

25p or free on-line or by email



July / August 2018

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Thought for the month:-

"You cannot start the next chapter of your life, if you keep reading the last one." Anon.

Message from your Chair, Rodger

Here we are, changing the calendar again with half of 2018 behind us and another time to look forward, with many prospects and opportunities.

'Memories are made of This', (so I am informed a song goes!), what with the 'Beast from the East' and snow in Torbay; that's really rare and I hope it stays that way as well. It is the driest time on record for some areas and very warm as I am writing this, during the last week of June. Some have benefited from the better weather for their holidays, well done folks.

Remember, we had a talk about volunteering recently???? Have you done anything about it or passed it over and said 'not for me', or, 'no more time available'?? Do think about how you can help others, both in our group and in our community. After all the U3A is a self-help organisation not a service provided by others. What about the display we had for 'Healthwatch'? Surely you haven't forgotten what great help is available to all of us, saving time going to the doctors, saving time on the phone and also saving costs of your phone bills; forgotten about it, then ask someone on the committee, that's what we are there for, to help each other enjoy and cope with life better.

Looking forward to the rest of 2018??? 'Whatever will be, will be', is apparently another song(!). Much is in the pipeline for the coming months; do read other parts of this newsletter, with your diaries ready, phones on standby, and start to mark your dates. There is the Babbacombe Theatre trip to see STARSHINE in August. In September, the BBC Plymouth visit to the studios, maybe to try your hand at broadcasting, maybe combined with sometime in the great naval city. The Friday Social Group members have suggested a fish and chip supper, and so we have contacted SCOFFS in Torbay Road, and they have agreed to cater for us, details elsewhere in the newsletter.

Oh yes, volunteering, our group has been asked to have a U3A stand/table/display at the Aging Well Festival on Saturday 20th October at Paignton Community and Sports Academy opposite Morrisons. Anyone interested in helping with 'outdoor' table tennis on that day?? Need information ask me, or better still Frank Wye. Details of other U3A events towards the end of the year, (NO, I did not say Christmas!!), will be in future newsletters.

BUT BEFORE THESE EVENTS remember that our meeting next month is on TUESDAY 21st AUGUST, at the usual time. The year we have the MISSIN' TACKLE SHANTY GROUP coming from Brixham, led by Alasdair Anderson; the group have just come back from a singing tour in

Brittany, where they sang, among other places, at Roscoff. Come along with your singing voice, as there is a chance for you to join in!

So, enjoy your membership of your U3A group and benefit from what is available.

Rodger

MEET and GREET is a vital part of Paignton U3As activities to welcome new members and inform them of any news and events that are taking place and to welcome them to our group. Louise Murray, our committee member who is looking after our publicity would welcome any volunteers to help, not necessarily every month; it could be on a rota basis. Interested???? Find Louise this month and have a chat with her.

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.

Torbay U3A is running a repeat of the **DRIVING SAFER FOR LONGER WORKSHOP on Tuesday 31st July** and has kindly extended an invitation to Paignton U3A members. It is being held at St Matthias Church Hall, Babbacombe Road, Torquay (on the no 22 bus route).

Time 2pm welcome tea/coffee and the presentation by Liz Mitchell starts at 2.30pm. It is free to U3A members. Anyone wishing to attend, please contact Linda Nolan by e-mail on Indanolan16@btinternet.com (yes this is correct!)

SUMMER THEATRE SHOW “Starshine” at BABBACOMBE on Wednesday 22nd August. This is the ONLY matinee performance this summer, and we have been able to get a great offer of ‘half price’ tickets, and the bookings can be taken at our July general meeting. Cheques payable to PAIGNTON U3A for £11.00 per ticket are needed to reserve a seat. Because of expected demand, no refunds will be available (unless for medical reasons), as we have only been allocated 30 tickets at this stage. Tickets will be available to pick up at the door of the theatre on the day. Bookings will be taken in the bar area before the July meeting, as well as afterwards. **BOOKINGS CLOSE on TUESDAY 7th AUGUST at 12.00.**

Our friends at Livermead & Preston U3A are considering reviving a **DAY COACH TRIP TO BATH on Thursday 6th September** but need at least 12 members of Paignton U3A to support it. If interested then let Colin know and if viable, full payment of £15 will be due by next general meeting on 21st August. Colin Porter (colintippy@onetel.com or 698377)

Another visit to the **BBC PLYMOUTH STUDIOS** has been kindly arranged by Colin Porter for the afternoon of **Wednesday 12th September**. This is limited to 24 persons and you will be able to sign up at the July general meeting in the bar area, strictly on a first come, first served basis (no pre-booking by phone, sorry). We will also need you to provide an “in Case of Emergency” contact name/phone number.

