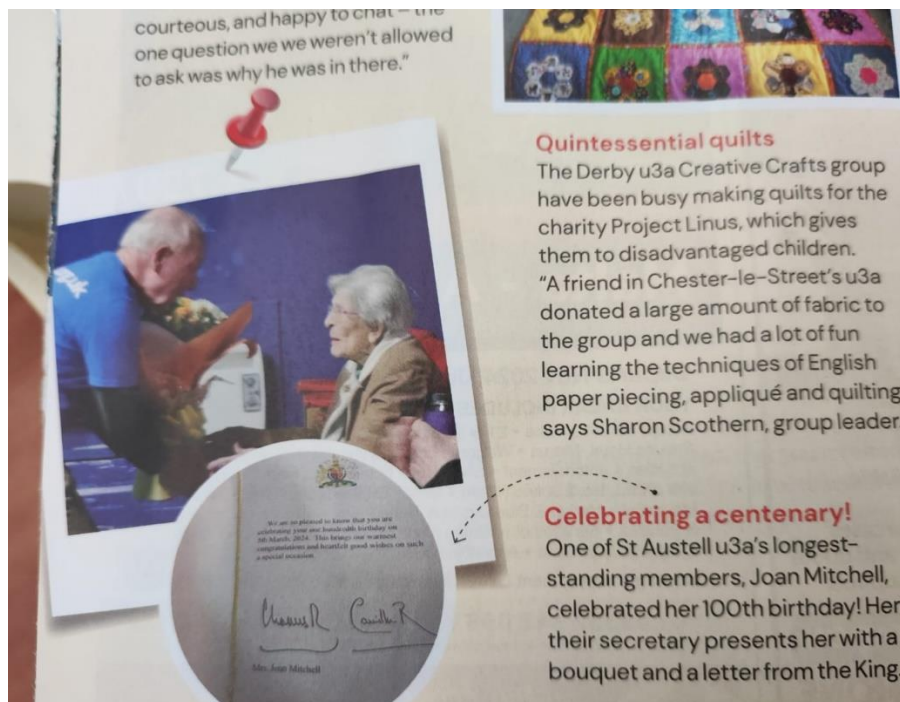


St Austell u3a June 2024 Newsletter

I'm sure you will remember back in March we celebrated member Joan Mitchell's 100th birthday. Well if you've not seen it already, here she is on page 78 of the summer edition of the TAM magazine!



Committee

Regrettably, due to personal reasons, Lucida Davison has decided to step down as Chair. However, Lucinda will remain a Trustee and committee member.

We always welcome enquiries from members who may be interested in joining the committee.

St Austell Arts Centre

Lucinda Davison and Chris Scott have had a very positive initial meeting with Trustees of the Arts Centre. A number of issues were discussed including the future rental charges we pay, the lack of sufficient seating in the Assembly Room and a number of Health and Safety issues. Further discussions will take place in due course.

Speaker

Our speaker on 6th June was "From Walks to Novels" – The Literary Inspiration of Cornwall by Sue Kittow. If you would like more information about Sue, her website is:

<https://www.suekittow.com/>

Our next Speaker was due to be Michael Bunney on 4th July. However, he has unfortunately had to postpone his talk due to the General Election on that day. We hope that Michael will be able to give his talk sometime next year.

The Speaker programme for the rest of the year is available of the website: <https://staustellu3a.org/speakers>

A further communication concerning the July 4th meeting will be sent to members in due course.

Groups

Book Group 3

A new Book Group has started and will be meeting in Par. If you are interested in joining or would like more information please contact: lee.argent@staustellu3a.org

Travellers' Tales

The next talk is on Friday 5th July, at 2pm at the Arts Centre. Caroline and Roger Jones will be giving a presentation about the second part of a recent trip, called "Japan at Sea". It will focus on the part of their journey done on a cruise ship. Note, it does not matter if you didn't come to hear Part 1. All welcome. Contact: sally.haywood@staustellu3a.org

Short Walks

The next short walk scheduled is to Trevoise Head on Friday 28th June. The walk is approximately 3 miles long and circular, taking around 2 hours. Contact: roger.jones@staustellu3a.org

u3a Tour 2025 to ITALY

The Tour for 2025 is going to be to PUGLIA & the South - Undiscovered Italy with NEWMARKET HOLIDAYS. on 28th October 2025. An 8 day escorted Tour- Newmarket Holidays online for a detailed daily breakdown of the Tour. <https://www.newmarketholidays.co.uk/holidays/europe/puglia-and-the-south-undiscovered-italy>

Newmarket have just lowered their prices: The prices are for Half Board at the Hotel.

Twin rooms are £1237 pp.

Single rooms are £1542 (but like this year this price is for the first 4 rooms; so if there are more single travellers, the price may increase which will affect all single room costs).

To these costs there would be the cost of a coach to Gatwick and a night's stay at Premier Inn which could be around £240 per single traveller and about £350 per couple.

If you are interested please email me with your FULL NAMES as on your passport, as that is all Newmarket Holidays require in the next 2 weeks. Then I can collect cheques for the deposit of £250pp when I am advised by Newmarket.

On the Tour like most travel companies there are free days with optional extra excursions which are

Day 2- Monopoli and Polignano a Mare - cost £98 pp.

Day 7 - Castellano Grotto and Locorotondo - cost £182 pp.

Contact: roger.jones@staustellu3a.org

Cornwall Arthritis Trust

Cornwall Arthritis Trust working together with Art Connexion are offering u3a members the opportunity to experience education, movement and creativity, as they can deliver an exciting, informative, and innovative programme to help and support people living with Arthritis and MSK conditions within Cornwall. The session (approx. 1.5 hours) will include a presentation on Arthritis and other MSK conditions, their key messages and support available.

After the presentation they invite their audience to share their stories over a cup of CreativiTEA whilst taking part in simple, yet innovative activities that have been proven to help wellbeing. Participants can choose to make any or all the following – or just chat if they prefer;

- Design a 'magic' ring to inspire confidence.
- Help create a Happiness pack of cards.
- 'Eat their words' by making an edible poetry biscuit.

If interested, please contact them direct via email:

rwellbeing@gmail.com) or via info@cornwallarthritis.org.uk

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 don't forget to: Follow, Like, Share and Repost.

Best Wishes

Chris Crane