



A Word from the Chairman



It's amazing how quickly the seasons come and go – here we are with our Spring 2025 Newsletter already!

I'd like to thank all members for their continued support – we now have over 630 members and our last two Speaker meetings both attracted well over 100 attendees. As those of you who attended the most recent one I hope the sparkling new equipment the Larruperz Centre has now provided made it easier to follow the superb presentation on the RNLI by Anthony Gerrard.

Looking to the future, we have a full programme of these very popular monthly Speaker meetings stretching way into 2026. I really look forward to welcoming all you regular attendees and also the many new members who have recently joined us. I became your Chairperson in June 2023 so I'm about half way through my three-year stint but as I only came to live in Ross in 1976 (that's now nearly 50 years ago!) it has been great to find myself involved in this marvellous community of retired but still very active people – which has been a great source of pride to me – and long may the Ross u3a survive and prosper!

Our groups continue to be well subscribed and it was gratifying to see that despite some reorganisation of the group, the new Science and Technology co-ordinator Frank Bowden reports that attendance rose by seven new members turning up at the last meeting in March. We are considering incorporating an Astronomy section in the future – whenever that is the prospective Astronomy co-ordinator (that's me) gets his act together and refreshes his memory on how to get the electronics on his astronomical telescope working properly (photograph below). Some progress has been made so watch this space!

We also welcome three new members to the General Committee: Carol Carney who has taken over as Groups Secretary, Mike Stringer as Beacon Administrator and Jacqueline Ramsey as Editor of The Newsletter. We are still trying to recruit someone to run our always popular Outings Group – so please let me know if there is anyone out there who might take up the challenge!

William

Email: u3a.ross.chair@gmail.com

COMMITTEE NEWS

Committee

Chair and Cotswold Link - William Lyons
Vice-chair and Front of House - Mark Eardley
Secretary - Anne Pye
Treasurer - Simon Silver
Membership Secretary - Heather Whitehouse
Groups Secretary - Carol Carney
Publicist and Speakers Secretary - Catherine Silver
Beacons Administrator - Mike Stringer

Co-opted onto Committee

Website - Jim Christie
Newsletter - Jacqui Ramsey

Situation vacant

Outings Secretary: *We are still looking for a volunteer to take over this crucial role of organising visits to interesting places. The trips are only quarterly but always very much enjoyed and appreciated by members. Please contact our u3a Chairman William Lyons at u3a.ross.chair@gmail.com for a chat. We need your help to keep our u3a running.*

New faces on the Committee

Carol Carney, Groups Secretary



Hello, I have recently taken over the role of Groups Secretary from Marilyn Reynolds.

My husband and I moved to Upton Bishop about eight years ago, and I joined the u3a upon my retirement 18 months ago. My main career was with a large company where I specialised in HR and Pensions. I then moved to a small school as a School Business Manager before my final role with Citizens Advice.

I go to three u3a groups: Current Affairs 3, Pub Walks 2 and Spanish. I've found the u3a to be a really friendly place to get to know people while also helping to keep my brain and body active. When not doing things u3a I am normally on my allotment, gardening, looking after our lively hens, doing yoga, walking or working on our house refurbishment. I enjoy being outside far more than the house refurbishment.

Jacqueline Ramsey, Newsletter Editor



I am sure I will meet more of you as I settle into this role in the coming months.

Hello, I'm an experienced communications and marketing professional who has worked in radio, television and extensively print media, specialising in writing features for the women's magazine market.

I also enjoyed a stint as fashion editor and latterly worked for a national charity managing their social media and assisting in fundraising campaigns.

Prior to that my passion for all things textile facilitated an opportunity to train, and work, as a textile conservator and restorer for more than 16 years. I still enjoy stitching and struggle to stop adding to my extensive stash of fabric.

My other interests include cooking, walking in the countryside and enjoying nature. Planning my small town garden is an ongoing project.

GROUP NEWS

It's been great but it's time to say goodbye

Our many interest groups continue to entertain and inspire us – if only there were more days in the week, to provide time to join more groups!

Several groups have changed coordinators recently – all details are up to date on the website. If you're interested in a particular group, simply click on the link and you will be put in touch with the appropriate Group Coordinator.

My time as Groups Secretary has come to an end – where did those three years go?? I have thoroughly enjoyed my time in the role, but as with all committees, new members with new ideas are paramount to keeping an organisation going.

I must thank, from the bottom of my heart, my deputy Judith Mackie, who has supported me throughout. Two heads are often better than one, and Judith has been marvellous in assisting me with looking after you all, particularly when I've disappeared off on my LONG holidays!

