

Launceston & District u3a NETWORK NEWSLETTER July / Aug 2026



**Thank you to all who helped
at the Flower Festival**



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,

Since my last Chair's message for Network, a few events have hit the news headlines; a heatwave, a change of leadership at No.10, the World Cup, an earthquake in Venezuela, the start of Wimbledon . . . and although Launceston u3a didn't make the front page, our Festival of Flowers at St Mary Magdalene Church was recorded in the Cornish & Devon Post! (June 24th issue)

This three-day event, organised by a team of our u3a members, in collaboration with Launceston in Bloom, was a great success and raised £1,200 for local charities.

At the end of June, u3a took a stand at Launceston's Country Fair, organised by our local Town Council.

You can read about these events and much more inside this packed issue of Network, thanks to Editor, Mark Leavis, Assistant Editor, Angie Harris, and all those who have contributed interesting articles and photos about what's going on at YOUR u3a. I hope you're enjoying being a member of this thriving organisation and making the most of life.

Meanwhile, I leave you with this thought:

'Tell me and I forget.
Teach me and I remember.
Involve me and I learn.'

Benjamin Franklin

Be kind to others.

Be good to yourself.

Georgie Adams

Monthly Meeting Hosts

July 31st Singing for Pleasure , **August 28th** Stretch and Relax

September 25th Strollers (Macmillan Greatest Coffee Morning)

October 30th Sunday Lunch One (AGM)

November 27th L&D u3a Committee (Christmas Market)

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 234 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 13th July - **Committee Meeting** at 10:00 at Edymead Hall

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

Fri 28th Aug - **Coffee morning and business meeting 10 to 12**

Fri 25th Sept - **Coffee morning and business meeting 10 to 12 combined with Macmillan Greatest Coffee Morning**

19-27 September - **National u3a Week**

Fri 30th Oct – **Coffee Morning and AGM**

Fri 27th Nov– **Coffee Morning and Christmas Market**

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**.

u3a at Launceston's Country Fair

LAUNCESTON'S COUNTRY FAIR
27th June 9.00am-2.00pm
Launceston Town Square
Local Organisations and Group Stalls

 Launceston Youth Music Theatre 10.00am

 Launceston Town Band 11.00am

 ZIG ZAG Childrens Entertainer.
Magic & Balloon Modelling – 11.00am until 1.00pm

Children's Fancy Dress Competition will be judged at 12 Noon

Farming and Country theme fancy dress for stall holders

 TO BE OPENED BY THE TOWN MAYOR
AT 10.30am  Rotary



It was an early start for some of us on Saturday 27th June to set up our u3a gazebo in the Square, around the War Memorial. This annual event (formally known as the Victorian Market) was organised by Cllr. Helen Bailey of Launceston Town Council, an opportunity for local charities and volunteer groups to showcase their organisations.

Stringing our blue-and-yellow bunting proved challenging on this bright but breezy morning, and industrial-strength gaffer tape was liberally employed to hold the table-top display boards in place, but when our stall was finally set-up, complete with u3a umbrellas, you couldn't fail to notice us among the other stallholders there.

During the fair, visitors stopped to enquire about Launceston u3a and what we have to offer – there are *still* those who have never heard of u3a. Several showed genuine interest in our activity Groups and took away leaflets. Potential new Members? We shall see.

It was a lot of effort for a few hours (on a hot day!) to raise our profile in the community, but I think it was worthwhile. My grateful thanks to those who helped on the day; Mark Leavis, Peter and Jan Penhorwood, Jenny Groves, Marina Brumby, Val Maybank, Pat Palmer, Rae Baker, Iris Lindsay and Steve Dymond (non-u3a member).

Georgie Adams





Jenny and Marina being naughty again !!!!!!!!!!!

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

Created by a team of u3a members with radio experience, our u3a radio podcastst showcase the amazing things happening across u3a
Click on the link below to try it out: [u3a Radio Podcast - YouTube](#)

Introducing u3a Getaways



Take a trip to the South Coast. You and your members are invited to join the first u3a getaways trip - The Agatha Christie Story - from 14-18 September 2026. You'll join other u3a members from across the country to explore the beautiful houses and coastlines that inspired her famous mysteries.

u3a Getaways is a new programme of bespoke holidays exclusively for u3a members and friends. Find out more on the [u3a getaways website](#).

