

# CVu3a UPDATE

**Edition:** Sixty-Seven— July/Aug 2025

**Editor:** John Hayston.

**Contact:** [Johnhayston1@gmail.com](mailto:Johnhayston1@gmail.com)

**A very warm welcome to those new members who have joined us since the last newsletter was sent out.**

## July Speaker

Peter Isaacson, a volunteer for the charity Medical Detection Dogs (MDD), gave a very interesting talk with some video footage of how the training and use of these dogs occurs.

Dr Claire Guest OBE and Dr John Chapman got the ball rolling with Tangle and Daisy being two of the first dogs to learn detection techniques. Daisy gave Dr Guest an early warning of deep-seated breast cancer she had. A legacy from an advocate called Sylvia of £800,000 allowed a HQ to be built at Milton Keynes, Royal patronage- now Queen consort, with Dr John Church who today heads up the detection unit.

Dogs are purchased and bred and take two years to train, 20 minutes at a time three times per day using instant treat (food tidbit) rewards to progress also using clickers. No best breed, any will work, but Labradors and Spaniels are common. A dog's nose has 350,000,000 receptors and a large part of a dog's brain is given over to the sense of smell, allowing them to detect 1 part in a trillion!

MDD can give advance warning to people with Parkinson's, Covid 19, Addison's, POTS, Cancer, PTSD, Type 1 Diabetes and many more ailments. MDD needs £2.5 million per year to carry on their good work. They have 89 dogs living with people currently, drastically improving their quality of life. They have great plans to extend this field of medical science in the future to save the NHS money with large scale early diagnosis.

Go to [medicaldetectiondogs.org.uk](http://medicaldetectiondogs.org.uk) for further details and ways you can help MDD to train more life-saving dogs.

## August Speaker

**Lynda Kettle** is a British artist working in pastels and watercolour, with many accreditations to her name in the world of art including as former Vice President of the RBSA (Royal Birmingham Society of Artists). But at our next meeting we'll hear about her career in theatre design which led into BBC television as an arts director and production designer, working at Pebble Mill on such familiar programmes as Basil Brush, Angels, Howards' Way and Two Point Four Children.

Lynda now lives in Sidmouth and exhibits in various galleries and holds painting workshops at her studio. We look forward to meeting her on 7th August.



## Committee News

It is hard to believe it is July already, but I hope you have all been able to enjoy the weather thus far. Before we know it, we will be announcing the AGM taking place on 4 September 2025.

As some of you will be aware, several of the current committee will be retiring as they have either been in their roles for 3 years or they have other commitments within the u3a that they wish to pursue.

The roles we need to fill for the Culm Valley u3a to continue are:

**Business Secretary** – currently me, Lorna Knowles

**Treasurer** – currently Alison Waple

**Membership Secretary** – currently Marian Luck. Marian will continue in her role as Beacon Administrator for us and she is also on the SW Region Third Age Trust Committee.

We are dispensing with the role of Vice Chair, and our thanks go to Janet Bryant who has held the role for 3 years.

Please find below an outline of the roles to be filled and I would encourage you to read them and see if anything in your past working life might give you the confidence to step forward.

Please feel free to contact any committee member to ask questions but I would say that as a committee member, you are not working alone so don't be afraid to give it a go.

Thank you,

Lorna Knowles

Business Secretary

[cvu3abussec@gmail.com](mailto:cvu3abussec@gmail.com)

PS. Gill Sole is also looking to step down from her role as **Speaker Coordinator**, not a committee role but vital non the less.

### Business Secretary

- Liaise with Chair re arrangements for AGM
- Distribute AGM papers at appropriate times
- Keep copies of insurance certificates and licences
- Submit changes in Officers to Third Age Trust and Regional Trustee
- Attend "external" meetings as and when required
- Liaise with National office
- Ensure Policy and Procedures document/file are kept up to date and reviewed periodically.
- Prepare and circulate agenda and related documents for committee meetings within the required time scale.
- Record and circulate minutes of committee meetings and write summary for newsletter
- Send approved minutes to webmaster for website
- Receive and distribute reports of sub-committees or working group and other meetings as appropriate
- Guardian of the Minute Book
- Take and circulate minutes of AGM

## Membership Secretary

- Prospective members
  - Respond to external/initial membership enquiries and related information.
  - Send out membership information and forms or guide interested parties to the relevant page on the website.
- Registered new members
  - enrolment and collection of subs in liaison with Treasurer
  - creation Membership record for new members
  - Inform Groups Co-ordinator of new members records on Beacon
- Update members information, membership renewals and resignations on database as required
- Attend Executive Committee Meetings
- Represent the Executive Committee at alternate Management Team meetings

