

BRAUNTON & DISTRICT NEWSLETTER

September 2026

NEXT MEETING: TUESDAY 1ST SEPTEMBER 2026
10.00 – 12.00 – PARISH HALL

SPEAKER: LIZ SHAKESPEARE
TALK ABOUT HER NOVELS



Chairperson: Beryl Lloyd 01271 812121
Dave20000@tinyworld.co.uk
Membership Secretary: Judi Walker
membershipbrauntonu3a@outlook.com
Newsletter items to Julia James:
Tel: 816884 email: jjdevon45@gmail.com
October Newsletter deadline
22nd September 2026
Website: <https://braunton.U3Asite.uk/>

Welcome

Margaret Robinson

MEMBERS STORIES

Articles and photos (if available) to be
submitted to our Newsletter Editor, Julia

SPEAKERS BOOKED FOR 2026

October – Lorraine Holmwood –
Barnstaple Ladies Choir

November – Ashley Jones – Ernest
Scackleton, the Ultimate Polar Hero

December – Coastal Swim Coaching

Coffee Morning in August

U3A AUGUST COFFEE MORNING

Richard Patmore and the Ukelele All Stars entertained the members at the recent coffee morning and played many

popular and well-known songs which got members singing!!

U3A Member, Cliff Willmer advised members that he and his granddaughter are aiming to do a sky dive to raise funds for the North Devon Hospice and donations at the coffee morning raised £145.52 to help the cause.

Ukulele Band



Rose Norris at 100 Years Young

Rose was born in 1926 in Dalston, the East End of London, so a true Cockney. All of her teenage years were during the Second World War so it was a very tough time, and she recalls going into the Air Raid shelters most evenings during the Blitz.

She kept fit by running for an Athletics club in Enfield and is proud to have a medal for coming 3rd in her group. She started work in Retail and on her day off she would travel up to London where her love of Dancing drew her into Covent Garden for the Tea Dances.

One of her claims to fame is that whilst working for a Butcher in 1948/49 she met a few of the then Tottenham Hotspurs players who lived with their families very close by. She got to know their wives too and during lock down we made contact with one of the daughters.

She married Len in 1950, and they had 2 daughters (Linda and Sue) and 60+years together. They moved from Hertfordshire, where Mum worked for BAC to settle in Devon in 1971. Although Mum is very proud of her roots, she is very happy living in Devon.

Here she worked for various companies including Marks and Spencer, Then in her 70s she volunteered for the Hospice and gave over 20 years to the Charity shop in Braunton where she made some very good friends.

Music also has been a passion for Rose, and she can play the piano/keyboard by ear. Her love of music and dancing drew her into the Singing Group of Braunton U3A and eventually one of the Shows; then encouraged by her daughters she joined Rosemary's exercise class.

She is a hard worker, a very proud Mother and grandmother; her secret to longevity is that she has never smoked, had one husband and has a clean living (but has a tippie now and again).

She will be celebrating her 100th birthday in Saunton Sands Hotel with her family.



Strollers

Strollers have decided to finish this group and we will amalgamate with the Wellbeing Walks with the Countryside Centre which is every fortnight on Wednesdays. Next Wellbeing walk is on 8th July.

Membership

If you are new member joining our u3a for the first time you are required to fill in an application form. This is to comply with GDP, also we need your details to send out newsletters etc. preferred payment is by Bank Transfer, or cash. Details of our bank account can be found on our website. We get charged 50p a cheque when we pay them in to the bank.



BRAUNTON REPAIR CAFE
Textiles • Mechanical • Bicycles • Electrical

2026
(Saturdays, 10am-1pm):

- May 9th:** Festival Glow Up Special
- July 4th:** Summer Upcycling
- September 5th:** School Uniform Upgrade
- October 31st:** Halloween Fancy Dress
- December 5th:** Christmas Crafts & Fun!

