



# July 2023 Newsletter

*It is July Already and therefore I know many of you will be looking forward to the start of the Baby-Sitting Season and / or going away.*

*It is for that reason that this year we are not having a meeting in August.*

**The meetings until the end of the year are:**

**Wednesday 26<sup>th</sup> July 2023**

There has been a slight change to this meeting and we will be having a Talk by Dr. Peter Hill that is guaranteed to be extremely interesting on "The history of where you live".

***As noted above, there is no meeting in August***

**Wednesday 27<sup>th</sup> September**

A visit by Corby's Mayor, Councillor Leanne Buckingham who will give us a fascinating insight into her role.

**Wednesday 25<sup>th</sup> October**

A medley of music and song from our very own and accomplished Open Mic Group.

**Wednesday 25<sup>th</sup> November**

What promises to be an extremely interesting demonstration of life saving including Cardiopulmonary resuscitation (CPR) and Defibrillation by Stacey Price. There will be some Kneeling on the floor for those at this meeting.

**Wednesday 22<sup>nd</sup> December**

Something new and something that we have not done before.  
We will be having Christmas Carols and a Group Karaoke to raise the rafters and your spirits in preparation for Christmas day.

**Visit to Bletchley**

There may be a few places left so if you have you have reserved a place or would like to join us, please remember to bring along the balance of the £25 price for the visit on August 9<sup>th</sup>.

The coach will be leaving and returning to Greta Oakley Village Hall and the last chance to come along will be at the meeting on 26<sup>th</sup> July.

**Annual Membership Renewal for 2023/24**

This is another reminder that if you wish to renew your U3A Annual Membership, you need to do so in the near future.

Subscription details are as follows:

Full Member with Magazine - £17.00

Full Member without Magazine - £13.00

Payments can be made by Cash or Cheque made payable to "Great Oakley and District u3a" or you may prefer to pay by Bank Transfer to:

Account No. 15978468 Sort Code 30-92-26

With your name as an added reference.

You can contact Tom Reygan, the membership secretary by E-Mail to

[tomreygan@hotmail.com](mailto:tomreygan@hotmail.com)

or by calling

0772 097 8169

**Our Web Site**

The u3a web site provides information on our own group, national Links & Newsletters at

<https://u3asites.org.uk/great-oakley/home>

**Our u3a Facebook Page**

The u3a Facebook Page gives local information you can join using this link:

[Great Oakley and District U3A | Facebook](#)



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## ***I.T. Advise from the June Meeting***

Just a few reminders from the June Meeting on keeping the information on your computer safe:

1. Do not open an E-Mail from an unknown source.
2. If you accidentally an E-Mail, treat it like an unwanted letter and do nothing with it, delete and / or advise that it is phishing or junk and ask for the sender to be blocked.
3. Use separate E-Mails for different groups.
4. Use strong passwords such as a random 3 words.
5. Use 2 step verification whenever available.
6. Update everything when asked as this means someone has found a weakness.
7. Back up -Make sure you have that is essential to you.
8. Google any suspected Scam
9. Report any Phishing to [report@phishing.gov.uk](mailto:report@phishing.gov.uk)
10. Report any suspect contacts by text to 7726
11. If you think that something you have done is wrong- report to Action Fraud
12. You can find information on u-Tube at "How private is your private information".
13. Use Credit Card for on-line shopping.
14. Avoid Banking on-line if you can.
15. Reverse image search.
16. Protect your devices and Data
17. Deal with any suspicious message that may be a scam.
18. Look at "[How to stay secure online](https://www.gov.uk/guidance/how-to-stay-secure-online) [cyberaware.gov](https://www.gov.uk/guidance/cyberaware) - The National Cyber Security ... for more information on the above.

## ***Message from the Committee***

Unfortunately, we have a couple of Posts that are not filled and at the moment the Vice Chair Steve Lambert is doing a sterling job acing as Business Secretary and looking at the role of Group Co-Ordinator.

We really need a volunteer to take on the role of Business Secretary and another to become the Group Co-Ordinator as these posts need to have a name against them as we become a registered Charity.

