

### Committee Notice Board - Keeping You Informed

#### From the Chair

Well, here we are in "flaming June", but as I write there is a chilly wind and the threat of rain; definitely not beach weather, but it could be a good day for a walk or to do a spot of weeding - much needed in my garden!

The Exmoor Coaster bus is back in operation, but this year it seems that the timetable is not working in our favour, allowing you less than an hour in Minehead assuming you want to return to North Devon on the same day. As an alternative you



could take the 21 bus, which runs frequently and hugs the Taw/Torridge estuary, offering some good views. If the tide was right you could get off at Instow and take the ferry across to Appledore, or follow the Tarka trail into Bideford. In Appledore (which the 21 also goes to) there is an interesting Maritime Museum. You could follow the coast path around to Westward Ho!,

perhaps stopping for refreshment en route at the Countryside Centre. Or you could get the 21 to Westward Ho! and take the coastal path along to Abbotsham Cliffs. There is a circular route if you go up over Kipling Tors by the haunted house and when you reach the road at the top basically keep right until you get to the path that leads down to the cliffs, go down over the fields and back to Westward Ho! There are plenty of good eating places in the village, and a good charity shop too!

If my suggestions don't appeal to you, maybe you would be interested in the railway exhibition at Ilfracombe Museum which starts on July 20<sup>th</sup>. There is a talk that evening on the History of the Railway by a representative of Combe Rail. Contact the museum for more details.

Whatever you do, I hope you enjoy it, and make the most of the better weather which will surely come!

Jane Dendle



**Natural World group July meeting** on the 15<sup>th</sup> at Brookdale at 2.00 is "Tree to Bottle" an illustrated talk on local cider making. Non-members of the group are welcome. £3.00 contribution.

Contact: Jo Rosvall xxx

### U3a website Links

Our website is doing really well with top positions for keyword phrases that someone might type into a search engine without knowing anything about the u3a. The site is starting to generate some enquiries for us.

The Useful Links page - [www.ilfracombecoastu3a.co.uk/useful-links](http://www.ilfracombecoastu3a.co.uk/useful-links)

I have added quite a few new links to websites that we all could find useful about things for us to do, or where the defibrillators are located, for example. If you know of a good website that gives relevant information that you believe would be useful to other members, please let me know.

### Avoiding scams

I have also added a link to a download (PDF) on the Age UK booklet on how to avoid being scammed. At the last coffee morning I gave out about 30 of these booklets which were very well received. I will be bringing more of them to our next coffee morning for anyone who was not at the last one. It is a major concern that our age group is targeted by these scammers. While giving out these booklets it was worrying how many admitted to having been caught, including me. The booklet is well presented and has a lot of useful easy-to-understand information in it.

Bryan Cath

### Penny Kitching

We are very sorry to say that due to ill health concerns our lovely Penny Kitching has decided to step down as our Convener Liaison and from the Committee. We don't want to lose her, but realise there are times when you have to put all your focus into getting yourself well. Of course we thank Penny for the great job she has done for us - the Yorkshire tea she put on for us last year will stay long in the memory - and much of the work done with great sensitivity for our groups, of trouble-shooting and getting new groups off the ground, goes on in the background without the majority being aware.

Until September, should you need support for any interest group matters please use Fran as your point of contact. xxx



Welfare Support Jane Lucas xxx  
Telephone xxx



Hello again. Did you know on a Monday there is new hopper service provided by our community transport service?. Three starting points (Slade, Berrynarbor, and West Down) all converge at the seafront, then up to the high street and on to Tesco before dropping all passengers back home again. Cost is £5. [Ilfracombe Hopper - Ilfracombe Community Transport Association | Ilfracombe CTA.](#)

Gentle and inclusive well-being walks supported by our local health service have also started, ring Abigail 07398814517 for further information. A useful Facebook link to events and activities is 'what is on in and around Ilfracombe' Getting out and about helps us to stay in touch and meet others, all good for our well-being. Take care and keep safe.