We thank Carol Carney for taking on the role of Groups Secretary – you can contact her on the email below. Please make yourself known to her if/when you see her at meetings – she will be only too happy to put 'names to faces'.



MARILYN REYNOLDS

Carol Carney – u3a.ross.groups@gmail.com

Judith Mackie – judith@mackiehome.co.uk

GROUP ACTIVITIES

[Astronomy Group \(Coming\)](#)



William Lyons and his telescope

Wish I could remember how to make this thing work properly...

Anyway – this is a picture of my Celestron “NexStar 6SE” Schmidt-Cassegrain astronomical telescope. It's what is known as a “Reflector” telescope as opposed to a “Refractor” telescope because you don't look straight through it from an objective lens at one end to another bigger lens at the end of the optical tube. A “Reflector” takes light from the front end and then bounces it off a large mirror back to a smaller lens which in turn bounces the image back to the magnifying objective lens. Sounds complicated but it means basically you can get a lot

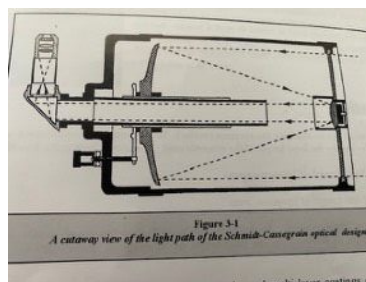


Figure 3-1
A cutaway view of the light path of the Schmidt-Cassegrain optical design

of magnification (up to about 360 times with this 'scope) in a short tube. I hope the diagram helps to make this clearer!



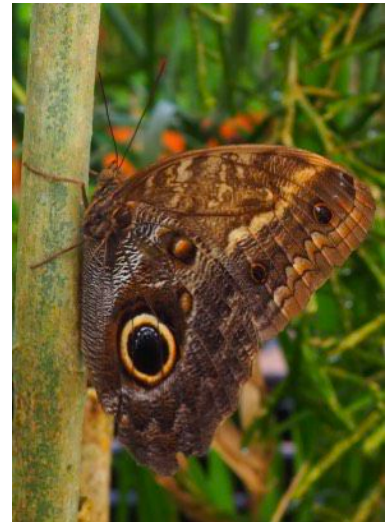
A day at the butterfly zoo

A dozen of our photographers took the opportunity of a wet and cold January to enjoy the Wye Valley Butterfly Zoo, an indoor attraction that is warm, full of exotic species to snap at close range, and not far from Ross.

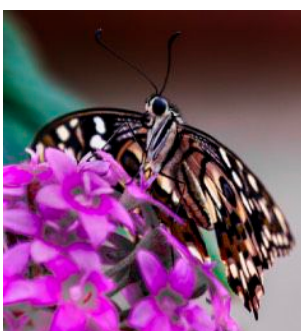
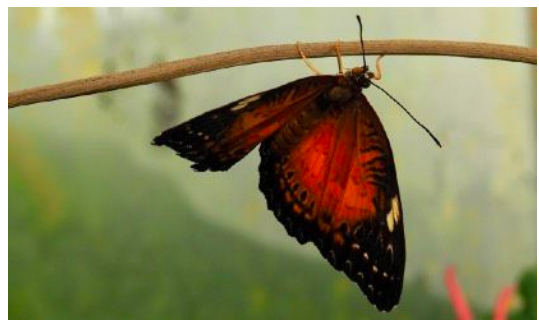
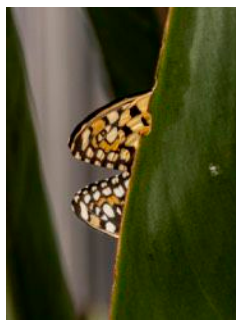
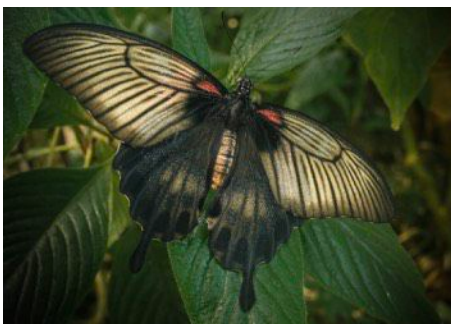
Here you see butterflies in every stage of their life cycle (egg, caterpillar, chrysalis) and learn about their fascinating survival strategies.

Nestled in the Forest of Dean at Symonds Yat, the zoo uses renewal energy and is passionate about butterfly conservation and supports sustainable butterfly farming worldwide.

Our photographers came away with this beautiful selection.



