



*September 2016*

[www.paignton-u3a.co.uk](http://www.paignton-u3a.co.uk)

***A Message from your Chairman Barbara***

Dear Members,

I hope you have enjoyed the summer, so many visitors here; I haven't seen so many people on the beach and along the seafront for a long time. Lovely to see children and parents in the sunshine having fun and of course, a boost for Torbay's economy.

I am sure you are all aware of the proposals for the NHS, with the closures some hospitals including Paignton. A number of our members have sent me information of the proposed changes which is very concerning for all of us. As a separate email from the newsletter I am going to send out the dates of meetings where you can have your say and there is also an on-line survey to make your views known. This is so important to everyone so please let the powers that be know how strongly you feel about the proposals. I hope I am not being cynical to think that things have been decided.

Another item that has been sent to me to forward on to you all is the Ageing Well programme. This is taking place at Torre Abbey, Torquay on Saturday 1<sup>st</sup> October from 10am to 5.30pm for the more "mature", rather like vintage wine or possibly cheese. If nothing else it will be a great opportunity to see Torre Abbey free of charge. Details in the newsletter. It was Frank Wye that helped with this project.

On another serious matter this is about a scam that happened in March but could happen to any of us because it is so plausible. People been duped into sending their credit cards and passports to what they think is their bank but of course it was a very sophisticated scam. I haven't printed the details but there will be some copies for you to read by the notice board.

Some of you have mentioned that you are not getting the newsletter via your email. Ron and I have carefully checked all email addresses to make sure they are correct. Sometimes the ones that give problems are with TalkTalk possibly this goes to spam?

Hope to see you all on Tuesday.

*Barbara*

Barbara Collins

**If anyone would like the newsletter posted to them, then please provide 11 stamped, self-addressed C5 envelopes for a years' supply. They are printed on the Friday and will be posted on the Saturday before the General meeting. Of course, there is the speedier option of receiving it by e-mail or picking one up at the general meeting if you do not have a computer. Envelopes to be passed to Kate Parsons (newsletter editor) via Barbara Collins.**

## ***Wanted***

Diana has asked me to give a talk at a U3A meeting but the venue doesn't appear to have a lectern.

So, a music stand is the next best thing, hence:-

“Does anyone have a music stand they no longer use that I could borrow or buy for use in October?”

Contact Ken Faulkner on 0775 909 3303

## ***Calling all Gardeners***

If you have surplus fruit, flowers or vegetables at this time of year, then bring them along to the monthly meeting to share your bounty with other U3A members.

## ***Trips & Outings & Events***

**GREAT NEWS** The committee has agreed to offer all members a greatly subsidised coach outing to **Longleat House and Safari Park**, which would normally cost around £35 per person, for just £5. Non Paignton U3A members now allowed for £20. Only a dozen places left. Leaving Paignton Garfield Road 8.30am on **FRIDAY 14TH OCTOBER**. Returning about 6.30pm. This is an educational trip and hopefully we will learn about many things of interest. Reservation/ Enquiries Colin Porter on e-mail colintippy@onetel.com.

## **Theatre**

I know we have no official theatre group within our U3A but a great many of you enjoy going to the theatre. The Bijou Theatre Productions at the Palace Theatre have made this offer. A group booking for '**Murder on the Nile**' from Monday 12th - 15th September at £8.00 per person with a Q and A after the performance with the cast. This offer is available Monday, Tuesday or Wednesday. This is rather short notice to get this information to you all. Wednesday 14th September would be the best evening for me to arrange. If anyone is interested either telephone me on 01803 669238 or see me on Tuesday at the Redcliffe. Barbara

## **Theatre**

TOPS MUSICAL PRODUCTION from Tuesday 25th - 29th October at the Princess Theatre, Torquay are reviving **South Pacific**. This is one of my favourite musicals with wonderful songs. If you are interested in going on Wednesday 26th October, I will put a list by the notice board with ticket price. Barbara

## **The Vue**

I know a number of you are interested in the live performances that are on at The Vue Cinema in Paignton. Here are a few things that may be of interest in the next two months.

