

Launceston & District u3a
NETWORK NEWSLETTER
March / April 2026



Contacts

First Wednesday 09:30 am	Amblers
First & Third Thursday 12:30 pm	Art
Every Monday 12.00 noon	Badminton
4 th Monday 12:30 -14.30	British Sign Language
Third Tuesday 10:00-12:00 noon	Craft & Chatter
1 st Wednesday 2.00 pm	Creative Writing
Dormant	Dance
2 nd Friday 14:00 to 16:00	Darts
2 nd and 4 th Wednesday 10:00 am	Digital Photography
Every Tuesday 10- 12 noon	French Conversation
Alternate Mondays 2.00 to 4.00 pm	French Refresher and Culture
First Tuesday at 10:00 am	History
Last Thursday 2.00 pm	Learning Spanish Together
Third Monday 2:30 pm	Literature
Second & Fourth Monday 2.00 pm	Mahjong
Second & Fourth Wednesday 2:00 pm	Needles, Pins & Patchwork

A Word from Your Chair . . .



Dear Member,

Spring is not far away but (or, so it seems to me) it has been a long time coming this year. I recently watched a TV programme presented by Brian Cox, explaining the meaning of Time – that is Time relative to each and every one of us, our world, the universe and everything. I'm afraid the good professor left me feeling more confused than enlightened! Soon, we will put our clocks forward to

begin British Summer Time, thereby losing an hour at a stroke, simply to suit ourselves. So is Time whatever we want it to be? Whatever Time means to you I hope you'll make the most of the coming days ahead and enjoy being a member of YOUR u3a.

Whether you're a long-established member, or have recently joined us, take a look at our new leaflet for information, including the many interest Groups that are currently on offer. And this issue of Network is packed with news, photos and stories contributed by our members. There's a lot going on at Launceston & District u3a!

Everything we do at our local branch of u3a is done by volunteers – by those members who offer to lead, or set up Groups; by those who organise events and activities; by those who join our Committee . . . people simply willing to have a go, lend a hand, or help out when needed for really useful tasks, however big, or small. They are the ones who frankly keep us going! They are essential for the continued operation and success of our u3a. To all our wonderful helpers – THANK YOU!

I hope you're enjoying being a member of u3a, making new friends and living life to the full. Meanwhile, I leave you with this thought:

There are people who make things happen; there are people who watch things happen; and there are people who say:
“What happened?”

Be kind to others. Be good to yourself.

Georgie



Reminder – Coffee mornings now start slightly earlier at 10.00 and finishing at 12.00

Monthly Meeting Hosts

March: Mahjong, French Refresher & Culture and Learning Spanish
April : Needles Pins and Patchwork **May :** Pétanque
June : Rocks and Ruins

Coffee Morning Refreshments. This is an opportunity to show appreciation for the efforts of the host group and to be charitable, so please give generously – Thank you.

Current Membership -- We currently have 228 members.

National Office News - Sign up to receive regular e-mailed monthly Newsletters on the National Office website at <https://www.u3a.org.uk/newsletter>.

Diary Dates

Monday 9th March - Committee Meeting at 10:00 at The Gateway Centre, Madford Lane.

Wednesday 11th March at 6.00pm - Curry night at the White Hart Hotel.

Fri 27th March - Coffee morning and business meeting 10 to 12 - **Speaker:** Cornwall Air Ambulance.

Fri 24th April - Coffee morning and business meeting 10 to 12 - **Speaker:** Sara Fell Hicks - Orangutan Veterinarian Aid.

Fri 29th May – Open Meeting - Plant and Homebakers Sale to raise funds for Cornwall Hospice Care.

These are our Websites/Facebook pages.

As you may or may not know, our new website is now up and running, and it is aimed at giving a very brief overview of Launceston & District u3a for prospective new members. In the attached document you will find a link and a QR (Quick Response) code to the new site.



Launceston's website link:
<https://launceston.u3asite.uk/>

This has links to the National u3a website.
<http://www.u3a.org.uk/>.



There is a Public Facebook page available to the public at large
<https://www.facebook.com/launcestonu3a.org.uk>

There is also a closed/private Facebook Group, Launcestonu3a, which you can join. (Speak to a committee member if you do not have access).

Keeping In Touch



For members who may be under the weather, notifying Marguerite Bowhay will prompt a thoughtful "Get well soon" or "Thinking of you" card. So please do get in touch with a committee member if you need a card sent to cheer up the recipient.