GORDON HAY
COORDINATOR



Realising a life-long dream

After meeting and chatting to Mike Skidmore during Herefordshire h.Art week, I asked if he would like to come to our art group and give a talk.

We came together for our last Art group session before Christmas, enjoying refreshments then let Mike take the stage. He told us about his life and how he was always drawing from a young age. He struggled to gain a place in two art schools, before being accepted at a third and completing the course. However, his portrait work was not considered artistically relevant at the time, which knocked his confidence and the hope of living as an artist faded.



He worked as a commercial artist for a time and then a freelancer. He had his own successful company for 12 years, but the late nights and work pressure took its toll. He became ill. It took five years to recover and the time to wonder why he was running from his life purpose – being an artist.

Mike didn't make much money in the first two years and questioned his quality of work but through his perseverance, received his first portrait commission. His oil paintings are now sold in the UK, Europe and America and he exhibits in galleries.

We were interested to find out more about Mike's painting technique and how he uses oil paint to produce his rich and imaginative paintings. The talk ended with questions from the group.

Mike now lives a contented life in Ross-on-Wye with his wife and little dog Bindi. His days are spent painting (he also runs painting workshops) and he enjoys writing and singing folk music. Also, since 2020 he has been writing novels. A man of many talents!

To find out more about Mike, have a look at his website: mikeskidmoreonline.com

MARGARET HAY
COORDINATOR

[Pub Walks Group 1](#)

A good day for a long walk to the pub

Nothing like a good, long walk to work up the appetite, especially when the sun's out.

Our group of 18 walkers started off from the Butcher's Arms at Woolhope, across the Woolhope Dome, and made our way back to the pub in time for a nice lunch. It was about four miles.

Our group is the original Pub Walks group that started over 10 years ago. A second group was formed after we reached



maximum numbers. (Pubs struggle to cater for more than 25). We walk every 2nd Friday, the other group every 1st Friday.

DIXIE COLLINS
COORDINATOR

Keep the contributions coming

The Newsletter is getting an increasing number of contributions. We welcome articles, news, comments, notices, or anything that may be of interest to fellow members. Please send your contributions to Jacqui Ramsey at ross.u3a.newsletter@gmail.com

DAYLIGHT SAVINGS

DST: Saving energy or seasonal spring cleaning?

Every year, as Winter fades and Spring takes its first tentative steps, the UK is thrust forward. It's always on the last Sunday in March, this year on the 30th.

Daylight Saving Time (DST) is a strange ritual in which we move the clocks forward by an hour, robbing ourselves of precious sleep, and complaining about it for weeks afterwards.

A common misconception in the UK is that DST was first introduced to help farmers with their daily activities. However, Coldplay frontman Chris Martin's great-great-grandfather William Willet, Benjamin Franklin, and World War 1 all have to share the responsibility. Benjamin Franklin first suggested the idea in 1784 to save on candles. Fast forward to 1907, Willet published a leaflet entitled 'The Waste of Daylight' arguing that DST would save lighting costs and increase daylight recreation time. Luckily, Willet's suggestion wasn't adopted as it involved advancing the clocks forward by 80 minutes in four separate increments of 20 minutes.



The first actual implementation of DST was in 1916 during World War 1 – led by Germany and its allies and followed by the UK – primarily to conserve coal, which was crucial for powering war industries and heating homes. But for many years since DST came into effect countries around the world – 70 countries in all – have debated whether to abolish or adjust DST.

DST in the UK has its champions, with energy savings one of main arguments: more daylight in the evening means less reliance on artificial lighting. So, technically, we're saving energy, and possibly saving the planet, one candle-lit dinner at a time. While modern energy-efficient lighting might make the savings marginal, the idea of using less energy still feels pretty eco-friendly.

Then there's the economic argument. More daylight means more time to enjoy life outside of work. People go to the shops, they dine out, they book last-minute weekend trips; essentially, they're spending more money. With all those extra outdoor activities, retail and hospitality businesses get a nice boost.

And of course, there's the health benefits. More daylight equals more time for fresh air and exercise. More daylight is good for our mood, which means we feel better, look better, and maybe even put that energy towards some semblance of fitness.

But not everyone is on board with the clock-switching shenanigans. First of all, there's sleep disruption. It's like someone decided to mess with your internal clock just to see what happens. Losing an hour of sleep in the Spring doesn't just make you grumpy – it makes you feel like you've been run over by a double-decker bus. For a few days, you're not just tired; you're tired tired. Sleep-deprived Brits are just not as delightful as when they've had their full eight hours, trust me.