I cannot say more frequently that there is really nothing difficult about any of the committee roles and if you want to help you are welcome to attend meetings as a guest.

## ***GO On - Give it a go.***

Just a reminder the Committee Membership is currently:

Chairperson	Peter Moden
Vice Chairperson	Steve Lambert
Treasurer	Rita Gogan

**Business Secretary**      **Vacant**

**Membership Secretary**      Tom Reygan

**Group Co-Ordinator**      **Vacant**

**Social Secretary**      Mary Lambert

**Web Co-Ordinator**      **Vacant**

**Public Relations Secretary**      **Vacant**

**Publicity Assistant**      **Vacant**

**Welfare Assistant**      Janice Crane

**Members Representative**      **Vacant.**



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## WE WANT YOUR VIEWS

*The committee is really new, fresh and keen to help you in Learning something New Laughing as you Learn and Living your dream if they can.*

*Last year we asked you to complete a Questionnaire and in September, we gave you some Feed back*

We really do value your views and now we are really getting going again we really want to know if your views have changed and try to move things forward.

You told us that in line with our main objectives that you wanted:

**More organised trips** mid-week but not on the same day as Monthly Meetings with members suggesting in priority order trips to

Belvoir Castle, Windsor, Cambridge, Oxford, Garden sites and historic buildings and

**Now we are registering as a charity we can try and turn this into a reality?**

**New Groups** for Bridge, Board games, Dancing, Gardening, Singing and Mar Jong.

**Unfortunately, we have not heard from anyone wishing to join or be the contact for any group – Please Make contact as we want to help.**

**To keep receiving Information and this Newsletter with more information on Groups – We welcome all information which can be put in this Newsletter, on the Facebook page and on the Web to keep you informed.**

**Please forward anything of interest to**

[chair.gou3a@gmail.com](mailto:chair.gou3a@gmail.com)

### **Acting Group Co-Ordinator's Message**

I have recently been in contact with the Group Leaders and am initially concentrating on how we disseminate information on Groups to both existing and new members.

We are continuing trying to get out Membership Cards and forms to you and would encourage you to check, complete and return forms as soon as you are able.

There continues to be space available in the buildings we use for additional groups, particularly in the P.M.

If you have any ideas for a new group whether it is due to Groups being fully subscribed or wish to join an existing group, please contact me at one of our meetings or send an E-Mail to [chair.gou3a@gmail.com](mailto:chair.gou3a@gmail.com)

*Steve Lambert*

### **Tea Rota for Meetings**

We are looking for volunteers so if you know what to do with Boiling Water and a Tea Towel, please contact Peter Moden in person or send an E-Mail to [chair.gou3a@gmail.com](mailto:chair.gou3a@gmail.com) so we can draw up a Rota for doing the Teas and Coffee at Monthly Meetings.

**A reminder from Last April - Please Tell Us** If anyone has a BIG birthday, Anniversary or if you hear a member is ill, please tell us by sending an E-mail to [chair.gou3a@gmail.com](mailto:chair.gou3a@gmail.com). or

### **National Office**

You can find Newsletters and information on The Third Age Trust at [The Third Age Trust \(campaign-archive.com\)](http://TheThirdAgeTrust.campaign-archive.com) where you can\_ Zoom in to Articles and look at other items.



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## **Group Information**

**Any New Member can visit any number of groups twice (subject to checking with the Group Contact) before deciding whether to join Great Oakley & District u3a.**

## **Contacting Groups**

**To get in Contact with the Groups**

**please send an E-Mail to**

**[chair.gou3a@gmail.com](mailto:chair.gou3a@gmail.com)**

**for forwarding to the group contact.**

## **Art Group**

A friendly group of budding artists meet on alternate Tuesdays at Danesholme Community Centre between 10:00a.m and 12:00 Midday. Being an artist is not a necessary and equipment can be borrowed if you fancy just popping along for a taster. Contact is Lesley Sturman

## **Badminton Group**

*Our aim is to have fun and play some Badminton Tuesdays from 10:00a.m. to 12:00 Midday at Kingswood Neighborhood Centre.*

*We have spaces so please come along.*

*Contact is John Bugby.*

## **Book Group**

This is a small group of Members who all read and discuss the same book and there are seldom spaces to join. If you are interested in starting an additional group or want more information.

