



Chat from the Chair



Our **AGM is on 12th May 2022 in Exmouth Pavilion at 10:00 for 10:30**. This will be a 'hybrid' meeting for those members who are unable to attend in person with thanks to Ian McLauchlin, John Hunt and Maurice Chittock for the very necessary preparation that this entails. Please see page 2. Thank you so much to those members who have already cast their votes. There is still a chance to vote before the meeting by replying to Ian McLauchlin secretary@exmouthu3a.org.uk. Please see page 2 and cast your vote in advance; it will be an enormous help.

In the Trustees report I thanked committee members Richard Morgan, Maurice Chittock, Bryan Webb and Maureen Phillips for their vital work for our u3a and I would urge you to read the report as your committee all agreed that it was most important to acknowledge their input, conscientious approach and commitment. Maureen stood down at the end of March and Richard, Maurice and Bryan are standing down at the AGM. Between them they have given a total of 11 years to our u3a; a fantastic achievement. Thanks are also mentioned in the Trustees report to many other members; the team effort makes such a positive difference.

On page 3 you will see a poster advertising one of our 10th Anniversary events; a **celebration on the theme of 'Friendship' at 10:00 for 10:15 to 12:00 on Thursday 9th June in Exmouth Pavilion**. My thanks in advance for all those who have agreed to participate. This is intended as a 'fun' session with both the opportunity to sit back and enjoy the entertainment as well as a number of items where you can join in. At this event the seating will be cabaret style with 150 places. Therefore if you wish to attend you will need to book a place with Ian McLauchlin via email at secretary@exmouthu3a.org.uk from w/c 9th May. Details to follow in an email. Participants and Meeters and Greeters will not need to book a place. We are offering a number of 10th Anniversary events across the year with the hope that our members can attend at least one event so please also see the news from the Social Committee on page 4.

If you are able to help us in any way please do make yourself known to any of our committee or write to me at chairperson@exmouthu3a.org.uk It would be particularly useful to have a list of people we can call on, as for a very large u3a we have a relatively small number of members who are actively involved. This would then help us in cases where our volunteers are ill/on holiday.

Finally as we approach our AGM, a very warm welcome to new members, many thanks to you all and we trust that through our u3a you have and will:

- learn, laugh and get the most out of life
- meet up with friends and make new ones
- be part of a strong supportive community
- share ideas, knowledge, experience and enthusiasms in a friendly atmosphere
- develop the fun and passion we have for whatever interests us
- find the inspiration for new ideas, hobbies and experiences
- participate in a variety of social activities

With best wishes,

Christine Chittock
Chair and Speakers' Coordinator

Annual General Meeting and next monthly meeting: Thursday 12 May 2022 – in Exmouth Pavilion and on Zoom

Ian McLauchlin, our Secretary, circulated comprehensive bulletins about our AGM on 25 March, 13 April and 20 April. These emphasised how important it is that each member votes in advance of the AGM by filling in the voting form which was sent to you and emailing or posting it to him. Alternatively you can simply send an email to him making clear your voting intentions, e.g. 'I wish to Vote Yes for each Voting category'. His email address is secretary@exmouthu3a.org.uk.

