

COMMITTEE NOTICE BOARD - KEEPING YOU INFORMED

We give the warmest of welcomes to new members: Mike Brown, Keith and Wendy Nicholls and Annie Rogers.

From the Chair

May seems to me to be the month when everything bursts into life. April has been nurturing the hawthorn blossom, primroses and budding trees but it is in May that nature is at its flamboyant best. May is also associated with many ancient customs, such as our own Green Man, and the Padstow 'Obby 'Oss. I was interested when dipping into Lilian Wilson's book "Ilfracombe Yesterdays" to find some of the old May Day customs associated with Ilfracombe.



Lilian was born in 1896, and when she was young May 1st was a special day. Girls would have a new doll, or a new dress for one that they already had, and would proudly take them around to friends, neighbours and relatives for them to be admired. If they were lucky, they might be given a penny. Boys also had their own custom, making wooden crosses and competing to see who could decorate them the best, using wildflowers, moss and ferns. Personally, I think the boys' activity sounds more interesting. I would quite enjoy doing that!

As Lilian and her friends got older, they celebrated May Day in a different way. They would get up early and walk for miles, picking bunches of primroses. They would then go to the Wesleyan Church (at the bottom of Avenue Road) where a lovely hot breakfast would be provided for them. Lilian said it didn't matter if you were church or chapel or of no religion. Everyone was welcome as long as they had picked primroses. Whilst the children devoured breakfast the adults were packing the bunches of primroses into boxes lined with moss and leaves. These were sent that same morning to hospitals in London, arriving early the next morning still fresh and fragrant.

What lovely customs, redolent of a simpler time.

Jane Dendle

DANDELIONS

A patch of gold beside the road,
Not primroses, too pale I fear.
Nor daffodils, though just as bold -
A bonus for this time of year.

Small discs of multi-petalled flowers,
Merging to a glorious mat
Where soon someone could blow the hours
Away to see what time they're at.

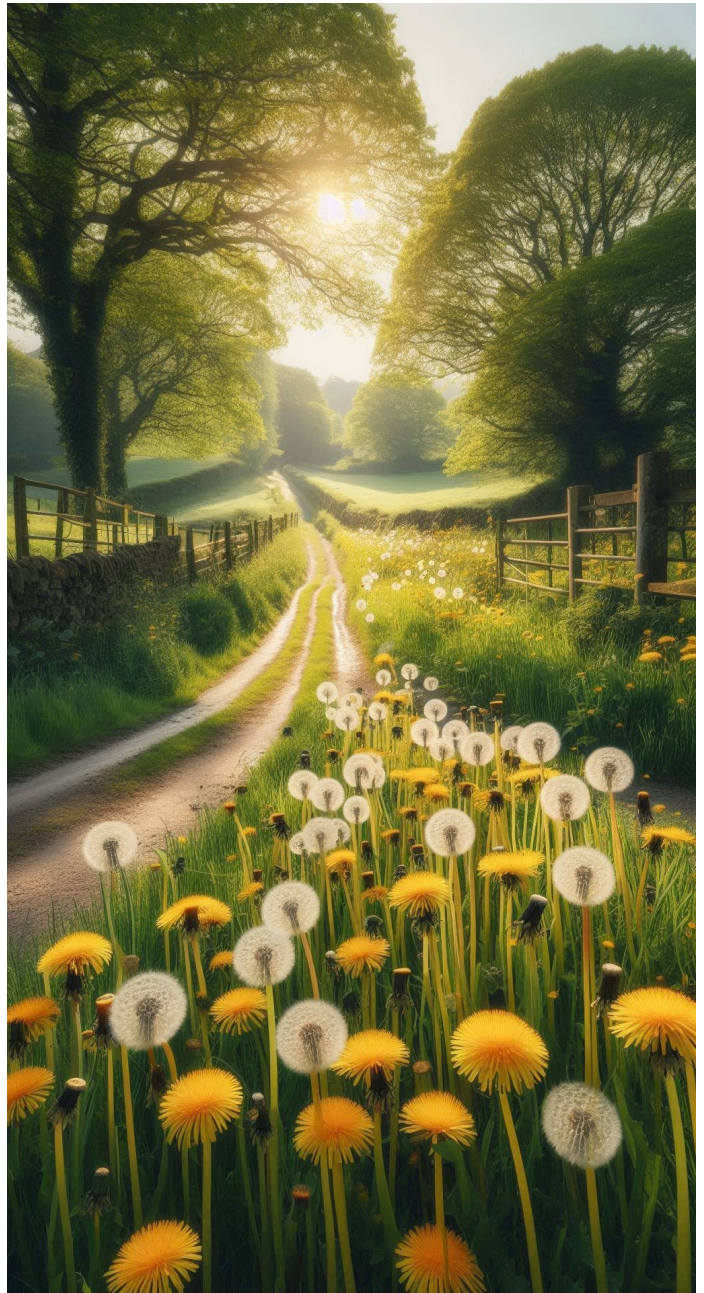
The gardener's bane, they spread and grow
In paths and flowerbeds, and stay.
But in the wild their yellow glow
Makes life more cheerful every day.