Dedicated free phone number

We now have a dedicated free phone number that can be used by those members who do not have access to the internet. The number will be connected to a committee member – call: **0300 102 1380**.

Do you like Podcasts? Why not try u3a Radio Podcast?



Created by a team of u3a members with radio experience, our u3a radio podcast comes out on the 17th of each month. It showcases the amazing things happening across the u3a movement.

Click on the link below to try it out:

[u3a Radio Podcast - YouTube](#)

Just a reminder - Here is our Privacy Statement

Launceston u3a processes member information so that we can keep you informed about events, groups and activities as part of your membership. Launceston u3a's lawful basis for collecting this information is legitimate. In processing your information Launceston u3a will:

1. Store it securely
2. Use it to communicate with you as a u3a member.
3. Share your information with group leaders/convenors for those groups that you are a member of.
4. Send you general information about the Third Age Trust

Also when you sign up to become a member of Launceston u3a our Membership form says : I/we agree that my/our photograph/s may be taken at any u3a activity and that the images may be used in u3a local and National publications, displays and websites and that the images may be used to showcase our activities to a wider audience.

Pease check out our website where you can access our Privacy and Data Protection Policy or contact Business Secretary Mark Leavis if you have any concerns.

Book your spot at u3a Festival 26

u3a Festival 26 brings the movement together for fun, learning and new connections. Join us on Wednesday 1 July - Friday 3 July at The *University of York* for a celebration of everything that makes u3a so special.

There's a huge variety of activities on offer - here's a taster of what you can look forward to:

- Sparking new ideas at talks on a wide range of subjects.
- Getting moving at a fitness workshop or in a sports tournament.
- Exploring your creativity with hands-on craft workshops.
- Enjoying live performances by talented u3a musical groups - or have a go at making music yourself.

Places are limited - book your tickets and accommodation now to avoid missing out. Please note that tickets and accommodation are booked via separate links, which you'll find below.

Click on the link below for more details

[Book tickets for u3a Festival 26 now](#)

Craft and Chatter

Craft and Chatter is a small group that meets on the 3rd Tuesday of the month from 10am ---- 12pm at the Gateway Café, Madford Lane, in Launceston.



We each bring whatever we are currently working on and there is a great diversity! : - Knitting, Crochet, Embroidery, Card Making, Box Making, and Painting. In fact, any craft you can think of is very welcome. Bring whatever you are into with you – maybe, even learn a new skill.

Gateway do a good cup of coffee and even a bacon sandwich if you are feeling peckish!

The main thing seems to be the chatter. We discuss all sorts, put the world to rights, and have a laugh.

We are hoping to contribute to the u3a Xmas Fayre this year and are starting to make plans for that.

We would welcome new members so come and join us!

Jackie Garland

Digital Photography Group

The Digital Photography Group is taking a break. We are looking for a 'technically' minded digital photographer who can take us through our photos and help us get the best results possible where we need such guidance.

We are also looking for new members as many have had to drop out due to health issues, family commitments or timetabling pressures.

We hope to reconvene as soon as someone steps up to take us forward and with new members.

In the meantime, please contact

Marguerite Bowhay marguerite.mn.burton@gmail.com

.....



Indian Buffet Social Evening

Wednesday 11th March at 6:00pm
The White Hart Hotel, Launceston

Enjoy a Delicious Indian Buffet for just £22 per head!

Buffet Includes:

-  Poppadoms with Raitas
-  Tasty Indian Starters:
Onion Bhajis, Samosas & Chicken Strips
-  Selection of Chicken, Lamb & Veg Curries
-  Rice and Naan Breads

Fun & Social Evening – Limited Spaces, Sign Up Today!

Don't Miss Out – Reserve Your Place Now!

Sunday Lunchers

From the first monthly meeting of this group in September 2024 when 6 ladies enjoyed an excellent roast lunch at the Eliot Arms, Tregadillett, their numbers have now doubled and include one husband! (12 is the maximum number most establishments are able to comfortably accommodate).



Intrepid meal seekers have travelled to venues in and around Launceston, and up to 20 miles away. Each member chooses and organises their preferred venue. (some have had 3 visits, others, just the one!).

Car sharing and friendships have developed and grown over this time, and members are happy to recommend restaurants where you can relax and enjoy a very good lunch – (which you did not have to shop for, cook or wash up after!) Everything to enjoy in this monthly treat. If this appeals to you, why not become part of a second group?

