



TAW THIRD AGE GROUP **Newsletter 381**

1st November 2023

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

Registered Charity No 1026238



Welcome to our November 2023 Newsletter

COFFEE MORNINGS

The next Coffee Morning will be on **Monday 6th November** and will be hosted by the **Badminton and Short Tennis Groups**, in the **Roundswell Community Centre** at **10:30am**. Our speaker will be **Mike Dicks** who will talk on the work of **The Calvert Trust**. Admission £1 for coffee/tea, biscuits and a raffle ticket. The Coffee Morning on **Monday 4th December** will be hosted by the **Trustees**.

NOTE: We are unable to pay other Charities so at the back of the room there will be a Donation Box where members can donate if they wish.

Please Welcome our New Members:

Mrs Margaret Abbott (Affiliated)
Mrs Avril Clifton (Affiliated)
Mrs Mary Durkin (Affiliated)
Mrs Susan Eaton

Ms Elizabeth Garnett
Mrs Melanie Guilfoyle
Mrs Muriel Joslin
Ms Kathryn Lehan (Affiliated)

Mr Cyril Venton
Mrs Paula Walker
Mrs Julie Wood (Affiliated)



PROPOSED NEW GROUP



Swimming Group: A newly joined member has proposed starting a Swimming Group. There are no firm details as yet re location, days etc. If you have any interest whatsoever in joining this group, please contact me, John Wardle, in the first instance with your details. Thank you.

A Gentle Reminder: If any Member has any ideas on starting a new group then please contact me. We can then progress things and hopefully get things moving. Thank you.

~John Wardle, Group Coordinator

Update from October Trustees Meeting

The following are the points discussed and agreed at the October Meeting:

- **Ann Widcombe Talk in March 2024** - The arrangements for this Coffee Morning and talk were discussed and a separate article will appear in the December Newsletter. This will include booking arrangements etc. The room at Roundswell for this Coffee Morning will be set out theatre style and not with tables. This will be to allow the maximum number of members to attend which will be 140. Please look out for the December Newsletter.
- **December Coffee Morning** - Hopefully this will include some Christmas Carols with musical accompaniment.
- **3 Year Action Plan and Calendar** - It was agreed that a small group of Trustees should draw up an Action Plan for the next 3 years and also to develop a Calendar of Actions required by Trustees to ensure the smooth running of the organisation.
- **New Groups and Existing Groups** - It was agreed that the Group Coordinator should regularly update the membership on the state of groups, help members to start new groups and where groups are full to encourage the formation of a second group.
- **Membership Fees** - The membership fees for 2024/25 to be agreed at the December meeting. ~David, Chairman



It is with great sadness that we learn of the passing of Sarah Rombach

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 the last two pages of this newsletter.

Those two pages are not available on our Website!

AFTERNOON TEA - Jill Chappell. The Afternoon Tea Group meet on the **4th Tuesday of each month at 2:30pm** at **Queen Anne's on The Strand in Barnstaple**. We will be meeting on **November 28th**. Please note there will **not be a meeting in December**. Come and join us for tea, cake and a chat. ~Jill

ALLOTMENT 21 - Jackie Ward. **Mill Road site, Barnstaple**. The runner beans are finished and will be heading to the compost heap, the leeks and sprouts are coming on. Plans are in place for the herb and flower garden in readiness for planting next year. If you are thinking of joining us why not come along and have a look. For our next meeting contact Jackie Ward. ~Jackie

AMBLERS - Trish Lilley, Lyn Bonewell. On **Tuesday 14th November**, meet outside **Barnstaple Museum** at **11:00am** so that we can walk along to Rock Park, then over the Iron Bridge, then back along by the Leisure Centre and Old Bridge to the Museum. The walk will be led by Lyn and Ken. ~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 09:30am to 10:30am TUESDAY and 2:00pm to 3:00pm THURSDAY** except during school holidays. ~Alex & Carol