Katie Mallett © 2025

DANCING DANDELIONS

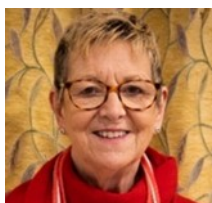
At midnight when my world shuts down
Nature carries on,
Scurrying, flying, sliding, trying
To live when I have gone.
Flowers transformed to seeds by day
May travel in the dark.
The winds that bend the tops of trees
Also move the spark
Of life to other fertile ground
Dancing, floating till
They come to earth, to start again
In nature's long quadrille.

Katie Mallett © 2025



WELFARE SUPPORT

Welfare Jane Lucas. *****/ ****



Gardening can connect us with nature. Being around plants can help us feel better, both mentally and physically. Fresh air and greenery can really help reduce stress and improve mental sharpness. Even a small outdoor space can be turned into a space for relaxation. It could be just a few potted plants on a balcony or a vegetable garden. Fresh air and sunshine always offer great benefits.

Alternatively walks in a park can also be a great place to meet others. We can connect with friends, family, or neighbours. These social moments can help us feel supported and can lessen feelings of loneliness or isolation. Stay connected, keep safe.



NOT FORGOTTEN

Mo Ley d. 23 March 2025 aged 82

Mo joined our u3a just three or so years ago. She had always lived in Ilfracombe and her busy work-life led her into many avenues — shop assistant with the Co-op; Nursing Auxiliary at the Tyrrell; care assistant at Belmont Grange, and, with her late husband Bill, running a camping site at Mullacott. With the u3a she enjoyed coffee mornings and loved joining in with the Foodies.

Mo was a friendly and sociable person who was always very hospitable.

Also missed...

Sad news, our lovely Teresa Soltysiak has just passed away. More in the next newsletter.

CONVENER LIAISON - JACKIE GOUGH

It was so great to see so many people at the coffee morning and showcase event. Thank you so much to all of the conveners for their time and effort in bringing information and support to anyone who wanted to know about the different groups. It was amazing to see how much the u3a provides for its community.

We would still like to restart a gardening group but need someone or several people to come forward to lead the group as a convener or as a steering group.

If you have skills that you would like to share, maybe dancing, chess, music, cake decorating or feel you could run a quiz or organise some outings please do not hesitate in contacting me and I will support you in getting this going. I am available at the coffee mornings or you can contact me via ***** or on *****.

Jackie Gough

COME TO OUR COFFEE MORNING!



Did someone say coffee and cake ??? Yes we did!!
Our next Coffee Morning Friday May 23rd (4th Friday)
Pip 'n' Jims Community Centre, St James Place

10.15 until 12.00

Cost £3 Coffee/Tea and cake or savoury

Park in the Church car park from 10.00 and pay for 2 hours to the Church volunteer, including Blue Badge holders - we aren't sure what their hourly charge will be this year.

Joan Broxholme ***** Fran Barnett *****

As usual there will be the warmest of welcomes along with delicious refreshments.

Our May coffee morning is going to be a talk from Devon Freewheelers, a volunteer group of motorcyclists who offer a FREE Blood Bike courier and transport service to NHS establishments, medical surgeries, air ambulances, and the community, across the South West.

Devon Freewheelers plays a vital role in supporting the NHS by ensuring that essential medical supplies are delivered quickly and efficiently. This helps to improve patient care and save lives.

With a mission to provide essential medical supplies and services to communities across the region, the charity is driven by a spirit of compassion and dedication.

Truly 'By us, For us' in action!