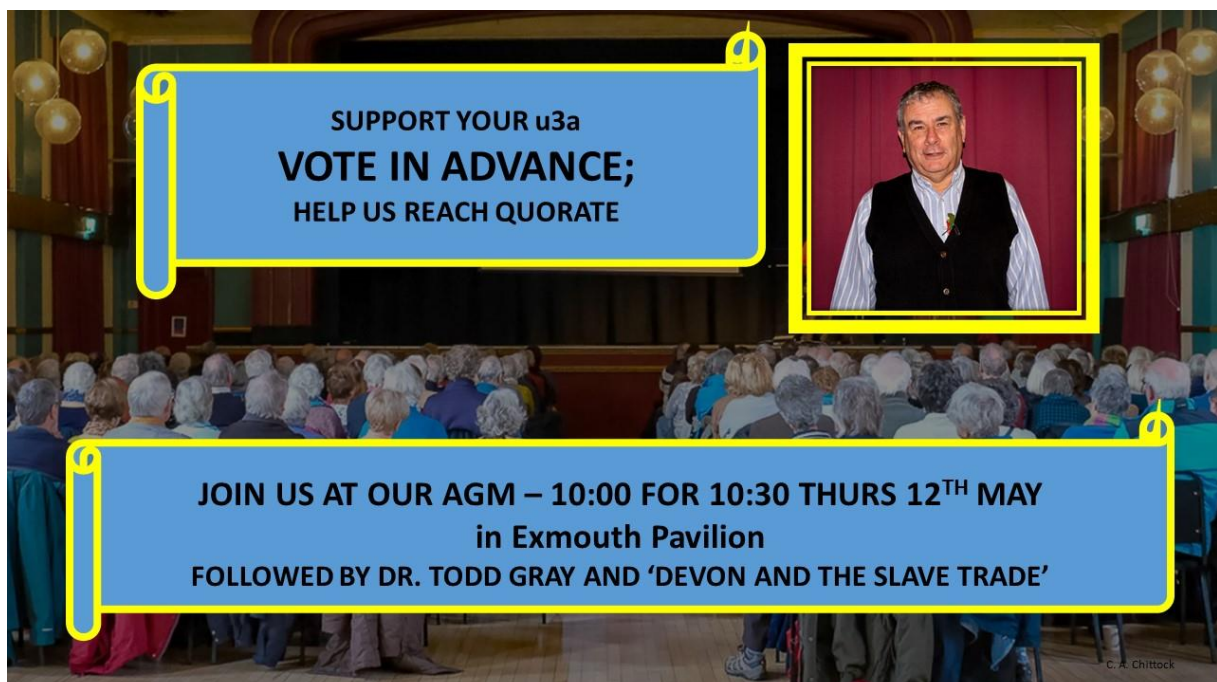
Many thanks to those who have already voted – but if you have not already voted, **please do this NOW** so we can be sure that we're quorate and the AGM can go ahead as planned. Most of the documentation (including the voting form) is also on our website (at <https://u3asites.org.uk/exmouth/page/90369>) and on our Facebook Group.

It's also very important that as many members as possible also attend the AGM either in person or via Zoom. The AGM will be in Exmouth Pavilion from 10:00 for a 10:30 start. Or there is the opportunity for members to join via Zoom for anyone who is unwilling or unable to attend in person and instead prefers to join us from home. Zoom connection details are on page 5.




Our AGM will be followed immediately after by our monthly talk. We are delighted to welcome back Dr Todd Gray, who will be giving us a presentation on 'Devon and the Slave Trade'. As Todd says: "The history of Devon's involvement in African slavery can be contentious, mostly because of its legacy in race relations but also because we are still learning about it." Through previous sessions by Todd we have seen that he is most thorough in his approach, locating and reading thousands of documents from not only Devon but also from other parts of the UK. In these times of so many secondary resources it is refreshing to know that Todd's findings and analysis are from studying primary resources.

By pure chance in the early 90s Todd had a conversation with the writer Maya Angelou. She was interested in whether there were any documents relative to slavery in the local archives. Todd showed her some documents and the book developed from there. The Black History Foundation awarded his book 'Devon and the Slave Trade' 'Outstanding Contribution to Black Studies' in 2007. Todd will have his award-winning book for sale in the Pavilion. A session not to be missed.