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

**Our next Coffee Morning Friday July 26th (4th Friday)**

**No Coffee Morning in August**

**Pip 'n' Jims Community Centre, St James Place, Ilfracombe  
10.15 until 12.00**

**Cost £3 Coffee/Tea and cake**

**We welcome all members**

Joan Broxholme xxx Fran Barnett xxx

The speaker for **July** is Don Foster talk title **Bananas for Breakfast**. Memories of hiding from the Japanese in WW2. The story is about one of his family who was forced to hide on a pacific island when the Japanese invaded. He has written a book with the same title.

### **May Coffee Morning**

There were actually some spare places on the tables this month, but it was still quite a good turn out, 35 in fact. Of course, there were five Fridays in May this year, and I think that this might have caused some confusion because the coffee morning is always the fourth Friday, which is not always the last Friday in the month!

Our "putter-outers" arranged the tables in a different way this time, which allowed far more space for moving around, and having the coffee and cakes tables well separated worked well too. We are getting to know our new venue, and how to use it to the best advantage.

Our speaker was from Silverline Legal. Their purpose is simply to offer advice, and very good it was too. The main speaker Sam was engaging and amusing. He spoke about the importance of organising one's affairs, lasting powers of attorney, the cost of care, things which need to be considered seriously. I found his explanations clear and logical. I now understand why my sisters and I are having to set up a trust fund after the sale of our mother's house. Before we all thought it was a silly hoop the solicitors were making us jump through!. With him was Steve, the local representative of the firm who is happy to offer more personal advice on an individual basis.



*Ley Holloway*

Several people took this up, as there was a queue at the table afterwards.  
ria@silvertimelegal.co.uk website <https://www.silvertimelegal.co.uk/>

As ever the cakes and sausage rolls were delicious. Grateful thanks to all the cooks, the servers, the washer-uppers, those who helped with the tables and chairs. You all help to make our coffee mornings a success!

This month we also need to thank Bryan Cath who had a very useful booklet from age UK all about avoiding scams. All attendees were given a copy, and I'm sure that Bryan has some more to distribute. I'm told that there is an interesting programme on BBC 1 called "Scam Interceptors" which is well worth a watch. I'm afraid I have no more details, but I'll certainly be looking out for it in the future.

**You can be assured of the usual warm welcome for everyone who attends.**

1. What do Americans call the bonnet of a car?
2. What was the title of Adolph Hitler's autobiography?
3. The Beatles' first album has what title?
4. Who is the current manager of Plymouth Argyle FA?
5. Who is the current First Minister of Scotland?
6. The Embassy Cinema in Ilfracombe was previously known as what?
7. A gallopade is what: a dance? a riding exhibition? an architectural feature?
8. The Channel Tunnel marked which anniversary this year (2024)?
9. Which non-event links Kings Edward V and VIII?
10. Songs, "Honey, Honey", "Super Trouper" and "Our Last Summer" feature in which Show?
11. What is the state capital of California?
12. Which is the world's largest fish?
13. Where is Exmoor's most northerly location?
14. Which Greek god personifies the Sun?
15. Which is the first of the Mister Men stories?
16. Which British artist painted the first official portrait of King Charles III?
17. What does a bel measure?
18. In which country is the next Invictus Games to take place?
19. On what date did WWI start?
20. On what date did WW2 start?

### SCHADENFREUDE

Pootling round the lanes of Devon  
On a lovely summer day  
We're not worried when a tractor  
Slows us with its load of hay,  
But far behind us there's a beeping  
As a speeding driver tries  
To overtake the queue of traffic  
On a hill that's on the rise.

Then he swoops around us, catching  
Our mirror as he hurtles on.  
Other cars are forced to ditches  
As he swerves and then is gone.  
Five miles on we come across him,  
Bonnet up, smoke belching grey.  
Maybe we could have stopped to help him  
But laughing we went on our way.