Then, there are the supposed "health benefits" that feel more like health hazards. Research shows the time change can increase the risk of heart attacks and strokes in the days after the switch. This is due to the disruption of the body's circadian rhythms, which can put extra stress on the cardiovascular system. It's no surprise some people find it more hazardous than helpful.

Also, the energy savings argument feels a little dated. We live in an era of LED lights and smart thermostats. The idea that we're somehow saving energy by shifting the clocks feels a bit like using a horse-drawn carriage to save fuel. Some studies suggest that the energy savings might be a wash, or even worse.

Lastly, let's talk about public opinion. Many people simply don't want to be bothered with the clock changes. It's like the world collectively decided that DST is part of "spring cleaning" – an annoying chore we only do because we have to, not because it's fun or useful. Some people advocate for a permanent time system, either by keeping clocks on standard time throughout the year or by opting for permanent daylight saving time, to eliminate the disruption caused by the seasonal changes.



RNLI: The charity that saves lives at sea

More than 200 years old and the RNLI remains one of the most recognised organisations in the country, and much admired and cherished, especially by seafarers and recreational sailors.

Many of us may have watched the recent TV documentary 'Saving Lives at Sea' with suspended tension the extraordinary bravery of ordinary people – the army of RNLI volunteers – to save lives in danger at sea.

That same moment was recaptured during the recent U3a talk by Anthony Gerard, a volunteer Community Presenter with the RNLI. The room was silent as he gave insight into the work of the charity with photos and videos of harrowing rescues.

Its history began on the Isle of Man when shipwrecks on its coast prompted local resident and philanthropist Sir William Harry to call for the creation of an institute for the preservation of human lives. His appeal to the Admiralty and the government was a futile effort. But support came from prominent and wealthy merchants, politicians and royalty, including King George IV. A public meeting on March 4 1824, chaired by the Archbishop of Canterbury agreed to form the National Institution for the Preservation of Life from Shipwreck, later becoming the even more mouthful the Royal National Institution for the Preservation of Life from Shipwreck with King George's blessing. In 1854, it became the Royal National Lifeboat Institution, RNLI to all.



Since its inception, RNLI has saved 146,000 lives including during the two world wars, and lost 600 lives of its crew members. All their names are inscribed on the memorial at its HQ in Poole, Dorset.

There were many heroic rescues over the years, the most successful being the 456 lives saved when the steamship *Suevic* ran aground off Cornwall. There were disasters too, the worst of which happened in 1886 when 27 lifeboat men lost their lives trying to save the crew of the German barque *Mexico*.

The RNLI awards gold, silver and bronze medals to its crews for gallantry. A total of 2,400 gold, silver, and bronze medals since its founding.

The RNLI has 238 lifeboat stations launching 448 lifeboats, most of them built and maintained in-house. A staggering 97% of RNLI lifesavers are volunteers including 5,700 lifeboat crew members – 12% of which are women – and 4,000 shore crew members.

The RNLI's reach today is far and wide. Apart from saving lives, it also provides free safety advice to schools and organisations, both in the UK and globally.

Royal patron, corporate backers, a villa in Tenerife...

The RNLI has royal patronage but it is independent of the government. As King Charles III has followed the tradition that began with King George IV, so did RNLI, with 94% of its income coming from donations, 60% which comes from legacies that include a villa in Tenerife, a gold tooth and a bottle of whiskey. The remaining 6% of income sources come from trading and investments.

Its Launch a Memory is also a big fundraising draw. For a suggested donation of £50, you can add a name to a Shannon class boat to remember a loved one or celebrate someone still alive.

RNLI also gets support from corporate partners, including The Lifeboat Fund charity, the single largest regular contributor to the RNLI, and Helly Hansen which supplies the kit that protects RNLI all-weather lifeboat crews and lifeguards.

Going wild about gardens and nature in Ross and beyond

Andrew de la Haye is wild about nature, and so it seems many of our u3a members. The room at Larruperz Centre was packed out during the February talk given by the chair of the Ross branch of the Herefordshire Wildlife Trust.



The vision of the trust is “more nature everywhere for everybody” with the local branch having a series of projects to push the concept of wildlife gardening both in Ross and beyond.

“We give a lot of topical talks, networking, and have a dynamic committee. The goal is about increasing awareness, educating, members’ involvement and workshops on practical skills,” said Andrew.

For the first project called Wild About Gardens, which began last year it is working with a map from the Wye Valley National Landscape to have gardens that are wildlife friendly joined up, rather than individual, for a chance of supporting wildlife. This is on top of running workshops teaching people to create more wild spaces in their local environment.