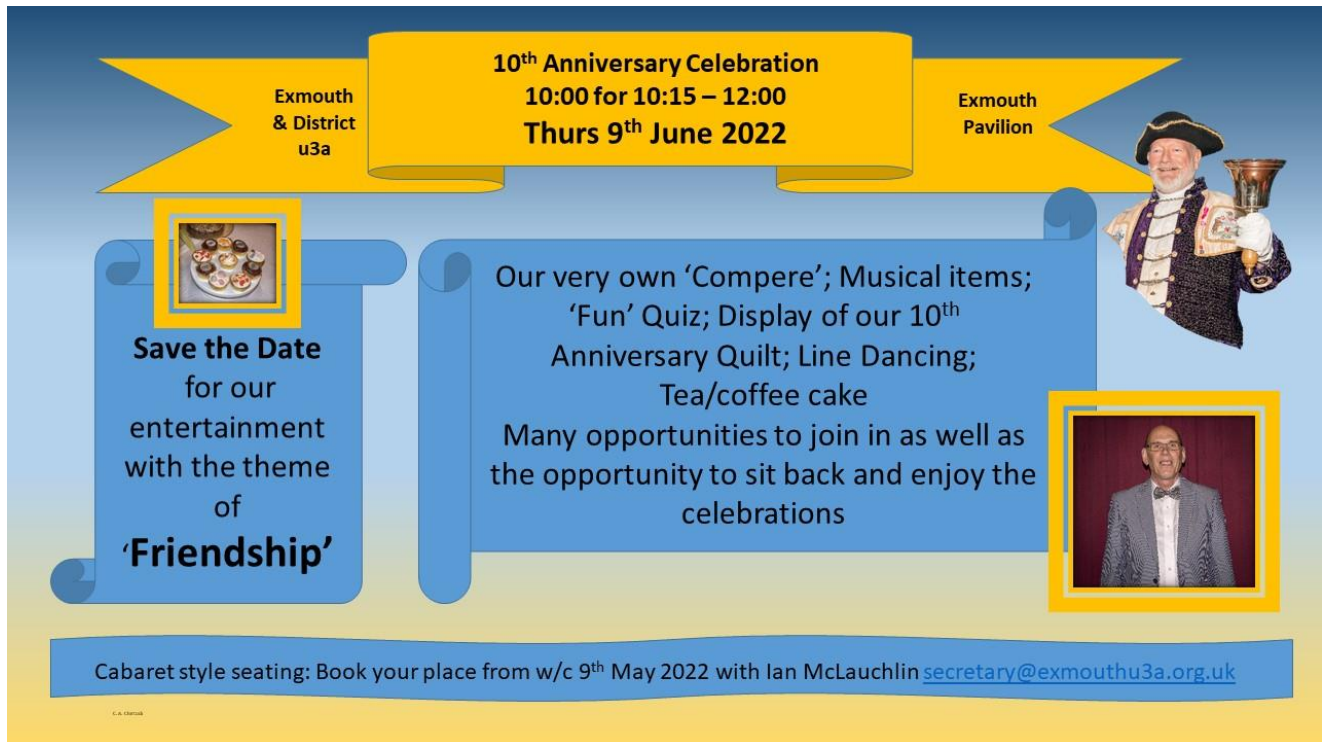
**SUPPORT YOUR u3a
VOTE IN ADVANCE;
HELP US REACH QUORATE**



**JOIN US AT OUR AGM – 10:00 FOR 10:30 THURS 12TH MAY
in Exmouth Pavilion
FOLLOWED BY DR. TODD GRAY AND 'DEVON AND THE SLAVE TRADE'**

Our 10th Anniversary Celebration – Thursday 9th June

Please note the date – and we look forward to seeing you then! More details on page 5.



Exmouth & District u3a

10th Anniversary Celebration
10:00 for 10:15 – 12:00
Thurs 9th June 2022

Exmouth Pavilion

Save the Date
for our
entertainment
with the theme
of
'Friendship'

Our very own 'Compere'; Musical items;
'Fun' Quiz; Display of our 10th
Anniversary Quilt; Line Dancing;
Tea/coffee cake
Many opportunities to join in as well as
the opportunity to sit back and enjoy the
celebrations

Cabaret style seating: Book your place from w/c 9th May 2022 with Ian McLauchlin secretary@exmouthu3a.org.uk

Reminder for Membership Renewal – 2022/23

If you have not yet done so, please take the steps necessary to renew your membership. There is a "grace period" after 1st April for renewal but if payment is not received by the **1st May, memberships will be marked as lapsed** and you will no longer be able to join groups or attend any online activities, social events, or take part in the AGM.

If you wish to pay by cheque please make the cheque payable to **Exmouth & District U3A**, and post to the address shown below, with a covering note, showing your address and membership number.
Post to the Membership Secretary.

If you wish to change to payment by standing order, forms are available from the Membership Secretary. Details of how to make contact are below.

If you already have a standing order in place, please check that your standing order is for the **correct amount**. For the 2022/23 year the membership payment remains **£12 for single membership, £24 for a couple, and £8.50 for associate membership**.

And please make sure, that your reference details show your membership number and name.

If you have any problems or questions, please contact me either by email at membership@exmouthu3a.org.uk or by telephone.



Many thanks to those of you who have already renewed for your continued support.

Olwen Smith
Membership Secretary

Group news

Here is the latest group news:

- **The Knitting Group** is to start on Tuesday 1st June, 2pm–4pm, at the Star Café, Albion Street. Contact Ailsa Buxton by email.
- **Lunch Group 3** have reopened under a new organiser, Christine Bradshaw. Please contact her for information by email.
- **The Natural History Group** have vacancies. Contact Sheena Paterson by email.
- **Urban Sketching** has started as a group. The next meeting will be in Manor Gardens, Exmouth on 21st May. Please contact Beryl Leader by email.
 - A group of 6 to 8 artists that wish to improve their observance and drawing skills.
 - To meet as a group in a public area, indoors or outside. Dependent on weather.
 - Meet with a small sketch book and pen.
 - The aim is to sketch fast, observing the way people stand, angles of their whole posture.
 - Buildings with different shapes and angles.
 - Generally, we would exchange ideas and skills as a group.
 - I would like to meet on the last Saturday of the month.