Katie Mallett © 2024

## Interest Groups /Events timetable - July 2024

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 Singing4Fun Family History	2	3 Art French Conv It Conv	4 Shakespeare	5 Committee	6	7
8 Writing	9 Modern Board Games	10 Art French Conv	11 Munch Bunch lunch	12 Ramblers Yoga	13 MOTO meal	14
15 Natural World	16 Novel Readers	17 Art French Conv It Conv	18 Foodies Newsletter deadline	19	20	21 Garden Visit Away Lunch
22 Family History	23 Photography	24 Art French Conv	25	26 Coffee AM Yoga	27	28
29	30	31 Art French Conv				

## Interest Groups /Events timetable - August 2024

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1 Shakespeare	2	3	4
5	6	7 Art It Conv	8	9 Ramblers	10	11
12 Writing	13	14 Art	15	16 Away lunch	17	18 N/L deadline
19 Natural World	20 Novel Readers	21 Art It Conv	22	23	24	25
26	27 Photography	28 Art	29	30	31	

## Ilfracombe Coast u3a Interest Groups

There is always the opportunity for other groups and we welcome any ideas. You don't have to be an expert, just enthusiastic! Contact Fran Barnett or any member of the committee to discuss your ideas.



**Archive Ilfracombe Convener Jane Dendle Tel:xxx**  
**Ilfracombe Museum 4th Thursday or 4th Friday 1.45 - 3.45**  
**£1 towards 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. Our task is to help the museum reduce the huge pile of papers and artefacts that need accessing into the collection. We assess whether the item is suitable for the museum, giving a brief description if the answer is yes, and a museum number. We come across many fascinating items!*

This month we were sorting through more of the collection from John Kinsman - plenty of photos, post cards, guide books etc. We were trying to classify, and looking for duplicates, of which there were many, at the same time.

This was our last meeting until September. There is no doubt that our efforts have made a big difference to the Museum, and Lindsay, the Trustees and Volunteers are very grateful.

Next meetings: September 26<sup>th</sup> and 27<sup>th</sup>



**Crafts Convener: Ley Holloway Tel xxx 1<sup>st</sup> and 3<sup>rd</sup> Tuesday 2pm**  
**Brookdale Church Hall - if possible we ask people to arrive about 10 minutes early to help set out tables and chairs. Contribution of £2 unless numbers are low.**

*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.*

*The craft group takes a summer break after completing 12 sessions from September.*

The craft group is on a summer break at the moment, we start again in September. Last month a few of us went to Art Mash in Chivenor Business Park to do Glass Fusing. There were only 4 of us so I have decided not to organise these outings next year.

Those of us who were able to make it had a lovely time.

I collected work for 3 of us and I've added the pictures, right, I was playing with little tiny things, the others did much more sensible pieces.



**Family History Convener: Joan Broxholme Tel: xxx 1<sup>st</sup> and 4<sup>th</sup> Monday 2-4pm**  
**at Ilfracombe Library cost £2.00 at the moment but may have an increase to £3.00 as the library have put up their charges. It depends on how many members attend to cover the cost. Both include refreshments.**

*There are 6 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.*

Here are the dates for the next 3 months:

Monday 1<sup>st</sup> July 2.00 - 4.00

Monday 22<sup>nd</sup> July 2.00 - 4.00

**August NO meetings, enjoy your holidays.**

Monday 2<sup>nd</sup> September 2.00 - 4.00

Monday 23<sup>rd</sup> September 2.00 - 4.00

During the Autumn months we will be researching our own family's involvement in ww1 and ww2. This enables us to bring along any information we have found to discuss in our November meetings, photographs, war records, certificates medals and stories our families have told us. It would be great to put a display together to show our members at the Christmas Mince pies and Carols morning.

