

Launceston & District u3a
NETWORK NEWSLETTER
May / June 2026



COME VISIT OUR

FESTIVAL of FLOWERS

at
ST. MARY MAGDALENE CHURCH
LAUNCESTON

12th, 13th & 14th JUNE 2026

FREE ENTRY
ALL WELCOME
REFRESHMENTS



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
Dormant	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,

Hooray! Hooray! The month of May.

There's lots to do at u3a!

I know another version which I couldn't possibly repeat!

May got off to a flying start at YOUR u3a with our 5th annual Quiz Night on Saturday 2nd. Twelve teams competed for a much-prized Trophy, including those from Tavistock, Callington and West Dartmoor u3a groups. Read more about this and other news in this packed issue of Network!

At the end of this month, our 'open' Coffee Morning on Friday 29th at Central Methodist Church Hall will have Plants and delicious Home Bakes for sale. Proceeds to Cornwall Hospice. It's your chance to invite friends, neighbours, or anyone who'd like to meet us over a cuppa and maybe pick up a bargain too! Don't forget our opening times: 10:00 a.m. to 12 noon.

Looking further ahead to June . . . plans for u3a / Launceston in Bloom's 3rd annual Festival of Flowers at St Mary Magdalene Church from 12th to 14th is well underway. More local groups and organisations than ever are expected to take part – 48 at the last count – with imaginative floral displays that will fill this historic place of worship from porch to pulpit!

And on Sunday 14th, u3a's Singing for Pleasure group will be singing at the festival, so why not come along, enjoy the flowers and sing-along too!

For more information see inside Network, or contact festival team organiser: Jenny

I realise that not all our Members can get about to these and other activities. If you can help someone in any way, or pass on information that would great. Thank you.

Meanwhile, I leave you with this thought: 'You are never too old to set another goal or to dream a new dream.' 'C.S. Lewis

Be kind to others. Be good to yourself.

Georgie Adams

Monthly Meeting Hosts

May – Pétanque , **June** – Rocks and Ruins,
July – Singing for Pleasure

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 231 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 May 11th - **Committee Meeting** at 10:00 at The Gateway Centre, Madford Lane

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

12th - 14th June – **Festival of Flowers** – St Mary Magdalene Church.

Fri 26th June -. **Coffee morning and business meeting 10 to 12**
Speaker- Sharon Wormald. Civil War re enactment group.

Fri 31st July - **Coffee morning and business meeting 10 to 12**

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.



u3a Festival 26

1-3 July 2026

University of York

With special guest

JOHNNY BALL

**Music &
dance**

**Sport &
wellbeing**

**Hands on
workshops**

**Talks &
walks**

Just some of the activities on offer:

WEDNESDAY

* Opening ceremony with Johnny Ball *
Staying safe online * Guitar * Dance exercise * Improv *
Laughter yoga * Climate Matters * Jewellery making *

THURSDAY

Photography * Futurology * Playing jazz * Steel band *
Men who challenge misogyny * Beginners painting * AI *
Chair yoga * Pub quiz * Wine appreciation

FRIDAY

Dystopias * Destress your life * Dance choreography *
Flower arranging * How to be happier * Forest bathing *
Ceilidh * Handbells * Crosswords * Museum visits

plus more surprises to be announced!

Johnny Ball headlines *u3a Festival 26*

We are delighted to announce that iconic TV legend, Johnny Ball, will be opening *u3a Festival 26*. Known for his fun approach to learning, Johnny's opening event will set the scene for three days of joyful skill sharing.

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.

With over 35 activities a day, u3a Festival 26 promises to encapsulate the creativity, innovation and excitement of the u3a movement. Be part of the fun. 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](#)

West Country Churches 2026



Our first outing for 2026 was in March in glorious spring sunshine. We travelled the short distance to St Briochus Church in Lezant, situated in the centre of the sleepy village. The churchyard was awash with spring flowers, daffodils and celandines. Lezant, originally Lansant, means the place of the holy man. There had been a religious site here since 9th century, it was dedicated to St Briochus on 25th September 1259.