## Treasurer

- To attend the majority of Executive Committee meetings and to assist the Management Team in any financial matters as required
- Maintain appropriate records for accounting purposes
- Ensure liaison with Membership Secretary for membership fees & renewal fees
- Ensure payments are made for all approved expenditure
  - Expenditure must be approved by at least one other Executive Committee member and in accordance with constitution
- Co-ordinate with Meetings organiser\*\* for the collection of entry fees, and payment to speakers and other meeting transactions and to account for them in the "Books"
- Control bank mandate as directed by the Executive committee and ensure that any AGM changes to Executive Committee are actioned in a timely manner
- Provide quarterly financial reports for Executive Committee meetings, on an ad hoc basis as required, and also to provide an annual report for members at the AGM as instructed.
- When the Culm Valley U3A reaches appropriate size, to identify and work with a suitable auditor to sign off the accounts in accordance with current legislation

## Help Please! Tech support desperately wanted for monthly meetings

I'm looking for someone to help me at the monthly meetings by setting up projection and microphone equipment. This would suit someone with much better technical capabilities than me, whilst I continue to do the meet and greet and introduction parts of the Speaker Coordinator role. This extra pair of hands would also allow me time to speak to people with my other hats on i.e. Behind the Scenes visits and Walkers Group. If you can help, full instruction will be given by me and Andy Arnold who is often available too. Please get in touch via email [gill.sole@yahoo.com](mailto:gill.sole@yahoo.com) and I can phone to discuss if you have any questions. Many thanks, Gill

## Celebrating Art

In September we are hosting a 2-day art event, Celebrating Art. 8 workshops each facilitated by a different tutor will run over the 2 days and cover a wide variety of art media. From Acrylic to Textiles and Soft Pastels to Gelli Printing, there will be something for everyone, whether you have never tried anything to do with art, or you have been doing art for years!

You can find out more about the 2 day event and the link to the booking form here: [www.culmvalleyu3a.org/celebratingart2025](http://www.culmvalleyu3a.org/celebratingart2025) or by scanning the QR



code with your mobile phone.

If you are able to help with the event by being on the refreshment team or helping with setting up, cleaning and clearing up, or showing visitors to their workshops etc. please get in touch with me on [CelebratingArt2025@gmail.com](mailto:CelebratingArt2025@gmail.com)

While this event is being referred to as a Culm Valley u3a event, it is not being financed by any CVu3a funds. We felt it was important that the event be self-supporting and anticipate that all costs will be met through workshop and evening event bookings.

## **Congratulation to Andy Arnold on completing the cycling challenge, The Nello, for the Force Cancer Charity**

<https://forcecancercharity.co.uk/nello/>

The Nello is an annual fundraising bike ride in support of the FORCE Cancer Charity. In 2025, it started and finished at Topsham Rugby Club on 29 June and offered two routes around the Devon countryside – one at 60 miles and one at 100 miles!

Anyone still wishing to support this effort can contribute through his just-giving site -

<https://www.justgiving.com/page/andrew-arnold-2>. Please remember Gill Sole's comment that after entering your donation details and completing the Gift Aid section, if relevant, you are invited to add an additional some of money to support the just-giving website. This is not obligatory, and you can edit the amount down to zero if you wish.

## **News from Interest Groups**

### **Beginners Spanish**

As we have not published anything in UPDATE, we thought we should. Group members were very keen to write about their experiences and all they have learned to showing their newly acquired abilities, but I suggested that a short sentence would be enough.

So here it is:

The Beginners Spanish group started last October when I was asked to help. So, I took a very enthusiastic group, meeting every week, to make sure they didn't forget what we learnt the week before. We started from basics i.e. learning words, verbs and a few greeting sentences.

I must say that we have now progressed to the stage where we have confidence to ask each other basic questions in Spanish. We also have introduced our virtual friend Mr Smith and his companions, who are British travellers, with a few mishaps. Reading Mr Smith's adventures has helped the pronunciation a lot.



So, learning Spanish has been an uplifting experience shared with lovely people. The group has recently had a very enjoyable visit to a local Spanish tapas bar. The food was very good, the ambience was very enjoyable, sharing the sangria and different tapas in a friendly atmosphere, and we were even able to order some of the dishes in Spanish.

We will return to the tapas bar to repeat our enjoyable experience.

“Pasamos una buena tarde. La comida y la sangría fueron excelente. Nos gustaría repetir esta muy buena experiencia con nuestros amigos.

**Josy Tidmarsh**

## **Creative Writers**

As the two of us had come up with the same suggestion for our latest task, we all went off to scribble or tap away about GARDENS. Easy ... surely anyone can wax lyrical about their garden, or bare patch, or their aspirations to show at Chelsea. That's what I thought anyway. And I expected us to return with some fairly bland offerings.

