



DATE	TIME	GROUP	WHERE/NOTES
01/09/2026	10:00	Camara Group	Meeting at Wolfscastle Hall.
02/09/2026	10:30	Short Walk	An easy circular walk towards Druidston
03/09/2026	10:00	Exercise to Music	Meeting at the Phoenix Centre, Goodwick
04/09/2026	10:30	Discussion Group	Is the justice system in the UK broken?
07/09/2026	14:00	Canasta	At Yr Hen Ysgol (Dinas community centre).
08/09/2026	10:00	Art Group	In the Chapel Hall Wolfscastle.
08/09/2026	14:00	Writing Group	Meeting at the town hall in Fishguard
09/09/2026	10:30	Strollers	Meet at Tregwynt Mill car park
09/09/2026	10:30	Long Walk	Meeting at Gelliswick Bay, at the boat yard car park
10/09/2026	10:00	Exercise to Music	Meeting at the Phoenix Centre, Goodwick
11/09/2026	10:30	Scrabble group	Ocean Lab, upstairs seating area
13/09/2026	10:00	Birdwatching	A visit to Ramsey Island
14/09/2026	14:00	Bridge Group	Meeting at Yr Hen Ysgol, Dinas (Dinas community centre).
15/09/2026	10:00	Camara Group	This meeting's venue is yet to be decided
16/09/2026	10:30	Book Group	Book for discussion is The Briar Club by Kate Quin.
16/09/2026	10:30	Short Walk	Minwear woods and estuary edge.
16/09/2026	19:30	Music Appreciation	The theme this month is, songs about Autumn
17/09/2026	10:00	Exercise to Music	Meeting at the Phoenix Centre, Goodwick
18/09/2026	12:30	Social event	Lunch at the Priskilly Forest Cabin, café, bar
21/09/2026	14:00	Canasta	At Yr Hen Ysgol (Dinas community centre).
22/09/2026	10:00	Art Group	In the Chapel Hall Wolfscastle.
22/09/2026	14:00	Writing Group	Meeting at Bryn Deri
23/09/2026	10:30	Strollers	Meet at car park behind Tesco Goodwick
23/09/2026	10:30	Long Walk	Start at the CP for Llandilo Chapel, near Maenclochog,
24/09/2026	10:00	Exercise to Music	Meeting at the Phoenix Centre, Goodwick
25/09/2026	10:30	Welsh Group	Meeting in Jane's cafe, Fishguard
28/09/2026	14:00	Bridge Group	Meeting at Yr Hen Ysgol, Dinas (Dinas community centre).
30/09/2026	10:30	Short Walk	A walk starting just above Newgale beach



to new members, Ian and Jenny Dunford

From the Chair:

Welcome to the September newsletter.

We have had the most amazing summer but I'm sure you would agree that some rain would be most welcome. Our full programme of activities recommences after the summer break and we can look forward to a social at the beginning of October.

Dave Mercer
+44 7950032448
davidmercer1@sky.com

News from the Secretary

This is an advance notice of the October Social Meeting on Thursday **October 1st**.

Sue Ward from St John's Ambulance will be the speaker at the Social Meeting. She will focus on the use of a defibrillator and associated CPR skills.

There will be more information in the October Newsletter but please put the date in your calendar now!

Group and Walk Leaders are particularly encouraged to be part of this meeting when there will be plenty of opportunities to ask questions.

s.johnson719@btinternet.com
07772 051715

The Social Secretary's event

The following is the menu for the lunch on **Friday 18th September**. Arrive 12.30 – 1pm.
If you would like to attend, can you please let me have your choices no later than **Friday 11th September**.

U3A Lunch Menu at Priskilly Forest Cabin, café, bar

Main...

Fillet of Chicken in a creamy Leek and White Wine Sauce

Fish & Seafood Pie topped with creamy mash Potato

Goats Cheese, Tomato & Caramelised Onion Filo Pastry Tart

All served with a selection of Fresh Vegetables and Baby Potatoes

To Follow...

Strawberry & White Chocolate Cheesecake

Apple & Caramel Crumble with Custard

Cream Filled Chocolate Profiterole

£25 per person for 2 courses

Email:- cathy@grangepk.co.uk

[Tel:-](tel:01348875420) 01348 875420

GROUPS / ACTIVITIES

All members participate in activities at their own risk.

Will members please remember to buy a drink when attending meetings at hospitality venues who allow groups to meet free of charge.

Art Group:

The new term for the art group starts on Tuesdays **8th & 22nd** September 10 - 1pm, held in the Chapel Hall Wolfescastle. £4 per session. A light airy space with kitchen facilities and disabled access.

If you are interested in joining this informal, friendly group, and want more details contact me at trishadumont@gmail.com or 01348 841292 or Helene on 01348 840163.

