



Ilfracombe Coast



Information for Members

Our friendly u3a

Here we would like to tell you about our friendly u3a where you can get together with like-minded people to socialise, make friends and enjoy life's new opportunities.

The Ilfracombe Coast u3a is open to all in their 'third age' which is defined not so much by a particular age but by a period in life in which full time employment has ceased. Maybe you have just retired, are new to the area, or are a long-term resident; no matter which, it is all about the interest groups, which offer a way to stay active, make new friends, and keep the brain ticking over!

Our u3a was formed over 35 years ago and is one of over 1000 groups that make up the national organisation, which was set up to help retired people socialise, learn new skills, and keep enjoying life to the full.

Our membership fee is £12, renewed each January.

New member's cream tea

Once a year we organise a cream tea to welcome our new members and to enable you to meet our organising team and fellow new members. It is an opportunity for us to get to know you and to find out your interests.

Social Get-togethers

We have Social Get-togethers that are open to every member in the form of our coffee mornings and special lunches. Here are opportunities to meet with other members from across our organisation to generally chat and exchange views.

Coffee Mornings

Did someone say coffee and cake ??? Yes we did!!

Our Coffee Mornings take place on the 4th Friday of each month (excepting August, when we give our organisers a well-deserved break, and December) at Pip and Jim's Community Centre, St James Place, Ilfracombe. **We welcome all members.**

10.15 - 12.00 Cost £3 Coffee/Tea and a piece of Cake and including a speaker at around 10.45. This is an opportunity to get together with friends both new and old.

Contacts, Joan Broxholme xxx Fran Barnett xxx

Email: events@ilfracombecoastu3a.co.uk Full details in our monthly newsletter.

Do come and join us whenever you can, you will be most welcome. You could bring a friend or neighbour to check us out.

Special Lunches

Our traditional monthly lunches have been replaced by four Special Lunches; for the New Year, in May, in October, and at Christmas and are open to all members. Invariably we have a theme, with an option to dress to suit the occasion. We use local village halls, and bring in caterers so that we can choose our own menu and dictate our own charges. And we have a lot of fun! We ask for your booking, and if necessary cancellation, by the previous Monday at 5pm so that we can tell the caterer how many meals we need. Once we have done so we are contracted to pay for the number of meals ordered, and although we do our very best to avoid it, we may need to ask you for payment in the case of short notice cancellation after the closing date. Our Christmas Lunch is the exception to this, where we use an hotel restaurant and tickets have to be booked and paid for in advance. This information is in the October and November newsletters.

Name badge

This are given to you at the beginning of your membership and a new one each year at renewal. Please wear your name badge to u3a events - our special lunches and coffee mornings.

Our new members have many names to put to many faces, so to wear our name badges as well as smiles on our faces are ways that we can make our new members feel welcome. We have available magnetic badge holders, which don't mark your clothes with pin holes, and also lanyards.

Activity groups

The activity groups are the bedrock of the u3a organisation. These are run by our members for our members. Some groups have a limited membership at any one time, others are open to all on an ad hoc basis. The details of each are listed below to help you make informed choices of any groups that you might wish to join.

The membership form has a box by the side of each activity. If you have an interest in joining groups we suggest that in conjunction with the membership form you use the following descriptions of the groups which will give you more information to help you make an informed choice. The convener will be able to give you more information about their group. By expressing an interest you are not making a commitment to join. You can attend two meetings to try a group out if you wish.

Depending whether the groups are operated from the convener's home or in commercial premises ie church hall, library etc, there may be a nominal fee to cover the cost of hiring the venue.

Once you have joined, please let the convener know if you are unable to attend any meeting group.



A(rchive) I(lfracombe)

Convener: Jane Dendle Tel: xxx

4th Thursday 1.45 - 3.45 at Ilfracombe Museum

Cost: £1 per session to cover refreshments. You might consider becoming a member of the museum at a cost of £12.50 per annum, but this is not at all compulsory.

A newly formed group, our task is to help the museum reduce the huge pile of papers and artefacts that need accessing into the collection. We will be assessing whether the item is suitable for the museum, giving a brief description if the answer is yes, and a museum number. Training will be given, but this is an interesting rather than difficult task!



Craft

Convener: Ley Holloway Tel xxx

1st and 3rd Tuesday 2pm-4pm Brookdale Rooms, Ilfracombe EX34 8DB

Cost per session is £2.00 to cover the hall hire, refreshments and some materials. Craft sessions start at 2.00 but we ask people to arrive 10 minutes early to help set out chairs and tables.