Fast forward to the June meeting. In we trooped clutching our bits of paper or folders to share our thoughts.

Linda, who usually writes about ordinary things, had written a piece called GRIEVOUS BODILY HARM. Shock waves around the table. It seemed like a relationship problem (which it was) and



violent action was needed. It turned out that a rather super plant had outgrown its terracotta pot so the pot had to be smashed using a hammer, and its legs sawn off. Once the tangled roots were sorted, all was well. The traumatized plant is now happily settled in a border, lording it over lesser specimens.

Phew! Sighs of relief. Murder was suspected; but no, that's Sue's department. So, what did Sue write? Just as the group began to relax, Sue had us all fretting about her elderly heroine who appeared to be falling victim of a SCAM. This gentle soul had trusted an acquaintance with her bank details and quite soon after that, she was told she was about to lose

her house and the beautiful garden she had created. If only she had attended Andy Arnold's IT course. Sue's old lady was taken from her home by taxi to a rundown house, having been assured she would be moving into a luxury retirement property. This sounded worse than murder. But the old lady was smarter than we feared. She had several offshore bank accounts and had just wiped the smooth talker's account so that he would quickly realize he had been a victim of a greater scam.

Nice One.

Pat got very technical, blinding us with the science of PH balance in soil levels ... clearly, she is a serious gardener. We were entertained as she read about her heroine, Mary, who was in turn, advised and encouraged by her know-all neighbour. This same neighbour teased her unmercifully by reciting the nursery rhyme whenever he saw her. Some amusing dialogue followed, which Pat does well. Shame she didn't have some silver bells to jangle at him or cockle shells to throw at him. Then came a delightful twist at the end with an unusual affair going on beyond the hollyhocks.

Moving on, Paula read her poem about A DREAM GARDEN. She had painted a journey through the years, using evocative imagery; introducing a wealth of creatures living in this garden.

Spider webs in silver thread

Catch the dew like words once said,

Shrews emerge with nimble grace

As fruits fall soft from summer's place

We ended gently at heaven's gate where a bride of long ago meets again her beloved bridegroom who had gone ahead through the veil we call 'death'. In this dream garden the loved ones are reunited. We were spellbound.

And Hazel, our wonderful hostess who had been sitting quietly? Well, Linda had woken up one morning with a bright idea. She wondered if it might be FUN to write a shared story and the group happily agreed to have a go. Each member of the group would write about 200 words, return to the group to read their section before passing it to another person to continue. This could give the writer of the shared story a month off if it became too much, or not, if they were happy to write about our new word and write a section of the shared story. People have different writing styles and ideas so this is a real challenge. Instead of writing about gardens, Hazel decided to begin the first shared story. It could be about anything ... and could go in any direction.

(No title yet as we have no idea of the plot or the ending) ... Who came up with this daft idea?

### **Hazel's Introduction – (my summary)**

We meet an attractive blonde woman with a scar down the right side of her face from an incident when she worked in a bar. She is now very wary of men she doesn't know. But at the school gate, she meets a short man with a pleasant face and thick dark hair. After some months of chatting, he asks her out for lunch. She panics but decides to take her own car in order to remain in control, and escape if it gets scary.

Pat offered to take up the story and I can't wait to hear the next installment. It could end up anywhere, and with Sue on-board, doubtless we shall have a murder when she takes up the plot.

Linda McMillan

### **Pétanque**

The displayed pic was taken at around midday on Friday 4th July 2025, at the spacious Wellington Pétanque Club's permanent terrain situated in the Basins Park, behind the town's Sports Centre. The photo-opportunity captured a friendly get-together with some members of the newly formed Bridgwater Pétanque Club, when 4 opposing teams (chosen by random selection) each played two highly contested games of "Doubles"

before adjourning for lunch at a popular hostelry located in the centre of Wellington.

As proponents of the increasingly popular "Iron Ball Game" (aka "Pétanque") we all took great delight in dining at The Iron Duke Inn, and fondly imagined that our famed National hero, from an earlier century, would have fully approved of our choice of eating place. All participants declared the mixed organisations event to have been an enjoyable experience and look forward to repeating the exercise, sometime soon.

Incidentally, it may be of interest to Culm Valley u3a members to hear that the popular Wellington Pétanque Club is always looking to welcome new players. Anyone interested in learning more about the club should please first make contact with me, Richard Taylor, (Email [farmerzboy@icloud.com](mailto:farmerzboy@icloud.com)) or



by mobile phone 07816 337456. I will be delighted to provide more details

## Jazz

Whilst most participants in this interest group will have earlier received notice of the live music event in Magelake Pavilion, Uffculme, on Wednesday 16th July, it occurs to us that there may be several new members of CV u3a who are as yet unaware of the delights awaiting their ears, so we make no apologies for submitting the accompanying poster displaying full details of popular and renowned Blues singer JULIA TITUS' forthcoming performance.

