



TORRIDGE THIRD AGE GROUP <https://u3asites.org.uk/torridge> **NEWSLETTER**

Issue 537

January 2024

This month's notice board:

January Lunch :

This month's lunch is on **17th January** — please arrive in time to take your seat in the dining room by 12 o'clock. Our Speaker will be **Verna Green** who will be talking about the work of the **RNLI**

Please remember to book-in with Helen before taking your seat.

Lunch will be served at **1 o'clock**. (Cost **£18.50** for two courses plus coffee). As usual — Please pay at reception prior to making your way through to the dining room.

Please could those interested in attending :

- Order their choice of meal by **12th January** if they haven't already done so.
- Contact details: **Helen Summerhayes**
- Please advise Helen If you are unable to attend, having booked lunch in order that the hotel can be given the correct numbers. Payment to the hotel on the day can be made by cash, card or cheque (payable The Royal Hotel). If you are paying by cheque you will need to present your cheque guarantee card, this is essential and cheques will not be accepted without it.

MENU — 17th January 2024

- ROAST PORK AND APPLE SAUCE
- BREADED FILLET OF COD , CHIPS AND PEAS
- THREE MEAT PLATTER or CHEESE, large mixed salad, pickled onion, chutney,egg.
- Penne Pasta, Sauteed Button Mushrooms , white wine and tarragon
- APPLE PIE AND CUSTARD
- FRESH FRUIT SALAD
- ICE CREAM
- CHEESE AND BISCUITS
- COFFEE

Chairman
Dennis Pavitt

Secretary
Carolyn Kelly

Membership Secretary
Julie Thompson

Newsletter Editor
Graham Thompson



Comments from the Chair

I hope you managed to have an enjoyable Christmas and that you had the chance to catch up with friends and family over the festive period.

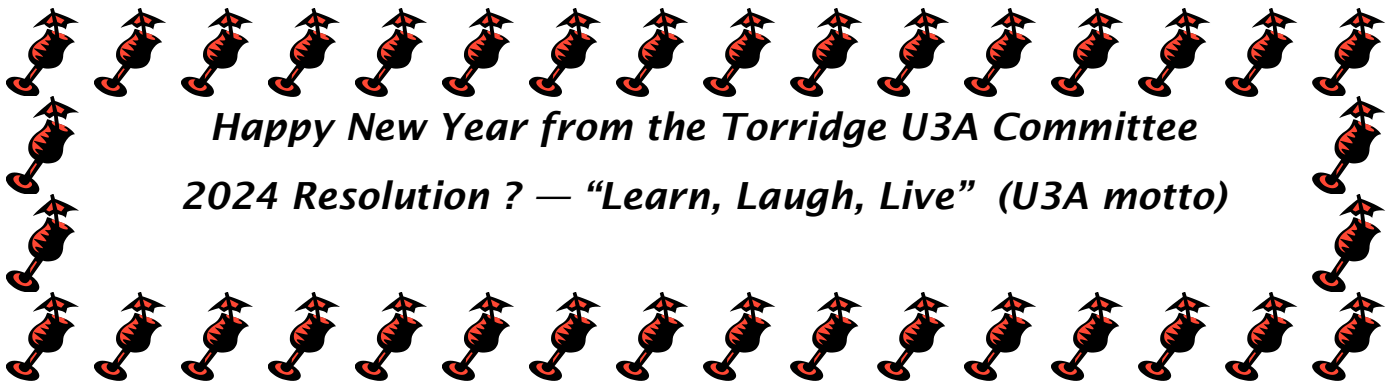
The United Kingdom U3A movement was founded over 40 years ago and one of the original ideas behind the birth of the U3A was that each individual U3A was to be run by its members for the benefit of all of its members. This is still as true today and all input from our members is valued, whether it is ideas for new interest groups or offers to help with the committee and organisation of our U3A. Myself and all other members of the Committee are always only too happy to discuss any suggestions our members may have and are ready to welcome anyone who would like to volunteer some of their time to help with the organisation of Torridge U3A.

As we move forward into 2024, I hope we will be able to continue to grow the range of activities Torridge U3A offers to our members.

I would like to take this opportunity to wish all our members a Happy and Healthy 2024.