March Coffee Morning



In March we experimented, and instead of having a speaker we held a showcase for all our interest groups. This involved such a lot of organisation, not least because the room needed a different layout with smaller coffee tables in the middle for people to sit around to enjoy their refreshments, and the usual bigger tables arranged around the edge for the conveners to have space to show off



their groups. So huge thanks to Bill Chaplin, Q Cox and all those who helped to set it out (and clear away). Also to Angela Scobling, Anne Wells, Janet Cath and Jackie O'Malley who were making sure that all ran smoothly in the kitchen, and to those that provided the delicious food - such a very tempting choice! The biggest thanks of all must go to Fran and Joan who master-minded it all. It can't have been easy, not

least because 72 of us attended, the biggest number yet.

It was a huge success, and people seemed to really enjoy and appreciate the chance to see what the different groups can offer, so thanks are also due to all the conveners who enthusiastically took part. It is so impressive to see the breadth of what we offer. Jane Dendle.

Don't be caught out - there are 5 Fridays this month. The May date is the 23rd

All members are welcome.

We look forward to seeing you there

QUIZ TIME

Our thanks, as ever, to Betty Williams for compiling our quiz. Answers on page 11

1. March 25th is known as which Quarter Day?
2. Prime Minister of Canada, Mark Carney, had which previous job?
3. What is the name of tv's surviving Hairy Biker?
4. Which was the first British locomotive to achieve 100mph?
5. Monks of the Dominican Order wear robes of which colour?
6. In which area is the highest point in Devon?
7. The Quarrymen was a former name of which music group?
8. A colonel in the British Army compares with which rank in the RAF?
9. What is meant by the adjective "caudated"?
10. Largely filmed in North Devon in 1984, who played the lead in "The Puppet Man"?
11. Lewis Carroll was the nom de plume of whom?
12. Hypsophobia is the fear of what?
13. "(St.Peter's) Bunch of Keys" was a legendary name for which wild primula?
14. How many tiles are there in a Mah-Jong game?
15. How long, in yards, is a cricket pitch?
16. A psaltery is what: an ancient musical instrument? a book of psalms? a large bowl for pickling?
17. What is the name of the Vatican's Army?
18. In March 2025, container ship Solong collided with which type of vessel in the North Sea?
19. The Great Salt Lake is in which American State?
20. What are the odds of finding a four-leafed clover?

INTEREST GROUPS/EVENTS TIMETABLE - MAY 2025

Please go to page 18, to view the Events Timetable.

ILFRACOMBE u3a INTEREST GROUPS

The following reports have been written by our industrious conveners to keep our members informed of what their group has done and will be doing in the following month. If you like what you read and would like to join in any of the groups, the contact details are at the beginning of each Interest Group. Some groups may have a waiting-list, but generally they will welcome you with open arms.



ARCHIVE ILFRACOMBE (AI) Convener: Jane Dendle

Tel: *****

Ilfracombe Museum 4th Thursday or 4th Friday 1.45 - 3.45

£1 towards refreshments

There are no meetings now until **September 26th and 27th.**



COMPUTER SKILLS Convener: Bryan Cath Tel: *****

Berrynarbor Village Hall

on 2nd and 4th Tuesdays, 2.00 - 3.30pm

£3 a session

Our group is progressing steadily through the skills of moving files around, copying them and deleting them. Using those skills we are now moving on to problems that emails can cause us with the risks of scams and spam coming into our computers, sometimes without our knowledge. We talked about spam-triggering words which will stop the email being sent, especially by Google. We also discussed tidying up members' email inboxes to make it easier to find regular email senders.

Our next meetings are on Tuesdays, 13th and 27th May.



CRAFT Convener: Ley Holloway Tel: ***** Mob: *****

Email: ***** 1st and 3rd Tuesday 2 - 4pm Brookdale Church Hall - if possible we ask people to arrive about 10 minutes early to help set out tables and chairs.

Contribution of £3 unless numbers are low.

There are no meetings now until **2nd and 16th September.**



FAMILY HISTORY Convener: Joan Broxholme Tel: *****

4th Monday 2-4pm at Ilfracombe Library.

We have an increase to £3.00. Includes refreshments.

Due to changes in the library and increased costs, we will be going back to one meeting a month.