BOOK CLUB - Barbara Vercoe. Book Club takes place on the **4th Monday of every month at 10:30am**. At present we do not have a permanent venue. ~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 **1st November** meeting is at **Grumpy's in Joy Street, Barnstaple**. The **December 6th** meeting at **Queen Anne's Cafe, Barnstaple**, and time to discuss next year's breakfast venues. 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. The meeting for **November 23rd** is the Xmas Lunch, being held at the **Williams Arms, Braunton** at **12:30pm**. It will be a carvery at £11.95 for main course plus any deserts and drinks. Could you please contact **Alison Clayton** by **November 3rd** if you wish to join us, either by email or telephone (see Contacts List for contact details). ~Alison

CANASTA - Linda Lee, Yvonne Geary. The next meeting of the Canasta Group will be on **November 20th at 2:00pm** in the **Annexe of Fremington Parish Hall**. The group is full at the moment, but if you would like to play we have a short waiting list so do get in touch. ~Linda & Yvonne

CHAIR PILATES - Susie McCrum. Unfortunately Cheryl, the instructor for this class, is still in America, detained due to a personal family situation, and will be away until at least November. Due to this the Chair Pilates will not start until the New Year. ~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. If you like to have a cuppa and a chat come and join us, you will be very welcome. We meet on the **3rd Wednesday morning of each month, 10:30am to 12:00 noon**. We look forward to seeing you. Contact Jackie for this month's cafe. ~Jackie

CREATIVE WRITING - Sue Boyd. I will put a notice in the Newsletter if we have any spaces available, but please do not hesitate to get in touch with me by email if you would like your name put on the waiting list. ~Sue

CRIBBAGE - NEW GROUP - Richard Taylor. We started this group on Friday 15th September with 16 people. We met again on 29th September, and 13th and 27th October, and plan to run this **every two weeks** on a **Friday** so the next dates are **10th and 24th November**. We meet at the **Fox Inn, Fremington** at **3:00pm** for a couple of hours. There is no charge for this, but drinks and food are available to purchase at the pub. We have spaces for more people but I would need to know in advance if anyone else will be attending to ensure that we have sufficient equipment and space at the venue. See Contacts List for contact details. ~Richard

CRIME AND PUNISHMENT - Jane Bellworthy. Our October topic was White Collar Crime. We found that very few cases reach court and often they are so complicated that not many cases end up with a successful prosecution. In **November** our topic is Miscarriages of Justice. 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 2nd November at 10:15am** at **The Fox Inn in Fremington**. 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 16th November at 10:15am** at **The Fox Inn in Fremington**. 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. We aim to ride once a week, normally on a **Wednesday**, but everything depends on the weather. We are fair weather cyclists who always stop for brunch! We usually start the rides at **10:30am**, but that too can vary. The rides start mainly from **Barnstaple**, but the **last Wednesday of every month** we depart from **Bideford**. New members are always welcome. ~Steve

DANCERSIZE - Hilary Newing, Sue Fogarty. **November 7th, 14th, 21st and 28th**. We have a few new members, but still a short waiting list. Please contact us if interested. ~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. The **November** meeting will be held on the **24th**, usual times. **No meeting in December**. **January 26th** will be the first in **2024!!** ~Jim

DEVON HISTORY - Ken Bonewell. On **Thursday 2nd November**, at the **Castle Centre, Barnstaple** starting at **2:30pm**, Peter Christie will tell us about The Introduction of New Ideas in Devon. ~Ken

FOOD, FARM, ENVIRONMENT - David Baker. The November meeting is on **Monday 27th November** at **2:30pm** in **The Shambles, High Street, Barnstaple**. The Shambles is the first room on your left going into the Pannier Market from the High Street. The subject is a talk by Toby Ansell on Organic Farming. New members welcome. ~David

GARDEN DAYS - Roxanne and Graham King. **November: No trip this month. Wednesday 13th December:** Tudor Frost Fayre at **Buckland Abbey**. This trip is only available to those who have travelled with the group this year, it being subsidised from balances built up during this year, and is now fully booked.

