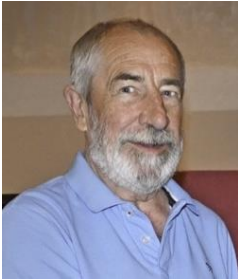




## Chat from the Chair



Just when everything is cracking along and spring is here – oh no!

I'm writing this with a positive COVID test sitting on the table in front of me. I've sadly had to cancel all my groups and events for the next week or so – looks like house cleaning and some gentle gardening so let's hope the weather warms up. I'm told that this is the JN.1 variant of Omicron and it's able to evade many of our immune system defences. It hit me with little warning, starting as a fierce sore throat and runny nose. Later all the rest of the symptoms appeared – if there was such a thing as COVID Symptoms Bingo then I would have won the big prize!

Hopefully it will run its course and I will be fully fit to welcome you all to The Pavilion for our Annual General Meeting on Thursday 9<sup>th</sup> May (10.00am for a 10.30am start). We'd really like to see as many of you as possible, not least because we need over 10% of the current membership in order to be quorate for the AGM. We also have an excellent talk on *Stress and Coping Strategies in the Armed Forces* so I promise to try to keep the formal AGM sections moving along at a good pace.

Looking further ahead, the June Monthly Meeting is scheduled for Thursday 20<sup>th</sup> June as The Pavilion is unable to host us on the usual second Thursday of the month so please pop this date into your calendars.

Now as the weather improves and the days lengthen, we drive more and further afield. One of our members forwarded me an article on potential issues with motor insurance and police use of number plate recognition cameras. These are used by the police to quickly check on our tax, MOT and motor insurance status. However, not all insurance companies are quick and accurate with inputting the required entries in the MID (Motor Insurance Database) so if you have been changing your motor insurance company as many of us do, go to [www.askMID.com](http://www.askMID.com) to check your car's status or simply carry a copy of your Certificate of Insurance in your glovebox or on your phone. If you cannot produce proof of insurance when asked, your car could be impounded on the spot.

And finally, a driving tip from me – if you are cruising along on the M5 in Avon and Somerset, the speed-trap camera van will be parked on the bridge just around the next corner.

Any questions or ideas - please contact me at [chairman@exmouthu3a.org.uk](mailto:chairman@exmouthu3a.org.uk)

Have you looked at our new website – [exmouthu3a.online](http://exmouthu3a.online) – please let us know how you like it. Any feedback would be gratefully appreciated by the small team of dedicated developers who've worked long and hard to get this up and running – just go to 'Contact Us' and click the 'Website' link.

Regards

**Mike Turff**  
Chairman

## Next two monthly meetings

You are most welcome to join us for our monthly meetings at **10:00, usually for a 10:30 start to 11:45**. These meetings will be held at the Pavilion. Where possible we will live stream our monthly meetings on the Zoom link In the Members' edition of this newsletter.

Date	Presenter	Title	Description
9 May '24 <b>AGM meeting followed by:</b>	<b>Alex Leger</b>	Stress and coping strategies in the Armed forces	How Stress is deal with in the Armed Forces.
20 June '24	<b>Tracey West</b>	Succeeding despite adversity	Life can be difficult but there are ways through and ways to cope.

## April Speaker review

April's excellent talk was on "The Trials and Tribulations of a Surgeon" by Gavin Haig FRCS.

Gavin entertained us by talking through his very successful life in medicine covering over 60 years, highlighting the many influential people he had been trained by and worked with.

Thanks to our brave members who, along with his surgical props, helped Gavin bring his interesting presentation to life.



"Trials and Tribulations of a Surgeon" by Gavin Haig FRCS

Gavin kindly gave us permission to record this presentation. Because of the size of Exmouth Pavilion with its echoes and its rather imperfect sound systems the sound is challenging but Ian McLauchlin has once again done a brilliant job in editing it to make it as clear as possible.

We have posted it on our own u3a YouTube channel and the direct link to it is <https://youtu.be/BPvWXzYsWTo>.

