



TORRIDGE THIRD AGE GROUP <https://u3asites.org.uk/torrington>

NEWSLETTER

Issue 551

March 2025



Comments from the Chair

This month, as spring approaches, I have several notices to bring to your attention.

Membership: Next Month we will be sending out forms for the **new membership year**. The good news is we are able to retain the same subscription rates. However the subscription to the National U3A magazine (Third Age Matters - which is optional) has gone up to a cost of £4.00.

As the forms have not been updated as yet, please **do not use forms or pay by BAC's until April 1st**

March Coffee Morning: Don't forget our next U3A Coffee Morning which takes place at Northam Hall, Fore Street, Northam EX39 1AW, on **Saturday March 22nd** from 10 am to 12 noon. All members are welcome. The Coffee Morning is a chance for you to meet and socialise with other U3A members whilst enjoying tea/coffee and cake! There will also be a raffle. Entry fee for the Coffee Morning is £2.00 which includes refreshments.

Volunteers Needed! - Chris Peacock has stood down as our Technical help due to health issues. If you attend our Lunches at the Royal and wondered who organised the PA system and screen and connected the Speakers microphone, laptops and system, that was Chris. Unless we can find someone to take on this task, we will struggle to ensure our Lunch Speakers can be heard and their presentations seen.

Electric Fires in the Upper Room. Please can I ask all groups using the upper room to switch off the convector heaters before pulling the plug out as this can potentially trip the Mains RCD box. For reference, the Circuit Breakers are down stairs, beside the Garden door and require someone tall to reach them.

Cover for the Treasurer during September / October: The member who originally said they would cover has unfortunately had to step back for personal reasons. The requirement is to be a focal point for the collection of monies and potential contact with Bank, etc

If interested, please contact the Treasurer, Heather Williams (contact details on bottom page 2)

'New' Projector Screen / Projector: It had been commented that the screen in the Upper Room was too narrow to display the widescreen formats of today. Whilst the committee was looking at purchasing one, we received a donation. **The committee would like to thank Andy Robilliard (and his previous employer) for donating a screen** which was surplus to requirements. We are reviewing the projector to check if suitable.

Upper Room Electrics: During a meeting I also experienced a 'trip' from the electrics when a heater was switched off. A 'Do not use' label has been placed on the power point in question. We will be asking an Electrician to investigate and potentially make some further improvements to the room, such as providing further sockets.

Best Regards

Graham Thompson
Chairman Torrington U3A

We welcome the following new members this month: Carl Smith, Cathy Freeman, Nikki Jackson, Peter Aylward, Sandy Berry, Susan Brown

Chairman	Secretary	Membership Secretary	Newsletter Editor
Graham Thompson	Carolyn Kelly	Julie Thompson	Andy Robilliard

This month's notice board:

Monthly Lunch :

This month's lunch is on **19th March**— please arrive in time to take your seat in the dining room by 12 o'clock.

Our Speaker will be Sam Possi on Legal Matters

Please remember to **book-in with Helen** before taking your seat, **who will collect the £1 speaker fee.**

Lunch will be served at **1 o'clock**. (Cost **£18.50** for two courses plus coffee). As usual — Please pay at reception prior to making your way through to the dining room.

Please could those interested in attending :

- Order their choice of meal by **Friday 14th March** if they haven't already done so.
- Contact Helen Summerhayes as follows
- Text or email (preferred)
-
- Please advise Helen if you are unable to attend, having booked lunch in order that the hotel can be given the correct numbers. Payment to the hotel on the day can be made by cash, card or cheque (payable The Royal Hotel). If you are paying by cheque you will need to present your cheque guarantee card, this is essential and cheques will not be accepted without it.

MENU — Wednesday 19th March

Roast Beef or Roast Turkey with Yorkshire

Pudding and stuffing ball, roast potatoes and

Vegetables **or**

Baked fillet of Haddock with cheesy

parsley sauce, peas and sauteed potatoes **or**

Jacket Potato with crispy bacon and melted

cheddar cheese, bistro salad, house coleslaw **or**

Spinach and apricot nut roast, roast potatoes and

Vegetables **or**

Mixed Meat Platter or Cheese with a mixed

salad, chutney, house coleslaw, boiled egg,

pickled onion, and minted new potatoes

Creamed vanilla Rice Pudding with

Strawberry jam **or**

Mixed fruit Pavlova **or**

Fruit Salad **or**

Cheese and Biscuits **or**

Ice Cream



Future coffee morning 2024

(Provisional dates@ Northam Hall from 10:00am, Saturdays)