Lyn Holmes,
Groups Coordinator
groups@exmouthu3a.org.uk

Social Group News

As you will all be aware there were no social outings/activities last month as Easter weekend was celebrated in the middle of the month. However, hopefully, the weather is improving and u3a's first outing for this year is due to take place on **11th May to Delamore House**. All tickets have been sold for this event but at our next monthly u3a meeting at the Pavilion, tickets will be available to be sold for the **summer boat trip from Exmouth harbour to Exeter Quay on 22nd July**. At the time of writing we do not have a final price for these but members will be circulated prior to the 12th May monthly meeting with the exact cost. As has been mentioned in the information sheets, a coach has been arranged to be at Exeter Quay mid-afternoon for the return journey to Exmouth car park. Full details of this trip can be obtained from the Social Group's table at the meeting.

The next Social event will be the **10th Anniversary evening boat trip on the River Exe** and negotiations for this are ongoing. Again as soon as a final figure is known for the cost of the trip all members will be notified and tickets, together with full details of the event, will be available for sale as before – it is anticipated this will not be until the June and July monthly meetings.

Due to the popularity of our u3a outings all tickets have to be paid for at the time of booking in order to secure confirmation of your place.

We do hope all members will enjoy the outings and that our 'intermittent' English weather will not cause any problem but it certainly seems as though 'the sun is at last enhancing the spring days'.

Best wishes from the Social Committee.

Alice Robson, Lyn Holmes, Clare Dawson and Jenny Comben
Social Committee

Monthly meetings for 2022 – our 10th Anniversary Year

You are most welcome to join us for our monthly meetings at **10:00 for a 10:30 start to approx. 11:45**. These are held in **Exmouth Pavilion**. When we meet there, we have a 'Link Up' table in the Pavilion Café for new and recent members; a chance to get together and have a chat and find out more about our u3a. Our Social Committee is in the main hall and you can find out about forthcoming activities and outings. We will keep you informed of any changes (see our website at <https://u3asites.org.uk/exmouth/events>), and we have a most interesting programme for our anniversary year including many references to Devon.

Our monthly meetings in the Pavilion are now also streamed live on Zoom simultaneously for any members who don't want to or are unable to attend in person and instead wish to join us from home. Zoom connection details are below.

In addition to our monthly meetings in the Pavilion and on Zoom, we also have presentations on the fourth Thursday in the month, and these are at 10:15 for 10:30 to 11:30 via Zoom only.

The Zoom connection details for the monthly meetings and for the Zoom presentations and for all our other u3a Zoom meetings have been notified direct to members in the members version of this newsletter and also by email.

This is for u3a members only, so please don't share these Zoom details with anyone else. If you experience difficulties, email John Hunt at johnh@exmouthu3a.org.uk. In the unlikely event that we are having problems with this link at the time, please keep an eye on your email inbox at the time for further information.

Date	Presenter	Description
Thurs 12 th May	AGM followed by Dr Todd Gray Details on page 2	'Devon and the Slave Trade': A welcome return by Todd Gray. As Todd says: "The history of Devon's involvement in African slavery can be contentious, mostly because of its legacy in race relations but also because we are still learning about it." More details on page 2
Thurs 26 th May	Members' Zoom presentation	Would any member like to volunteer to give a short presentation or talk at this Zoom meeting?
Thurs 9 th June	Members See poster on page 3	'10 th Anniversary Celebrations' Entertainment by and for our members. Display of a 10 th anniversary quilt by our own quilting group. Cutting of a 10 th Anniversary cake. Musical items, a 'Fun' Quiz and Line Dancing. As a vibrant, active and friendly u3a we will certainly have much to celebrate thanks to our wonderful members and volunteers.
Thurs 23 rd June	Members' Zoom presentation	Would any member like to volunteer to give a short presentation or talk at this Zoom meeting?
Thurs 14 th July	Janet Few https://thehistoryinterpreter.wordpress.com/	'Coffers, Clysters, Comfrey and Coifs: life at the time of the Mayflower' Meet Mistress Agnes and Master Christopher and immerse yourself in 17 th Century life and discover the meaning of some rather unusual terms. A fascinating time in history.