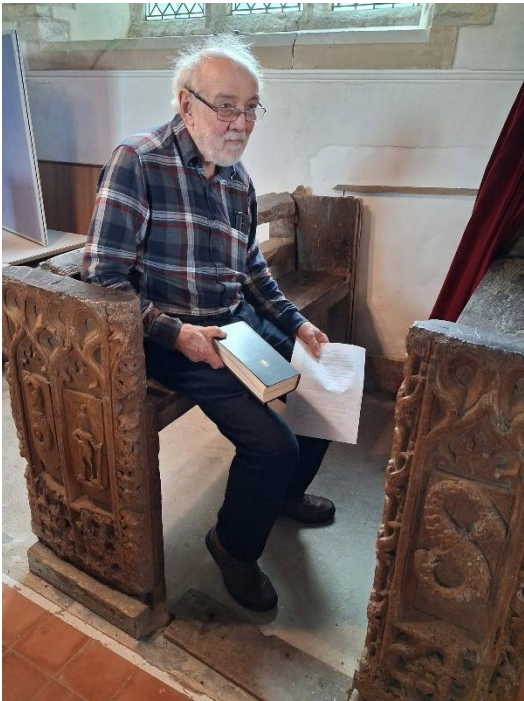
West Country Churches - June outing

A few photos from West Country churches group in the depths of Devon, turned out to be bit of a mystery tour at one stage, losing some of our group on the way! We visited churches at Sutcombe, Abbots Bickington and Milton Dameral.

Great fun navigating the narrow lanes, small beautiful churches followed by tea at the lovely Lizzy's larder.

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 on the website and there is a form to make direct contact with any of the Leaders for more information about their Group.

Coffee Morning Hosts

I've had to rearrange the hosts for Coffee Mornings and although this is not set in stone, here's the current list.

July 31st Singing for Pleasure

August 28th Stretch and Relax

September 25th Strollers (Macmillan Greatest Coffee Morning)

October 30th Sunday Lunch One (AGM)

November 27th L&D u3a Committee (Christmas Market)

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.

Darts

The Darts Group meets every other Friday at Treburley Social Club. This Group would benefit from more members. Are you interested? Please contact Jenny Burrige : jenny.burridge@btinternet.com or 01566 784456 for more information and for the next date. Go along and check it out – you never know, you might enjoy it!

Skittles – just a reminder – The skittles group do not meet in the Summer so why not try Pétanque instead?

Anna Butler : Group Co-ordinator

The Good companions

'The Good companions' is a social group of over 60's. We meet at North Hill village hall on the 2nd and 4th Wednesday of the month from 2 to 4pm. The Little Red Bus visits some of the surrounding villages to collect non-driving members. We play cards, dominoes, hold a raffle and sometimes have speakers or play bingo. We have bus trips from April to November, a summer holiday and lunches out.

Next Trips : Wednesday 16th September St Ives £23

Wednesday 21st October Taunton £24

Pick up points in Altarnun, Tregadillet and Launceston.

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](#)

June Coffee Morning Meeting

Hosts – Rocks and Ruins

Our June Coffee Morning / Business Meeting was hosted by Rocks and Ruins. 57 people attended. Refreshments raised £117 for their chosen charity – Cornwall Air Ambulance.

Proudly supporting

**Cornwall
Air Ambulance**

 Your charity, saving lives



u3a

**Your Hosts
Today**



Rocks and Ruins

Leader: June Bennett

Monies raised from today's refreshments will be donated to:

Cornwall Air Ambulance



Thank you for your support



Thank You to the June coffee morning hosts

Rocks and Ruins



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 and John Bennett

June Coffee Morning Meeting Speaker



Our very own Peter Penhorwood was today's speaker. He gave a very informative and entertaining talk on his time with the Fire Service, as well as reminding us of the incredible commitment provided by members of the Fire Service.



Launceston Fire Station - September 2009

Back Row: R.PARISH, D.JACKSON, L.WILLIAMS, D.HILL, S.HORRELL, N.BICKLE, S.STRIPLIN, R.HOOPER, M.VIDLER

Front Row: K.GREGORY, R.WILSON, CREW MANAGER K.HOCKRIDGE, WATCH MANAGER R.WILLIS, STATION MANAGER G.CHAPMAN, CREW MANAGER A.OAK, P.PENHORWOOD, J.RUTHERFORD, R.CHRISTOPHERS



*Some photographs from
Peter's collection*



YORKSHIRE TREASURE



During a recent trip to the Yorkshire Dales I visited Ripon Cathedral. A magnificent building whose history dates back to the 7th century. Set in peaceful grounds, you can almost forget you are in a city. Within the beautiful interior, containing many exquisitely carved, wooden pieces, is the most unusual pulpit I have ever seen.