- 24th May, 11th October, 22nd November

Miscellaneous: you do not receive your electronic version or have queries regarding the printed Newsletter, please contact; - **Graham Thompson**

Availability & Booking of the Upper Room : - For details, see website, programme in Upper room or contact: - **Graham Thompson**

Group leader changes : -Please send note of any change in name or contact details to the group leader co-ordinator : **Dennis Pavitt**

Upper Room payments : - Payments due for the Upper Room, etc. should be passed to the Treasurer : - **Heather Williams**

Proposed events : - If you are planning to hold an event, please contact **Graham Thompson** first to ensure that there are no clashes.

GROUP REPORTS



Badminton – Group Contacts
Wednesday: Diane Care or
Anne Scott

We meet each Wednesday at 10am for an hour of fun badminton at the Atlantic Racquet Centre, Bideford where we use 3 courts. All equipment can be provided free of charge, each session costs £2. We are full at present but have a waiting list if you're interested in joining



Bird Watching Group
Group Contact: Irene Hahn

Our February outings were spread over two days and, on this occasion, the second day was slightly more successful (and warmer) than the first. This Group is full but I am happy to add to the waiting list.



Book Group 1.
Group contact: Pat Pavitt

A Gentleman in Moscow by Amor Towles
On 21st June 1922, Count Alexander Rostov is escorted out of the Kremlin, across Red Square and through the elegant revolving doors of the Hotel Metropol. Deemed an unrepentant aristocrat by the Bolshevik tribunal, the Count has been sentenced to house arrest indefinitely. But instead of his usual luxurious suite, he must now live in an attic room while Russia undergoes decades of tumultuous upheaval. The book follows his life during the next 32 years as he does his best to embrace the extreme change in his circumstances, forming friendships, and indeed love, within the boundaries of the Metropol. The book provoked a lively discussion and opinion was definitely split. Very much a "Marmite" novel! Our book for next month is Lessons in Chemistry by Bonnie Garmus. Jan Moore



Book Group 2.
Group contact Hazel McLellan

Now We Shall Be Entirely Free by Andrew Miller

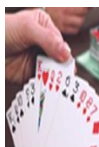
A Captain from the British army, John Lacroix fighting Napoleon's forces in Spain survives the retreat from Corunna and escapes back to England. However he carries with him a shameful secret which he will try to forget by travelling to the outer reaches of the Scottish Islands. On his journey to the Hebrides he encounters thieves as well as many helpful people. He eventually settles with a group of free thinkers and finds friendship and even love. Unknown to him his journey is being traced by a vicious English corporal and a Spanish officer. They are seeking revenge for what happened in Corunna. As usual the book received a mixed response. One or two members found the description of the retreat from Corunna particularly difficult to read. Nothing was held back in the way the British soldiers and their actions were portrayed. Apart from these harrowing pictures we found the story to be very well written with a lovely writing style and a well woven if somewhat complicated plot. The main character was difficult to get to know but despite the trauma he had suffered he proved to be a

well meaning man who seemed to get on with all those he met on his journey. The descriptions of the places and people he encountered were well written. We particularly liked a section towards the end of the book when a young woman he met while on the islands was helped, by him, to receive eye surgery in Glasgow. The ending left us with questions to be answered but it was a very interesting and sensitively written story. Our next book is The Silk Merchants Daughter by Dianah Jefferies



Book Group 3.
Group contact Jo Sampson

The Assassination of Margaret Thatcher by Hilary Mantel. This collection of short stories is set in different times and places. Succinct scene setting is quickly drawn and characters defined, leaving the reader to fill in the details. Some of the themes work while others are too contrived. Group members felt Mantel dwelt on poverty, distress, neglect and sadness, making for depressing reading. There was also the reality of the effect on us of lack of understanding by those close to us. A few stories left us wondering what point she was making. However the collection was not entirely without humour.



Bridge for Improvers
Group contacts: Linda Nicholls on

Sandy Madden on

Tuesday evening Improvers Bridge is now starting at 6.45 for 2 hours finishing at 8.45 in the Upper Room. We are very happy to welcome new members. We are a friendly group. Over the past year we have sadly lost a few of our members and we would welcome anyone who might think of coming to actually come and 'try us out'. We play standard Acol and are a friendly group enjoying light hearted bridge. Yes there is such a thing! Please come and see for yourselves.