Christine Chittock, Chair and Speakers' Coordinator – speakers@exmouthu3a.org.uk

Zoom Coffee & Chat



Zoom Coffee & Chat sessions are open to all our members and are a good opportunity for a chat. You may have something you would like to share on a 'show and tell' basis, particularly any activities you have participated in as a group member. So why not make yourself a cup of coffee or tea and join us; you will be most welcome. The Zoom connection details are the same as shown at the top of the previous section on page 5. *(Photo by Christine Chittock)*

These sessions are via Zoom and usually on 1st, 3rd and 5th Thursday mornings from 10:15 for 10:30 to 11:30.
Dates for May and June 2022: 5th May and 19th May; 2nd June, 16th June and 30th June.

If you would like a reminder by email (with the link) the day before each of our sessions, please let me know and I will add you to our Zoom Coffee & Chat email circulation list.

John Hunt, Newsletter Editor
newsletter@exmouthu3a.org.uk

Member Code of Conduct

Our committee recently reviewed the Member Code of Conduct. We wish to remind members about this, and here are the key points:

u3a members are expected to conduct themselves in line with the Movement's Guiding Principles. They are also expected to treat each other with dignity and respect. Specifically:

- Members are expected to know, follow and promote the principles of the u3a Movement at every opportunity.
- Members must always act in the best interests of Exmouth and District u3a and the u3a Movement, strive to uphold its reputation and never do anything which could bring their own, another u3a or the u3a Movement into disrepute or expose it to undue risk.
- Members are expected to use Exmouth and District's u3a's resources responsibly and only to further its stated charitable objects/purposes.
- Members are expected to reflect the current organisational policy of Exmouth and District u3a, regardless of whether it conflicts with their personal views.
- Members are expected to abide by Exmouth and District's u3a procedures and practices.
- Members are expected to treat each other with courtesy and respect at all times.

A copy of the full document can be viewed and/or downloaded from our u3a website by clicking or tapping on this link – <https://u3asites.org.uk/files/e/exmouth/docs/u3a-kms-doc-016membercodeofconductexmouthanddistrictu3a20220302.pdf>

Reports from our Groups

Several of our groups have very kindly sent in some great articles and photos. You can read all about them on next four pages of the newsletter. So a big 'thank you' to Walking Group 1, Bird Watching Group 2, and the Exploring with a Bus Pass Group. What about all the other groups? Please send me short articles, ideally with photos, as it would be great to share what you do in future editions of this newsletter. I look forward to hearing from you! With many thanks.

John Hunt, Newsletter Editor, newsletter@exmouthu3a.org.uk

Group News – Walking Group 1

In early April a small group of us braved a very windy and sunny walk from Countess Weir to Exeter Quay. Thank you to June for organising it.

Our second monthly walk was organised by Sue and myself and was a circular one from Exton via Woodbury, Ebdon and the Estuary Trail. Approximately five-and-a-half miles long, we had good weather with some sun and just the right temperature. Originally we had over a dozen of us but several members had to pull out at the last moment, and ten of us enjoyed a popular walk we had done some years back. Seven of us had a good lunch at the Puffing Billy.

Walking Group 1: A circular walk starting and finishing at Exton via Woodbury, Ebdon and the Exe Estuary Trail.



C. A. Chittock



We have recently had several members leave the group for various reasons so we have welcomed some new joiners which has reduced our waiting list.

Our May programme is a walk by Gill on Thurs 5th and our second on Tuesday 17th which currently needs a leader.

Mike Holbrook, Group Organiser (photos by Christine Chittock)



Here are two photos from our members.

On the left we have **Hazel James** just before a trampoline session. Those of us who were at a recent Coffee & Chat session were treated to a video of her in action!

On the right we have a photo from **Ian McLauchlin** of the ketch 'Maid of Shannon' being lifted back into the Marina after having bottom antifouled. This was featured recently on our Facebook Group – where there is much more to explore.



Group News – Bird Watching Group 2: Tuesday 19th April

We met up at Stantyway farm and were greeted by David White who kindly led our walk. He clearly has a wealth of experience of birding and also photography. Sam (the Farmer) knows and trusts David to "go off track" and has worked closely with Sam during various events, such as Countryfile's recent filming at the farm. David has a particular interest in cirl buntings, hence Sam's introduction.

