



REGISTERED CHARITY 1045085

*"Everyone in the u3a should be an involved member, **not** a customer being served."*

Eric Midwinter - Founder

Committee:

Chair: John Hough

Vice Chair: Vacant

Treasurer: Maria Manojlovic

Membership Secretary: Karen Daly

Committee Secretary: Karen Daly

Welfare Coordinator: Glynis Greening

Business Secretary: Joan Roberts

Group Coordinator: Barbara Green

Newsletter Editor: Barbara Green

Speaker Finder (2026): Marilyn Ham

Committee Member: Karen Chesterfield

Support Team

Webmaster: David Beckett-Smith

Facebook Manager: Abby Beckett-Smith

Quarterly Editor: Freya Hartley

Audio Visual Support (for Speaker Meeting): Brian Kenny

Kitchen Team Support Manager (for Speaker Meeting): Christine Snowden

Chairman's Report

Dear Members

Last week I discovered that Torbay u3a initiated an annual intra-u3a (Devon u3as) Quiz competition over 20 years ago. Last year the competition was won by Honiton u3a and they are managing this year's competition in October. Mary Ross and our Quiz Group will be sending a team to compete. I wish them well!

Coincidentally, last week, I received an invitation from Dee McVey of Okehampton u3a to send a Quiz team for an intra-u3a competition she has arranged in Moretonhampstead on 30 September, starting at 2.30pm. I would very much like us to support this initiative and invite members to contact me if they would like to be part of a six-member Torbay u3a team. The entry fee is £2.50 including coffee/tea, biscuits and cake.

My thanks to those members who contacted me to visit Mt Tyron Care Home for a Poetry Afternoon. This has now been arranged for the afternoon of Wednesday 16th September 2.30 – 4pm. I will contact those interested members this week with details. I anticipate more such events if we have support from members.

Please advise me if you would like to participate in such events; the response from residents of such facilities can be very satisfying for members.

A reminder of our Produce Table at the next Speaker Meeting - despite the lack of rain, it's been another bumper year for apples and plums. Please bring bags and coins for a donation.

Lastly, look out for the link to our Quarterly. I think you'll be delighted and surprised by the range of articles Freya has brought together. Congratulations Freya!

John Hough – Chair



Speakers

Our September meeting will welcome Anthony Dixon, who will explain why Free Diving may be the ideal sport we've never considered. It's certainly not something I've ever tried, but I look forward to Anthony trying to persuade me!

October will see Robert Hesketh telling us all about Devon Ghosts – a fascinating subject which hopefully won't be too terrifying.....

Marilyn Ham, Speaker Finder

Torbay u3a Membership

23 new members joined us in total this month, bringing the total to 433. The New Member Coffee Morning on 19th August was a tremendous success. We had many more attendees than usual and at least seven new members signed up there and then! There will be another New Members' Coffee Morning on Wednesday, 23rd September at the Livermead Cliff Hotel, from 10:30 am. The cost is approximately £4.50 per person, for tea or coffee. Please note that if you come by car, you will need to sign in at reception with your car's registration number to avoid a parking fine.

Karen Daly - Membership Secretary

Next Newsletter

Special Request! If at all possible please could you send your contributions for the next edition by **15th September**? I know that's really early but I foolishly booked a week away and didn't take newsletter deadlines into account! Please use the newsletter email address, – it makes my life very much easier! Thanks, **Barbara**

Christmas Lunch at the Livermead Cliff Hotel on Tuesday 15th December 12:30 for 1pm - 4pm £30 per person, spouses/partners welcome



We are holding our Christmas Lunch at the Livermead Cliff Hotel again this year, with a two-course festive menu choice of 4 main courses and 3 desserts. It's a wonderful opportunity to enjoy the festive season with u3a friends, and also to invite your spouse/partner/ friend even if they are not a member of Torbay u3a.

Attached at the end of this newsletter are the menu choices. Tickets will be on sale at the Speaker's meetings in September, October and November. Menus and booking forms will also be available there. Please bring cash or a cheque if you are booking at the Speaker's meeting.

We will have tables of 10 again as last year, and on the booking form you can mention any person or group of people you would like to sit with, so we can plan the seating in advance.

Online booking will be available from 1st September via our website. Go to the website to find details and use the online booking form. Payment is by BACS to our Nat West account. Details are on the website. You will be sent tickets by email. We hope to see you there, but if, for any reason you have to cancel, as long as you cancel before the end of November, we will do our best to refund the cost of your tickets.

