

GUISBOROUGH U3A NEWSHEET No. 15 – JUNE 2023

Next monthly meeting 2pm, 5th July 2023, at the Parish Hall, Bow Street.
Doors open 1.30pm. Meeting begins at 2pm.

Chair's Introduction

As I write this, a few days before the monthly meeting, I'm finally looking up at some blue sky after a week of listening to weather forecasts telling us about the lovely weather over most of the rest of the country every day. Barbeques on the horizon? Here's hoping.

Those of you who were able to make the AGM last month would be thankful that it was pretty brief to allow us to start our coronation celebration. A few points from the AGM for those unable to join us.

- Our financial position is still quite strong and although we have seen significant increases in all our costs we are hoping to hold our annual subscription at £10, this year's level. However we will need to review this later in the year
- We have welcomed quite a few new members although, as is pretty universal across all U3A's, we are still below our pre-covid numbers. So far, 361 have renewed membership or joined as new members this year.
- Following discussions with Saltburn U3A, it is proposed that we cease the reciprocal arrangement we have with them at the end of this year. If so, this will mean that Guisborough members will also need to be members of Saltburn U3A, at the reduced fee, to take part in their groups and vice versa of course. Excluded are any joint activities.
- We welcome Ray Godfrey to the committee.

Dave, Chair.

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Membership Renewal

Membership renewal is now overdue. There are four ways to renew or join:

1. Download the membership renewal form from the website under the JOIN tab.
2. In person, at the Monthly Meeting (5 July).
3. Through your Group Coordinator.
4. By post with an SAE – address details are on the form.

John, Membership Secretary.

What's on? Summer – enjoy!

5 July. Monthly Meeting at the Parish Hall in Bow Street, 2pm. Doors open at 1.30pm.

30 August. 5th Wednesday Talk. 2pm, Main Hall, Sunnyfield House. Speaker: Elaine Glendinning. £1.50.

EXCURSIONS:

Thursday 22nd June. Breezy Knees. 20 acres of gardens, vibrant borders, and fountains. Highlights in June include pond and shade gardens, irises and peonies, and rock and the June garden. Cost £25.00. Departs Fountain Street carpark 9.30am and thereafter from St Paulinus, The Avenue. Now fully booked. For queries please contact Pauline Warrington.

Thursday 6th July. Saltaire Village. Titus Salt, a manufacturer, politician and philanthropist built Salt's Mill in approximately 1850, a large textile mill with the attached village of Saltaire. There will be tea/coffee on arrival followed by a 90 minute guided tour of the village. Following the tour there will be time to visit Salt's Mill (free entry) which houses a David Hockney gallery as well as shops and places to eat. You may also wish to visit Robert's Park, a restored Victorian park or take a 20 minute canal boat trip. Cost £29.00. Departs Fountain Street carpark at 9am and thereafter from St Paulinus, The Avenue. Only 3 places left. For queries please contact Pauline Warrington.

Thursday 15th August. Esk Valley Theatre. Matinee. “Deals and Deceptions” written and directed by Mark Stratton. Danny and Jen leave London and head to an isolated cottage on the North York Moors. City clashes with country, dark forces are at work and humorous situations arise! Cost £27.00. Coach will depart from St. Paulinus, The Avenue at 1.30pm and thereafter from Fountain Street carpark. Drinks and light snacks available to purchase on arrival at the theatre. For queries please contact Edna Featherstone. Booking continues at the July meeting.

Excursion booking: 1.30-2.00pm at Monthly Meetings.

Because our excursions have become so popular and there's always a long queue, it would be very helpful to the Excursions Team if you could:

Write your cheque in advance, payable to Guisborough u3a: *The costs are given above.*

On the reverse of your cheque please write your:

U3a membership number. Telephone number. Preferred pick up point - Fountain St. or St Paulinus.

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Interest Group Details:

You may see the Interest Group details on our website <https://u3asites.org.uk/guisborough/groups>

If you're not online, hard copies are reissued twice a year with the Newssheet – most recently in May 2023.

