



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

NEWSLETTER

Issue 564

April 2026

Comments from the Chair

I guess the only certainty for this month is that the trees and plants will continue to blossom accompanied by the usual cold snap before the warm spring air finally arrives. We live in a very uncertain world now, so I believe it is even more important to remember our U3A motto of *Learn, Laugh, Live*.

Membership: -April is the start of our new membership year, so a gentle reminder for you all to renew your membership as soon as you can. Hopefully you will have each received the 2026-7 membership form in a previous email. We have endeavoured to keep membership costs down, although with two exceptions. The **fee for Affiliate members** has been raised to **£3.00** and for those who require the **TAM magazine**, that is now an additional **£4.20**. The other area affected is those paying by cheque; - Banks are now charging **50p per cheque** on Charity accounts, hence anyone using this method should add that amount to their payment. Please remember to include a stamped addressed envelope with your application form, so your new membership card can be posted back to you

Monthly Lunch: - Last month was the first at our new venue, the Durrant Hotel, attended by 47 members. Although it was the first, without any trial runs, it appeared to go well. I and others who attended enjoyed the food, which came out of the kitchen in good time. Unlike the Royal though, they do not ask you to confirm what you pre-ordered, so a learning here is for diners to remember what they have requested. (As some meals wandered up and down the room before finding an owner) Regarding the talk, we understand that some people at the back could not see the screen (we discovered afterward that it could be raised further). So we have some learnings to take away and will make adjustments for the next month; - Details and menu are on page 2

Best Regards

Graham Thompson
Chairman Torriddle U3A

We welcome the following new members this month: There were no new members this month



Future coffee morning 2026

April 18th (Where there will be a presentation from Torriddleside Talking Newspapers),

June 20th, September 19th, November 21st

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 **Wednesday 15th** please arrive in time to take your seat in the dining room by 12 o'clock.

Our Speaker will be Songbird Anna will be entertaining us with the stories behind the songs. The title of her song and talk is Bloodlines and Ballads, there will be a question and answer session about Genealogy and how these stories came about. 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. **Any last minute cancellations have to be paid for**

Please could those interested in attending :

- Order their choice of meal by **Friday 10th April**
- 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 or card. Please Also note late cancel-

MENU — 15th April

Roast beef and Yorkshire Pudding with rich gravy
Slow Braised Pork with Roasted Red Onion and Red Wine Jus
Crispy Breaded Cod with homemade tartare sauce and lemon
Sweet Potato , Spinach and Chickpea Curry with Rice and Naan Bread
Home cooked Ham or Cheese Salad
All served with Potatoes and a selection of fresh vegetables
Chefs Steamed Treacle Sponge and vanilla custard
Homemade Creme Caramel
Homemade Chocolate Brownie and Ice cream
Fresh Fruit Salad Ice Cream
Cheddar Cheese and Biscuits
Tea or Coffee

Message from the Treasurer It will soon be time to renew membership and I would like to bring a couple of matters to your attention

Bank began charging us for cash and cheque deposits in November this year. Cash deposits are 75p per £100 and cheques are 50p each. Internet transactions are free. Last year 33% of our members paid by cheque and 11% paid by cash. If this is repeated this year we will be paying a small but significant amount, especially for payments by cheque.

If you have access to internet banking can you please use this method of payment and if you haven't got access to internet banking can you please consider paying by cash. There is a coffee morning at Northam Hall on 18th April between 10.00 and 12.00, why not come along and pay your membership fee then. Last year we opened a new bank account just for membership fees, it is really helpful to keep the money coming in for membership separate from the general account, so PLEASE pay your membership money into the correct account:

Torrige U3A Membership Account Sort code: 30-90-78 Account Number: 40683160

I would like to step back from the role of Treasurer at the AGM in the summer. It would be wonderful if one of our newer members would consider taking up this position which is very rewarding and considerably easier than when I first took on the role due to so much business now being conducted online.

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



Art Group

Contact Julie Thompson

Or Chrissie Robilliard

We all enjoyed getting together for the second meeting of our new art group. There were so many interesting styles and talents on display and a lot of inspiring work to see and share. The next meeting is on April 23rd.