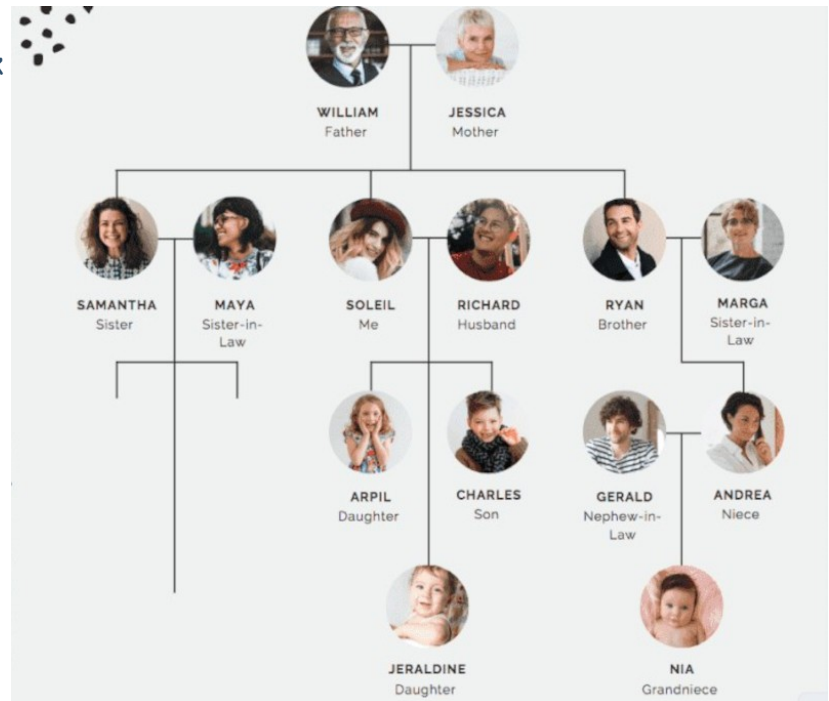
Come and discover your family history, you might find something interesting.

The next meetings will be **May 19th** (avoiding Bank Holiday on May 26th)

June 23rd

July 28th

At the moment there are two places available. If anyone is interested in trying out our happy group, please contact me on ***** or *****



FOODIES Organisers: Carole McGill ***** and

Deirdre Spencer-Smith ***** 3rd Thursday 1 until 2.30 pm £2

"Dice and a Slice", 6 Belgrave Promenade, Ilfracombe, EX34 9BD

Today at foodies there were a few missing due to holidays etc but we still had a variety of lovely food to try out. Penny did chocolate dipped fruits, Carole did a chocolate pizza, Jane D produced chocolate oat balls, Maureen did chocolate beetroot cake, Diedre did chocolate tiffin and Jane brought triple chocolate biscuits and Easter cakes. We had a little quiz from the foodies quiz box, so quite random.

The meeting after that is **15th May** and the theme is Pasta. The meeting in June is on the 19th and the theme is Bits and bobs or Nibbles something you could eat with your fingers and not need any cutlery.

All the sessions are at Dice and a Slice.

Thanks to all who attended. **Dierdre and Carole**



FRENCH CONVERSATION Convener: Jo Rosvall Tel: *****

2.15pm until 4.15pm in Combe Martin. 2 groups on alternate Wednesdays

Please contact Jo about future availability to join. £1

Our French Conversation Group provides an opportunity to practise speaking French in a friendly and supportive group. The aim is to have fun while improving our spoken French. Two groups take place fortnightly, in our home. Members will be allocated to one of the groups based on their experience of learning French.

We cover a wide range of topics, enjoying the chance to celebrate different aspects of French life, such as French food and drink, the different regions, French art, music and even television programmes.

As well as conversation we take part in activities such as games, quizzes and puzzles.

During May we will talk about the great outdoors, and what sort of outdoor activities we enjoy.



ITALIAN CONVERSATION Coordinator: Julian Tippet *****

1st and 3rd Wednesday 3pm at 6 Croftswood Villas.

We meet for conversation and to improve language knowledge and fluency. In doing so we learn more of this lovely country and its culture.

Dates: May 7th and 21st



KNIT/CROCHET AND NATTER - KNITWITS

Convener: Jacky Smith, Mob: ***** Tel: *****

At 28 Spurway Gardens, Combe Martin, EX34 OPL.

2nd and 4th Thursday, 2-4pm *****

This group is now in question as no-one turned up at the last meeting on 10th April. Due to the lack of interest, I will talk to Jackie Gough and we may reconvene in September if new interest is shown.



