

Upcoming Monthly Talks

Members £2, Visitors £4, Talk starts 10:30am.

Talks are held in The Flavel Auditorium

The Women Who Went Around the World

Presented by Sally Smith

Thursday 10th September

The story of the women who were the very first to achieve a full circumnavigation by sea, land, and finally, air. Starting with the incredible story of Jeanne Baret, who faced real drama when, dressed as a man, discovered the Bougainvillea plant in Brazil in 1767. Sally gives a fascinating glimpse into these journeys and an insight into society at different times in history with a range of astonishing tales.



Africa's Overlooked Heroes

Presented by Astrid Madimba & Chinny Ukata Ogunlusi

Thursday 8th October

Join Astrid and Chinny, authors of *It's a Continent* book and podcast series, as they spotlight overlooked African figures. They will share the stories of remarkable individuals whose vision and achievements shaped the continent, exploring their impact, challenges and the legacies that continue to inspire.



Details of upcoming talks can be found on our website by clicking on this link:

<https://dartvalley.u3asite.uk/events/>

News and Notices



Painting on an iPad

New group starting soon!
See below for more details.

Please register your interest with Suzie Dodsworth by phone at 07811278133 or by email at suziedwong@gmail.com



What's on in September 2026

Summary of events on this month, further details are in the Groups and Events section below in this newsletter. **Some groups are having a break for the summer.** Please always check with the convenor as details may change after the issue of this newsletter.

AM/ PM	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4	5
AM			Archery Bridge	Sports Morning	Classics	Mahjong	
PM			Virtual Film Club Yoga for Beginners			History of Art	
	6	7	8	9	10	11	12
AM		Art (may vary) Spanish Conversation Walking	Archery Book Group 4 Bridge Crafts Club	Sports Morning	Monthly Talk		
PM		Wine Tasting	Bowling Yoga for Beginners	French Conversation Geology Medau		Scrabble	
	13	14	15	16	17	18	19
AM		Walking	Archery Bridge Crafts Club Cryptic Crosswords	Book Group 3 Sports Morning		Garden Group 1 & 2 Mahjong	
PM			Pub Lunch (C) Yoga for Beginners	Medau			
	20	21	22	23	24	25	26
AM		Art (may vary) Book Group 1 Spanish Conversation Walking	Archery Bridge Crafts Club	Sports Morning			
PM			Yoga for Beginners	French Conversation Medau Pub Lunch (A)	Pub Lunch (B) Wine Group – Noble Rotters	Scrabble	
	27	28	29	30			
AM		Walking	Archery Bridge Crafts Club	Sports Morning			
PM		Writing Group	Yoga for Beginners	Medau			

Membership

MEMBERSHIP SECRETARY Sarah Nottrodt membership@dartvalleyu3a.org

Sarah Nottrodt is our new membership secretary. Please continue to use the membership@dartvalleyu3a.org email address for any queries about your membership, or questions about joining us. Our membership application form can also be found on the welcome page of the Dart Valley u3a website and at The Flavel ticket desk.

If you haven't paid this year's fee, (£10 for individuals and £5 for associate memberships) please email membership and we will assist you. Alternatively ask for a u3a envelope at the monthly meeting.

Groups and Events

GROUPS COORDINATOR Suzie Dodsworth 01803 770134 groups@dartvalleyu3a.org

We would welcome new ideas for groups, especially from those of you who would like to help start a group. Remember the philosophy of the u3a is that we all have an interest or skill we could share. We are not expecting you to be a teacher, or an expert, we just hope you can bring a group of likeminded people together in enjoying an activity, meeting others and having fun! It takes very little time to organise and brings great joy to those who participate.

NEWSLETTER Wiz Tehel 07770912100 newsletter@dartvalleyu3a.org

If you wish to have an entry in this newsletter then contact me by email or phone.

ARCHERY Colin Payne 07919 933891 colinpayne43@hotmail.com (Tues am Stoke Fleming Cricket Ground).

If anyone would like to join us, you will be welcome to give archery a try. We give basic instruction. Please contact the convener.

ARCHITECTURE Mike Trevorrow 07470 484858 mike.d.trevorrow@gmail.com

(4th Thurs, 11.15 for 11.30am start, Flavel Studio – all welcome)

Architects are taking to the beach for July, August and September while visitors visit and all frolics off to wherever. We resume in October with a close look at the city of Bristol. Have a lovely summer everyone.