Birdwatching Group

Sunday 13th September

A trip to Ramsey Island, from 10.00- 4-00pm.

The boat will leave St Justinians at 10.00am, so you need to be there a bit earlier. The cost is for Adults £32 RSPB = £22. Book early with the Thousand Islands Expeditions on 01437 721721.

Lunch/drinks need to be brought.

If you would like any further information then please contact me on my email for details kateedge@btinternet.com .

Book Group:

Wednesday 16th September 10.30 Royal Oak.

Hope you've all had a good summer reading interesting books.

The book we will be discussing is The Briar Club by Kate Quin.

For further details contact Judith on 07586243110 or thidedwards@yahoo.co.uk

Bridge Group

Bridge will be on **Monday 14th Sept & Monday 28th Sept at 2pm** in Yr Hen Ysgol (Dinas Community Centre).

Cost will be £2 per person but will include free tea, coffee and biscuits.

Everyone welcome including newcomers.

Contact: Judith Maddison on 07791692491 or e-mail judith.maddison1@btinternet.com

Camera Group:

Our first meeting for **September 1st** is at Wolfscastle hall.

The theme for September is "Natural Framing"

The second meeting for the month is on **September 15th**, venue yet to be decided.

Contact: Francis White, email francis@hakin.me.uk

Canasta Group:

September dates, are **Monday 7th & 21st at 2pm** in our new venue, Yr Hen Ysgol (Dinas community centre). The cost is £2.00 per person but includes free tea, coffee and biscuits.

This group is aimed at all levels, so even if you have never played cards before, please come along to play this very 'social' card game. There is no need to commit to attending this group as we just arrange into groups of players depending on the numbers present, but because of that can you please arrive promptly for 2pm.

For further details please contact: Paul Dumont on [01348 841292](tel:01348841292) / [07923 991227](tel:07923991227) or email: pauldumont99@gmail.com

Discussion Group:

Friday September 4th Parc-y-Felin, 10:30 am

The opening topic will begin as "Is the justice system in the UK broken?"

Tel. Tony Taylor 01348 840038

Exercise to Music Group:

We will restart on 3rd September and will probably feel stiff afterwards. Classes will be on **3rd, 10th, 17th and 24th**, meeting at the Phoenix Centre, Goodwick

For further details contact Judith on 07586 243110, thidedwards@yahoo.co.uk

Music Appreciation Group:

The theme for **September 16th** @ 7.30 is Songs about Autumn - not just mentioned in the title. Any musical genre as usual.

Last month's most popular track was a track called Rasputin by The Ayoub Sisters.

We normally meet at Clive and Margaret's. Please bring one or two tracks on CD (preferred), phone, tablet, vinyl or YouTube link are also ok.

Contact cliveousley@outlook.com or Tel: 07475 918295.

Scrabble Group

There will be an inaugural meeting of the Scrabble Group in Ocean lab, upstairs area, on **Friday 11th Sept at 10:30am**.

Everyone welcome, whether you want to join this new group or find out more about it.

Contact: Judith Maddison on 07791692491 or e-mail judith.maddison1@btinternet.com



Walking Groups:



All walks start at **10:30** (*unless stated otherwise*). Contact: Gill Taylor on 01348 840038 / 07900 274011

Note

Please consider only attending the walks you know you are prepared for and able to do. Not being able, or prepared, places an unfair duty on the walk leader/leaders. Also, informing the walk leader you are aborting or doing a shortcut is important. Thankyou. Gill Taylor, Walks Coordinator.

Long Walks:

Wednesday September 9th @ 10:30am

The walk is about 5 miles meeting at Gelliswick Bay, 0589, at the boat yard car park. It goes past the Milford Haven Golf Course around the S. Hook refinery then meeting up with the coastal path back to the car park.

We can go to the golf club after the walk for coffee or cold drinks. It is a short drive.

Ralph: mobile 07922023403 home 01646602915.

Wednesday September 23rd @ 10.30am

The walk will start at the Car Park for Llandilo Chapel, near Maenclochog,

Approximately 6.5 miles of varied countryside through woodland and farmland to Rhydwlwym and back. A couple of big ups and downs and some walking on minor roads.

OS map reference SN 105 272, post code SA66 7XR.

Liz Morris 07980 599524.

Short Walks:

All walks start at **10:30**. Enquires: **to walk leader** or **Gill Taylor** on **01348 840038 / 07900 274011** or email: gillandtonyt@aol.com

Wednesday September 2nd @10:30

The walk starts at the National Trust Southwood Farm, 2186. From there it is an easy circular walk towards Druidston to join the coast path. Then back to the car park.

The walk is about 3 miles and we can have coffee at the cafe at Newgale.