Turandot on Sydney Harbour.	15/9/16
The Royal Opera Norma.	26/9/16
RSC Live Cymbeline.	28/9/16
RSC Live King Lear.	12/10/16
The Bolshoi Ballet The Golden Age.	16/10/16
Miss Saigon 25th Anniversary Performance	16/10/16
The Royal Opera Costi Fan Tutte.	17/10/16
Branagh Theatre Live The Entertainer.	27/10/16

Barbara

## **Inter U3A Quiz**

Torbay U3A are hosting the Inter U3A Group Quiz at Central Church, Tor Hill Rd, Torquay (convenient for no 12 bus which stops outside) on **Monday 3<sup>rd</sup> October**. Doors open at 10am for coffee and quiz starts at 10.30am with expected finishing time of 12 noon with more coffee and biscuits! Come and support this and meet other U3A members in the area.

## **Trip to Honiton Lace Museum**

Livermead and Preston U3A are organising a trip to Honiton Lace Museum on Tuesday 18<sup>th</sup> October, the cost will be about £14 if the minibus for 16 is filled. If anyone is interested then contact Linda Skipper on [lskipper2009@googlemail.com](mailto:lskipper2009@googlemail.com)/ 01803 322319/ 07824 700 886.

## ***Forthcoming General Meetings***

**General Meetings 2<sup>nd</sup> Tuesday monthly 11.00 a.m. with coffee from 10.15a.m** at the Redcliffe Hotel, Marine Drive

13 September	Julie Turner	Store Detective
11 October	Maggie Duffy	Devon Historical & Hysterical
8 November	Jenny Paten	Paignton Zoo Now and then
13 December	Peter Baffles	Magic Show

## ***Groups' News***

### **BREAKFAST CLUB**

Due to the organiser being on holiday there will not be a meeting in October. Next meeting will be Friday 4th November, 9.30am at the Grand Central, Torbay Road, Paignton which is on the corner of Garfield Road.

December's meeting will be on Friday 2nd December, 9.30am at the Isaac Merritt, Torquay Road, Paignton, near the main Paignton Post Office.

If you are interested in joining us please give the organiser John Ball a call on 01803 411046.

### **BRIDGE GROUP**

The bridge group will continue to meet on Tuesday evenings and Thursday afternoons at The Paignton Club for the time being. Barbara

## **BUS PASS GROUP**

The planned September outing to Tiverton will be postponed until Friday 28th October as I am away. Contact Barbara 01803 669238.

## **LUNCHEON CLUB**

The next meeting of the group will be on Wednesday 14<sup>th</sup> September 12noon for 12-30pm at the Hare and Hounds, Newton Road, Kingskerswell. There is ample parking and if required the number 12 bus passes the door.

On Wednesday 19<sup>th</sup> October (a week later than normal), we will meet at The Premier Inn, Goodrington Sands, Paignton. There is a car park or the number 12 bus stops on the main road, a short walk into the restaurant.

On Wednesday 9<sup>th</sup> November, we will meet at the Old Manor Inn, Old Torquay Road, Paignton. Again there is a car park with bus services along Torquay Road, Paignton stopping a short walk away.

On Wednesday 14<sup>th</sup> December, the lunch will be at the Devonshire Hotel, Parkhill Road, Torquay. There is parking and a bus service (No. 62) from the Strand to the Hotel. This event will cost £18 as this is a three course meal, followed by afternoon entertainment, with tea/coffee and mince pies before leaving. Hope you can join us.

If you wish to attend any of these venues please contact Cindy on 01803 411046,

## **MAH JONGG 1 (afternoon)**

After our Summer break, our sessions start again in September. As before, they will be on the second Wednesday in each month, from 2.30 to 4.30 so the first one will be on Wednesday 14th September – as previously in the Park Hotel.

Anyone who'd like to join us, please phone me on 01803 690592 John Battison

## **PHOTOGRAPHY GROUP**

It seems a pity to spend time indoors when the weather is so good, but midday in the summer when the sun is overhead is not always the best time of day to take photographs, earlier in the morning or later in the day when the light has less contrasts and softer usually produces better pictures.