Bring your items to be repaired and learn some new skills

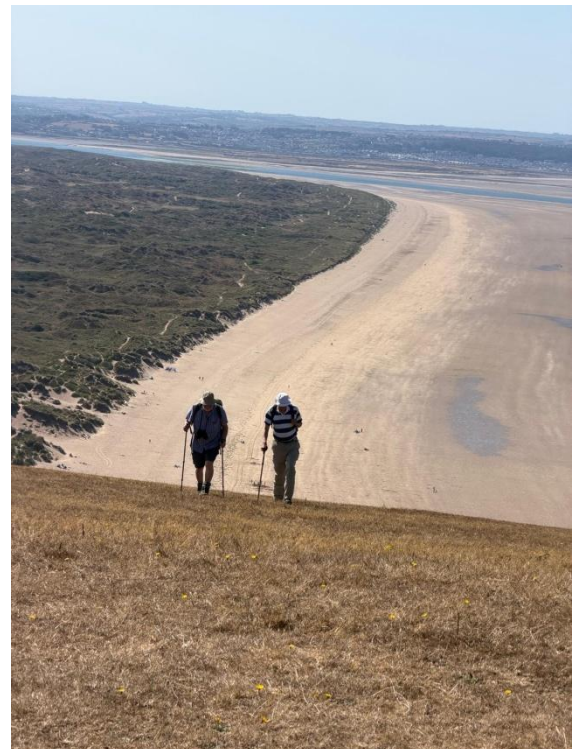
Museum of British Surfing
Braunton EX33 1AA

Supported by:



Walking Group

11th August walk over the hill from Saunton to Croyde.



Result of the July poetry competition



From Amelie is a newly opened coffee shop in the Cross Tree centre. Amelie is just 21 and oozes enthusiasm and an entrepreneurial spirit. She was our judge for this month's competition but couldn't get to the August coffee morning but was really pleased to sponsor our prize.



Our Chair, Beryl, presenting Jean Barnes with the voucher for 'From Amalie' having submitted the winning poem for our July competition. I hope you enjoy her submission,

***They moved into the village,
A Thatch cottage to restore.
It was full of nooks and crannies,
And a very uneven floor.
They joined the local U3A,
New people they could meet.
And go into the village pub,
When they wanted a little treat.
A Sunday morning lie in,
They thought would be Devine
Without realising the alarm clock,
Would be when 'the church bells chime'.
So not to be down hearted
They thought they would go along.
Now they start their Sunday mornings
With friends and a joyful song.***

The closing date for the next poetry competition is August 24th and I'm looking for a poem about a memorable occasion or event. Please email your submission to me at wfh1951@me.com. There will be a new sponsor who will do the judging. Both sponsor and winner will be announced at the September monthly meeting. I'm so looking forwards to reading you entries, happy writing. Bill Hitchcock.

DAY TRIP TO DONKEY SANCTUARY OR SIDMOUTH

THURSDAY 17 SEPTEMBER 2026

Cost £20 which includes coach and driver gratuities.

Tickets on sale at the August and September monthly meeting.

Payment in **CASH**. Members will need to advise at the time of booking if they wish to spend the day at the Donkey Sanctuary or Sidmouth.

Entry into the Donkey Sanctuary is free but a donation to the charity is expected. There are exhibitions, walks around the gardens, café and shop and of course you will be able to meet the donkeys.

Therapy Dog

This is my dog Dylan. He's a cocker spaniel and is 5yrs and 8 months old. He is an accredited therapy dog.



Whilst he has worked with children and adults with profound special needs he is also been getting to know folks across Branton, bringing a little happiness as he goes along. If U3A members think that Dylan might help anyone that they know then please get in touch with me at wfh1951@me.com Thanks Bill Hitchcock

DEVON u3a BIG QUIZ

As the proud (and somewhat astonished) winners of last year's quiz, Honiton u3a are hosting the Big Quiz this year.

The quiz is open to all u3a groups in Devon. Each u3a is allowed 1 or 2 teams of 4 members per team. The price per team to enter is £10.

When: Thursday 22nd October 2026

Where: Awliscombe Village Hall, Greenway Lane, Honiton, EX14 3PJ

Time: Arrive 1.30, quiz starts at 2.00, finish 5pm

Expect: Main quiz that includes an intriguing photo challenge with a trophy for the winning team and a few extra surprises!

Tea, coffee and biscuits on arrival and during the interval.

Car parking available on site.

**PLUS
a free
raffle**

To reserve a team table contact Karen at:
kepitt99@gmail.com

For more information contact Honor at:
honor.head@btinternet.com



We are generously sponsored
by **Brewer Harding & Rowe**
Solicitors

Explore Braunton Parish and find the 5 historic Lady Chapels during October

5 enjoyable walks all with points of interest available on
www.brauntoncaenrotary.co.uk
or printed version at

Braunton Museum or Countryside Centre

Collect a token at each Chapel and have
your card stamped at Braunton Museum
or Countryside Centre



The Walks are free but a donation to help our Club's work
in helping to eradicate Polio will be much appreciated.
Please use the QR code below, or go to our website
www.brauntoncaenrotary.co.uk a cash donation can be
made at the Braunton Museum or Countryside Centre



