



February 2018

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IMPORTANT

Special Resolution to be voted on at AGM on 10 April 2018 to change the Object Clause of the Constitution of Paignton U3A and Third Age Trust

Clause 3 (the Object Clause) of the Constitution of Paignton U3A which was adopted in September 2013 shall be amended to read as follows:

“The advancement of education and, in particular, the education of older people and those who are retired from full time work by all means, including associated activities conducive to learning and personal development.”

MEMBERSHIP RENEWAL LETTERS WILL BE AVAILABLE AT THE FEBRUARY MEETING. PLEASE COLLECT YOURS THEN.

A Message from your Chairman, Rodger

Here comes another month - FEBRUARY - the month of L O V E!!!

LOVE can mean, among others, affection, friendship, caring, sharing....

January saw many groups 'restarting' after the Christmas and New Year break.

Celebrations –functions – some new introductions and many more memories as well.

It would be LOVELY, if this month, each of us found a member we did not know very well, introduced ourselves, and spent some time with them; a coffee, cuppa, cinema, theatre, dance, day out, the list is never ending!! Show LOVE and SHARE -- show that we CARE. Show LOVE by inviting someone different to SHARE some time together this month.

There are many interesting events in the Bay starting now as it is nearly Spring. Look at the garden – oomph, those need replanting, those need weeding and so on....Buds bursting into blossom is always a welcome sight. Starting this month till the end of April, there are daily 'Spring Flower Walks' at Greenway starting at 14.00. The walk is free, but other parts need payment. Parking is by 'pre-booking' only.

Babbacombe Theatre – oh what fun we had at the Christmas Magical Show. Now running from February 13th is a twice weekly evening show called STARSHINE . Ask some other member to join you and make a party – and show some LOVE between members.

There are some important issues coming up for our group to consider over the next few weeks, some easily dealt with, others a little more tricky; but, we shall lead you through them all, and come out the other side together. The Committee is keeping members informed over the next few weeks and at the AGM.

The first is a 'revised object clause' for Paignton U3A (and all other U3As) as requested by National Office and the Charity Commission in England and Wales describing in our Constitution what our purpose is. Find out more elsewhere in this newsletter. 'Don't panic...!'

Rodger

Events, Trips, Holidays and Outings

As a matter of courtesy, please will anyone who has booked a day trip or holiday let the organiser know if you are unable to come as soon as possible.

Cindy and John Ball are organising another **SKITTLES** evening at Paignton Bowling Club, just before Easter on **Thursday 29 March**. Tickets will be available at the General Meeting and are £2 each. U3A members and guests are welcome. Bar open on night.

Coach trip to CORNWALL GARDEN SOCIETY **SPRING FLOWER SHOW** at BOCONNOC and LOOE. **Sunday 8th April** . Tickets are now available at £20pp for members. If you have reserved a place please pick up your ticket and pay as soon as possible. If you no longer wish to go, please let Cindy know so your seat can be given to someone else. Contact Cindy Ball on Tel: 01803 411046 Email: cindy1945@hotmail.co.uk

We have been offered a free **DRIVING SAFER FOR LONGER WORKSHOP** on **Monday 16th April** at 10am at the Redcliffe Hotel (Isadora Duncan Suite) which is aimed at keeping older drivers on the road safely for as long as possible. Driving is one of the most risky activities we are likely to do in our lives, and yet once we pass our driving test many of us have no further training.

The workshop is free and lasts 1 to 2 hours in duration. The presentation is informal, interactive, fun and very informative. Topics covered include health, eyesight, medical conditions, Highway Code, the challenges facing drivers today, advice on aids to driving and some speed and hazard awareness. If you are interested, please sign the form at the General Meeting or contact me. Kate Parsons 01803 267527.

Colin Porter has arranged a day trip to **BATH on Friday 15th June** leaving Garfield Road at 8.30am also pick up at Preston bus shelter. Cost £15. A non-refundable deposit of £5 is required when booking with the balance due by the U3A meeting on the 8th May.

BBC Plymouth visit will be Wednesday afternoon of **12th September**.

Forthcoming General Meetings

General Meetings usually 2nd Tuesday monthly 11.00 a.m.