Badminton – Group Contacts

Wednesday: Diane Care

Anne Scott

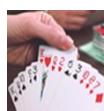
We meet each Wednesday at 10am for an hour of fun badminton at the Atlantic Racquet Centre, Bideford where we use 3 courts. All equipment can be provided free of charge, each session costs £2.50. We are full at present but have a waiting list if you're interested in.



Bird Watching Group

Group Contact: Irene Hahn

The Birdwatching Group's March meeting at the Skern was well supported on both days by our enthusiastic Members. This Group is full but we are happy to add to a waiting list.

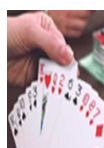


Bridge for Beginners

Group contacts: Richard Hunt

Our new Bridge for Beginners group is starting on Friday April 24th. It will run from 2 pm until 4 pm every Friday afternoon in the Upper Room in Northam. The group will be led by Richard Hunt who will offer a complete beginners class, concentrating on "natural" bidding sequences, and a subsequent improvers class to include more complex "conventional" bidding systems. A practice group could then run after these classes, and further beginners classes could be arranged, as and when the need arises.

You will not need to have a playing partner to come along to the group as individual members are welcome. For further information please contact Richard Hunt



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.



Book Group 1.

Group contact: Pat Pavitt

Frankie by Graham Norton

Frankie is a decades spanning novel that follows the life of Frankie Howe, an elderly woman living in a London flat who recounts her remarkable journey from post war Ireland to the vibrant 1960s New York art scene. In contemporary London, Frankie's memories are sparked by the arrival of Damian, her young Irish carer. As she shares her secrets, her resilience and the deep impact she had on those around her is revealed. Most of the group enjoyed this book. Our book for next month is The Retirement Plan by Sue Hincenbergs.

Pat Pavitt



Book Group 3.

Group contact Jo Sampson

The Forty Rules of Love by Elif Shafak

The novel is set in both the 20th and 13th centuries. The 20th century character acts as a lead into the main story dealing with Sufism and the power of love in religion.

Shams is a mystical dervish who foresees his death and knows he must pass on his knowledge of how to achieve Divine Love through his Forty Rules to another before that happens. He chooses Rumi, a well known scholar and teacher, persuading him to write poetry about love. A great friendship develops between the two, so much so that the populous come to resent Shams, leading to his murder. Various characters are drawn to show that divine love can reach everyone regardless of their lifestyle if they are willing to change.

The story gave a lot of discussion on love and its place in religions.

The only weak part was the 20 th century setting, being rather shallow compared to the main narrative.



Canasta Group contact: TBC

Our Canasta group needs some more members and more importantly someone to help organise the group. If you already play Canasta or want to learn and you might be able to help with organising the group, then please contact me for further details. Dennis Pavitt, Groups Liaison, email dennispav@hotmail.co.uk.



Crafty Cards & Creative Craft Class.
Group contact Alison Tamplin

or Carolyn Kelly

Crafty Carding

This month we returned to an old favourite Iris folding, as always produces stunning individual cards, month Wednesday 15th April we shall be exploring various embossing designs on different paper types, New members are always welcome we supply all materials and equipment.



fabers next and

For more information please contact Alison - or Carolyn **Creative Craft**

A relaxing morning was had by all when we had a knit and natter morning making easter animals, the chicks came with their own chocolate egg, this class has a low attendance, each month we do a different craft, the two hour session is a taster so why not come along and try us out .Our next session Thursday 16th April we shall be exploring the wonderful very easy technique of Bargello embroidery. New members are always welcome and we supply all materials and equipment.



For more information please contact Alison or Caroline



Croquet.

Group contact: Anne Young on

Croquet has finished for the season, it will begin again in May 2026.

Braunton U3A runs a croquet group during the summer and invite members from the surrounding U3A's to join the group.

The U3A Croquet Group will be starting on Tuesday 21st April 2026.