The North wall is 12th or 13th century. As you enter the church through the porch, look up, as there is a 'green man' in the ceiling boss, Kate's favourite feature.



The Norman font was damaged by Cromwell's men but is still in situ. The present church is built of granite and freestone in the perpendicular style; consisting of a chancel with north and south aisles, nave, south porch, the 15th century tower has octagonal battlemented turrets with crocheted pinnacles. On the west wall of the south porch is a Norman corbel, possibly a cat or a devil. There are 6 bells, the lighter 4 are original bells cast by the Pennington family. This is a large church for a small village and houses monuments to Trefusis family, including a fine carved slate tomb. The fine barrel roof of the nave is repeated in the south aisle and was completely restored in English oak in 1928. The church itself was restored in 1869 when the thatched roof was replaced with Cornish slate, and the floor was tiled.



Our second church of the afternoon was a visit to Stoke Climsland. This church is currently undergoing restoration; the work being carried out by local residents. So far, the flooring has been replaced with tiles and a ramp for wheelchairs has been installed. A new kitchen facility has been built.

The old pews have been removed and replaced by a set of chairs; this makes the interior a more fluid space to incorporate a variety of events.

Original features in the church include large wagon roofs with bosses, the south side has a rood loft staircase.



A 17th century slate memorial to John Bagwill can be found at the west end of the church. We were very pleased to use the new kitchen for our tea; the kind church warden had arranged this and supplied two delicious homemade cakes for us as well! Thank-you very much.

A great start to our church visits for 2026. Our next trip will be to Bridestowe and Lydford on 16th April. For more information please contact Kate Baird: 01566 773702.

Caroline Yeo

Groups update

Launceston & District u3a – Website

I am in the process of checking all the Group information which is published on the u3a website. Please do remember that all Group information is available here: Interest Groups - Launceston & District together with an internet form to make direct contact with any of the Leaders for more information about their Group.

Coffee Morning Hosts

I've had a few enquiries about when Groups will be asked to host the Coffee Morning refreshments. Please be assured that you will have plenty of notice. I work through the list of Groups alphabetically and give at least two months' notice. Generally speaking each Group will host about once every two years. However, if you belong to more than one Group, you may be asked to help more often. I always look at the number of members in each Group and the very small Groups are put together to host. This is one of the reasons to ensure our records are up to date. As you will know, each Group is asked to nominate a charity to receive the refreshment donations. This could be related to the Speaker (if there is one), an annual event (the Macmillan Greatest Coffee Morning, or Christmas Market) or a charity close to the hearts of members. Last year, Launceston u3a donated £2,486.02 to twelve charities.

For information, here is the schedule for the remaining 2026 Coffee Mornings:

May	29 th	Pétanque
June	26 th	Rocks and Ruins
July	31 st	Singing for Pleasure
August	28 th	Skittles
September	25 th	Stretch and Relax
October	30 th	Strollers
November	27 th	L&D u3a Committee

New Groups



Tai Chi - This Group meets twice a month (First and Third Monday) at the St Mary Magdalene Church Hall.

Darts



I am delighted to report that the Darts Group has been running successfully since its first meeting at the beginning of March. There is plenty of space and if you'd like to join this Group, which meets every other Friday, contact Jenny Burrige [07385 849 834] with your mobile number so that you can be added to the WhatsApp Group. The Group meets at the Treburley Social Club.

British Sign Language

Another success! The British Sign Language Group meets on the fourth Monday of the month at South Petherwin Village Hall. The Leader is Marie Cummins [British Sign Language - Launceston & District](#)



New Group – Sunday Lunch Two

A second Sunday Lunch Group has formed under the leadership of Mike Hobbs. If you are interested, you should register with Mike. The first lunch will be on 10th May at Widemouth.

Proposed New Group – Rummikub

Rummikub is a board game using tiles. The object of the game is to be the first player to place all their tiles on the table. Each tile (there are 106 of them) displays a number ranging from 1 to 13, in four colours. Each tile appears twice. To begin playing, all tiles appear face-down on the table. Each player receives 14 random tiles and play begins.