Canasta
Group contact : Christine Davies

We are chugging along quite happily with a convenient number for more good games. The Group is currently full so lookout for vacancies here.

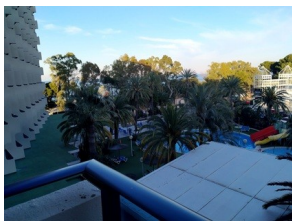


Crafty Cards & Creative Craft Class.
Group contact Alison Tamplin

or Carolyn Kelly

Apologies for having to cancel both sessions this month ladies, but as you know both Carolyn and I returned from a lovely Spanish holiday with tummy bugs, thankfully we are on the mend. Also many thanks for all the get well soon wishes we received. I will repeat card and craft lessons in March

On **Wednesday March 19th** we will be making spring and Easter cards and on **Thursday March 20th** we will have a knit and natter session making Easter chicks and other animals, I will try hard not to eat any of the chocolate eggs that I have bought. For this session if you have knitting needles suitable for DK please bring them, I shall be bringing a large stash of wool and feel free to make what you like. Please remember we supply all materials and equipment, new members are always welcome for more information please contact Alison or Carolyn



Photos this month are a view from the hotel room and us enjoying a swordfish lunch



New members are always welcome and we supply all materials and equipment. For additional info contact Alison or Carolyn as above



Croquet.

Group contact: Anne Young

The group meets weekly at Barnstaple Croquet club, Raleigh Meadow, off St. Georges Road, Barnstaple, EX31 4UX. Tuesday, weather permitting, during the summer from 2pm to 4pm. No experience is necessary and all equipment and coaching is provided. The cost is £4 to join or rejoin the group and £4 for every session you attend. Come along to meet friendly people for a fun afternoon



Devon Inns.

Group contact: Peter Mills

Or Marilyn Clarke

The Wild Card venue selection for February, The Guillemot in Westward Ho!, had such a successful outcome, with group members enjoying views over the beach and green at Westward Ho! from our window seating on the first-floor, a pleasant environment with its own bar area, very attentive service and excellent food for pub grub, in fact the members liked it so much we have reserved it for our Christmas lunch.

In March on Thursday 13th the group is booked into The Bell Inn, Rectory Lane, Parkham, Bideford, EX39 5PL. Meet at 12 Noon in the bar, last year 36 members enjoyed this venue.

Members are welcome to bring guests. The Owners have asked us to provide a food pre-order by Sunday 9th March, the Food Menu is on the Inns Website. Look forward to seeing you on the day.



Digital Camera Group 1 & 2

Group contact: Nigel Tompkins

With both groups providing a good turn out. We had a variety of excellent images based on the subject '2 Colours'. It was a close run to choose the photos to enter for the Newsletter this month'

Below are the photos selected by the groups. Group 1

Pray for light by Dave Parker



Snip by Jennie Wright



Zebra by Nigel Tompkins

Group 2

Hanging Lights by Jan Laubscher



Bear Behind by Peter Denard

Burnham on Sea Wooden Lighthouse by Jenny Johns



Northam Burrows by Chrissie Robilliard



Discussion Group.

Group contact: Irene Baxter

Meeting went as follows. Jeff Cates did a talk on Donald Trump since he became President. The topics discussed were tariffs, immigration, climate change, pardoning rioters, Israel/Palestinian War, WHO, and abortion. Followed by a chat about Elon Musk and R.F. Kennedy. A lively discussion on all these topics ensued. Gill Cates followed this up with a lighter talk on current day fashion for women and men.

Sylvia Green talked about past fashions.

Very enjoyable meeting.



First Friday Walkers

Group contact: Margaret Curtis

Our walk on 4th April will be from Barnstaple to Ashford along the Tarka Trail, returning to Barnstaple by bus. Meet at the new Leisure Centre long stay car park (£2.50), ready for a 10.30 am start. This is a level river-side walk of approximately 3 miles, on a firm surface. Lunch will be at the Tea by the Taw restaurant on the Strand. No need to pre- order, but the restaurant needs to know how many places to reserve.