Best regards

Dennis Pavitt
Chair, Torridge U3A



Happy New Year from the Torridge U3A Committee

2024 Resolution ? — “Learn, Laugh, Live” (U3A motto)

Miscellaneous: Written copy for publication in next edition of the newsletter, (by email please) to the editor by (**See below**). If you do not receive your electronic version or have queries regarding the printed Newsletter, please contact; - **Graham Thompson** (Final day for copy 30th Jan.)

Availability & Booking of the Upper Room : - For details, see website, programme in Upper room or contact: - **Dennis Pavitt**

Group leader changes : - Please send note of any change in name or contact details to the group leader co-ordinator : **Rob Phillips**

Upper Room payments : - Payments due for the Upper Room, etc. should be passed to the Treasurer : - **Heather Williams**

Proposed events : - If you are planning to hold an event, please contact **Dennis Pavitt** first to ensure that there are no clashes.

GROUP REPORTS



Badminton – Group Contacts **Wednesday:** David and Debbie Parker

We meet at 10am for an hour of fun badminton every Wednesday at the Atlantic Racquet Centre Bideford where we have 3 courts.

All equipment is provided free, each session cost £2 per person. We have one space available no experience necessary.



Bird Watching Group Group Contact: **Irene Hahn**

The Birdwatching Group took a break from an official outing in December. We usually meet up fairly early on in the New Year, details will be emailed to current members. This Group is full but I am happy to add to a waiting list. Irene



Book Group 1. Group contact: **Pat Pavitt**

Instead of our usual meeting this month, we enjoyed a very pleasant lunch at Country Cousins. We will be meeting again in January when our book to discuss will be The Lost Flowers of Alice Hart by Holly Ringland. A Happy New Year to you all. Pat Pavitt



Book Group 2. Group contact **Hazel McLellan**

In a Thousand Different Ways by Cecelia Ahern (contd.) For our final meeting of the year we arranged to meet at Maggie's in the church at Northam. We spent an enjoyable time discussing our book while sampling the delicious cake and coffee provided by Gilbert and the lovely lady volunteers. The group were fairly well in agreement in their opinion of this book. We found it made fascinating reading with a strong, interesting and unusual plot. It was easy to read but also a quick read because we felt compelled to keep reading to know how the story was going to unfold. We felt sorry for Alice who had to manage such a debilitating condition with very difficult circumstances at home. However she managed to come to terms with this and was eventually able to live a relatively normal life with her own family. Our January meet will be at ND Golf Club at 11am as usual when we can enjoy coffee and lunch while catching up on our holiday reading. We would like to take the opportunity to wish everyone a happy, healthy and peaceful new year.



Book Group 3. Group contact **Jo Sampson**

The Keeper of Stories by Sally Page

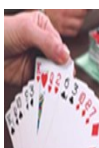
Janice collects stories. Some she overhears on the bus on the way to her cleaning jobs, and some from her employers. Through the varied characters that she cleans

for we meet a range of personalities with their own problems.

Janice has her own problems, mostly to do with her feckless husband, but is unwilling to share them. She had a traumatic childhood and lives with the guilt of the death at birth of her sister and the 'accidental' death of her stepfather. Her mother had succumbed to deep depression and alcoholism.

It is one of her most colourful characters who sees that Janice is suffering and eventually gets her to realise her own strength.

Many topics are covered through her characters and there is humour as well as sadness. We felt that maybe too many characters were involved and were too contrived and the resolutions of various situations was too hurried, but it was an interesting read. Jo Sampson



Bridge for Improvers Group contacts: Linda Nicholls

Sandy Madden

Tuesday evening Improvers Bridge is now starting at 6.45 for 2 hours finishing at 8.45 in the Upper Room. Maximum numbers have been reached & therefore it will now be on a waiting list.



Canasta Group contact : Christine Davies

We are ticking along in fine fettle. Still room for one more, we meet twice a month at Westward Ho!. For more details ring me as above. Christine



Crafty Cards & Creative Craft Class. Group contact **Alison Tamplin**

or **Carolyn Kelly**

Carolyn and Alison wish all U3a members a Happy, Healthy and Peaceful 2024

Please note that the Crafty Card Ladies we will be meeting on Wednesday 17th January when we will be making Teabag folding cards using old road atlases and maps.