The theme for the July competition was "Motion" with James Cairns' picture of a jumping girl was voted into first place; Mary Ward's shot of the Red Arrows over Torbay made the second spot with Bob Tame's steam train getting the third spot.

We did not have a meeting in August, so the theme for the September meeting will be "Water" and for the October Meeting it will be "The Elements". Keep snapping. Ron

## **QUIZ GROUP**

I hope that you all enjoyed our short break and were able to take advantage of the good weather. Our next quiz will be on Friday 16<sup>th</sup> September, 2pm, in Room 12 at Paignton Library. Looking forward to seeing all the familiar faces and a few new ones. Carol Owen

## **SKITTLES**

The next session will be held at the Parkers Arms on the Totnes Road at 5.30pm on Monday 19th September. Everyone welcome; fun and exercise rolled into one. Contact Barbara on 01803 669238

## **TRAIN ENTHUSIASTS GROUP**

As the September trip was earlier this month on the 4th, the next meeting of the Train Group will be on Friday 21st October at the Head of Steam Cafe, at Queens Park Station at 10am. This will be to discuss some possible trips for 2017 and the future of the Train Group. If any U3A member would like to join us please contact me for details:  
David Hudson tel. 666293 or email to: halbutt @ gmail.com

## **UKELELE GROUP**

This group has recently started and is going very well. It is held at Lupton House from 2pm until 3pm on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays of the month. This is the only U3A Ukulele group in Devon.....wow, though there are about 150 other U3A ukulele groups across the UK. For further information contact John Morgan on 844363

## **WALKING GROUP**

A few of us had a very pleasant walk in August from The Cider Press Centre in Dartington to Totnes. This was an extra to the usual programme as so many walks had been cancelled due to the weather early in the year.

The next walk will be on Wednesday 21st September from Powderham Church along the estuary towards Exeter. This is the beginning of the Exe Valley Way, which goes all the way to Dulverton but you will be glad to know that we shall be doing only a couple of miles for our walk!

Meet at Colley End Road/junction with Clifton Road for car sharing, in time to set off at 10.30 am as the journey takes almost an hour. Suggested payment to the driver of £3 as a contribution to the petrol for those needing a lift. Will anyone who finds it difficult to get to the meeting place, please tell Sue when confirming that you will be going, and she will pick you up from Paignton bus station (only). The walk is level, except for the bridge crossing the river, which is a slope. We will walk at least as far as the Turf Lock pub so for anyone wishing to buy lunch or a pint that is the only place. It is an ideal walk for a picnic.

The leader will be Sue Morgan 406116 or 07974 825 190. Please ring her by 9.00 am on the day if you are going and/or need picking up.

Norma Ellis

On Saturday 1<sup>st</sup> October 10am to 5.30pm

The Ageing Well Project, funded by the National Lottery is having its annual festival at Torre Abbey this year. It is mainly aimed at over 50s, but all ages are welcome and entrance is FREE.

At the festival there will be lots to do and see, including music, workshops for drama, woodwork and crafts. There will also be a tea dance, a question time style panel to discuss ageing and issues affecting older people in Torbay.

Because many people are isolated in Torbay, there will be a mini bus services to help people to attend.

**AGEING WELL  
FESTIVAL  
2016**  
1<sup>ST</sup> OCTOBER  
TORRE ABBEY



**STORYTELLING  
MUSIC  
CRAFT  
FLASHMOB  
DEBATE  
TEA DANCE  
DRAMA**

[WWW.AGEINGWELLFESTIVAL.COM](http://WWW.AGEINGWELLFESTIVAL.COM) 01803 212638

LOTTERY FUNDED

**AGEING WELL FESTIVAL 2016  
WOODWORK WORKSHOP**



SAT 3<sup>RD</sup> SEPTEMBER 10AM - 2PM  
THURS 15<sup>TH</sup> SEPTEMBER 12PM - 4PM  
SAT 17<sup>TH</sup> SEPTEMBER 12PM - 4PM  
FRI 23<sup>RD</sup> SEPTEMBER 10AM - 2PM

**FREE EVENT FOR ANYONE OVER 50!**  
USE CARVING, ETCHING OR PYROGRAPHY TO TELL YOUR LIFE STORY  
IN A UNIQUE WAY, MEET NEW FRIENDS AND LEARN A NEW SKILL!  
NO EXPERIENCE NECESSARY!