If you would like to join us, please contact Margaret by Tuesday 1st April at mcurtis39@hotmail.co.uk or 01237 472331. Don't forget your bus passes! **The 7th March walk will be at Crow Point. Linda will kindly send details to all members this weekend**



French.

Our group is conversation based, and members have a reasonable level of vocabulary and grammar knowledge. We also listen to native French speakers via you tube. It is not suitable for beginners.



Knit & Stitch Group.

Group contact: Heather Williams



We meet on the 1st and 3rd Thursday afternoons at 2pm in the Upper Room. We enjoy working on our own projects, finding out about what everyone else is making, having a chat and a cup of tea or coffee



Let's Talk About Books

Group contact **Peter Flacke**

The group heard one member's Desert Island Books (choices: Kurikara by John Maki Evans, Fermat's Last Theorem by Simon Singh, The Canterbury Tales by Geoffrey Chaucer, Frank Auerbach by William Fever, Shots in the Dark by Shoji Yamada, Japan trip 2023 (souvenir photos), Francis Bacon: Revelations by Mark Stevens & Annalyn Swan, The Nao of Brown by Glyn Dillon, Ulysses by James Joyce, Shorter Oxford English Dictionary). The following books were among those then presented to the group:

How to Measure a Cow by Margeret Forster - A woman moves up north to escape her past but, of course, it catches up with her. The book does include a formula for estimating the weight of a cow although its accuracy was challenged in the meeting.

Brazzaville Beach by William Boyd - A young woman, helping a famous primatologist in Africa, ponders her reasons for leaving her marriage and discovers some disturbing

parallels between apes and humans.

The Last Fighting Tommy by Richard van Emden & Harry Patch - This biography of the last surviving member of the "old contemptibles", who died at the age of 111 in 2009, gives an insight into life during and before the Great War.

The Diamond Sutra by the Buddha - So called because the scripture, taking the form of a question and answer session with a senior monk, is intended to cut through illusion (though our reader remained doggedly unenlightened).

The Marches by Rory Stewart - Stewart muses on Britishness and a great deal more during this journey with his father through the borderland between England and Scotland.

An Untouched House by Willem Frederik Hermans - Regarded as one of the three most important post-war Dutch authors, Hermans tells a tale of a partisan attempting to pass himself off as the owner of an abandoned house when the Germans arrive. Complications ensue when the real owner returns.

Next meeting 24th March at 2.00 pm. The topic for discussion will be another group member's Desert Island Books.



Mah jong

Morning Grp Contact: Nicky Heading

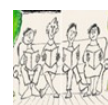
Would you like a morning of fun and laughter whilst at the same time exercising your brain? Mahjong is a good opportunity to do just that so why not give it a go? We are a very friendly group who would welcome any new members, beginners or "old hands". We meet on the first three Mondays of the month in the upper room at 10am until noon. Cost is £2 per session and we have all the equipment you'll need. Just turn up



Music—Blues/Rock.

Group Contact: David Mclellan

Meeting cancelled so no report..



Playreading.

Group contact: Christine Holmes

The Playreading Group meets at members homes fortnightly at 2pm. We read a variety of plays including dramas, comedies and thrillers provided by Exeter Library. Currently we have a vacancy for someone to read male roles.



Practical Philosophy

Group Contact: **Stuart Mealing**

Despite the current bout of winter colds we enjoyed a good turnout for our discussion on sovereignty - a subject which, it seems, is often poorly understood. The introduction by Gill and Irene distinguished sovereignty from autonomy, briefly explained the history of borders and states, recapped on the constitution of the UK

(written and unwritten), and threw open the question of how, or if, global issues can be resolved by countries which have different priorities and different political systems. We learned that only twenty countries existed before the nineteenth century and it was noted, with some irony, that the world's boundaries were changing even as the discussion notes were being prepared, either by negotiated consent or by conquest. How important is historical, geographical (or biblical) context to a nation's claims of perimeter, if any? Is sovereignty compatible with the current world order? Has the United Nations a role or is it now a toothless 'talking shop'? Trump, Musk, Putin et al featured frequently, both in the context of power without accountability and the possibility of great wealth and huge companies coming to wield more power than mere nation states - both on this earth and in future habitations on other planets. The possibility of the division of the UK into smaller units of governance, both through devolution and through the creation of unitary authorities, was compared with the apparent need for larger, global decision-making bodies which seem needed in the face of global warming, mass immigration, world health issues and more. In this context the model of American states having limited legal powers within the umbrella of national governance the USA was considered. N.b. at the time of writing the UK is still a sovereign state.