MAHJONG - Convener: Mary Matson

Tel: ***** Email: *****

At Woolscott Barton, Berryнарbor

1st and 3rd Friday each month, 10.30am - 1pm

The mahjong group continues to play on the 1st & 3rd Fridays of the month with new members even keen to play on Good Friday!

New people are joining us each time.

Next meetings: **2nd & 16th May & possibly the 30th.**



MODERN BOARD GAMES Convener: Penny Kitching Tel: *****

***** 2nd Tuesday, 1.30 - 4 pm approx.

Board Games Café "Dice and a Slice", 6 Belgrave Promenade, Ilfracombe

Cost £2.50 including use of a wide selection of games and tea or coffee.

We met on a sunny afternoon for a lovely afternoon of gaming. We split into two groups, the group led by Rod played Neanderthal (the game with my favourite ever 1st player marker, a little woolly mammoth) and my group played Mycelia (about mushrooms in a forest ecosystem) then Bandido a collaborative game where unfortunately we failed to stop the bandit escaping from jail.

Next meet up **May 13th** see you there, all welcome.



MOTO group - Members On Their Own Convener: Pat Martin (the Combe Martin one!) Tel: ***** Mob: *****

Email: *****

Specifically, to facilitate opportunities for socialising for Members On Their Own, this group operates mainly, but not exclusively, using the WhatsApp on your smartphone. Help is available with downloading and using WhatsApp if required. We are a super friendly and supportive group of single and widowed guys and gals, and members who like to go out sometimes without their 'other half' or have different interests.

Spring is finally here, so it's time to arrange some outdoor events, walks etc.

Moto events during the last month included Bingo at Berryнарbor, a Sunday lunch at the Black Venus, and Springfest at Barnstaple Pannier Market. It is always worth advertising local events on the MOTO events WhatsApp so others can join you if they are interested.

On **15th May** a Group will be going for a lunch at **Woolacombe Bay at 12.30**. Please see the WhatsApp Events group and let Angela know asap if you want to join them. The coastal trip on the Steam Ship Waverley will be seeing a huge number of MOTO members joining on their 2 for 1 offer on 11th June. This will be a fabulous event. Thanks Angela for organising.

On **Tuesday 3rd June**, I have booked 10 seats at Lynton cinema to see 'The Salt Path'. Places are filling fast, so let me know on the MOTO WhatsApp if you want to join us there.

Continued on page 11

Continued from page 10

It is time we did our annual Wistlandpound doggy walk with Brunch/Brekkie at Gemma's at Waytown, before or after. I will put a date on the events group as soon as I see we have a decent weather week.

Keep checking the group's outings on the MOTO events WhatsApp, as we try to add events regularly. Please also try to keep chit chat on the Chat group, not the Events group. Thank you.

If any of you fancy company to go anywhere at all, please also arrange this via our MOTO WhatsApp pages.

Let's come up with ideas. Short notice plans are always very welcome. Events are fun with 2 or 22 so get thinking. Hope to see you all again soon. I hope you all had a lovely Easter.

Pat Martin x



THE MUNCH BUNCH Contact: Jo Rosvall *****

Steering group: Barbara Eales, Maureen Lowe, Phil Marsden

Times and costs vary depending on the venue

This friendly group offers the opportunity to meet up with others to enjoy a meal together, in good company. Our meals will take place, sometimes on Sundays, sometimes on weekdays to provide a variety of venues. You will be able to find details of each meal in our monthly newsletter or via our WhatsApp group, which was set up to make it easy for members to book a place, or to find information about our outings. You will be able to book a place by phone, email, or on our easy-to-use WhatsApp. So do come and join us, we are a friendly bunch.

For our next meal in May we are going to **The Pyne Arms at East Down EX31 4LX on Sunday the 11th May @ 12.30**. You can have a Sunday roast or order from the menu. Please book your place by 5th May.

A date for your diary, on Thursday the 12th June we are hoping to go to S & Q in Braunton more details next month.

Bookings can be made, as usual, through our Munch Bunch App, or by telephone to Maureen Lowe on *****, or by email to Jo Rosvall (*****) Please let us know if you have a food allergy.

Quiz Answers

1. Lady Day: 2. Governor of the Bank of England: 3. Si King: 4. Flying Scotsman: 5. Black:
6. Dartmoor (High Willhays): 7. The Beatles: 8. Wing Commander: 9. Having a tail: 10. Roy Hudd:
11. Charles L. Dodgson: 12. High places: 13. Cowslip: 14. 144: 15. 22 yards: 16. Ancient (stringed) musical instrument: 17. Swiss Guard: 18. Tanker (Stena Immaculate) 19. Utah: 20. 1:10,000.