## Local Hub Groups May 2024

Listed below are local hub groups where you can go for a coffee and chat and meet local u3a members. Please contact the local organiser for information or just go along to the meeting where you will be made very welcome.

Jan Harper Shea has stepped down from organising the Avenues and Salterton Road Hub. Many thanks Jan for getting the hub off the ground.

Anne Howard has stepped down from running the Littlemead Local Hub again I am looking for a new point of contact for this hub. Thank you, Anne, for getting your hub started.

The Topsham Hub has ceased, if you live in Topsham and would like to get together with local members for a coffee and chat do contact me. I am happy to help you advertise and start the group. The Globe Hotel would be happy to be the venue.

Exeter u3a hold a social event at The Globe Hotel Fore Street Topsham the 1st Friday in the month at 10.30am. They very kindly have said Exmouth u3a members are welcome to attend.

If you would like to start a new hub group or have any questions re hubs please contact Lyn Holmes - [vicechair@exmouthu3a.org.uk](mailto:vicechair@exmouthu3a.org.uk).

### Hub Groups

**Brixington:** Meeting at The Farmhouse on 3rd Monday in the month 2pm next meeting Monday 20th May. Contact Julie Jefferies. **Please contact Julie before you attend.**

**Littlemead Local:** Tuesday Rivermead Area/Mount Pleasant. They normally meet on alternate Tuesdays 10am at Greenfingers We are looking for a new organiser, please contact Lyn [vicechair@exmouthu3a.org.uk](mailto:vicechair@exmouthu3a.org.uk). The next meeting will be 14th May.

**Littlemead Local:** Wednesday Rivermead Area. Nicola Antoni. There are a couple of places at the moment. **Please contact the Hub organiser before you go.** They normally meet on alternate Wednesdays 10am at Greenfingers. Next meeting 1st May then fortnightly.

**Withycombe area:** Withycombe. Jan Collett. Our venue at Phear Park Cafe on alternate Tuesdays at 2pm. Next meeting 21st May, we have a few spaces.

**Littleham area:** Susan Hall. Meets on various days and times **email Susan for information.** The next meeting is Monday 6th May and Sunday 19th May venues to be arranged.

**Salterton Road and The Avenues:** Anne Coles is the new contact. Meets every 2nd Tuesday of the month at 10.30am in bar area of The Devoncourt Hotel. Just turn up on the day you will be most welcome.

**Woodbury, Woodbury Salterton and East Budleigh** Lin Milsom-Ashby. To meet every 2nd Tuesday in the month at 10.30am at The Maltsters, Woodbury. The next meeting is on 7th May.

**Beacon Group** general area of The Beacon or central Exmouth. Sally Parnell. Meetings at Imperial Hotel 3rd Friday in the month 10.30 The next meeting is 17th May.

**Budleigh Salterton.** The Budleigh hub meets for coffee and chat on the second Friday morning of every month. Venues vary, as we haven't settled on a particular place in Budleigh, so any new members are best to contact Sue Glover by email or telephone.

## Social Committee

### Wednesday 24<sup>th</sup> April – Bristol Harbourside

Just over 80 members plus a few non-members went on this trip. It was a day for everyone to visit places as they wished with nothing pre-arranged. There was, however, too much to do to pack into a few hours! We were dropped off by SS Great Britain but there are plenty more attractions around Harbourside: M Shed (all about Bristol through time, places and people), boat trips, a walking loop to name a few and plenty of other attractions slightly further afield in the city centre. The weather was dry but a little chilly, but that didn't spoil the day and everyone seemed to have a very enjoyable time.



A tranquil spot in the Cathedral garden



Harbourside from M Shed



Brunel's ship The S.S. Great Britain



Pero's Bridge with u3a member(s) on board

## Forthcoming Events

The next Social Committee outing will be **Lyme Regis with an optional Fossil Walk on Thursday 23rd May**. There are a few tickets still available including at the monthly meeting on May 9<sup>th</sup>. If paying by cheque or online, please contact Lyn Holmes first ([vicechair@exmouthu3a.org.uk](mailto:vicechair@exmouthu3a.org.uk)) to check on remaining availability.