The walk brought with it both interesting bird songs and of course sightings. In fact, we heard the sound of a cirl bunting way before we sighted one towards the end of the walk. Sam paused his drilling of a field sowing quinoa seed, got off his tractor and gave us an interesting talk on the history of the organic farm that he runs. The view from this field was spectacular overlooking the coastline.

Here are the birds that were spotted on today's walk and in no particular order: whitethroat, cirl bunting, wren, robin, partridge, magpie, skylark, cormorant, blue tit, wood pigeon, goldfinch, herring gull, kestrel, house sparrow, dunnoek, carrion crow, rook, blackbird and buzzard.



Whitethroat



Female cirl bunting



Male cirl bunting

Here is a link to David's talk on YouTube for Devon Wildlife: <https://youtu.be/vbFAAbNE1y8>
Photos courtesy of David White.

*Report by Stefan and Shirley Gieron
Members, Bird Watching Group 2*

Group News – Exploring with a Bus Pass Group: Covid Hazards

In March 2019 the Exploring with a Bus Pass group was formed starting with an initial meeting at The Pavilion to draw up the ground rules of how we should operate. Of those first gathered together two of us are still exploring. Each month we take it in turns to plan an outing using local buses to get to somewhere new, spend some time there and then return, sometimes as a group or sometimes separately. For the first year this plan worked well, going to such places as Sidmouth, Seaton, Exeter Cinema Museum, Rosemoor Gardens, Exeter Quay, Honiton and Burnaville Nurseries.

But in March 2020 Boris Johnson, the prime minister, announced a complete lock down of all unnecessary movement of the population to prevent the spread of the new virus, Covid 19. Thus, our monthly bus trips were put on hold until further notice. Undaunted, members were contacted each month just to keep in touch and as soon as we were allowed to meet outdoors and socially-distanced we met on The Strand, Exmouth for coffee and chat. Gradually, as things eased, we took the plunge and went on short journeys from Exmouth to Sandy Bay, where some of the group walked back to Exmouth along the beach, Greenfingers Garden Centre for coffee and Budleigh Salterton taking a picnic lunch. Two of us then ventured to Sidmouth, again taking a picnic lunch to have whilst going on a self-guided walk around the town. Every time we went on the bus we had to observe the current Covid regulations which initially were rather antisocial – only one person to a seat on the bus not to mention the obligatory wearing of a face mask.

Membership of the group has come and gone and now there is a waiting list to join despite the restrictions – Covid hasn't put people off! New friends have been made, lots of laughter, new experiences and new places visited. Usually, after arriving at our destination we arrange to meet for lunch at an agreeable café, meanwhile small groups split off to explore before or after lunch. We don't necessarily all return to Exmouth together. Now that most restrictions have been lifted we are venturing much further afield with trips to Totnes, Seaton Tramway and Moreton Hampstead envisaged.



On a recent outing to Torquay, going via Dawlish and Teignmouth and returning via Newton Abbot, we encountered the knock-on effects of staff problems caused by Covid. All went well until our return journey. En route the views across Lyme Bay seen from the Teignmouth to Torquay bus were spectacular. On arrival we found an excellent independent café for lunch before heading off to the bus stop for the return journey.

The bus for Newton Abbot arrived but there was no driver to take us to Newton Abbot causing us to wait for the next bus (about 10 minutes later) which resulted in missing our connection to Exeter. This meant a wait of nearly an hour so a cup of tea in the indoor market filled the time. On returning to the bus stop we were told that our bus to Exeter via Kingsteignton would not be running but to get another bus to Exeter via Bovey Tracey – at least it was a more scenic route. When this bus arrived at Matford P & R, Exeter there were more driver problems and luckily a driver volunteered to take us to Exeter. On talking to another driver, who was hitching a ride to the bus station, we learned that over 150 Stagecoach staff, about a quarter of the workforce, were sick or had left the service for better paid work. He also said that in the thirty years he had worked for Stagecoach he had never known such staff shortages.

We duly get to Countess Wear to make our connection to Exmouth and after a bit of a wait we get the 57 bus back to Exmouth. But this is not the end of the story. Whilst on the bus several other people got on complaining that they had been waiting an hour for the 57 bus to arrive. There are notices on the buses now asking passengers to be kind and considerate to the drivers because of the staff shortages so as we alighted we made a point of thanking the drivers. Despite all these knock-on effects of the pandemic making our day out longer than planned, we had the camaraderie of being in a group which made it all so much more enjoyable. Let's hope future outings will be less fraught with driver shortages.

