



JUNE/JULY 2025 NEWSLETTER

Welcome to the June/July edition of the Lostwithiel Area u3a newsletter. In this issue there's news about our last Open Meeting and AGM in May and an update from some of our groups.

MAY OPEN MEETING

There was a lot going on at our last Open Meeting on 12th May.

First of all, in our Community Slot, **Karen Gledhill** from the Piggery at Hole came to tell us about South East Cornwall Arts, a collection of venues and artists with a shared collective vision to improve access for all to the arts, and to music in particular. News of events can be found on the SECA website and regular updates can be obtained by signing up to their mailing list.

Our key speaker was **Stephen Lay**, back by popular demand to inspire us with a talk about fundraising for the Children's Hospice South West, a cause close to the heart of his late wife, in whose honour he set up the Carol Lay Memorial Fund to support the siblings of life-limited children. After a health scare in 2020, Stephen embarked on a charity walk around the whole of Cornwall including each of the estuaries and then followed the Tamar from Cremyll back to Marsland Beach on the North Coast completing a 1000 mile trek in total. As if that wasn't enough, he then ran the London Marathon to raise the total funds from his adventures to £46,000. We remain in awe of his dynamism and energy.

Our own member **Richard Bower** then took the opportunity to tell us about the initiative of the Lostwithiel Environmental Action Forum (LEAF) who have set up a collection point in Lostwithiel Community Centre for spent blister packs which are recycled into pellets as building material.

AGM

The talks were followed by our AGM. Our Lostwithiel Area u3a was formed in 2013, currently with 265 members and circa 25 groups. The Financial Report was given and, in summary, our funding position is now looking healthy. A copy of the fully examined accounts for 2024/2025 are available on our Lostwithiel Area u3a website.

David Platt went on to explain that under our u3a Constitution he now has to stand down as Chair after 3 years in the post. David expressed particular thanks to committee members Mark Hemsley and Sandra Marten who were also standing down.

Nine nominations for the committee for the coming year were voted and agreed by all and duly elected: Liz Hemsley (Secretary), Lalita Madhvani (Treasurer), Dave Bridges (newly co-opted Committee member), Steph Thomas, Annie Singer, Karen Dickin, Sheila Mackinder, Zeb Banks, David Platt.

Unfortunately there were no nominations for the Chair and Vice Chair roles which we now need to actively recruit. If you are interested, please contact David for more information. In the meantime, the remaining Committee members have agreed to cover the Chair's responsibilities until a new Chair has been found.

The full minutes of the meeting are available via this link [AGM MINUTES MAY 2025](#)

Looking forward, we will be continuing to promote our u3a, including the **Lostwithiel Charity Fayre Day on Sunday 27th July**, at the start of Lostwithiel's Carnival Week. If anyone would like to help with this event, please let David Platt know.

Date of next **Open Meeting: Monday 7th July 2025**. Our Speaker will be Vivien Foster OBE, co-founder and former president of the Merchant Navy Association, talking about the Merchant Navy and its role in World War II.

Updates from our Groups

For group contact details and more information please visit the groups page on our website

Acoustic Guitar for Beginners

This group is doing really well since its start in 2023 but for now is unable to take on new members.

Art & Craft Experiments

The main aim of this group is to encourage creativity in any medium you want, and not to be afraid of “giving it a go”. Whether you are an artist or a doodler; a knitter or embroiderer, we hope you will try mixing up styles and mediums with the help and encouragement from our group. Our meetings are held the last Friday of each month – 10.30am to 12pm. We will either be out and about or held at a local venue.

Group contact : Heidi Swire on 0776 690 0179

Art Appreciation

We visit exhibitions galleries, stately homes with collections, craft shows, sculpture gardens, locally and further afield. We want to interpret Art as widely as possible, and see and learn about new works as well as those we already admire and love.

On May 19th the group took a minibus trip to the ever popular Delamore House to view the fabulous art and sculptures. Other trips planned this summer include June 6th - another Lerryn minibus trip to the extensive Bovey Tracey Art and Crafts fair and July 17th - to the Box, Plymouth by train to see the exhibition on Surrealism.

Beverage 'n Banter

If you enjoy a cup of Coffee/Tea (refill included) and a biscuit in an informal atmosphere and would like to meet up with other u3a Members - this could be the group for you!

Cost just £3 per head. We usually meet on the first Monday of the month when there isn't an Open Meeting - the next one is on 2nd June.

Bridge

After trialling venues in town we are now established happily in the Scout Hut in Lostwithiel, still on Wednesdays 2pm - 4.30pm. However, we now skip the refreshment break and those who miss their cuppa

bring a flask! As we now have this lovely space and ample tables we are happy to invite more players to join our group. If you would like to try an afternoon's bridge with our group please contact Jenny MacDonald on 01208 873933

Creative Writing

Another year and the group is still going strong. It is now twelve years since the group started and the number of stories written over the years must run into hundreds. The collective creative energy generated could, possibly, power the whole of Lostwithiel (maybe that's a bit of an exaggeration).