Coffee from 10.15a.m at the Redcliffe Hotel, Marine Drive, Paignton

Tuesday 13th February

Cllr Frank Letch MBE Mayor of Crediton

Overcoming Challenges and Adversity

A former North Wales language teacher, born without arms, Frank tells how he has found happiness again after losing his wife to cancer. Frank is a truly inspiring person who has overcome physical and emotional battles. He says "I believe in paradise. Having lost Helen, I lost paradise, but I feel I've found it once again. I feel happy every morning and look forward to the day ahead."

Tuesday 13th March

Alan Tanner

My Life as a TOAD

Tuesday 10th April

AGM

including 10 minute talk by Joanna Reed from Torbay Community Development Trust on opportunities for volunteering. See article by Frank Wye elsewhere in the newsletter.

Groups' News

The next **copy deadline for the newsletter** is Wed 7th March 2018 at 5pm.

ARMCHAIR EXPLORERS

I have taken over the organising of this group, Kate Parsons and I used to run it together, Kate now has other commitments and feels she would like to come along when she can. I would like to thank her for her help and support in starting this adventurous and fun group.

The next meeting will be on Saturday 17th February at my home 12 Logan Road Paignton. Our topic will be Ireland, do come and share your experiences and places you have visited.

On the 24th February Marion Wilsher and Ruth I'Anson are venturing to Russia with the help of Frank Wye who lived in Moscow for a period. Marion can only have ten people, so please let me know who is interested in coming to Marion's and it will be on a first come first served basis. Please let me know if you would like to come. **Contact Barbara Collins 01803 669238.**

ART GROUP

There will be no art group meeting in February. The next meeting will be on the 15th March at 10.00am at Jasmyn House. **Wendy Leishman. 522407.**

BREAKFAST CLUB

We always meet on the first Friday of the month 9-30 for 10am breakfast and light hearted chat.

Next meetings will be on:

Friday 2nd March at The Torbay Area Indoor Bowling Club, Bowlers Way, (Oldway) Paignton, where a very large breakfast was served on our visit in January.

Friday 6th April at Grand Central, Torbay Road, Paignton. This is a very popular venue as we receive a good value meal with local hospitality.

Should you wish to join our friendly breakfast club please contact the organiser John Ball on 01803 411046.

BRIDGE

Would you like to learn to play bridge? Paignton U3A bridge group meet on Thursday afternoons at the Paignton Club 2.15 - 4.30 p.m. We are a friendly and informal group and it would be good to welcome some new people who would like to learn to play this fascinating game. If you would like more information please contact Barbara Collins on 01803 669238.

KNIT AND NATTER GROUP

meets on the fourth WEDNESDAY each month at JASMYN HOUSE, Midvale Rd. We are ready to welcome new members, come along and join us for an interesting time. If you have any questions contact Janette on 391966.

LUNCHEON CLUB

We always meet on the second Wednesday of the month at venues throughout the area, so do join us for a relaxed gathering of friends and a nice meal of your selection.

Wednesday 14th February at The Beefeater, Whiterock, Paignton.

Wednesday 14th March at The Old Smokey Inn, Marldon.

Wednesday 11th April at Belgrave Sands Hotel, Belgrave Road, Torquay.

Wednesday 9th May 2018 at Babbacombe Inn, Babbacombe Downs, Torquay.

Wednesday 13th June 2018 at Aztec Leisure Centre, Torquay Leisure Hotels, Belgrave Road, Torquay.

Should you wish to join our friendly lunch group please contact the organiser Cindy Ball on 01803 411046.

MUSIC APPRECIATION GROUP **MUSIC GROUP**- Owing to technical difficulties, regretfully our January meeting was cancelled with short notice. The good news is that it will be business as usual 2.30 pm on Thursday 15th February at the Palace Hotel Paignton when we have a 'Members' Choice of Favourite Music' day. Please bring a CD of your selection and any information you wish to share with members of the group, Thank you **Colin Porter**.

QUIZ We will meet again on 16th February. **Carol**

PHOTOGRAPHY GROUP

Well all the Christmas frivolities are over and it's time to get back to "Normal Life" whatever that means. For Barbara and me it's looking after Nina, running her to her nursery school, picking her up and looking forward to when one of her parents gets home from work and handing her over to them and attending the U3A groups we are members of, among other mundane things like shopping, eating and in my case grabbing a quick doze in the armchair. It's a hard life being retired !!!.