Crafts offer the opportunity to learn new projects in the company and with the support of like-minded members. We offer one of a variety of crafts at each meeting but anyone is welcome to come along with their own project and work on that: you'll probably end up teaching the rest of us. You can be a complete novice as many of the group are happy to teach their skills.



Family History

Convener: Joan Broxholme Tel: xxx

1st or 4th Monday 2-4pm at Ilfracombe Library

£2 to include refreshments, room hire and computer use, unless numbers are low when we may ask for an additional contribution.

There are 3 desktop computers in the Ilfracombe Library where we have the space entirely at our disposal. but some members prefer to bring their own laptops/ iPads to research their family's history. The library has access to the Ancestry world website.

We are a group where there is no teacher but where we all help each other. We are a mixed ability group and it is very interesting to see members improving their computer skills whilst finding out about their past. It's a fascinating hobby which turns up some intriguing facts.



Foodies

Conveners: Deirdre Spencer-Smith Tel: xxx and

Carole McGill Tel: xxx

3rd Thursday 1pm 'Dice and a Slice', 6 Belgrave Promenade, Wilder Road Ilfracombe EX34 9BD

This fun group has a 'food of the month'. For example in June it was strawberries. At each session there may be a quiz/food trivia, chat/discussions about our memories and feelings about the food, tips from any gardeners in the group about growing if appropriate, and hopefully some samples of things that members of made with the food as an ingredient for us all to taste.

If you would like to bring something with you that would be great, But please don't, however, feel obliged to bring anything: this group will work well with a mixture of sharing and sampling the variety of contributions. You might however bring a Tupperware container - it is unlikely you will go away empty-handed!

Check the newsletter for the next month's food choice.



French Conversation

Convener: Jo Rosvall [Tel:xxx](tel:xxx)

Wednesday 2.15-4.15pm 2 groups on alternate Wednesdays in Combe Martin

Our French Conversation Group provides an opportunity to practise speaking French in a friendly and supportive group. The aim is to have fun while improving our spoken French. Two groups take place fortnightly, in our home. Members will be allocated to one of the groups based on their experience of learning French.

We cover a wide range of topics, enjoying the chance to celebrate different aspects of French life, such as French food and drink, the different regions, French art, music and even television programmes.

As well as conversation we take part in activities such as games, quizzes and puzzles.



Garden Visits

Convener: In the spring we will be seeking a steering group to lead garden visits through 2025

We will visit gardens in our area:

- Gardens in the National Garden Scheme
- National Trust properties
- Plant nurseries
- Other gardens open to the public
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If you are interested, do contact us. Visits may well be on the 3rd Friday, or to fit in with NGS Gardens opening times. **Check the newsletter for details of the forthcoming visits.**

We would be delighted to receive suggestions for visits in the future, particularly to gardens offering tea and cake!



Italian Conversation

Convener: Julian Tippett Tel xxx

1st and 3rd Wednesday in month at 15:00 pm

We are a small group who meet at Julian's house to practice our Italian by conversing reading an easy reader book and reviewing our homework. As we have been together for some three years or more anyone joining now would wish to be able to keep up at our current level. We would welcome newcomers who are happy with this proviso.



Modern Board Games

Convener: Penny Kitching Tel: xxx

2nd Tuesday, 1.30 - 4 pm approx. Board Games Café, 'Dice & a Slice', 6 Belgrave Promenade, Ilfracombe. EX34 9BD

£2.50 a session including use of a wide selection of games and tea or coffee.

MBG are typically designed to keep all players in the game until it ends and offer many paths to victory.

We play a huge variety of games from 5 mins to 2+ hours, competitive, collaborative, hidden role and cooperative, there is something to suit everyone. So, come along, exercise your brain and imagination and have some fun.



MOTO (members on their own)

Convener: Pat Martin (the Combe Martin one) xxx

Specifically to facilitate opportunities for socialising for Members On Their Own, this group operates mainly, but not exclusively, using the WhatsApp on your smartphone. Help is available with downloading and using WhatsApp if required.

Of course our interest groups welcome you regardless, but MOTO is about other social activities out in the community, where you might find it easier to go and enjoy in the company of others in a similar position. If a member fancies company on an outing, visit to a pub or restaurant, a walk, a visit to cinema, etc then they post the idea, the date, time and place to meet on WhatsApp, and anyone who wants to join in messages back that they will be there. If not on WhatsApp contact Pat to see how you can find out about forthcoming activities.