Creative Writing 2

The group meets on various Wednesday afternoons in the Community Centre. The group's popularity means it is now full and is operating a waiting list: contact Nigel Ayers on 073 914 689 04 if you wish to be added to the list.

Day Trippers

The Day Trippers aim to use just public transport for their trips - if possible with a bus pass and a railcard. After a planning meeting at the Royal Oak in early March, the group now has a proposed programme arranged until Autumn.

In May our trip was a shorter one to Helston involving a train journey to Redruth and then a rather bumpy bus ride to the centre of Helston. After the now usual coffee stop, one of the group guided us down a little alleyway off the main road to The Cafe Hut. Here coffee and delightful cakes were consumed with gusto. Duly sated we then made our way to one of the main attractions in the town, the Museum of Cornish Life. We were given a quick orientation guide and then wandered around the exhibits. There was a special exhibition relating to Hecate which had involved children helping to make some of the things on display. We could have spent longer in this delightful museum but as it was a sunny day decided to wander down to Coronation Park. Here we had lunch and then a stroll around the lake before climbing back up the hill into town. Then, to our surprise, found that many of the Helston shops adhered to the old custom of half day closing on a Saturday. After a quick look in one or two that were still open we caught the bus to start our journey back to Lostwithiel.

Electric Bikers

The group do a ride most Wednesdays . Rides completed in May:
Doublebois to Carols – 22 miles : Hellandbridge to Port Isaac – 23 miles.
See the group page on the website for more details of our exploits.

Family History

We are a friendly group who help each other with our "brick walls";
sharing information & the use of various web sites to help our research.

In April we were joined by a new member, Keith Westmacott. It was very interesting to hear about his own family research which has taken place over several decades! Clearly in that time, much has changed in terms of accessibility to records, DNA testing etc so there's always more that can be learnt and greater information gathered about one's antecedents! Our May meeting was a Zoom presentation from our friend, Toni Neobard on the topic of "DNA Secrets & Lies". As always, she revealed some tantalising discoveries from her own research.

French

Meetings are held on alternate Tuesdays 2.45pm - 4.15pm in the Lostwithiel Community Centre Reading Room (where the mobile Post Office is held). We are a very informal group and of mixed ability, but not really suitable for absolute beginners. Most of us have some school French. We share our knowledge of the language and experience of French life and culture with each other. There is always a lot of laughter and "déviation" along the way!

There is now a waiting list to join the group. Group contact: Veronica Ashworth 01208 873397

Garden Visits

There are times when you need to stop working in your own garden and get inspiration from other people's creativity and hard work. Our programme of visits to gardens, usually in Cornwall and Devon, starts in the spring and ends in October to admire the autumn colours.

The Group's May outing was to the fabulous Antony woodland garden and woodland walk. Ten of us spent a very enjoyable morning wandering around the woodland surrounding Antony House and its

magnificent landscape garden with sweeping views over the River Lynher. Blue sky and sunshine showed off the trees, shrubs, plants and wildflowers brilliantly. Carpets of bluebells, wild garlic and campion nestled within the greenery of the tree canopies, with camellias, azaleas and many other plants providing splashes of vivid colour as we walked along some of the many paths around and across the woodland area. Some of Tim Burton's 2010 film *Alice in Wonderland* was filmed at Antony, and we were struck by the contrast between the lush woodland areas and the formal setting of the garden surrounding the 18th century house. The wisteria in full bloom and wall of white roses were particularly lovely and emphasised the very different aspects of the estate. The visit was rounded off by refreshments in the café – most welcome, particularly by the group who decided to explore the woodland area further before taking a break, and like Alice, had a bit of an adventure of their own getting rather lost amongst the trees and intersecting paths. So near but it seemed so far at the time and never was a cup of tea and the smiling faces of the rest of the group more appreciated when we made it back to civilisation! A fun and good day was had by all in this beautiful spot on a glorious late spring day. You can see pictures of our most recent visits on the Lostwithiel Area u3a website

Lunch Group

The Lunch Group is a friendly group of singles and couples who meet for lunch on the 4th Wednesday of each month at as many different locations as we can find within east travelling distance and between us we have discovered some really good places to eat. The lunches usually start at 12.30 for 1pm. Members take it in turns to organise and host the lunches, so if no one volunteers there's no lunch!! If you are interested in joining please contact us to have your name put on the waiting list.

The May venue was The New Inn at Tywardreath and on 25th June we will be going to The Crown at Lanlivery. More details - and photos - are on the Lunch Group website.

Nature and Bird Watching

Though primarily we are a bird watching group we do in reality take an interest in all wildlife we come across, from mammals, insects and butterflies to plants and fungi. You do not need to be an expert, all are welcome and if you enjoy photography do bring your camera.

The schedule for 2025 is now on the website. The next planned trip on 30 May is to the Rumps on Pentire Headland.