Enjoy the summer, I look forward to seeing you all soon. Joan



**Foodies Organisers: Carole McGill xxx and Deirdre Spencer-Smith xxx 3<sup>rd</sup> Thursday £2**  
**1 until 2.30 pm "Dice and a Slice", 6 Belgrave Promenade, Ilfracombe, EX34 9BD**

*We focus on a 'food of the month', with a quiz, lively discussions and the tasting and sharing of any dishes brought in by members. If you would like to bring something with you that would be great, but please don't, however, feel obliged: 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!*

The topic for our next meeting on **July 18<sup>th</sup>** is CHEESE. We look forward to seeing you then.

There will be no meeting in August and the next meeting will be on September 19<sup>th</sup> when we will be bringing 'FOOD of YESTERYEAR'. That should be fun and bring back some memories!

Carole and Dierdre x



**French Conversation Convener: Jo Rosvall Tel: xxx**  
**2.15pm until 4.15 pm in Combe Martin 2 groups on alternate Wednesdays**  
**Please contact Jo about future availability to join.**

*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.*

This coming month we are likely to touch on the subject of politics and elections, topical in both France and the UK.

**Sessions will continue as usual in July, but we take a break in August.** Weather permitting we will plan for a boules session and picnic, before the end of July.



**Garden Visits: Convenors: Walter Daw**  
**Mobile: xxx E-mail:**  
**XXX**

*We visit gardens in the National Garden Scheme, National Trust properties and other gardens open to the public - especially those with tea and cake! Visits are normally on the **third Friday of each month** but fit in with garden open days.*

Our July Visit

We will be going to Tapeley Park Gardens on **Sunday, 21<sup>st</sup> July**, meeting at 2 p.m. The visit is on Sunday because the gardens are closed on Fridays.

Tapeley Park is located between Bideford and Barnstaple, near the village of Instow. Visitors can follow brown tourist signs from the A39 onto the B3233 The Tapeley Garden entrance is just beyond the turning sign posted to Westleigh Village, coming from the Bideford direction.

**IGNORE your satnav. It will take you to the wrong entrance!** The What



Three Words for the location is padding.makeovers.return

Contd.....

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The Tapeley Park grounds are renowned for their beautiful gardens, particularly the Italian terraces, and include a lake, ponds, old woodland and a number of fields where Tapeley's herd of Highland cattle graze. As well as a sizeable organic vegetable garden, Tapeley Park has one of the oldest permaculture gardens in the UK.

Entry for Senior Citizens is £6.50. There is, of course, a tea room.

To arrange a lift or to offer one, please post on the What's App group.

**There is no visit arranged for August.** We may have a visit to a garden in September if there are signs of an Indian summer!



### Italian Conversation

**Coordinator: Julian Tippet xxx 1<sup>st</sup> and 3<sup>rd</sup>  
Wednesday 3pm at xxx**

*We meet for conversation and to improve language knowledge and fluency. In doing so we learn more of this lovely country and its culture.*

**Dates for July: 3<sup>rd</sup> and 17<sup>th</sup>.**

On our recent visit to Tuscany we were much impressed by the exquisite Siena cathedral (duomo).

**Dates for August: 7<sup>th</sup> and 21<sup>st</sup>.**



**Modern Board Games Convener: Penny Kitching Tel: xxx  
2<sup>nd</sup> Tuesday, 1.30 - 4 pm approx.**

**Board Games Café "Dice and a Slice", 6 Belgrave Promenade, Ilfracombe  
Cost £2.50 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, competitive, collaborative, hidden role and cooperative: there is something to suit everyone. Exercise your brain and imagination and have some fun.*



A lovely afternoon was spent playing 'Project L' a game in which you have to win pieces to complete increasingly difficult spatial puzzles. Rod won the first game and Jacky won the 2<sup>nd</sup>. We then played a quick card game called 'Point Salad' collecting fruit and veg for orders, Maureen was the winner collecting almost as many points as the rest of us put together. Go Maureen!

Our next meetup is on **July 9<sup>th</sup>** and everyone is welcome to join us, the more the merrier.

