



APRIL / MAY 2026 NEWSLETTER

Our March Open Meeting was well attended for our talk by Kay Turner, Joint President of Soroptimist International St. Austell & District Club.

Kay told us about how she first became interested in the work of Soroptimist International and the varied roles she has enjoyed during her long involvement with this women led organisation. Likened to Rotary International and Lions International, it has 66,000 members around the world, focusing on activities and projects, raising awareness and money to primarily help, support and give a platform to vulnerable women and girls.

OPEN MEETINGS PROGRAMME FOR THE REST OF 2026:

All meetings will be in the Church Rooms Lostwithiel starting at 2pm

11th May - Mark Hemsley will be giving a presentation charting the evolution of television news in the UK, including the technological changes that have helped shape how we consume our daily news.

6th July - Crime prevention and how to make yourself safer in the IT World.
(Followed by AGM)

7th September - Fred Finn – known as the ‘world’s most travelled man’ (in the Guinness book of records).

2nd November - Robin Dyer will present coverage of mid term US elections and may include some issues that have been or will be newsworthy in fast moving Trumpland!

ANNUAL GENERAL MEETING

Please note that the AGM this year will now take place on 6th July at the Open Meeting. The Committee decided this will be a better date as a number of current Committee members will be away during May and not available to attend that month.

We’re pleased to say that there have now been a few expressions of interest from new members considering joining the Committee. However, if you would also like to get involved, we’re always interested in more volunteers to swell the committee

numbers and share the load. If you would like to find out more about joining the committee then give David a call on 07484 124490 or call Annie on 07497 630742

Nomination forms will be sent out in due course prior to the AGM in July.

LAST CALL FOR CHANCE TO JOIN GROUP VISIT TO BODMIN JAIL



A JOURNEY INTO CORNWALL'S DARK PAST

Thursday 23rd April, at 12 noon. £20/£22 per person (depending on group size) with optional afternoon cream tea at a special price of £6.50pp.

We have the opportunity of a u3a group visit to this award winning experience at a discounted rate. Be guided through this immersive historical experience which takes you deep into the heart of Cornwall's most infamous prison. Walk in the footsteps of the county's most notorious prisoners where justice was swift, and punishments were brutal.

We may be able to arrange some car sharing. There is no parking at the Jail so you would need to park in the Pay and Display at Berrycombe Road, Bodmin. Payment will be made in advance once we have final numbers and final arrangements confirmed.

Please let Sue Sargent know by **THURSDAY 2ND APRIL** if you wish to attend; whether you would like a cream tea, and whether you are able to offer, or would like a lift if space permits.

email sue.sarg@hotmail.co.uk, mobile 07515 419245.

OUT AND ABOUT

Read a few snippets of news from some of our groups which have been out and about, some trips overlapping with other groups on visits to particularly popular venues.

Art Appreciation

On Sunday 1st March some of the group went to see the FLAMM contemporary art exhibitions around Bodmin, a great initiative for the town with some very interesting exhibits (flamm.creativekernow.org.uk). Also in on 20th March was a trip to the Grayson Perry exhibition at the Ram Museum in Exeter and, also in March, to the Box in Plymouth for the Beryl Cook exhibition.

Day Trippers

On 21 February 12 members of the group also enjoyed the fascinating Beryl Cooke exhibition, a talented local artist with a style all her own.

On 21st March they set off in a full LAMA mini bus set to the story of Emily Hobhouse at St Ive, following a previous successful open visit organised by David.

For some great reports on these latest jaunts it is well worth a look at the [Day Trippers Pages](#)

E-Bikers

Despite the wet weather in January and February our E-Bikers managed to get 6 rides in, visiting both South and North Coasts totalling 150 miles.

If you would like to get pedaling and would be interested in joining the “Electric Dynamos” they would be delighted to welcome you. Please contact Brian on 0753050709

Garden Visits Group

The first trip of the year on 13 March was a visit to Frances Howard’s garden at Bere Alston for a highly informative talk on historic daffodils and chance to see them in all their Spring glory. Who knew there were thousands of different varieties of daffodil? Now there are some garden group members who can tell you how to identify a few of them!

The next trips planned are to Scorrier House, Redruth on 20th April and Trevino House, St Neot in May.

Nature and Bird Watching

February trips included a Tamar Boat trip out of Plymouth, specifically for birdwatching with a guide and spotters. Unfortunately the weather was cold and wet but 38 species encountered and hot drinks and pasties enjoyed. Later in February the group met at Trewornan Manor with excellent viewing of 37 species over a couple of hours.

Photography Group

Haunted but not daunted by the wet weather this year the group had a great Field Trip to Lostwithiel in March with a guided tour from the Lostwithiel Museum Association.

Walkers

On 10th March the group had great fun on a Detective Themed Treasure Trail around Fowey Gardens & Esplanade. 17 walkers set off in 2/3 groups to solve clues to find members of a shadowy group known as APEX, the Anti Pasty Extremists. This crooked band of people were trying to scupper the famous Giant Pasty Ceremony in Fowey and had to be stopped!

Of particular interest when out and about, don't forget that one of the benefits of u3a membership is that, via the Third Age Trust, there is public and product insurance cover for you whilst engaging in u3a activities.

OTHER GROUP NEWS

Beverage 'n Banter.

The next meeting will be at the Fowey Valley Hotel on Monday 13th April at 11.00. The cost is just £3 for refillable Tea/Coffee and biscuits - the "banter" is entirely up to you. It's an excellent opportunity to meet other Lostwithiel area u3a members - both existing friends & new ones!

Poetry

The poetry group had fun on 6th March with a lively sharing of poems about domestic animals. On 27th March the topic will be ' memories'.

Pop and Rock Music Appreciation

The group has now been going for three years and in that time have listened to 564 tracks - the equivalent of around 40 hours of continuous music. Topping the charts with eleven selections are the Rolling Stones, followed by Taylor Swift with nine and The Beatles, Van Morrison, Bob Dylan and Joe Jackson all on seven. And we have managed to get all letters from the alphabet covered, from Arthur Askey to Frank Zappa - we've even managed an X, with XTC! For our April meeting the theme is *Nature*, to coincide with Earth Day on 22nd April.

If you have news from your group to share in the next newsletter, just update your groups page on the website or drop me a line at karendickin@live.com.

We are also always keen to explore ideas for other new groups so, if you have an interest, skill or knowledge you might be able to share with others in a group, David would be delighted to have a chat with you.

For contact details and more information on all of our groups please visit the groups page on our website.

[Visit the Groups Page](#)

Contacts

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