### Tuesday June 4<sup>th</sup> – Dartmouth Naval College

We have been able to secure a tour of the Britannia Naval College in Dartmouth. On this tour you will discover more about its rich naval history and view its remarkable architecture. To make the best use of the trip we have planned a coach drop us into Dartmouth town centre at the Royal Gardens with free time in Dartmouth before the afternoon tour. You will be picked up by coach at the Royal Gardens to go to the Naval College.

After the tour a coach will pick us up and bring us back to Exmouth coach park. There are toilet facilities at the Naval College, but no refreshments.

**Important notice:** An entry requirement to the college is that each person needs to bring some form of photo ID or they will not be admitted. This ID can be a passport, driving licence or a bus pass.

**Health and Safety considerations:** This is a walking tour, with steps to negotiate and no seating. Those with limited walking or standing capabilities may find the tour a strain.

**No tickets will be released for this until the monthly meeting on 9<sup>th</sup> May where you can pay by cash, cheque or credit/debit card.**

We are expecting a large uptake for tickets, **so to purchase tickets for the Naval College after the meeting, email Lyn Holmes ([vicechair@exmouthu3a.org.uk](mailto:vicechair@exmouthu3a.org.uk))** to confirm availability. Lyn will email back with payment details; tickets will be allocated on a first-come first-served basis.

### **Wednesday July 10<sup>th</sup> – Cotehele (National Trust)**

There will be a coach going to Cotehele, a National Trust property on the Cornish side of the River Tamar. Cotehele is a largely Tudor house with an extensive estate including gardens, mill and quay to visit. This will be a day for you to do and explore as you wish. Refreshments are available in the restaurant near the house, at the café on the quay and there also many quiet spots around the estate to enjoy your own packed lunch.

**Health and Safety considerations:** This is an old house with uneven floors, several sets of stairs and a relatively dark interior. The mill is about 800m from the house and the quay is about 500m. The general terrain is uneven with steps and slopes. There may be a shuttle service between the house, quay and mill but it is dependent on the availability of volunteer drivers.

Tickets for this will also be available at the May monthly meeting; there will also be a general mailing with details on how to purchase tickets.

## Group news

### **New Groups & Group News and Progress for the Spring Programme**

Archaeology – for details contact [groups@exmouthu3a.org.uk](mailto:groups@exmouthu3a.org.uk)

Art for Beginners – for details contact Debra Harris

Calligraphy – for details contact [groups@exmouthu3a.org.uk](mailto:groups@exmouthu3a.org.uk)

Chess – for details contact [groups@exmouthu3a.org.uk](mailto:groups@exmouthu3a.org.uk)

Church Group – for details contact [groups@exmouthu3a.org.uk](mailto:groups@exmouthu3a.org.uk)

Classical Music Instrumental (players) – for details contact [groups@exmouthu3a.org.uk](mailto:groups@exmouthu3a.org.uk)

Creative Writing – for details contact John Smith

French Conversation 2 – for details contact Susan Thomas

Handbell Ringers – for details contact Roger Moseley

Music Appreciation – details please contact John Atkins

Portuguese Conversation – for details contact Patricia Coombes



Pottery for Beginners – for details contact Debra Harris

Science Matters – for details contact David Flockhart

Trip & Travel Planning (Single) – for details contact [groups@exmouthu3a.org.uk](mailto:groups@exmouthu3a.org.uk)

Finally, if you have an idea for a new group or a variation on an existing group, then please do get in touch: contact [groups@exmouthu3a.org.uk](mailto:groups@exmouthu3a.org.uk)

*John Smith*

*Groups Coordinator*

[groups@exmouthu3a.org.uk](mailto:groups@exmouthu3a.org.uk)

### **Connect and Learn**

Have you looked at the website for our Connect & Learn Group recently? It's open to everyone. Just click or tap on this link - <https://sites.google.com/view/connectandlearn/home>