Angie Harris

Spanish Conversation



Would you like to have a go at developing your conversation skills? Probably not for real beginners, but do come and see.

You learn a lot just by listening! We are aiming to broaden our focus to suit everyone: maybe reading, listening to Spanish, word games.....

Venue: a lovely lounge in the Arundell, Lifton but could be flexible

When: time and day to suit those involved: at present 1030 to 1230

Cost: price of a cup of coffee/tea

For more details contact group Leader
Hilary Whitelock



Can you help with PR and Media?

There is a vacancy on our PR and Communication Team and we invite someone with the relevant experience to join our team.

We are looking for someone who uses social media, especially Facebook.

Please contact Mark – Business Secretary 07740785116 for further information or expression of interest



New Groups



Darts

Delighted to report that the Darts Group will start on Friday 13th March, 2.00pm to 4.00pm at Treburley Social Club. Jenny Burrige, who leads the Skittles Group has agreed to lead this new Group. if you're interested, please contact Jenny Burrige with your mobile number so that you can be added to the WhatsApp Group.



British Sign Language

Marie Cummins has worked incredibly hard to get this group started and we can now report that this Group will hold its first session on Monday 23rd March and will take place on the 4th Monday of each month. The classes will be held at the Gateway Centre between 12.30 and 2.30pm. Classes last two-hour and includes workbooks and exercises. Please contact Marie Cummins -group leader- for more details.



Tai Chi

The Tai Chi group started on Monday 2nd March at St Mary Magdalene Church Hall. Sessions are on the First and third Mondays between 12noon and 1.00pm. Marie Cummins is also leading this Group. There were twenty members at the first session. Please contact Marie Cummins - group leader- for more details.

Charles Causley Trust - Launceston Poetry Festival 1-3 May



LAUNCESTON
POETRY
FESTIVAL

1-3 MAY 2026

MONA ARSHI | LIZ BERRY | VICTORIA ADUKWEI BULLEY
DAVID DEVANNY | BECCA DRAKE | ELLA FREARS | CATHY GALVIN
ALEX GEORGE | PHILIP GROSS | JANE HOLLAND | SARAH HOWE
LUKE KENNARD | RACHEL LONG | JANE NEWBERRY
TOM NUTTING | PENELOPE SHUTTLE | LUKE THOMPSON
PETROC TRELAWNY | PETER URSEM | ROWAN WILLIAMS

Featuring commission from artist Olga Owczarek
And free community activities, music, workshops, rent-a-poets,
open mics, walks, talks, poetry surgeries, and book sales

In partnership with

Guillemot Press, Black Cat Books,
The Poetry Pharmacy, English Heritage and Falmouth University

Tickets and event details at causleytrust.org

 [@causleytrust](https://www.instagram.com/causleytrust)  info@causleytrust.org  [causleytrust.org](https://www.causleytrust.org)

We have the Launceston Poetry Festival 1-3 May with a stellar cast of poets and a full programme of community activities. Tickets go live very soon!

There are 10 poets in residence staying at Cyprus Well between 9 February and 4 May - and they will be in our shop, the library and a few other places reading their work and offering writing tips!

We are looking for volunteers to support both the Festival and our

other activities, such as working in our bookshop, gardening at Cyprus Well, and marketing our events (to name but a few).


We are looking for new friends and donors who are interested in supporting our programmes, the Poetry Festival and maintaining Cyprus Well and would welcome a conversation with anyone who is interested in supporting us in this way.

For more information contact info@causleytrust.org or at our website www.causleytrust.org or, if they prefer in-person contact, they can pop into our shop in Merchant House.


Nicola Nuttall MA FSA FRS

January Morning Meeting

Hosts – History




Your Hosts
Today



History Group
Leader: Peter Adams


All monies raised from refreshment contributions will be donated to:



children's hospice
SOUTH WEST

At Children's Hospice South West (CHSW) we are absolutely committed to making the most of short and precious lives. The care offered at each of our hospices is not simply about medical and nursing care for babies, children and young people, but about enriching the lives of them and their families.