**BOOKING ESSENTIAL**  
RESERVE YOUR PLACE AT [WWW.AGEINGWELLFESTIVAL.COM](http://WWW.AGEINGWELLFESTIVAL.COM)  
OR PHONE 01803 212638

LOTTERY FUNDED

Loneliness and Isolation is increasing in the country and is often discussed in the media and by politicians, but despite this it is impossible to eradicate it. However it is possible to relieve the situation if we all help. This is basically what the Ageing Well project is all about.

Within the U3A we all tend to help each other, with lifts, etc. but is this sufficient?

Do we recognise and understand loneliness?

Unfortunately approximately 50% of us will experience the loss of a husband or wife. When a long term partner is seriously ill or dies, the effect is catastrophic. Suddenly there is nobody to talk to, nobody knocks the door, nobody asks you out and if you cannot drive life becomes very restrictive. It is certainly something that I did not fully realise until it happened to me and then after volunteering for a charity that helps carers (not directly the 'cared for'), I realised how widespread isolation and loneliness is. I feel silly that I didn't see this before, it seems so obvious.

Saturday October 1<sup>st</sup> is International Day for Older Persons. Apparently 2016 is the year for 'Random Acts of Kindness', did anyone know this?

Maybe it's not too late to help someone and why only this year. People need help with technical things, such as tuning a TV, buying on line, going shopping, understanding mobile phones and tablets, etc. Or even more importantly they want someone to talk to. Don't make the excuse that you don't know what to say, just talk normally.

If you want information on Ageing Well, the Festival or the volunteering organisations, just talk to me, Frank Wye on 01803 405 100

## ***Contributions from our members***

### **Slug Wars**

I tried slug pellets.	They scoffed the lot
I tried seeding the garden with frogs and toads.	They all vanished
I tried nematodes.	No effect
I tried tins of beer.	Should have drunk it myself
I tried disposing of them one at a time.	Too many saw me coming

BUT, at last a solution:-

Wrap sticky backed copper tape around the tops of some fairly tall flower pots.

Plant runner beans in pot and, once established, cut the bottom out of the pot and sink the whole thing in the veg plot, leaving enough above ground to prevent the slugs 'bridging' the gap.

Coupled with a nightly vigil in the early stages to catch the most persistent of the little blighters, IT WORKED!! 6 foot plants and a reasonable crop. Next year I'll try again for carrots. Ken Faulkner

## ***Your Committee for 2016 to 2017***

Chairman – <b>Barbara Collins</b>	Tel: 01803 669238	Email: barbara@bes1.co.uk
Vice Chair & Groups' Co-ordinator – <b>Carole Giffen</b>	Tel: 01803 391614	Email: carolegif@yahoo.co.uk
Treasurer – <b>Colin Gee</b>	Tel: 01803 552055	Email: colandmo@btinternet.com
Secretary – <b>Jackie Martin</b>	Tel: 01803 607314	Email: 1martin@talktalk.net
Membership Secretary – <b>Cindy Ball</b>	Tel: 01803 411046	Email: cindy1945@hotmail.co.uk
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Committee member – <b>Dina Williams</b>	Tel: 01803 906349	E-mail: catcrazy47@gmail.com
Committee member- <b>Maureen Tudor</b>	Tel: 01803 665475	E-mail: maureen.tudor@sky.com
Newsletter Editor – <b>Kate Parsons</b>	Tel: 01803 267527	Email: kate@computerhotline.co.uk

The next Committee meeting will be on Tuesday 4<sup>th</sup> October 10.30am at Jasmyn House, Midvale Rd, Paignton. If members have any issues that they would like brought to the committee's attention, please can they let Barbara or another committee member know?

