

COWBRIDGE u3a

learn, laugh, live

NOVEMBER 2026

A Message from the Chair

Change is not what everyone wants or needs in their lives. Yet the progress driven by information technology between 1985 and 2025 has been startling in the changes brought to our lives. Who would have thought that in 1995, when Cowbridge u3a was formed, that by 2025 so much of our communication would be driven by iphones, on-line devices, payments for goods and services by cards for amounts large and small, on-line shopping, and more time looking at screens than at each other. Progress is unstinting, and now we have AI. But we cannot halt change, or progress, as some might name it, and so we learn to embrace it. This is the reason we ask in the current questionnaire if you have access to our website, where you can contact group leaders and committee members, and find out what is on our calendar. It is also how we keep you updated on events at short notice. Another route is the newsletter. However, do you read it? Is it the way to update you? Should it be put on our website for you to read online rather than sent out by Beacon? Is this a change you would welcome, or not? If you have any comments or feedback on communication with you, please let me know.

Roger Eustace took last month's meeting, so thank you Roger. I was delayed because of the TAT Annual General Meeting and voting on our amendment to a resolution on TAT consulting with membership on advocacy and campaigning. Because we proposed an amendment, I had to address the AGM. Resolutions and amendments were the last item on a very lengthy Agenda, so my apologies for being late.

So far our questionnaire has had 84 responses. This is just a gentle reminder to complete the form which is anonymous. The feedback given so far has already proven useful, so please complete and return via email to myself or any member of the committee, or by hand at Open Meetings.

Thank you to those members who have already paid their annual membership subscription. Outstanding subscriptions must be paid by 30th November.

Elizabeth



Pam is our new Events Co-ordinator. Her role is to organise outings and events on behalf of Cowbridge u3a. When we have analysed the results of the questionnaire we will know how much interest there is in Workshops, Outings and what we will call Local Social (nearby events). Pam will ask you to join these groups if you are interested, and will notify you of events she is planning. However, perhaps one of the biggest problems we have in Cowbridge is finding what outings and nearby events members want and will respond to, and this will be a large part of what Pam does – listening to your ideas and acting on them. Please say "Hello" to Pam and chat to her about your interests.

Diary Dates

Wednesday 11[1h] November 2pm – Open Meeting – Speaker Andy Seaman Excavations at Fonmon".The talk will be on the 2021-26 seasons of survey and excavations as part of the Fonmon Castle Landscape Archaeology Project.

Monday 23rd November 2026 - "Using Waitrose Scanners". Meet at Waitrose at10.45am for 11am. Register at Open Meeting above.

Sunday 29th November 2026 - Mini-bus to Bath, Cowbridge at 9am leaving Bath at 5pm. Cost £31.00 per person

Monday 30th November 2026 - Coffee & Company at 96 degrees from 11am

Wednesday 9 December 2026 - Open Meeting at Ramoth UFC at 2pm. Entertainment by My Kinda Choir, followed by mulled wine and mince pies in Maendy Room.

Group Focus

Singing For Pleasure

Come and sing for fun and enjoyment with other Members. No auditions, no need to read music, and no solos, just enthusiasm needed. We sing along to a wide range of songs chosen by group members with words and accompaniment provided You are most welcome to join regardless of singing ability.





Coffee & Company

Our Coffee & Company morning is held on the last Monday of the Month at 96 Degrees. There was a great turnout in September and October with 20+ members at each event. A great way to spend a Monday morning. Come and join us on 30th November at 11am.

Sue Pearson
Membership Liaison

Astronomy



With a mixture of experienced astronomers and those who want to know more about the night sky they see from their gardens, the membership of the new astronomy group is growing. We are fortunate that several members live in the rural vale, so we can appreciate the clearest skies in the area – we meet in members' homes and gardens. At our last meeting under the clear skies of Flemingston, we were able to see the ringed planet Saturn, the Andromeda nebula, the brightest part of the northern Milky Way, and we traced out a number of the brightest constellations. All of us are marvelling at the night sky! Hopefully, if there is a spell of clear weather late in the winter, we will make a trip out to even darker skies nearby. Our next meeting is Thursday 19th November.

We also go to some of the meetings of the Bridgend Astronomical Society – their next meeting is Wednesday 18 November where the talk will be on Life Off the Earth.

We welcome new members.

John Kay, Group Leader

TRIPS & EVENTS

BATH TRIP UPDATE

We're well on our way to filling the minibus for this trip.

WAITROSE VISIT

Register for this visit at our next Open Meeting on 11th November 2026.

Pam Kay
Events Co-ordinator

NHS Wales have contacted us about delivering a six week workshop, Live Well, Age Well. I think it is currently being run at the Leisure Centre in Cowbridge and elsewhere, but they are interested in delivering to Cowbridge u3a if there is sufficient interest. They have already delivered to Cardiff u3a.

It is to support us to

- Learn about different ways of looking after our health and well-being as we age
- Trying different activities designed to help us be more physically and mentally active (we are probably ahead of them there).
- Reducing our risk of having a fall
- Connecting with the local community

We have written to ask them to provide more information before we put the idea to you.

u3a Learning Events Online

The Third Age Trust provides advice and information for all local u3as, including online courses and learning activities. Access the link via Cowbridge u3a website under General Information.

NEW GROUP NEW GROUP NEW GROUP

Sunday Lunch Group

Members have expressed interest is starting up a Sunday Lunch Group. If you'd like to join this group please contact our Group Co-ordinator, Roger Eustace.

We welcome reports, short articles from group leaders and members on u3a group activities for publishing in this newsletter, Facebook etc. .