If this sounds like your kind of Group, contact Elaine Hayden [ana.hayden@hotmail.com] who is hoping to set up a new Group.

Anna Butler

Group Co-ordinator

House / Cat Sitter

Just wanted to say that if any member is looking for a house or cat sitter we would be happy to help with this. We are very experienced having completed a number of sits in the past for a variety of cats including Burmese, Bengal, Maine Coon, Ragdoll and many beloved moggies!

From kittens to older pussy cats, we love them all and they have given us many happy hours and good memories. We have also sat for a parrot, chickens and ducks who also love company and attention. It has certainly helped to make our trips away more enjoyable and we also offer local cat sitting services. We have very good references and if we can be of help don't hesitate to contact us. My name is Hilary Rhodes and look forward to meeting you and your lovely and beloved pets.

Many thanks - Hilary and David Rhodes

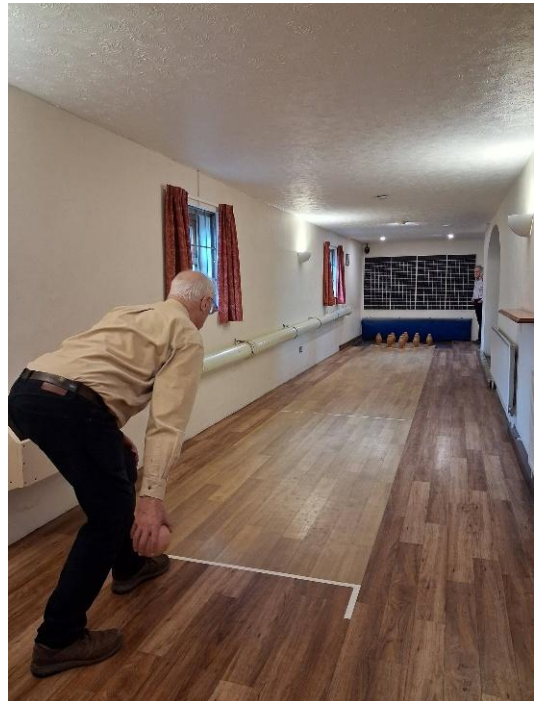


Skittles

Our last skittles session of the season was a great success with high scores from everyone. Overall winner was Pauline, well done. We had 2 new recruits who were home from school for the Easter holidays, and they did amazingly well, Jess came second! Thanks for making them welcome. Thanks also to Cindy for providing us with the venue and catering with teas and coffee, much appreciated.

Over to pétanque for the summer season, starting on May 1st at the Rising Sun, we welcome new members.

Caroline Yeo





Skittles Group Members

Digital Photography Group

The Digital Photography Group is taking a break.

Marguerite has sadly made the decision to step down as leader of the Digital Photography Group, so it is looking for a new Leader.

The group is also 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 hope to reconvene as soon as someone steps up to take us forward and with new members.

In the meantime, please contact Group Co-ordinator Anna Butler if you are able to help.

Deaf / Hard of Hearing coffee morning

I wanted to let you know about a new, friendly coffee morning we're running at Launceston Library for people who are deaf, hard of hearing, or experiencing hearing loss.

It's a relaxed, informal space where people can come along, have a chat, and meet others socially over a cup of coffee. There's no need to book—people can just drop in.

When: Third Friday of every month, 10am–11am

Where: Launceston Library

We're keen to spread the word and make sure anyone who might benefit from this has the opportunity to come along. If you work with or support people in the deaf or hard of hearing community, we'd really appreciate it if you could share this with them or within your networks.

If you'd like any more information, feel free to get in touch at: launcestonhealthhub@volunteercornwall.org.uk

Hayley Bentley

Play Bowls at Kensey Vale

As part of a nationwide campaign this summer to give people the opportunity to play bowls, Kensey Vale Bowling Club in Launceston is offering free fun bowls sessions to local clubs and associations for their members to come along and give bowls a try.

It's a great opportunity for people to get together, have some fun and try a new sport.