The Creative Class Ladies will be making a beaded necklace covered in material on Thursday 18th January. We welcome all members new and old; we supply all materials and equipment.

For more information please contact Alison or Carolyn as above



Devon Inns.

Group contact: Peter Mills

Or Marilyn Clarke

The group lunch in December was held at The Royal George in Irsha Street, Appledore, a venue which i could not find in the group's records, therefore, I made



a point of eating here without the group to get a feel for the place, its service and of course the food, i was impressed, but would the group's members.

On the day, there was a great atmosphere and a buzz amongst the members, i felt and heard a lot of positive feedback from



the members about their plates of food and the high standard of service being provided by the Royal Georges staff. A great end to our Devon Inns group year. give it a try for yourself.

Our First outing in the New Year of 2024 is on Thursday 11th January at The Thatched Inn, Pump Lane, Abbotsham, EX39 Meet in the Bar at 12 Noon. Members are welcome to bring guests.

The group continues to select venues suitable to the weather conditions for this time of year, by gathering relatively close to Bideford. Please let me know as soon as you are able, whether you will be able to attend or not (Details above) Peter.



Digital Camera Group 1 & 2

Group contact: Nigel Tompkins

For our Christmas meeting, something a little different. Members were asked to select and share 3 favourite or best images. These were then 'critiqued' by Nigel. The members were able to get their own back on Nigel and Alan by critiquing the 3 images they had each selected for sharing. Interesting times, a lot of fun, with a bit of learning to support and enhance the members photographic experience and appreciation, now and for the future. Alan and Nigel selected the images which are shared below, from those presented by the members.



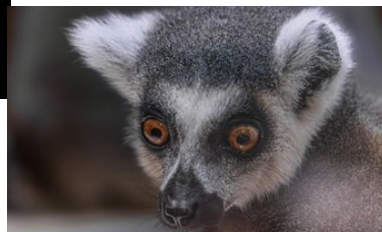
DCG1 Images:

Bergerac Water Colour - Jane Irvine,

Forgotten Ford - Malvyn Lowther,



Wheels of Time - Dave Parker,



Ring Tailed Lemur - Nigel Tompkins,



Wall Paintings - Dennis Pavitt,

Bridge at Tintagel - Michael Hatcher,

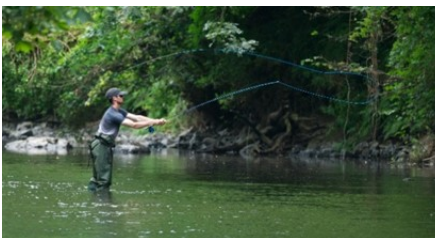


Grass on a Beach - Alan Gibbons,

Lanterns - Mandy King,



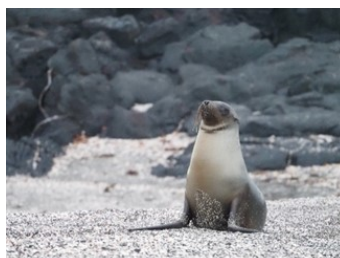
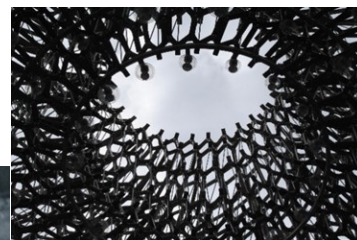
Fly Fishing - Paul Davies.



DCG2

Images:

Structure - Dave De Burton,



Galapagos Fur Seal - Sheena Natt,

The Breakwater - Paul Green.

Coming up

Main subject for the January meeting is 'Celebrations', with Nigel suggesting up to 12 images for sharing. Members may want to include images from 'The Museum of the Moon' in Barnstaple Pannier Market, the RHS Rosemoor 'Glow', and the other recent celebratory events that have been attended.



Discussion Group.

Group contact: Irene Baxter

Our next meeting will be on January 3rd 2024.

At present we have 5 people on the waiting list and are sorry there are no places available yet.

This year has been such a difficult year, many wars where civilians have been targeted, or accepted as collateral damage. Such wars leading at times to influxes of refugees, and terrible effects on innocent helpless children. All harrowing to watch. Then the cost of living, energy crisis, effects of global warming, and sewage into our rivers and seas, all very upsetting, and negative. With Christmas looming we decided to each share things that make us feel good and are positives.