NB: We do recommend phoning the event organiser in order to reserve your seat!

### ATTENTION! NOTICE OF UNCLAIMED £10.00 PRIZE! HOW TO CLAIM THIS PRIZE?

First: email "YES" to our UPDATE Editor John at [johnhayston@gmail.com](mailto:johnhayston@gmail.com) to confirm you have opened this month's newsletter- then get ready to bid for the £10.00 Prize now on offer!" (Oh dear! nobody tried to win this prize last month!)

Second: CLICK ON THIS LIVE LINK

<https://charliehearnshaw.bandcamp.com/album/winter-solstice-jazz-at-magelake-uffculme>

As we outlined in more detail in last month's "UPDATE" newsletter, doing this will enable you to view the "Winter Solstice" play list of 14 jazz tunes recorded by the resident band, "Gordon's Algiers Strutters". You may play any, or all, these tunes, Free of charge, thanks to Charlie Hearnshaw, reeds player supreme. However, what you NOW need to do is take a note of the title of tune number 4 in that playlist, then email me, Richard Taylor, at [farmerzboy@icloud.com](mailto:farmerzboy@icloud.com) to give me that title.

Simple ain't it! Then at the CVu3a August general meeting in the Willand Village Hall, the names of all the correct entries received by 31st July will be placed in my Acker Bilk style bowler hat, and one winner's name will be drawn, for the £10.00 prize and the winner will be duly notified!

WHAT COULD BE EASIER?? E-mail me today!

That's all for this month; keep on Jazzin !

Richard Taylor

## Walkers

The CVu3a June Walk was a circular walk from The Beambridge Inn, near Wellington. Twenty of us participated in this ramble of 4.5 miles. The sun shone on us and the temperature was high, but all came well prepared with sun hats and plenty of water. An enjoyable time was had by all as we rambled through the beautiful countryside. Regular breaks in shady areas helped although the seven styles we had to negotiate was tiring, it should have been six styles but unfortunately a locked gate



meant we had to climb an extra one.

At the end of the walk on our return to the Beambridge several participated of a light lunch and liquid refreshments which was appreciated by all. Best wishes Jackie



### **Walkers Next Walk Thursday July 17**

Our July Walk is from Uffculme and follows the River Culm to Gaddon Down. A fairly gentle walk of 4.7 miles with only one steep climb. Picnic en route, meeting at 10.00am at Magelake.

Email [gill.sole@yahoo.com](mailto:gill.sole@yahoo.com) to join.

### **Behind the Scenes**

Our outing in June started with a visit to Glenda Spooner Farm in Somerset, a World Horse Rescue Centre for the rehabilitation of equines. The visit proved a delight, interesting everyone and surprising even the most horsey among us at the standard of care and expertise on display for the horses and ponies in their care. It was on to Glastonbury for lunch and a look round, embracing the

famous vibe to a greater or lesser degree! Splitting up to visit the various sights or take in the woohoo shops, it was fun seeing the town as it geared up for the festival and wrapped up a great day out.

