike Shed, Barnstaple
Bookworms	Tuesday	30	27	26	10:00am	Barnstaple Library
Breakfast Club	Wednesday	3		6 (Venue TBN)	9:15am	Watergate (Weatherspoons)
			7			Queen Anne's Cafe
Bus Pass	Thursday	25	22		10:30am	Queen Anne's on The Strand, Barnstaple
				28	TBN	Ilfracombe
Canasta	Monday	15	19	18	2:00pm	Fremington Parish Hall Annexe
Chair Pilates	TBN	TBN	TBN	TBN	TBN	TBN
Chatterbox	Monday	15	19	18	11:00am	Museum Tea Rooms
Coffee Mugs and Teapots	Wednesday	17	21	20	10:30am	Arti's Too Cafe, 20 Cross Street, Barnstaple
Creative Writing	Thursday	11	8	14	10:30am	TBN
Cribbage	Friday	5; 19	2; 16	1; 15	3:00pm	The Fox Inn, Fremington
Crime and Punishment	Tuesday	9	13	12	2:00pm	Fremington Parish Hall Annexe
Current Affairs Discussion 1	Thursday	4	1	7	10:15am	The Fox Inn, Fremington
Current Affairs Discussion 2		18	15	21		
Cycling	Wednesday	TBN	TBN	TBN	10:30am	TBN
Dancersize	Tuesday	9; 16; 23; 30	6; 20; 27	TBN	10:00am	Church Hall, Fremington
Day Trips By Coach	Thursday	No Meetings			TBN	TBN

CALENDAR - January/February/March 2024 (Continued)

Group	Day	Date			Time	Venue/Information
		January	February	March		
			(Subject to Change)			
Design & Make I - Ladies	Friday	26	23	29	9:30am	Group members know venue
Design & Make II - Gents					2:00pm	
Devon History	Thursday	4	1	7 (Venue TBN)	2:30pm	Castle Centre, Barnstaple
Food, Farm, and Environment	Monday	22	26	25	2:30pm	Beechfield Centre, Fremington
Garden Days	Wednesday	No Meeting	28	No Meeting	TBN	Country Cousins, Westward Ho!
Holidays	See 'Stop Press' Notice on the front page of this Newsletter					
Italian for Beyond Immediate Beginners	Wednesday	3; 17	7; 21	6; 20	11:00am	Fremington Parish Hall Annexe
Knitting	Thursday	11	8	14	10:30am	The Museum, The Square, Barnstaple
	Friday	26	23	22		
Practical Gardening	Thursday	11	8	14	10:30am	The Annexe, Fremington Parish Hall
Psychology of Everyday Life	Tuesday	23	27	26	2:00pm	The Annexe, Fremington Parish Hall
Railway	Wednesday	17			TBN	Queen Anne's on the Strand, Barnstaple
			14		9:35am	Barnstaple Station for Exeter Central
				13		Barnstaple Station for Totnes
Rambling	Monday	8	12	11 (Venue TBN)	10:30am	Old Park & Ride CP, Park School, Newport
Reading Shakespeare Allowed	Wednesday	17	21	20	2:00pm	Fremington Methodist Church, Old School Lane
Roamers	Monday	29		25 (Venue TBN)	10:30am	Arlington National Trust car park, EX31 4LP
			26		TBN	Torrington Commons
Short Mat Bowling - NEW GROUP	Tuesday	16; 30	13; 27	12; 26	10:00am	Christ Church hall in Braunton, EX33 2EA
Short Tennis	Wednesday	10; 17; 24; 31	7; 14; 21; 28	6; 13; 20	11:00am	Tarka Leisure Centre
Sight Support	Monday	8	12	11	10:30am	The Shambles, High Street, Barnstaple
Singalong - NEW GROUP	Monday	8	TBN	TBN	2:00pm	The Annexe, Fremington Parish Hall
Skittles	Friday	19	23	TBN	7:30pm	Plough Inn, Bickington
Strollers	Tuesday	No Meeting	6		12:00nn	Museum, Barnstaple
				5		Braunton
Sunday Lunch	Sunday	14		10 (Venue TBN)	12:00nn	Williams Arms, Wrafton
			11		12:30pm	Rolle Quay Inn, Barnstaple
Table Tennis	Thursday	4; 11; 18; 25	1; 8; 15; 22; 29	7; 14; 21; 28	9:30am	Tarka Tennis Centre, Barnstaple
Ten Pin Bowling	Wednesday	3; 10; 17; 24; 31	7; 21; 28	6; 13; 20; 27	1:15pm	Bowling Alley, Braunton Road, Barnstaple
Theatre - NEW GROUP	TBN	TBN	TBN	TBN	TBN	TBN
Tuesday Luncheon Group	Tuesday	16	20	19	12:30pm	The Williams Arms
Wanderers	Tuesday	9	13	12	12:00nn	TBN
Wine Appreciation	Friday	5	2	1	2:00pm	Room 3B, Barnstaple Library
Woodcarving	Wednesday	3; 10; 17; 24; 31	7; 14; 21; 28	6; 13; 20; 27	10:00am	Fremington

NEW YEAR ONE-LINERS

My dad gave up smoking cold turkey for New Year. He's doing better now but....he's still coughing up feathers.

What was Dr Frankenstein's New Year's resolution? To make new friends.

I made a New Year's resolution to drink more water. So far I've only gotten as far as "drink more."

Youth is when you're allowed to stay up late on New Year's Eve. Middle age is when you're forced to.

My resolution was to read more....so I put the subtitles on my TV.

In what year did Christmas Day and New Year's Day fall in the same year? Every year!

Why do birds fly south for New Year's Eve? It's too far to walk.

Not to brag, but I already have a date for New Year's Eve. It's December 31st.