No experience is needed – you will be sure to receive a warm welcome. The only thing we ask is that you wear flat, soft soled shoes – trainers are perfect! Otherwise, it's just casual attire and all bowls equipment will be provided. Members from the club will be on hand to help if you want a little friendly guidance too.

The club will provide a great experience off the green too, with its bar open and refreshments available.

If you feel that some members of your group would be interested in coming down for an evening bowls session, please do contact me on wfettner@gmail.com and we can arrange a date.

Find us on our website – www.kenseyvalebowl.co.uk

If you are interested in taking part in a u3a Bowls evening event at Kensey Vale there will be a signup sheet at the next coffee morning.

Tamar Valley Male Voice Choir

I'm writing on behalf of the Tamar Valley Male Voice Choir with a local opportunity that might interest your members.

We're currently running a recruitment drive. While our choir is for men, we're particularly keen to reach husbands, partners, friends, or relatives of women who:

- love to sing, whether in the shower, car, or at home,
- have always fancied performing on stage,
- or simply want a fun, social activity to enjoy outside the house!

Being part of a male voice choir is great fun, very social, and genuinely good for wellbeing — boosting confidence, providing plenty of laughs, and offering the camaraderie of singing together. No auditions or previous experience are needed, just enthusiasm and a willingness to give it a go.

We rehearse every Tuesday evening, 7.30–9.30 pm, at Callington Methodist Church Hall, and new members are always welcome to try a rehearsal with no pressure.

Our recruitment poster and further information are available via our Linktree: <https://linktr.ee/tamarvalleymvc>, which includes links to our website and social media.

Joshua Hughes

Lawrence House Museum

Hope for the future

It is now over five years since Lawrence House and its museum were open to the general public. Since that time, extensive works have taken place to ensure that the building is watertight and therefore not subject to further decay. But the interior also needs much restoration work, and museum volunteers are now assisting the Town Council in putting together a strategic plan for the future of the museum and to submit bids for funding to enable the plan to be achieved.

The new museum will be more interactive with the local community, with an emphasis on events and participation. There is an opportunity to completely redesign the interior to support this approach.

We are looking for support from important local organisations which might wish to form informal partnerships, or perhaps just make use of the facilities on offer. Launceston & District u3a is such an organisation, and we are hoping you will be willing to sign a letter of support as part of our bid to the National Lottery Heritage Fund.

We hope to submit the bid at the end of May.

Many thanks for your consideration.

Malcolm Wright
(Chairman, Friends of Lawrence House Museum)

Quiz Night – A thrilling finish!

Twelve teams took part in our 5th annual Quiz Night on Saturday 2nd May at Lifton Community Centre. It was a closely-fought competition from start to finish as Quizmaster Mark set us a variety of tantalising, testing and topical questions to tax our little grey cells, with Scorekeeper Simon tallying the scores. This year, we were delighted to welcome teams from Tavistock, Callington and West Dartmoor u3a groups to challenge our own teams and add to the fun.

Two teams finished on 111 points each. A tie-break question decided the winners – **We Haven't a Clue** who claimed our glistening Trophy and a box of chocs. There were prizes too for runners-up **Tiger Tiger** (Callington u3a) and **The Folk Clubbers** who came a close 3rd on 109 points. Congratulations to one and all! As for my team **No Eye Dears** - suffice it to say we are bearing up well under the strain of a humiliating defeat!



We Haven't a Clue – Winners of Launceston u3a quiz 2026



Tiger Tiger (Callington u3a)

My thanks to everyone who took part to make this Quiz Night another successful and enjoyable evening, and especially to Mark Leavis and Simon Dunn, and Angie Harris who helped to organise this event with yours truly.



The Folk Clubbers

Georgie Adams

March Morning Meeting

Hosts – Mahjong - French Refresher & Culture and the Learning Spanish Groups

Our March Coffee Morning / Business Meeting was hosted by 3 groups – Mahjong - French Refresher & Culture and Learning Spanish. 57 people attended. Refreshments raised £140 for their chosen charity – Cornwall Air Ambulance.