ART GROUP Pat White 07929 271658 lespatwhite@icloud.com (Monday 10am Townstal Community Hall).

During the summer months of August and September we take a break from our hall meetings and take advantage of lovely weather to do some outdoor sketching. Our first session was by the River Dart at Dittisham. We then we took advantage of the lovely, extensive garden of one of our members.

I will inform members of sessions as and when appropriate so that we can make the most of some of our lovely countryside and views. It's always a good challenge to work directly from the scenery.

We will meet again back at the hall in October.

Examples of what the group produced are on our website at https://dartvalley.u3asite.uk/u3a_groups/art-group/

BOOK GROUP 1 Lindsay Charlesworth 01803 834592 lindsay@jpcharlesworth.plus.com

(10.30am – 3rd Monday Stoke Fleming)

We are going to read Patrick Gale's *A Place Called Winter* for our September meeting and then in October it will be Kate Atkinson's *Started Early, Took my Dog*.

BOOK GROUP 2 Valerie Church 01803 834280 churchval2@aol.com (1st Weds 2.30pm - 4.00pm)

We are now taking our summer break during which we will read *Wrong Place Wrong Time* by Gillian McAllister. We will be back at the beginning of October.

BOOK GROUP 3 Sarah Nottrodt 0777 8547064 sarah_nottrodt@hotmail.co.uk (2nd Weds 10am)

We are resuming our monthly meetings on Wednesday 16th September, when we will be discussing our summer read - *The French Lieutenant's Woman* by John Fowles. Our October read will be *The Artist* by Lucy Steeds.

During our meeting we will be selecting books for the remainder of 2026, whilst enjoying coffee and cake! Some of the books we have read are on our website at https://dartvalley.u3asite.uk/u3a_groups/book-group-3/

BOOK GROUP 4 Jane Davies 07779 340062 mrs_j_a_davies@hotmail.com (2nd Tues 10:30am The Royal Castle)

Please contact the convenor for details of the next book and meeting.

BOWLING Tim Freeman 01803 832663/07792 620176 timfreeman61@googlemail.com (2nd Tuesday 3pm).

Come and have a go at bowling using the facilities of the Dartmouth Bowling Club. All equipment provided, cost just £2. New joiners welcome, just turn up on Tuesday 8th September at 3pm at the club in Victoria Road (opposite the Guildhall and along 100 yards).

BRIDGE Judi Cotes 01803 834802 / 07870897108 judigrovecotes7@gmail.com (Flavel Studio Tues 10-12)

Ken Wood's memorial service was attended by many of his Bridge friends. He will be greatly missed.

As we have a very thriving bridge club now with several new members who have recently joined, our table money is **now reduced to £2** to cover venue hire, which include tea / coffee and biscuits, The bridge is no stress, and a partner will be found if you come on your own.

CLASSICAL ERA Wiz Tehel 07770 912100 classics@dartvalleyu3a.org (1st Thurs 10.30am Flavel Auditorium, £4)

Talks resume on 3rd September with **Thermopylae and the 300 Spartans**, Presented by Jim Cocker. This is one of the most famous battles in ancient history, where, in 480 BC, 300 Spartan soldiers held off a Persian army of more than 100,000. This battle changed the course of western history.

Full list of upcoming talks is on our website at https://dartvalley.u3asite.uk/u3a_groups/classical-studies/

COFFEE CUPS Gwendolyn Alker 01803 833270 jsgmalker@yahoo.co.uk

We always need members to join our rota to help serve coffee and tea at our monthly meetings. All you have to do is be at the Flavel at 9.45 am and serve drinks until 10.30. You will have **free entry to the talk**, and it is a good way to get to know other members. Please sign up at the next monthly meeting or contact Gwendolyn.

CRAFTS CLUB Joan Buscombe 01803 832662 c/o vcbest@hotmail.co.uk (Tues 10am -12 noon ring first)

We are a friendly multi-level skills group who has met on more than 1000 occasions since we started. We would welcome anyone else interested in needlecrafts to come and join us and share their knowledge with ours, or if a complete beginner for us to share our knowledge with you. Do come forward if you enjoy creative stitching.

CRYPTIC CROSSWORDS Gwendolyn Alker 01803 833270 jsgmalker@yahoo.co.uk (3rd Tues)

Our next meeting is on Tuesday 15th September at 10.30am.

FRENCH CONVERSATION Steve Stevenson steelboatsteve2@btinternet.com

(2:30pm 2nd and 4th Wednesdays of the month, at Brown's Hotel, Bar & Bistro, Victoria Road.)