- We have a new topic for our home page – 'Live Well Longer'. Just scroll on down in the home page - <https://sites.google.com/view/connectandlearn/home>
- The previous topic about 'Music Online' is now in the list of topics (there is a growing number of these topics, so please take a look) – <https://sites.google.com/view/connectandlearn/topics>
- Another recent change is my update on the wonderful free services provided by Devon Libraries. The arrangements for ebooks, audiobooks and ejournals changed recently, and updated guidance is in the 'Library Resources' topic – <https://sites.google.com/view/connectandlearn/topics/library-resources>

If you have any comments or want to know more, please let me know.

*John Hunt*

*Group organiser*

[website@exmouthu3a.org.uk](mailto:website@exmouthu3a.org.uk)

## **Group Reports**

### **Quilting fun sale of small fabric gifts**

Our quilting group is a part of Exmouth and districts U3A. We specialise in designing and making quilts and donating them to local charities for them to raffle off and raise much needed funds. A lot of time and expertise is used by members in making lovely quilts. The last piece of work in making a quilt is stitching the three layers together. This is usually done with a special sewing machine called a long arm machine. We send our quilt away to be quilted in this way and this means we have to pay for the service. We usually raise our own funds to top stitch the quilts, but have accumulated a few this year. We have three quilts made that are awaiting assembling and top stitching. All the quilts are made by our group and through our subs. (£1 a session.) This sale is to help us to raise funds to top stitch three of our quilts to finish them, so that the charities can then raffle them off.

The chair of U3A has agreed that we can set up a table to sell some of our homemade wares at the next monthly meeting on 9th May. There will be pot holders, cushions, ornaments, aprons and fabric storage boxes for sale. Please bring cash with you and help support us complete our quilts and support local charities.

Thanks.

*Clare Dawson*

*Coordinator of the Quilting Fun Group.*

## Bird Watching Group 2's recent trip.

A small group of us met at Stantyway Farm, Otterton, and made our way across the fields looking down on Ladram Bay. We were pleased to see the sky larks soaring and diving in their usual field. Other birds sighted included chiff chaffs, wren, black cap, chaffinches and dunnocks. Unfortunately, the cirl buntings which we have seen on previous occasions seem to have moved on, perhaps to areas the farmer was encouraging grasshoppers to thrive - cirl buntings' favourite food.

*Liz Geach*

## Pickleball Report

I was thinking that it was about time I gave our members an update as to what we have been up to and what we are going to be doing this year with our Exmouth Pickleball groups.

Well, I'm happy to say we have been very active and busy playing with other Pickleball clubs in and around East Devon. We have a team of players made up from the groups that currently play in Exmouth. We have played in Dartmouth, Newton Abbot, Exeter, Ottery St. Mary and Torquay.

