

St Austell u3a May 2026 Newsletter

It's difficult to believe that it's May already! The days are growing longer and the lighter evenings hold the promise of a barbeque and a chilled glass (or two) of white wine. Enjoy!

I would like to remind you again that Coffee Mornings now start at 10.00 am and finish at 11.30. Speaker Meetings also start at 10.00 am with the talk starting at 11.00. The bar and payments etc will cease promptly 15 minutes before to give us time to clear away and to not keep the speaker waiting.

I would also remind members **that mobile phones should be switched off or on silent** during all talks.

Arts Centre

We have purchased a new 3 seater bench which will be sited at the Arts Centre for use while members are waiting for transport. We are just awaiting final agreement from the Arts Centre Trustees regarding it's position.

A number of members have raised the issue of the large potholes in the car park. The Arts Centre has raised this with Cornwall Council who are responsible and they have been to inspect the holes and hopefully these should be repaired shortly.

Speakers

Our Speaker on 7th May was April was Jeremy Roberts Chair of The Three Bays Wildlife Group. Jeremy gave us a great insight into the work of the group and their future projects.

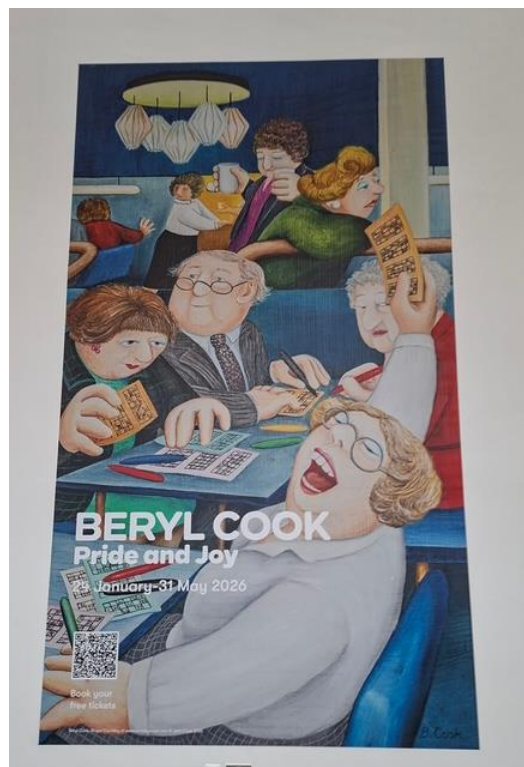


<https://www.threebayswildlife.co.uk/>

Our next talk will be Thursday 4th June when our speaker will be a representative from Cornwall Hospice.

Social Group

On 10th April 66 members travelled in 2 coaches to The Box in Plymouth to see the Beryl Cook exhibition. Everyone left with a huge smile on their face!



The June event is on 11th and is a visit to RHS Rosemoor and July is a trip on 8th to Dartmouth.

CONTACT: helen.neilson@staustellu3a.org

Groups

Ellie Evans held a Group Leaders meeting on 14th April. This was a very successful and constructive meeting. It is planned to continue with these on a quarterly basis. A summary of the meeting is available on the website [HERE](#)

Gardening Group

The Gardening Group has submitted plans to clear and replant the garden area in front of the Assembly Room. We hope to get the go ahead for this shortly. This will certainly give that area a much need facelift and make it easier for the group to maintain going forward.

MOTO 2

Members of the group recently arranged a visit to The Story of Emily near Liskeard - Emily Hobhouse, is well worth a visit. The story is of a remarkable woman who campaigned on behalf of women and children living in terrible conditions in the British concentration camps in South Africa during the Boer War. The rectory where she grew up has been recently restored in great detail, and the War Room nearby is an immersive experience with some unflinching facts on the horrors of the war.



<https://thestoryofamily.com/>

Theatre Group

22 members went to see the St Austell Operatic Society production of the musical 'Come from Away' at the Keay Theatre, matinee on 18th April. It covered the story of 33 plane loads of people (and some animals) from all over the world who were diverted to Gander Airport in Newfoundland, where they were stuck for 5 days after 9/11. It was nothing short of brilliant! Extremely well-deserved standing ovation at the end. Many said the quality performances of all the cast and stage production were better than a professional London show, and it was just up the road and very affordable! A fast-moving, breathtaking show, quite emotional but also humorous in just the right mix.



Heligan Walks

The Heligan Gardens group meet at 11.00am every second Monday in the month.

The group splits into two - Wendy Bennett leads a gentle stroll around the cultivated gardens, Elaine Nelson leads a longer walk taking in the Jungle, the Lost Valley and the main gardens.

We all try to see the animals and the bird hide.

Here are some of the members by the memorial seat in honour of Ann Harris, who was a regular member of this u3a group.



Here is Wendy enjoying the spring sun.



Short Walks

The next Short Walk will be to the Dodman on 22nd May.

The walk is approx. 3 miles which will take around one and a half hours. The walk is circular and will start from Vault Beach car park which is National Trust off Lamledra Hill near Gorran Haven.

CONTACT: roger.jones@staustellu3a.org

Travellers' Tales

The Travellers' Tales group invites you to a talk on Friday, 5th June, at 2pm in the Arts Centre Assembly Rooms.

Mark Stephenson will be giving us a presentation on the Greek Islands, covering his 48 years of travelling there. So far, he has visited 39 of the islands!

For further information

CONTACT: sally.haywood@staustellu3a.org

Wine Appreciation

The April meeting was held at the Arts Centre. Louisa from Old Chapel Cellars Truro presented six wines on the theme of “Coastal Influences” accompanied by bread, cheese and nibbles provided by the group.



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

Research Study on Falls in Older Adults

I have been contacted by Dr. Matt Hill of the School of Psychology and Vision Sciences (SoPVS) at the University of Leicester.

A research study they are conducting is on concerns about falling in older adults. The study aims to understand whether witnessing or hearing about other people falling (e.g., friends, family members, or others) influences individuals' own concerns about falling.

Participation is entirely voluntary, anonymous, and confidential. Members can access the survey online at their convenience,

and there are no right or wrong answers – they are interested in participants' experiences and perspectives.

Full Details of the study can be found [HERE](#) and the survey is at:

<https://app.onlinesurveys.jisc.ac.uk/s/leicester/how-seeing-or-hearing-others-falling-affects-older-adults-worri>

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