“If you take a hedgehog as an example, if you have little holes in the fences or preferably hedges, then the hedgehogs can go from one garden to the next to the next so that they can do their three-kilometre round trip every night and get plenty to eat.”

The second initiative is education for the young, with visits to both primary and secondary schools to talk about the needs of nature, leaving them with a research project to do. Last year’s project – for years 5 and 6 to build a hoverfly lagoon – was a great success. They are also working with secondary schools including running a competition through podcasts, blogs and posters at John Kyrle High School.

A Gardeners’ Question Time last autumn on wildlife in our gardens was well attended. This year the branch will be working Ross Open Gardens (May 31-June 1) to bring wildlife element into gardening.

Andrew is also hoping to start a project called The Nature of Ross, creating a map with critical things for wildlife such as the habitats, wildlife corridors and barriers, and features such as waterways and woodlands. To this end Herefordshire Council’s dynamic map of habitats in the

Photo: Monicore, Pixabay



county to help with its nature recovery strategy will come in handy. Support has come from local bodies such as the Town Council, with Ross Community Garden and The Ross Parishes already active with their nature and eco undertakings. However, help is still needed from volunteers, including people with land, those with knowledge of wildlife features or anyone who’s good at mapping.

The branch along with the HWT also supports other activities, such as the annual Big Switch Off promoted by Dark Sky to help combat light pollution. “An outside uplighting that spills out into the sky will affect creatures. Some two-thirds of

insects – creatures that pollinate our food – are partially or wholly nocturnal. For example moth caterpillar numbers under LED street lights are half as many as in unlit areas,” said Andrew.

The Ross branch has a series of activities running this year including a Family Day (April 22); Gardeners’ Question Time (May 21) with a member of the trust answering questions on wildlife; Wild Play, an organisation that specialises on connecting children with nature, will also hold a activity (May 30) as a precursor to the Ross Open Gardens.

Andrew said: “Gardens account for a huge proportion of land... in urban areas anyway, with 1.8 million acres of land across the UK, which is more than all the nature reserves combined. That’s why I’m interested in wildlife gardening. We can all do our little bit to make a big difference if we can join it all up,”

The Herefordshire Wildlife Trust has an impressive list of local and countywide events and activities for children and adults, and workshops and courses in the coming months. Look up its website at <https://www.herefordshirewt.org>



Charles Darwin: Origin of a naturalist



Charles Robert Darwin was born on February 12, 1809, in Shrewsbury. He was the fifth of six children born to Robert Darwin, a wealthy society doctor, and Susannah Darwin (nee Wedgwood, who was the daughter of the potter, Josiah Wedgwood.)

His family was affluent and well-connected, which afforded Darwin a privileged upbringing and access to education, said Dorothy Nicolle, lecturer, writer and a Blue Badge guide, at the u3a talk in January.

Robert was a money-lender and well-respected in town. Josiah was Charles' godfather as well as grandfather.

But despite his erudite parents, Charles was just an ordinary young boy who showed an interest in natural history and collecting specimens, and kept records of all his finds. He attended Shrewsbury School, where he developed a passion for science. In 1825, he enrolled at the University of Edinburgh Medical School, but he found the lectures dull and the sight of surgery distressing. He left Edinburgh without completing his medical studies and instead pursued a Bachelor of Arts degree at Christ's College, Cambridge. One professor, Henslow, made a big impression on Darwin.

In 1831, Henslow recommended Darwin for a position as a naturalist on the HMS Beagle, a survey ship set to embark on a five-year expedition to chart the coastlines of South America. The voyage of the Beagle proved to be a pivotal experience for Darwin. During the journey, he collected numerous specimens of plants, animals, and fossils, meticulously documenting his observations.

One of the most significant stops on the voyage was the Galapagos Islands. Here, Darwin noticed variations in the beaks of finches, which seemed to be adapted to different food sources on the islands. These observations led him to ponder the mechanisms of adaptation and variation within species.

Upon his return to England in 1836, Darwin began to analyse the vast amount of data and specimens he had collected during the voyage. He corresponded with other scientists and conducted experiments to test his ideas. Over the next two decades, Darwin developed his theory of natural selection, which proposed that species evolve over time through a process of differential survival and reproduction.

Darwin published "On the Origin of Species by Means of Natural Selection" in 1859. Only 250 were published initially. All were sold on the first day. When it was republished 3,000 copies were printed. However, the book was met with a mix of acclaim and criticism. While some scientists and intellectuals embraced Darwin's ideas, others were vehemently opposed. Even before Darwin's book his grandfather, Erasmus, wrote a paper on evolution, which, it is thought, Darwin may not have read.

Dorothy ended her talk with the much quoted phrase: "The rest, as they say, is history."

