



Chat from the Chair



I never thought I'd find myself saying 'I wish it would rain'! Hopefully we have come to the end of this year's heatwave and have given some thought to how we're going to cope with next year's. I've been using what they call 'grey water' to give my thirsty plants a drink and I'm sure my arm muscles are bigger than this time last year, due to lugging watering cans around. I suppose it counts as weight training? I'm sure it must be good for me.

I hope you've all continued to enjoy u3a group activities and outings over the summer in spite of the intense heat and that you're looking forward to what's yet to come, organised by our extremely hard-working social committee.

By the time this newsletter hits the presses, I shall have been to see my 93 year old aunt in Staffordshire. She's my last surviving relative of my parents' generation and is still firing on all cylinders. So I am taking a big, slightly dusty, box of inherited family photos with me, in the hope that she will be able to identify some of the ancestors in the exquisite sepia prints.

This is part of a much bigger project I have set myself. I'm writing my autobiography, strictly for the family's eyes. I'm doing it because I was chatting away to my younger daughter (she's 53) and after a sharp intake of breath and her eyebrows shooting skywards at one of my throwaway remarks, she said 'I didn't know that, Mum!' This set me thinking.

Have you had an interesting life? What might seem run of the mill to you might be a real eye-opener to other people. Do your friends and family know about the 'real' you? Would they be interested? Why not record it in some way? It's amazing what is lurking at the edge of your memory once you start committing it to paper (or computer). Social history is always fascinating!

Very best wishes

Sue Slater

Any questions or ideas – please contact me at chairman@exmouthu3a.org.uk
Check the website – <https://exmouth.u3asite.uk> – for up-to-date information and news. If you log in there is more content available to members.

Monthly meetings

These will be held at Holy Trinity Church, Rolle Road.

We look forward to welcoming you at this venue at 10.00am for 10.30am start.

Date	Presenter	Title	Description
Thursday 17th September 2026	Jane Stephen, Speaker Coordinator	What do you want?	Jane will ask for your opinions about future monthly meetings and ask for suggestions for future speakers.
			Latest updates can be found at: https://exmouth.u3asite.uk/latest-news/

Hubs update September 2026

Avenues and Salterton Hub – We will be meeting at The Deck on the first floor of Ocean on the second Tuesday of each month from 3.30 to 5pm.

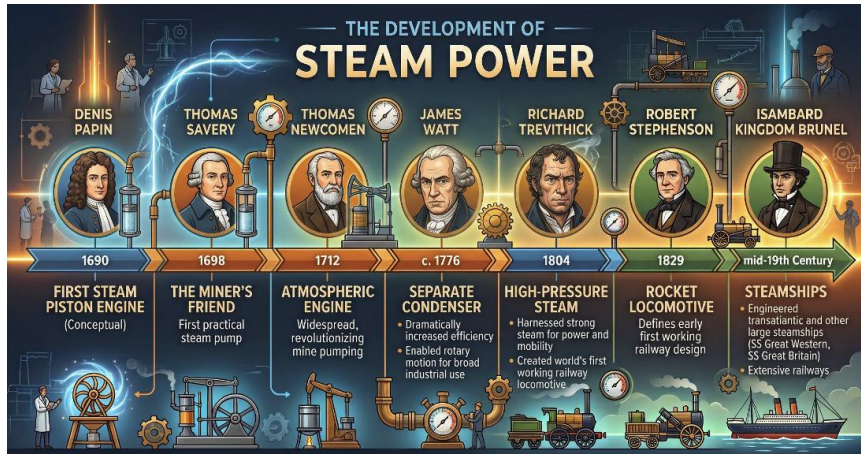
Dates are 8 September, Tuesday 13 October, 10 November. All welcome. For any queries, please contact Pippa Gibbs – newmembers@exmouthu3a.org.uk

Groups Updates

Cycle, Coffee and Chat – The cycling group has been rebranded and are looking for new members. They are a small group of non – lycra members who casually ride locally. Normally to Topsham on the cycle track or towards Budleigh on the old railway line and back along Mear Lane and the seafront. (Electric bikes welcome). They always stop for a cake break and chat. They meet at 1.30 pm at Mudbank off Halsdon Ave, on the 2nd Thursday of every month. Please check with the Group Organiser Anthony

Classical Concerts in the Home – From September we are changing our presentation day to 1st Wednesday in the month (1st Tuesday in the month for Opera and Ballet in The Home).

Classical concerts has a couple of vacancies. Who would not enjoy a classical concert played on the best quality audio visual equipment, with fellow classical music friends? Interested? Please contact the Group Organiser Chris Mansell.