Join us at the Countryside Centre
to learn more about End Polio Now
24th October 4 - 6pm
World Polio Day



All the walks are easy and will
take 40 minutes or so plus return
to the Museum or Countryside
Centre

The walk to St. Anne's Saunton
from the Burrows Sandy lane car
park takes about 1 hour plus
return. Why not take a flask and a
snack to eat in the grove there

You may know some points of
interest on the route sheets but
others will probably be new to
you

Walk with your friends, take your grandchildren. On your return why not stop for a cup of tea
or coffee in one of our cafes. Do please share these walks on your own social media
networks. Let us get everyone out walking to End Polio Now

Braunton Caen Rotary has always been involved in eradicating polio. The photo on the
poster is of a member giving oral vaccine to a child in India alongside a further 5 of our
members. Roger Byrom as our Rotary District Rep. has been to the House of Commons
twice now as part of a high powered delegation to raise awareness of its importance in
Government

From being endemic in many parts of the world in the 1970s, spearheaded by Rotary, there
are now just a handful of cases in Afghanistan and Pakistan. Like smallpox it can be
eradicated. Meanwhile we are still all worldwide vaccinated in childhood because it can
easily flare up. Polio is incurable and results in limb deformation, paralysis and sometimes
death.

The End Polio Now campaign goes well beyond vaccination, establishing medical expertise
to fight other diseases such as Ebola. Public Trust is crucial

Please take part and help us to eradicate Polio



Evening Walks

Join us weekly on a Tuesday
starting on Tuesday 28th July until 8th
September

These walks are for anyone who would like to
explore our beautiful surroundings, this will also
include walking on uneven ground

Meet at the Countryside Centre at 5.45pm walk
starts at 6pm time 1.5 - 2 hours



Live Well in Braunton
Connecting the Community



ADVERTISEMENT - VOLUNTARY HELP NEEDED

Most of you know Braunton Museum, but did you know that it is run solely by volunteers? Unfortunately, mainly due to illness and holidays, we are struggling to keep it open as much as we would like.

Sessions are 10-1 or 1-4 most weekdays, and if we can get enough volunteers we are hoping to be able to open for at least a couple of hours on Saturdays.

It's good fun, everyone is very friendly and you don't need any sort of specialist knowledge - just to be willing to welcome people and help them in any way you can. We always work in twos, so you would never be on your own.

If you've got a couple of hours spare sometime in the week, please think about joining us. You could do a couple of sessions as a trial to see if it's for you.

Please either drop into the museum at any time it is open, or send your contact details to me on 07740941263

or barbingledene@gmail.com. We'd love to welcome you.

Barbara Watson

GARDENING GROUP

INTERESTED IN GARDENS?

Just a reminder that anyone interested in starting a group based around gardens (but that doesn't involve actual digging!) please get in touch.

It's very much just an idea at present so it needs your input to say what you'd be interested in - Open-garden visits? Visits to garden centres? Plant swops?

Discussions? Planning for more hot summers?

Open to any ideas. Contact Barbara - 07740941263 or barbingledene@gmail.com

INTEREST GROUPS

ART APPRECIATION

Jane Casey – 816893

Jackie Osborne – 813317

We take a light-hearted look at the work of a different artist and then have a go at working in their style.

2nd Tuesday of each month 10am – 12pm

BOOK GROUP

Brian Gilbert

816911 or 07876308317

briangilbert8@gmail.com

2nd Tuesday of the month, 2.00pm in the Library

BEGINNERS BRIDGE

Roy Baker 07768314226

2nd and 4th Thursday of the month

10.30 – 12.30

CINEMA GROUP

Barbara Watson 07740941263.

barbingledene@gmail.com

Sue Gilbert 07969150318

suegilbert46@gmail.com

Please contact by email or WhatsApp to register and for details of films.

COUNTRY DINERS

Group 1 - Ray and Lola Hanson 817681

lolahanson@btinternet.com

Group 2

Jean Barnes 890927 jeanb68@btinternet.com

3rd Friday of each month

CRAFT

Sue Gilbert – 816911

suegilbert46@gmail.com

Third Wednesday of each month, 2pm at the Countryside Centre

CROQUET

Anne Young 813255

amcyoung2003@yahoo.co.uk

See box for details

DISCUSSION GROUP

David Kent 816042

drandjgkent@btinternet.com

Meets the last Monday of the month for discussions on various subjects.

EXERCISE - Medau Movement

Rosemary Littlewood – 890066

WhatsApp 07811892686

Braunton Parish Hall.