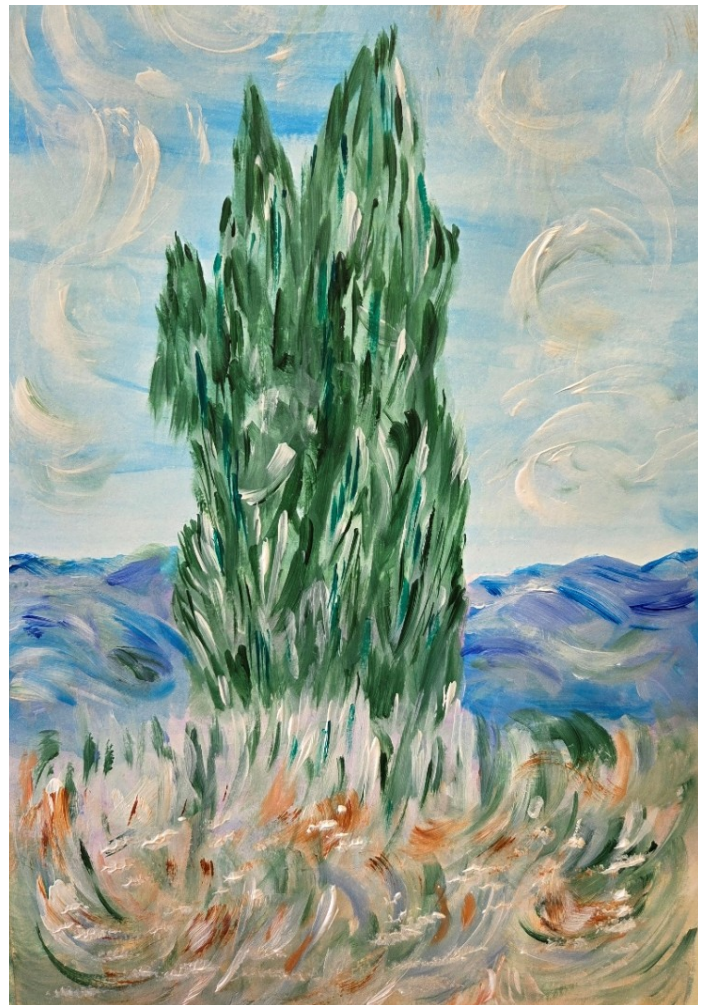




## Art in Action

Our challenge this time was to paint like Van Gogh. We had fun doing this, see the results below, they are interesting and varied. We also continued to paint cards for charity and finishing our own projects.





## Quilting

We continue to work on our own individual projects, in between the new projects and tasks set for us by our very generous leaders! One member is even weaving her own fabric, before making it into the final project - impressive!

The completed stained-glass cushion covers we made recently, were on display at the June monthly u3a meeting - there were many compliments from onlookers. Hetty, our four-legged assistant was on health and safety patrol earlier this month - including PAT testing, I think! However, she has recently been a little under the weather herself, but is now recovering. The Autumn challenge, as detailed below, is now nearing completion. The blocks have now been quilted and trimmed to the correct size. The border sashing has been chosen and is currently underway, being used to sew all the blocks together. The group shuffled around the blocks and shuffled them again, and then again, until we were happy with the final arrangement! Hopefully, we will have the completed quilt ready to show off for the August monthly meeting. Meanwhile you can see the progress made in the pics here.



**You will also be able to start buying your raffle tickets,** in advance of the September meeting.

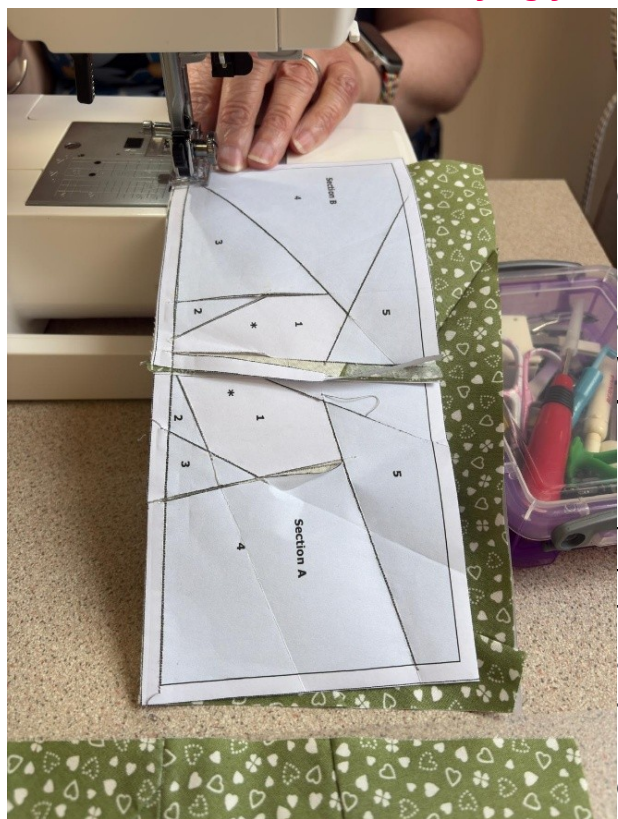
**It would be fabulous if you would kindly consider bringing along an extra couple of pounds to buy a prize draw ticket or two - a bargain at £1 each!** All proceeds will be donated to **Hospiscare** - a very worthy charitable cause.

\*\*\*\*\*

**Group members have been set a challenge to create a quilt, with an Autumn theme, which will be raffled, with the proceeds being donated to the Hospiscare charity later in the year.**

It's hoped that many U3A members will participate in buying raffle tickets, to win this unique quilt - either for themselves, or perhaps as a gift? More details will follow, nearer September.

The group is run by Lin Arnold and we meet on the first and third Tuesday of the month,  
- 9.30 to 12.30 in the Committee Room at Willand Village Hall. Anyone wanting more information can contact Lin on [Impish4me@gmail.com](mailto:Impish4me@gmail.com) or talk to her, directly, at the monthly meetings.





