

The AGM

The AGM was held following the July Open Meeting on the 4th of July. The incoming Chair, David Platt and those present said a big thank you to Chris Dimond and Judy Dixon the outgoing Chair and Treasurer, for their hard work and support for the u3a, especially during the trials and tribulations of the pandemic.

Fortunately sufficient nominations were received for the officers and committee. The new committee is as follows:-

David Platt (chair)

Sue Sargent (vice chair & membership secretary)

Anthony Hindley (Treasurer)

Sandra Marten (secretary)

Other committee members are:

Kate Allen, Pat Stearn, Annie Singer, Sheila Mackinder, Stephanie Thomas and Alison Hurst

The minutes of the AGM may be [read by clicking here](#).

Open meeting held on 4th July

The some 40 members present listened to an “Introduction to Music Therapy” given by Sally Pastell. She gave a brief history before focussing on the therapeutic power of music particularly in her work with those suffering from dementia.

Our next Open Meeting is on **Monday 5th September in the Church Rooms at 2pm.**

The talk will be about Cornish Dance by Alison and Merv Davey of the Cornish Dance Society.

This talk has been rescheduled from January 2022

News from the Groups

Bird Watching Group

The bird watching group has had a very successful trip to Walmsley and Burniere Reserve in April led by Adrian Langdon the warden. In May a small group had a trip to Cardinham woods, but the July visit was cancelled because too many members were away or elsewhere.

The next meeting meeting will take place on the **17th August at 4pm in Coulson Park**, near the children's playground. It will be an opportunity to share ideas for group activities from September 2022 to June 2023 and will be followed by a walk.

Please bring ideas for next year's calendar

Garden visits

There is no visit scheduled for August. This will give everyone time to work in their own gardens! In the meantime please note that the date of the September visit has changed.

The owners of Trenarth, near Falmouth have agreed to open their garden on **Monday 19th September in the morning**. Details will be sent out before Annie goes away on holiday.

Success for Writing Group

Caroline Passingham has won the Exeter Short Story Competition with her story "The Last Fall". She was interviewed by Exeter Writers and the interview and story has been published on their webpage exeterwriters.org.uk

As you can imagine, the rest of the group are basking in the reflected glory of Caroline's triumph!

The Day Trippers - a new group

Pat (Stearn) says, "This new group aims to arrange day trips using only public transport so it is useful to have a Senior Rail Card and a Bus Pass.

The idea was born out of a conversation regarding people who live on their own and have family living far away. (For example my children and grandchildren live in Manchester and Belfast. Usually I get to see them about 4 times a year.) During the conversation we agreed that had lots of activities during the week but week-ends tended to be the 'lonely' days.

So we thought that trips out, in company, on a Saturday would be fun. After a bit of thought and research Day Trippers was born. Three of us put our thinking caps on and have come up with a provisional programme. Obviously ideas and suggestions from members are crucial to the running of such a programme. If travelling by bus we would have to limit the numbers to 14 in the group because we may not all be able to get on the bus and the remaining people would then be faced with an hour or two wait for the next bus. This would not apply to travelling by train.

Our proposal is to commence our programme on the 17th September, with a trip to Totnes.

Trips would be on the 3rd Saturday of the month thereafter.

We suggest the following:

October -Tavistock.

November- Exeter Christmas Market.

December – Mousehole lights.

For 2023 we think we could also go to Oakhampton (via Exeter) in the spring and the Plymouth fireworks in August."

Details of the group are already on the website. [Click here](#) to see them.

Other News

The Lerryn Area Minibus Association (LAMA) registration has been completed so groups are now able to use the minibus for u3a outings. Details are available on the Lerryn website and may be accessed by [clicking here](#).

Not strictly u3a related, but members may be interested that Restormel Castle is looking for volunteers. For more information [click here](#)

Contacts

Chair - David Platt 01208 873792

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