



## Exmouth & District U3A

### NEWS BULLETIN NO 7: 8th May 2020

#### Services in the Budleigh Salterton area.

There is a new support network for residents in Budleigh Salterton, East Budleigh, Otterton, Colaton Raleigh or Newton Poppleford, which provides voluntary help with shopping, prescription collection and a meal delivery service. The website for more information is [www.budleighsupport.co.uk](http://www.budleighsupport.co.uk). The telephone number is the Budleigh Wellbeing Hub on 446896.

#### Dental treatment.

Most dental practices are closed for routine treatment but some are providing advice either over the telephone or on their website. The NHS has a dental helpline to give advice on where to find a NHS dentist and how to access dental care in an emergency. This can be contacted by email at [accessdentalhelpline@nhs.net](mailto:accessdentalhelpline@nhs.net) or telephone 01392 822348.

#### Third Age Trust – Friends against Scams.

The TAT are organising a new series of free learning sessions on a variety of topics in association with experts from NatWest. The first one, which will provide an update on the latest coronavirus scams and how to protect yourself from fraud, will be on the 12th May from 10:30 - 11:30. You can register for this on <https://www.eventbrite.co.uk/e/friends-against-scams-south-and-midlands-12th-may-registration-104321267720>

#### Citizens Advice East Devon(CAED)

Carolyn Phillips, one of our members and also a volunteer adviser at CAED, has provided the following information:

“Whilst CAED office doors are closed due to the pandemic, advisers are still working from home, making sure everyone can get the help and information they need. We can offer advice via email, over the telephone via a call back system and through the Adviceline national service. The best way to access advice quickly (on weekdays) and locally is to phone **01395 265070** or **01404 42227**. The message will be accessed remotely by reception staff and passed to an adviser for a call back. As advisers are using their home phone numbers, the caller id will be blocked, so make sure you can access anonymous calls.

Alternatively the national Adviceline number is **03444 111 444** or you can email [enquiries@citizensadviceeastdevon.org](mailto:enquiries@citizensadviceeastdevon.org) or access information online through our national website [www.citizensadvice.org](http://www.citizensadvice.org)

I don't mean to be indelicate, but many of us are no longer economically active so please pass this information on to any friends, family and neighbours who may want information about benefits, employment and debt caused by the pandemic, though of course we are available to advise on all the topics that we usually cover.”

## Computer and related problems

Our U3A Tech Team is on hand to help members with any technical problems or issues they may have with the use of their computer, tablets or mobile phones or the use of any software or apps. To access the Tech Team, email John Hunt or if it's urgent or you don't have an internet connection, phone him and leave a message if necessary.

## Connect and Learn website

If you have not done so recently, do take a look at our **Exmouth & District U3A Connect & Learn website** at <https://sites.google.com/view/connectandlearn>. This website is open to everyone to use and benefit from. The topic of the month is all about music and comments, suggestions or recommendations on music would be most welcome – email John Hunt.

## "Connect on Thursday" meeting on 14<sup>th</sup> May with speaker.

This meeting using Zoom will be our first one with an external speaker:

Starting time: **10.15 with speaker from 10.30 – 11.30**

Speaker: **Chris Upton on 'The Closure of Thoresby Colliery'**. Chris is a professional photographer based in Nottingham, specialising in travel, landscape and social documentary themes. He has won photographic awards and in 2016 he recorded the final year of the Thoresby Colliery, the last pit in Nottinghamshire.

The Connect on Thursday meetings are available for all members up to a limit of 100. There's no need to let anyone know in advance, just click or tap on this link at the time to join in:

Removed for website.

If you want to try this out for the first time and are feeling unsure, please contact John Hunt.

## "Connect on Thursday" 21<sup>st</sup> May

15.00 start. News and information followed by a presentation by one of our members, **Sheila Haycox, ARPS, MPAGB/AV,EFIAB** called 'An Island in the Sun'.

## "Connect on Thursday" 28<sup>th</sup> May

10.30 start. News and information followed by a presentation by one of our members, **Susie Aubrey, called 'Around the World'**.

## "Connect on Thursday" 11<sup>th</sup> June

10.15 for 10.30 start. The speaker will be **David Keep ARPS, DPAGB,FBPE,AFIAB** with an hour's presentation on 'Underwater Photography – from sharks to gannets'. More details in future bulletins.

## Facebook Group.

An increasing number of members view posts and also contribute. Items are posted by Ian twice a day, morning and afternoon, unless others have contributed already. The number of members increases after each weekly bulletin and at 6<sup>th</sup> May stands at 93.

If you have never used Facebook before and want some guidance please contact Ian McLauchlin.

<https://www.facebook.com/groups/exmouthU3A/>

### **Newsletter – “Living the Lockdown” – for the June edition**

John Hunt has now taken over as newsletter editor after two excellent years from Chris Woodward.

John would like you to send him your photos on the theme of “ **Living the lockdown**”. Would you be willing to share any photos you may have taken since the lockdown started? These could be on anything at all - inside your home, or in your garden (or if you don't have one, on a balcony or looking out of a window), or taken on your daily hour of exercise or perhaps during an essential trip out. Don't worry about the quality. Anything taken by a camera, phone or other device will be fine and any format will be fine too. Please send them before our closing date for copy for the next Newsletter which is **Saturday 23 May** to John Hunt – contact details below. They can be sent by email as an attachment, or via the free We Transfer service (<https://wettransfer.com/>) or via a link if you save them in a cloud service. All photos will be acknowledged with the copyright remaining with you. And if you do not have any photos yet, you have a couple of weeks left to take some!

### **Contact detail**

Telephone contact service for members.

Camilla Benyon on [Camilla@exmouthu3a.org.uk](mailto:Camilla@exmouthu3a.org.uk), Sandy MacQueen on [chair@exmouthu3a.org.uk](mailto:chair@exmouthu3a.org.uk),  
Lyn Holmes on [publicity@exmouthu3a.org.uk](mailto:publicity@exmouthu3a.org.uk) , Olwen Smith on [Olwen@exmouthu3a.org.uk](mailto:Olwen@exmouthu3a.org.uk)

Tech Team, Connect and Learn & Connect on Thursday, and Newsletter editor

John Hunt on [johnh@exmouthu3a.org.uk](mailto:johnh@exmouthu3a.org.uk)

Connect on Thursday speakers.

Christine Chittock on [speakers@exmouthu3a.org.uk](mailto:speakers@exmouthu3a.org.uk)

Facebook.

Ian McLauchlin on [ian@exmouthu3a.org.uk](mailto:ian@exmouthu3a.org.uk)

Bulletin.

Keith Phillips on [secretary@exmouthu3a.org.uk](mailto:secretary@exmouthu3a.org.uk) Tel: 273195

### **Feedback**

We welcome contributions from members for the bulletin, so please forward your comments, suggestions or ideas.

Take care and stay safe.