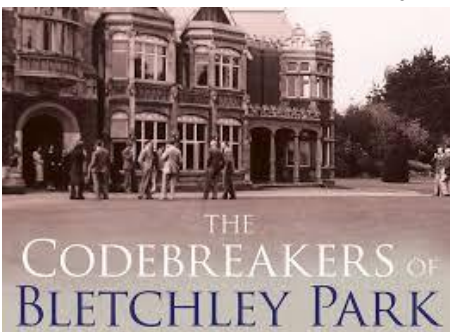
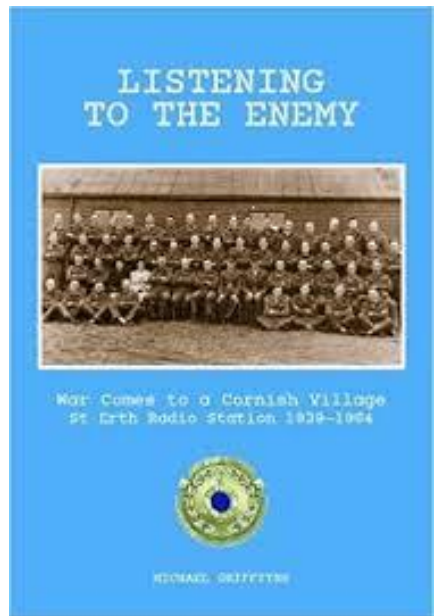
Thank you for your support



u3a

Our first Coffee Morning of 2026 was buzzing! Including the two speakers, there were 71 attendees. The History Group hosted refreshments, raising £135 for their chosen charity – South West Children's Hospice.

The speaker for the meeting was Mike Griffiths, talking about the (secret but not so secret) Ultra Listening Station near St Erth linked to Bletchley Park. The speaker gave an interesting insight of the importance of Listening Stations, Spies and the work done at Bletchley Park.







Members were given the opportunity to sign up for several possible new groups - which there has been lots of interest

- a. British Sign Language
- b. Tai Chi
- c. Darts, which is up and running, starting soon
- d. Sunday Lunch 2

More news to follow.



‘Thank You’ to today’s hosts, History . The History Group meets on the first Tuesday of the month, at 10.00 for 10.30, at the Age Concern bungalow at Tregadillett – unless there is an outing!

We have a main topic each session but also learn about significant dates relating to the time of our meeting and any current affairs.

All types of history are covered – local, national, international; personal and family; ancient, modern and contemporary; heroes, heroines and despotic tyrants! There are talks by members and visitors, films and visits to places of interest.

For more information contact Group Leader **Peter Adams**



WEST COUNTRY CHURCHES

2026 PROGRAMME

MARCH 19th - LEZANT, St. BRIOCHUS (PL15 9PP) & STOKE CLIMSLAND (PL17 8NZ)

APRIL 16th - BRIDESTOWE, St BRIDGET'S (EX20 4EL), & LYDFORD, St PETROCK'S (EX20 4BH). DEVON

MAY 21st - CHAGFORD, St MICHAEL THE ARCHANGEL (TQ13 8BN), THROWLEIGH, St MARY THE VIRGIN EX20 2HU) DEVON

JUNE 18th - SPECIAL DAY TRIP: TIVERTON, CHURCHES. EX16 St PETER'S, St PAUL'S, St GEORGE'S, St ANDREW'S

JULY 16th - ST EVAL (PL27 7UG) & ST ERVAN (PL27 7TA) CORNWALL

AUGUST 20th - GULWORTHY, St PAUL'S (PL19 8JA) & LAMERTON, St PETER'S (PL19 8RW) DEVON

SEPTEMBER 17th - PORTHILLY, St MICHAEL'S (PL27 6JX) & EGLOSHAYLE, St PETROC'S (PL27 6HS) CORNWALL

Please meet at 1pm, (unless otherwise stated) on 3rd Thursday of the month at Pennygillam Industrial estate, Pennygillam Way, near the end, (pass Pennygillam Auto Centre).

Car sharing is recommended, please reimburse your driver at the appropriate rate. If you intend to make your own way to the churches, please let Kate or Caroline know. We like to have tea & cake after our visits at a suitable nearby venue.

For more details contact - Kate Baird or Caroline Yeo

Singing for Pleasure group



The Singing for Pleasure group meet on Saturday afternoons meeting at the Orchard centre. With help from Lyn and Sally on the keyboard we sing a varied range of songs from Money, Money, Money, Somewhere Over the Rainbow and Dolly.

Members enjoy the opportunity to just sing for pleasure. We then are all ready for a nice cup of tea or coffee and biscuits together with a chance to have a chat.




Our members recently had the pleasure of singing carols at Launceston's Christmas Tree Festival..