Although we didn't have a speaker at our meeting, it was a welcome change for members just to socialise. Thank you our hosts and for everyone who helped and attended.

Cornwall Air Ambulance

 *Your charity, saving lives*

Hi Anna,

Your payment is already making a lifesaving difference.

Thank you so much for your generous donation which is so significant as we embark on buying a vital second lifesaving helicopter for Cornwall and the Isles of Scilly.

Last year, we once again attended over 1,000 missions and had some of our busiest months on record.

We receive no direct government support and it's only because of generous people like you that we can continue helping those who are critically ill or injured.

Thank you on behalf of all the crew and all our patients for helping us continue to save lives.

Best wishes,

Adam Smith

Unit Chief Pilot
Cornwall Air Ambulance

Launceston U3A Two Day Stroll 15th and 16th March 2026 by C. Spray & Win D. Cliff

Day 1



We all left around 9am on Wednesday morning and met up in the carpark at St Agnes Head (what3words//hurricane.force.winds). The walk followed the SW Coast path to Chapel Porth, past Tubby's Head and the mining ruins at Wheal Coates, then inland making our way to St Agnes Beacon, then finally back to the car park. It was a tad blowy and cold however, we

all had the necessary clothing for the conditions and fortunately it did not rain.

Tubby's Head is said to be part of an ancient cliff castle dating between the 1st century BC and the 1st century AD, named after the chieftain who first invented the bathtub.

The standing ruins of Wheal Coates tin mine (a World Heritage Site) are preserved and maintained by the National Trust. The mines underground operations extended for some distance under the sea. The mine was permanently closed in 1914.



The café at Chapel Porth beach sells the amazing "World Famous Hedgehog" ice creams which are made using ice cream, a layer of clotted cream and a roasted hazelnut crust. Not for the faint hearted or the calorie conscious. Big enough to share and I shared with the wife, and she graciously allowed me a small spoonful.

The walk inland gave us some relief from the winds until we arrived at St Agnes Beacon from where we could really appreciate the strength of the on-shore wind. We didn't stay here very long and made our way back to the car park to complete the walk, stopping midway for our packed lunches.





After this we had some free time, so we went our separate ways to explore other locations in the area until it was time to check into our Premier Inn hotel (other branded hotels are available).

Dinner was at 7pm, so after a quick soak in the bath to relieve aching limbs or a refreshing shower we met up in the bar. Luckily, we were in time for “Happy Hour”, 2 drinks for the price of 1.



We all enjoyed dinner and many laughs were had. After dinner the sensible people went for an early night so they could be up bright and refreshed for day 2. It was rumoured that some amongst us stayed in the bar until closing time however I will not name and shame them.



Day 2

After an “all you can eat” breakfast (I later found out that this was not a challenge and just meant you could choose as much as you wanted from the breakfast bar), we drove to East Lodge car park at Tehidy Country Park the start of the 2nd days walk. This wasn't the only car park at Tehidy Country Park so some of our group decided to explore the other parking locations before meeting up with the rest of us at East Lodge.

The walk today was from Tehidy Woods to Portreath then along the SW Coast Path then back to Tehidy country park for lunch. The wind had dropped today so this made the conditions a bit more friendly, so 4 layers of clothing were not required.



The walk to Portreath was very enjoyable passing through “Gwel an Moor” holiday resort on footpaths and small lanes. Here we found the answer to what was the giant golf ball on the cliff, apparently this is an air defence radar station. From Portreath we joined the SW Coastal Path heading west towards Basset's Cove.

The Basset family were seated at the manor of Tehidy within what is now the country park. They made most of their wealth in mining, owning several mines in the area. It is said that Bertie was one of the more eccentric members of the family and we have him to thank for inventing liquorice allsorts.



So how would I describe the SW Coastal Path from Portreath back to Tehidy? Somewhat challenging probably describes it best, many ascents and descents, however, we all encouraged each other, and we all completed the walk successfully. Lots of nesting birds and seals were observed along the way.

