



## DECEMBER 2025/JANUARY 2026 NEWSLETTER

Welcome to our latest Lostwithiel Area u3a newsletter with news about our last Open Meeting and an update on some of our activities.

### OPEN MEETINGS

At our Open Meeting on 3rd November we were treated to a viewing of some of the work of renowned international wildlife photographer Adrian Langdon. We saw amazing birds and wildlife from across the world, illustrated by stories of how some of the photos were taken including the erection of makeshift hides floating in rivers and the degree of patience and perseverance needed to obtain the perfect shot.

Adrian is also a member of our active Nature and Bird Watching Group which has had a full season of events including boat trips along the Tamar and Lynher rivers and a day trip to the Scillies.

Our first Open Meeting of the New Year will be on **Monday 5<sup>th</sup> January** when the topic will be "*A Brief History of TV News*" charting the evolution of television news in the UK, including the technological changes that have helped shape how we consume our daily news.

### Dates for Open Meetings 2026:

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

5th January

2nd March

11th May(Talk plus AGM)

6th July

7th September

2nd November.

### OPPORTUNITIES TO JOIN THE COMMITTEE NEXT YEAR

Our u3a is thriving with over 280 members and 24 active groups. Our next AGM will be in May when we will be appointing our committee for 2026/27. We have one nominee for the position of Chair and there are also opportunities to fill the positions of Secretary, Treasurer, and Membership Secretary - it's not too onerous, there's lots of support available - and many hands make light work!

It's a great way to become more involved and help secure our future for the coming years, so if you would like to find out more about joining the committee then give David a call on 07484124490 or Annie on 07497 630742

## THE STORY OF EMILY

Emily Hobhouse was a Humanitarian, pacifist and feminist who saved the lives of thousands of women & children in the concentration camps during the Anglo/Boer War. She grew up in a Victorian rectory in St Ive, Liskeard which has now become "*Cornwall's best attraction that no one knows about! (Cornwall Live)*".

<https://thestoryofemily.com/>

We are planning a u3a visit on **Thursday 12 February**, open to all members, to explore Victorian Cornish life in the authentically restored rectory. The associated War Rooms experience plunges visitors back in time to the Transvaal of the early 1900s to learn about Emily's fight to counter the deprivation and suffering endured during the war. The café offers South African heritage recipes and there is an excellent gift shop. Altogether it makes an amazing day out which uses ground breaking interpretation to transport you to the realities of an event in history few of us know much about.

By going as a group we could enjoy a discounted entry of £15 entrance (usually £25) and the LAMA minibus will be available for a fare of just £4 to £5 depending on numbers. There are up to 30 places available on a first come, first served basis. If you would be interested in coming along, please contact Annie Singer indicating whether you would like to book the minibus or travel independently/car share. Actual timings to be advised nearer the date.

Email: [annie.singer@talk21.com](mailto:annie.singer@talk21.com)

Tel: 07497 630742

NB: The Theatre Group are already planning a further separate group trip in March

## NEWS FROM A FEW OF OUR GROUPS

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

### Art Appreciation

Saturday November 29 was the annual trip to the art and craft workshops at Krowj in Redruth for the Christmas Open weekend. The group were able to wander around the vast array of studios where the artists, potters and jewellery makers were delighted to explain about their techniques and inspirations. Saturday 28 February will be an excursion by train to Plymouth and the Beryl Cook exhibition.

The 2026 planning meeting and lunch will be held at the Royal Oak at 11am on 19 January.

Laone and Barbara are still looking for someone to take over as Group Leader/s. Plenty of support would be provided for as long as it is needed and the role can be organised jointly as present. Contact Laone (07419905358) or Barbara (01208 872360).

### **Beverage 'n Banter.**

If you fancy a coffee, biscuit and a chat, the next meeting will be at the Fowey Valley Hotel on Monday 1<sup>st</sup> December at 11.00.

### **Creative Writing Groups**

Both Creative Writing Groups now have vacancies for a few new members.

**Creative Writing 1** meet on the second Tuesday of each month in the Royal Oak. Members write on an agreed topic and then share what they have written. They are taking a break in December and the next meeting will be on Tuesday 13 January at 2 p.m. at the Royal Oak.