**We are taking a break in August** and will resume on the 10<sup>th</sup> of September.





**MOTO group - Members On Their Own Convener: Pat Martin (the Combe Martin one!) Tel: xxx  
Email: 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. We are a super friendly and supportive group of single and widowed guys and gals, and members who like to go out sometimes without their 'other half' or have different interests.*

*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 MOTOevents, 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 coming. These two groups are kept separate in order that any member searching for details of a previously posted event can find it easily.*

*Short notice arrangements / ideas are very welcomed by MOTO. Several of our members also join in with other groups (i.e. singing, ramblers), so check the Newsletter for more information. Please also try and attend the U3a Coffee Mornings. Wear your name badge and we can try to make sure you meet others from the MOTO group*

*In June, Joan Lupton arranged a lovely meal at 'Take Thyme' in Ilfracombe. Another day a group of us did an easy walk along part of the coast path from Sandy Cove Hotel to Watermouth where we had a lovely cream tea etc. at the 'Storm in a Teacup'. There is Music on the Beach in Combe Martin most Saturdays now, weather permitting. Some of us went down one warm weekend, taking drinks, snacks and a chair! We will do it again when we have another warm weekend! I will put it on the Whatsapp group if I am going.*

*On **July 13th**, Joan Lupton has booked Bar 71 Bistro in Fore Street, Ilfracombe for 6.30pm. Anyone interested in joining her please contact her. Her number for meal places each month is xxx*

*The weather should be improving soon, so let's get some more events organised.*

*I am arranging a walk from Countisbury to Lynmouth via Watersmeet (possibly on the open top bus) as soon as the weather improves, and maybe a garden lunch at The Pack of Cards. Let me know if you are interested in either.*

*Let's come up with ideas and sort some more events. Short notice plans on our Whatapp group are always welcome. Events are fun with 2 or 22 so get thinking. Hope to see you all again soon.*

Pat Martin x



**The Munch Bunch Contact :Jo Rosvall ~~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.*

*Membership is currently open to all those who have not signed up to another lunch group, as our aim is to increase lunch opportunities for members. You will 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.*

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We were delighted to have the first ever Munch Bunch lunch in a familiar venue, the Ilfracombe Golf Club, where fourteen of us enjoyed a lovely carvery lunch with a wonderful choice of vegetable dishes. It was a very enjoyable occasion, in good company, and in addition we were treated to the sight of the Waverley sailing past. Unfortunately we were so busy eating that no-one managed to take a picture!



Pat Martin

Our July lunch will be at **Comyn Farm on Thursday 11<sup>th</sup> July**, at 12.00 for 12.30 start.

We have set up a Whats App group for the Munch Bunch, which is probably the easiest way to book a place. Otherwise, you can reserve your place by phone to Maureen Lowe on xxx or by email to [xxx](#). We need to have your booking by **FRIDAY 5TH JULY**  
Comyn Farm 01271 865371 for dietary needs.

We are planning for a meal in August, please see the Munch Bunch WhatsApp for news of that.



### Natural World

Contact: Jo Rosvall xxx Email: [xxx](#)

Steering Group contact: Andy Forgan [xxx](#)

Normally 3<sup>rd</sup> Monday 2.00 but location varies. Indoor meetings at Brookdale 2-4

### Contribution £3

*The Natural World group was 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.*

*Our members keep in touch through a very active WhatsApp group although provision is available for those who prefer more traditional forms of communication.*

"Bubble, bubble, toil and trouble" wasn't quite what our guide was saying as he talked to us over his vats and demijohns of fermenting brews. We were hardly on a blasted heath but rather in the most idyllic location of the beautiful Oare valley, overlooking St Mary's church of Lorna Doone fame. We were at the Root Project, which is an experiment using Korean farming techniques. Put simply, this is farming that respects the complex relationship between plants and living soil. It recognises that the quality of our food depends on the quality of the soil, with its myriad symbiotic organisms, in which it is grown. Our thanks go to Hadyn and Caroline for such a warm welcome, delicious cake and an enthralling visit.