## Quizzing

At our June meeting Liz and Gail challenged us with a great variety of questions from rounds which included U.S. state capitals, fishy food, acronyms, book characters and England. The last round involved working out the famous name behind the sound clip. If you think you could identify the likes

of Grayson Perry, Delia Smith and Dylan Thomas then sign up for our group.  
Our next meeting is Friday 18 July at 10.30 for 11.00 in the Club Room at Willand Village Hall.  
Martin Newman

## Potential New Interest Groups

**Sewists** – The word describes those who sew for enjoyment, creativity, or as a hobby. Do you make your own clothes and/or soft furnishings? Do you love getting new fabric, new patterns and your sewing machine out to tackle a new challenge? If you would like to meet with others with the same interest please get in touch with the Groups Co-ordinator, Sue, and let her know.

**Mixed Media** – This art form involves combining two or more different materials or media in a single artwork. This can include a variety of materials like paint, paper, fabric, found objects, and even digital elements. The use of mixed media allows artists to create more expressive and unique pieces by exploring different textures, layers, and visual effects. If you are interested in getting into Mixed Media, or already love it and want to join others who enjoy it too, please let the Groups Co-ordinator, Sue, and let her know.

**Groups Co-ordinator – [cvu3agroupscoord@gmail.com](mailto:cvu3agroupscoord@gmail.com)**

## From CVu3a IT and Computing Group to All Members

### Windows 10 – End of Support.

Any Member still using a Windows 10 based laptop or PC should be aware that Microsoft will officially end support for Windows 10 on October 14, 2025. This means that after that date, Windows 10 will no longer receive security updates, new features, or technical assistance from Microsoft. However, your Windows 10 computer will still function, but it will be vulnerable to security risks without those updates.

For further information see the Microsoft Support details at the link below.

<https://support.microsoft.com/en-gb/windows/windows-10-support-ends-on-october-14-2025-2ca8b313-1946-43d3-b55c-2b95b107f281>

### Home Telephone Network – Analogue Switch-off

As advised at the June monthly meeting, Members should be aware that the 'old' copper cable driven telephone network (Analogue Network or PSTN) is being upgraded and replaced by a fully digital network. The target date for the switch-off of the PSTN should have taken place to the end of 2025 but this has now been delayed to January 2027 because the telephone network infrastructure upgrade project has slipped.

Members should be informed by their telephone service provider (i.e. BT, Virgin, Sky Vodafone etc) when their home phone service is due to be migrated. If you already have a home phone that is connected via your internet connection (broadband router) you need not be concerned. If you think you will be affected or you have a specific concern, you should contact your service provider and ask when they will require all customers to use the new digital landline network.

The official government guidance is provided at <https://www.gov.uk/guidance/uk-transition-from-analogue-to-digital-landlines>. Ofcom states that communications providers should take steps to identify at-risk customers and engage in effective communications to ensure all eligible customers are protected throughout the upgrade process. They have also published a guide to treating

vulnerable customers. <https://www.ofcom.org.uk/phones-and-broadband/landline-phones/future-fixed-telephone-services>

## Mobile Phone Theft

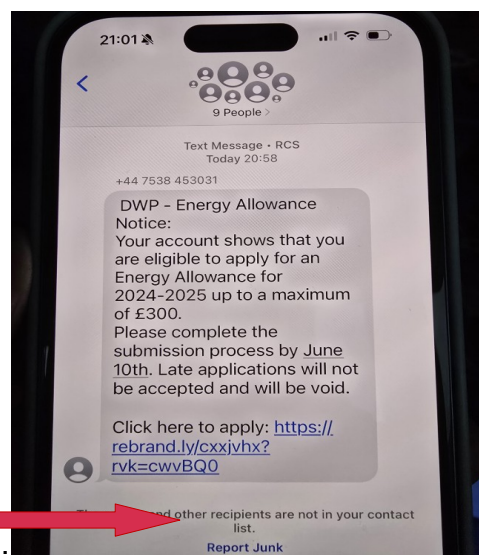
The statistics show that there is a significant rise in the theft of mobile phones particularly by criminals on bikes and mopeds. Given the cost of today's smartphones – many are in excess of £750 – it's not surprising. The criminal network is fast and efficient, within one month a stolen phone could well be in China or Africa.

There are a number of things users can do:

- 1.
2. Use a strong PIN or password on the front screen.
3. Use biometric authentication – face id or fingerprint.
4. Enable two factor verification.
5. Enable the phone tracking app – Find my device etc.
6. Enable the phone's theft protection in your settings
7. Android – Theft Protection
8. Apple - Stolen Device Protection

There are plenty of YouTube tutorials online to help you with this issue.

In the event of your mobile phone being stolen, report it immediately to the police and your service provider, ideally providing the IMEI number. The IMEI number is a unique 15-digit serial number which can be used to identify, track and block mobile phones from accessing the network. It is on the box which came with your phone, or you can dial \*#06# on your keypad or in your settings under "About phone". You might want to write down and keep it safe somewhere nearby!!