Pick-up times: Chilpark **9:30am**, New Inn **c.9:35am**, Eilerslie Road **c.9:40am**, P&R **c.9:45am**. ~Graham & Roxanne

HOLIDAYS - Lynden Davies. No report this month. ~Lynden

ITALIAN FOR BEGINNERS - *Italiano per i principianti* - Graham King. Which is now 'Italian for beyond immediate

beginners' as the group has made much progress over the past 16 months. Couple of places available for anyone who has done a little Italian before, or has a very good grounding in another romance language - and is prepared to work to catch up! Please email me if interested. Le prossime sessioni alla Volpe sempre mercoledì alle **11.00: novembre** il primo, il **15** e il **29**; **6th December** at **our house**, **20th December** at **The Fox**. ~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 the **2nd Thursday of each month** in **The Annexe, Fremington Parish Hall, 10:30am to 12:30pm**. Starting with coffee and biscuits then discussing how to care for our tender plants through the cold months ahead, our members sharing their local knowledge of success and failures. We have room for 2 more members. Contact Jackie Ward. ~Jackie

PSYCHOLOGY OF EVERYDAY LIFE - Jane Bellworthy. We meet on the **4th Tuesday of each month**. At our October meeting we looked at Group Think or why some management groups get things wrong despite individual members having concerns. Our next topic is Aspergers Syndrome and other differences in thinking. The group meets at **2:00pm** at **Fremington Parish Hall Annexe**. ~Jane

RAILWAY - David and Jill Baker. The November Railway Trip is to **Exeter** for Christmas Shopping on **Wednesday 8th November**.

Times: 9:35am Barnstaple, **10:45am** Arrive Exeter Central. **Return:** Train leaves Exeter Central **2:14pm**, arrives Barnstaple **3:25pm** or there is a train 1 hour later. IF YOU DO NOT TRAVEL BACK ON THE 2:14pm train please phone me to let me know you have arrived home. Names to David Baker by **Monday 6th November**. This trip replaces the previous advertised talk. New members welcomed.

~David & Jill

RAMBLING - Pauline Newbound, Barbara Hewis. **Monday November 13th**. The walk starts from **Westward Ho! Golf Club, Golf Links Road** at **10:30am**. This will be a morning walk of about 4 miles around Northam Burrows followed by lunch and short AGM at the Golf Club at 1:00pm. Please can you let us know if you intend to come on the walk and have lunch or come to lunch only. We are hoping to fill in the dates for walks leaders for next year. Thank you and look forward to seeing you there. ~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 - Harriet Croft. On **Monday 27th November** we shall have our last walk of 2023. We shall meet at **10:30am** at **Royal North Devon Golf Club, Golf Links Road, Westward Ho! EX39 1HD** for a 3.5 mile walk on Northam Burrows. Mainly flat with some gentle undulations; some mud and marshy bits if there has been lots of rain. We shall finish with optional lunch at the Golf Club. Before eating we shall have our AGM/planning meeting for next year and decide who will take over from me as Group Leader. Please come prepared to sign up for which walk you will lead in 2024. I will email members with details of the meeting and lunch menu. ~Harriet

SHORT TENNIS - Yvonne Geary, Sue Morley. We play **every Wednesday morning** at the **Tarka Tennis Centre** at the new time of **11:00am until 12:00 noon**. Our group is now full, but please let us know if you would like to go on our short waiting list. ~Yvonne & Sue

SIGHT SUPPORT - Jill Baker. The next meeting is on **Monday 13th November** in **The Shambles, High Street, Barnstaple** at **10:30am**. New members with a sight problem are very welcome. Contact Jill. ~Jill

SKITTLES - Julie and Patrick Kift. Our skittles evening was enjoyed by all on 6th October. The winners were...Highest gent Doug Saunders; Highest lady Sheila Jennings; Booby prize Pauline Jordan. The Killer games was won by Patrick. Thank you for all the lovely raffle prizes given and to all of you for setting up the skittles. Next Skittles evening is on **17th November** followed by Christmas Skittles on **15th December**. Please let us know if you can play, if you haven't already done that, so we can ask those on the waiting list. Take care. ~Patrick & Julie

STROLLERS - Maureen and Peter Penfold. Well, we have arrived at our last walk for 2023. We will be meeting at the **bus stop opposite Weatherspoons, Ilfracombe** at **12:00 noon** on **Tuesday November 7th**, returning to Weatherspoons for lunch after our walk.