Chers Amis, Francophones, A' fin de notre été britannique approche, et je me demande combien d'entre nous ont passe leurs vacances ici, au royaume uni, sans avoir besoin de partir a l'étranger pour trouver le soleil? Notre prochaine rencontre est prevue le 9 Septembre, a 14h30, au Brown's Hotel, Dartmouth. J'ai hate de vous retrouver et d'échanger avec tous. A bientôt, Amicalement, Steve

GARDEN GROUP 1&2 Clare Ball ceball@live.co.uk (11am 3rd Friday) 🌹🌿🌻🍄🌱

Contact the convenor for details of the next meeting.

GARDEN GROUP 3 Howard and Elaine Sones 07803 605010 gardens@sones.org (Irregular meetings)

For our September visit we are going to Overbecks Gardens, in Salcombe, on Wednesday 30th September, at 10:30am. This is a National Trust property which has free parking and entry for NT members,

GEOLOGY Tim Freeman 01803 832663 timfreeman61@googlemail.com (Irregular Weds 2.30pm Flavel Studio, £2)

This month we will have a meeting in the Flavel as usual on the second Wednesday of the month, 9th September at 2.30pm. The topic is *Mountains Are Not Forever*. We will look at how long it takes for a mountain range once lifted to be worn away and consider the acceleration in erosion in places like the Alps as ice melts from the warming we are experiencing. Cost £2. In the Studio at the top of the Flavel. All welcome, including new joiners.

GERMAN CONVERSATION Ingrid Sidell 01803 770870 ingsid23@yahoo.co.uk mob 07818208721 (for texts)

We are having a break in September and will next meet on October 15th in Strete at the usual venue.

HISTORY OF ART Julia Churchley 07900 321681 julia.churchley@hotmail.co.uk (1st Fri 2pm Flavel Studio, £2)

For our September meeting we are collaborating with the Dartmouth Book Festival Fringe and instead of a talk we are showing a short film (just under an hour) about the sculptor Steve Dilworth. The film features both the artist and writers discussing his work, with a backdrop of beautiful Hebridean scenery, where he is based.

The screening will be at the Studio starting promptly at **12:15pm on Friday 4th September**.

Our new series of talks will begin on Friday 2nd October at 2pm.

ITALIAN CONVERSATION Tasha James 0795 750 9351 nataliarh9@gmail.com

We will be meeting sporadically over the summer. Contact Tasha by email or telephone for details.

MAHJONG Elaine French 01803 832304 frenchfamily1@live.co.uk (1st & 3rd Fri 10am to 1pm Stoke Fleming Village Hall)

Mahjong resumes on Friday the 4th of September at the Stoke Fleming village hall. 10am - 1pm

Meetings are on the 1st and 3rd Friday of the month. Christmas lunch will be on the 18th December.

New members always welcome, coffee / tea, cake / biscuits and a get together chat mid-morning.

MEDAU Yvonne Cottam 01803 835251 ycottam@live.co.uk (Weds 12.30pm-1.30pm, Townstal Hall)

Medau restarts on 9th September - looking forward to seeing regular members and perhaps some new members too!

Upcoming term dates for 2026 / 2027 are:

9/9/26 - 21/10/26 - 7 weeks = £7 (£1 per week)

4/11/26 - 16/12/26 - 7 weeks = £7

6/1/27 - 10/2/27 - 6 weeks = £6

24/2/27 - 24/3/27 - 5 weeks = £5

NEW GROUP PAINTING ON AN IPAD Suzie Dodsworth 07811 278133 suziedwong@gmail.com (Stoke Fleming Village Hall, Weds 2:30 to 4:30pm twice a month.)

Using an iPad to paint is fun and easy. It also has advantages - no paints, easels, canvas or paper, no mess, and you have a permanent image which can be printed as a poster or card. You do not have to be a great artist or even have any artistic background to join us.

We will be using ArtRage app which has a small cost (£3.50) and a second-hand book (£5) will get us started and a weekly fee (£3 to £4 for hall hire depending on numbers) to secure the group's future. Autumn, Winter and Spring only. Contact Suzie to register interest to join the group.

PUB LUNCHES GROUP (A) Alan Cole 01803 752902 alan5cole@icloud.com (4th Weds monthly)

The group did not meet for lunch in August as many of us were on holiday.
Our September lunch to be advised.