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**Our next event on the 15 July** at Brookdale at 2.00, is "Tree to Bottle" an illustrated talk on local cider making. Further details on the WhatsApp. Non-members of the group are welcome. £3.00 contribution.

**Far from the Madding Crowd.** On the 19th of August we are proposing a stroll and a bring your own afternoon picnic tea as a social event on West Challacombe at Combe Martin. This will involve a couple of miles, a bit uphill and a bit rugged underfoot, across a NT rewilding project. More info on WhatsApp nearer the time.



**Novel Readers Convener: Betty Williams Tel: xxx**

**3<sup>rd</sup> Tuesday 2.30pm at "xxx", Combe Martin, unless notified otherwise.**

**£1 towards refreshments and an annual charge (around £10) for the loan of books.**

*Our members have a love of reading. Devon Libraries send us a batch of copies of a book which we take away to read, and there follows an often lively discussion at the 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.*

Never ones to forego a challenge, our Group tackled "Never Greener" but wished they Never had. It was a definite thumbs-down and hope expressed that Never again would we receive a similar novel.

Virginia Woolf's "To the Lighthouse" will occupy (some) of our time until our **16th July** meeting, and because one does not stop reading during the summer months, we shall also meet on **20th August**.



**Photography - 'SNAPPERS & SNACKERS'**

**Convener: Steve Hawes Mobile:xxx**

**4<sup>th</sup> Tuesday**

**10.30-12.30 followed by nearby refreshments**

*All ability levels and all cameras are very welcome. 'Snappers & Snackers' is all about gently exploring and enjoying this fabulous area, with a bit of exercise, plenty of banter, plenty of laughter, plenty of cake - and we've even been known to take a photo or two in the process! We enjoy many different types of photography, while I try to demystify the myriad of controls found on modern day cameras! One-to-one theory sessions are available on all aspects of photography.*

Sadly May's outing was cancelled due to bad weather! It was cold, wet, windy, dark, and horribly overcast, which pretty much sums up Spring 2024! June's outing is all about playing tourist up at the wonderful Woody Bay Station / Lynton & Barnstaple Steam Railway, where we can try out their new café. Meetings will continue through the summer, and please do bring any summer visitors along. At Arlington we'll walk down to the lake if the weather is kind; and we'll snack at Mother Meldrums in Aug - if it's still open (I see their premises are currently up for sale!). The following photos are from recent events.



High on Holdstone Down



Waverley leaving Ilfracombe



Dynamo Choir - Lynton's Steam Punk Saturday



Ilfracombe's Elephant

Future Outings .....

**July Tue 23** Arlington Court      Arlington Café

**Aug Tue 27** The Valley of Rocks      Mother  
Meldrums?



Paignton Arcade



Lundy Race



**Practical Art. Conveners: Robert Hobson Tel:xxx Roger Styles Tel: xxx**  
**Manor Hall, Berrynarbor on Wednesdays 11.00 till 13.00 £2 a session**

*Practical Art is a friendly informal group of u3a members who enjoy painting together. We are a group who have varied levels of skill from beginners to those who deserve to be called 'artists'. We are always looking for other members who enjoy a chat and a bit of art so come along and join us.*

Art activities provide relaxation and a chance to meet new friends. Art activities can also change how our bodies function. Research has shown that art can reduce stress, increase immunity and help our heart function. Creative skills development are linked to a lower risk of developing dementia and mental illness.

So why not join us? Every Wednesday at The Manor Hall - including all Wednesdays throughout the summer.