December Tuesday 5th we will be meeting for our Christmas lunch at the **Imperial Hotel** at **12:30pm** in the bar for our lunch at 1:00 pm.

Please remember to bring your cheque and order form for your Christmas meal on our November walk.

~Peter & Maureen

SUNDAY LUNCH - Susan Covington. November lunch will be at the **Barnstaple Hotel, Braunton Road** on **Sunday 12th November** at **12:30pm**. Christmas lunch will be at **Portmore Golf Club** on **Sunday 3rd December** at **12:30pm**. Please let

me know if you cannot attend. 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. We now meet **every Wednesday at 1:15pm** inside the **Bowling Alley on the Braunton Road**, except during the school holidays. In the past several weeks we have enjoyed some intense rivalry amongst the men with Brian Tilbury pinching the top spot with 304, just beating Doug Saunders on 302. For the ladies, Jayne Hartshorne was the top scorer with a new PB, 234. Congratulations also go to Richard Taylor and Brian Tilbury, a couple of 'Turkeys'. ~Brian & Jan

TUESDAY LUNCHEON GROUP - Trish Lilley. Our next lunch will be on **Tuesday 21st November** at **The Williams Arms** arriving for lunch to commence at **12:30pm**. You can make a booking either by email or telephone by **Sunday 19th November** please. ~Trish

WANDERERS - Chris and Lesley Wade. Our next walk will be on **Tuesday November 14th** starting at **11:00am** when we will meet outside the **Fox Inn in Fremington** for a walk down through the woods to meet the Tarka Trail, then on towards the Fremington Quay Cafe. The cafe does not book tables but light lunches are available from 12:00 midday. We can return by the way we came, or back along the concrete road and back to the Fox Inn for a drink if people wish. The walk might be a little muddy so sensible footwear is advised. There is a bus stop outside The Fox and parking behind the Fremington Medical Centre. This walk will be led by **Martin Lusby**, and if you are planning on joining us can you please advise Martin by **Thursday November 9th** (see Contacts List for contact details).

PLEASE NOTE: As previously advised Lesley and I will be stepping down as Group Leaders at the end of the year so if anyone is interested in taking over the role please contact us either via email or phone (see Contacts List for contact details). ~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

Members are encouraged to contact the Group Leaders of groups they are interested in joining and have their names added to any waiting lists.





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 - November/December 2023

Coffee Mornings:

Monday 6th November (Badminton and Short Tennis Groups, with speaker) - 10:30am - Roundswell Community Hall

Monday 4th December (Trustees) - 10:30am - Roundswell Community Hall

December Newsletter Deadline: Deadline for entry of events occurring **after Friday 1st December - THURSDAY 16th NOVEMBER.**