From the path we re-entered Tehidy country park where we stopped off at the café for a splendid lunch before heading home. There were many trees felled by the recent storms so a big clear up was being undertaken. We did hear green woodpeckers and other birds in the park which was encouraging.



A huge thank you to Iris Lindsay for organising this trip, it takes a lot of effort to put this together, we all had a brilliant time. To quote Georgie Adams from Facebook (others had similar thoughts) “**Great walks, fine weather and good company**”, I think this sums it up perfectly.

Simon Dunn



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FESTIVAL of FLOWERS

at
ST. MARY MAGDALENE CHURCH
LAUNCESTON

12th, 13th & 14th JUNE 2026

FREE ENTRY
ALL WELCOME
REFRESHMENTS



May – open coffee morning



This is just a reminder to make a note in your diary about our upcoming Open Coffee Morning / Plant and Home Bake Sales on Friday 29th May 2026.

Starting at 10.00am at the Central Methodist Hall, this Coffee Morning will be an Open Morning and include Plant and Home Bake Sales. All proceeds, including refreshments, will go to Cornwall Hospice Care. Please give generously to this charity.

You can support this event by donating plants and/or

cakes. Plants should be named, if possible, with any helpful information about care.

If you are able to donate a home-made cake, please make sure it is:

- Wrapped – or if small/individual cakes/biscuits, supplied in a covered container
- All ingredients are listed
- Priced

Or simply cheat and buy one and bring on the day!

Don't forget to invite a friend, family member, or someone you know who would enjoy coming, and getting to know more about us at Launceston & District u3a.

We have printed bright and appealing A5 leaflets to promote this event.

Please ask me, or vice-chair Angie Harris for leaflets to display in your area.

Thank you!

Georgie Adams



Lifton ART Group

2026 ART EXHIBITION
Sunday 24TH May
BANK HOLIDAY WEEKEND
Monday 25TH May
10:00 - 4:00

**LIFTON COMMUNITY CENTRE,
FORE STREET, PL16 0LA**

FREE ENTRY REFRESHMENTS
Sale of members' artworks and cards
Raffle of members' original artworks
SUPPORTING LOCAL CHARITIES



April Morning Meeting

Hosts – Needles, Pins and Patchwork

Our April Coffee Morning / Business Meeting was hosted by Needles, Pins and Patchwork. 57 people attended.

Refreshments raised £110 for their chosen charity – ***Crohn's and Colitis UK***.

Members were treated to a really interesting, informative and thought-provoking talk by Sara Fell Hicks and her husband, Nigel, from Orangutan Veterinarian Aid.

Formed in 2014, Orangutan Veterinarian Aid (OVAID) is a zero salary, voluntary run charity dedicated to providing veterinary equipment and practical veterinary presence and assistance to Orangutan rescue groups and centres in Indonesia and Malaysia.

SEE WHAT WE ACHIEVE WITH YOUR HELP:

- MEETING VITAL NEEDS**
OVAID supplies essential veterinary medicines and equipment direct to orangutan rescue groups and centres in Indonesia and Malaysia.
- VETERINARY UP-SKILLING**
OVAID assists Indonesian vets to increase their knowledge and practical skill levels through mentoring, assistance and scholarships.
- RAISING AWARENESS**
OVAID raises awareness of the plight of the orangutan caused by deforestation, habitat loss & other threats to their survival.

HELP US TO HELP THE ORANGUTAN BY DONATING TODAY AT:
www.ovaid.org

Registered Charity No. 1067608

Did you know?

- Frugivores
- Strong & Gentle!
- Orangutan share 96.4% of human DNA
- Live to 45-50 years old
- Males: 1.6+ metres tall weigh up to 90kg
- Females: 1+ metres tall weigh up to 45kg



Dear Louise,

We were really appreciative of all the support from the members and are pleased they found the presentation and our work of interest.

We raised £369 which will enable us to buy more vital veterinary equipment, so please pass on our thanks to your members who were so generous with their purchases and donations.

We will await a rush for further bookings through your members enthusiastic recommendations.