On 21st August, the inaugural meeting was held of the **new Science & Innovation Group**. This is a relaunch of the original Science Matters Group, but with a new innovation/invention component.

15 members attended the meeting, which is now held at a new venue in the Committee Room at the Town Hall.

The meeting covered 3 subject areas:

- Intended directions of the group presented by David Hughes
- Exploration of a Great Inventor, Thomas Newcomen and the birth of the steam engine, presented by Tim Jennings
- Brunel's Atmospheric Railway at Starcross presented by Dave Gofton. An example of an innovation that did not quite succeed.

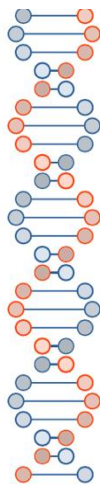
A lively discussion followed on the launch of the industrial revolution and the importance of failure in innovation.

The group explores science related topics, but also exploration of ***the process of innovation, including Inventors, inventions, serendipity in innovation, unsolved problems and environments conducive to innovation.*** We also will be inviting showcases of favourite gadgets!

This is a group for enthusiasts of science and invention.

The next meeting will be on the 25th September.

Please contact groups@exmouthu3a.org.uk



Yoga – The new Yoga group got up and running in July with our yoga teacher Anna. There are 2 sessions on a Tuesday from 9.30am to 10.30am and on a Friday from 12.30pm to 1.30pm. Both sessions are at the LED Leisure Centre.

Anna has been teaching yoga since 2017 and is also trained in Therapeutic Massage and Mindfulness and this is woven throughout her teaching style. Anna prides herself in creating a friendly welcoming space that is accessible whatever your experience. Anna teaches with kindness and a sense of humour.



Want to join the group? A team will be taking over the management of the group, but in the meantime please contact

Steve Gibbs groups@exmouthu3a.org.uk

U3a Caring for the Planet – About 150 people came to Holy Trinity Church on 20th August to watch the People's Emergency Briefing film and join the discussion. This was hosted by EcoChurch and U3a Caring for the Planet.

The film shows that the **UK is facing a climate and nature emergency whose consequences are no longer distant or abstract**. Climate change and ecological degradation are already affecting areas that directly concern people's everyday lives: **health, food, the economy, security, extreme weather and the cost of living**.

Perhaps the most significant feature of *The People's Emergency Briefing* is that it **doesn't end with a message of despair**.

It argues that the risks are serious, but that there are credible and positive responses available. We should consider what can be done collectively, nationally and locally.

These are issues we consider monthly at our U3a group. Our next meeting is on Monday 21st September at 10am at Littleham Hub. We will be discussing the effects of this summer's heatwaves and some of the key issues from the film. If you would like to join us as a one off or to be part of the group, please contact

Sue Moseley, Group Organiser

Tai Chi – This new group will start in September at the Leisure Centre, another benefit of our developing partnership with LED.

The first classes will be on a Wednesday afternoon. However, with 52 members wanting to join Tai Chi and only space for 16 at any session, the group is full. However alternative sessions can be arranged early on a Wednesday evening or a Thursday afternoon please contact the group organiser.

Steve Gibbs groups@exmouthu3a.org.uk

Handbells – We have spaces for new folk. No experience is required. Four recent joiners have earned proficiency certificates from HRGB, Handbell Ringers of Great Britain, through the Crescendo Scheme. See photo. The ringers call the team Jurassic Jingles, and have rung with ringers from the South-West and also with ringers from all over Great Britain. One ringer, Roger Moseley, had a wonderful week ringing with 700 other handbell ringers from all over the world, from 17 different countries at the International Handbell Symposium held in Aberdeen. See photos. The concert can be seen on the HRGB website. Well worth watching on YouTube.



Contact Helen Wetherfield, Group Organiser

New Groups

Backgammon – At the beginning of summer I asked if anyone was interested in a new Backgammon for beginners' group. There was insufficient interest to start a new group, but who wants to be inside learning a new board game when the sun is shining? With the heatwaves ending and the nights drawing in, what better way to spend a cold morning or afternoon than learning to play one of the great board games. Interested? please contact

Steve Gibbs groups@exmouthu3a.org.uk

Pilates – Through the partnership with LED we have already added new groups for Short Tennis, Yoga and Tai Chi.

Pilates is a low-impact exercise system focused on core strength, flexibility, posture, and controlled movement. Developed in the early 20th century by Joseph Pilates, it uses precise movements and deep breathing to condition the body's deep stabilizing muscles.

Are you interested in joining a Pilates Group? Interested? please contact

Steve Gibbs groups@exmouthu3a.org.uk

Short Tennis – We are running a weekly Short Tennis session on Monday afternoons (16.30–17.30) in the LED Leisure Centre down by the station and would welcome new players to join in.