For more details please contact Hilary Rhodes


February Morning Meeting

Hosts – Literature

Our February Coffee Morning / Business Meeting was hosted by the Literature Group and 65 people attended. refreshments, raised £101 for their chosen charity – Launceston Memory Cafe




Your Hosts
Today




**Literature Group
Leader: Kate Baird**

All monies raised from refreshment contributions
will be donated to:



The café, which meets,
here at the Central
Methodist Hall, alternate
Saturday afternoons from
2pm until 4pm, welcomes
anyone living with
memory problems and
their carers.

Thank you for your support



0228

The speaker for the meeting was Cym Downing who talked about the wonderful work of Launceston Memory Café. The speaker gave an interesting insight in living with Dementia and the important role that carers play. If you care for someone Cym stressed the importance of being registered as a Carer – and the benefits of being registered. To register and find out more information – google: Cornwall Carers Service

Editor

**LAUNCESTON
MEMORY CAFÉ**

PROVIDING
COMMUNITY SUPPORT
FOR THOSE
LIVING WITH DEMENTIA



Contacts:

Cym Downing 07970 045310
Julie Brooks 07815 544185



REGISTERED CHARITY No. 1139639

www.memorycafelaunceston.org.uk

2026





‘Thank You’ to today’s hosts, Literature



The lovely ladies of the Launceston & District u3a Literature Group meet on Monday afternoons. We aim to broaden our minds and our tastes by reading a wide range of books that, left to our own devices, we wouldn't have thought of trying.

Sometimes a real treasure may be unearthed. During our sessions as we get to know one another, friendships are formed, opinions aired and discussed, and new ideas come to light.

Tea and biscuits are consumed, other books, recently read, are discussed and we catch up on everyone's month generally. So much more than a book club.

For more information contact Group Leader: Kate Baird:

Creative Writing



The purpose of the group is to foster the literary ambitions of the members, whether purely for personal entertainment or working towards publication.

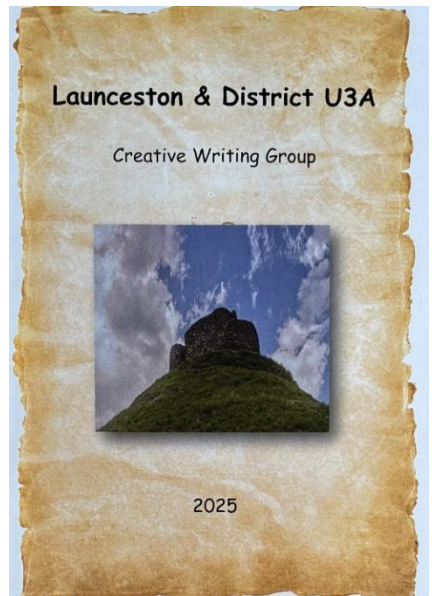
Writing is a very solitary occupation, and it is sometimes difficult to 'take a step back' from what you're writing to see how it could be improved/strengthened/focused. This is where the group is invaluable, providing a whole range of perspectives.

At each meeting we read out our 'homework' assigned at the previous meeting and discuss, offering suggestions where appropriate. Past topics have included: 'A Fresh Start', 'My Cornwall', 'The Photograph', 'A Difficult Situation', 'The Affair', 'Finding my Feet' and 'The Anniversary'.

We have produced a booklet of the groups collected writing. There are still a few copies available to purchase for £3. We are planning to produce our second booklet in time for Christmas, which is being developed and will be more extensive than the first edition. Also, we are getting involved in the Charles Causley Trust Writers in Residence programme. Poets and writers spend a period staying in Charles Causley's house, writing, and collaborating with community groups. We are hoping that some of the poets and writers will be able to speak to our group and to run writing workshops.

We meet on the first Wednesday of the month at 2:00 pm.

For more information contact Group Leader Ian Wycherley



Thank you to all our members

You helped 11 charities last year with your donations raising an amazing £2,491.52