With Kind regards
Sara Fell Hicks
Orangutan Veterinary Aid (OVAID)
Co Founder

Thank you to today's Coffee Morning Hosts: Needles, Pins and Patchwork Group

Needles, Pins and Patchwork is a group for all who are interested in craft involving needles or pins - sewing, knitting, patchwork and quilting, embroidery, crochet, felting, lacemaking and many other such crafts. We meet on the 2nd and 4th Wednesdays at South Petherwin Methodist Church Hall from 2.30 to 4.30pm.

We are a friendly and supportive group and always welcome new members.

For more information contact Group Leader: Anna Butler



Our chosen charity for the refreshment donations was the Crohn's & Colitis UK charity. Please see separate article about this charity and how it plays an important role in the life of one of our members.

During the Coffee Morning on Friday 24th April, one of the groups I am a member of 'Needles, Pins & Patchwork', collected for this Society and through the donations for the tea, coffee and biscuits were able to raise £110, which I was absolutely delighted with, and of which will be greatly appreciated by the Society.

This Society is very close to my heart because I have suffered from Crohn's disease for over forty years, and my Mum and Auntie suffered from it too. I have had numerous surgeries and endless treatments over this time, and spent much time in hospital, but without the research and support provided from the 'Crohn's & Colitis Society' and my Gastroenterology team at Derriford Hospital, I would not be where I am today.

Therefore, every donation, whether big or small, helps this charity with ongoing research, education for professionals and patients and the large amount of literature provided to patients, carers and health care professionals.

Just for interest, nearly 1 in 100 people are now diagnosed with some type of intestinal disease.

Thank you so much for all the donations made.

Marie

Crohn's & Colitis UK | www.crohnsandcolitis.org.uk

Needles, Pins and Patchwork Group

On Friday 10th April, four u3a members met at the National Trust's Cotehele for a guided tour of tapestries and other needlework and textiles.

Our guide was a wonderful volunteer called Maureen, whose knowledge of both the Cotehele collections and needlework in all its forms was incredibly extensive. Her generosity in sharing her knowledge was very much appreciated and despite the group's existing knowledge of a variety of needlework forms, we all learned something new. Maureen and the other members of the Cotehele



volunteer group are exceptionally talented. The suggestion for the four, new, tapestries was mooted twenty years ago. The first has been framed and the volunteer group is now working on the fourth panel.

These four new additions depict the story of the Edgcumbe family from 1353 to 1947 when the ownership of the house was transferred to the National Trust. The exquisite work by the group is awe-inspiring.

We were treated to a very special glimpse of the bridal party, a daughter of the Edgcumbe family, who was married in the chapel that day.

If you haven't visited Cotehele, it's a lovely house with beautiful formal gardens and an extensive estate, including a working mill, to explore.

Anna Butler

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!



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](#)

u3a Amble along the Mordern Valley



This valley runs from Cotehele Quay on the River Tamar below Cotehele House up to Cotehele Mill. This was the first visit most of us had ever made to this interesting set of buildings. The "mill" is actually a set of buildings needed to run the estate. The buildings contained the flour mill, a bakery, a saddlery, a forge making tools and horseshoes, and a woodworking factory that made boxes which were shipped to London to carry fruit and vegetables. There is also a garage containing two very large wagons which were used to carry materials and equipment.



Nowadays there are holiday cottages and displays in these buildings. The flour mill was operating until a violent global-warming induced storm in 2019 caused damage to the weir on the river supplying water



to the mill and stopped any further water reaching the leat leading to the millwheel. It also stopped water reaching an electric turbine generator. The National Trust is still trying to find a solution to this problem.

This selection of photos gives an idea of the size of this mill and the scale of the buildings. It also shows the large Victorian path that was engineered on a steep side of the valley to allow access for horses and vehicles to and from the mill. This is the path we walked along to the mill.



Brian Pollard

Strollers

A good 4 mile stroll from Poundstock around lanes and through beautiful woodlands. 17 strollers. A bit mizzly but cleared enough to see Lundy in the distance. Plenty of primroses and bluebells just emerging. Thanks Sue and June





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 July 6th 2026

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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
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