Science. & Technology Society.
Group contact: **Barry Zussman:**

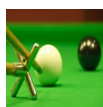
At our last meeting, we took a look at how AI is increasingly impacting our lives in so many ways, and at an accelerating pace which makes the future far from certain. So to cheer us all up, we had some fun with ChatGPT, which waxed lyrical on - among other things - the perennial controversy over 'cream first' or 'jam first' (spoiler alert: it sat on the fence)! For our next meeting, on Tuesday 25th March, Graham Thompson will be recalling some of those great British inventions - from the flush toilet in the 16th century, to computers and penicillin in the 20th - which would go on to change the world, but all too often with the commercial rewards being reaped elsewhere. It's called '**British Breakthroughs, and Why we Failed to Exploit them**'.



Short/Soft Tennis - Group Contacts:
Tuesday session: Janet Broomhead (Jan)
Email

Thursday session: Lynn Woolley

We meet at 2pm for an hour every Tuesday and at 3pm every Thursday at the Atlantic Racquet Centre. All equipment is provided free and an hour long session cost £3. No experience necessary. All equipment supplied. Fun and exercise guaranteed



Snooker (Tue & Wed)
Current Contact: Dennis Pavitt

The U3A Snooker Group has two separate weekly ses-

sions on Tuesday and Wednesday mornings at the Kingsley Hall in Westward Ho! We spend two enjoyable hours trying to re-capture past snooker skills and enjoying the company of similar snooker enthusiasts. If you would like further information please give me a call or send me an email.



Table Tennis.
Group Contact: **Christine Isaac**

The Table Tennis Group are still enjoying our sessions at the Youth Centre and are gradually picking up numbers again. We would be happy to see any new players that might wish to give us a try



Beginners Table Tennis.
Group Contact: Melvyn Lowther

The Beginners Table Tennis Group meets every Thursday at the Atlantic Racket Centre in Bideford. We have a vacancy for a new member so if you feel like giving us a try please contact me at the above email address and I can tell you about the group. All equipment is provided and no special clothing is required. As long as your shoes will not mark the floor you're good to go!



Third Friday Walkers.
Group contact: **Linda Burgess-Bentley**

Linda will lead the March Walk. On Friday 21 March meet at Bottom Meadow Pay and Display Car Park, Lynton ready to set off at 10.30am. (The easiest way to find the car park: when you reach Barbrook on the A39, turn left opposite the petrol station on the road signposted for Lynton and Lynmouth then take the **second** turning to Lynton rather than the first. You will reach the car park within a few seconds, at the top of the hill on the left). The walk is just under 4 miles. We will walk from the car park to a lane which joins the coast path to Valley of the Rocks. This section of coast path is on tarmac and is easy walking, but it might not suit those who suffer from vertigo as it runs along the edge of the cliff. On a fine day, this is a spectacular coastal walk, and you can see right across to the Welsh coast. At the Valley of the Rocks, we turn inland and walk uphill along a quiet road to Lee Abbey where we will stop for a coffee break before returning to Lynton. The return route is along the road to start with, then on a grassy path and finally through some woods back to town. We might encounter a bit of mud in the woods.

Lunch will be at The Greenhouse Restaurant, Lynton which is on the main road, opposite the path that leads to the Cliff Railway. If you would like to join this walk, please let me know by Tuesday 18 March and if you wish to stay for lunch, let me have your choice from their website: greenhouselynton.co.uk Please let me know if you have any food allergies as they would like to know in advance. Linda's contact details are at the top of this entry. Look forward to seeing you soon.



Ukulele group.

Group contact **Richard Patmore**

The Ukulele group had two very enjoyable practice sessions in February while preparing to play at the Primrose Home in Westward Ho! towards the end of the month! Everyone was in very good voice as they sang along while celebrating one of the residents 90th birthday.



Watercolour Groups 1&2.

Contact: **Brenda Cammann**



PLEASE NOT BOTH GROUPS ARE CURRENTLY FULL BUT BRENDA DOES HAVE A WAITING LIST

Group 1 (Improvers)

Group 1 had fun using coloured water-soluble pencils. With different

ways of blending, they can be used in order to embellish a 'normal' watercolour painting OR can be used on their own to create a standalone piece of art. It is possible to make very fine lines with them; finer than a paint brush. As with



all art-related materials, the better-quality pencils have more pigment and give more satisfying results. Members drew and painted different fruits in order to explore the possibilities of this exciting medium.

