

## Dear Members,

I would like to take this opportunity to congratulate one of our members for the amazing work he has completed in assisting our colleagues in Littlehampton u3a (West Sussex) in the establishment of their website. I received a very complimentary email from the Chair in thanking him for his efforts, saying that the website was a real success and proving to be a huge benefit to all their members. This is a great example of u3as working together, creating a team spirit and effectively placing Porthcawl u3a in a very "good light" within the national community. Well done.

We need someone to take over the role of Social Secretary. Could you help? You would need to organise social events, so members can get together other than at Study Groups. The Social Secretary does not have to join the committee if they don't want to! If you can help, or need more details, please contact me.

**Chair** [chair@porthcawlu3a.org.uk](mailto:chair@porthcawlu3a.org.uk)

## UPCOMING EVENTS



### Coffee Mornings

**Wednesday, May 6th - Waterfront - 10am**

**Saturday, May 30<sup>th</sup> - Atlantic Hotel - 11am**

### Wednesday, May 13th - Monthly Talk

Our May speaker is Gareth Jones, Secretary of the Owain Glyndŵr Society and his subject is Coety Castle which was built during the Norman conquest of Glamorgan in the late 11th century, and which controlled movement along the main lowland route through the area.


In May 1404, the castle was put under siege which lasted until at least September 1405 - this was a major event in Owain Glyndŵr's War of Independence.

The talk will explain the background to the siege and the effect of Glyndŵr's War on the surrounding area.

Previous talks can be found on our Porthcawl u3a YouTube channel 



### Wednesday, May 27th - Tintern Abbey and Chepstow - £22

Leaving 9:30am from the Atlantic hotel. A self guided tour of the Abbey will be followed by browsing/lunch in Chepstow. Just to note, the abbey is positioned next to a small holding, chickens may occasionally enter the site. 

### Wednesday, June 10th, Hi-Tide - Porthcawl u3a Annual General Meeting



### Wednesday, June 17th - Bourton-on-the-Water (Cotswolds) - £27

Leaving the Atlantic Hotel at 9:30 am, and returning at 3:30pm

The "Venice of the Cotswolds," is a picturesque English village in Gloucestershire famous for its low stone bridges spanning the shallow River Windrush.

### Wednesday, July 22nd - St David's (Pembrokeshire) - £26

Leaving the Atlantic Hotel at 9:30 am and returning at 3:30pm

To book a trip, email [visits@porthcawlu3a.org.uk](mailto:visits@porthcawlu3a.org.uk). Once you have received a reference code, payment needs to be made no later than two weeks prior to the visit. preferably by BACS transfer.

**Porthcawl u3a's current membership - 393**

# MEMBERS' MOMENTS

## Congratulations to Porthcawl u3a Quiz Team

On Monday 23rd March Cowbridge u3a held an inter-u3a quiz at Cowbridge Town Hall as part of their 30<sup>th</sup> anniversary celebrations. There were 17 teams present and Porthcawl came first with 89 points.



## February's trip to Big Pit, Blaenavon

We took a seat in the Miners' Waiting Rooms before embarking on our journey. Wearing a miner's helmet, cap lamp, belt, battery and 'self rescuer' we went 300 feet underground with a real miner for a 50-minute walk to see what life was like for the thousands of men who worked at the coal face.



## Congratulations to the 100 Club's April winners:

**1st LA £50, 2nd CC £25  
and 3rd MC £10**

Winners, please email your bank details - Bank, Account name and Sort Code - to our Treasurer at [treasurer@porthcawlu3a.org.uk](mailto:treasurer@porthcawlu3a.org.uk)

Just to remind members of the 100 Club that you will need to renew your £20 membership by May 15th. If paying by BACS, please make payments to Porthcawl u3a reference "100 Club" followed by your membership number.

**RNID** Free RNID drop-in service. **No appointment needed.** Receive information on hearing loss and tinnitus, how to do a hearing check, how to access support and hearing aids, including basic repairs and maintenance of NHS hearing aids. **Awel-y-Mor, 2nd Friday of the month.**

## Are you interested in Permaculture or Forest Gardens?

If so, you may be interested in a course being organised by Coed Hills Rural Art Space near St Hilary in the Vale of Glamorgan, May 7-13. *Coed Hills Rural Arts Space* (known locally as 'the Coed') is a sustainable community set up 25 years ago by a local landowner on fields and woodland. The residents live in railway carriages, log cabins, straw-baled buildings and yurts; and the whole site is run on alternative energy, including high-tech wind turbines and biomass underfloor heaters. Food is grown using Permaculture techniques, and there is an 8 acre market garden and a 2 acre forest garden on site.



