

Hello Everyone

IMPORTANT

We still need a Vice Chairman to continue forward with Sidmouth u3a and a Groups Coordinator to help Angie as she is tackling every group on her own. Please come forward to help her.

Neil Morley will be stepping down as our Membership Secretary. We are looking for a replacement as soon as possible to facilitate a smooth handover.

With our Beacon management system now well established the job of Membership Secretary is very much simplified, with quite a large proportion of the operation carried out automatically by Beacon.

We also need someone, or several someones, who can act as the Big Red Bus backup for our Beacon management system, SiteWorks (WordPress) website and the sidmouthu3a.org mailboxes. Our present incumbent had no previous experience in any of these systems but now they are set up and operating smoothly the ongoing management is fairly straightforward.

We currently have 650+ members, so surely someone could step forward for these positions. The positions are not onerous and there is plenty of help and support for as long as required.

If you can help with any of these positions, or would like more information about what might be involved, please contact the Chairman, Gail - chairman@sidmouthu3a.org

A reminder that articles for the newsletter must be received by 23rd of each month.

Group news should be sent via the Group Coordinators in plenty of time:

As we are still awaiting a Group Coordinator for M-Z groups, Angie is trying to cope with all the groups.

Please email as usual for A-L groups to Angie at groupsal@sidmouthu3a.org and for M-Z groups to groupsmz@sidmouthu3a.org

For those without email her Mobile number is 07774 146209. However, the printed list with the current group contact details is usually available at the monthly meetings.

Thank You and Kind Regards.

Francetta Bridle - newslettereditor@sidmouthu3a.org

CHAIRMAN'S MESSAGE

Hello and welcome to Sidmouthu3a. This month I am full of questions:-

What made you join u3a? What do you get out of it? Is there anything you would like to have which isn't in existence at the moment? Do you enjoy the groups you go to?

Do you like the monthly talks at Stowford Hall?

I would really like to hear from members - not those on the committee or group leaders but from the general members: their thoughts, their ideas, their wishes.

So do write a little article about yourself, including some of the ideas above and it would be good to have something written from a member each month. It can be anonymous or signed,

Go for it! . Until next month.....Gail Richmond - chairman@sidmouthu3a.org

MONTHLY MEETINGS

Open Meeting: 12 August 2025: A special 'Groups Marketplace' meeting.

Stowford Rise Community Centre from 1.30-3.30pm. Refreshments served throughout.

Open Meeting: 09 September 2025: Hugh Sutherland. 'The Ancient Mariner'

Tales from the Round The World Yacht Race.

Stowford Rise Community Centre from 1.30 - 3.30pm. Refreshments served until 2pm.

SOCIAL EVENTS

Friday 15th August 2025: Abbotsbury Swannery and Subtropical Gardens.

Join us on a summer visit to Abbotsbury Swannery and Subtropical Gardens.

The coach will leave Sidmouth Triangle at 08.30 a.m. with other pick up points available if requested. We will travel to the swannery for the morning where there is a cafe should you wish to purchase coffee etc. We will then head to Abbotsbury Subtropical Gardens for the afternoon. There is a larger cafe at the gardens where you will be able to have a light lunch. Arrival back in Sidmouth is around 5pm.

Cost of the visit to include return coach travel to both venues and entry into both is £32. Please register your interest with Janet on social.janet@sidmouthu3a.org

Tuesday 19th August 2025: Evening Social - A Drink & Chat

Held at The Blue Ball, Sidford 7-9pm, every 3rd Tuesday of the month.

All are welcome and it would be great if you could email confirming attendance please.

If you'd like to be added to the group mailing list, please contact me at:

secretary@sidmouthu3a.org

Tuesday 23 September 2025: Killerton House & Gardens

National Trust Killerton House & Gardens ~ A fine 18th-century family home and a great estate, with a glorious landscaped garden surrounded by parkland.

Cost: NT Members £9.50; Non-NT Members £25.65 - **Booking Required**

For further information contact Marian Gadian. social.marian@sidmouthu3a.org

Wednesday 19th November 2025: Death on the Nile - Agatha Christie.

Torquay Princess Theatre - Matinee performance.

Ticket price - £50 including Coach from Sidmouth.

Further information from Jackie Cox. 07788255463. social.jackie@sidmouthu3a.org

Honiton u3a are looking for new members for their Pickleball group - a fast growing sport, which is similar to tennis but played on a badminton court with paddles and perforated plastic balls. A Taster Session will be organised at Honiton Leisure Centre.

Please contact - June Brown on 07501 133195 or email junekeith38@btintertnet.com

Sidmouth Folk Festival

Sidmouth Folk Festival 1-8th August 2025 have a number of matinees, workshops & talks which might be of interest. Their Taster Programme is available here:

<https://sidmouthfolkfestival.co.uk/wp-content/uploads/2025/05/Sidmouth-Folk-Festival-Taster-Programme-2025-Website.pdf>

They also have a free Children's Festival – programme out very soon.

Celebrating Art - is an event being held by Culm Valley u3a on the 16th & 17th of September. There is more information on their website [Celebrating Art 2025| Culm Valley u3a](#)
Best regards Marian Luck. **u3a Council Representative for the South West Region.**

Taiko Drumming Workshop

Organised by Jacqueline Cox. social.jackie@sidmouthu3a.org



15 Sidmouth u3a members took part in the recently held Taiko Drumming Workshop, in Primley Church Hall. We had a lot of fun making some noise, including lively shouts.