We have two WhatsApp groups - MOTOchat, which as it says on the tin, is for general chat, appreciation of outings and advertising of local events that may be of interest to other MOTO but to which you are not organising a specific outing. MOTOevents is ONLY for the listing of outings where you will be at a specific time and place and are inviting other MOTOs to join you, and those messages where they say that they ARE cominb. These two groups are kept separate in order that any member searching for details of a previously posted event can find it easily.



Munch Bunch

Contact :Jo Rosvall ~~xxx~~ Maureen Lowe xxx

Steering group: Barbara Eales, Gilly Loosemoor, Maureen Lowe, Phil Marsden

This friendly group offers the opportunity to meet up with others to enjoy a meal together, in good company. Our meals will take place, sometimes on Sundays, sometimes on week days to provide a variety of venues. You will be able to find details of each meal in our monthly newsletter or via our WhatsApp group, which was set up to make it easy for members to book a place, or to find information about our outings.

Please contact us to join our group. You will then be able to book a place by phone, email, or on our easy to use WhatsApp.

So do come and join us, we are a friendly bunch.



Natural World

Contact Jo Rosvall xxx

Steering Group contact: Andy Forgan xxx

3rd Monday, Brookdale Rooms, Brookdale Church Ilfracombe 2-4pm

Contribution to room hire and refreshments £3.

The Natural World group was recently set up with the purpose of exploring the world of nature in all its myriad forms. The range of flora and fauna that North Devon has to offer is huge and sometimes unique which is recognised by the number of Sites of Special Scientific Interest. However the group's interest extends beyond this to include the physical aspects of the Natural World including the geology of the area, rivers, the sea and even the sky, not to mention the weather.

Activities may be indoors but are often carried out through field trips.

A small steering group works to coordinate activities.

The members keep in touch through a very active WhatsApp group although provision is available for those who prefer more traditional forms of communication. **Future meetings are announced in the newsletter.**



Novel Readers

Convener: Betty Williams Tel xxx 3rd Tuesday 2.30 in Combe Martin

Members with a love of reading might like to join the Novel Readers Group. For around £10 each (the total sum is shared between its members so the more we have, the cheaper per head it is) Devon Libraries send us a batch of copies of a book which we take away to read, and then discuss at a following meeting. It's all very informal (one does not need a degree in literature!) and it's interesting to hear others' opinions which, quite often, differ from one's own.



Photography - 'SNAPPERS & SNACKERS'

Convener: Steve Hawes Mob: xxx

4th Tuesday 10.30 -12.30 usually followed by refreshments nearby

Cost: No cost, parking charges shared if lifts given

This is an outings based group, an am. slot because mornings are usually brighter here in North Devon. *Snappers & Snackers* is all about gently exploring this fabulous area, with a bit of exercise, plenty of laughter and banter, and cake! And we've even been known to take a photo or two in the process! We explore different styles of photography - while I endeavour to demystify the myriad of controls found on modern day cameras!

It's all about enjoying photography, and sharing our photos on WhatsApp after the outing.

There is also a monthly theme, these pictures are also shared on WhatsApp.

All ability levels and all camera types are very welcome.

One-to-one theory sessions on all aspects of photography are also available.

Details of forthcoming outings can always be found in the Newsletter.

If the weather is bad there is also the option of just meeting up at the café or pub that I'll have already earmarked for lunch.



Practical Art

Conveners: Robert Hobson Tel: xxx Roger Styles Tel: xxx

Manor Hall, Berrynarbor on Wednesdays 11.00 till 13.00 £2.00 per session

We provide an opportunity for us amateur artists to get together and share our passion for painting, drawing or any similar artistic activity. We do not provide any materials as members bring their own but we have a small collection of books to use. We do not provide any tuition but we give each other help or constructive feedback on our efforts. We have a mix of expertise and experience from beginners upwards so don't worry if you are just starting out.

We have a maximum of 20 places and currently there are places open for new members.

If you would like to join our well established and very sociable group, or want to find out more please contact one of our Conveners - we would love to hear from you.



Ramblers

Convener: Julian Tippet Tel xxx
2nd Friday in month. Start time: 10.30am

Our starting location is usually a countryside car park. There's no need to book. Any u3a member can attend this friendly, chatty group. Just turn up at the meeting point in good time to be ready to walk at 10.30. Be sure to have the right clothes and footwear for some rough walking., and enough water if the weather is hot.