Photography

We are a friendly photography group with a wide variety of skill levels and interests. The group meets three times each month. One of our meetings sees us out around Cornwall and sometimes further afield, taking pictures and helping each other to try new photographic techniques and challenges. There are also two meetings held online - in one we share and discuss images based on a monthly theme, whilst in the second we explore a variety of topics related to camera techniques in a little more depth. Over the last ten years we have also held four successful exhibitions. We welcome members with all ranges of ability and equipment - most of us started using our phone as a camera! There is an annual fee of £10 to join this group to fund the Zoom licence which is used for our online meetings and allows us to post recordings of the meetings on our webpage. Last month gave us plenty of opportunities and May looks to be no different!

Intentional Camera Movement was the Photo Extra (Zoom) discussion topic, and we are exercising our minds and necks with this month's theme which is "up or Down".

As ever our two zoom meetings are recorded and posted on the website. The Field Trip towards the end of the month is to Bude which has so many photo opportunities. The group's planned field trips for 2025 are on the website. You can also find links to some wonderful images on the Flickr page.

Poetry

Currently our meetings are held monthly every 1st Friday of each month at 10.15am in the Reading Room at the Lostwithiel Community Centre. Our next meeting will be on Friday 6th June. The topic will be 'Poems that make you smile'.

Pop and Rock Music Appreciation

The theme for the session on 20th May was Sad Songs and we had a wide range of tracks - some sadder than others - from PJ Harvey, The Animals, John Martyn, Angeline Morrison, The Righteous Brothers, Gary Moore, Taylor Swift, Peter Gabriel and Kate Bush, Neth Hart and Joe

Bonnamassa, Emmylou Harris, Placebo ft David Bowie, Paul McCartney and Nick Cave and the Bad Seeds. Our Tenuous track was Give Peace a Chance by John Lennon and the Plastic Ono Band.

Our next session will be on Tuesday 17th June when the theme will be Happy Songs (we needed cheering up having had the theme of Sad Songs in May!)

Scrabble

The group would be delighted to hear from any new members. We are a friendly little group and not over serious, playing purely for enjoyment. We meet fortnightly on Thursdays at 2.00 pm at the Royal Oak. All equipment is supplied. For more details please contact Jon Hancock 01208 269456

Theatre

We are a very lively, active and friendly Group meeting every 3rd Thursday morning of the month when members choose and help organise trips. We go to live and livestreamed theatre, music and dance in and around Cornwall and beyond. We use public transport where possible. When cars are required transport depends on availability of drivers. See the Group page for an idea of the very full programme of upcoming productions.

u3Art

Members use a variety of drawing and painting media and we would welcome new members of all abilities. We are a non-teaching group but offer the use of reference books and members are always ready to share their experience and expertise if required. We compile a list of themes or projects to work to, for those who wish a more structured way of working, but that is entirely up to the individual as some people prefer to work on their own projects.

We meet at Lostwithiel Community Centre Oasis Room on the 2nd and 4th Wednesdays of every month, from 2pm to 4pm. We charge a small fee (£2 or £3 depending on attendance numbers) which pays for the hire of the room. Group Contact: Trish Penrose 07780 713276

Ukulele Workshop

The group continues to thrive, meeting each Friday afternoon in the Scout Hut, and still welcome new members and new challenges with different songs and arrangements.

We continue to perform regularly at Lanivet One and All Hall, for the Lanivet Music Memory Group, which is a very rewarding afternoon, seeing so many of those who have mislaid their minds, but who suddenly do remember certain songs and sing along with us. As a result of our association with Lanivet, we have now been invited to join them in their summer fundraiser for the Lanivet Chapel Restoration Fund. This will be a musical evening of Fun, Nostalgia and Singalong at the Lanivet Methodist Chapel to be held on Saturday 28th June at 7.00, followed by refreshments. It will even be free to attend!! (Although donations will most happily be accepted.) Lots of practising now in progress and we hope to see some of you there.

Walking

On 13 May, group members caught the 10 o'clock train to Plymouth for a waterside walk. After a walk through the city centre, with its cut down trees and boarded off construction areas, we cut through the back streets to have coffee on the Barbican. The route took in the Mayflower Steps then up the slope overlooking the bay to pass the citadel, Hoe and lido to watch a returning warship be towed into the River Tamar. Keeping to the shoreline, we walked past major new developments overlooking the Roscoff ferry docks to emerge on the side of the river overlooking the Royal William Yard. After lunch in the Royal William Yard, 9 of us chose to brave Devil's Point and walk the two King points. The sun continued to shine and the views over Plymouth Sound were wonderful. It was then back to the Royal William Yard to catch the Cremyll Ferry. It wasn't long for us to wait for the bus, which took us through many winding and narrow streets to bring us to Whitsand Bay. It was touch and go whether we would catch the early Torpoint Ferry but luck was with us and the train was waiting for us as we got off the bus. A long, but really enjoyable day

See reports and photos from the walks on the website

Wine Appreciation

Our 2025 schedule is now on the website and we will continue with a regular fixture of 3pm on the last Monday of the month. The location will

be either in a members home or the Café of the Community centre. We plan to go to other locations for visits to tastings and vineyards, to be advised.

Contacts

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Membership - Stephanie Thomas 07980871491

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