



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

Issue 557

September 2025



Comments from the Chair

I hope you have all enjoyed the glorious summer weather! Despite the dryness our garden has produced a bumper crop of fruit this year. Today, the first real rain for weeks has arrived and brought a renewed freshness to our gardens and countryside.

I am glad to report that we have two new groups starting up. Roughly 10% of our membership has attended a demonstration of 'Pickle Ball' at the ARC (I believe Dennis Pavitt will give more information on this in the groups section). Also, 'Words Aloud' which is a new type of reading group will be starting soon.

For those members and Group Leaders who use the 'Upper Room', I need to bring to your attention that we have updated the room 'rules'. Many of these rules were already in existence, but on different notices around the building. The reason for the update is partly down to the electrical issues we had (discussed in a previous newsletter) but also changes due to the new cleaning regime. It was also opportune to put all items on one page which will be pinned to the noticeboard in the Upper Room. We are still looking for a 'Technical Help' to look after/ set up our Audio/ Visual equipment and also a 'Speaker Secretary'. These roles do not have to be committee members; however it would be advantageous if both roles attended the monthly lunch.

Best Regards

Graham Thompson
Chairman Torrington U3A

We welcome the following new members this month: Christopher Payne, Marianne Richards, Philip Marlow, Ruth Blake, Stephen White



Future coffee morning 2025

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

- 22nd November

Chairman Graham Thompson	Secretary Carolyn Kelly	Membership Secretary Julie Thompson	Newsletter Editor Andy Robilliard
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This month's notice board:

Monthly Lunch :

This months lunch is on **17th September**— please arrive in time to take your seat in the dining room by 12 o'clock.

Our Speaker will be David McCellan A whiff of a disease

Please remember to **book-in with Helen** before taking your seat,

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 **12th September** 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 17th September 2025

Roast leg of Pork , yorkshire pudding , stuffing ball, apple sauce Roast potatoes and vegetables.
Or
Mixed Seafood Vol-au Vent , creamy dill and white wine sauce garden peas and sauteed potatoes
Or
Jacket Potato with Spiced beef chilli , bistro salad, house coleslaw.
Or
Stuffed baked Pepper, vegetable casserole and sweet potato falafels
or
Mixed meat or Cheddar cheese salad, chutney, house coleslaw egg, pickled onion and minted new potatoes

Apple Pie and Custard
or
Lemon Cheesecake
or
Fruit Salad
or
Cheese and biscuits
or
Ice Cream
Coffee

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



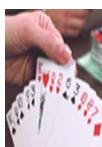
Badminton – Group Contacts
Wednesday: Diane Care
Anne Scott

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 £2.50. We are full at present but have a waiting list if you're interested in joining.



Bird Watching Group
Group Contact: Irene Hahn

The Group's outings to the Skern in August proved to be very satisfying in terms of the number of different species we saw. This Group is full but I am happy to add to our waiting list but we do not lose many of our very enthusiastic members.



Bridge for Improvers
Group contacts: Linda Nicholls
Sandy Madden o

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 Acoll and are a friendly group enjoying light hearted bridge. Yes there is such a thing! Please come and see for yourselves.



Book Group 1.
Group contact: Pat Pavitt
On

Things Don't Break on Their Own is a debut novel by Sarah Easter Collins. It looks into loss, memory and family secrets through Willa Martinwood whose sister, Laika, went missing as a child on her way to school. The story tells of the lasting impact Laika's disappearance had on Willa and her family. She sees her sister everywhere on buses, in busy streets convinced she is still alive. The novel explores how memories can be unreliable. It also includes the fact that nothing breaks without a reason be it an object or relationships. The art of Kintsugi is introduced as an example of how broken things can be mended and made more beautiful and unique. Despite pain and loss, healing and renewal of relationships is possible. A good read much enjoyed by the group. Next month's book is The Hotel Avocado by Bob Mortimer Maureen Fordham



Book Group 3.
Group contact Jo Sampson

The Bastard of Istanbul by Elif Shafak.

This was well received by the group. The author who is Turkish, has as the central theme the genocide in 1915 of the Armenians by the Turks, which the Turkish government has never acknowledged. She takes two families, one of each nationality, and explores their relationships with excellent detailed descriptions of their lifestyles. There is religion :Turkish Muslims, Armenian Christians; there is the importance of food in both cultures. She uses the juxtaposition of the older generation clinging to tradition and the younger generation happy to embrace Istanbul 's cultural mix. The coming together of two cousins , one from each culture points the way forward. Who is the father of the bastard of Istanbul? There are clues in the story but the final revelation is truly shocking.

We have vacancies in the group.