FIONA LEATHART

Monthly talks at the Larrupez Centre, 2.30pm

April 14:

Alex Knight: The Iron Industry in the Forest of Dean

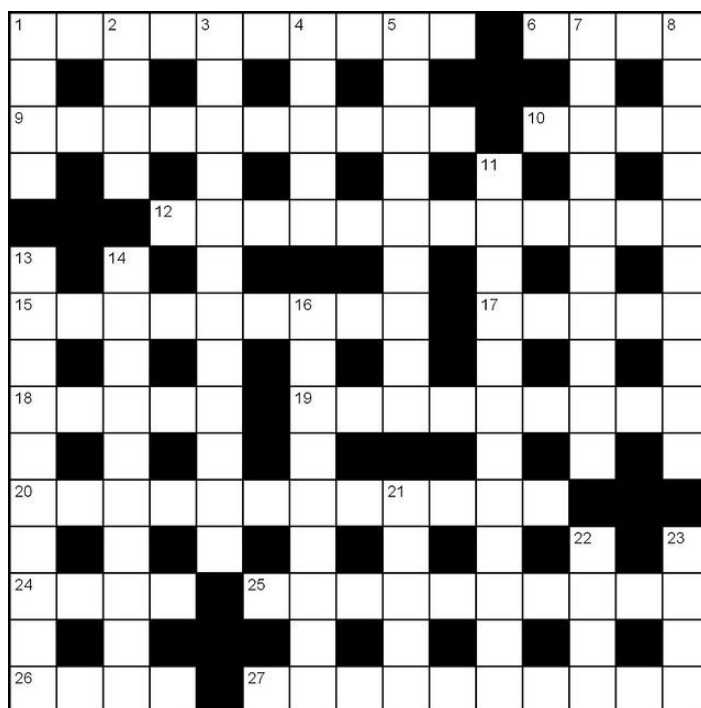
May 19:

John Roberts: What is this life if full of care?

June 16:

Fiona Morison: Culture in the Golden Age of Elizabeth I

CRYPTIC CROSSWORD



Across

1. Fleas and moths agitating extremely deep (10)
6. Tree found in macerator (4)
9. Teasers Pip uses to make dips (10)
10. Food store found in Indian capital by the sound of it (4)
12. Imitation? No, for real (3,9)
15. Ole coin, eg turned up in prehistoric age (9)
17. Spooky sounding nest (5)
18. 2 down drank, fell over and ended up in storage (5)
19. Fur appears for antiquities! (9)
20. Chondral node worked on for cartilage (12)
24. Stupid lump! (4)
25. Halfway! (10)
26. Stink from headless Greek (4)
27. Signoras, eg, give rise to hostility (10)

Down

1. Criticism faced by the Lancasters (4)
2. Poet upset? Hit the bottle! (4)
3. Doctor Shinto corrects teeth (12)
4. Slips incur speech impediment (5)
5. Tiger seen in this game reserve? Doubt it (9)
7. G.K. found in Cambridge (10)
8. Halter and crumple to augment (10)
11. They shout encouragement to applaud chiefs (12)
13. Flying hole borer? (10)
14. Concert hall for horses? (10)
16. Oxen right for working and spurring (9)
21. Fracture drain at lowest point (5)
22. Big old drifting desert (4)
23. Mad about lay out (4)

Answers on Page 11

FORAGING

The etiquette of gathering wild food

Foraging is one of the most enjoyable Spring activities but here are some golden rules

Seek permission

Always obtain permission from the landowner before foraging on private property, even if access is permitted. Also be mindful of fences and signs – respect property boundaries and any posted restrictions.

Respect the law

Be aware of and adhere to any regulations or restrictions on foraging in public areas or national park.

Leave no trace

Stick to paths and take care not to trample down or damage areas you are collecting from. Uprooting plants is harmful so pick leaves or berries with care, in moderation and avoid damaging plant roots. Leave the area as you found it.

Know what you're picking

Never consume a wild plant or fungus unless you are absolutely certain of its identification. It could be rare and protected, inedible or even deadly poisonous. Use reference books to identify them. Fungi can be notoriously difficult to identify, so if you're unsure it's best to leave alone.

Only collect from plentiful populations

Only collect flowers, leaves, fruits and seeds where they are in abundance. For fungi, only take mushrooms that have opened their caps (so are likely to have dropped their spores). Do not collect small 'button' mushrooms.

Leave plenty behind

Wild food is vital for the survival of the UK's wildlife.