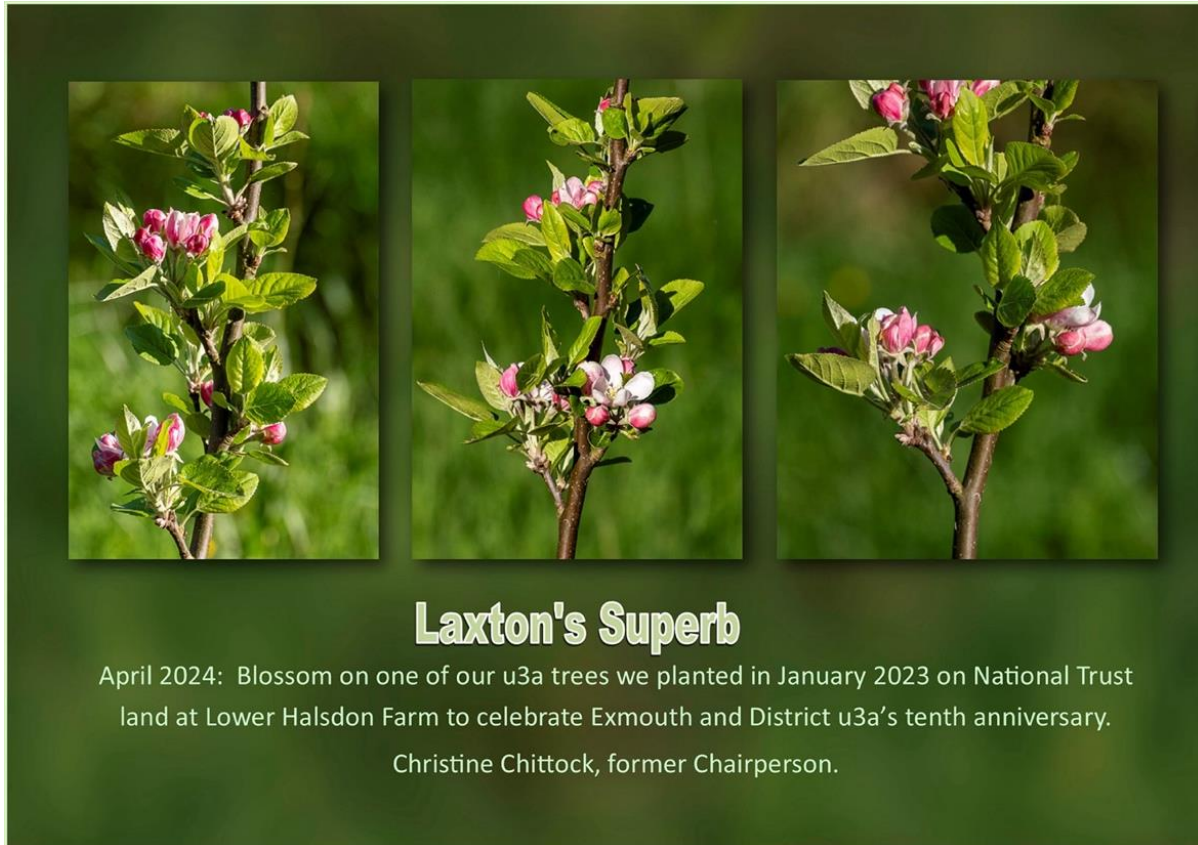


This year we will shortly be getting together with the other clubs we have played with so far. We are expecting new clubs and playing venues to come along and arrange a calendar for future Pickleball festivals that we will be holding this year.

The other very exciting news is that Exmouth U3a and Exmouth lawn tennis club have joined together and will be holding a taster day on May 19th with the intention of starting a new outdoor Pickleball group for players that wish to get some of that wonderful Exmouth fresh air while playing Pickleball. This is an amazing development for us to grow our sport and I would like to thank Exmouth lawn tennis for giving us the opportunity to develop Pickleball together.



**Bob Nicholls**  
**Exmouth Pickleball**



## Our new Exmouth & District u3a website

I hope you have been enjoying looking at our new Exmouth & District website. It's constantly being updated, and you can see upcoming events on the home page by clicking or tapping on [New Exmouth & District u3a website](#), and read latest news here - <https://exmouthu3a.online/hot-news/>

There are currently two ways to access our new website:

1. If you go to our old website, you will see a message at the top saying that this website will now longer be updated and inviting you to go to our new website by clicking or tapping on this link immediately below that message - [New Exmouth & District u3a website](#). That will take you straight through. Or by the time you read this, you may be automatically transferred to our new website without clicking on any message.
2. Better still, you can visit our new website direct by clicking or tapping on the new website address link here (or typing this into your browser): <https://exmouthu3a.org.uk> or <https://exmouthu3a.online> (either will work). If you have saved the website address for our old website (in your Bookmarks, Favourites, or as a shortcut on your home screen on your computer/tablet/mobile phone), you may wish to replace this with <https://exmouthu3a.org.uk>, and you may want to save this even if you have not done this before.