Group 2 (Beginners)

Group 2 painted rocks and pebbles by experimenting with several different methods. They used rice, semolina, texture medium, gum arabic and several other items to create some exciting and interesting effects. It was pointed out to them that they might find what they learnt useful in future paintings. It is also possible that they might not need them too! But, at least they know of them!

DIARY PAGE

ACTIVITY	DATE	START	END	LOCATION
<u>Groups below meet every week</u>				
Badminton	Wednesdays	10:00	11:00	Atlantic Racquets Centre
Bridge for Improvers	Every Tuesday evening	18:45	20:45	Upper Room St Margarets
Croquet (Braunton)	Weekly on Tuesday - (May to Sept)	14:00	16:00	Croquet Club Barnstaple
French	Every Tuesday	10:30	12:30	Upper Room St Margarets
Short/Walking Tennis Thursday	Every Thursday afternoon	15:00	16:00	Atlantic Racquets Centre
Short/Walking Tennis Tuesday	Every Tuesday Afternoon	14:00	15:00	Atlantic Racquets Centre
Snooker on Tuesday	Every Tuesday from 10 a.m till 12 noon	10:00	12:00	Kingsley Snooker Hall
Snooker on Wednesday	Every Wednesday 10 am - 12 noon	10:00	12:00	Kingsley Snooker Hall
Table Tennis	Every Thursday	10:00	12:00	Bideford Youth Centre on the Pill
Table Tennis for beginners	Every Thursday between 10.00 and 11.00	10:00	11:00	Atlantic Racquets Centre
<u>Groups below meet two or three times a month</u>				
Canasta Group	Twice a month on 2nd and 4th Thursdays	10:30	12:30	Westward Ho
Knit and Stitch group	1st & 3rd Thursdays	14:00	16:00	Upper Room St Margarets
Mahjong Morning	1st and 3rd Monday between	10:00	12:00	Upper Room St Margarets
Play Reading	Every fortnight on Mondays at 2pm	14:00	16:00	private members houses various
Ukulele Group	1st & 3rd Mondays of every month	14:00	16:00	Northam Hall
<u>Groups below meet once a month</u>				
Bird Watching	TBA			Contact Group Leader
Book Group 1	3rd Tuesday in every month	14:00	16:00	Upper Room St Margarets
Book Group 2	4th Thursday in every month	10:00	12:00	Upper Room St Margarets
Book Group 3	1st Tuesday in every month	14:30	16:00	Upper Room St Margarets
Crafty Cards	3rd Wednesday in every month	09:30	12:00	Upper Room St Margarets
Creative Craft Class	3rd Thursday in the month	10:00	12:00	Upper Room St Margarets
Devon Inns	2nd Thursday in every month	12:00	14:00	See Newsletter or Contact Group Lead
Digital Camera Group 1	2nd Wednesday every month	14:00	16:30	Upper Room St Margarets
Digital Camera Group 2	3rd Wednesday in Month	15:00	17:30	Upper Room St Margarets
Discussion Group	1st Wednesday in every month	10:30	12:30	Upper Room St Margarets
First Friday Walkers	1st Friday in every month	10:30	13:00	See Newsletter or Contact Group Lead
Lets Talk About Books	4th Monday of the month at 2.00 pm	14:00	16:00	Upper Room St Margarets
Monthly Lunch	3rd Wednesday in Month	12:00	15:00	The Royal Hotel,Bideford
Music - Blues/Rock	2nd Thursday in every month	14:00	16:00	Upper Room St Margarets
Practical Philosophy	2nd Tuesday in every month	14:00	16:00	Upper Room St Margarets
Science & Technology Society	4th Tuesday in every month	14:30	16:30	Upper Room St Margarets
Scrabble	2nd Monday of the month	10:00	12:00	Upper Room St Margarets
Third Friday Walkers	3rd Friday in every month	10:30	13:00	See Newsletter or Contact Group Lead
Watercolour Group 1 (Improvers)	First Wednesday of the month	14:00	16:00	The Northam Community Centre
Watercolour Group 2 (Beginners)	Fourth Monday of the month	10:00	12:00	Upper Room St Margarets