Canasta

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

Crafty Carding

This month as I was on my own, we did a favourite of mine Stitch Cards

members enjoy doing these, in a variety of colours but as they take a bit more

time to finish, photo is those participating hard at work. Next month Wednesday 17th September we will be doing Hunky Dory cards Kryssi and Maureen have kindly offered to host this meeting

New members are always welcome, and we supply all materials and equipment for more information, please contact or Carolyn



Creative Craft

This month members tried out something new and we did Pebble painting though not taken from Westward Ho! a lovely morning was had and wonderful creations were made.

Next month Thursday 18th September we will be making key fobs using Gem Art, Kryssi and Maureen have kindly offered to host this meeting

New members are always welcome, and we supply all materials and equipment for more



Croquet.

Group contact: Anne Young

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

September's lunch is on Thursday 11th September, booked in at The Black Venus, Challacombe, Barnstaple, EX31 4TT About a 40-minute drive from westward Ho, decent roads all the way, no narrow drains to negotiate. Meet in the Bat 12 - 12.15
 There is NO Food pre-order required, Members guests are welcome.
 Please confirm your attendance to me at petermills666@outlook.com by Monday 8th p.m. at the latest



Digital Camera Group 1 & 2

Group contact: Nigel Tompkins

The month of August gave us the subject of "The Environment we live in including the Weather"
 Some fabulous images from both groups left it difficult to choose which images to enter for the Newsletter. The sample below are really only a taste of a superb selection.
 Photography Group 1

Mervyn Lowther 'Work goes on'

Dave Parker 'Is this good for me?'

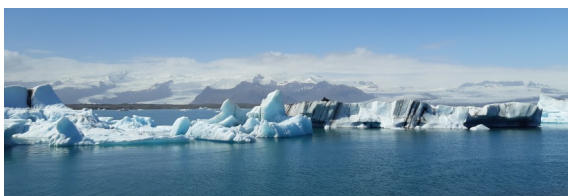
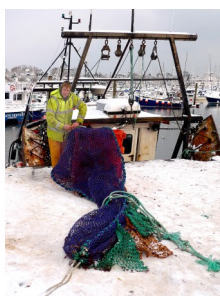


Paul Davies

'Amazing Formations'



Dave Hurley 'Sheep on the Edge'
 Photography Group 2
 Jenny Johns 'Jokulsarlon Glacier'



Michael Hatcher 'Mountains in the Austrian Tyrol'



Peter Denard 'Beach Art'



FB 'We are Small'



Discussion Group.

Group contact: Irene Baxter

We opened up with a discussion researched by Anne reference Vaping and related subjects. Anne brought to our attention that tobacco pouches are becoming very serious. The first viable vaping form was produced in Beijing in 2003. Followed in USA and Europe in 2006. Single use vapes have been banned this year due to dangerous strength and 11 year olds using. On the market now is nicotine pouches which were started in Sweden. In Sweden you can also chew raw tobacco. The pouches contain nicotine plus other additives including salt. Within supermarkets you can buy a tin of ten for roughly £5.99. On average people use 4 to 12 pouches a day. Youngsters may turn to this due to loss of single vapes.

Irene is away for two months so suggested we maybe meet up in Maggie's café. Suggestions for next full meeting is getting hold of various newspapers and selecting topics to discuss. Pointed out we may need to look into this before meeting so prepared. Another option populism - will of the people. Any suggestions will be welcomed.

The month report is written by Gill Cates



French Group contact Jane Williams or Debbie Fisher

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.



First Friday Walkers

Group contact: Margaret Curtis

Jenny and Steve will be leading our October walk. Details are: Please contact Jenny on: jenniferwhinney@aol.com by Tuesday 30th September
 October 3rd walk is from Beaford. It is a 3 mile walk through open countryside with lovely views. We then go through woodland with a short stretch by the river.

There are no stiles and gentle to moderate descents and ascents but nothing too demanding. Lunch will be at the Globe Inn which is on the main road through Beaford. They will let me have the menu 2 weeks prior to the walk and will forward them on to you. Toilets will be open at the Globe Inn from 10.15am. There is no parking at the Globe Inn but there is limited parking on the main road or alternatively drive past the Globe Inn and take the 1st right turn afterwards signposted Village Hall. There is good parking on the right hand side. We will meet under the archway of the Globe Inn



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 projects, finding out about what everyone else is making, having a chat and a cup of tea or coffee



History Group

Group contact: Peter Flacke

The meeting started with an introduction to *Atrocitology*, a book about mass homicide through the ages, and how it has been used (dubiously) by Steven Pinker in his book *The Better Angels of our Nature* to support his claim that humanity is becoming less violent over time. We were then regaled with smuggling tales from 18th century Cuckmere Haven in East Sussex, at the time a leading centre for "irregular" importation of goods from France.