NATURAL WORLD Contact: Jo Rosvall 882787 Email: *****

Steering Group contacts: Andy Forgan ***** Angie Ellis ***** Normally 3rd Monday 2.00 but location varies.

Indoor meetings at Brookdale 2-4 Contribution £3

Our visit to explore **lichens** at Arlington, on the last day of March, opened our eyes to a world that most of us had not seen before. It was hidden in plain sight, but revealed to us by powerful hand lenses. Our enthusiastic guides, Maxine and John communicated their enthusiasm and shared their extensive knowledge in a way that engaged the interest of first time explorers of the world of lichen.

A starting point was to understand how lichens are a symbiosis between a fungus and algae which offers them protection, and enables them to use nutrients found in sunlight, air or water.

The strangely varied forms of different lichens, each with formidable Latin names, were more recognisable by their vividly descriptive common names, 'string of sausages' 'Bengal Match' or 'fanfare of trumpets'.



Our May the 19th outing will take place at Combe Martin when we will undertake a field trip aimed at teaching members basic Plant Identification techniques, whilst enjoying the wide range of local wildflowers to be found in the area. The aim will be, as always, to enjoy ourselves whilst learning a bit more about nature.

The outing will be led by a member of the Finding Nature's Footprints team.

More information soon, on the WhatsApp messaging page.



Pictures taken during the lichen walk



NOVEL READERS Convener: Betty Williams Tel: *****

3rd Tuesday 2.30pm at "Brendon", Combe Martin, unless notified otherwise.

£1 towards refreshments and an annual charge (around £10) for the loan of books.

At our meeting on 15th April, we welcomed new member, Johanna Ward, who brings the Group to full complement for the first time in my convenorship. Maybe we should have celebrated with more than just tea and biscuits. The book under discussion was Pat Barker's "Silence of the Girls" which received much praise (though not from me).

Our next read is Anne Tyler's "Vinegar Girl", meeting on **May 20th** to talk about it.



OUT TO LUNCH Conveners: Fran Barnett. Tel: ***** *****

Steve Hawes Mob: *****

3rd or 4th Sunday, 12.00 for 12.30. Cost: cost of the meal. This group is full.

We had a lovely meal, as ever, at the Black Venus in March. The restaurant was very busy, of course, on a Sunday, so maybe next year we may make this an in-the-week visit.

Bless dear Teresa Soltysiak for being determined not to cancel, despite obviously feeling poorly. But always a delight to have her wonderful company. Such an amazing lady - she will be much missed by us all.



We didn't have our Julian down as someone who shares on social media!

Our next lunch, earlier in the month because of the late Spring bank holiday, is on **Sunday 18th May at the Arlington Restaurant in the Imperial Hotel in Barnstaple EX31 8NB**, at the usual time of 12 for 12.30.

Here we usually congregate in the bar or lounges around the foyer for a chance to more widely socialise before what I am sure will be an excellent meal.

The booking form reminded us that the dress for this restaurant is smart casual, so sorry, Steve, you can't wear your ripped-denim trainers!

If you don't already know it, this restaurant specialises in excellent service as well as 4* fine dining.



2 courses cost £25, 3 courses £31. Tea or coffee is £5.50. There are choices of starters and desserts. As well as traditional roasts there is usually a fish dish and a vegetarian option on the menu. The contact number for the hotel for dietary requirements is *****.

There is parking in front of the hotel and also a free dedicated car park across a narrow road at the rear: tokens for the exit are obtainable from reception.

Please let me know in good time, and at the latest by Monday 12th May if you would like to join us.



PHOTOGRAPHY - 'SNAPPERS & SNACKERS'

Convener: Steve Hawes Mobile: *****

4th Tuesday 10.30-12.30 followed by nearby (optional) refreshments.

March saw us visiting the Dartington Crystal Factory / Museum / Showroom in Great Torrington. The idea being that their factory viewing platform would provide a welcome blast of heat on a chilly day - it certainly did! So much to see in such a short time, and more photo opportunities than you could shake a stick at! An easy 50 minute drive from Ilfracombe - and it's probably best to leave your credit card at home!