What's the problem with jogging on New Year's Eve? The ice falls out of your drinks!

My New Year's resolution is to break my New Year's resolutions. That way I succeed at something!

APPLICATION FOR MEMBERSHIP – 2024/25

(1st April 2024 to 31st March 2025)

	Office Use Only	
GA		
NL		
TAM		

Applicant 1:

Title: _____ Forename: _____ Surname: _____

- Please tick one box:
- ☐ Existing Membership Application
 - ☐ New Membership Application
 - ☐ Affiliated Member (from 1st April 2024) Affiliated Fee £2.50 pa

Affiliated Members Only -

Please state name of existing U3A _____

Please attach a copy of your existing U3A membership card.

Applicant 2:

Title: _____ Forename: _____ Surname: _____

- Please tick one box:
- ☐ Existing Membership Application
 - ☐ New Membership Application
 - ☐ Affiliated Member (from 1st April 2024) Affiliated Fee £2.50 pa

Affiliated Members Only -

Please state name of existing U3A _____

Please attach a copy of your existing U3A membership card.

Address: _____

Post Code: _____ Tel. No: _____

Email Address: _____ Applicant 1 Mob. No:.....

Applicant 2 Mob. No:.....

EMERGENCY CONTACT NUMBER: *IT IS IMPORTANT THAT ALL INFORMATION ON THIS SECTION IS COMPLETED*

Telephone/Mobile: _____ Please state **NAME** & **RELATIONSHIP**: _____

NOTE: Please write your email address as you would see it on your computer (i.e. not in 'joined-up' writing) and please be aware of upper and lower case letters, and especially punctuation.

Newsletter

In an effort to minimise costs and the amount of printed paper produced, Taw U3A members will have our monthly Newsletter emailed directly to them, at their email address given above. Printed versions are available at the monthly Coffee Mornings.

If you do not have an email address, then we are happy to post this to you at a cost of £9.50 per annum. Please add this amount to your membership fee (if applicable).

MEMBERSHIP CHARGES:

For 2024/25 the annual membership fee for members will be **£12.00 per person**, and **£6.00 per person** if joining after the 1st October 2024.

From the 1st April 2024 the subscription for new and existing Affiliated Members will be **£2.50 per person, per annum**.

Taw U3A would like members to pay their subscription directly into the TAW bank account via internet banking. We are promoting this option as a safe and secure method of paying your annual subscription. To make the payment please use the following information:

Name of Account: **TAW U3A**

Sort Code: **30-90-49**

Account No: **02341066**

Please ensure that you add your name when making the transaction so that an accurate membership record is maintained. However, your subscription can still be made by cheque.

PLEASE TICK ONE BOX with your preferred payment method:

☐ BACS (Internet Banking)

☐ Cheque – **please make your cheque payable to TAW U3A**

I/We enclose a payment of £..... to cover my/our subscription for the year 1st April 2024 to the 31st March 2025.

☐ Please tick the box if you would like the Newsletter posted to you and add £9.50 to your payment.

MEMBERSHIP IS FREE IF 90+ YEARS OLD ONLY TICK THE BOX IF YOU ARE, OR WILL BE, 90 YEARS OF AGE OR OVER BY 31ST MARCH 2025 :

☐ **Applicant 1**

☐ **Applicant 2**

If you would like to receive copies of **Third Age Matters** (the national U3A magazine) and **Sources** during 2024, please tick the appropriate box below and add the relevant amount to your payment total. The amount below includes delivery to your home address.

☐ - £4.00 per address

The following can be found on the Taw U3A website <https://u3asites.org.uk/taw>. If you wish to have copies posted to you, please indicate below.

Terms and Conditions of membership: ☐

Taw U3A Privacy and Data Protection Statement: ☐

***** WILL EACH MEMBER PLEASE SIGN BELOW TO SHOW YOUR CONSENT TO THE ABOVE STATEMENTS *****

Signatures:

Applicant 1: _____

Date: _____

Applicant 2: _____

Date: _____

PLEASE FILL IN AND SIGN THIS FORM THEN SEND IT TO THE MEMBERSHIP SECRETARY, WHOSE ADDRESS IS SHOWN BELOW, WITH YOUR MEMBERSHIP FEE, PLUS DELIVERY OF 'THIRD AGE MATTERS' U3A MAGAZINE (IF REQUIRED). THE MEMBERSHIP SECRETARY WILL THEN BE HAPPY TO POST YOUR CARD(S) BACK TO YOU.

MRS VERONICA McLAUGHLIN, 2 LINSOTT CRESCENT, WEST YELLAND, BARNSTAPLE, DEVON EX31 3ES
A SELF STAMPED ADDRESSED ENVELOPE WOULD BE GREATLY APPRECIATED. THANK YOU

GIFT AID

TO ALL TAW U3A MEMBERS WHO ARE TAXPAYERS

Gift Aid raises more funds for the Taw U3A without costing you a penny more. If you are a UK taxpayer we can reclaim the tax on your membership subscriptions and donations.

For every £1 of your subscription, we can claim a further 25p from HM Revenue and Customs.

Colin O'Brien
Taw U3A Treasurer

GIFT AID DECLARATION

I/We would like the Taw U3A to reclaim the tax on this and any other eligible donations or membership subscriptions that I/we may make in the future or have made in the past 4 years. I/We understand that I/we need to pay enough Income Tax or Capital Gains Tax in each year to cover the Gift Aid claimed on all my/our donations otherwise it is my/our responsibility to pay any difference.

Full Name Please: **Mr/Mrs/Miss/Ms:** **(1)**

Mr/Mrs/Miss/Ms: **(2)**

Address:

.....

.....**Postcode:**

Signature (1):

Date:

Signature (2):

Date:
