

CVu3a UPDATE

Edition: Sixty-Eight– Aug/Sept 2025

Editor: John Hayston.

Contact: Johnhayston1@gmail.com

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

August Speaker

Linda Kettle gave us an enlightening talk about her career as a theatre design director & production designer. Spurred on aged 15 after taking 'o' level craft, she went to Birmingham Theatre Design School, under the director Fin James who really pushed her, which ultimately made Lynda super tough and up for the challenge.

Costume design, set design, building model sets to get the choreography/perspective correct. Also, opera sets where the set must be really tall to look OK when the players are on stage Linda went to London to work during the 60's and met many famous stars, Mick Jagger & Sean Connery to name but a few. She moved back to the Midland Art Centre (MAC) aged 19 to be a Theatre designer, also worked in the puppet theatre on Basil Brush show, & Roland Rat.

The MAC shut after a few years, & Linda went on to work at BBC Pebble Mill studios, on such programs as the Brother's, Howard's way, Angels, Date with fate to name but a few. Aged fifty she became freelance and became a full-time artist, also teaching at Birmingham university.

Today she has a studio in Sidmouth and runs art courses and gives talks, a very busy, talented, hardworking lady indeed.

NB: July speaker Peter Isaacson who spoke on Medical Detection Dogs raised £115 for the charity from Cvu3a. Emma Gilead the Individual Giving manager sent Alison Waple a thankyou letter thanking the group. If you would like to see the letter let me know and I'll ping it to you. (ed)

September Meeting

This Monthly Meeting includes our AGM and Election of Trustees. We have our usual exhibition of Art, Crafts and Photography and this year we also look forward to hearing about what other Interest Groups have been doing since our last AGM. Our final activity will be to raffle the beautiful hand made quilt crated by the Quilting Group, So if you haven't already bought your raffle tickets remember to do so when you arrive. The money raised is going to Hospiscare.

Committee News

Culm Valley u3a Sixth Annual General Meeting (AGM) and Election of Officers

The AGM and Election of Officers will take place on **Thursday 4 September 2025** at 2 pm at Willand Village Hall.

The Notice of Annual General Meeting and Election of Officers and the Nomination for Election to the Executive Committee Form are attached for your convenience but you can also access them from the

website: culmvalleyu3a.org.uk.

Two of the Executive Committee Members will stay in place for the coming year, **John Hayston as Chair and Sue Hooper-Lawrie as Groups Co-ordinator**.

Lorna Knowles, Business Secretary, Alison Waple, Treasurer and Marian Luck, Membership Secretary, will retire from their roles having carried them out for the 3 years as required by the Constitution for Lorna and Alison and 2 years for Marian. We thank them for their continued support of the Culm Valley u3a and dedication to the roles. We will also be saying thank you and good bye to Janet Bryant, the Vice Chair. This position will no longer exist once Janet has stepped down, but we thank Janet for all she has done since she joined the committee.

The current Executive Committee hope that as many members as possible will attend the AGM as not only is it part of the CVu3a Constitution that an AGM is held each year, but again this year we are having our very own Exhibition with exhibits from CVu3a groups including Art in Action, Learn to Draw, Draw It, Quilting, Craft and Photography. We also have our other Interest Groups giving short talks about their gatherings over the year. It should be a brilliant showcase of the creativity of our members and the great volunteers who are the Group Contacts.

Following the business part of the meeting there will be teas and biscuits organised by our lovely Tea Team.

Further information regarding the voting process will be given at a later date should this be required. If you know anyone, including yourself, that would like to be Nominated for a role then please fill in the Nomination Form as required.

Thank you and see you all on 4 September 2025.

Lorna Knowles

Business Secretary

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 and I can phone to discuss if you have any questions. Many thanks, Gill

Celebrating Art

If you haven't already booked on a workshop, why not do it now! Join us and have some fun while learning something new.

In September we are hosting a 2-day art event, Celebrating Art. 7 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 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

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.

NOTE: The Wet Felting Workshop is no longer on the programme.

News from Interest Groups

Creative Writers

A small meeting as neither Pat nor Paula was able to join us. Hazel had chosen to write about the many dogs she's had, starting with Bramble who was part of the family before she was born. A great assortment of other four-legged friends followed Bramble, and Hazel won a cup for her dog-training. Many sad stories among the eleven dogs I counted, but lots of love and happiness also.

Sue and Linda had concentrated on the word for the month which was 'CHILDHOOD'.

We met two very different mothers. Sue's mum was a force to be reckoned with; swift with her punishments, beating her offspring into submission yet loving them fiercely. Hilarious highs but with hidden trauma. Never a dull moment in that house.

Linda traced her childhood journey through old photographs from babyhood to wedding day. Her mum was mostly invisible, leaving to live elsewhere when Linda was nine. She escaped into a world of make-believe while learning how to survive reality.

Just like the Russian dolls, we are the same people now as then, even though our childhoods are long past. Unsurprisingly, Sue is cheery and outgoing, busy with her many activities. Linda is quietly content to be on the fringe of things.

Neither of us found it easy to write about some events of long ago, and yet we found it a valuable exercise.

Now back to our shared story.

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's continuation

She stood in front of the hall mirror. The house was quiet and felt very still. Looking at her reflection, she traced the scar with her fingers. The outer scar didn't seem to detract too much. Piling on make-up didn't work and seemed to draw attention to it and then the questions would follow. Natural was the easiest way.

The inner scar, however, told a different story. Getting back to trusting anyone was a pathway littered with memories, tensions and heartache. The heartache repeated itself every time she dropped her son off at school. Watching him go in through the doors she could count the seconds to when he would stop, turn, look and check she was still there. She nodded as it to say, yes, I'm still here. The worst didn't happen. She'd give a little wave as he went in.

She watched her reflection and saw her lips move as she spoke to herself: Well, this is it. This is your challenge. Remember it's only lunch; you both have school pick-up to do. You have your phone, car keys and home keys. You have your independence.' She sighed deeply. 'What can possibly go wrong?'

oOoOoOo

Linda will pick this up for next month.

There is still a space in the writing group. Any more scribblers or screen tappers out there? You could give it a try ... once a month on a Tuesday afternoon. Hazel will give you details.

The Scribe

Soloists

We have been meeting every month for chat and discussion about our various interests and what we would like to do next. We have eaten some very good lunches in the process at venues such as The Drewe Arms, Broadhembury, the always popular Ashill Inn, The Agricultural Inn and Merry Harriers to name just a few. It is almost a year since our first meeting at the Culmstock café when we made lists of our interests and the things we like to do. As single individuals, we all agreed on producing a schedule of activities for some fun when we could achieve a shared experience.

The standout activities for me from the last few months have been the gardens. All have been accessible through either Hospice Care or NGS. Every weekend there have been some wonderful gardens to visit and we have managed quite a few.

Brief notes on those we have managed to visit:

The historic gardens at Wayford Manor near Crewkerne with fantastic spring shrubs and trees, almost in the middle of nowhere. The beautiful

peaceful Springdale at Smeatharpe on the top of the Blackdowns - how many people have seen blue poppies? Springdale have managed to grow a couple.



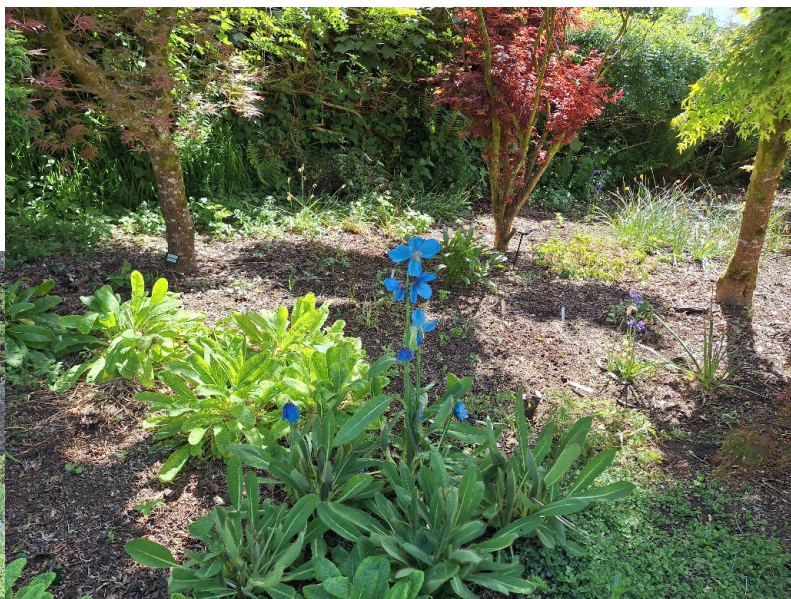
Angie Cheshire noted on our visit to Kia-Ora (10 acres of farmland landscaped over many years, tucked away on the edge Cullompton - an amazing achievement by the owner) - numerous water features and lakes with black swans, ducks and Canada geese with the cutest goslings and a



strutting peacock amongst the large collection of mature trees, shrubs, azaleas, rhododendrons, heathers, roses, I could go on. To finish we sat back and enjoyed a home-made Devonshire cream tea. I teamed up with a Totnes U3A member to visit the magical Heathercombe on the edge of Dartmoor (home to a local artist). Closer to home are the Burrow Farm gardens at Dalwood with extensive gardens created over 13 acres of farmland. We timed our morning visit so we could take advantage of lunch in their summer house.

We are now heading into Autumn and Winter when our focus will be quite different. As we all have differing interests we can splinter into small numbers for concerts, daytime visits to places such as Plymouth for theatre and other activities. We often circulate ideas via our What's App group such as the August Jazz on the Exeter Quay. We currently have 15 Soloists.

Jenny Day



Quizzing

Malcolm and Catherine Boyack were our quizmasters at the July meeting, asking questions on Events which occurred on 18 July; famous births and deaths on this day; a picture round which involved deciding who was the taller or shorter of pairs of celebrities; identifying sound clips of advertising slogans; famous bridges and players of bridge. If you're hot on TV comedy theme tunes, you'd have done well this time.

It's the interesting variety of questions set by members which helps to keep us coming back for more. Our next meeting is on Friday 15 August at Willand Village Hall, 10.30 for 11.00.

Best wishes Martin Newman

Art in Action

We had a couple of challenges this month, first we painted a Still-Life and our other task was to paint a house that we admire. This has kept us busy with some interesting results. Some of us have visited art galleries in Exmouth and two members are exhibiting their paintings at the East Devon Business Centre, Honiton.





Photography

My brain has been out to lunch recently and one of the items forgotten was last month's report for the newsletter - I am sure it would have been very good, possibly!

So, starting with June. The task we had to photograph was 'Flowers, but in an artistic way'. The artistic element was down to personal interpretation which produced very different results, from a single poppy plant in a vase against a white wall, to bunches of flowers and wildflowers in their natural habitat. The winning votes went to Barry Wilson and David Long for their beautiful interpretations.

Our instant challenge in June was to find the murder weapons. Not your usual photographic challenge, but very good for learning to keep an eye out for the unexpected. At least that is my excuse and I'm sticking to it. The members wandered around my garden seeking and photographing items that could be used in a murder. Not only did the crew find most of the items, such as a bloody knife, a noose hanging from a tree, a poker and a bottle of poison, but their imaginations went wild with what they *could* use to help someone to the next world. Poisoned rose thorns, heavy pots over the head and covering someone with bird food were a few of their suggestions. I think they should all join the writer's group with imaginations like theirs.

Moving on to July, Barry and David chose The Moon as this month's topic. Easy to capture you would think, just look up. However, it was not as easy as that, I was to be found kerb crawling round my village around midnight looking for the elusive moon that seemed to rise in six different locations in a week. Technically it is tricky to capture a clear photo of the moon and a tripod is really important. Also look on the internet to see when the moon will be rising and if there are any special moons due. Trisha Luxton was the winner this month with a superb photo which anyone would be proud to take. Well done.

During our meeting this month Bob demonstrated how to clean the sensor in your camera. It is tips like these which will help us all to take better photos.

Our instant challenge was miniatures and perspectives.

We are changing the format of the group from September to share the responsibility of the meeting and the challenges we tackle. Sharing is caring and I am so lucky to have such lovely people in this group.

We are not meeting in August but will be back on 29th September at 11:00

provisionally at my house. The topic chosen by Trisha is 'Something Old' preferably really old, no photos of partners are allowed!

Have a great summer everyone and keep your cameras handy.

Sue Childs



Winning photo from David

Winning photo from Barry



Winning photo from Trisha



Quilting

The group continue to work on their own individual projects (see the pics below) in between the new projects set for us, by our very talented leaders!

During one session recently, Hetty, our four-legged assistant found herself a very comfortable, fabulous bed. This was in the form of one of the groups prized quilts, which she has been working on for years! Luckily, the lady in question didn't mind Hetty making it a dog's bed for an hour or two! The Autumn challenge quilt is now finished (see pic below) and was on show during the August monthly meeting. Many members commented on how nice the quilt is and kindly bought prize draw tickets in advance of the September meeting, when the draw will take place.

A very BIG thank you to all of those members for their generosity - it's very much appreciated. I feel sure Hospiscare will also be very pleased with the funds we manage to raise.

You'll still be able to buy tickets, £1 each, at next month's meeting. At the end of the meeting the draw will take place.

All proceeds will be donated to Hospiscare - a very worthy charity.

The group ended the summer season by joining with some of the Craft Group members for lunch at the Old Well. Everyone enjoyed their lunch and had a good old natter.

Following our summer break, we will resume our sessions with a new challenge - those who want to participate, will work on another quilting block technique, called Log Cabin.

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 or talk to her, directly, at the monthly meetings.





History

This is the first update that I have sent this year for the history group so many apologies to all for the lack of news. We usually meet on the 2nd Thursday of the month with an outing somewhere local that is of historical interest. So far this year we have visited:

February - Guided tour of The Museum of Somerset, Taunton

March - Guided tour of Tuckers Hall, Exeter

April - Stones and Bones Tour around Exeter Cathedral including a bonus visit to The Bishop's Palace when we met the bishop during the tour

May - Walking tour of sites of Cullompton's pubs by our own Judy Morris.

June - Visit to Downes Estate a beautiful local country house that has been owned by the same family for 330 years with the current owner showing us around.

July - Tour of the local village of Burlescombe, including the old railway tracks for the quarry, the canal and the ruins of the 12th century Canonsleigh Abbey.

I attach a few photos from our outings. Coming up we have a Redcoat Tour entitled Georgian Exeter later in August In Septembr we have a tour of Kentisbeare and then a series of talks on Rural society between 1700 and 1800 in October and November.



Walkers

Most of the walks around Uffculme are familiar to our group but last month's offered up something new with beautiful views on the ascent up Gaddon Hill. Besides this steady climb the walk was gentle and delightful, much of it alongside the River Culm, our perfect picnic spot for lunch.

Gill



21 August Walk

A repeat of last year's lovely 5 mile walk round the perimeter of Clatworthy Reservoir in the Brendon Hills on the edge of the Exmoor National Park. Contact gill.sole@yahoo.com for more details and to join the Walkers Group.

Pétanque

We begin this month's activity snippets with the welcome news that three more Culm Valley u3a ladies have signed up to play Pétanque with our friendly group; we look forward to the pleasure of their company, together with the enthusiasts who entered their names earlier this year. Don't be shy, come and share our FUN!

NB: Pétanque is a fun, social, and accessible sport that can be enjoyed by people of all ages and abilities. It's a game that emphasises strategy and precision but also relies on a bit of luck and plenty of laughter. The social aspect of Pétanque is a major draw, as it brings people together, encourages interaction, and fosters friendships.

A Social Ritual? Here's a more detailed look at the fun aspects of playing Pétanque: -

Social Interaction:

Pétanque is inherently a social game, often played in public spaces, which allows for interaction with other players and even spectators. It's a great way to connect with friends, family, and even strangers.

Light-hearted Atmosphere:

The game naturally lends itself to a relaxed and jovial atmosphere, with plenty of banter and friendly competition. Even if you're not a seasoned player, the fun comes from the shared experience and camaraderie.

Accessibility:

Pétanque is easy to learn and doesn't require any special athletic skills or expensive equipment. This makes it accessible to a wide range of people, regardless of age or fitness level.

Mental Engagement:

While it's a leisurely game, Pétanque also requires strategic thinking and spatial awareness. Players need to consider factors like distance, trajectory, and the placement of their Boules, which can be mentally stimulating.

Simple Rules, Endless Fun: The basic rules of Pétanque are straightforward, making it easy for anyone to pick up and play. However, the game offers enough variety and complexity to keep players engaged for hours.

Outdoor Fun: Pétanque is typically played outdoors, often in parks or public squares, which allows players to enjoy the fresh air and sunshine while they play.

NB: In essence, Pétanque is more than just a game; it's a social ritual that combines physical activity, mental engagement, and a healthy dose of FUN!

*** Come and give it a try - we meet at 11.00 a.m. and often also at 2.00 pm, most Fridays in the serene, peaceful environment of the spacious gardens at The Walronds, 6 Fore Street, Cullompton.



A finely balanced game!"

Jazz & Live Music Appreciation

A reminder for our live jazz music appreciation group members and anyone interested in listening to some of the Southwest region's highly talented jazz musicians, that the Magelake Pavilion, Uffculme, EX15 3AX, will be hosting that well known "Gordon's Algiers Strutters" 6-piece Jazz Band on Wednesday 20th August, commencing at 7.30pm. We anticipate a most enjoyable evening!

See attached poster for full details:



GORDON'S
Jazz
CLUB

at
**Magelake
Pavilion,
Uffculme,
Devon
EX15 3DP
7.30 - 10.00**

Doors open 6.45
£10 p.p. (cash only)
3rd Wednesday
In every month
Early arrival and
Prior seat reservations
are not essential,
but helpful,
to ensure a prompt start.

New Orleans and Traditional Jazz

20TH AUGUST 2025

**GORDON'S ALGIERS
STRUTTERS**

**STEVE GRAHAM
TRUMPET**
**TONY MANN
TROMBONE**
**GILLIAN BERRY
VIOLIN**
**JOHN NODDINGS
BANJO**
**COLIN FULCHER
BASS**
**CHRIS STOCKINGS
DRUMS**

For more information visit
Gordon's Algiers Strutters on Facebook,
Email - gordonsjazzclub@hotmail.com
Or phone Jane - 07799 014173

*Gordon's Jazz Club
is a not-for-profit group of Jazz lovers,
aiming to promote and support live
New Orleans and Traditional Jazz*

Other jazz music events coming up shortly are:-

EXETER CITY STEAM JAZZ BAND - leader Dave Martin.

Some of us will also be playing in Ottery on **Friday 15th August** supporting **Jaqs Price-Hughes** in a band she has put together as part of the VJ celebrations. She will be in action on a trailer in the Millennium Green beside the river in Ottery from 7.15 to 10.00.pm.

Then, at the end of the month, the **City Steam** will be performing on **Exeter Quay** from 12.30 to 3.30 on **Sunday 24th August**. It's always a lovely spot to be on a Sunday afternoon.

This month at **Dalwood** there is a treat in store on **30th August** 3-5pm, with The **Jake Leg Jug Band** (featuring Richard Leach on trombone and JUG!!). They are in Devon to play at Bude Jazz Festival and will be coming on to East Devon on their tour. A fun band with lots of great vocals.

Hoping that you manage to get out to support some of this local jazz this month.

Dave - for the City Steam Jazz Band.

Keep on Jazzin!

Interest Groups information

Group	Contact Please click on name to email	Venue, Day & Time
Art in Action	Rachel Kingdom	2 nd & 4 th Monday each month 13.30 – 16.30 Club Room, Willand Village Hall
Beginners Spanish	Josy Tidmarsh	Weekly at The Bakehouse, Cullompton
Beginners Jewellery	Julie Murphy	Contact Julie
Behind the Scenes	Gill Sole Paula Longdon Moir Wood	6 times each year
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.		
Boules/Pétanque	Richard Taylor Mobile: 07816337456	Every Friday 11:00 and 14:00 Weather dependent
Bridge	Maggie Lambert	2 nd , 3 rd & 4 th Thurs of the month 14.00-16.00, Club room, WVH
ITCG (Computers/IT)	Andy Arnold	1 st & 3 rd Wednesday each month at 15:00 The Hayridge, Cullompton
Colour Pencils	Sue Hooper-Lawrie	1 st & 3 rd Monday each month 13.30 – 16.30 Club Room, Willand Village Hall
Craft	Linda Arnold	1 st & 3 rd Wednesday each month 9:30 to 12:30 Committee Room, Willand Village Hall
Creative Writing	Hazel Newman	3 rd Tuesday each month 14.00
French Conversation	Sally Graham	1 st Monday each month at 11:00
French Conversation #2	Julie Murphy	2 nd and 4 th Tuesdays each month at The Bakehouse, Cullompton from 15:00 to 16:30
Gaming	Jean Turner	1st Monday each month 10:30 to 12:30

Group	Contact Please click on name to email	Venue, Day & Time
		Club Room, Willand Village Hall
Genealogy	Walter Longden	2 nd Wednesday each month 10:30 to 12:30 Hayridge Centre
History	Alison Waple	3 rd Thursday each month plus various other days
Jazz Appreciation	Richard Taylor 07816337456	Contact Richard
Mahjong	Jean Turner	2 nd Monday each month 10:30 to 12:30 Club Room, Willand Village Hall
Mixed Media Art	Annie Forster	Kentisbeare Village Hall 2 nd and 4 th Wednesday each month. 9:30 to 12:30
Photography	Sue Childs 07398 686612	Last Monday each month
Quilting	Linda Arnold	1 st & 3 rd Tuesday each month 9.30 to 12.30 - Committee Room, Willand Village Hall.
Quizzing	Martin Newman	1 st and 3 rd Friday each month at 11:00 - Willand Village Hall
Reading	Sally Graham	3 rd Thursday each month, 14:30 upstairs at Cullompton Library
Sewists	Yvonne Doherty	Contact Yvonne for more information
Soloists (But not alone)	Jenny Day 01884 840786/ 07770 985840	Contact Jenny
Strollers	Elieen Turner & Jackie Sim	2 nd Tuesday each month @10:30 4 th Tuesday each month @10:00
Theatre/Cinema/Music	Daphne Dowsing Carole Eden	Contact Daphne or Carole
Walkers (4-6 Miles)	Gill Sole	3 rd 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

Contact Emails for current Executive Committee members:

Email	Current role holder
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

Please note some of these roles and names will change from 4th September 2025

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 Website: www.johntallackcentre.org.uk

The Walronds, 6 Fore Street, Cullompton.

Email: Info@walronds.com Website: www.walronds.com

The Bakehouse, 3 High Street, Cullompton.

Email: enquiries@thebakehousecullompton.co.uk Website:

www.thebakehousecullompton.co.uk

Phone: 01884 35222

The Steamer, Five Bridges, Cullompton.

Email: hello@the-steamer.co.uk Phone: 01884 904960

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

Email: bookings@willandvillagehall.org.uk

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

Email: info@whacc.org.uk

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

Email: 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?](https://lu.imil.uk/Account/LogOn?ReturnUrl=%2fbookings)

[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, are happy for large groups to meet there. If you are planning to hold a meeting in the Orangery for 8 or more people, please email cafe@bridwell.co.uk to book the group in and let them know numbers and if you are planning to eat or not.

Kentisbeare Village Hall, EX15 2AA Contact Melanie on email – villagehall@kentisbeare.net the Booking Secretary.

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

Deadline for items for UPDATE is always the 10th of the month.
Please send to johnhayston1@gmail.com