Forage carefully to ensure there is enough left for birds and species to consume now and to ensure plants and fungi can regenerate and reproduce. You may not be the only person foraging and plants and fungi need to produce seeds and spores to grow into the next generation.

A good rule of thumb is to take no more than a third of what you see, leaving enough for others and the ecosystem.

Do not collect rare species

Only take plants and fungi when you are certain you know what they are. Take a good field guide to confirm species in the field and avoid confusion. Some species are protected by law, so know what not to collect. Ancient woods, in particular, can contain many rare species so take special care. If you're not sure, it's best to leave it alone.



CRYPTIC CROSSWORD ANSWERS

Across:

1. Fathomless, 6. Acer, 9. Appetisers, 10. Deli, 12. Non-Synthetic, 15. Oligocene, 17. Eyrie, 18. Depot, 19. Heirlooms, 20. Endochronal, 24. Knob, 25. Middlemost, 26. Reek, 27. Aggression

Down:

1. Flak, 2. Tope, 3. Orthodontics, 4. Lisps, 5. Serengeti, 7. Chesterton, 8. Reincrease, 11. Cheerleaders, 13. Woodpeckers, 14. Hippodrome, 16. Exhorting, 21. Nadir, 22. Gobi, 23. Stun

ROSS u3a GROUPS

Check ross.u3asite.uk for available space

GROUP	CO-ORDINATOR	TELEPHONE	MEETING TIMES	EMAIL ADDRESS
Armchair Opera	Alan Stringer	01989 562792	2nd & 4th Tues 11.30pm-3pm	astringer26@icloud.com
Art 1	Margaret Hay	01989 763564	1st & 3rd Fri 2-4pm	m.hay008@btinternet.com
Art 2	Lynda Mower	07771 760052	2nd & 4th Thurs 10am-12pm	lynda.mower@btinternet.com
Books 1	Ginny James	01531 821904	3rd Wed 11am	vljames1909@gmail.com
Books 2	Judith Mackie	07766 134956	4th Thurs 10am	judith@mackiehome.co.uk
Bridge	Rochelle Nash	01989 563195	4th Tues 2pm	nash_rochelle@yahoo.co.uk
Canasta	Pat Milnes	01989 762028	2nd & 4th Wed 2pm	patmilnes49@gmail.com
Chess	Dave Tomlin	01989 720455	1st & 3rd Thurs 10.30am	gorsleydave@outlook.com
Crafts	Joyce Meyer	01989 568607	Alternate Thurs 10am	sandiecotterell@gmail.com
Creating Your Life Story 1	Jane Travers	01989 562308	2nd Thurs 10am	bjaneww@aol.com
Creating Your Life Story 2	Jane Travers	01989 562308	2nd Tues 10am	bjaneww@aol.com
Creating Your Life Story 3	Jane Travers	01989 562308	3rd Thurs 10am	bjaneww@aol.com
Creating Your Life Story Men	Jane Travers	01989 562308	3rd Wed 10am	bjaneww@aol.com
Creating your Life Story 5	Jane Travers	01989 562308	4th Tues 10am	bjaneww@aol.com
Crewel	Marie Eaton Smith	07771 617660	2nd & 4th Mon 2-4pm	pug106driver@yahoo.co.uk
Cribbage	Suzie Kemp	07721 988125	1st & 3rd Thurs 2-4pm	witchiepool_007@yahoo.com
Crime Books	Sally Beswick	07808 183911	3rd Thursday 10.30am	sally.beswick@hotmail.co.uk
Cryptic Crosswords	Phil Angus	01989 562455	1st Thurs 10am-12pm	pandsangus@gmail.com
Current Affairs 1	David Mason	01989 762022	1st Fri 11am	djmasonross@gmail.com
Current Affairs 2	Ben Norris	01989 485273	2nd Fri 10am	enawood1@gmail.com
Current Affairs 3	Mary Alam	01989 567009	4th Mon 2.30pm	marycalam@gmail.com
Cycle & Coffee	Yvonne McKeon	01989 567125	4th Thurs 10am	ybmckeon@gmail.com
French Revisited	Elizabeth Holleis	01989 565352	Mon 10am-12pm	keholleis@gmail.com
French Conversation	Jon Stern	01989 577020	1st & 3rd Tues 2-4pm	jon.stern.kimpton@gmail.com
Gardening	Maggie/Ken Jones	07980 623926	2nd Tues 2pm	collcost@yahoo.co.uk