If you are interested in joining, contact Ronnie Puttock on 01726 817149 or 07786 261525

**Creative Writing 2** meet on Wednesdays. The next meeting will be 17 December 2:15 at Community Centre Reading Room, and the theme this month is “great expectations”

Contact Nigel Ayers at [nigel.ayers@googlemail.com](mailto:nigel.ayers@googlemail.com)

### **Day Trippers**

The Group's visit in November wasn't too far afield but all thoroughly enjoyed the trip to Bodmin Jail where they learned about the prisoners and their crimes and the conditions in which they were kept from 1779 up until its closure in 1923. The day rounded off with lunch in the restaurant and a visit to the new art gallery in town.

### **E-Bikers – Update from Nick Warwick**

*“Thank you everyone who has supported our “100 miles in November” challenge in aid of Pancreatic Cancer UK. Although I completed my personal 100 miles on 17th November, the challenge is proving more difficult for our cycling group as a whole. In over 10 years of cycling with our group, this is the first month when we have not been able to undertake any of our Wednesday rides! With heavy rain or ice forecast, we have had to cancel every Wednesday ride this month. A few brave souls cycled anyway on one bleak Wednesday and we were able to reschedule 2 of our rides to a Saturday, but we have had to rely on individuals completing their 100 miles on their own initiative, with some people walking instead of cycling.*

*On the fundraising side, however, we have been much more successful. When I last looked, you had donated £965 plus £221.25 in gift aid. Wow! Thank you. I would have been very happy with £250, but everyone's generosity has exceeded my wildest expectations. If you have not yet donated, but would still like to, please visit:*

*- <https://www.justgiving.com/fundraising/nick1760138632751>*

*I explained at our last open meeting that my motivation for initiating this challenge was the helplessness I felt when seeing a close friend deal with the possibility of diagnosis for this dreadful cancer. My friend is still undergoing tests, which demonstrates that more research is still needed to help speed diagnosis, but it also offers hope that maybe their condition is not quite as bad as we first feared. My friend remains cheerful and optimistic, and is touched that you are supporting them even though you know not who they are.*

*Thank you most sincerely for all your support"*

*Nick Warrick, Lostwithiel U3A Cycle Group Member*

If you would like to get pedaling and would be interested in joining the "Electric Dynamos please contact Brian on 0753050709

### **Lunch Group**

The Lunch Group held a coffee morning meeting at The Royal Oak in Lostwithiel instead of lunch where venues and organisers were suggested, discussed and decided for 2026. 2025 has been a great year for the lunch group - good attendances each month to some new and some old destinations with some new faces joining during the year.

### **Poetry**

Meetings are held monthly every 1st Friday of each month at 10.00am in the Reading Room at the Lostwithiel Community Centre and new members are welcome. On 6 November sonnets on a variety of topics were shared. The next meeting is on 5th December with a theme of 'Happiness'.

### **Pop and Rock Music Appreciation**

November's meeting had a theme of Film Music which threw up a number of surprising choices - and no James Bond themes! Selections included *True Love*, sung by Bing Crosby and Grace Kelly, from *High Society*, Aretha Franklin's *Think* from *The Blues Brothers*, John Barry's theme from *Midnight Cowboy* and *Going Home* by Mark Knopfler from the 1983 film *Local Hero*. The *Tenuous* track for the month was *Change is Gonna Come* by Sam Cook.

### **Theatre Group - November Highlights**

Members enjoyed Matthew Bourne's ballet *Red Shoes* at the Theatre Royal Plymouth - a theatrical spectacle, featuring a mix of Bourne's signature dance-theatre style, sumptuous 1940s/50s designs, and an immersive performance of the ballet-within-a-ballet itself.

A group of 13 went along to The Dresser, by Ronald Harwood, performed by The Camp Theatre Company at the St. Austell Arts Theatre.

Other performances and shows seen by the group in October & November include Jazz at Room 5 in St Austell; Steve Knightly at Carnglaze Caverns; Chess the Musical at Hall for Cornwall and Will Keating, Hall for Cornwall

### **Ukelele Workshop**

Players continue to support each other to improve their skills by introducing more advanced chords/rhythms/riffs/arrangements etc. Great fun is had in the band performing as "*Lost Chords*".

Meetings are held every Friday at the 1st Lostwithiel Scout Hut, Pleyber Christ Way, Lostwithiel from 2.00 to 4.00 pm.

**More news** from some of our other groups in the next newsletter.

We are 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.

**And during the dark winter months....**

Don't forget that you can make the most of your membership by accessing a wide range of fascinating free online talks, workshops, and courses without having to set foot outside. To check out what's on offer visit the u3a website.

[u3a online talks](#)

### **Contacts**

David Platt 07484124490  
Membership - Stephanie Thomas 07980871491

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