Let's Talk About Books Group contact

Chris Moss or Jane Villiers

Our July meeting focussed on classics that we had never read and included entertaining excuses for having missed them in the past and, in many cases, for continuing to give them a miss. The books included *Under Milkwood*, *Hard Times*, *Westward Ho!*, *Wind in the Willows*, *The Canterbury Tales*, *Jude the Obscure* and *Robinson Crusoe*. Some had now been read and had proved a revelation whilst others had been re-attempted and once again abandoned. We also entered wholeheartedly into the discussion raging around *The Saltpath* and issues it raises about truth in autobiography and went on to describe our recent reads.

Our August meeting started with Margaret's account of the ten books she would choose to take with her to a desert island. Her long history of working with children and with books was evident in several choices: *Just William* by Richard Crompton; *Dear Zoo*, with its stiff card pages and flaps revealing entertaining hidden images;

and the heavily illustrated *Captain Flinn and the Pirate Dinosaur's Missing Treasure*. Other choices were *Black Beauty*, one of the best selling books of all time, in this case in an old edition with period illustrations; *Little Women*; and *Nineteen Eighty-Four*. The need for a 'big, chunky' novel was also identified and suggested candidates were *Middlemarch*, *Wolf Hall* and something by *Dorothy Lessing*. A comprehensive poetry anthology running from the fifteenth century to today would provide a fresh poem to read and contemplate each day, whilst a craft book would provide instruction to enable the acquisition of new skills (and it was generously agreed that the necessary materials could be included). Finally *Normal Women* by Philippa Gregory was included, 'a retelling of the nation's history', giving accounts of women's changing lives in England over 900 years (did you know that there are more penises than women in the Bayeux Tapestry?) and, as her additional luxury item, a decent bed!

We then went on to discuss the talks we each plan to attend at the upcoming Appledore Book Festival and to describe our recent reading. These books were: *Travels with Epicurus* about the search for meaning in old age; *Siddhartha*, a spiritual journey by Hermann Hesse; *Luce by the Sea* by Elizabeth Strout and *A House for all Seasons* taken from the TV series which describes the changes to a house over time; *Manhattan Transfer* about 'rough' districts in New York in the early twentieth century which provide a stark contrast to the lifestyle of the contemporaneous Gatsbys; short stories were available in *Table for Two* and in *Girl Balancing*; *The Whalebone Theatre*, a 'beautifully compulsive' best-seller involving a whale's skeleton and an unwanted orphan; *The Scandalous Duchess* by Anne O'Brien; and *Strong Roots* by Olia Hercules which offers a biographical background to Ukraine interweaving war and hope. Next month we will start with our accounts of book festival events attended.



Mah jong

Morning Grp Contact: Nicky Heading

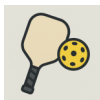
Would you like a morning of fun and laughter whilst at the same time exercising your brain? Mahjong is a good opportunity to do just that so why not give it a go? We are a very friendly group who would welcome any new members, beginners or "old hands". We meet every Monday weekly until further notice and then it will revert to the 1st, 2nd, 3rd and 5th Monday of every month. Cost is £1 per session and we have all the equipment you'll need **Please note the group is now full but we are happy to start a waiting list if required**



Music—Blues/Rock.

Group Contact: David Mclellan

This group didn't meet in August



PickleBall

Group contact: Ralf Bennett

Pickleball open day at the Atlantic Racquet Centre Bideford.

We held our Pickleball “taster” sessions at the Racquets Centre on September 21st and around 40 U3A members came along on the day to sample this new activity. As you can see from the photos of the event, members were able to actively take part in Pickleball games with coaching provided by a member of staff from the centre. Our thanks go out to Ralph Bennett who organised the event for us.



Such was the level of interest shown by our members on the day that we have set up two new regular weekly Pickleball groups starting on Monday 8th September! One group will run from 10am to 11am and the other group will be from 11am till 12 noon. All necessary equipment will be provided and the cost per person per session will be just £3. If you would like any further information, you can contact Ralph or simply turn up on the day to join in the fun.



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**



Or Irene Baxter

Having decided not to cancel our August meeting in case of members’ holiday commitments it was good to find more than half the group in attendance. We did not have a pre-arranged subject for discussion but picked up on the suggestion of ‘truth in an information age’ for which an online video had already been circulated. How can we know, particularly in this online age, what is true and what is a lie? What images and sound recordings that we are presented with are AI generated? Scams abound and what is claimed to be world news is often later found to be an invention yet we need to be able to discriminate somehow - and this growing problem is widely promised to get much worse. A further perspective is offered by

the post-modernist assertion that there is no such thing as the truth. Our discussion moved quickly into contemporary examples of the dilemma with the suggestion that rulers always lie (and that ID cards play into their hands) and the recollection of wartime disinformation and propaganda being propagated by both sides. It was worrying to learn that false news spreads faster and deeper than the truth but somewhat comforting to find that true news generates more trust (if, of course, we believe the statistical basis for those assertions). Evidence for global warming was considered: man-made or part of a natural cycle; the beginning of the end for the human race or a comforting buffer against the next ice-age? Who knows? How do we decide what we believe? On the positive side it was pointed out that many education systems, currently outside the UK, now include critical thinking and logic on their curriculum and that this might better prepare future generations to cope the this issue.