We were a bit light on the entries for this month's competition on the theme of "Village Life" I think some of the group found it a bit challenging, but we still had some splendid shots, please see the attached PDF file to see the winning photos. If you would like to see the entries they are on my website (www.ronaldcollins.co.uk) under the U3A tab.

February's competition theme is "Silhouettes" and the theme for March is "Rocks".

Keep snapping, **Ron**

Poetry Group

At our last meeting we talked about Alfred, Lord Tennyson, the poet who was Poet Laureate for the longest period of time and well-loved by Queen Victoria and many Victorians. We discussed his life and some of the many poems he wrote, finding much to praise in his work especially his ability to write poetry which is easy to read and remember.

Our meetings usually start with an overview of the poet's life and then we take it in turns to read some of the poems. There is plenty of opportunity to discuss and appreciate the poems. We are going to spend two more meetings discussing works by Poets Laureate, namely Ted Hughes and Andrew Motion and then we will turn our attention to works by notable women poets. There is room in the group for some more

members. Please contact Jean Benskin 550139 or me 431398 if you would like more details. For the next four months we will be meeting at my house on the fourth Friday morning at 10.30. **Marie Handyside.**

SOCIAL GROUP – second Friday afternoon each month. Sorry to those members who went to Preston Sands Hotel last week for the February meeting on the 9th. We had bookings there for February, March and April, but were not informed of their closure for refurbishments.

So, with kind permission of the Club secretary at PRESTON CONSERVATIVE CLUB, we shall meet there for March and April. Then we can discuss our future plans. Tea, coffee and a full list of drinks will be available from the bar. A fee of only £1.00 is payable for those members who are NOT members at the club.

Rodger

SKITTLES

At the Preston Conservative Club on Monday 19th February 5.30 - 7.30 p.m. Great fun and a little exercise. Everyone welcome.

If you are not members of the Conservative Club there is a fee of £1.00 per person. Contact **Barbara Collins** on 01803 669238 or email barbara@bes1.co.uk or just come along.

WEDNESDAY WALKING GROUP

The Group has planned the following walks for the first part of 2018:

21st February, 2018” Snowdrop Walk” The advertised walk at Dartington does not have a leader. If anyone can lead this walk and be able to contact other members of the group to let them know, please do so otherwise the walk will not take place.

21st March, 2018....Stover Country Park...we will meet for car sharing at 10 15 am near John & Linda’s at Clifton Road. Please ring Norma on 01803 405517 or 07453 396538 before 9 00 am on the day if you intend to join the walk. **Jim Cairns & Norma Ellis**

HELP AND BEING HELPED! AS WE GET ILL OR OLD

Most people help others, e.g. friends and families and quite often do not ask for help themselves. But what happens when a person doesn't have friends and family locally? Up until recently they depended upon the NHS and Social Services, but now with all the financial restrictions these services are not always sufficient, so the burden of help is on the voluntary sector.

So how does the voluntary sector cope? With ever decreasing money available they are totally dependent upon unpaid helpers, that mainly means us, the older generation.

There are an unbelievable number of charities in Torbay that help children, animals, carers, older people etc. all looking for help. Who can help? Well anyone, but I hear you say:-

“I would love to, but I cannot drive” or

“I am not very good on my feet” or

“I am not good at anything in particular” or

“I am too old” or

“I cannot commit to the same day or hours every week”

Well we are all good at something, here are a few examples:

A 76 year old man visits a 94 year old housebound man for 3 hours every week, just to talk about anything, politics, sport, women, etc. He hardly ever sees or talks to any other man. For those three hours his carer can do something for herself. It is usually the same time every week, but it moves to other days when necessary. He says that it is the highlight of his week!

A lady in her 60s who is disabled and can hardly walk, helps at the Samaritans. Her husband drives her there every week.

A lady in her 80s teaches people to use disabled scooters.

People with cars are volunteer drivers for Karing, taking people to hospital and doctors' appointments, etc. They are reimbursed for their fuel costs.

A lady who has dogs helps another lady who has lost her confidence in walking out, to take her own dog for a walk.

Some activities require a commitment of set times every week, but many do not and can fit into your own social calendar.

Many of the charities have social events and trips out, but are not always well supported, WHY? Most people are unaware of these activities.

How do we know what is wanted, what is available and what can we do?