Ralph: mobile 07922023403 home 01646602915.

Wednesday September 16th @10:30

Minwear woods and estuary edge.

Turn right at Canaston Bridge and take the 1st turn right to Blackpool Mill, park in lay-by at the top of the hill, 1km past the mill.

Ref054138.

Mostly easy level walking of 4 miles with a brief stop at Minwear church half way round.

Peter Tel 07929899294.

Wednesday September 30th @10:30

A 3.4 mile walk starting just above Newgale beach, taking the permissive path (south) through the Southwold estate, on through Maidenhall Car Park to the coast path (north) back to Newgale.

There is a cafe at the north end of Newgale beach for afterwards although this extends the walk by just under a mile. This is a reasonably easy walk with one set of longish, steep steps on the Southwold estate and one uphill section of the coast path before descending to Newgale. The last half-mile can be road or beach depending on the tide.

Meet at the usual 10:30 start time at the lay-by on Wood Hill (on the right-hand side if coming down the hill towards the beach from the Haverfordwest direction). OS grid reference: SM 85272 21848 or what3words: ///cargo.waters.agreement

Any queries call Dave on 07740 582830 or Sue on 07790 528279.

Strollers Walks

Wednesday September 9th - 10.30

Meet at Tregwynt Mill CP

The walk will follow the footpath to the beach and, weather conditions and personal wishes allowing, across the beach and back to the Mill by road for coffee.

Wednesday September 23rd - 10.30

Meet at CP behind Tesco Goodwick

The walk will be along the footpath and through to the Moor before walking back to Ocean Lab for coffee. One slightly rough downhill path to the Moor.

Contact: Sue Johnson - 07772 051715 or email: s.johnson719@btinternet.com

Welsh Group / Grwp Cymraeg:

Byddwn yn cwrdd yng nghaffi Jane yn Abergwaun ar y dydd Gwener olaf o'r mis sef:

Dydd Gwener 25ain o Fedi am 10.30 yb.

Friday 25th of September at 10.30am.

Cysylltwch a; Eira Davies ar:01348 872301

liz.davies222@btinternet.com

Writing Group:

We shall be meeting at the town hall in Fishguard at 2.00pm on **Tuesday the 8th September**, and at Bryn Deri on **Tuesday 22nd**, same time.

Our subjects this month are "Relationships" and "Outline the plot of a horror story/my story/detective story". We also have an ongoing collaboration with the photography group around the topic of "the seasons in Pembrokeshire".

The topics from August, "Sunday Best" and "Technology" proved challenging for some of us - but then our group is supposed to challenge our abilities as writers is it not? And it is always varied and fun.

If anyone would care to join us, please contact me, Brigid Southwell
brigid7561@gmail.com or phone 07969 601460.



The collage photo below was sent in by walk member Nigel Lee. Nigel describes himself as a Biophile and is expert at spotting rare plants and insects on our short walks.



Captions

Common Blue butterfly (*Polyommatus icarus*) resting
Bittersweet (*Solanum dulcamara*) berries
Montbretia (*Crocasmia pottsii* x *aurea* = *C. x crocosmiiflora*) non-native species flowering
Violet Bramble Rust (*Phragmidium violaceum*)
Viper's bugloss (*Echium vulgare*) flowering
Bloody-nosed beetle (*Timarcha tenebriosa*)

If anyone else would like to include a photo in future newsletters, please send to Clive – my email address is at the end of this newsletter.



Yesterday, a friend whispered to me, 'you've put on a lot of weight.'

I said, 'I've had a lot on my plate recently.'



U3A Friends newsletter

Here's a link to sign up to receive news about the U3A nationwide. The u3a Friends newsletter shares news, learning opportunities and member stories from across the u3a movement.

The Friends Newsletter also includes a link to the Friends Extra benefits website as well.

<https://www.u3a.org.uk/what-we-do/newsletter>

u3a Preseli Committee Members:

Chair	Dave Mercer	07950 032448	davidmercer1@sky.com
Treasurer	Paul Dumont	01348 841292	pauldumont99@gmail.com
Secretary	Sue Johnson	07772 051715	s.johnson719@btinternet.com
Beacon Website	Harry Thomas	01348 872899	aicht@gmail.com
Membership	Margaret Ousley	07929 191003	preseli.u3a.membership@gmail.com
Social Secretary	Cathy Wells	01348 875420	cathy@grangepk.co.uk
Groups Coordinator	Gill Taylor	01348 840038	gillandtonyt@aol.com
Committee	Judith Edwards	01348 872143	thidedwards@yahoo.co.uk
	Judith Maddison	07791692491	judith.maddison1@btinternet.com



Newsletter compiled by: Clive Ousley Tel: 07475 918295
email: preseliu3anewsletter@gmail.com