Science, Technology & Society.

Group contact: **Barry Zussman**

For our first meeting after the summer break, we resume on Tuesday 23rd September (2:30pm in the Upper Room) with a talk by Gill Newbold entitled “UK Net Zero: Realistic goal or just more hot air?” After what has been the UK’s hottest ever summer, and one of its driest, surely few can now doubt that man-made climate change remains the single most urgent challenge facing the world. Yet both here and elsewhere, governments still hesitate to take the actions necessary to reverse it. In this talk, we’ll hear about progress so far towards meeting our ‘Net Zero by 2050’ commitment, the difficult decisions that will need to be taken if we are to succeed, and some new technologies that may yet come to our rescue. The clock is ticking ever louder... but is everyone listening?

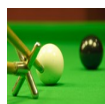


Short/Soft Tennis - Group Contacts:

Tuesday session: Janet Broomhead (Jan)

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. Both the Tuesday and Thursday short tennis groups are now full. We will keep a short list if required.



Snooker (Tue & Wed)

Current Contact: Dennis Pavitt

The U3A Snooker Group has two separate weekly sessions 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: Marion Coles

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!



Walking Cricket

Group contact: Dennis Pavitt

We finally had some good "Cricketing" weather for our August session which made it an enjoyable event for all the U3A members who attended. It was good to see some fresh faces joining us on the day and I hope we will see some more members come along to our September session which will be the last of the current season. The September session takes place on Sunday 7th from 10 am till 12 noon. Please come along for a warm welcome, some light enjoyable exercise and of course, hot drinks and cake to follow. As usual the session will be hosted by the Bideford, Littleham and Westward Ho! Cricket Club at their ground in Westward Ho! where the Club will provide all the necessary equipment. Walking Cricket is open to all U3A members, male and female and it offers the opportunity for take part in some light exercise in a friendly, supportive environment. For further information and to register for the session please contact Dennis Pavitt



Third Friday Walkers.

Group contact: **Linda Burgess-Bentley**

This walk will be led by Ann Scambler as follows:

On Friday September 19th we will be walking near Hartland Lighthouse. Follow the signs for Hartland Point & Lighthouse and park at the National Trust "East Titchbury" layby ready to set off at 10.30am. This may take about 45 minutes from Bideford. The walk is about 4.2 miles and has one steepish climb to the viewpoint and one steepish descent. All the stiles have been removed in favour of gates. This walk is mainly along the coast with some lovely views. We may see seals in the bays and on a clear day we can see Wales.

For anyone wanting to shorten this walk, join us at the Lighthouse car park (it was £3 in 2023). We will be passing through at approximately 11.15am. We won't stop and wait for latecomers! This will shorten the walk to about 3 miles but will still include the hills! When you book onto the walk please let me know if you intend to do this so that I know who to expect at East Titchbury at the start of the walk.

Lunch is in the Wreckers Bar at Hartland Quay Hotel, Hartland. There is no need to pre-book but they will want to know numbers for seating purposes. There is a charge of £3 to park at the Quay. If you would like to join this walk and stay for lunch, please let me know by Tuesday 16 September. If you are walking but not dining, please let me know by the same date.



Ukulele group.

Group contact **Richard Patmore**

The Ukulele Group has been kept very busy this month. As well as our regular practice, we had two very enjoyable gigs. Early in the month we went to Highwood Care Home in Bideford. This was our first visit to this home and the room we played in was full of residents who seemed to enjoy themselves.

Towards the end of the month we played for the Bideford Friendship group, who meet in Northam. The room was crowded with people singing along, with several people requesting their favourites from the song sheets that were provided. The afternoon finished with some delicious homemade refreshments.



Watercolour Groups 1&2.

Contact: Brenda Cammann

These two groups are on hold until further notice



Words Aloud

Group contact: Marianne Richards

Just a reminder that a new U3A group, "WORDS ALOUD", is starting in September. If you enjoy the sounds of spoken poetry or prose this could be the group for you! The group will meet in the Upper Room in Northam from 10 am till 12 noon on the second Wednesday of the month starting on Wednesday September 10th.

Marianne Richards will be organising the group and you can speak to her to register your interest or find out any further details. Marianne can be contacted

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
Pickle Ball Group 1	Every Monday	10:00	11:00	Atlantic Racquet Centre
Pickle Ball Group 1	Every Monday	11:00	12:00	Atlantic Racquet Centre
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	TBA	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 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
History Group	2nd Thursday of Month	14:00	16:00	Upper Room St Margarets
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
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
Words Aloud	2nd Monday of the Month	10:00	12:00	Upper Room St Margarets