They host music and arts festivals, and also weddings. The garden is open to the public, but it is best to contact Stephen Watts first on 07507 578885

<https://awildlife.org.uk/course/permaculture-immersion-week>



# MEMBERS' MOMENTS



## HOUSE OF LORDS VISIT



On the 16<sup>th</sup> of March, along with about 30 other members of u3a from around the UK, I visited the House of Lords. We were welcomed by members of the Parliament Communications Team and were given an extensive tour of the Houses of Parliament including visits to both the Commons and Lords' Chambers.

After the tour we had a Q&A session with four members of the Lords; Baroness Garden (Lib Dem), Baroness Bennett (Green), Lord Knight (Labour) and Lord Hampton (X bench).

At lunch we were joined by Lord Best (X bench), Baroness Blackstone (Labour) and Baron Forsyth (Lord Speaker). We discussed how the Lords could help promote the u3a and its activities and how the Government can support the voluntary sector and the role of the Lords in general.

After lunch we attended a debate in the Lords' chamber which brought to an end a very interesting and informative day.

**Groups Co-ordinator**

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## NOTICE OF ANNUAL GENERAL MEETING



We'd like to remind you of Porthcawl u3a's Annual General Meeting on June 10th, 2025. It will take place after the monthly talk at the Hi-Tide. A quorum is required to make decisions valid, so it's important as many members as possible make every effort to attend on the day. Remember, your vote counts **ONLY IF YOU ARE PRESENT.**

We are looking to elect a new Secretary; it is essential the person appointed has computer/word processing skills. If you require further information on the role, please email: [secretary@porthcawlu3a.org.uk](mailto:secretary@porthcawlu3a.org.uk) Anyone wanting to stand, please complete & return the nomination form at the end of this Newsletter.

# Calendar for the Month

<b>Astronomy</b>	<b>7</b> <b>21</b>	Th	2pm	YC	Music in Space / Music from Space Whatever happened to SETI?
<b>Book 1</b>	<b>29</b>	F	10.30	AFC	<i>The Secret Scripture</i> by Sebastian Barry
<b>Clubs 2</b>	<b>13</b>	W	10.30	AR's	<i>I Let You Go</i> by Clare Mackintosh
<b>3</b>	<b>7</b>	Th	2pm	CP's	<i>Theo of Golden</i> by Allen Levi
<b>Canasta</b>	<b>11</b> <b>25</b>	M	2pm	YC TBC	Anyone who would like to play, or learn to play, is very welcome
<b>Ceramics</b>		W	2pm	YC	This is a very popular course, running to capacity. Add your name to the waiting list and you will be welcomed as a valuable member of the group just as soon as there is a vacancy.
<b>Conversations</b>	<b>14</b> <b>28</b>	Th	2pm	AFC	What is the justification for expenditure on space exploration when there is such acute poverty, suffering and destitution in our world? What is unacceptable and why do we accept it?
<b>Crafts</b>	<b>7</b> <b>21</b>	Th	2pm	YC	New members welcome
<b>Exploring Poetry</b>	<b>18</b>	M	2pm	TBC	<i>Studying the Canterbury Tales</i>
<b>French for All</b>	<b>12</b> <b>26</b>	T	10.15	AFC	Why join u3a? Recycling... good or a nuisance?
<b>Gardening</b>	<b>26</b>	T			Visit - Venue to be confirmed New members welcome
<b>Guitar</b>	<b>11</b>	M	10am	NSR	New members welcome
<b>History</b>	<b>11</b>	M	10.15	YC	We will continue with Greek History and related topics
<b>International Zoom Link</b>	<b>4</b> <b>18</b>	M	2.30 10.30		We link via Zoom between members of our u3a and members of the u3a at Nantes in France. We chat in English about current issues affecting our countries and ourselves. Do come and join us.
<b>Italian For All</b>	<b>7</b> <b>21</b>	Th	2pm	TC	Members with at least beginner level of Italian are welcome.
<b>Kaffeeklatsch</b>	<b>12</b> <b>26</b>	T	11am	YC	Friendly German conversation over a cup of coffee. Basic knowledge of German essential. New members welcome.
<b>Latin</b>	<b>11</b>	M	2pm	YC	Come and help us translate interesting Latin stories.
<b>Litter Picking</b>	<b>5</b> <b>19</b>	T	10am	Rest Bay	New volunteers welcome
<b>Mah Jong</b>	<b>14</b> <b>28</b>	Th	2pm	YC	New members welcome
<b>Mindfulness</b>	<b>5</b> <b>19</b>	T	1.30	YC	Everyday mindfulness: "Present awareness in ordinary moments, with curiosity and without judgement" please join us if this interests you.
<b>Monthly Talk</b>	<b>13</b>	W	2.15	H-T	Gareth Jones, Secretary of the Owain Glyndŵr Society <i>Coety Castle</i>
<b>Origins and Development of Drama</b>	<b>11</b>	M	2pm	AFC	<i>Hope to be starting Pericles</i>
<b>Painting Workshop</b>		Th	10am	YC	This is a very popular course, running to capacity. Add your name to the waiting list and you will be welcomed as a valuable member of the group just as soon as there is a vacancy.
<b>Philosophy &amp; Ideas</b>	<b>8</b> <b>22</b>	F	10am	TBC YC	If Sue's 'consciousness' is finished Roger is ready with Democracy and the Law. If these topics are complete I am sure we will find more on the 22nd.
<b>Photography for Everyone</b>	<b>12</b> <b>26</b>	T	2pm	YC	New members welcome