Members walking with dogs are welcome, of course as long as they can be kept under control.

Each walk is 3 to 4 miles in length taking 2.5 hours or so (although we are trying out including an option for a longer walk on some days). Afterwards a number of the party will choose to take lunch at a local hostelry. A WhatsApp group "u3a Ramblers" has been set up, organised by Jacqueline Cox. We expect it to be used inter alia for lift-sharing, updates and cancellations. If you want to join please contact Jacqueline. Queries to me, Julian



Shakespeare on DVD

Convener: Linda Macpherson Tel: xxx
1st Thursday at 1pm Member's home, Ilfracombe

Expanding our knowledge at a gentle pace, we gather in comfortable surroundings to watch a Shakespeare play and discuss our likes and dislikes of the production, along with refreshments.

You get a programme with helpful notes to help you get to grips with the play, and on-screen subtitles where available. Very long plays may be split over 2 meetings as we hope to keep to 3 hours maximum, but thanks to clever editors this hasn't happened yet. The aim is to watch every play in chronological order and hope to be able to spot a development of some kind.

There is no waiting list for this group, new members are welcome, but space is limited. You have nothing to lose by joining us at this point, it doesn't matter if you've missed the one play you were interested in, for they will all come around again. There are no exams, no group readings, just a lot of thought-provoking entertainment.

Singing For Fun



Convener: Jennie Tusveld Tel: xxx
1st & 3rd Monday Brookdale 10am - 11.30am. £1 a session towards room hire.

Relive the "Good old Days " with songs to bring back memories.

If you tell yourself and others "you cannot sing" then this is the group for you.

Come and join our lively group. Hope to see you soon.



Skittles

Convener: Jane Lucas Tel: xxx
1st Friday 4- 6 at the Sandpiper Inn, Ilfracombe Harbour.

This popular group is a fun game or two between ourselves. No skill required! With the option of going to a local eaterie together afterwards.

Cost is £1.50 per member per game to pay the Sticker Up and perhaps buy a drink or a coffee at the bar.

This group operates from Autumn to late Spring, when the rink is available at the Sandpiper.



Away Sunday (and other days) Lunch Group

Conveners: Fran Barnett Tel xxx Steve Hawes Tel: xxx

This group meets mostly, but not always, for a Sunday lunch, usually in the third or fourth week of the month. We aim to choose venues which give good quality food with a pleasant ambience and good value. Most are village pubs and also golf course restaurants and hotels. We are prepared to travel to reach these quality venues, and although lifts cannot be guaranteed there are sometimes generous drivers available who are prepared to share their transport, with an offer to share expenses in line with guidelines. We are a very friendly group and much enjoy the company getting together offers.



The Writing Group

Convener: Stuart Coslett Tel: xxx

2nd Monday Ilfracombe Library 2- 4 pm Charge of £2 for use of the library.

This is a group for those who like to write - for whatever reason. Pre-Covid Lockdown, we were primarily concerned with autobiographical writing, and that remains firmly on the agenda, but we now intend to broaden our horizons. If you have ambitions to write a novel, short stories, poetry, travelogues or whatever, this is the group for you.

Without exception, we aim to be positive, always supportive of each other and ready to offer constructive advice on how any writing can be improved. The group has a maximum size of 10 members.



Yoga

Convener: Jackie Gough Tel: xxx

2nd or 4th Fridays 12.45 - 2.00, a slow flow class, (45 mins Yoga / 30 mins coffee and chat) or 2.15 - 3.30 (chair yoga)

Body Aware Pilates Studio (end of the High St/top of Fore Street, Ilfracombe)

Charge £3 inclusive of room hire, equipment and refreshments

Jackie Gough, a qualified Yoga teacher, is offering a Yoga for all groups. It will be suitable for all levels (as it can be done sitting or standing) and all equipment will be provided.

The aim is to provide yoga exercises that support stability, prevention of falls, being active, increasing wellbeing and having fun.

There is always the opportunity for other groups and we welcome any ideas. You don't have to be an expert, just enthusiastic!

Our Web site

Our website <https://www.ilfracombecoastu3a.co.uk> If you haven't found it already then we invite you to take a look. We would like to thank the team who made possible this great asset for our u3a.

The website is not only for new members but for all of us to access news of activities and get-togethers, as well as the current and past newsletters, members of the committee and how to get in touch with everyone.

It is important to remember that a web site is dynamic and can be updated quickly and easily.

Photographs for the web site.