Many spoke about the kindness of people, who lighten our lives. Many mentioned NHS staff that despite the present state of our struggling NHS still remained kind and caring. Planet earth 111 and other similar nature programmes to watch were life enhancing. They showed our beautiful planet, the amazing animals, and our amazing environment. Many referred to the people who are trying to save animals from extinction and save our biodiversity and environment from destructive practices. References to how heartening it was when we watched positive successes achieved by our children and grandchildren. After that we all went to the church café and enjoyed delicious cakes and a drink. Highly recommend it, great choice of fabulous cakes, choices of coffee types and a lovely cup of tea in a china mug. The church decorated with lots of lighted Christmas trees.

Best wishes to everyone and hopefully a more peaceful New Year.



Drawing Group 1

Contact Christine Holmes

Our next meeting will be on January 25th. Happy New Year everyone! From Christine.



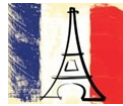
First Friday Walkers

Group contact: Margaret Curtis

The February walk will be led by Margaret Curtis as follows:

On Friday 2 February, meet in the layby/parking area on the main road (B3233) just outside Instow (on the Barnstaple side) ready to set off on the walk at 10.30am. The walk is between 3.5 and 4 miles and is easy after a slow climb up through Instow village. We will be rewarded by great views over the estuary including views of Instow and Appledore. From there, the walk is easy with level and downhill stretches, no unavoidable mud and no

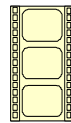
stiles. After the walk we will have lunch at The New Inn, Fremington. They would like us to pre-order so if you would like to come to the lunch, please make your choice from their website newinnfremington.co.uk. Please be sure to use this web address (ending .co.uk) and not the previous Landlord's (ending .com) which is still on the website with their old menu! Please let Linda have your lunch choice when you book onto the walk, deadline Tuesday, 30 January. Please note that "no shows" and cancellations on the day will be charged for. Margaret



French.

Group contact Jo Sampson

No update this month. Meeting as usual.



Friday Film Group

Contact : Wendy Roden

Unfortunately due to technical issues with obtaining a good sound quality, we have decided to postpone the first meeting on 12 January 24 to a later date (to be announced) which by then everything will hopefully be resolved.

In the meantime please browse through your DVDs for ones that you would like to bring and share with the group at our next meetings. Remember the more diverse the choice the better for the post film discussion! A Happy New Year to you all and we look forward to seeing you soon.



Knit & Stitch Group.

Group contact: Heather Williams

We meet on the 1st and 3rd Thursday afternoons at 2pm in the Upper Room. We enjoy working on our own projects, finding out about what everyone else is making, having a chat and a cup of tea or coffee. Heather Williams



Let's Talk About Books

Group contact Peter Flacke

The subject for discussion was "What's so great about the short story?" with the majority verdict being that it is indeed great. The following books were also presented :

War is a Racket by Smedley Butler - More of a pamphlet really, written in 1935, in which the retired US General detailed the ways in which war is good for business with "the profits reckoned in dollars and the losses in lives". He also suggested some ways to "smash the war racket", none of which have yet been taken up.

Surviving Death by Leslie Kean - The journalist, better known for her UFO work, investigates various seemingly paranormal phenomena from reincarnation to mediumship to near-death experiences. The evidence presented is persuasive but tantalisingly inconclusive.

Foster by Claire Keegan - A highly regarded novella set in Ireland about a young girl, neglected by her parents, who blossoms when fostered out to kinder relatives.

The Book Smugglers of Timbuktu by Charlie English - A detailed account both of European explorers' early attempts to reach Timbuktu, the "fabled Eldorado of Africa", and the efforts made in 2012 to rescue its ancient texts from marauding jihadis.

The Mayor of Casterbridge by Thomas Hardy - The classic tragedy about a man whose final wish is only to be forgotten. Our reader, noting how much attention the one-time architect Hardy paid to the buildings of Casterbridge (in reality Dorchester), posed the question whether a book can be better appreciated with some knowledge of the writer or by relying solely on the text.