Manor Hall, Berrynarbor - Wednesdays 11.00 till 13.00 £2 a session



**Ramblers. Convener: Julian Tippett Tel: xxx 2<sup>nd</sup> Friday 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*

**Friday 12th July**

**Simonsbath — Picked Stones (or just Cow Castle and back)**



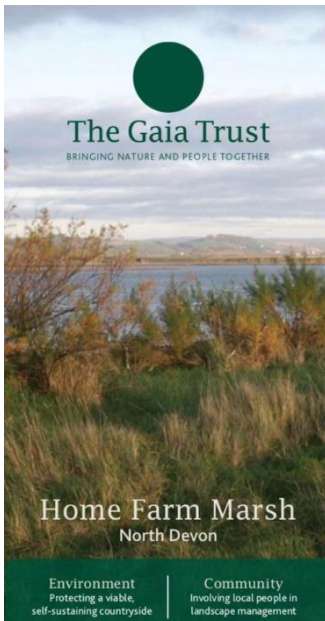
Path by the River Barle

In response to requests from some for a longer walk we have two options this month — a seven mile circuit to Picked Stones (take picnic) or walk with the others to Cow Castle alongside the river on an easy path and return same way. About 3.5 miles.

Meet at Simonsbath National Park car park (cash only, £5.00 per day, take coins to be safe)

Wal Daw will lead the Picked Stones walk. Those who want a shorter walk can join in as far as Cow Castle, and return from there under own steam.

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**Friday 9th August**

Walk through a nature reserve from Fremington Quay. The Gaia Trust has a reserve at a farm west of Fremington Quay. We shall walk along the coast and through the reserve, returning along the Tarka Trail.

Read more about the reserve at <http://www.gaiatrust.org.uk/home-farm-marsh.html>

Meet: Fremington Quay car park.

Walk: 3.5 miles, no hills

Important: No Dogs

Leaders: Thelma Paterson and Patsy Nott

Optional lunch: Quay cafe



**Shakespeare on DVD - Convener: Linda Macpherson Tel: xxx**

**1st Thursday 1pm Convener's house in 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.*

*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.*

July's meeting (on **Thursday 4th 1pm**) will feature *Henry IV part 1* because 3 people missed it in June. Therefore our **August play (Thursday 1st)** will be *part 2*, which continues the backstory of the future Henry V, loving life as a playboy Prince with a load of disreputable mates in the dodgy end of London's markets and back-street taverns. The short History cycle ends with Henry V's own play, of course, where the prince has become a renowned wartime leader who defeats a massive French army at Agincourt, so that's scheduled for September.

If you weren't already fired up with patriotism for Harry Kane in Germany, prepare to push that a bit further!

*Cry God for Harry, England and St George!*



**Singing For Fun - Convener: Jennie Tusveld**

**Tel: xxx 1st and 3rd Monday**

**10 to 11.30am Brookdale Rooms**

*Join our group to sing timeless songs that bring back happy memories. If you tell yourself and others "you cannot sing" then this is the group for you. Come and join our lively group.*

The next meeting will be **Monday July 1st** & will break then until Monday September 16th.



**Skittles Conveners: Jane Lucas Tel: xxx Mob:xxx**

**Email: xxx**

**1st Friday 4- 6pm at the Sandpiper Inn, Ilfracombe Harbour.**

**£1.50 for the picker upper**

*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 customary to buy a drink, soft or otherwise, or a coffee at the bar.*

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

Contd...

..contd

The end of skittles season was played out to a game of killer, where everyone had 3 lives and alternate goes until all the skittles were knocked down. Ooh we laughed. The next season starts on the first Friday in September the 6th at the Sandpiper pub, Ilfracombe at 4pm. Looking forward to seeing current and new players then. Jane



**Away Sunday (and other days) Lunch group**    **Conveners: Fran Barnett**  
**Tel:xxx xxx Steve Hawes Mob:xxx**

*Our 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., paying a little more if necessary. 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.*

It was lovely to be joined by several new members and their guests for a super meal at the New Inn in Goodleigh.

Our July lunch will be at the Barnstaple Hotel, Braunton Road, Barnstaple, EX31 4LE on **Sunday July 21st** at the usual time of 12 for 12.30. This is a carvery meal and usually with an amazing range of delicious desserts to tempt us! Carvery £14.95 Desserts £6.95 Please let Fran know by **Tuesday 16<sup>th</sup> July if you plan to come or not.** We have a WhatsApp group to make booking your meal easier or phone me. The contact number for the hotel for any dietary needs is 01271 374221, party booked in the name of Barnett.