It is an “Arts and Crafts” pulpit, made of copper and marble. designed by Henry Wilson, a gifted craftsman. Well worth a visit if you are in the area.

Angie Harris

Sunday Lunch Surprise



Sunday Lunch Group 1 met in June for an enjoyable lunch at the Clovelly Inn, Bratton Clovelly, Devon. It was quite a job choosing from the varied mains menu and the specials board (all delicious and plentiful) followed by some tempting desserts. One of the choices proved surprisingly good – well, it was “Banana Surprise”!



Banana Surprise!

We all gave a thumbs-up recommendation for the excellent food and friendly service at this country pub.

Our lunch group usually meet on the second Sunday of each month. We have a maximum of 12 members, who take it in turn to choose and arrange the bookings at a pub or hotel in Devon or Cornwall, which is within a reasonable distance from Launceston. In September, our group will have been meeting for chatter and a laugh over lunch for two years. Long may we continue!

Group Leaders:

Georgie Adams and Angie Harris

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Sent by u3a Third Age Trust - u3a Head Office

Please be aware of fraud.

Charity fraud investigation

We have been contacted by Surrey and Sussex police about a serious fraud they're investigating which is targeting people associated with charities for older people.

It seems fraudsters are using information available on the Charity Commission website to contact people. They have then been persuading them there is an issue with their bank account. One couple has already been defrauded out of a significant amount of money.

Please flag this with your members so they are aware. Banks and the police will never ask you to move money. Read about spotting fraud on the government [Stop Think Fraud website](#).

Mark - Business Secretary

Successful Festival of Flowers at St Mary Magdalene Church



St Mary's Church, Launceston was filled with floral displays from porch to pulpit during the recent Festival of Flowers 12th to 14th June – the third annual flower festival to be organised by Launceston u3a and Launceston in Bloom.

Over forty local charities and groups took part, exhibiting imaginative and varied floral displays. Five u3a interest groups were represented: Walkers; Strollers; Art; Needles, Pins and Patchwork, and Stretch and Relax.

Among the other exhibitors were: Cornwall Air Ambulance Trust; Bridge Church; Flic films; Launceston Choral Society; North Petherwin Primary School, Rotary and Dunheved Gardening Group . . . to mention a few.

Cllr. Nicola Gilbert, mayor of Launceston, who was one of the first of many visitors was welcomed on the first morning by u3a chair Georgie Adams, and vice-chair Angie Harris, then shown around the displays by festival organiser Jenny Groves. Before leaving, there was time to enjoy refreshments in the vestry 'café' – of course, there were cakes! There was music during the festival too, from St Mary's organist, Sean Sweeney and, on the last day, a short selection of flower songs sung by u3a's Singing for Pleasure group. The three-day event raised over £1,200 in donations for the chosen local charities; Memory Café, Launceston Voluntary First-Aid Service and St Mary's Church Fund.

Many came together to help during the festival, helping with refreshments, stewarding, donating cakes etc, with special thanks to Rev. Helen Davies and Churchwardens at St Mary's for their

collaboration and support, and to the organisers Jenny, Sue and Marina for making this year's Festival of Flowers such a success.

Well done everyone. Let's do it all again next year! **Georgie Adams**





LAURENCE
FLORAL ART
GROUP
Meets 1st Tuesday
of every month
Lafayette Community Center at
St. Mary's
Visitors Welcome!!



Needles , Pins and Patchwork



Walkers and Strollers



Art group



Stretch and Relax





u3a Singing for Pleasure Group provided some excellent entertainment



May – Open Coffee Morning

Come to our
COFFEE MORNING
with
 **PLANT SALE**
&
 **HOME BAKES**
at
**CENTRAL METHODIST
CHURCH HALL**
Launceston
on **FRIDAY 29TH MAY**
10am - 12 noon

**FREE
ENTRY**


Launceston & District
u3a

**EVERYONE
WELCOME**

PROCEEDS TO  **Cornwall
Hospice**

Peter Penhorwood certainly did a good job in the town square ensuring plenty of visitors came through the doors. At least 81 (and two dogs).

The total raised for the Cornwall Hospice was over £510. Congratulations to everyone!