The group meets weekly at Barnstaple Croquet club, Raleigh Meadow, off St. Georges Road, Barnstaple, EX31 4UX, Tuesdays, weather permitting, during the summer from 2pm to 4pm. No experience is necessary and all equipment and coaching is provided wear comfortable clothes and flat shoes, you may need a waterproof coat and a drink.

The cost is £4 to join or rejoin the group and £4 for every session you attend.

Contact Anne Young for more information and to book your place.

Come along to meet friendly people for a fun afternoon



Devon Inns.

Group contact: Peter Mills

Or Marilyn Clarke

Our groups lunch in March at The Westleigh Inn, did not disappoint those who were able to attend, the members were well catered for and look forward to the next return visit. April's Devon Inns lunch falls in the same week as Easter Monday, the second Thursday in this month being the 9th April, our venue is The Castle Inn @ Blakes Hill Road, Landkey, Barnstaple, EX32 0NF (01271 830438) The Castle Inn has a good sized Free car park at the rear of the Inn, the entrance is via the lane next to the Inn, walk in through their garden and outdoor seating area.

Meet 12 Noon - 12.15 in the Bar

The Chef at The Castle is changing their menu offerings the week ending Sunday 29th March, It is likely that they will request from the group a food pre=order, to be confirmed in members personal email's, sent in the early days of April. Members of other U3A groups are always welcome to contact us and confirm a place.

With the proximity to Easter Break and members family and alternative commitments we are hopeful for a good turnout. Look forward to seeing you in The Castle Inn.



Digital Camera Group 1 & 2

Group contact: Dennis Pavitt

The subject for the month of March was - beginning with the letter 'T'

Group 1

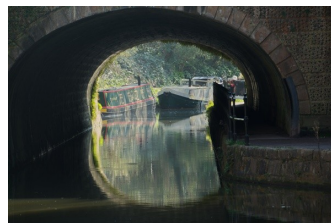
1 Toadstools - Michael Hatcher



2

Lake Theseus South Africa - Jane Irvine

3 Tower bridge Opening Up
Dave Parker



4 Canal Bridge Tunnel - Paul Davies

Group 2

1 Sunset triangle -
Pauline Coombes





2 Tomato Soup - Judy James



3 Tropical flower - Mandy King



4 Tunnel, Cricket St Thomas, - FB



First Friday Walkers

Group contact: Margaret Curtis

Our walk on May 1st will be led by Denny, who will lead us on a circular route of approximately 3.5 miles along country lanes and footpaths, including part of the coast path at Abbotsham cliff, where there are views of Hartland Point and Lundy Island. There are gradual ascents and descents but no steep ones. Meet at Abbotsham church ready for a 10.30 start. Lunch will be at the Thatched Inn, Abbotsham with pre-orders required. A new menu will be offered within the next two weeks and we will send this to all members once it is available. If you would like to join us, please contact Denny by Tuesday 28th April on:



Knit & Stitch Group.

Group contact: Heather Williams

On 07866 503588. or
heather.williams179@gmail.com

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 coff



Discussion Group.

Group contact: **Graham Thompson**

We firstly discussed Trust. Why do we not trust organisations? The group was somewhat mixed on who they felt they could trust. Discussed words that are continually used in businesses - can we trust them. A1 - loads of fictional stuff. Growth of everything on computers makes us more vulnerable. Now can be bullied online which then causes mental health issues. Discussed the issues of what teachers face now. Some felt that teaching is not valued in this country but is in many overseas countries. We then turned our attention to roads and the lack of repairs. Felt that there are many mock repairs that break down again very quickly. Lack of funding for basic services. Utility companies making massive profit but not fixing basic services. The repairs of potholes are often outsourced and was felt they are using products from China for repairs.



Favourite Words Aloud

Group contact: Marianne Richards

Favourite Words Aloud Group will be taking a break and re starting in September if numbers allow. Please contact Marianne Richards on 07909581390 by the end of July if you will be returning or joining our friendly group for another session.

We will have plenty of time to collect favourite words, serious or comical, to share and enjoy.



French. Group contact Jane Williams or Deb-

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.