Next meeting at 2pm on Monday January 22nd. The topic for discussion will be "Biography or Autobiography?" Got a preference? Bring it along and persuade us!



Mah jong

Morning Grp Contact: Nicky Heading

Afternoon Grp Contact: Suzanne Raper

We have two mahjong groups running at present...one group on the 1st and 3rd Monday mornings in the month from 10am until noon and the second group meeting on the 1st and 2nd Monday afternoons in the month from 1.30pm until 3.30pm. Both groups meet in the Upper Room and cost £2 per session. We have a good number playing in the morning group but can welcome a few more. The afternoon group has fewer players and it would be good to have a few more. So, if you fancy it, why not come along? Contact details as above



Music—Blues/Rock.

Group Contact: David Mclellan

Some unintended musical links occurred in our December session. For example The Allman Brothers track Blue Sky was played early in the session. Then later we played two tracks - No Reward and Funny Little Tragedy - by the Allmans "side project" Gov't Mule, featuring the guitar and vocals of Warren Haynes. Similarly the Willie Dixon number little Red Rooster was covered by Tom Petty & the Heartbreakers. Meanwhile elsewhere in the session Howlin' Wolf, who was the first artist to record this blues number in 1961, sang another blues classic Smokestack Lightning. This number had been played in various formats by this Chicago bluesman since the 1930s but was first recorded by the Chess label in 1956. Our varied diet of mainly blues orientated music also include tracks from: Elmore James (Dust my Broom); Janis Joplin (Half Moon); The Blues Band and Albert King & Stevie Ray Vaughan in a 1983 version of Born Under a Bad Sign. One of our regular artists Santana showed up with a track from the Barboletta album and finally the Xmas spirit was amusingly introduced by Bob Dylan with Must be Santa from his 2009 Christmas album.



Playreading.

Group contact: Christine Holmes

The Playreading group meet fortnightly in members homes. We have vacancies for members to read male roles. Please contact Christine (details above)



Practical Philosophy

Group Contact: Stuart Mealing

Or Irene Baxter

Our numbers were somewhat reduced by seasonal bugs and commitments but we all got thoroughly involved in the subject of Cyberethics - a branch of applied ethics that examines moral, legal and social interactions at the intersection of computers and communication technologies. We regularly drifted into the growing field of Artificial Intelligence but that area is of such significance to the future of our species that it has now become a subject which is commonly referenced in our meetings. Whilst the need for ethical standards in digital practice was easily agreed, the context in which it should be defined and applied (and by whom) was far less clear. There are cultural, social, political and financial incentives which bias different groups towards different ethical priorities and these are unlikely to be mutually sympathetic. Has one a right to privacy for instance? In a democracy one might be happy to be on an electoral register and to complete a census occasionally but not to have social media collecting and distributing every nuance of your online life. In an authoritarian state however it might be seen as in the interest of its citizens for all information to be shared. Most of the group were surprised to learn that the microphone on one's computer and phone, unless switched off, can be used to collect key words from conversations in their vicinity for feeding to media such as Facebook in order to present you later with related advertisements. This can however be presented as customisation for your personal benefit. We ended with a discursive visit to the Black Web but realised that none of us knew how it could be accessed in real life - so more research is in hand! Stuart



Saturday Cinema Club

Contact: Jan Thompson

The Saturday Cinema Club met for its inaugural meeting on 9th December. The group agreed to meet on the first Saturday of each month to watch a film at the Cinema and meet afterwards to discuss. The group may watch films at other times as and when. The first film will be The Unlikely Pilgrimage of Harold Fry on 6th January at The Plough, Torrington. Please contact Jan Thompson at (as above) for further information.



Science, Technology & Society.

Group contact: Barry Zussman:

For our first meeting of 2024, on Tuesday 23rd January (2:30pm in the Upper Room), David Dickinson will be lifting the lid on the ground-breaking technology of the American U2 spy-plane, which became front-page news in 1960 after the Russians shot one down (the infamous Gary Powers incident, subsequently dramatised in the Spielberg film 'Bridge of Spies'). But that wasn't the end of the U2 story - updated versions of the aircraft remained in production for another thirty years, and at least two are still in service today.