Your Hosts
Today



Pétanque

Leaders: Louise and Tony Kitley

Monies raised from today's refreshments will be donated to:



Grateful thanks to all who helped out, especially Louise and her Group for coping with a demanding clientele; to everyone who donated plants or baked cakes; and to Angela Pethick who, not only baked her amazing pasties (which flew off the table), but also stayed and helped and offered excellent advice on the cake stall. Another very successful morning.



u3a Pétanque Group

A very busy day for the Launceston u3a Pétanque Group. Coffees & teas at this morning's plant and bake sale and a glorious afternoon of Pétanque. Great to welcome 3 new members to our group. Thank you everyone for making it such a good day. An impressive amount raised this morning too. **Lousie Kitley**





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Calendar

A PLAY BY TIM FIRTH

Girls

*Tickets £15/£12.50
plus Booking Fee*

**Sterts Arts and Environmental
Centre**
Wednesday 29th July 7.30pm
Thursday 30th July 2.30/7.30pm

*Tickets available from:
www.sterts.co.uk/whatson*

Devonport Playhouse
Saturday 1st August 7.30pm

Tavistock Town Hall
Friday 7th August 7.30pm

Launceston Town Hall
Friday 14th August 7.30pm

*Tickets available from:
www.ticketsource.co.uk/teylu-theatre-company*





TeYLU
THEATRE COMPANY

**I'M DOING IT FOR
PLYMOUTH HOSPITALS
CHARITY**

Rocks and Ruins



Thank you, June and John, for arranging our visit to Kelly mine industrial heritage site today. So interesting, it closed in 1951, mined Micaceous Haematite all by hand and is located at Lustleigh.

11 of us from Rocks & Ruins had a very enjoyable couple hours being shown around, all looked after by a few volunteers. **Val Maybank**





Amblers Visit to Bridestowe and The Granite Trail.

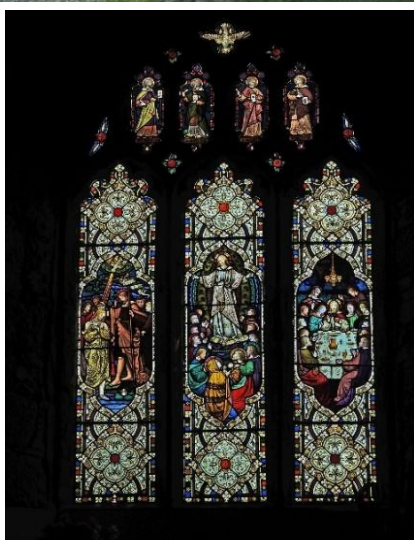
Last Wednesday Amblers set off from Bridestowe for a “there and back” walk along the Granite Trail - a very level former railway line (that might one day return to use as a railway). There was time after the return to Bridestowe for a look around and time to take some photos of interesting buildings in the village and also the outside and inside of the church. The wide painting inside the church was almost invisible and it look much clearer in the photo than it did in the church.



Amblers

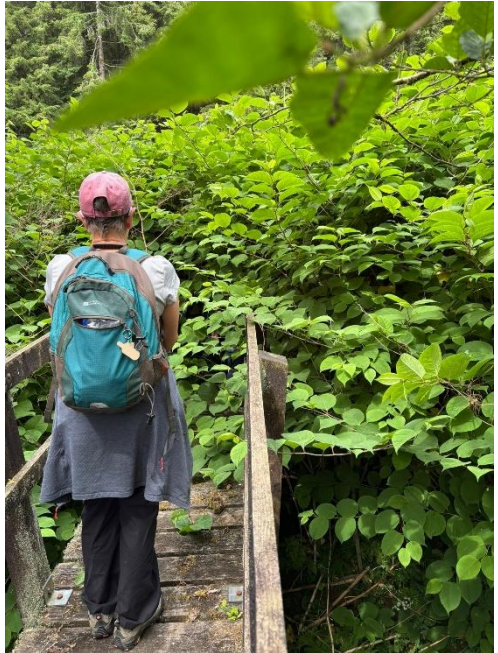
We are a sociable group for walkers who enjoy a gentle local walk of up to 3 miles with time to stop and appreciate the surroundings. We meet on the first Wednesday of each month at 9.30am. Our walks are on clear paths, although sometimes muddy, without any steep slopes. At the end of each walk we enjoy lunch at a nearby pub or cafe.

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



Walkers

An 8 mile walk lead by Julie from Lewdown. Lovely countryside but very hot. **We even had a jungle to contend** with which was exciting. Thank you Julie for leading us.





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 September 7th 2026

PLEASE USE THE DEDICATED EMAIL ADDRESS:

businessu3a@gmail.com

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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 SUMMER MONTHS ONLY	Pétanque
First Friday 10:00 am	Rocks & Ruins
Monthly PM	Scrabble
Monthly - Saturday PM	Singing for Pleasure
Alternate Fridays – 2.00 to 4.00 WINTER MONTH ONLY	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
2 nd Sunday in the month	Sunday Lunch 2
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