Group	Day	Date		Time	Venue/Information
		November 2023	December 2023 (Subject to Change)		
Afternoon Tea	Tuesday	28	No Meeting	2:30pm	Queen Anne's Cafe, The Strand
Allotment 21	Friday	TBN	TBN	2:30pm	Barnstaple Coffee Shop
Amblers	Tuesday	14		11:00am	Barnstaple Museum
			12		TBN
Art	Thursday	2; 16	7; 21	9:30am	Methodist Church Hall, Rhododendron Avenue
Badminton	Tuesday	7; 14; 21; 28	5; 12	9:30am	Tarka Leisure Centre
	Thursday	2; 9; 16; 23; 30	7; 14	2:00pm	
Book Club	Monday	27	No Meeting	10:30am	TBN
Bookworms	Tuesday	28	No meeting	10:00am	Barnstaple Library
Breakfast Club	Wednesday	1		9:15am	Grumpy's. Joy Street, Barnstaple
			6		Queen Anne's Cafe
Bus Pass	Thursday	23		12:30pm	Williams Arms, Wrafton
			28(?)	TBN	TBN
Canasta	Monday	20	18	2:00pm	Fremington Parish Hall Annexe
Chair Pilates	TBN	No Meeting	No Meeting	TBN	TBN
Chatterbox	Monday	20	18	11:00am	Museum Tea Rooms
Coffee Mugs and Teapots	Wednesday	15		10:30am	TBN
			20		Museum Cafe, The Square, Barnstaple
Creative Writing	Thursday	9	14	10:30am	TBN
Cribbage - NEW GROUP	Friday	10; 24	8; 22	3:00pm	The Fox Inn, Fremington
Crime and Punishment	Tuesday	14	12	2:00pm	Fremington Village Hall Annexe
Current Affairs Discussion 1	Thursday	2	7	10:15am	The Fox Inn, Fremington
Current Affairs Discussion 2		16	21		
Cycling	Wednesday	TBN	TBN	10:30am	TBN
Dancersize	Tuesday	7; 14; 21; 28	5; 12; 19	10:00am	Church Hall, Fremington
Day Trips By Coach	Thursday	No Meeting	No Meeting	-	-
Design & Make I - Ladies	Friday	24	No Meeting	9:30am	Group members know venue
Design & Make II - Gents				2:00pm	
Devon History	Thursday	2	7	2:30pm	Castle Centre, Barnstaple
Food, Farm, Environment	Monday	27	No Meeting	2:30pm	The Shambles, Hight Street, Barnstaple
Garden Days	Wednesday	No meeting	13	9:30am	Buckland Abbey
Holidays					TBN
Italian for Beginners	Wednesday	15; 29	6	11:00am	La Volpe
			20	TBN	The Fox Inn, Fremington
Knitting	Thursday	9	14	10:30am	The Museum, The Square, Barnstaple
	Friday	24	22		
Practical Gardening	Thursday	9	14	10:30am	The Annexe, Fremington Parish Hall
Psychology of Everyday Life	Tuesday	28	No Meeting	2:00pm	The Annexe, Fremington Parish Hall

CALENDAR - November/December 2023 (Continued)

Group	Day	Date		Time	Venue/Information
		November 2023	December 2023 (Subject to Change)		
Railway	Wednesday	8		9:35am	Barnstaple Railway Station for Exeter
			13	TBN	TBN
Rambling	Monday	13		10:30am	Westward Ho! Golf Club, Golf Links Road
			11	TBN	TBN
Reading Shakespeare Allowed	Wednesday	15	20	2:00pm	Fremington Methodist Church, Old School Lane
Roamers	Monday	27	No Meeting	10:30am	Royal North Devon Golf Club, Golf Links Road
Short Tennis	Wednesday	1; 8; 15; 22; 29	6; 13	10:30am	Tarka Leisure Centre
Sight Support	Monday	13	11	10:30am	The Shambles, High Street, Barnstaple
Skittles	Friday	17	15	7:30pm	Plough Inn, Bickington
Strollers	Tuesday	7		12:00nn	Weatherspoons, Ilfracombe
			5	12:30pm	Imperial Hotel
Sunday Lunch	Sunday	12		12:30pm	Barnstaple Hotel, Braunton Road
			3		Portmore Golf Club
Table Tennis	Thursday	2; 9; 16; 23; 30	7; 14; 21; 28(?)	9:30am	Tarka Tennis Centre, Barnstaple
Ten Pin Bowling	Wednesday	1; 8; 15; 22; 29	6; 13	1:15pm	Bowling Alley, Braunton Road, Barnstaple
Tuesday Luncheon Group	Tuesday	21	19	12:30pm	The Williams Arms
Wanderers	Tuesday	14		11:00am	The Fox Inn, Fremington
			12	TBN	TBN
Wine Appreciation	Friday	3	1	2:00pm	Room 3B, Barnstaple Library
Woodcarving	Wednesday	1; 8; 15; 22; 29	6; 13; 20; 27(?)	10:00am	Fremington

REMEMBRANCE DAY WORD SEARCH



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MONUMENT
 AIRFORCE
 NOVEMBER
 UNIFORM
 COURAGE
 SERVICE
 BRAVERY
 TROOPS
 PEACE
 FREEDOM
 VETERANS
 NAVY
 THANKS
 FLAG
 MARINES