Finally, as I wish you all a happy new year, let us remember with affection our dearly departed friends and members Maggie, Neville and Angus, who we lost in 2023. They will be sadly missed. Barry

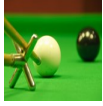


Short/Soft Tennis - Group Contacts:

Tuesday session: Ralph Bennett

Thursday session: Deborah Parker

We meet at 11am for an hour every Tuesday and at 3pm every Thursday at the Atlantic Racquet Centre which is near the Bideford re cycling centre. All equipment is provided free and an hour long session cost £3. New players always welcome. No experience necessary. All equipment supplied. Fun and exercise guaranteed.



Snooker (Tue & Wed)

Current Contact: Dennis Pavitt

We can take one or two new members for our Wednesday morning Snooker session held at the Kingsley Centre in Westward Ho! If you are an experienced player and you like to join our friendly and welcoming group, please give me a call. Dennis



Table Tennis.

Group Contact: Christine Isaac

The Table Tennis Group are still enjoying our sessions at the Youth Centre and are gradually picking up numbers again. We would be happy to see any new players that might wish to give us a try.



Beginners Table Tennis.

Group Contact: Helen Summerhayes

We resume on the 4th January so looking forward to seeing 'old' and new members.

Wishing you all a very happy and healthy 2024



Third Friday Walkers.

Group contact: Linda Burgess-Bentley

January Walk: For January, we will repeat the walk we did last January along the River Exe in Exeter as several people have requested it. The details are as follows:

On Friday, 19 January, meet inside Barnstaple railway station at 9.05am to take the 9.35am train to St David's Station, Exeter. (The cheapest parking is Seven Brethren car park, Barnstaple which is next to the old Leisure Centre (just demolished). It is currently £2.50 for the day and only a 5 or 6 minute walk to Barnstaple Railway Station). The train journey is about one hour and ten minutes. From St David's Station we will walk along the flood basin first and then join the River Exe at the weir where we will stop for our coffee. After our break we will continue on to Exeter Quay. The walk is 3 miles but everyone will have the option of walking only 2 miles. If there is time, we will stroll along the quay to look at the craft shops then have lunch at The Prospect Inn. After lunch, we will make our way to Exeter Central Station, Queen Street for the return journey to Barnstaple - a walk of about 0.75 mile. The river walk is on an easy,

level footpath as far as the quay. From the quay (after lunch) the path leads gently uphill as far as the cathedral then is level to the station. The trains back to Barnstaple are roughly one per hour (2.14pm, 3.14pm and 4.13pm). Lunch is booked for 1.00pm. They would like us to pre-book our lunch so please make your choice from the menu which I will email to you as soon as they send it to me. Then let me have your choice when you book onto the walk. Deadline Tuesday 16th January. My contact details are above.

Rail Fares : Standard return fare = £13.30. Senior Railcard return fare = £8.75 per person. Groups of 3 or more, return fare = £8.75 per person. To qualify for group fare, one person only pays at the kiosk for the whole group so the others in the group should have the correct change ready to give to the person who pays).

I hope you can join us; and don't forget to bring a woolly hat as it can be cold along the River Exe in January! Linda Burgess-Bentley



Ukulele group.

Group contact Richard Patmore

The ukulele group has had a busy month with our regular practice sessions and two performances. The first was at Christchurch, Barnstaple where we joined the Jubilee Singers for a really fun evening of popular music and carols. The group performed a variety of pieces, including the songs of ABBA, Tom Jones and the Beatles, to name but a few. We were ably assisted by the choir and the entire audience in what is always a really enjoyable evening.

Towards the end of the month we visited the Bluebell and Primrose homes in Westward Ho! to perform some Christmas songs and carols. Merry Christmas and a happy new year.



Watercolour Groups 1&2.

Contact: Brenda Cammann

The last sessions of the year were spent painting Christmas cards. **There will be no meetings in January 2024.**

Both groups will amalgamate to form a new Group 1 and will become an improvers' group. They will meet on the first Wednesday of each month commencing 7th February 2024 14.00-6.00 hours.