Short Tennis is played on a badminton court with junior 21" tennis rackets and soft foam balls. We use a modified tie-break scoring format with first to 11 points and familiar tennis rules for serves and play.

Playing doubles on a small court suits those of us seeking relaxed play but it still rewards speedy reactions at the net. While originally intended to introduce children to the tennis game, this is also ideal for those of us looking for a bit of low-impact fun.



Balls are provided and there are rackets available but if you have your old kid's racket in the back of the garage, dig it out and bring it along. You will need to be able to safely move around a small court, wear appropriate non-marking flat soled footwear and some experience of any racket sport is useful.

We charge £4 per person per session to cover the LED court costs (but note that if you are already an LED member then you could join the LED organised short tennis open sessions at no additional cost). However, if you prefer to play with fellow U3a members, share stories about aches and pains and admire the latest in elbow and knee braces then this is the group for you!



Contact Mike Turff to try it out.

The 'Golden Age' of regional novels in post-war Britain

There is a rise of interest in developing more focus on regionalism and municipalism, both sorely neglected since the 1970s. I want to explore some of those issues with particular attention to the regional novel writing of the late 1950s and 1960s. I want to suggest that this was such a distinctive and high quality period of literature that it could be seen as 'a golden age'.

I also wrote recently about the 1951 Festival of Britain, and just how significant an event that was for British Art and Design, drawing in as it did many new talents, akin to 'throwing a pebble into a pond' and watching the ripples moving off in many directions. A degree of serendipity, yes, but also an expectation and calculation of where this all might lead. One direction was to see a significant emphasis on Modernism, the expansive movement for critical assessment of experience, with experiment and change.

One of the key issues to emerge in the 1950s which had a profound influence on the next two decades, was the throwing off of pre and post-war conventions, hierarchies and the restrictions on freedom of expression. Often therefore a usually individualised process, but it was also about 'the collective', the social domain, and most certainly, social responsibility for change. The post 1945 Labour Government was offering the people of this tired and war-torn country, a new 'settlement', a coming and working together attitude that invited response. And, responses there were in plenty. As one author from the north of England famously said, 'Insulted, I had to write.', insulted by being ignored or patronised.

Being an agent of change was high on people's agenda. The Arts and other aspects of everyday life were touched, sparked and ignited. Increasing numbers of creative people were in a struggle against the view, held in many parts of post-war Britain then, that the control of creativity and opportunity should remain dominated by of the social class and London based Establishment, including the Arts Council.

The changes that I wish to discuss are all linked to the burning desire of many and varied people to offer up for discussion and reassessment alternative voices, other, different, fresh and refreshing accounts of everyday life and culture as created and experienced by a far greater variety of people.

For me there are some key players, novelists whose stories were translated into film; for example Alan Sillitoe (Saturday Night and Sunday Morning), David Storey (This Sporting Life) and Stan Barstow (A Kind of Loving). Also the period playwrights like Shelagh Delaney (A Taste of Honey); and later, Keith Waterhouse, Willie Russell and Dennis Potter. All these, and many more creatives offered a window for the 'general public' to read, see and identify with alternative lives, but usually on universal themes; love and death and truth and art!

