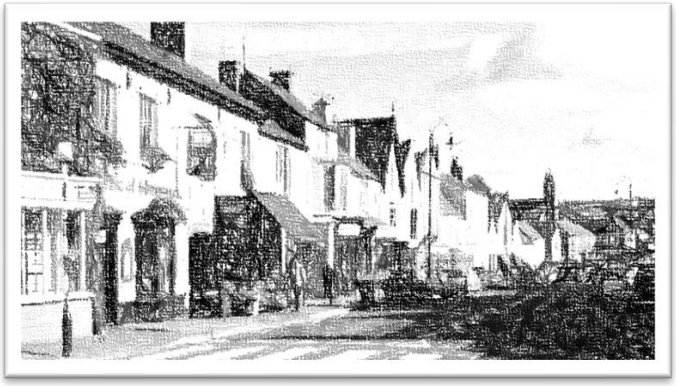


COWBRIDGE

u3a

learn, laugh, live

OCTOBER 2026

A Message from the Chair



Elizabeth Eustace

(This is me!!)

Following a most enjoyable AGM, the Committee are excited to begin a new year at Cowbridge u3a with a slightly different Newsletter. We would be delighted to feature contributions from our groups, along with some photographs. This is a wonderful opportunity for Groups to showcase their activities and share their experiences with fellow members. Tell us about the activities that you have enjoyed, interesting places you have visited, new skills you have learned or the special things that make your group unique.

At our next meeting, we will hand out a short, anonymous questionnaire to help us plan some new activities. We will also send it out via groups or you may wish to download the attachment to this newsletter. Completed forms should be handed to any Committee member. We would really appreciate your feedback. You will see that small number workshops will be offered and the first of these will be a visit to Waitrose to learn how to use their scanners. Watch this space!!

At our next Open Meeting on Wednesday 11th November 2026, we will ask attendees to register their name at desks provided for Health & Safety requirements and Safeguarding of members. Only your name will be recorded, and the register will be destroyed immediately after the meeting. This is not an attendance register!

It is with great sadness that we heard that **David Pierce** had recently died. David was a long tern member and loyal supporter of our u3a and served as secretary from 2019 -2023. He was well known in our u3a and in the town due to his work with the museum. He was a quiet and unassuming, pleasant man, who will be missed by many. David's funeral is at 2pm on Wednesday 21st October at Holy Cross Church, followed by a reception in The Bear Hotel. Donations towards Cowbridge Museum.



Meet our new Membership Liaison Committee Member, Sue Pearson, whose role is to work with Members to help them get the best experience they can from Cowbridge u3a. She will also be looking after new Members and offering them an induction. Sue has a volunteer team of Meet & Greeters. For example, some Members have commented that they cannot hear speakers if they at the back of the room, so will be looking into hearing loops and microphone equipment. She also organises the Coffee & Company member get-togethers on Monday mornings.

Diary Dates

Wednesday 14th October 11am – Third Age Trust AGM

Wednesday 14th October 2pm – Open Meeting – Speaker Debra John "An Edwardian Housemaid". A welcome return for Debra, who previously entertained us as "A Lady in Swansea Debtor Prison"

Monday 26th October 11am – Coffee & Company in 96 Degrees, Cowbridge – all Members welcome.

Tuesday 3rd November - Gardening Group Trip to National Arboretum at Westonbirt. A **limited** number of seats are still available for Cowbridge u3a Members at a cost of £42.00 per person including coach travel and entrance fee. Leaving Cowbridge 08.30am – Contact Rebecca Exley rebeccaexley123@gmail.com.

WANTED

Members for New Groups:

Art Appreciation 

Astronomy 

French Conversation 

Singing for Pleasure 

Contact Group Co-ordinator at

cowbridge.u3asite.uk



Coffee & Company

I hope you like the new name for our coffee mornings held on the last Monday of the Month at 96 Degrees. There was a great turnout in September with 20 members and a great way to spend a Monday morning. Come and join us on 26th October at 11am!

Group Focus

Communication Matters - Truth or Lie?

We had great fun yesterday afternoon trying to work out who was telling the truth and who was telling a lie! Had one member really worked with a serial killer? Had another spent some time living in a cave? Did one member know somebody else who had picked up a Royal Corgi's poo with their bare hands? We heard many strange and improbable stories. We had lots of laughs and some serious detective work. But which were true and which were lies?



u3a online

Did you know you can attend zoom meetings online? Go to u3a.org and search for online meetings covering a wide range of topics. A good one coming up is Your guide to feeling connected in a Digital World" on Tuesday13 October @ 2pm – I hour 30 minutes.

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