History Group

Group contact: **Peter Flacke**

Email

We heard first about a project in Eastbourne to renovate neglected archaeological finds, including the well preserved skeleton of a young woman who came to be known as "Beachy Head Lady". She morphed over the years, with advances in DNA science, from the first black Briton to a blonde, blue eyed English rose, much to the dismay of those who like to claim "We're all immigrants".

Then we heard about Samuel Pepys's complicated relationship with corruption. He accepted "gifts" which he regarded as a just reward for his "honest service" while others - "thorough going rogues" - took bribes. The difference was, in his own mind, that his underhand dealings benefited the King whereas theirs were at his expense. It is undeniable though that he instituted many reforms which greatly reduced corrupt practices in the Royal Navy.



Let's Talk About Books Group contact
Chris Moss or Jane Villiers

Due to commitments across the group the March meeting was not held.



Mindfulness and Wellbeing Group
contact **Irene Baxter**

This month we learnt about the default mode network of the brain. Simply put 30 plus thoughts a minute flow into our minds, often from the past or about our future. Many are negative or critical. This disconnects us from the present moment. It can create a cause for anxiety or depression depending on the negativity of the thoughts, and the constant repetition of them. We then discussed our five senses which inform the brain about our environment via our nervous system. Without the functions of the brain and our senses we would not be alive. They both create our entire unique world and our ability to function in it. We then practiced using our senses in the present moment with full awareness of each sense and with curiosity.



Mah jong
Grp Contact: Sue Smith



Ukulele group.
Group contact **Richard Patmore**

The group meets from 10am to 12md on most Mondays of the month in the Upper room Northam. All equipment is supplied and the session costs £1. We have spaces for new players, no previous experience of playing is needed as we will teach new members.



Music—Blues/Rock.
Group Contact: David Mclellan

A track from Snakecharmer's Second Skin album kicked off the March music session at our new 'venue' (in Roundswell), before Santana performed The Healer from their live performance at Watsonville High School. A newly released album - Salt Roots - from Cornish band , Wille and the Bandits, provided two quite different tracks and Bob Segar's Silver Bullet Band returned with Night Moves. The late great Gary Moore was represented by Oh Pretty Woman from his Greatest Hits album and Mark Knopfler entertained with Junkie Doll. Blues singer Morgan Luna sang Don't Tell Me How to Play. There were also representative tracks by artists Bon Jovi, Led Zeppe-

lin (Living on a Prayer and Kashmir respectively) and the blues cover band Badgerino with their take on Bad to the Bone.



PickleBallGroup contact: Ralf Bennett

telephone, text, or WhatsApp on

Atlantic Racquet Centre
Every MONDAY MORNING.
Session 1 is 10-11 am
Group Leader is Christine Ker
We have 3 courts booked every Monday
PLACES ARE AVAILABLE NOW !!!
Session 2 is 11-12 noon
Group Leader is John Curry
We have 2 courts booked every Monday
PLACES ARE AVAILABLE NOW !!!
Cost is £3:00 for 1 hour or £5:00 for 2 hours.
(The £5 offer is very popular)
Equipment is provided free.

This sport is so much fun and quite dynamic. It's a bit faster than short tennis but if you have ever played a racquet sport (badminton, tennis, table tennis or squash) ...then you will enjoy the challenge. Come on , join in , get fit. You will love it !! Enquiries: Ralph Bennett



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

Continuing our look at major religions our March discussion, led by Gill and Irene, considered Hinduism. It is the world's oldest active religion dating back to around 1800 BC and is closely related to Buddhism in particular but is also connected to other religions. It features thousands of gods and is tightly integrated into the daily lives of its practitioners during which karma determines one's position at rebirth. Breaking free of this constant cycle (moksha) is part of the function of Hinduism and it was noted in passing that yoga can play a major role in this. Interestingly the faith recognises a third gender in addition to male and female and, since the group often considers current transexual issues, this proved a discussion point from which we went on to look at the role of women within the religion. The caste system was described and, though now banned, it was seen to have been exploited by the British during their occupation of India at which time Muslim/Hindu divisions were also played up following many years of previously happy coexistence. Ghandi's role in the changing sub-continent arose as did the recognition of Hinduism's view that there are multiple

universes being consistent with discoveries in quantum physics, another topic to which we now regularly find ourselves returning. As is often the case the travel experiences of a number of group members helped to illustrate many of the points that were being made. Next month we will look at the Muslim faith