You may also contact the Interest Groups Coordinator: Pauline Warrington 01287 610690

Alternatively, please see our folder in the Library. Ed.

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23.5.23



Have you secured your email account?

Dear Subscriber,

### **Why are email accounts so important?**

Your emails contain a lot of information about you, so it's crucial you make your email password strong. If criminals get into your email account, they could access personal information that could be used to scam you or others. To make it harder for them, always use an email password that you haven't used elsewhere.

Your email inbox can also act as a 'gateway' to your other accounts. Once they can access it, a criminal could use the 'forgot password' option to request emails enabling them to get into other accounts, such as your social media.

### **How to secure your email account**

### ***Your email password***

Using a combination of 3 random words creates passwords that are long enough and strong enough. Avoid words that can be guessed, like your pet's name or birth month. Adding numbers and symbols is a good way to make your password even harder to guess.

### ***Turn on 2-Step Verification (2SV) for your email***

2-Step Verification (2SV) gives you twice the protection so even if cyber criminals have your password, they can't access your email.

2SV works by asking for more information to prove your identity. For example, getting a code sent to your phone when you sign in using a new device or change settings such as your password.

You **won't** be asked for this every time you check your email.

### ***Hot to turn on 2-Step Verification (2SV)***

- Turn on 2SV for [Outlook](#)
- Turn on 2SV for [Gmail](#)
- Turn on 2SV for [iCloud](#)

If you are using an email service that does not offer 2SV, please consider switching to an email provider that does.

## **How to check if one of your online accounts may have been compromised**

Services such as [www.haveibeenpwned.com](http://www.haveibeenpwned.com) can tell you if your personal information or any of your account passwords have been made public in a major data breach.

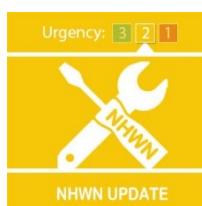
If you have been affected by a data breach, you can find some useful information [here](#) from the National Cyber Security Centre on how to protect yourself from the impact of data breaches.

For more advice on how to stay secure online, please visit [www.cyberaware.gov.uk](http://www.cyberaware.gov.uk)

*(If you have found this information useful, please forward it to friends, family members and colleagues)*

**Message sent by Action Fraud, Administrator, National.**

24.5.23



**Neighbourhood Watch Community Safety  
Charter**

Hello Pam

## Sign up to our COMMUNITY SAFETY CHARTER

We are delighted to invite you to sign up to our [COMMUNITY SAFETY CHARTER](#) launched at our Neighbourhood Watch Crime and Community Conference 2022. With our first anniversary quickly approaching, please consider signing up, if you have not already joined.

The **Community Safety Charter** aims to engage with a broader reach of people, businesses and organisations to encourage them to take an active stance against crimes in public spaces, such as **harassment, hate crime, and antisocial behaviour**. The Charter tagline is **#BeTheChange**, focusing on the role of active bystanders in leading the change within their communities. The Charter supports greater understanding about how we recognise and deal with community safety issues and support victims by knowing where to get help, how and who to report to, enabling a more positive, proactive approach by the whole community when witnessing or experiencing confrontation, hostility or harassment.

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## STOKESLEY OPEN GARDENS

Saturday 17<sup>th</sup> and Sunday 18<sup>th</sup> June 2023. 12.30-5.30pm. 23 unique gardens, plant stalls, family games, beers and Pimms, tea/coffee and cakes, allotments. Wheelchair access available. £7, accompanied children Go Free. Supporting Teesside Hospice.

Programmes from The Yorkshire Store, Bexters Café, Grainge Greengrocers, All Teesside Hospice Shops and online at: [www.teessidehospice.org](http://www.teessidehospice.org) Tel: 01642 811145.

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**National u3a Newsletter**     <https://www.u3a.org.uk/latest-news>

**National u3a online Learning and Talks** - fascinating and interesting online events. Learn and explore the world from home: <https://www.u3a.org.uk/events/educational-events>

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**Deadline for the next Newssheet is 30/6/23. Contact Pam.**