A scam currently doing the rounds as a text from the DWP.

Stay safe.  
Chief Geek

## Interest Groups information

| Group             | Contact<br>Please click on name to email | Venue, Day & Time                                                               |
|-------------------|------------------------------------------|---------------------------------------------------------------------------------|
| Art in Action     | Rachel Kingdom                           | 2nd & 4th Monday each month<br>13.30 – 16.30 Club Room,<br>Willand Village Hall |
| Beginners Spanish | Josy Tidmarsh                            | Weekly at The Bakehouse,<br>Cullompton                                          |

| <b>Group</b>                                                                                                                                                                                                                                                                                                                           | <b>Contact</b><br>Please click on name to email     | <b>Venue, Day &amp; Time</b>                                                            |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------|-----------------------------------------------------------------------------------------|
| <b>Beginners Jewellery</b>                                                                                                                                                                                                                                                                                                             | <b>Julie Murphy</b>                                 | Contact Julie                                                                           |
| <b>Behind the Scenes</b>                                                                                                                                                                                                                                                                                                               | <b>Gill Sole<br/>Paula Longdon<br/>Moira Wood</b>   | 6 times each year                                                                       |
| <p>All trips will be announced by email and offered to all u3a members on a first come first served basis in future so as to give everyone the opportunity to participate. Given the different nature of the venues, we visit some numbers will be small and if over-subscribed we may be able to repeat the trip at a later date.</p> |                                                     |                                                                                         |
| <b>Boules/Pétanque</b>                                                                                                                                                                                                                                                                                                                 | <b>Richard Taylor</b><br><b>Mobile: 07816337456</b> | Every Friday 11:00 and 14:00<br>Weather dependent                                       |
| <b>Bridge</b>                                                                                                                                                                                                                                                                                                                          | <b>Maggie Lambert</b>                               | Contact Maggie                                                                          |
| <b>ITCG (Computers/IT)</b>                                                                                                                                                                                                                                                                                                             | <b>Andy Arnold</b>                                  | 1st & 3rd Wednesday each month<br>at 15:00 The Hayridge,<br>Cullompton                  |
| <b>Colour Pencils</b>                                                                                                                                                                                                                                                                                                                  | <b>Sue Hooper-Lawrie</b>                            | 1st & 3rd Monday each month<br>13.30 – 16.30<br>Club Room, Willand Village Hall         |
| <b>Craft</b>                                                                                                                                                                                                                                                                                                                           | <b>Linda Arnold</b>                                 | 1st & 3rd Wednesday each month<br>9:30 to 12:30 Committee Room,<br>Willand Village Hall |
| <b>Creative Writing</b>                                                                                                                                                                                                                                                                                                                | <b>Hazel Newman</b>                                 | 3rd Tuesday each month 14.00                                                            |
| <b>French Conversation</b>                                                                                                                                                                                                                                                                                                             | <b>Sally Graham</b>                                 | 1st Monday each month at 11:00                                                          |
| <b>French Conversation #2</b>                                                                                                                                                                                                                                                                                                          | <b>Julie Murphy</b>                                 | 2nd and 4th Tuesdays each<br>month at The Bakehouse,<br>Cullompton from 15:00 to 16:30  |
| <b>Gaming</b>                                                                                                                                                                                                                                                                                                                          | <b>Jean Turner</b>                                  | 1st Monday each month<br>10:30 to 12:30<br>Club Room, Willand Village Hall              |
| <b>Genealogy</b>                                                                                                                                                                                                                                                                                                                       | <b>Walter Longden</b>                               | 2nd Wednesday each month<br>10:30 to 12:30<br>Hayridge Centre                           |
| <b>History</b>                                                                                                                                                                                                                                                                                                                         | <b>Alison Waple</b>                                 | 3rd Thursday each month plus<br>various other days                                      |
| <b>Jazz Appreciation</b>                                                                                                                                                                                                                                                                                                               | <b>Richard Taylor</b><br><b>07816337456</b>         | Contact Richard                                                                         |