Moving forward we would like you to be aware that photographs of any of our activities may be used on our web site, and as ever, in our newsletters. These pictures predominately will be of groups enjoying ourselves with our u3a.

You do have the right to ask that photographs of you are not to be used, but please be mindful that this may exclude us using photos of whole group get-togethers and activities. Photos of individuals will not be used unless explicit permission is sought and granted.

If you have no objection to your photo appearing then there is no need to do anything.

Newsletter

Our newsletter is the glue that holds our organisation together. Here you will find each month news and views, and details of all the activities that are planned for the month. Here too the contact details of your committee and activity group conveners.

Our newsletter is produced and printed in house, and for a payment, for 2024 at cost of £8, can be posted direct to your home for the beginning of each month. There are 10 issues, with double months of July/August and December/January. Otherwise it is sent by email free of charge to any member who provides us with an email address.

If the newsletters are ready in time for the Coffee Morning, then a limited number of printed copies are available free of charge, first come, first served.

A redacted version is also available on our web site.

Q: Where/what/when?

A: In the newsletter!

Car sharing

Some members are able and willing to provide lifts to others when attending u3a activities and it is important that we show our appreciation by contributing to the cost of the journey. The committee have been asked to provide guidance as to the monetary contribution that might reasonably be offered.

It was felt that each passenger should contribute along the lines of the suggestions below.

This is regardless of the number of passengers. The mileage would be calculated from the start of the journey or, if applicable, the muster point.

- For a round trip around Ilfracombe town, eg Landmark, Brookdale £3
- For a round trip to Golf Club (4 miles) £4
- 5-12 miles (For a round trip would include Berrynarbor, Combe Martin, Woolacombe, Saunton) this covers most of our u3a area £5
- 13-26 miles (For a round trip would include Barnstaple) £6
- Over 26 miles for a round trip further afield at the driver's discretion in advance (guideline 18p per passenger per mile)

There is no obligation on car owners to provide lifts to u3a activities; after all it is their car, so if you accept an offer of a lift then you should be prepared to make a reasonable contribution.

Since car sharing is a private arrangement between members this policy is for guidance only.

Allergies and intolerances

If you have a food allergy or intolerance it is your responsibility to contact the venue, or in the case of an event catered for by us, the organiser, to let them know. We always publish contact details for each event.

Policies and Guidance, and Data Protection

Recently updated, our Policies and Guidance and Data Protection documents are available on our website. <https://u3asites.org.uk/northdevoncoast>

If you would like a printed copy, then please contact Fran Barnett xxx
newsletter@ilfracombecoastu3a.co.uk

Organising team

U3a (University of the Third Age) is a national organisation and Ilfracombe Coast operates under its umbrella. We are a charity and the committee members are trustees. We are here to serve our members.

We operate by an ethos of 'By us, for us.' All that we do is by the generosity of volunteers who give freely of their time, enthusiasm and expertise.

Please remember that anyone who does anything for our u3a is a volunteer and courtesy would be appreciated.

Ilfracombe Coast u3a Organising Committee contact details

Jane Dendle	Chair & Community Link	xxx	Email: xxx
Julian Tippett	Vice Chair	xxx	Email: xxx
Jo Rosvall	Secretary	xxx	Email: info@ilfracombecoastu3a.co.uk
Joan Broxholme	Coffee Mornings	xxx	Email: events@ilfracombecoastu3a.co.uk
Janet Keiff	Treasurer	xxx	Email: treasurer@ilfracombecoastu3a.co.uk
Jane Lucas	Welfare / Events	xxx	Email: xxx
Steve Hawes	Membership Secretary	07392 781894	Email: membership@ilfracombecoastu3a.co.uk
Bryan Cath	Website, IT & Publicity	xxx	Email: xxx
Ley Holloway	Speakers /Tech support	xxx	Email: xxx
Marilyn Stobbe	Committee member	xxx	Email: xxx

Contact for the newsletter: Fran Barnett xxx newsletter@ilfracombecoastu3a.co.uk

Newsletter team: Fran, Jo Rosvall, Joan Broxholme, Julian Tippett, Jacquie Andrews

Our newsletter is printed in house. Posted newsletters: Janet Gibbins

Our website: <https://www.ilfracombecoastu3a.co.uk/>

Registered Charity 1027348 Any cheques payable to Ilfracombe Coast u3a.

Our new bank account is with Virgin Money

BACs account Ilfracombe Coast u3a, sort code 82-11-07, account number 10576743