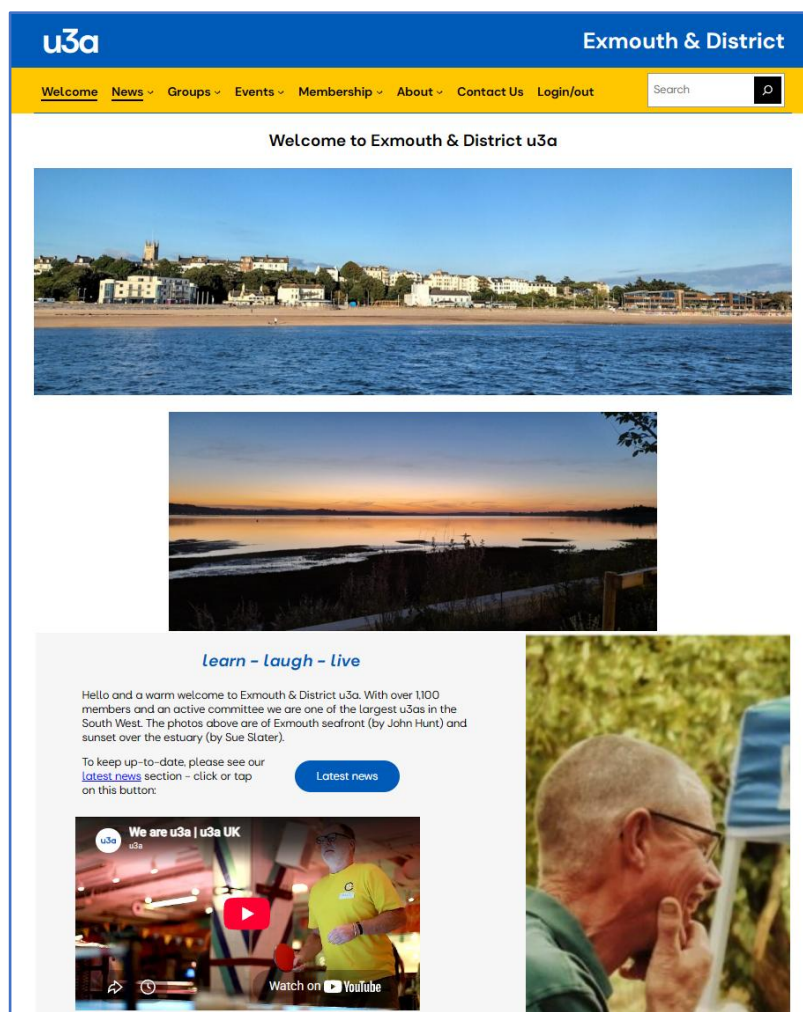
There were also writers of cultural criticism, who reflected upon and contextualised these significant changes in everyday life seen over time. (The times they are a changing). The work of Richard Hoggart and Raymond Williams led the debates about the inter-relationship between society and self over time and place. These discussions took place against a background of Americanisation, and the coming of 'The Mass Society', very much tied to the impact of TV after 1955.

It is my intention to discuss all of this and much more in a series of Autumn adult education classes; the venue and specific details of the 'curriculum' is still work in progress, However, I am very open to suggestions and enquiries, so do please get in touch.

John Astley

Hello. Is anyone there?

It's surprising that so few u3a members look at our website. Why is this? Please let me know (my email address is below).



So have you looked at our website recently? To remind you, you can do this by clicking or tapping on this link – <https://exmouth.u3asite.uk/>. Or you can get to it by searching for 'Exmouth u3a' on Google or on any other search engine and clicking or tapping on the link that shows up.

If you don't want to miss out on being aware of our u3a news items and events, they are all in one place in the Latest News section (with more information in the News Extra section). You can see this by clicking or tapping on the blue button on our home page (see above) or via this link – <https://exmouth.u3asite.uk/latest-news/>. You can also see the latest on all of our groups in the Groups section at <https://exmouth.u3asite.uk/groups/>, and all of our u3a events (monthly meetings and outings) are listed at <https://exmouth.u3asite.uk/forthcoming-events/>.

John Hunt,
Website Manager
website@exmouthu3a.org.uk

New members meetings

There is a monthly meeting for members who have recently joined where there is the opportunity to find out what Exmouth & District u3a offers, answer questions about groups, social hubs and events as well as to meet other new members in an informal friendly setting. I usually email or phone new members with more information about our u3a. Julie Passey and I enjoy hosting these monthly events and meeting our newer members.

The next meetings will be on Wednesday 9 September and Wednesday 7 October. All meetings will take place at The Wings Bar, Imperial Road starting at 1030 and ending by 1200am. The venue does not charge U3A for its facilities so we suggest that members purchase a drink upon arrival from the bar. There is parking opposite at the Imperial Car Park run by EDDC. I will email new members if there needs to be any change to this.

There will also be a Meet Up table at the monthly Exmouth & District u3a meetings at Holy Trinity Church where you can find a friendly face before heading into the meeting. Please tell our Meeters and Greeters that you are a new member.

Finally, thank you to all those new members who have been in touch or come to our meetings over the last few months. It has been great to get to know you and to share what Exmouth & District u3a offers. Please use the email below if you'd like to get in touch.

Pippa Gibbs, New Members Coordinator newmembers@exmouthu3a.org.uk

Social Committee

The following are the events through to the end of the year:

September 4th – Stuart Line Evening Cruise

This event is sold out.

September 22nd – Lost Gardens of Heligan

Sold out; rearranged trip from June.

October 22nd – Sheppey's Cider Farm with Tour, Tasting and Ploughman's Lunch £50 / £34 without lunch

Sheppy's is a family-run farm that's been lovingly crafting premium award-winning craft ciders for over 200 years, making it one of the oldest independent cider makers in the world. October and November are when the apples are harvested making this an ideal time to visit. The tour includes a visit to the orchards, the press house, the vat house and Sheppy's rural life museum and culminates with a guided tasting of some of their best loved ciders.