Genealogy 1	Di Taylor	07425 154730	3rd Fri 11am-1pm	zpundit@yahoo.com
Genealogy 2	Judith Mackie	07766 134956	3rd Tuesday 10.30am	judith@mackiehome.co.uk
Geology & Landscape	Tim Barrett	01989 567906	1st Fri 10am	trbarrett@btinternet.com
History	Brian King	01989 769736	4th Wed 2 pm	margaretfrances@hotmail.co.uk
Jewellery-making	Nola Bates	01989 610150	1st & 3rd Thurs 10.30am/2pm	nolabates1@gmail.com
Keep Fit	Rae Duffield	07971 968469	Wed 11.30am	glasym@hotmail.com
Line dancing	Hilary Smart	01989 762383	1st & 3rd Wed 2-3pm	hilarysmart@ymail.com
Local History 1	Belinda Legge	07964 821930	1st Tues 10.30am	belinda@richardnet.co.uk
Local History 2	Diane English	07845 088497	3rd Thurs 2pm	di.english13@gmail.com
Mah Jong	Jane Collins	07887 768485	Every Fri except 2nd 10.15am	janelouisecollins@gmail.com
Mini Bridge	Roy Milnes	01989 762028	1st & 3rd Thurs 10am-12pm	roy5.milnes@gmail.com
Modern World History	Brian King	01989 769736	4th Wed 2pm	margaretfrances@hotmail.co.uk
Nature	Catriona Pearson	07940 834083	1st Mon 10.30am	catriona64@gmail.com
Philosophy	Brian King	01989 769736	1st Tues 2pm	margaretfrances@hotmail.co.uk
Photography 1	Gordon Hay	01989 763564	2nd Tues 10am	gordh777@gmail.com
Photography 2	Andrew Mackie	01989 750860	2nd Wed 10.30am	andrew@mackiehome.co.uk
Photography 3	Robert Felton	07543 768186	3rd Wed 10.30am	robert.charles.felton@gmail.com
Pickleball	Lesley Lyons	01989 769931	1st & 3rd Fri 2pm	gilmourlesley@yahoo.co.uk
Playreading 1	Anne Summers	01989 218432	3rd Tues 2pm	annemesummers@gmail.com
Playreading 2	Dave Symonds	07525 666894	3rd Tues 2-5pm	davesymonds54@gmail.com
Pub Walks 1	Dixie Collins	07789 474091	2nd Fri 10am	dixie4028@gmail.com
Pub Walks 2	Carol Carney	01989 780787	1st Fri 10.30am	carolcarney001@gmail.com
Quiz	Gail Spolton	07871 580194	4th Mon 10am-12pm	gailspolton07@yahoo.co.uk
Rock Music	Rich Neal	07879 227992	2nd Tues evening	rich420neal@hotmail.com
Rummikub 1	Sandie Cotterell	01989 763546	1st & 3rd Tues 10am	sandiecotterell@gmail.com
Rummikub 2	Sandie Cotterell	01989 763546	2nd & 4th Wed 2pm	sandiecotterell@gmail.com
Science & Technology	David Colenso	07857 940143	2nd Mon 2-4pm	davecolenso@yahoo.com
Scrabble	Nola Bates	01989 610150	2nd & 4th Wed 2pm	nolabates1@gmail.com
Spanish Intermediate	Diana Wood	01989 562355	Mon 10.30-11.30am	diwood407@gmail.com
Spanish Beginners 1	Marilyn Reynolds	01989 564830	2nd & 4th Tues 10.30am-12.30pm	incaamba@gmail.com
Spanish Beginners 2	Marilyn Reynolds	01989 564830	1st & 3rd Tues 10.30am-12.30pm	incaamba@gmail.com
Table Tennis 1	Keith Westwood	01989 562697	2nd & 4th Mon 2-3.30pm	kw@keithwestwood.plus.com
Table Tennis 2	Catriona Pearson	07940 834083	1st & 3rd Thurs 2-3.30pm	catriona64@gmail.com
Tai Chi	Jane Travers	01989 562308	Thurs 2pm	bjaneww@aol.com
Theatre	Fiona Leathart	01989 565271	1st Thurs 2pm	leathart.holly@gmail.com
Walking	Vivienne Nutt	07812 826155	2nd Mon 9.30am	vivnutt@hotmail.co.uk
Whist	Rochelle Nash	01989 563195	1st Thurs 2.30pm	nash_rochelle@yahoo.co.uk
Writing for Pleasure 1	Marianne Wright	01989 762949	2nd Thurs 2.30pm	wrightmarianne9@gmail.com
Writing for Pleasure 2	Lynda Roger	01989 561045	2nd Thurs 2.30pm	lynda.rodger@hotmail.co.uk
Yoga	Marilyn Reynolds	01989 564830	Wed 11am	incaamba@gmail.com