The new Group 2 will become a beginners' group. They will meet on the fourth Monday of each month commencing on Monday 26th February 2024 10.00 - 12 noon. Please note ... both groups are fully-booked. But, there is a waiting list. Please contact Brenda Cammann as above for further details preferably via email (Details above)



DIARY PAGE

ACTIVITY	DATE	START	END	LOCATION
<u>Groups below meet every week</u>				
Badminton	Every Wednesday morning	10:00	11:00	Atlantic Racquets Centre
Bridge for Improvers	Every Tuesday evening	18:45	20:45	Upper Room St Margarets
Croquet (Braunton)	Weekly on Tuesday - (May to Sept)	14:00	16:00	Croquet Club Barnstaple
French	Every Tuesday	10:30	12:30	Upper Room St Margarets
Short/Walking Tennis Thursday	Every Thursday afternoon	15:00	16:00	Atlantic Racquets Centre
Short/Walking Tennis Tuesday	Every Tuesday Morning	11:00	12:00	Atlantic Racquets Centre
Snooker on Tuesday	Every Tuesday from 10 a.m till 12 noon	10:00	12:00	Kingsley Snooker Hall
Snooker on Wednesday	Every Wednesday 10 am - 12 noon	10:00	12:00	Kingsley Snooker Hall
Table Tennis	Every Thursday	10:00	12:00	Bideford Youth Centre on the Pill
Table Tennis for beginners	Every Thursday between 10.30 and 11.30	10:30	11:30	Atlantic Racquets Centre
<u>Groups below meet two or three times a month</u>				
Canasta Group	Twice a month on 2nd and 4th Thursdays	10:30	12:30	Westward Ho
Knit and Stitch group	1st & 3rd Thursdays	14:00	16:00	Upper Room St Margarets
Mahjong Morning	1st and 3rd Monday between 10 am and 12 noon	10:00	12:00	Upper Room St Margarets
Mahjong Afternoon	Meets 1st and 2nd Mondays, 1.30pm to 3.30.pm	13:30	15:30	Upper Room St Margarets
Play Reading	Every fortnight on Mondays at 2pm	14:00	16:00	private members houses various
Ukulele Group	1st & 3rd Mondays of every month	14:00	16:00	Northam Hall
Bird Watching	TBA			Contact Group Leader
<u>Groups below meet once a month</u>				
Book Group 1	3rd Tuesday in every month	14:00	16:00	Upper Room St Margarets
Book Group 2	4th Thursday in every month	10:00	12:00	Upper Room St Margarets
Book Group 3	1st Tuesday in every month	14:30	16:00	Upper Room St Margarets
Crafty Cards	3rd Wednesday in every month	09:30	12:00	Upper Room St Margarets
Creative Craft Class	3rd Thursday in the month	10:00	12:00	Upper Room St Margarets
Devon Inns	2nd Thursday in every month	12:00	14:00	See Newsletter or Contact Group Lead
Digital Camera Group 1	2nd Wednesday every month	14:00	16:30	Upper Room St Margarets
Digital Camera Group 2	3rd Wednesday in Month	15:00	17:30	Upper Room St Margarets
Discussion Group	1st Wednesday in every month	10:30	12:30	Upper Room St Margarets
Drawing Group	4th Thursday in every month	14:00	16:00	Upper Room St Margarets
First Friday Walkers	1st Friday in every month	10:30	12:30	See Newsletter or Contact Group Lead
Friday Film Group	NULL	14:00	16:30	Upper Room St Margarets
Lets Talk About Books	4th Monday of the month at 2.00 pm	14:00	16:00	Upper Room St Margarets
Monthly Lunch	3rd Wednesday in Month	12:00	15:00	The Royal Hotel,Bideford
Music - Blues/Rock	2nd Thursday in every month	14:00	16:00	Upper Room St Margarets
Practical Philosophy	2nd Tuesday in every month	14:00	16:00	Upper Room St Margarets
Saturday Cinema Club	NULL	10:00	14:00	
Science,Technology & Society	4th Tuesday in every month	14:30	16:30	Upper Room St Margarets
Scrabble	2nd Monday of the month	10:00	12:00	Upper Room St Margarets
Third Friday Walkers	3rd Friday in every month	10:30	12:30	See Newsletter or Contact Group Lead
Watercolour Group 1	First Wednesday of the month	14:00	16:00	Upper Room St Margarets
Watercolour Group 2	Fourth Monday of the month	10:00	12:00	Upper Room St Margarets