Thank you for your kind generosity

Love Your Neighbour

Marie Curie

Launceston Memory Café

Man Down, Launceston

Cornwall Search & Rescue

Launceston Voluntary First Aid Services

Fire Fighters charity

The Chestnut Appeal

Cornwall Air Ambulance

Dyslexia Cornwall

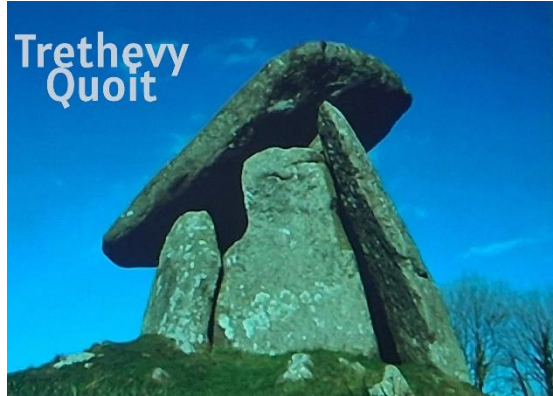
Macmillan Cancer Support

South West Children's Hospice

Rocks and Ruins

This month's Rocks and Ruins was held in South Petherwin Methodist church hall and attended by 23 members. A very interesting talk with slide show given by Mark from Kernow Goth, all about the myths & legends of Bodmin including the Rillaton cup discovered at Minions and now in the London museum, a replica is in Truro Museum. Thanks to June and John for organising this.

Val Maybank



Rocks & Ruins is for everyone who enjoys exploring and learning about the past. From prehistoric sites, Bronze Age settlements, castles, caves and ruins through to medieval and ancient buildings. We also have a wealth of industrial archaeology to explore, from mine workings, quarries, canals, leats and tin workings.

From April to October we visit sites with walking usually restricted to 2-3 miles. In the winter months we meet at South Petherwin Methodist Church Hall for illustrated talks.

For more information contact Group Leader - June Bennett

Editor

Skittles group

The Launceston U3A skittles group has been running for just over a year. We meet fortnightly on a Friday afternoon 2pm at Treburley Social Club. We always receive a warm welcome from Cindy who serves us tea and coffee, and drinks from the bar if wanted. The log burner is lit, and it's very cosy on a winter's afternoon.



The skittle playing is very informal, more about fun and laughter than totting up the scores to see who has won of that particular day! Although I am sure it would be nice to be the highest scorer, it's something I haven't achieved yet. We are usually a group of 10 to 15 members, sometimes more, there is plenty of room for more if anyone would like to come along and give it a try, no experience is needed. We only play during the winter as during the summer months we play Pétanque at the Rising Sun, near Altarnun.

Editor

Needles, Pins and Patchwork Group

We meet twice a month (second and fourth Wednesdays) at South Petherwin Methodist Church Hall between 2.00pm and 4.00pm. As with most crafting groups, each member brings her (at the moment, we don't have any men!) own project. Many members donate their creations to a selection of charities.



These happy teddies are knitted by Gloria who donates them to The Lions Club. They are then distributed to local emergency services and hospitals to give to children experiencing trauma.

Some of our members donate items, knitted and crocheted, to the Plymouth Ukraine Medical Aid charity (PUMA). A very experienced crocheter, Pauline has donated blankets and children's jumpers, but currently crocheting cardigans made up of Granny Squares. You may have seen Pauline in her amazing coat of many colours.

Our newest member has completed her first knitted project. Marie is delighted with her very seasonal hat, which is about to be partnered up with a scarf.



Sue's grand-daughter's favourite colour is purple with a bit of sparkle. This booklet includes a basic teddy pattern, with a whole wardrobe of clothes to knit. Fingers crossed for a birthday present in February – or if not, Christmas!

Personalising items is easy when you know how! Gloria's shopping bag is unique now that it has been covered with this colourful piece of fabric.

Anyone who crafts knows that there's always a bit of something left over. It's either half a ball of yarn, some scraps of fabric or pieces of paper and card. It's really hard to throw anything away, and patchwork is a way of avoiding excessive fabric waste.



Evidence of patchwork — sewing small pieces of fabric together to create a larger piece and quilting layers of textile fabrics together — has been found throughout history. Patchwork was used by ancient Egyptians for their clothes, wall decorations, draperies and furniture, with oldest depictions from 5,500 years ago (3,400 BC). Using this technique, quilts began to appear in households of the 11th to 13th centuries.

As the European climate became colder around this time, the incidence of the use of bed quilts rose, and so developed the practice of embellishing a simple cloth through the creation of pattern and design, alongside the development of decorative quilting. The tradition of making quilts in this fashion was taken to America by the Pilgrims.

Whilst it is highly unlikely I will ever aspire to create anything close to the beautiful quilts produced by serious quilters (some of whom are members of Launceston u3a) examples of which can be seen at Cowslip Workshops, I am using my scraps to make a quilt. It's a work in progress!

Marguerite has knitted matching cardigans for two of her grandchildren. These garments included some complicated knitting as well as embroidery.