<b>Play Reading</b>	<b>28</b>	Th	2pm	YC	New members welcome
<b>Psychology</b>	<b>21</b>	Th	10am	AFC	Professor Jenny Mercer will be giving a talk entitled "When Nature Nurtures". The focus will be on examples of green care and how connecting with nature can be good for us.
<b>Quiz</b>	<b>11</b>	M	2pm	YC	New quizzers welcome Come and test your general knowledge
<b>Rummikub</b>	<b>1</b> <b>15</b>	F	2pm	SH	New players welcome
<b>Scrabble</b>	<b>11</b> <b>18</b>	M	10am	H-T	New players welcome
<b>Search for Knowledge</b>	<b>18</b>	M	2pm	AFC	We will examine recent events and how Humans evolved to rule the World
<b>Social Cycling</b>	<b>27</b>	W	11am		Meet at Afan Argoed carpark, SA13 3HG 
<b>Social Dancing</b>	<b>12</b> <b>26</b>	T	2pm	TC	A mix of ballroom, Latin, sequence, the odd line dance and Rock & Roll.
<b>Sustainability</b>	<b>12</b>	T	2pm	YC	The Impacts of War on the Environment
<b>Table Tennis</b>		F	10am	YC	Weekly meets New members welcome
<b>Technology Help Desk</b>	<b>11</b>	M	10.30	COSTA	Do you need help with your electronic devices? Ring for an appointment
<b>Ukelele</b>	<b>1</b> <b>15</b>	F	2pm	YC	New players welcome
<b>Understanding Modern Art</b>	<b>11</b>	M	10am	YC	We will have a review of themes covered this year to consider how contemporary design and pop art reflects the cultural norms and expectations of today.
 <b>Walking</b>	<b>8</b> <b>22</b>	F	1.30		From Tythegston Home Farm, CF32 0ND. Turn right into Tythegston village when descending Three Steps Hill, park in the farmyard on the right. A 3-mile circular walk through fields and woods. Lots of bluebells! From the harbour Coastwatch tower, to mark the 200th anniversary of Porthcawl, we'll walk along the seafront, down Locks Lane, through the Wilderness and back along Eastern Prom, ending in the Waterfront.
<b>Welsh</b>	<b>14</b> <b>28</b>	Th	10am	TC	New members welcome
<b>Whist</b>	<b>18</b>	M	2pm	YC	Anyone who would like to play, or learn to play, is very welcome
<b>Wildlife</b>	<b>5</b>	T	2pm		The first of our summer field visits will be to Parc Slip Nature Reserve, Fountain Road, Tondu, CF32 0EH for a short walk and talk by the Warden, Tim Jones. Good cafe and free parking.
<b>Writing for Pleasure</b>	<b>1</b> <b>2</b> <b>3</b>	F	10am	RC	Meetings are informal and relaxed. Beginners and experienced writers welcome. There are spaces in Groups 1 and 3.

### u3a Contacts

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### Venue key

**AFC** = Football Club  
**H-T** = Hi-Tide  
**KNR** = Kenfig Nature Reserve  
**NSR** = Newton School Room  
**RC** = Rugby Club  
**SH** = Seagull Hotel  
**TC** = Trinity Church  
**YC** = YMCA