The pertinent details are that transport will either be by the 10.05am Stagecoach Gold Bus then an hour for lunch and then the local bus to Seymour Road at 12.30pm. You are welcome to go by car but the BBC has no parking available so you will need to find a spot in local roads; as always,

should you be offering others a lift, you will need to have Comprehensive Car Insurance to meet the U3As Insurance requirements.

You will need to bring photographic ID eg passport, driving licence, bus pass. Visitor tours at most BBC venues have been stopped for security reasons so it is essential you bring ID to gain admittance.

There are no public toilets at the BBC and coats and bags should be kept to a minimum. There are very few chairs so you will probably be standing for the duration of the hour long tour. Anyone with disabilities should let Colin know in advance so he can check that these can be accommodated. Colin Porter (colintippy@onetel.com or 698377)

A suggestion came from the Social Group, requesting a '**FISH AND CHIP SUPPER**'. Well, you have asked and we have arranged one on **Thursday 20th September**. We have asked SCOFFS in Torbay Road, for a 'U3A special' evening. Carole, the owner, has kindly agreed to cook a full menu that evening solely for U3A members. Starting at 18.30, with your personal choice from that menu, including we hope ice cream as well; so to book your place – we must have at least 25 people coming – get your name on the list at our July or August general meetings with a cheque for £5.00 AS A DEPOSIT, payable to Paignton U3A. Bookings will close on Tuesday 11th September at our general meeting.

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 10th July

Read all about it!

Jim Parker has worked for our local newspaper the Herald Express for about 40 years becoming its editor in 2012. He has seen it move from a broadsheet to the modern format; from a Daily to Weekly publication. It has kept local residents up to date with happenings in our area. Its future is regrettably rather precarious.

Tuesday 21st August (Note this is 3rd Tuesday of month)

A morning of Sea Shanties with **MISSIN' TACKLE SHANTY CREW**.

Tuesday 11th September

POLES APART

Antony Jinman, Polar Adventurer

Tuesday 9th October

BEHIND THE BADGE

Alex Leger, former producer of Blue Peter

Tuesday 20th November

STRICTLY THE GOLDEN YEARS

Rt Hon Ann Widdecombe

Tuesday 11th December

CHRISTMAS SOCIAL

at Redcliffe Hotel

Groups' News

The next **copy deadline for the newsletter** is Wed 5th September 2018 at 5pm as the copy is sent to the printers at 5.30pm.

A Message from Groups Co-ordinator Sue Lewton.

The Group Conveners (Leaders) meeting will be held 10.30am at the Redcliffe Hotel on **Monday 23rd July 2018**. Committee members will also be attending and this will give everyone an opportunity to meet and get to know each other. Tea/Coffee will be available.

The main topic of the meeting will be planning Group displays for the 11th December General Meeting which will be a festive, social gathering with free mince pies and coffee.

If you have any other topic you would like discussed please let me know.

I would like to take this opportunity to thank Jean Turnbull for convening the Pins and Needles Group for a number years. We wish Jean all the best in her new home in Marlow.

We welcome Pat Cossey who has agreed to replace Jean as convener. Pat has been a member of the small group from the beginning. If you are interested in joining the group please contact Pat or myself.

Sue.

ARMCHAIR EXPLORERS

Armchair Explorers are going on vacation until September. Hope you all have a great summer of visiting beautiful and interesting places and Armchair Explorers will hopefully hear about them in the Autumn. Contact Barbara Collins 01803 669238 or email barbara@bes1.co.uk.

BREAKFAST CLUB

We meet on the first Friday of the month and have been visiting Grand Central, Torbay Road, Paignton as they always give us an excellent breakfast and value for money. Those who regularly attend wish to continue at this venue, so we will be keeping our monthly meeting there until further notice. Should you wish to join us please contact John Ball on 01803 411046 to let him know the numbers as he always books tables/seating. The next meeting is on Friday 6th July.

KNIT AND NATTER GROUP

We are not meeting in August, but will be meeting in JASMYN HOUSE on the fourth Wednesday each month again from September, starting at 14.00, why not come along and join in a friendly afternoon of knitting or crafts. Further details from Janette Smith on 391966.

LUNCHEON CLUB

We 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.

11 July	Weary Ploughman, Dartmouth Road, Paignton
8 August	Churston Golf Club, Dartmouth Road, Paignton
12 September	Smokey Inn, Marldon
10 October	Ship Inn, Manor Road, Paignton
14 November	Brewers Fayre, Goodrington
12 December	Hare & Hounds, Kingskerswell

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

MUSIC APPRECIATION GROUP

The next meeting will be held at Preston Baptist Church on Thursday 19th July at 10.30am. This month we welcome the RICH AND SMOOTH JAZZ BAND as guests. There could be 8 or more musicians and it is important to have a good audience (visitors welcome). There hopefully will be an amazing young(ish) singer who might be recognised, performing also. Sounds just too good to be true. Charge £2.50 incl refreshments.

