

Dear Members,

Hopefully you all have enjoyed the Summer, even if it was at times a little too hot.

As we move into the Autumn period it is really good to see a number of new interest groups being added to our wide range of activities already in place (see below).

I would also like to add that Denise Lambkin , already involved as a co group leader of our Gardening team and a key contributor in our Wildlife group, alongside Greg Nutgens , has volunteered to be our Beacon Administrator and new Membership Secretary, taking over the reins from Selwyn Jones. I am sure that she will be a great asset to our team.

Regards,

Richard Hopkins, Chair 07531 062146 or chair@porthcawlu3a.org.uk

UPCOMING EVENTS

Monthly Talk - Wednesday, September 9th

Chris Jones - 'Glass, Bottle, Bottle, Glass - The perfect chaos of Tommy Cooper'

Chris' topic will be Tommy Cooper, the Caerphilly-born magician and comedian - one of the funniest men in the business.

If you are interested in giving a presentation yourself, please see Geoff Henderson's notice on page 2.

Previous talks can be found on our Porthcawl u3a YouTube channel 

Friday, September 11th - Kenfig Bus Walk

The number 63B bus runs from Porthcawl to Bridgend via North Cornelly and Kenfig Nature Reserve. This bus service was recently reinstated due to popular demand, having been discontinued for a number of years.

The Walking Group will be catching the bus to Kenfig Nature Reserve, and walking back to Porthcawl through the Reserve and along the coast path. The bus leaves the new bus station at 1.24 pm, then stops at the Library, Fulmar Road and West Park Drive.

Why not join us for this 3.5 mile walk with a difference? And don't forget your Bus Pass! **Greg Nuttgens**



Wednesday, September 23rd - Ludlow Medieval market town, Shropshire - £27

Leaving the Atlantic Hotel at 9:30am. Returning 3:30pm. **Payment due by September 9th.**

Please use the reference "**Ludl**" before your membership number e.g. Ludl 9789

Following our visit to Ludlow , there will be a break in our itinerary of a period of 3 months.

We will recommence in January 2027.



Coffee Mornings

Wednesday, 2nd - Waterfront - 10am

Saturday, 26th - Atlantic Hotel - 11am

MEMBERS' MOMENTS

Would you be interested in presenting a Monthly Talk?

I'm about to start to fill our monthly speaker slots for 2027. In 2026 we were entertained by three of our members, and I'm seeking members who'd like to speak to us in 2027. I'm happy to offer tech help if needed. Our slots are the second Wednesday of each month, except August and December.

If you're interested, please email me - **Geoff Henderson** geoffhenderson44@gmail.com

Forty Winks

One of the pleasures of writing is discovering where a simple idea can lead. Recently, *The Oldie* magazine challenged readers to write a sonnet entitled *Forty Winks*. Rather than writing about an afternoon nap, our very own Claudette Evans, leader of Group II Writing for Pleasure, imagined our own local seascape as the Romantic poet Percy Bysshe Shelley might have viewed them - a brief escape from the pressures of modern life, where the spirit is free to wander above rocky bays, windswept dunes and crashing waves. She was thrilled when the poem was awarded a prize. It was a timely reminder that inspiration can often be found in our own backyard—provided we pause long enough to notice them. The Poem is printed in the *Oldies* magazine, August issue number 468.

'Forty Winks'

*Sweet, gentle snooze! You soft and silent guest,
whose silver fingers close my weary eyes.
For one brief space of time, I drift to rest,
my burdened thoughts set free—my spirit flies.
To soar with gulls above each rocky bay;
amid the symphony of crashing waves.
Beyond the clamour of the waking day,
where modern life would have us all as slaves.
I'll walk through flowing tufts of marram grass,
and sand dunes sculpted by the wind and rain.
To climb the rocks that challenge man to pass,
through surf and spray, to ocean's sweet refrain.
Though brief the tide that bore my thoughts away,
its peace still lights the passage of my day.*

Claudette Evans

Walking Group - Llantwit Major

Many thanks to Pat Thomas for these pictures taken in "scorchio" July.



MEMBERS' MOMENTS

Sing it Again !!

Come along to the Newton School Room on the last Wednesday of the month from 2–4pm, starting Wednesday 30th September, for a relaxed and friendly singalong featuring well-loved songs spanning eight decades, from 1950s classics to more recent favourites. No auditions, no pressure and no previous singing experience needed — just bring your voice, your enthusiasm and a love of great songs!

