

St Austell u3a January 2023 Newsletter

Welcome to the first Newsletter of 2023 which starts with:

A Message From Our Chair

Happy New Year to all St Austell u3a members, both those who have been with us for a long while and those who have recently joined.

All the group leaders are well prepared and working very hard to provide wonderful opportunities for you to learn, be inspired and to try something new or restart a long lost skill.

I would like to gently remind all members that the point of the u3a is to share skills and support others to learn. It would be wonderful to see more members taking an active part in helping run the u3a in whatever capacity you can. This could be helping to meet and greet at monthly coffee mornings or speakers meetings. It is often daunting to go into a large group for the first time so if you remember how you felt and think you could help someone else feel comfortable please speak to one of the committee members and let them know. Or perhaps you would be happy to help with the refreshments. There are so many opportunities to help make this a really successful U3A but we do need more helpers.

I look forward to meeting many of you during the year.

Kind regards

Maryanne Thomas - Chairman St Austell u3a

Coffee Mornings

From January 2023, Coffee Mornings will now be held on the **third Friday of the month**. The timings remain unchanged from 10.30 until 12.00. (Speakers will continue to be on the first Thursday). The first coffee morning of 2023 will be 20th January.

Speakers

Our first Speaker of 2023 is Thursday 2nd February – “The Story of China Clay in Cornwall” by Malcolm Gould. This is sure to be a fascinating talk so please come along, doors open from 09.30am and the talk is at 10.30am.

Food Donations

Shirley and Norma would like to thank members who so generously donated food for Remake food bank. 27 Boxes were made up plus 3 Family Boxes. (see photo under)



Womens' Refuge

Please don't forget to give Norma any donations for the women's refuge, this has been an ongoing project supported by St Austell u3a for the past 7 years and unfortunately is still very much needed. Norma Jarman would like any empty shoe boxes, toiletries and any unwanted Christmas gifts. These should be dropped off at Norma's house.... Norma Jarman, Cuddra Aquatic Centre, Holmbush Road, St Austell. (01726 73298). Please LEAVE at the HOUSE NOT the BUSINESS.

Special Event - All Members Welcome

As a follow up to the talk on Global Warming during questions to the speaker there was a number of members interested in ENERGY SAVING. This included RENEWABLES such as Solar panels, Solar thermal, Battery storage, Air sourced heat pumps; INSULATION - Loft, Cavity wall; ELECTRIC CARS; Using energy efficiently.

On TUESDAY 21 FEBRUARY at 2pm in the Theatre at St Austell Arts Centre there will be a short presentation from Community Energy Plus and then an open forum to discuss any member's issues with regard to these topics. If you would like more information please contact roger.jones@staustellu3a.org

U3A GRAND TOUR OF IRELAND 2023 - Reminder

Roger Jones is hoping to organise a tour of Ireland with Williams Coaches. The current proposal is as follows:

The trip would leave St Austell on the 25 September 2023. A 12 day GRAND TOUR OF IRELAND. We would begin with an early (probably 5.00 am) start to the ferry in Pembrokehire. Then an overnight at Wexford.

- 2 nights in Dublin with at least a half day guided tour of Dublin. One full day to explore.
- 2 nights in Belfast including a half day tour of Belfast and a visit to the Titanic Museum and then a choice of visiting the Ulster Folk Museum or free time in Belfast.
- 2 nights in Letterkenny including a stop on the way to the Giants Causeway; a half day guided tour of Derry.

- 2 nights in Galway including a visit to Glenveagh National Park on the way; and a day out visiting Westport and Galway.
- back to Wexford via the Cliffs of Moher for another 2 nights, to allow a full day in Waterford .
- on day 12, 6 October, ferry to Pembroke and home.

The cost for 11 nights Dinner Bed & Breakfast is £1399 per person in twin/double rooms with minimum of 25 paying travellers, dropping to £1299 if 35 travellers.

The single room supplement is between £339 & £452 dependent on numbers.

This Tour is open to all members, if you are interested or have any questions please contact Roger: roger.jones@staustellu3a.org

Short Walks

Short Walks are now on the 4th Friday of the month. The next walk is in Fowey on 27th January. The full list for 2023 is available on the website. Please contact Roger Jones if you would to join the walks. roger.jones@staustellu3a.org

Long Walks

The current list of Long Walks (usually 2nd Wednesday of the month) is available on the website. The Next walk will be led by Vicki Howard on 11th Jan and is from Heligan to Mevagissey. However, more volunteers are needed who are prepared to sign up to lead a walk. Please contact Maryanne Thomas if you can help. maryanne.thomas@staustellu3a.org

Energy Recovery Centre Tours

Helen Neilson has provisionally booked to have a Tour of the Cornwall Energy Recovery Centre at St Dennis on Wednesday 22nd February 2023. Helen has emailed members with details and if you would like to book or want more information please contact her. helen.neilson@staustellu3a.org

Membership Cards 2023

Once you have received your new card, please ensure you write your Emergency Contact details on the reverse, this is for your benefit!

Best Wishes

Chris Crane

(Please do not reply to this email)