Jenepher Allen
Group Organiser
(photos by Christine Chittock)

Budleigh Salterton Croquet Club



I started to play croquet when shoulder problems made tennis difficult, and found it to be an excellent hobby, particularly for an older age group, the lawns are flat and level and you have a mallet to lean on! No hazards to trip on, no inclines to cause breathlessness and a constant aid to balance.

The Budleigh Salterton Croquet Club has eleven lawns which are in wonderful condition, we host international tournaments and have sea views. There are two game formats. Golf croquet can be played as an informal friendly game with four players, Association croquet usually two players and more complex.

We have open days when the club welcomes visitors to look around and try croquet, we have plenty of mallets so all you need is flat shoes. If the game appeals you can have some lessons for a small fee to see if you would like to join.

The next Open Day is Saturday 4th June, 10am till 4pm.

Judith Heaney
Member

Review of 'Devon Historical and Hysterical' by Maggie Duffy – Exmouth Pavilion, 7th April 2022



Throughout a wonderful mix of songs, stories and poems it was very clear that Maggie had gained inspiration from Devon's rich heritage of folk lore and legend. She admitted that she wasn't a star pupil of history at school, however it was certainly evident that Maggie had an ear for a good story. Maggie entertained us with many local tales which she incorporated into her work ensuring that oral history was recorded and shared with us; so essentially a 'true' historian.

Her knowledge of life in Brixham past and present came to the fore in a number of her pieces. 'Brixham Belle' written by Maggie was one example of the story behind a building which became known as – 'Ye Olde Coffin House' centring on the tale of a father who said he would rather see his daughter in a coffin than wed a certain Captain Roundsell. We learnt about the very unusual coffin shape of this 18th century building in King Street built by Captain Roundsell as a marital home to annoy the father; he did in fact wed the daughter.

Maggie's rendition of a number of humorous poems were warmly received by our u3a audience who enjoyed the well-spoken words, with the emphasis just right. It was so good to hear the laughter from a very appreciative audience.

Maggie captured and maintained our interest with many incredible tales one such being a stormy night in January 1917 when the Devon fishing village of Hallsands collapsed into the sea. The entire village was destroyed together with the livelihoods of its people. For decades the fishing village of Hallsands and its stunning coastline had been at the mercy of the forces of nature and although the storm played its part in destroying the villager's homes it was most likely due to greed and deception. An engineering company had secured the rights to dredge shingle from along the coast from Hallsands to Beesands without any consultation with the villagers and the dredging altered the landscape and in essence destroyed the resident's homes. Fortunately all the residents survived but many homes were lost and Maggie's evocative rendition of her 'Hallsands' was exquisite and set the mood for this dramatic song.



Overall we were treated to a magical session; beautiful singing, well told stories and poems and lovely guitar playing. A fantastic vocalist devoted to her craft. Thank you Maggie!

We welcome Maggie back for 'Pot Pourri' on Thursday 13th April 2023 .

Review by Christine Chittock, Chair and Speakers' Coordinator

Photo of Maggie with guitar courtesy of Maggie Duffy

Photo of Maggie with Christine Chittock by Maurice Chittock

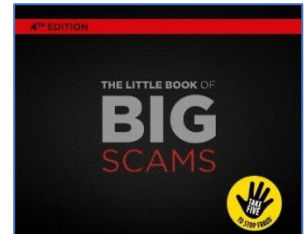
Maggie's website is <http://www.maggieduffy.co.uk/>. You can see some videos of her performing some songs if you click or tap on this link – <http://www.maggieduffy.co.uk/index.asp?pageid=665274>

'Everything you Need to Know About Scams': Zoom presentation on Thursday 28th April

Scammers are always coming up with new ways to defraud us, so you can never be too careful. Many people are still taken in by different scams – as soon as you get wise to one sort, a new type pops up. It is estimated that around **£10 billion** is lost each year in the UK by victims of scams.

Some of you may remember that we had a session on scams in February 2020 in Budleigh Town Hall (just before the first lockdown). I thought it would be timely to follow this up and on 28 April I shared on Zoom a presentation from the National Neighbourhood Watch movement about scams and the different types:

- Doorstep crimes and rogue traders
- Postal scams
- Telephone scams
- Investment & pension scams
- Online fraud
- Email scams
- Romance scams



We learnt how to spot them, some top tips, how to report them and how to protect yourself and your community from becoming a victim.