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

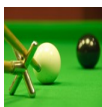
As recent events have shown, the world's dependence on fossil fuels has made the transition to clean energy ever more urgent, so it was fitting that last month's meeting focused on the climate emergency, and the dire consequences – environmental, economic and societal – of our failure to take decisive action to reverse the damage that has already been done. There's no meeting this month, so I'll see you all again in May.



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

Thursday session: John Curry

Atlantic Racquet Centre
Every Tuesday Session 2pm for 1 hour
Group leader Jan Broomhead
Tel 07815814271
Cost £2:50p
All equipment provided free.
PLACES NOW AVAILABLE !!
Every Thursday Session 3pm for 1 hour
Group leader John Curry
Email jc.intrepid@btinternet.com
Cost £2:50p
All equipment provided free
PLACES NOW AVAILABLE.
Never tried short tennis ? Well now you can as your first session is free. We are a very sociable bunch and you will fit right in. Good exercise and plenty of fun too. Please ring or email In advance to avoid disappointment. Or phone Ralph Bennett



Snooker (Tue & Wed)
Current Contact: Dennis Pavitt
on 07519 890944
or dennispav@hotmail.co.uk

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

We are currently welcoming new players , come and join us, we are a friendly group, and welcome complete beginners and those who perhaps haven't played for a while



Walking Cricket
Group contact: Dennis Pavitt

This will restart next year runs during cricket season



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

Margaret will lead our walk for April. Details as follows:

On Friday 17 April at 10.30am, meet in the National Trust car park at Hunters Inn, Heddon Valley, Parracombe, Exmoor. Toilets are available. This is a pretty walk along the banks of the River Heddon. It is barely three miles in length and there are no great ascents or descents. We will walk to the lime kiln and the beach, have our coffee stop on the beach or above then make our way back to the car park. **Lunch will be** at The Hunters Inn and they would like us to pre-order. If you would like to join this walk, please let Margaret know by Tuesday morning, 14 April and if you would like to stay for lunch, please let her have your choice from the menu. You will find The Hunters Inn menu on their website = thehuntersinnheddonvalley.co.uk/menu/

With regard to directions to The Hunters Inn, we will investigate and email you with the best route as roadworks were ongoing down to the inn for some time. (These might now be complete but we will look into it).

The ukulele group met twice for practice this month, when we continued to play new material for inclusion in our repertoire. We also played at a new venue, Lakenham care home in Northam. Our performance was well received and we were treated to some delicious tea and cakes afterwards. Our music was obviously popular with the residents as we have already been asked to return later in the year.



Watercolour Groups 1&2.
Contact: Brenda Cammann

These two groups are on hold until further notice

DIARY PAGE

ACTIVITY	DATE	START	END	LOCATION
<u>Groups below meet every week</u>				
Badminton	Every Wednesdays	10:00	11:00	Atlantic Racquets Centre
Bridge for Beginners	Every Friday	14:00	16:00	Upper Room St Margarets
Bridge for Improvers	Every Tuesday evening	18:45	20:45	Upper Room St Margarets
Croquet (Braunton)	Every 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/Soft Tennis Thursday	Every Thursday afternoon	15:00	16:00	Atlantic Racquets Centre
Short/Soft 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>				
Art Group	4th Thursday of the month	11:00	13:00	Northam Community Hall
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
Favourite Words Aloud	Currently on Hold 2nd Wednesday of the Month	10:00	12:00	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	10:00	12:00	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
Mindfulness and Well-Being	1st Thursday each month	10:30	12:00	Upper Room St Margarets
Monthly Lunch	3rd Wednesday in Month	12:00	15:00	The Durrant Hotel, Bideford
Music - Blues/Rock	2nd Thursday in every month	14:00	16:00	Contact Group Leader
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