I remain very grateful to the members of our former u3a Website Project Group – Graham Wood (who is also the Group Organiser of our u3a Website Developers Group) and Nigel Day (who is also Membership Secretary), who continue to play a big part in the administration of our website. And I am delighted to welcome John Parker who has very kindly assisting me with the management of our website as Deputy Website Manager.

Could I remind you that I have created a video of a short tour of the website which should help familiarise you on how to find you way round and show you what's different and what's new. I have put this on our YouTube channel,

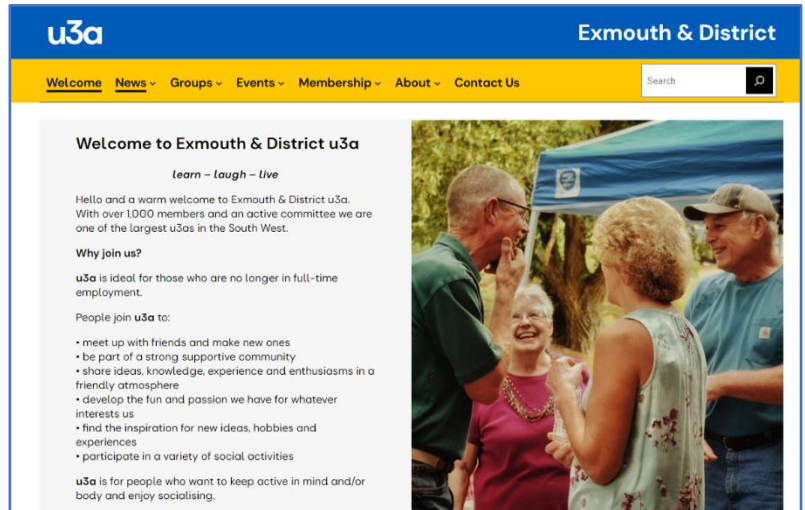
and to see this just click or tap on this direct link to it: <https://youtu.be/CZzGKB9nHms>

Thank you to those members who have passed on their comments about the new website. We would welcome further any comments, together with suggestions and contributions (especially photos). Meanwhile – happy browsing!

*John Hunt*

*Website Manager*

[website@exmouthu3a.org.uk](mailto:website@exmouthu3a.org.uk)



## Exmouth & District u3a online – our digital world

Our u3a continues to lead the way in offering other online digital resources for the benefit of members. We have such a lot to offer to all our members, so why not find time to take a look?

- Our new website – <https://exmouthu3a.online> (see the article above)
- Our u3a YouTube channel: <https://www.youtube.com/@exmouthu3a> (where we have dozens of our videos which you can watch)
- Our u3a Connect & Learn website: <https://sites.google.com/view/connectandlearn> (which has a host of interesting topics to learn about on your own or with others).



Your committee has decided that the Exmouth & District u3a Facebook Group is now no longer required. This means that the group is closing down. We hope that u3a members have enjoyed participating in the group and thank you very much for your interest and support over the past four years. A big thank you to Ian McLauchlin who set up the group originally and who has posted so many interesting and informative items throughout this time.

## Cakes for Hospiscare

As part of the Lympstone Garden festival, there will be an Open Gardens weekend in aid of Hospiscare from Friday 14<sup>th</sup>- Sunday 16<sup>th</sup> June. There will be refreshments in the Village Hall. If anyone would be willing to make a cake or biscuits for the weekend would you please contact Liz Gibbons (Hospiscare coordinator) by email or message her. Muffin-sized individual cakes, large biscuits or cakes that can be sliced would be ideal. Thank you.

### **AGM 2024**

Our 2024 AGM will take place at the Exmouth Pavilion on Thursday, 9<sup>th</sup> May 2024 at 10:00am for a 10:30am start.

This will be followed by a talk by Alex Leger on “Coping with Stress in the Armed Forces”.

Please try and join us.

## Our next edition

We hope you have enjoyed reading this newsletter, and thank you to our contributors this month. Please keep items of interest and Group news coming in for the next edition.

Thank you very much.

***Rachel Cockell***  
***Editor***