

St Austell u3a February 2024 Newsletter

I am sorry to announce that due to unforeseen circumstances, Maryanne Thomas has resigned as Vice-Chair and from the Committee. On behalf of the Committee we thank Maryanne for her hard work and dedication to St Austell u3a.

We are always looking for members to join the Committee. If you feel that you can make a useful contribution or would like further information, please do not hesitate contact a Committee member.

St Austell Arts Centre

Simon Messenger has been appointed as the new manager for the Arts Centre. There will inevitably be some changes going forward and we will be working with Simon and the Trustees to manage any transition.

Speaker

Paul Holden gave us a fascinating insight into “The Treasures of Lanhydrock”. I am sure that most of us learnt something new no matter how many times we may have visited Lanhydrock in the past.

Our next speaker will be on 7th March when we will have a presentation by local charity Shelter Box. I am sure that this will be a very popular talk. <https://shelterbox.org/about/>

Prior to the main Speaker Event on 1st February, we had a short introduction by St Austell Healthcare of their Klinik on-line service. This can be accessed here:

<https://access.klinik.co.uk/contact/st-austell-healthcare-group/>

Groups

Mah Jong

Mah Jong is a game of strategy and has similarities to Rummy and Rummikub. To help new players enjoy the game, beginners' introduction sessions are now available. These will be 3 week sessions, after which you will have mastered the game sufficiently to enjoy the Mah Jong sessions on the 4th Friday of each month.

Drama

The drama group is for beginners and those with experience. We will use small improvisation and readings to move towards a professional show. We will learn what acting is and enjoy ourselves at the same time. No need for nerves, you will find that relaxation is the key to confidence and persuasion on stage, you will love it, - - - I think! Contact: david.moult@staustellu3a.org

Travellers' Tales

The next talk, on Friday 3rd March at 2pm, is Roger and Caroline Jones talk about Japan (part 1) All are welcome to come along. Contact: roger.jones@staustellu3a.org

Short Walks

The next short walk scheduled is to Lanhydrock on Friday 23rd February 2024. The walk is approx.3 miles which will take around one and a half hours.

Travel

There are still a few places available for the October 2024 tour to Montenegro. Details available on the website

<https://staustellu3a.org/travel> or email:
roger.jones@staustellu3a.org

Scams

A member has had a call from someone claiming to be from an 'energy hub', saying that the British Lung Foundation have identified that many types of loft insulation installed prior to 18 months ago, could be detrimental to health, and this hub want to send out 'free of charge' a chartered surveyor to inspect your property.

Although she did sound very plausible, when asked for her phone number, she side-stepped this and became quite pushy. After she was told 'no', we looked it up on line and it does appear to be a scam. (<https://www.asthmaandlung.org.uk/scam-warning>).

Which run a free scam alert service which is regularly updated and can be subscribed to

<https://www.which.co.uk/news/article/the-latest-scam-alerts-from-which-aBRLy2b02WkC>

Shoe Boxes

Shirley Polmounter would like any empty shoe boxes and any unwanted toiletries etc. These are for continuing support for those in the Refuge for Mothering Sunday on 10th March so needed pretty quickly. Therefore any donations would need to be handed in to Carol Folley at the next coffee morning (16th February), or left outside Shirley's door: 5 Drinnan Court Mount

Charles, or Norma Jarman's: Cuddra, Holmbush, - (house not the business) no later than 1st March.

If you are a Social Media user you can follow St Austell u3a on:

Facebook : <https://www.facebook.com/StAustellU3A>

Instagram: <https://www.instagram.com/staustellu3a/>

X (Twitter): <https://twitter.com/StAustellU3A>

Please Follow, like, share and repost.

Best Wishes

Chris Crane