| <b>Group</b>                    | <b>Contact</b><br>Please click on name to email | <b>Venue, Day &amp; Time</b>                                                          |
|---------------------------------|-------------------------------------------------|---------------------------------------------------------------------------------------|
| <b>Mahjong</b>                  | <b>Jean Turner</b>                              | 2nd Monday each month<br>10:30 to 12:30<br>Club Room, Willand Village Hall            |
| <b>Photography</b>              | <b>Sue Childs</b><br><b>07398 686612</b>        | Last Monday each month                                                                |
| <b>Quilting</b>                 | <b>Linda Arnold</b>                             | 1st & 3rd Tuesday each month<br>9.30 to 12.30 - Committee Room, Willand Village Hall. |
| <b>Quizzing</b>                 | <b>Martin Newman</b>                            | 1st and 3rd Friday each month at 11:00 - Willand Village Hall                         |
| <b>Reading</b>                  | <b>Sally Graham</b>                             | 3rd Thursday each month,<br>14:30<br>upstairs at Cullompton Library                   |
| <b>Soloists (But not alone)</b> | <b>Jenny Day</b>                                | Contact Jenny                                                                         |
| <b>Strollers</b>                | <b>Elieen Turner &amp; Jackie Sim</b>           | 2nd Tuesday each month<br>@10:30<br>4th Tuesday each month<br>@10:00                  |
| <b>Theatre/Cinema/Music</b>     | <b>Daphne Dowsing</b><br><b>Carole Eden</b>     | Contact Daphne or Carole                                                              |
| <b>Walkers (4-6 Miles)</b>      | <b>Gill Sole</b>                                | 3 <sup>rd</sup> Thursday each month a/m                                               |

If you have an idea for an Interest Group, please get in touch with Groups Co-ordinator on email: [cvu3agroupscoord@gmail.com](mailto:cvu3agroupscoord@gmail.com)

### Contact Emails for current Executive Committee members:

| <b>Email</b>                | <b>Current role holder</b> |
|-----------------------------|----------------------------|
| cvu3achair1@gmail.com       | John Hayston               |
| cvu3avicechair@gmail.com    | Janet Bryant               |
| cvu3afinance@gmail.com      | Alison Waple               |
| cvu3abussec@gmail.com       | Lorna Knowles              |
| cvu3agroupscoord@gmail.com  | Sue Hooper-Lawrie          |
| cvu3amemsecretary@gmail.com | Marian Luck                |

## Monthly Meetings:

Monthly Meetings are held on the FIRST THURSDAY of each month, except January. The meeting starts at 2pm, with members arriving any time after 1.15pm. We hold our meetings at Willand Village Hall, Gables Road, Willand, EX15 2PL. Check monthly newsletter for more information about arrangements for upcoming meeting/s.

## Suggested Venues for Group Meetings

**John Tallack Youth & Community centre**, Meadow Lane, Cullompton. Ex15 1LL.

Email: [info@jtc.org.uk](mailto:info@jtc.org.uk) Website: [www.johntallackcentre.org.uk](http://www.johntallackcentre.org.uk)

**The Walronds**, 6 Fore Street, Cullompton.

Email: [Info@walronds.com](mailto:Info@walronds.com) Website: [www.walronds.com](http://www.walronds.com)

**The Bakehouse**, 3 High Street, Cullompton.

Email: [enquiries@thebakehousecullompton.co.uk](mailto:enquiries@thebakehousecullompton.co.uk) Website: [www.thebakehousecullompton.co.uk](http://www.thebakehousecullompton.co.uk)

Phone: 01884 35222

**The Steamer**, Five Bridges, Cullompton.

Email: [hello@the-steamer.co.uk](mailto:hello@the-steamer.co.uk) Phone: 01884 904960

**Willand Village hall**, Gables Road, Willand. Bookings contact: Frances Wilcox.

Email: [bookings@willandvillagehall.org.uk](mailto:bookings@willandvillagehall.org.uk)

**Willand Health & Community Centre**, (opposite Village Hall) Bookings contact; F. Wilcox

Email: [info@whacc.org.uk](mailto:info@whacc.org.uk)

**Cullompton Library**, (part of The Hayridge Centre). Contact; Rachel Kidd.

Email: [Cullompton.library@librariessunlimited.org.uk](mailto:Cullompton.library@librariessunlimited.org.uk). Phone; 01884 824555

Go to <https://www.devonlibraries.org.uk/web/arena> to pre book a computer time slot by using the iCAM booking system or directly. <https://lu.imil.uk/Account/LogOn?ReturnUrl=%2fbookings>

Opening hours (Staffed): Monday-Friday – 09:00 – 17:00 Saturday – 09:00 – 13:00

**Square Corner**, The Square, Uffculme, Ex15 3AA: <https://www.squarecorner.org.uk/book-online>

**Bridwell, Uffculme**, is under new ownership and **The Orangery** is open once again. They are happy for large groups to meet there again. If you are planning to hold a meeting in the Orangery for 8 or more people, please email [cafe@bridwell.co.uk](mailto:cafe@bridwell.co.uk) to book the group in and let them know numbers and if you are planning to eat or not.

If you know of any other suitable venues, please let us know.

**Deadline for items for UPDATE is always the 10<sup>th</sup> of the month.**

**Please send to [johnhayston1@gmail.com](mailto:johnhayston1@gmail.com)**