PHOTOGRAPHY GROUP

Not so many entries for this June's Then and Now competition but we managed to sort out the top three. Stephen Benkel's photo of a Hurricane and two Red Arrows was voted into first place; Chris Whatley's shot of a bank taking on a new lease of life as a café made the second spot and Yvonne Rose's shot of a Forgotten Grave bringing up the rear; please find the pictures attached. The theme for July is "Fauna" and September's will be "Water".

Keep snapping, **Ron**

QUIZ GROUP

The next Quiz Group meetings at Paignton Library will be Fridays 20th July and 17th September with no meeting in August. **Carol Owens**

SOCIAL GROUP

continues to meet each month on the second FRIDAY at 2.30pm in the BRIGHT BEAN CAFÉ on Torquay Road in PRESTON. Numbers have been increasing and good discussions and suggestions offered. Come along and share your experiences and ideas. **Rodger**

WALKING GROUP

*** Complete Change from the agreed programme.***

Due to unforeseen family circumstances, I cannot lead the July walk and there is not enough time for someone who is not familiar with the walk to do a recce before the 18th. Here are the details of the replacement walk.

Meet on Wednesday 18th July at 10.30am at Noss Marina where there is free parking. This is not a suitable start place for taking the bus so you will need to car-share. I suggest you meet at Linda and John's at Colley End Road junction with Clifton Road for car-share. It is a circular walk of about 4 miles, through the woods towards Dart Haven Marina. Some of it is uphill but classed as "moderate", Facilities are available in Kingswear. The post-code for Noss Marina is TQ6 0EA. Alison and Tina have very kindly stepped in to lead this walk. Please contact Alison on 01803 520993 between 8.30 and 9.00am on the day.
Norma Ellis

Committee News

Various committee members will be sitting on a sub-committee to determine how Paignton U3A should deal with recent government legislation and other legalities. This comes under the banner of "Keep It Legal" and has four main strands covering Insurance, Safeguarding, Diversity, Disability & Inclusion and Data Protection. If you have any concerns, worries or suggestions on any of these "heavy-weight" topics, then let either Rodger or Kate know.

We have now agreed a Safeguarding Policy and are tightening up on the need for Risk Assessments and other Health & Safety issues to comply with our insurance.

We have also been reviewing our finances as changes were needed to comply with Charity Commission requirements and although we still have "cash in the bank" our expenditure is exceeding our income.

At our general meetings, the entrance fee of £1 does not entirely cover the cost of speakers plus venue hire.

Of your £12.50 Paignton U3A membership fee, we send £2.50 to National Office to cover the cost of five issues of Third Age News magazine and £3.50 to cover National Office administration, support, education & workshops and to cover our various insurances. This leaves only £6.50 for your committee to spend on your behalf and as charity trustees we are mindful of the tenet that we should not be subsidising some members at the expense of other members in any activities or be seen to be subsidising guests or members of another U3A in any events or trips.

We are drafting a new Policy for Trips and Events which all organisers will need to follow whether they are committee members or not and whether the trip is open to all members or is a group trip/event. This will help to ensure that our insurance is valid "should the worst happen" and that the committee or organiser is not left personally responsible for any financial loss. Our accounting and finance review is ongoing and we will share our recommendations with you in the coming months.

Finally, having updated the Paignton U3A Constitution we are updating the Paignton U3A Rules.

Some committee members will be attending a workshop organised by National Office in Exeter in August on “Keep It Legal”. If anyone has any questions/issues to be raised please let Kate Parsons know.

The next Committee meeting will be on Tuesday 7th August at 10.30am. Venue: The Morning Room, 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?

Your Committee for 2018 to 2019

Chairman— Rodger Smith	Tel: 01803 391966	Email:drodgersmith@outlook.com
Vice Chair - Carol Owens	Tel: 01803 551237	Email: nanadance19@yahoo.com
Treasurer — Avril Leitch	Tel: 01803 842889	Email: fnl.a83@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 – Sue Lewton	Tel: 01803 658051	Email: suelew@btconnect.com
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Committee member- Steve Ward	Tel: 01803 403484	Email:mands_dolphin@hotmail.com
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Committee member- Penny Avery	Tel: 01803 402410	Email: penelope.avery@sky.com
Committee member- Madeleine Collier	Tel: 07813 189707	Email: madeline.collier@sky.com
Newsletter Editor – Kate Parsons	Tel: 01803 267527	Email: kate@computerhotline.co.uk

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		10.30/12.30pm	Preston Baptist Church	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	Pat Cossey	842988
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)