But concentration, co-ordination, rhythm & synchronisation are all very important factors in creating an art form that combines music, dance, martial arts and athletics.

Taiko drumming is an ancient Japanese art form, involving playing wooden, barrel-shaped drums often in a dynamic and energetic ensemble, with roots in religious rituals, military signaling, and festivals.

Deeply rooted in Japanese culture, these drums are used in temples, festivals, and as a means of communication and entertainment.

If you are interested in learning to play, more details can be found on the Taiko South West website at <https://www.taikosouthwest.org.uk>

Free Online Courses

u3a National Learning offers on-line courses on many varied subjects.

Please see the link for details: u3a.org.uk/events/educational-event

GROUPS NEWS

Canasta Players & Rummikub

Changes to meeting days, times & venue + vacancies in both.

Please note the following changes.

Canasta Players is now at 10.30 - 12.30 on the 1st & 3rd Mondays of the month, meeting at Primley Church Hall.

Rummikub is now on the 1st Thursday of the month from 14.00 - 16.00, meeting at Primley Church Hall.

Our groups are going strong.

Please contact the group leaders directly to find out more details.

The full groups list (with group leaders' details) can be accessed here tinyurl.com/ytjpzu4p or full details of all groups, with group leader contact details, can be found on our website: sidmouth.u3asite.uk/groups

Starting a New Group

If you need support to start a new group, particularly in the case of very long waiting lists for a group you wish to join, please speak to the Group Leader for help with this, or speak to the Groups Coordinator. **OR** come along on Tuesday 12th August to Stowford Hall and find out more.

New Group - Ready to join a new "Group" group? - "X Shades of Grey"

There are now three members of X Shades of Grey . . . the unofficial name of the newly formed Sidmouth u3a band. We have met for a couple of sessions during which we have jammed to Jumping Jack Flash, Knocking on Heaven's Door (reggae style), Lay Down Sally, Crazy Little Thing Called Love and other classics. Music we know and enjoy.

We have Brian on drums, Neil on electric and acoustic guitar plus lead vocals and Chris on electric guitar and backing vocals. Even after two sessions we think we are beginning to sound quite reasonable. Most importantly it has been great fun. Our next session will involve 2 microphones and the full drum kit.

We definitely have room for more. Does anyone play bass? Are you a bathroom singer or someone who can harmonise when listening to music?

We play for a couple of hours and just try out ideas.

Don't be shy: if you want to come along and see if it's your thing then please do.

Drop me a line at csmith7670@gmail.com and let's see if we can get a new "group" off the ground. Chris Smith

TECH CORNER WITH TONY WARREN

TUMBLE DRYERS



Let's dive into the world of tumble driers - Vented, Condenser and Heat Pump.

First up, we have the **Vented Virtuoso**, complete with fire risk if you don't clear the fluff out! This bad boy needs a hole in your wall to vent out hot, expensive, moist air to the world.

How it works: It sucks in air, heats it up with an element, and blows it through your clothes. The moist air is then expelled through the wall.

Convenience: If you have an external wall to accommodate the vent, this drier is a breeze to install. However, if you're in a flat, drilling a hole might not be an option, making this drier a bit of a no-no.

Running costs: It's relatively cheap to buy, but it's a terrible energy guzzler.

Next, the **Condenser**. This one doesn't need a hole in the wall, making it a hit with flat dwellers and renters.

How it works: The Condenser heats up air with an element, and passes it through your clothes, just like the Vented. But instead of venting the moist air outside, it condenses the moisture into water, which is collected in a tank that you need to empty manually. Very eco-friendly!

Convenience: No need for a vent means you can place this drier almost anywhere. However, you'll need to remember to empty the water tank regularly.

Running costs: The Condenser is more energy-efficient than the Vented but can still rack up a decent electricity bill. It's a bit pricier to buy, but the convenience factor might just be worth it.

Last but not least, we have the **Heat Pump Hero**, the eco-warrior of the tumble drier world.

How it works: This uses a heat pump (same as your fridge) to extract heat from the air instead of needing an element, making it super energy-efficient. It condenses moisture into water, so, once again, you have to empty the water from its collector.

Convenience: Like the Condenser Contender, the Heat Pump Hero doesn't need a vent, making it perfect for flats. It's also gentler on your clothes, thanks to its lower drying temperatures.

Running costs: Heat pump driers are the most expensive to buy, but they're by far the cheapest to run.

The Final Spin

If you have an external wall and want a straightforward, cheap, no-fuss drier, **Vented** might be your match. If you're in an apartment and want convenience, the **Condenser** could be your new best friend. And if you want to be kind to the planet, and your wallet, the **Heat Pump** is your go-to.

Purchase Prices:

1. Vented:- £200 to £400.
2. Condenser:- £300 to £600.
3. Heat Pump:- (Ours is a BEKO, as in the photo, £364 - Amazon):- £350 to £1,000

Electricity costs per load:

1. Vented:- 5.34 kWh per cycle, around £1.33 to £1.76
2. Condenser:-5.2 kWh per cycle, around £1.27 to £1.68
3. Heat Pump:- 1.87 to 2.18 kWh per cycle, around £0.53 to £0.63

CONTACTS

Contact details for the main committee and social committee can be found on our website: sidmouth.u3asite.uk/contact