For August we have booked a table at the Chinese restaurant Fullam, 18 Tuly Street, Barnstaple, EX31 1 DH contact 01271 328882. This is on **FRIDAY August 16<sup>th</sup>**, 12 for 12.30. There is usually a set price menu as well as the a la carte. Have your thinking heads on you, as we need to remember what we have ordered .... it's all part of the fun! Please let Fran know by phone, email or WhatsApp if you are coming or not. We think it is only fair to give our venues accurate numbers well in advance of the day.

We look forward to seeing you at both venues. Enjoy your summer!



**The Writing Group Convener: Stuart Coslett Mob: xxx**  
**Email: xxx**  
**2<sup>nd</sup> Monday 2pm Ilfracombe 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. With a good turnout the contribution is £2. Should there be smaller numbers for any reason then a little extra is needed to meet the £17 cost for the venue*

Being given a free choice of what to write about created a few problems for some of us. It seems that most of us prefer to have a specific task on which to concentrate our efforts. As one member of the group said, it was like driving into an empty car park and wondering which space to take! Having said that, we were treated to an amazing range of writing, which prompted a lot of interesting discussion.

For our next meeting, on **Monday 8 July**, we will be writing a piece about a life changing event or experience. There will also be a meeting on **Monday 12 August** for those of us who are spending our summer in Ilfracombe, rather than jetting off to sunnier climes. The topic for that meeting will be decided when we meet in July.



**YOGA forAll Convener: Jackie Gough xxx**

2nd and 4th Fridays

Body Aware Pilates Studio (end of the High St/top of Fore Street, Ilfracombe) Cost £3 inclusive of use of equipment and refreshments

2 groups, 12.45 to 2.00pm or 2.15 to 3.30pm (45mins Yoga /30 mins coffee and chat)



Jackie Gough, a qualified Yoga teacher, offers 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.

My plan is to run classes in **July 12th and 26th. No classes in August** then start again in September. September the 13th.

**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: <a href="mailto:info@ilfracombecoastu3a.co.uk">info@ilfracombecoastu3a.co.uk</a>
Joan Broxholme	Coffee Mornings	xxx	Email: <a href="mailto:events@ilfracombecoastu3a.co.uk">events@ilfracombecoastu3a.co.uk</a>
Janet Keiff	Treasurer	xxx	Email: <a href="mailto:treasurer@ilfracombecoastu3a.co.uk">treasurer@ilfracombecoastu3a.co.uk</a>
Jane Lucas	Welfare / Events	xxx	Email: xxx
Steve Hawes	Membership Secretary	07392 781894	Email: <a href="mailto:membership@ilfracombecoastu3a.co.uk">membership@ilfracombecoastu3a.co.uk</a>
Bryan Cath	Website, IT & Publicity	xxx	Email: xxx
Ley Holloway	Speakers /Tech support	xxx	Email: xxx
Marilyn Stobbe	Committee member	xxx	Email: xxx

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

Registered Charity 1027348 Any cheques payable to Ilfracombe Coast u3a.

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

Recently updated, our Policies and Guidance and Data Protection documents are available on our website.

<https://u3asites.org.uk/northdevoncoast>

For a printed copy, please contact Fran Barnett xxx

Answers: 1. Hood; 2. Mein Kampf; 3. Please, Please Me; 4. Wayne Rooney; 5. John Swinney; 6. The Pendle Stairway; 7. A Dance; 8. 30th; 9. No Coronation; 10. Mamma Mia; 11. Sacramento; 12. Whale Shark; 13. Foreland Point; 14. Helios; 15. Mr Tickle; 16. Jonathan Yeo; 17. The intensity of noise; 18. Canada; 19. 28 July 1914; 20. 3 September 1939.