If you have any queries, contact **Karen Daly**

Welfare

Apologies to all: there is no 'Welfare' Tuesday afternoon talk group through September. Call for details of the next meeting. **Glynis**

Wellbeing Group

Our next meeting will be held on Thursday 17th September between 2pm - 4pm, venue yet to be confirmed but will be notified to all on the WhatsApp group nearer the time. Our subject for this meeting is Supplements. If you are interested in this subject and would like more information about the group, please contact **Gill Windheuser**

Social E-Biking

Five people attended the initial meeting of the group at The Anchorage Hotel. Most were very enthusiastic about the idea, especially those who had recently purchased an e-bike. The first ride is planned for September 4th from Starcross to Exeter. It is a mainly flat route of about 15 miles along the estuary of the river Exe and finishes with a rewarding ferry ride back to Starcross. See the group page on the website for further information and let me know via email if you would like to attend.

David Lamb

Weekend Walkers

The next walk will take place on Sunday September 27th. The 5 mile route starts from the car park in the centre of Shaldon, follows the river for a short distance then climbs steeply for over a mile to Stokeinteignhead. The last stretch joins the coast path back to Shaldon. See the group page on the website for further information and let me know via email if you would like to attend.

David Lamb

Expand your horizons this September with *u3a week*

From 19-27 September we'll be celebrating *u3a week*, and we are delighted to announce our programme of **online** events, designed to present new perspectives.

- Monday 21 September - *Secrets of the human brain: Sleep and dreams*
- Tuesday 22 September - *The Enchanted Archipelago - a journey through the Galapagos with HX*
- Thursday 24 September - *Promoting brain health: from evidence to action*
- Friday 25 September - *Live cookery demonstration - try something new*

Alongside our online events, we are encouraging members to try something new just for fun. Visit [the u3a week page](#) to book your place at an online event and discover ideas for getting involved.

Board Games

This long running group now has a vacancy for at least one new member so, if like most people, you like playing board and card games, please let me know. I have over 270 games, so there is bound to be something you would enjoy. The meetings take place every Monday afternoon but you don't need to attend every week.

David Lamb

History of Art

I regret that I can no longer carry on with the art history talks which were due to continue in September. My thanks to those that have attended in the past, and here's hoping somebody else will take it on.

Adrian Addington

Falls Prevention Workshop

Thanks to John Hough's contact with the NHS Falls Prevention team, we have been able to book a talk on Preventing Falls, given by Mandy Wheeler of the Torbay and South Devon NHS Foundation Trust and John Gunson, Falls Ambassador and Torbay Volunteer. The talk will be at 2:00 pm on Friday 11th September in Room 3/4 at Central Church.

Refreshments will be available after the talk with a contribution towards expenses of approximately £3.00, so please remember to bring some change - thank you. Please reply to **Karen Daly Membership Secretary**

Train Adventures - Train/boat trip Tuesday 29th September

dep Torquay 0921 Arr Plymouth 1034 (ch Newton Abbot)
dep Plymouth. 1627 Arr Torquay 1740 (ch Newton Abbot)
£7.15 with Railcard. **Please ask for day return to Plymouth**

Boat departs Barbican at 2pm for a one hour cruise. £12.50

Please book boat cruise at: info@plymouthboattrips.co.uk or Google Plymouth boat trips. There will be time for coffee/lunch on Barbican before the cruise begins.

Tammy Thomas

Theatre Club

We hope you all enjoyed our August visit to Barnum? I would like to know if anyone interested in attending 'The Night Sky Show' by astronomer and author Adrian West on **Saturday 21st November**. Blending dry science fact and light entertainment - suitable all ages. Circle seats £37.50. I'm hoping I have someone who will be interested in taking over Group Bookings. Look out for more info next month!

Anne McKinnon

Quiz Group

As John mentioned in his Chairman's report, there are two quiz events coming up in the next few weeks. John is gathering any interest in the first event on 30th September in Moretonhampstead, so please contact him as soon as possible if you'd like to take part.

The second event, in October, is the "official" Devon inter U3a Annual quiz, to be hosted by last year's winners, Honiton. We are sending a team from Torbay but if you are interested in making up a second team please contact me, indicating if you have transport and can offer lifts, or need transport to the venue.

The venue is Awliscombe Village Hall, Greenway Lane, Honiton, EX14 3PJ. Arrive from 1:30 for 2:00 pm start, until 5pm. The main quiz will include an intriguing photo challenge with a trophy for the winning team and a few extra surprises! Car parking available on site.