The coach will depart Exmouth with time for a coffee (not included) before the tour at 11 am. The tour and tasting lasts for about 90 minutes. Lunch will then be served. There is a restaurant if you want to have something other than a ploughman's lunch. The coach will depart at 3:30 pm for the return to Exmouth, arriving about 4:30 pm.

Accessibility: All of the public buildings are fully accessible with step-free access. Disabled toilets are available in the House of Cider. The tour of the orchards can be muddy so suitable footwear and appropriate outdoor gear are essential. Cattle may be grazing in the orchards.

Tickets can be obtained as follows:

1 Send a cheque to Lyn Holmes made out to **Exmouth & District u3a**, and please send a stamped addressed envelope and supply emergency contact details with your cheque. You will then be sent a ticket.

2 Pay via internet banking.

Please email Lyn Holmes vicechair@exmouthu3a.org.uk to confirm payment and supply emergency contact details. You will then be sent a ticket.

3 Buy your tickets at the monthly meeting on 17th September at Holy Trinity Church, Rolle Road, Exmouth.

Only cash and cheques accepted at the meeting.

November 11th – Cribbs Causeway

Tickets will be going on sale towards the end of September. Details will be emailed later in September sometime after the monthly meeting.

December 3rd and 11th – Christmas Lunch at The Belmont Hotel, Sidmouth

There will be two u3a Christmas lunches this year at The Belmont hotel. These will be on **Thursday 3rd December and Friday 11th December at 12:45 pm**. The tickets will be released at the monthly meeting on **September 17th** at 9:15 am. It will not be possible to reserve tickets before the meeting. **The cost is £34 for 2 courses and £40 for 3**. No more than 4 tickets can be purchased together. There will be separate areas in the church for each date. To speed up the process, you will be directed to an area away from where payments are being taken for you to complete your menu choices. There will be an email coming out ahead of the monthly meeting for you to look through and decide what menu choices you want before getting to the meeting. **It will not be possible to swap dates once you have purchased your ticket.**

There will be a coach leaving from the Exmouth station car park in the morning and returning from The Belmont at 3.30pm. There will be a charge for the coach of **£6**, so you will also need to decide if you want to go on the coach and who you would like to sit with, so that all this can be completed on your lunch ticket.

Selling the Christmas lunch tickets is always very busy and this year there will be the added complication of selling for two dates. Bringing the right cash or a cheque helps us enormously as the credit card machine can be quite slow and please help us by following instructions on the day! Keep a look out for the email before the monthly meeting with all the information and menu options.

Barbara, Elaine, Janet, June, Lyn, Pam Exmouth & District u3a Social Committee

U3a Summer School 2026 – Sally Ross, u3a Exmouth member

In February of this year I applied to attend the Art Challenges Summer School course to be hosted by U3a NW this August in Manchester – (who knew back then that we would all become familiar with Yellow Buses and have a No.10 North!). The other courses on offer were Opera, Geology, Archaeology, US Politics and Ukulele.



The venue was Manchester Metropolitan University Campus, an extensive, flat, spotlessly clean modern and safe site, seamlessly organised and administered by Alan Hough and his Team from U3a NW, who were friendly, kind, efficient, welcoming and very patient throughout. We enjoyed immaculate en-suite student rooms, full board in the spacious restaurant, a gala dinner and entertainment and/or talks every evening. There were plenty of opportunities to mingle with other participants and exchange course experiences or enjoy a glass of wine and a chat.

The Art Challenge lived up to its name! For our first three challenges we learnt to paint with a limited colour palette made from mineral pigments with natural binders using primitive applicators – sticks, feathers, fingers etc– painting Palaeolithic cave scenes followed by mixing some restricted minerals with linseed oil to make primitive oil paints for creating a landscape and then onto using vegetable, plant and flower based washes. For our next two challenges we attempted an exercise in pencil, drawing a still life using techniques which included "with eyes shut" and finally using actual paint from a tube to create an abstract portrait of anyone we knew (or imagined) with modern acrylics and brushes. We had lots of laughs when discussing our pictures around the group.

On the final morning our tutor, Jacqueline, assembled all our works and created an exhibition hanging from washing lines and on tables for the other U3a groups to see how we had been spending our days and to further mingle and make friends.

It is worth remembering that the fees are for the accommodation and full board and that all the tutors give their time for free – Would I attend again? Like a shot!



Our next edition

We hope you have enjoyed reading this newsletter, and thank you to all of our contributors this month. Please keep Groups' news and any other interesting items coming in for the next edition which will be at the beginning of November '26.

Rachel Cockell, Editor

Newsletter@exmouthu3a.org.uk