**PAIGNTON U3A DETAILS OF GROUPS**

Activity	When	M	T	W	TH	F	Time	Location	Organiser/s	Phone
Art	3rd				X		10am/noon	Jasmyn House, Midvale Road	Wendy Leishman	522407
Ballet	Weekly					X	10am/11am	Torbay School of Dance, Totnes Road	Sarah Hope	556928
Book Club	1st				X		10-30/noon		Marion Whiter	403323
Breakfast Club	1st					X	9.30am	Various	John Ball	411046
Bridge -Beginners & Improvers	Weekly				X		2-15/4.30pm	Paignton Club, The Esplanade	Barbara Collins & Mike Jeffs	669238 606053
Bridge -Intermediate	Weekly		X				7-30/9-30	Paignton Club, The Esplanade	Barbara Collins & Mike Jeffs	669238 606053
Bus Pass Group	4th					X	Various	Various	Barbara Collins	669238
Coffee Morning	4th	X					10-30/noon	Redcliffe Hotel, Marine Dr	Judy Punshon	843780
Creative Writing	3rd	X					10am/noon	Members Home	Carole Giffen	391614
Dining Out	Last				X			Various	Jeanette Taylor	557450
Discussion Group 1	4th	X					2pm/4pm	Members Home	Audrey Kibby	666321
Discussion Group 2	4th	X					2-15/4-15pm	Members Home	Colin Porter	698377
Dog Walking	Weekly			X			10am/12-30		Sue Lewton	557040
Gardening	2nd	X					10-15/12 noon	Various	Barbara Collins	669238
Genealogy	1st			X			10am/noon		Carole Giffen	391614
Knit & Natter	4th			X			2pm/4pm	Jasmyn House, Midvale Road	Brenda Russell	521544
Local History	1st	X					10-30/noon	Various	Diana Holdsworth	557578
Luncheon Club	2nd			X				Various	Cindy Ball	411046
Mah Jongg (afternoon)	2nd			X			2.30/4.30	Park Hotel, Esplanade	John Battison	690592
Mah Jongg (evening)	3rd		X				7pm/9pm	Members Home	Pam Bushby	550229
Music Appreciation	3rd				X		10am/noon	Park Hotel, Esplanade	Colin Porter	698377
Patchwork	4th		X				10am/noon	Members Home	Norma Cox	525079
Photography	3rd		X				10am/noon	Members Home	Ron Collins	669238
Pins & Needles	3rd	X					10-30/12-30	Members Home	Jean Turnbull	403569
Play Reading								Temporarily suspended		
Poetry for Fun	3rd					X	2-30/4-30pm	Members Home	Mona Gee	552055
Quiz	3rd					X	2pm/4pm	Paignton Library	Carol Owens	551237
Rummicub 1	3rd			X			7pm/9pm	Members Home	Sheila Biggs	524559
Rummicub 2	3rd			X			7pm/9pm	Members Home	Pam Bushby	550229
Rummicub 3 & 4	2nd & 3rd	X					2-00/4pm	Members Home	Gill Bowie	845116
Scrabble	2nd			X			2pm/4-30	Members Home	Elizabeth Mills	557215
Skittles	3rd	X					5.30pm	Parkers Arms	Barbara Collins	669238
Table Tennis	1st & 3rd		X				2pm/4pm	Preston Con Club	Eugene Cox	525079
Train Enthusiasts	3rd					X	10am/noon	Various	David Hudson	666293
Ukelele for Beginners	1st & 3rd			X			2pm/3pm	Lupton House	John Morgan	844363
Walking Group	3rd			X			am	Various	Norma Ellis	405517
Wine Tasting 1	1st					X	8-10pm	Various	Marie Handyside	845336
Wine Tasting (WAG)	2nd					X	1pm/3pm	Various	Sue Lewton	557040

(Subject to change -please check with group leader)