PUB LUNCHES GROUP (B) Christine Bond 07541 199158 christine.b.bond@gmail.com or Virginia Best vcbest@hotmail.co.uk 07752 720724 (last Thursday Monthly)

Our next lunch will be Thursday 24th September. Details will be sent to members.

PUB LUNCHES GROUP (C) Wendy Boulding 07902 765674 pwboulding@hotmail.co.uk (3rd Tues monthly)

I trust you have all had a wonderful Summer and ready to get together again for lunch and a natter.

Our next lunch will be on Tuesday 15th September at 12.30pm (3rd Tuesday of each month as discussed).

Lunch will be at The Royal Castle, Dartmouth in the lovely upstairs dining room. Please get in touch if you would like to come along.

SCRABBLE Sue Manley 07840 257045 manleysusan7@gmail.com (2nd & 4th Fridays, 2pm Flavel Studio, £4)

We are a small friendly group who are looking for new members to join us this Autumn. We meet on the 2nd and 4th Fridays of the month from 2-4 pm, in the Studio in The Flavel.

Dates for this month are 11th and 25th September.

SPANISH CONVERSATION Yvonne Cottam 01803 835251 ycottam@live.co.uk (Fortnightly Mon 11.30am – 1.00pm)

We will restart on Monday 7th September. We do have a couple of spaces, but you need to be able to speak some Spanish already as we can't teach.

Upcoming dates for the year are: 7th & 21st September, 5th & 19th October, 2nd, 16th & 30th November, and 14th December.

SPORTS MORNING Yvonne Cottam 01803 835251 ycottam@live.co.uk (Weds 10am Dart Leisure Centre, £3.50)

We will restart on 2nd September – I hope you'll all be rarin' to go after our short break! Cost: £3.50 payable to the Leisure Centre (card only!)

VIRTUAL FILM CLUB Adrian Kyte 07890 392444 adrian.kyte@btinternet.com (1st Tuesday 8pm)

We are a small group who watch the same film starting at 8.00 p.m. on the first Tuesday of each Month (except for the summer months of June, July and August) on TV at home and discuss the film via WhatsApp. If you want to join the WhatsApp group, email the convenor with your mobile number. We mostly use BBC iPlayer but can use ITV or the Channel 4 equivalent as they are subscription free.

Our next session is Tuesday 1st September.

WALKING Hilary Cranmer 01803 835812 hilarycranmer@hotmail.co.uk (Mon 10am Ivatt Rd, Townstal)

The Walking Group does not have a summer break, so we have been taking advantage of the lovely dry weather - no muddy walks. The high temperatures during this summer have meant that walks have been shorter, making sure to take in hydration breaks.

Photos of recent walks can be seen on our website at https://dartvalley.u3asite.uk/u3a_groups/walking/.

WINE GROUP-NOBLE ROTTERS  Anne Taylor 01803 363257 jonquil_shapley@hotmail.com

We are having a wine tasting at Rosa's Spanish Kitchen on Thursday evening, 24th September.

We are full with a waiting list. Please contact the other wine tasting group (see below) who may have space for new members.

WINE TASTING Bill Riddell 01803 752049 billriddell75@gmail.com (2nd Mon pm. Members' homes)

Our first wine tasting of the autumn will be at Mike and Suzie Dodsworth's in Stoke Fleming on Monday 7th September. As numbers are expected to be low we would welcome anyone who might be interested in joining this group to come along for a "taster". Please contact the convenor for further details

Writing Group Val Depledge 01803 834323 valdepledge@hotmail.com (4th Mon pm. Members' homes)

We are a small and close-knit group of enthusiastic writers who meet once a month to share our written pieces with each other for constructive feedback. The main purpose of our group is not to teach how to write or to correct punctuation, spelling and so on, but to help, support, encourage and enjoy our writing.

Please note that the group is full. Please contact the convenor regarding the next meeting or to be added to the waiting list.

Yoga for Beginners Helen Howard 07786 673527 howardhj@btinternet.com (Tues 12:00, Stoke Fleming Village Hall)

Qualified Yoga teacher Kirsty Bradley runs these gentle and relaxing stretch classes for u3a members at Stoke Fleming Village Hall, which has the benefit of under floor heating, every Tuesday at 12 noon. All are welcome £10 per class, cash on the day. Bring a yoga mat if you have one but Kirsty has plenty to share. Please come and join us for a very worthwhile time of stretch and relaxation. If getting to Stoke Fleming is a problem, please contact Helen as it may be possible organize a lift from another attendee.