2025 Outings

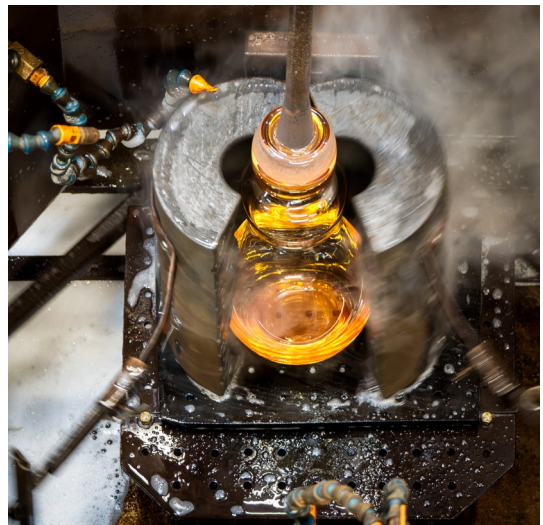
May Tue 27 Tapeley Park Their Café

Jun Tue 24 Exmoor Zoo Their Café

Bonus Outing Book your own ticket

Jun Wed 11 Waverley Sails at 2pm

All ability levels and cameras are welcome. 'Snappers & Snackers' is about gently exploring and enjoying this fabulous area, with a little exercise, plenty of banter, laughter, and cake! We've even been known to snap a photo or two in the process! We explore many different styles of photography, and 1-2-1 theory sessions are available on any aspect of photography/equipment/editing. The group is currently full.



All photos are from the Snappers and Snackers visit to Dartington Glass



PRACTICAL ART Conveners: Robert Hobson Tel: *****
Catherine Fenton Tel 01271 614344

Manor Hall, Berrynarbor on Wednesdays 11.00 till 13.00 £2 a session. Free parking at the Manor Hall or village shop. Refreshments provided.

Relax with 2 hours of sketching or painting - whatever takes your fancy. Perhaps you haven't picked up a pencil or paint brush for years? Perhaps you are a regular artist?

Whatever stage you are at, spending 2 hours in friendly company, will be good for your general wellbeing! New members always welcome!

Bring your own paper, paints or pencils.

For more information ring **Bob Hobson 882353**



RAMBLERS Convener: Julian Tippet Tel: ***** 2nd Friday 10.30am

All members can take part just by turning up at the meeting point.
Queries to me, Julian

This month we take a walk that includes the village of Parracombe and surrounding countryside. We'll meet few other people but the countryside is enchanting. There are a few stiles.

Date: 9th May

Meet: Parking place near west end of Woody Bay railway. Take the A39 from Blackmoor Gate and take the long curve past Parracombe. At the final turn (left) into Parracombe, the A39 goes sharp right. After 200m more turn left (sign: Kittitoe/Hunters Inn). After 200m turn left opposite the end of the railway into the parking place.

Length: 3.5 miles. Leader: Wal Daw





SHAKESPEARE ON DVD Convener: Linda Macpherson Tel: *****

1st Thursday 1pm Convener's house in Ilfracombe

Our May meeting is on **Thursday 1st May at 1pm**. The play is the tragicomedy *Troilus and Cressida*, directed by Jonathan Miller for the BBC in 1981 (3hrs 10 mins).

Shakespeare adopts a cynical attitude somewhere between satire and savage farce, where love is mocked and heroism made absurd.

Anton Lesser and Charles Gray star in this peek at an incident in the middle of the Trojan war, in which the Beeb stubbornly refused to abandon Elizabethan costumes, which look completely out of place given the story's ancient setting. Had I been in Miller's position, I would have put my foot down.

Anyway, we get to meet a very unexpected Achilles and his terrifying Myrmidons, as well as the infamous lovers Helen of Troy and Paris, son of Priam, who kidnapped her from her husband Menelaus, provoking the Greeks into 'launching a thousand ships' to get her back.



SINGING FOR FUN Convener: Jennie Tusveld

Tel: ***** 1st and 3rd Monday, 10.30 - 12.00am

Brookdale Rooms £1

Having a group singalong is one of the best ways to release stress and be happy. The good news is, you don't have to be good at it to reap the rewards. We all need a dose of happy right now and Singing for Fun can provide just that.

Next meeting: Monday May 19th.