Members have knowledge across a range of crafts and regularly help others with projects, offer advice, assistance and support. If you'd like to join our Group, we would be delighted to welcome you.

Anna Butler

Walking Group



A great first walk for 2026.- Lovely to be back walking again after the Christmas and New Year break. The rain wasn't too bad but plenty of mud, puddles and floods. Thankfully we managed to safely negotiate all hazards. We walked from Wadebridge up to Treraven Farm, along beside the Camel river to Polbrock and back beside the River Camel. Plenty of bird life including curlew and snipe very near the town as well as snowdrops. Lots of trees brought down by the recent storms.

We have quite a few walks planned for the rest of Winter and Spring which include coast paths, moorland and our beautiful countryside. Fingers crossed the weather doesn't stop us from getting out and about. If you're interested in joining the walkers for walks between 5-7 miles please let me know.

Iris Lindsay Walkers Coordinator





Explore online learning

Interest Groups Online is u3a's online learning community with over 150 online interest groups.



u3a members can join a wide range of online talks, workshops and courses for free with their membership! Most of these opportunities are presented by members themselves, sharing their knowledge or skills with others across the movement.

We also have a wide range of talks on offer from well-known speakers and organisations.

All these events can be booked via the Third Age Trust Website. Click on the link below to find out more: [u3a - Online Learning Events](#)

Amblers Walk Near Lewannick 7th January

The Church at Lewannick has two Ogham stones and there are notices explaining what Ogham is and how to read it. There are pictures of the Amblers walking and also having a pub lunch.



Ogham stones are ancient, upright stones, primarily found in Ireland and parts of Britain, inscribed with the Ogham alphabet, an early medieval script used from the 4th-7th centuries to mark graves, denote land ownership, or signify tribal affiliations. The script consists of lines and notches cut along the edge of the stone, read from bottom to top, representing names or lineage like "X son of Y" ([MAQI](#) Y). These stones offer crucial insights into early Irish language and culture, often serving as memorial markers or boundary stones.



Latest Amble in Brilliant Sunshine Along the Granite Trail

This was the Amblers second visit to the Granite Trail starting near Bridestow and walking NE taking in wonderful views of the edge of Dartmoor and the attractive countryside to the NE. The walk takes in the colossal Lake Viaduct and two very fine skew-arch over-bridges. It is a long time since any of us saw landscapes like this bathed in brilliant (spring) sunshine.



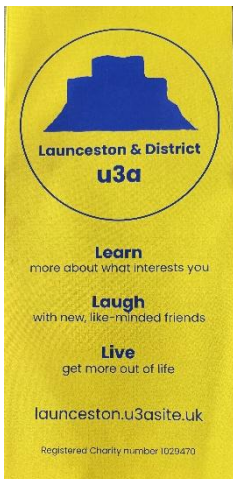
'Amblers' is a sociable group for walkers who enjoy a gentle local walk of up to 3 miles with time to stop and appreciate the surroundings.

We meet on the first Wednesday of each month at 9.30am.

Our walks are on clear paths, although sometimes muddy, without any steep slopes. At the end of each walk we enjoy lunch at a nearby pub or cafe.

**For more information please contact group leaders
Judith and Keith Woods:**

.....



**Take a look at our New and Updated and
Simplified Trifold**

If you are able to distribute some of these Trifold leaflets to friends and family or have somewhere that you could display one of our promotional posters, please speak to one of our committee members.

Look what I found today and met the amazing artist too, Angie Harris

The original artwork hangs in the Town Hall. The artwork is now available on a mug, for you to enjoy every day. Look carefully and you will find, The Nearly Home Trees, The Dunheved Cross, Southgate Arch, The War Memorial, St Mary's Church, The Castle, The Town Hall, The Roundhouse, St Thomas (or Prior's) Bridge and of course The Steam Railway. On sale at the Tourist Information Centre, cards available as well.



Helen Bailey



Free digital skills training for older people and disabled adults

- Need help with your emails?
- Want to book a GP appointment online, or do your shopping online?
- Need to know how to avoid digital scams?

Visit abilitynet.org.uk/BTDigitalSkills to book

Or call **0300 180 0028**



Get free support from AbilityNet

AbilityNet charity's friendly team runs free training sessions to boost your skills with mobile phones, laptops, computers and tablets.