Some good advice is the **'Take Five to Stop Fraud'** campaign (<https://www.ourwatch.org.uk/crime-prevention/crime-types/scams/protecting-against-scams>). Criminals are experts at impersonating people, organisations and the police. They spend hours researching you for their scams, hoping you'll let your guard down for just a moment. **Stop and think.** It could protect you and your money.

- **STOP:** Taking a moment to stop and think before parting with your money or information
- **CHALLENGE:** Could it be fake? It's ok to reject, refuse or ignore any requests. Only criminals will try to rush you.
- **PROTECT:** Contact your bank immediately if you think you've fallen for a scam and report it to Action Fraud.

Before the presentation we watched an 11-minute video ('Become a Friend Against Scams') which summarised these types of scams and what you should do about them, and you can see this video on this link:

https://www.youtube.com/watch?v=r-DsFRKacRA&ab_channel=NatWest

After the presentation we watched a video on 'Spot the Signs of Financial Abuse' video (A video produced by Kent Trading Standards on Rogue traders and the effects it can have on its victims):

<https://www.youtube.com/watch?v=qYvsuynSJQs>

Here are some useful resources:

- **Our Exmouth & District u3a website:**
 - Review of Cyber Crime awareness talk, Budleigh Salterton, 24 February 2020 – <https://u3asites.org.uk/files/e/exmouth/docs/u3areview-cybercrimetalkreviewdraft24feb20.pdf>
 - Computer security – <https://u3asites.org.uk/files/e/exmouth/docs/securityarticlefinal.pdf>
- **Action Fraud** – <https://www.actionfraud.police.uk/>
- **Devon & Cornwall Police** – <https://www.devon-cornwall.police.uk/advice/your-money/fraud/little-big-book-of-scams/> and <https://www.devonandcornwall-pcc.gov.uk/covid-19-info/scams-and-fraud/>
- **The Little Guide to preventing fraud and cyber-crime – including the Little Book of Big Scams (5th Edition) (Metropolitan Police)** . Highly recommended – <https://www.met.police.uk/littlemedia> and <https://www.met.police.uk/SysSiteAssets/media/downloads/central/advice/fraud/met/the-little-book-of-big-scams.pdf>
- **Trading Standards South West** – <https://www.tssw.org.uk/consumers/scamwise-2/>
- **Friends Against Scams** – <https://www.friendsagainstscams.org.uk/>
- **Friends Against Scams Training video** (from the National Trading Standards Scams Team) – https://www.youtube.com/watch?v=NkcrS_gWVqQ
- **National Cyber & Security Centre** – <https://www.ncsc.gov.uk/cyberaware/home>

John Hunt,
Newsletter Editor
newsletter@exmouthu3a.org.uk

Exmouth & District u3a online – our digital world

When you are not actively involved in our u3a meetings, can we remind you that there is always a lot to see and do online at any time that suits you – and from the comfort of your own home (or wherever else you happen to be in the world!). As well as our face-to-face meetings and events, there are a number of ways we can connect with each other (as well as by email):

- Our Exmouth & District u3a website: <https://u3asites.org.uk/exmouth/home>
- Our u3a YouTube channel: https://www.youtube.com/channel/UCC_Wy5Vkb2C1itp1JhKtxAA
- Our u3a Facebook Group: <https://www.facebook.com/groups/exmouthU3A>
- Our u3a Connect & Learn website: <https://sites.google.com/view/connectandlearn> (and especially our Ideas and news page – at <https://sites.google.com/view/connectandlearn/ideas>).

Which of these do you look at? Which is the most useful or the most interesting? Are there any ways we can improve what we offer? Your comments are always most welcome!



A windswept beach in front of Exmouth Pavilion, just before our April monthly meeting – John Hunt

Our next edition

I hope you have enjoyed reading this newsletter, and thank you to our contributors this month.

Do you have any views or comments about this newsletter? What other things would you like to see in future editions of the newsletter? Does the newsletter meet your needs? Can you suggest any ways in which it could be better? Would you like to contribute anything for the next newsletter in June?

Please contact me using the email address below. Photos, art, short articles and stories and poems from more members would be especially welcome. The deadline for receipt of copy for next month's edition is **Wednesday 25th May**.



Thank you very much.

John Hunt

Newsletter Editor

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