SINGLES SATURDAY NIGHT DINNER Convener Joan Lupton

Mob: *****

Email: *****

1st or 2nd Saturday of the month, times vary

We had a lovely meal at Fullham on the 12th April. There were eight of us and two new ladies; it is always an excellent meal there and nothing is too much trouble.

The May booking is Coast Kitchens in Croyde on the **3rd May at 6.30 pm**. The one after in June is the Rock Inn, Georgeham, on the **7th June at 6 pm**.



SKITTLES Convener: Jane Lucas Tel: ***** Mob: *****

Email: *****

1st Friday 4- 6pm at the Sandpiper Inn, Ilfracombe Harbour.

£1.50 - £2 for the picker upper

Just 5 valiant skittlers plus (a ringer) arrived to play the last games of the season.

No skittles now until September when 12-14 players are needed for us to continue.

Happy summer skittlers see you in September @ The Sandpiper pub, Ilfracombe 4pm -5.30.



THE WRITING GROUP Convener: Stuart Coslett Mob: *****

Email: *****

2nd Monday 2pm Ilfracombe Library. £3

This is a group for those who like to write - for whatever reason and in whatever style they choose. Each month we share examples of fiction and non-fiction, autobiography, poetry, travelogues, etc. Our aim is to provide encouragement and confidence and some of our members have gone on to publish their work or take part in live poetry readings.

Last month we used photographs as the starting point for our writing. The most popular choice was a photograph of Lee Bridge over the old railway line. Why do old bridges often give rise to ghost stories?

For our May meeting, our inspiration is "The World of Entertainment," which should give plenty of scope for interesting writing.

Next meeting: **12 May**



YOGA FOR ALL Convener: Jackie Gough Mob: *****

***** Solonda Studio at 53 The High Street, Ilfracombe. 2nd and 4th Fridays, 12.45 to 2.00pm or 2.15 to 3.30pm. £3pp

Yoga is a great exercise to maintain our flexibility, bone strength and muscle tone as we age. Within the classes I am trying to ensure a good balance between breathing, mindfulness and exercise interspersed with some laughter. After your session you are welcome to stay for coffee and a chat.

The flow class is a hatha yoga type class. We have some fun and work fairly hard. This class is on the 2nd and 4th Friday of the month at 12.45.

The chair yoga class is a vibrant class working mostly on strengthening our legs and core. This class takes place on the 2nd and 4th Friday of the month at 2.15pm.

If you are interested in either class please get in touch and we can discuss which class might suit you. My details are Jackie Gough *****.

Next dates are **9th and 23rd May**

INTEREST GROUPS/EVENTS TIMETABLE - MAY 2025

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1 Shakespeare	2 Cttee Mahjong	3 Singles Saturday Night Dinners	4
5	6	7 Art French Conv Italian Conv	8	9 Ramblers Yoga	10	11 Munch Bunch
12 Writing	13 Modern Board games Computer Skills	14 Art French Conv	15 Foodies MOTO	16 Mahjong N/L deadline	17	18 Out to Lunch
19 Sing4Fun Natural World	20 Novel Readers	21 Art French Conv Italian Conv	22	23 Coffee AM Yoga	24	25
26 Family History	27 Photography Computer Skills	28 Art French Conv	29	30	31	

Ilfracombe Coast u3a Organising Committee contact details

Name	Position	Contact	Email
Jane Dendle	Chair & Community link	*****	*****
Julian Tippet	Vice Chair	*****	*****
Jo Rosvall	Secretary	*****	info@ilfracombecoastu3a.co.uk
Janet Keiff	Treasurer	*****	treasurer@ilfracombecoastu3a.co.uk
Jane Lucas	Welfare / Events	*****	*****
Steve Hawes	Membership Secretary	07392 781894	membership@ilfracombecoastu3a.co.uk
Bryan Cath	Website, IT & Publicity	*****	*****
Ley Holloway	Tech support	*****	*****
Jackie Gough	Convener Liaison	*****	*****
Jan Purdy	Planning Support	*****	*****

Ilfracombe Coast u3a

Our website: <https://www.ilfracombecoastu3a.co.uk/>

Registered Charity 1027348 Any cheques payable to Ilfracombe Coast u3a.

BACs account Ilfracombe Coast u3a, sort code 82-11-07, account number 10576743

Recently updated, our Policies and Guidance and Data Protection documents
are available on our website.

For a printed copy of the newsletter, please contact Bryan Cath *****
newsletter@ilfracombecoastu3a.co.uk