About our trainers

- Trusted, security checked trainers
- Group or individual sessions
- Will work at your pace and tailor the session to your needs

We also have a network of 450+ Tech Volunteers on hand to support with extra sessions and advice

Get training on topics including:

- An Introduction to the Internet
- Getting to know your mobile or Tablet
- Staying Safe Online
- Getting started with Email
- Using Social Media, e.g. Facebook
- Watching TV online
- How to access Public Services
- Downloading Apps
- How to make a video call
- How to manage your health online
- How to bank and shop online

Call **0300 180 0028**
digitalskills@abilitynet.org.uk
abilitynet.org.uk/BTDigitalSkills

AbilityNet is a registered Charity in England and Wales No. 1067673 & Scotland No. SC039866.

Table Tennis Group

BRIEF HISTORY OF TABLE TENNIS

The sport originated in Victorian England, where it was played among the upper-class as an after-dinner parlour game. It has been suggested that makeshift versions of the game were developed by British military officers in India around the 1860s or 1870s, who brought it back with them.

A row of books stood upright along the centre of the table as a net, two more books served as rackets and were used to continuously hit a golf-ball. In 1883, British sporting goods company Slazenger filed a patent for a net for table tennis. The invention is also attributed to David Foster in 1890.

The name "ping-pong" was in wide use before British manufacturer [J. Jaques & Son Ltd trademarked](#) it in 1901. The name "ping-pong" then came to describe the game played using the rather expensive Jaques's equipment, with other manufacturers calling it table tennis.

A similar situation arose in the United States, where Jaques sold the rights to the "ping-pong" name to Parker Brothers. Parker Brothers then enforced its trademark for the term in the 1920s, making the various associations change their names to "table tennis" instead of the more common, but trademarked, term.

ABOUT LAUNCESTON & DISTRICT u3a TABLE TENNIS GROUP

Group's aims: We are a small friendly group of thirteen players who have different skill levels and play for fun. We also enjoy a bit of gentle exercise and banter in a social atmosphere; everyone is welcome to come and have a go!

Venue: The group meets on Tuesdays from 10-12am in South Petherwin Village Hall, School Hill, South Petherwin, Launceston PL15 7JB.

Costs: Prospective Table Tennis Group members can enjoy two or three taster sessions, then it's just £2-£3 per session, depending on how many people come, and we have tea, coffee and biscuits halfway through the 2-hour session.

Contact: For more information, please contact **Malcolm Tulip**



Network

The members of the editorial team are as follows:

Editor: Mark Leavis

Assistant Editor and Proofreader: Angie Harris

Email copies sent by:

Mark Leavis

Committee News etc.:

Mark Leavis

And of course, articles and photographs submitted by **you**,
the **Members!**

Thanks to all who contributed to this issue of Network.

**LAST DATE FOR SUBMITTING COPY FOR THE NEXT
NETWORK IS**

Monday 4th May 2026

PLEASE USE THE DEDICATED EMAIL ADDRESS:

businessu3a@gmail.com

**All rights reserved. No part of this newsletter may be
reproduced without prior permission.**

**The Editor cannot accept responsibility for any
unsolicited material or for the views of contributors.**

Contact Numbers (Continued)

Dormant	Page Turners Literature 2
Fortnightly - Friday 2.00 to 4.00 PM	Pétanque
First Friday 10:00 am	Rocks & Ruins
Monthly PM	Scrabble
Monthly - Saturday PM	Singing for Pleasure
Alternate Fridays – 2.00 to 4.00	Skittles
Alternate Mondays 10:30 am	Spanish Conversation
Weekly - Mondays 2:00 pm	Stretch and Relax
Alternate Thursdays 9:30 am	Strollers
2 nd Sunday in the month	Sunday Lunch
Weekly Tuesdays 10:00 to 12.00 noon	Table Tennis
First and third Mondays 12.00 and 13.00	Tai Chi
Alternate Thursdays 9:30 am	Walking
Third Thursday 1.00 pm	West Country Churches

Launceston and District u3a Committee 2025-26

Role	Name
Chair	Georgie Adams
Vice Chair	Angie Harris
Business Secretary	Mark Leavis
Treasurer	Rae Baker
Groups Coordinator	Anna Butler
Committee Member	Marguerite Bowhay
Speaker Sec	Louise Kitley
Membership Secretary	Rosemarie Lane
Minutes Secretary	Pat Palmer
PR/Publicity	Angie Harris

Dedicated Freephone Number – 0300 102 1380

Other useful contacts

Role	Name
Audio-Visual Equipment	Mark Leavis
Network Editors	Mark Leavis Angie Harris
Website	
IT Technical Advisor	Steve Reynolds