Weekly classes on Mondays .

12.30 – 1.20 and 1.45 – .2.35

£1.00 per session

Unfortunately classes will not run for the Autumn Term.

Hopefully start again in January 2027.

Croyde Village Hall

Weekly classes on Thursdays

This class has finished for the summer and will not run for the Autumn Term

Hopefully start again in January 2027

Rosemary's ramblings

'Happiness is Intrinsic. It's an internal thing. Even when old age and ailments try to snatch it away'.

FLORAL ART

Jan Evans 812852 janetevans6@icloud.com

Meeting third Tuesday of the month 10.00 - 12.00

at St Brannocks Rooms

GEOLOGY

First Wednesday of each month, 2 - 4pm, at 1A Lower Park Road; plus occasional local field meetings.

Please contact Paul in advance

at madgett@hotmail.com or on 01271 812617 for details.

LANGUAGES

GERMAN

Sheila Higdon 812585

higdonseila15@hotmail.com

Wednesday 10.30am – 12.00

SPANISH IMPROVERS

Christine Delve 07884 944297

Email: cdelve55@gmail.com

Monday 10.30am - 12.00 noon

LOCAL HISTORY

Anne Young 813255

rayvyoung2000@yahoo.co.uk

LISA CHANTER will be delivering a talk about Highmen of North Devon and EXMOOR on Tuesday 8th September. We meet at St Brannocks Rooms, Church Street, Braunton, EX33 2EL beginning at 10am for refreshments with the talk at 10.30am. All members welcome, £2 charge.

LOCAL LUNCHES

Shirley Fry 813944

12.15 for 12.30 pm on the second Friday of each month

MAH JONG

Peter Barnes 07477599381

peterbarnes1958@hotmail.com

Meeting on 2nd and 4th Wednesdays of the month at 2pm.

POETRY

Gillian Kerr 549150

Every second Wednesday of month 2. – 4.30pm approx..

We now have a vacancy in our friendly group due to a member leaving the area. If you are interested, or would like more information, please contact Gillian.

POETRY – Penners

Bill Hitchcock wfh1951@me.com 07736671440

Meet Monthly at The Countryside Centre on Wednesday 12.30 to 1.30

5th August and 2nd September

If you like writing the odd poem or enjoy hearing / reading your own or favourite poem, you will be most welcome.

RUMMIKUB (BOARD GAME)

Marg Abbott. 07710 201396

margabbott@icloud.com

Meeting on the third Wednesday at members' homes from 2 till 4pm. This group is full at the moment but if anyone else would like to play do get in touch so I can put you on a waiting list.

INTEREST GROUPS

SOCIAL SCIENCES

Lora White 870171

lora@planetmail.com

Come and join the Social Sciences group, learning about interaction and developments in society through Computer & TV presentations with Lora, provoking and sparking new ideas. We would love to hear your views. Meeting once a month, on the 4th Tuesday. 10.30am – 12.30pm at member's homes with Lora, unless otherwise arranged.

TRIPWIRE

Beryl Lloyd 812121

Trip to Donkey Sanctuary and Sidmouth on Thursday 17 September

Tickets on sale at the September meeting

WALKING Groups

Phil Watson on 07889506380

Most Tuesdays, varied bus/walks, with refreshments at pub/cafe if you wish. Appropriate clothing, light refreshment and poles if required.

Dogs welcome on the walk but restrictions at some cafes.

Currently divided into Group A (longer/stronger walkers) and Group B (slower and easier)

As at publishing date, due to holidays, etc, some walks in September are still to be arranged/Leader decided. Please contact Phil Watson on 07889506380 for further updates and for meeting times/travel arrangements, etc.

Tuesday 8 September

To Be Arranged

Tuesday 15 September

A Group – Appledore to Westward Ho! Via Northam Burrows

B Group – Westwood Ho! Via Pebble Beach to Visitor Café

Tuesday 22 September

A&B Groups – Torrington to Puffing Billy. A Group to continue to Bideford

Tuesday 29 September

To Be Arranged

WINE APPRECIATION

Anne Young – 813255

rayvyoung2000@yahoo.co.uk

2nd Wednesday of the month at 7.30pm

U3A MONTHLY RAFFLE PRIZE

We have a new sponsor for our monthly meeting raffle prize, and it is a thank you to Roger Byrom and his team from L Clarke & Sons who are donating a £15 Tesco voucher as the prize.



L. Clarke & Sons
— Independent Funeral Directors —