Contact Claudette Evans 07850 143178

Welsh Group

The Welsh group will re-commence in its new form, with group leaders Janet and Sharon, on Friday 18th of September, 10.00 – 12.00 in the YMCA. It will then be held on the first and third Friday of each month. All are welcome for the two hours, both learners and Welsh speakers. However, the first half hour will be for complete beginners, with the remainder aimed at Welsh speakers and speakers of all levels. During that time, we will be discussing a variety of topics in Welsh, with emphasis on Welsh culture and history. We will also play games such as the Welsh language versions of Scrabble and Monopoly!

About Janet

Janet is a fluent Welsh speaker who was educated through the medium of Welsh. She is keen to promote the language at all levels and to encourage everyone to enjoy using the language.

janet.wile1@outlook.com

About Sharon

Sharon is a qualified and experienced teacher of Welsh for Adults. Before semi-retiring, Sharon was previously South Wales Police's Chief Language Officer and subsequently the Manager of the Senedd's Language Skills Team.

SHARON.WARREN1@sky.com

We look forward to seeing you there.

Social Cycling - Swansea Park & Ride to Pontardawe

These pictures were taken in June along the cycle track by the river Tawe.

We left bustling and busy Swansea traffic to the peace of water, meadow lands, canals, birds and we were in another world! We cycled back through SA1, finding a great coffee shop by the weir, cycling about 22miles that day.

Pat Thomas



MEMBERS' MOMENTS



Congratulations to the 100 Club's August winners:

1st John Limbert £50, 2nd Mary Poland £25

and 3rd Margaret Williams £10

Winners, please email your bank details - Bank, Account name and Sort Code -
to our Treasurer, Norah Clarke at treasurer@porthcawlu3a.org.uk

Walking Group - Gnoll Park, Neath

We had a lovely August walk, happily finding our route under the shady trees by the lake to Brynau Farm and across some very dry fields with a climb up to Mosshouse Wood Reservoir.

We were impressed with the new visitor centre which housed excellent facilities.

Pat Thomas



If you think any of our
members would appreciate
a card from u3a, for illness,
bereavement
(or even a happy occasion!)
please let me know.



Marcia Humphries
772895



Calendar for the Month

Astronomy	3 17	Th	2pm	YC	The Real Galileo	Roger Butler 07443 906739
					Engaging with the sky	
Beach Clean	1 15	T	10am	Rest Bay	New volunteers welcome	Debra Cooper 07835 386805
Book Clubs 	1	F	10.30	AFC	<i>Theo of Golden</i> by Allen Levi	Sue Rowlands 07714 707544
	2				<i>The Women</i> by Kristin Hannah	Annie Rance 711848
	3				<i>Confession with Blue Horses</i> by Sophie Hardach	Carolyn Perren 788093
Canasta	14 28	M	2pm	YC TBC	Anyone who would like to play, or learn while playing, is very welcome.	Lyn Irving 649447
Ceramics		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. Contact Julie Morgan 07718 074527	
Conversations	10	Th	2pm	AFC	What are the essential features of good leadership and good government and have we ever experienced either?	Doug Jones 657571
	24				What lessons has our life experience taught us and how valuable are they?	
Crafts					This group is currently inactive.	
Exploring Poetry	7	M	2pm	AFC TBC	<i>Nun's and Priest's Tale</i>	Elizabeth C Bower 786234
	21				<i>Canterbury Tales, Chaucer</i>	
French for All					No meet in September	Jenny Worthington 785446
Gardening	22	T	2pm		Venue TBC. Garden visit / How to cope with drought New members welcome	Sue Ireland 782855 Denise Lambkin 07957 258969
Guitar	14 28	M	10am	NSR	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. Contact Claudette Evans 07870 143178	
History	7 21	M	10.15	YC	Finishing the series on Scandinavia and Eastern Europe, moving on to The Commonwealth (or Empire) starting with Canada. Peter's local Government and Lisa's rehoming of Native America?	Andrew Collier 784939
International Zoom Link	7 21	M	2.30 10.30		Join us via Zoom link where members of our u3a and members of the u3a at Nantes in France chat in English about current issues affecting our countries and ourselves. You will be very welcome.	Doug Jones 657571
Italian For All					No meet in September	Alison Davies 07791 339679
Kaffeeklatsch	8 22	T	11am	YC	Friendly German conversation over a cup of coffee. Basic knowledge of German essential. New members welcome.	Regina Grech 07484 812927
Latin	14 28	M	2pm	YC	Come and help us translate interesting Latin stories.	Doug Jones 657571
Mah Jong	10 24	Th	2pm	YC	New members welcome	Val Lea 773288
Mindfulness	15	T	1.30	YC	Everyday mindfulness: "Present awareness in ordinary moments, with curiosity and without judgement" please join us if this interests you.	Jaci Russell 07582 274028
Monthly Talk	9	W	2.15	H-T	'Glass, Bottle, Bottle, Glass - The perfect chaos of Tommy Cooper'	
Origins and Development of Drama	14 28	M	2pm	AFC	<i>Richard II</i> <i>Hoping to start Henry IV Part 1</i>	Elizabeth C Bower 786234
Painting Workshop		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. Contact Liz Brown 07933 216383	
Philosophy & Ideas	4 18	F	10am 10.15	YC POW	I hope Eddie will open for us on AI, led by AI. If/when this is exhausted we may re-examine the nature and role of Philosophy itself	Andrew Collier 784939
Photography for Everyone	8 22	T	2pm	YC	New members welcome 	Roger 07443 906739 Laurence 788089

