

u3a

Boldon & District

Monday 17th July

Gordon Henderson will talk about **Roman medicine**, I hope there is a treatment for arthritis!
Venue All Saints Church Hall, Cleadon, doors open at **10.00** for 10.30 start

2024 u3a diaries can be ordered now.

They are bright orange this year, week to view and are £4.10 each.

There will be a pre-order list at the meeting on 17th July, and they should be available at the August meeting

All Saints Summer Fair on Saturday 24th June

Our table at the summer fare was a great success gaining publicity for our group. As well as the committee, the following manned the display for an hour, Pam Griffin, Kath Lodge, Jo Jones, Eileen Laws, Margaret Lavelle, Joan Paul and Mary Gibson. Our Chairman, Shirley Walkinshaw would like to thank everyone for their efforts.



The notice board in the All Saints hall has been updated and will change every month so make sure you look at it at the next meeting.

Emergency Contact

It is important that we have an emergency contact for all members, in case of illness or accident.

Many of you have already given us a contact which is stored on the Beacon system, but we would like you to review the name you have supplied and update if necessary. You will receive an email next week with details of your emergency contact and details to help you log on to Beacon to update your record.

Note:- if needed, you can also download a replacement membership card once you have logged on to Beacon.

As always, if you have any problems email u3aboldon@gmail.com.

A cautionary tale from Peter Winfield

It did happen.

On a trip to Palma I, with my companions, took the vintage train to a village in the mountains and then a tram down to the small fishing village.

We walked around, viewing the harbour and then had a meal at a restaurant overlooking the marina. I paid the bill with my credit card and left to board the tram up to the train station in the hills.

On arriving back, I retrieved my wallet from my pocket, and it was not where I expected.

After a frantic search through my pockets, I knew it was missing.

At about the same time my telephone pinged, it was a message from the card provider, had I made this transaction? I text back in the negative. And they cancelled the card.

At the police station a few metres away, I struggled to ask for their guidance and was told I would have to report it to the national police in Palma. I returned to the Hotel and proceeded to ring to cancel my credit and debit cards which involved a tussle over passwords and identity.

I was informed the cards were cancelled and new ones would be sent to my home in the next few days.

Fortunately, I had put enough cash in the hotel safe to continue the holiday.

The next day I spent 2 and a ½ hours waiting and reporting the lost wallet, through an interpreter, to the police.

Later, back at the hotel I went for a swim in the pool, not realising I had my mobile phone in my back pocket.

THE PHONE WAS DEAD, I HAD LOST ALL MY CONTACTS AND FUTURE DIARY APPOINTMENTS. Fortunately, my wife had her credit cards and her telephone, so we were able to continue the holiday.

On returning home I had a lot of sorting out to do, I was able to transfer the sim card to another phone, but the telephone numbers and appointment were lost. As was my driving licence.

I am now working out how to minimise my vulnerability for the future.

On hearing Peter's story at the Technology Group, I was reminded of a report by Rav Wilding on Breakfast Live about securing your phone in case it is stolen, some of the tips apply to breaking it too.

[Click here for advice on protecting your mobile phone](#)

After reading the advice above I immediately found the International Mobile Equipment Identity number (IMEI) on my phone, and wrote it down, it helps the police and your service provider if your phone is stolen. I also ensured that the phone is backed up to the cloud, something that I found had not happened recently as I had too many images on my phone, many of which I have since deleted – although there are still more to review.

It is a good idea to regularly check what is stored – that WhatsApp funny video which is automatically stored, did you mean to keep it forever? Better still change your WhatsApp settings so they are not stored in the first place.

News of Outings from Kath Lodge

PLEASE NOTE If you park in the Britannia car park you will be fined.

Friday 7th July Tall Ships Hartlepool



We all enjoyed a very hot day out in Hartlepool viewing the tall ships. Some of us climbed aboard, some of us enjoyed music played by an Indonesian crew on their deck, some enjoyed the wide variety of food and drink available.

Sitting near the Marina in the sunshine drinking Sangria, you could believe you were on holiday in the Mediterranean.

We were certainly welcomed by the people of Hartlepool who were proud to be associated with the Tall Ships Race. Well done to the volunteers for their work.

Thank you Kath for organising the trip.

Friday 4th August Whitby

Cost £11 payable at the meeting on 17th July.

The coach will leave the bus stop opposite the Cleadon pond at 9.00am and Whitby at 4.00 pm.

Saturday 16th September Thirsk/Skipton

We go straight to Thirsk for morning coffee etc, then on to Skipton with its very popular market and canal. If you wish to go on one of the public 1 hour river trips it will be payable on the day and subject to availability.

Cost £13 – £17 depending on numbers. This will be payable at the meeting on 21st August. An Expression of Interest sheet will be available at the meeting on July 17th.

The coach will leave the bus stop opposite Cleadon pond at 9 and Skipton at 4. We should arrive home about 6.

Why not join our **private** Facebook group.

It is a fun place, be first to hear about day trips, share photos and get news of group activities, enjoy and contribute to Stephanie's u3a foodies posts and even laugh at the occasional joke.

Members are welcome to add any posts which they think would be of interest.

To join, search Boldon u3a in Facebook and answer the basic questions.

News of Groups

The ethos of the u3a is to Learn, Live and Laugh, with members sharing their interests for the benefit of everyone.

Feel there is nothing for you currently in the u3a groups?

Then help to set up and run a new group based on your interests, with the full support of the committee. Contact Sue Soulsby at u3aboldon@gmail.com

The next session of **Enjoy Singing** group is on July 28th. The group meets on the last Friday of the month in Cleadon Methodist Church Hall at 10.30.

Art and Painting group are taking a break during August and will restart on September 12th, then every 2nd and 4th Tuesday 2-4 in the Old School Room in All Saints

Do you want to try flower arranging while having fun? Come along to our **Flower Arranging** group on Friday 11th August, at 10.30 in the School Room at All Saints Cleadon. Using this image for inspiration, the group will create their own arrangements with guidance from Maureen Carrigan.



The **Railway** group recently visited Ribbleshead viaduct by train.

Any new members are welcome with visitors from other u3a, we are about 19 at present. Contact Mike Valance for more information.

Art Appreciation: which normally meets on the third Tuesday of the month in Boldon Golf Club will meet on August 8th, due to holidays. Contact Pat Devenport if you would like to join the group.

Contemporary Music : meets on July 17th, August 7th and Sept 25th

Scrabble group are having to miss August due to a clash with Contemporary Music but will resume again on Sept 4th.

Other groups plan to continue meeting as normal throughout the Summer, but please check with the group leader.

All groups have room for new members apart from Bridge and Contemporary Music

If you want more information about any groups, please contact the group leader directly via the website by clicking the blue carrier pigeon.

Remember you can always find the latest news on events and groups by visiting our web site u3asites.org.uk/boldon/home