There is one organisation in Torbay, The Torbay Community Development Trust (tcdt), which is set up to try to resolve these issues, who itself needs help. One of their activities, which we are possibly aware of is the Annual Ageing Well Festival, which has taken place over the past three years. They also employ Community Builders across Torbay to initiate events, particularly for lonely and isolated people.

A young woman (can I say that today?), Joanna Reed from tcdt, is coming to talk to us for 10 minutes in April, about the advice that they can give to people who require help and to those who want to volunteer to help.

I know that we all have other activities to go to, but please give her your attention for just ten minutes.

And as an afterthought our own U3A needs help on the committee. If we don't help when we can, who will help us when we can't help ourselves? If the U3A doesn't have a committee, then there is no U3A.

Thanks

Frank Wye

<p align="center">Nominations for Officers and Committee members to reach the Secretary by Friday 31 March, please</p>

Your Committee for 2017 to 2018

Chairman— Rodger Smith	Tel: 01803 391966	Email:drodgersmith@outlook.com
Vice Chair - Carol Owens	Tel: 01803 551237	Email: nanadance19@yahoo.com
Treasurer – Colin Gee	Tel: 01803 552055	Email: colandmo@btinternet.com
Secretary – Kate Parsons	Tel: 01803 267527	Email: kate@computerhotline.co.uk
Membership Secretary – Cindy Ball	Tel: 01803 411046	Email: cindy1945@hotmail.co.uk
Groups' Co-ordinator – Rosemary Shuffell	Tel: 01803 842601	Email: rose.shuffell@gmail.com
Speakers' Secretary – Colin Porter	Tel: 01803 698377	Email: colintippy@onetel.com
Trips /Holidays Co-ordinator— Colin Porter	Tel: 01803 698377	Email: colintippy@onetel.com
Audio Visual – John Mathews	Tel: 01803 267469	Email: johnmathews52@yahoo.com
Committee member- Sheila Wenman	Tel: 01803 844162	Email: sheilawen@btinternet.com
Newsletter Editor – Kate Parsons	Tel: 01803 267527	Email: kate@computerhotline.co.uk

The next Committee meeting will be on Tuesday 27th February at 10.30am. Venue: Redcliffe Hotel. If members have any issues that they would like brought to the committee's attention, please can they let a committee member know?

PAIGNTON U3A DETAILS OF GROUPS

Activity	When	M	T	W	TH	F	Time	Location	Organiser/s	Phone
Armchair Explorers	Saturdays						10.30/12.30	Variable	Barbara Collins	669238
Art	3rd				X		10am/noon	Jasmyn House, Midvale Road	Wendy Leishman	522407
Book Club	1st				X		10-30/noon		Marian 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				7-15/9-30	Paignton Club, The Esplanade	Barbara Collins & Mike Jeffs	669238 606053
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
Gardening	2nd	X					10.15/12noon	Various	Kate Parsons	267527
Genealogy	1st			X			10am/noon		Carole Giffen	391614
Knit & Natter	4th			X			2pm/4pm	Jasmyn House, Midvale Road	Janette Smith	391966
Local History	1st	X					10-30/noon	Paignton Library	Chris Blake	07835 192228
Luncheon Club	2nd			X				Various	Cindy Ball	411046
Mah Jongg (afternoon)	2nd			X			2.30/4.30	Paignton Club	John Battison	690592
Mah Jongg (evening)	3rd		X				7pm/9pm	Members Home	Pam Bushby	550229
Music Appreciation	3rd				X		2.30/4.30pm	Palace Hotel	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
Poetry	4th					X	10.30/12.00	Members home	Marie Handyside	431398
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	Preston Conservative Club	Barbara Collins	669238
Social afternoon	2 nd					X	2.30pm/4pm	TBA	Rodger Smith	391966
Table Tennis	1st & 3rd		X				2pm/4pm	Preston Con Club	Eugene Cox	525079
Walking Group (Wed)	3rd			X			am	Various	Norma Ellis	405517
Walking Group (Fri)	1st					X	am	Various	'Stan' Stanislaus	07732015457
Writing My Life story	3rd			X			10.30/12.30	Bright Bean Coffee Lounge	'Stan' Stanislaus	07732015457
Wine Tasting 1	1st					X	8-10pm	Various	Marie Handyside	845336

(Subject to change -please check with group leader)