Play Reading	24	Th	2pm	YC	New members welcome	Kay 07519 329760 Veronica 784718	
Psychology					No meeting in September	Caroline Limbert 07786 082864	
Quiz	14	M	2pm	YC	New quizzers welcome Come and test your general knowledge	Phil Rawle 07849 665655	
Rummikub	4 18	F	2pm	SH	New players welcome	Mary Poland 650121 07740 516951	
Scrabble	7 21	M	10am	H-T	New players welcome	Pat Parry 784211	
Search for Knowledge	21	M	2pm	AFC	<i>"What's News", Global effects of the on-going "Super El-Ninio" and growing concerns around "Artificial Intelligence".</i>	Jeff Saunders 782389	
Sing it Again	30	W	2pm	NSR	Just for fun. New members welcome	Claudette Evans 07850 143178	
Social Cycling 	18	F	10.30	Meet at Afan Argoed Forest (country) Park car park, SA13 3HG (payment needed) to ride up and around Glyncorrwg		Pat Thomas 782613	
Social Dancing	8 22	T	2pm	TC	A mix of ballroom, Latin, sequence, the odd line dance and Rock & Roll.	Terry Arnell 784820	
Sustainability	8	T	2pm	YC	Nuclear power and the Llynfi planning application	Eddie Morgan 07967 629690	
Table Tennis		F	10am	YC	Weekly meets New members welcome	Gary 07872 560179 Joan 07730 451373	
Technology Help Desk	14 28	M	10.30	COSTA	Do you need help with your electronic devices? Ring for an appointment	Geoff 786790 Laurence 788089	
Ukelele	4 18	F	2pm	YC	New players welcome	Mike O'Brian 786164	
Understanding Modern Art	14	M	10am	YC	Looking at artists and themes/styles including, until Christmas, the history of Film and its influence on collective world culture perspectives.	Susan Lieven 724332	
Walking 	11 25	F	1.30	1.24pm from the new bus station. 63b bus ride to Kenfig Nature Reserve and walk back. See page 1 for more details. Led by Greg Nuttgens 01656 773501 From the Globe Inn, CF36 5RN. A 3 mile circular walk on the flat around the area. No stiles. Led by Mike Clarke 07957 456651			
Welsh	18	F	10am	YC	New members welcome	Janet 07729 685919 Sharon 07788 508877	
Whist	7 21	M	2pm	YC	Anyone who would like to play, or learn while playing, is very welcome	Lyn Irving 649447	
Wildlife	1	T	2pm	Meeting at Newton Beach car park for a walk looking at wildlife on the beach and in the sand dunes.		Greg Nuttgens 01656 773501	
Writing for Pleasure	1 2 3	4 18	F	10am	RC	Meetings are informal and relaxed. Beginners and experienced writers welcome. There are spaces in each of the three groups.	Marcia 772895 Claudette 07850 143178 Peter 773402

u3a Contacts

General Enquiries: 07531 062146 info@porthcawlu3a.org.uk
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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