Contact is Joan Gault

## **Bowls Group**

*Members use a single Indoor mat. It would be good to have more members to join the group meet from 10:00a.m. to 12:00 midday on Fridays at Kingswood Neighborhood Centre.*

*Contact is John Bugby*

## **History Group**

*This group meet on the 3<sup>rd</sup> Wednesday of every month (not in August) at Great Oakley Village Hall between 2:00p.m and 4p.m. All members are welcome to attend the presentations that they frequently have. Details of meetings are emailed to History Group members about seven days before the meeting. If you would like your email address to be added to the History Group email address list, then please send your details to [chair.gou3a@gmail.com](mailto:chair.gou3a@gmail.com)*

## **Meditation**

Each session consists of two periods of meditation, at the beginning and the end, in between which there is a topic for discussion which is chosen in advance by the members of the group.

This Group is fully subscribed but if you are interested in joining or starting a new group, please send a note to [chair.gou3a@gmail.com](mailto:chair.gou3a@gmail.com)

## **Open Mic**

*The group meet at Danesholme Community Centre on the 1st and 3rd Friday of each month from 12:30 to 14:30. There are limited spaces available but if you are interested in joining, please get in touch.*

*Contact is Lynda White*

## **Photographic Group**

This group visit sites of interest to take photographs and in winter months meet at Great Oakley Village from 2:00p.m to 4:00p.m on the 2<sup>nd</sup> Wednesday in the month. Contact is John Bugby

The last meeting was at to Lyddington where we visited the Bede House, Church and village before we had a sit down and soft drink at the Old White Hart. The subject for the day was for anything beginning with M and some of the pictures taken by Sue Brown are on the next page.





# July 2023 Newsletter



**Mesmerized**



**Multi-colours**



**Maines**

If you are interested in joining us the contact is John Bugby via E-Mail to [Chair.gou3a@gmail.com](mailto:Chair.gou3a@gmail.com)

## **Play Reading**

*This is a small group who meet monthly in Danesholme, to read a play together. It is very informal; they don't take themselves too seriously and would love to have more members. Contact is Stella Herbert*

## **Table Tennis**

The main aim is to have some fun. We play a mixture of singles and doubles to our own standards (whatever they are) on 2 tables at Kingwood Neighborhood Centre on any Friday from 10:00 to 12:00. Contact is John Bugby via E-Mail to [Chair.gou3a@gmail.com](mailto:Chair.gou3a@gmail.com)



**Our Anonymous self-named Ace Team**



The self-appointed winner of this Years Table Tennis Award Shield supplied by herself.

If you are interested in joining us just turn up next Friday.



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## ***Ukulele Group***

*They meet every Monday in the Corby Old Village community Centre from 10:00a.m. to 12:00 noon and welcome anyone willing to play an instrument or sing. Contact is Trudie Reid*

## ***Walking Group***

The following walks are planned, so why don't you come and join us. New members are always welcome.

11 August      Maidwell – Towards Lamport from the Stag, Maidwell  
8 Sept          Brigstock – Fermyn Woods from the Green Dragon, Brigstock.  
Contact is Lesley Sturman via

## ***Writing Group***

You can find several of the group's poems and stories at <https://www.u3asites.org.uk/great-oakley/welcome> and looking in the Links and Writing.

The group is fully subscribed but if you are interested in joining or starting a new group, please send a note to [chair.gou3a@gmail.com](mailto:chair.gou3a@gmail.com)

We wish you all well over the School Holidays and look forward to seeing you at the next monthly meeting on

**Wednesday 26<sup>th</sup> July**

**And**

**After the Summer Break at our meeting on**

**Wednesday 27<sup>th</sup> September**

*We hope you have a great time over the summer break*

*Great Oakley & District u3a Executive Committee.*