

St Austell u3a February 2026 Newsletter

It's been a stormy start to 2026 weather wise, but I am pleased to confirm that St Austell u3a is as strong as ever and that we have another two new groups starting this month. (See below).

Important: Change of times for Meetings

With effect from **April 2026**, Coffee Mornings and Speaker Meetings will start 30 minutes later, that is to say at 10.00 instead of 9.30!

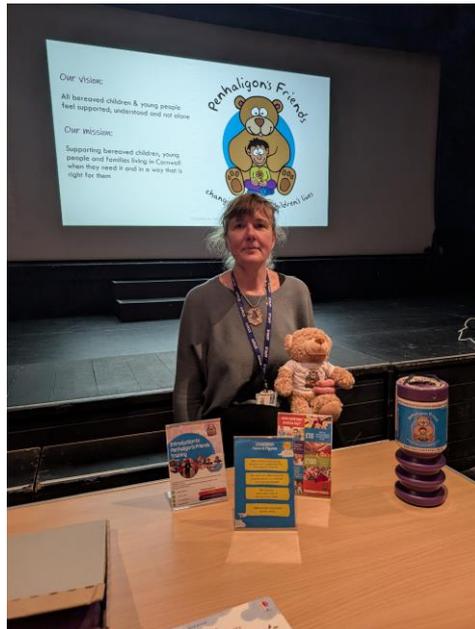
Coffee Mornings will continue to end at 11.30. With tea and coffee being served until 11.15 and card payment facilities also closing at 11.15.

Speaker Meetings tea and coffee will cease being served at 10.45 as will card payments. The speakers will commence at 11.00 and should finish by about midday with another 15 minutes of Q&A.

Speaker

Our Speaker on Thursday 5th February was Jane Yeomans from Penhaligon Friends a charity based in Redruth which supports bereaved children, young people, parents, and carers throughout the county.

They offer children and young people the chance to meet others and share their experiences, as well as practical resources to help them cope with their grief. <https://penhaligonsfriends.org.uk/>



Our Speaker on 5th March will be a representative from the RNLI.

Social Group

The annual Ten Pin Bowling competition was on 14th January, at Ozzle Bowl. It was great to see so many members join in the fun. Congratulations to new member Phil Rudkins who was the overall winner on the evening.



The February event is a “Spring” entertainment evening at Charlestown Church Hall on 21st February. There will be musical entertainment from the St Dennis Ukulele Band and

quizzes with a spring theme. CONTACT:
helen.neilson@staustellu3a.org

Groups

New Groups

Board Games

This group meets on the first Thursday of the month from 14.00 to 16.00 in the Assembly Room at St Austell Arts Centre and is for those who love playing board games, introducing them to others and discovering new ones. CONTACT:
hilary.dipper@staustellu3a.org or
pamela.mccammon@staustellu3a.org

Art & Crafts

This group meets on the third Monday of the month 10.30 to 12.30 in the Assembly Room at St Austell Arts Centre. This group is for anyone who loves crafting whether you're a beginner or skilled. Come along and try new crafts and share your skills and ideas, whilst meeting new people for a fun relaxing time.

NB There will be a small charge of £2.00 to cover the cost of materials in addition to the usual u3a charge (using your pre payment card). CONTACT: karen.taylor@staustellu3a.org

If you have any ideas for new groups, please don't hesitate to discuss with Ellie Evans our Groups Co-Ordinator. CONTACT:
ellie.evans@staustellu3a.org

Other Groups

Silver Slithers

Join us at Silver Slithers and make 2026 the year you become slimmer and healthier.

Silver Slithers is an online support group dedicated to those who wish to lose or manage their weight and embrace a healthier lifestyle. Here, you are encouraged to follow your own preferred diet or discover approaches that work for others. Our philosophy is simple: “It’s not about the diet, it’s about feeling good about ourselves; enjoying life and taking small steps to become healthier along the way or, at the very least, maintaining our well-being.” Contact: nicky.tombs@staustellu3a.org

Travel Group

Mark Stephenson has had an incredible initial response from members who are interested in a holiday later this year to **4 Star Classical Spain and Andalucia**. Mark is working with Mistral Holidays to finalise the package.

Long Walks (Half Day Wanderers)

A small group of walkers found a break in the weather and completed the Deer Wall Walk at Lanhydrock on 14th January. This walk of 4.3 miles, around the wider Lanhydrock Estate, has features such as the Medieval Deer Wall, tin streaming remains and quarry, a riverside walk and views over the Fowey Valley.

The group meets on the 4th Wednesday of the month.

Contact: debs.pritchard@staustellu3a.org



Short Walks

Unfortunately the January walk in Fowey had to be cancelled due to the forecasted bad weather. The next walk will be in Lostwithiel on 27th February. This will be a walk of approx. 3 miles which will take around one and a half hours.

CONTACT: roger.jones@staustellu3a.org

Travellers' Tales

Please join us on Friday 6th March at 2pm in the Arts Centre for a talk by Ann-Marie Dunsby on her recent trip to Thailand, the Maldives and Sri Lanka. All welcome. For further information CONTACT: sally.haywood@staustellu3a.org

Wine Appreciation

The Group's first meeting of 2026 was a resounding success of wines presented by some members. These included wines from Canada presented by Ann Burnett, an Italian rose by Janet Harvey, a cave aged red from France by Carol Avery (in costume! Shame I don't have a photo!) a French red (in tribute to Malcolm Harper) by Mike Edwards and an Italian red by Karen Scott and Lucinda Davison.

CONTACT: amanda.waters@staustellu3a.org



Zoom

We currently pay for a Zoom account which is currently only used by the On-Line Book Group. This is really not cost effective and it would be great if we could get more “on-line” groups to use it. If you have any ideas please contact: ellie.evans@staustellu3a.org

A Day at the Races

Dee McVey Chair of Oakhampton u3a has negotiated a reduced entry fee to Exeter Races **on 7th April 2026**.of **£10pp**. There's no limit on numbers and 25 of us from several SW Region u3a's have already booked to go. If you'd like to join them **please email Dee**, at chair@okehampton-u3a.org.uk with the following information and she will send you details of how to purchase your ticket(s). :

- Name(s)
- Contact phone number

• u3a you are a member of
Dee McVey, Chair, Okehampton u3a, 01837 658590
chair@okehampton-u3a.org.uk

Don't forget to tell me of any interesting events your Group may have participated in, and include photos whenever possible. I am sure all members would enjoy hearing about them in this newsletter.

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

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

Instagram: https://www.instagram.com/staustell_u3a/

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

Please remember to: Follow, Like, Share and Repost.

Chris Crane