This Devon inter u3a annual quiz was inaugurated over 20 years ago by Dave Cathy, the then Torbay Quiz group leader, and Torbay has won it several times.

If you would like a practice run you could join us at the next Torbay u3a quiz on Monday 28th September, 2.00 pm in the lounge at St. Matthias church, Babbacombe Road. Fee £2.50 (room hire & refreshments).

Mary Ross, Quiz Group Leader:

Photography Group

We hope you have sent in your photographs of butterflies and moths? The best photos will be displayed on the board at the September Speakers Meeting.

Karen Chesterfield

Film Night

Sorry to say there will be no Film Night this month, as the Blue Walnut will be closed during the third week in September.

Jane Castellanos

Creative Writing

Proposal for a second u3a Torbay Creative Writing Group

The current Creative Writing Group remains very popular and well supported, which means that the membership remains at an optimal level. This has made it difficult for new members to be accepted and so with that in mind, subject to a positive response, I am proposing starting a second, similar group which, subject to final agreement, would be on the 3rd Monday of the month, from 2.00pm-4.00pm at the Anchorage Hotel, Babbacombe. This would be open to not only beginners, but also those with some experience. There would not be formal tuition - if writers seek opinions or advice, then guidance should be offered within the group.

There would not be serious critiques as this would detract from the social side of the meeting. If you required further information or would like to join, then please contact me. Your early response would be appreciated as subject to final confirmation, I would hope to start the new sessions on Monday October 19th.

I look forward to hearing from you. **Bryan Hill**

Tuesday Short Walks – Amblers

September:

- 8th - Brixham, meet by the Golden Hind
- 15th - Dawlish. meet by the Train Station
- 22nd - Teignmouth, meet by the Lighthouse Car Park
- 29th - Victoria Park, meet by the Main Gate

October:

- 6th - Babbacombe, meet near Cliff Railway Cafe
- 13th - Brixham, meet by the Golden Hind
- 20th - Goodrington, meet by the Crazy Golf hut
- 27th - Torquay, meet by Agatha Christie bench

All walks start at 2pm and are subject to the weather. If you would like to join us please contact me: **Gwen Smith**

MOTO Group

As already stated in previous newsletters, the afternoon sessions are currently full. However there are spaces at the morning sessions, which meet on the 1st and 3rd Thursday of each month at 10.00am.

Gwen Smith

Skittles Group

A reminder that we will resume our skittles sessions at Boots & Laces, 11am on Thursday 24th September. See you there!

Pat Gorin

Lone rangers

We are going to Exmouth on the 12th of September, leaving Torquay on the 9.56 train, stopping at Starcross then getting the ferry across to Exmouth. The cost is £9.30 with a Railcard. You will also need cash for the ferry, approximately £6.

Gwen Smith

Swim Group

Why not join our swimming group? We meet 10am on a Monday morning in the deep end of the Riviera swim pool and usually swim for 30-45mins. This is followed by a chat and coffee in the cafe. Price of swim £6-10 for non members. Please contact me for further details.

Tammy Thomas

Scrabble Group

A reminder that we meet at the Anchorage Hotel from 2pm on the third Thursday of each month, and we'd love to see new members! Numbers have dropped a little and we'd like new people to pit our wits against. All abilities welcome – come along and have a quick game, meet friends and enjoy an excellent coffee.

Karen Chesterfield

CHRISTMAS MENU 15th December, Livermead Cliff Hotel**Main Courses:**

*Roast Devonshire Turkey Served with Chipolata and Bacon Roll, Cranberry and Sage Stuffing, Gravy and Cranberry Sauce

*Braised Pork Steak Cider Sauce, Crackling and Apple Sauce

*Fillet of Hake Served with a White Wine and Dill Sauce

*Goat's Cheese, Balsamic Onion and Mushroom Wellington, Tomato and Basil Sauce

All Main Courses are served with Roast Potatoes, Roasted New Potatoes, Carrots, Honey-roast Parsnips and Brussel Sprouts.

Desserts:

*Homemade Christmas Pudding, Served with Brandy Sauce

*Mango Cheesecake, Crème Chantilly and Raspberry Coulis

*Chocolate Profiteroles, Filled with Crème Chantilly and a Belgian Chocolate Sauce

Coffee and Warm Homemade Mince Pies

Gluten-Free options are available for the above menu choices. Please specify when you book your ticket.