

Chair: Michele Doran
Vice Chair: Neal Goulborn

**Monthly General Meetings are held: via Zoom
on the 2nd Tuesday of each month at 2.30 pm**

NEWS from the COMMITTEE

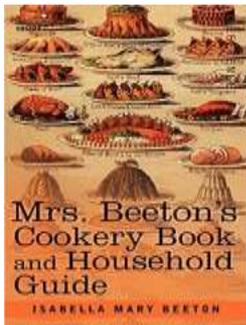
Welcome to your August Newsletter

With the removal of restrictions comes the summer – allowing us to maintain caution whilst rebooting our lives. Several groups have now re-started, or are making plans to. New groups are being considered, especially for outdoor activities. July 22nd saw our first ‘social’ event, at Victoria Country Park. It was a lovely day, helped along with a cooling breeze from the water and shade from the trees and gazebos. Lots of chat and laughter – such a great feeling to be able to meet up again.



Last month saw our second AGM held on Zoom, which was well supported – thank you. It went well - apart from a slight technical malfunction caused by operator error! However, human ingenuity overcame digital hiccup and business was completed! There was a short talk on avoiding scams before the AGM proper. It was so well received that we are considering inviting Ashley Jones to come back and do his full talk in the near future. This would be an ‘extra’ session outside of our General Meetings. It would be really helpful if we could have some idea of possible interest, so please let us know if you would like this.

A big ‘welcome to the Committee’ to Sheila Richards and Margaret Duff, and also to Shelagh Larrett as a co-opted member. We promise not to let them get bored!



In the last couple of Newsletters I have mentioned the Heritage Open Days taking place between 10th and 19th September with the theme ‘Edible England’. I am working with Eastleigh u3a, Bursledon Windmill, Eastleigh Museum and Westbury Manor Museum (Fareham) to come up with ideas that will help promote our organisations. One suggestion is to film demonstrations of recipes being made so that they can be shown at open days at these venues. But in order to do this we need volunteers! I know we have many members who do great things in their kitchens – are any of you ready to release your inner Delia Smith? **If you have a recipe that would WOW today’s generation, or you could become one of our demonstrators, please get in touch with**

me as soon as possible – we have to register our events by the 11th August and then have until the 10th September to put it together.

Michele

PS The Third Age Trust runs regular, free, on-line support sessions for its members. I thought some of these might be of interest to you. They are very well presented.

Introduction to Zoom	3 rd , 10 th , 17 th , 24 th or 31 st August at 2.30
How to use Zoom on a tablet (ipad or Android)	16 th August at 10.00
Hosting Meetings for Group Leaders	9 th August at 2.30
Digital Wings	6 th , 13 th , 20 th , 27 th August at 10.00

If you would like to sign up for them but need some help please feel free to contact me.

NEWS about GROUPS

Computers and Home Technology Online

Following the talk about Avoiding Scams at our last General Meeting, our group discussed some aspects. We thought we'd share some tips:

- 1 Have a list of your bank's phone numbers handy so that you can contact them quickly if you realise that you have been scammed.
- 2 If you don't know how to forward SCAM texts to report them then there are useful 'How to' videos on Youtube that will show you what to do.
- 3 Barclays Digital Eagles have a useful clip on how to create strong passwords (and much, much more). There is now a link for this in the Tech Help section of our Website.

How to Join an Existing Group

Please see our HV Website. <https://u3asites.org.uk/hamblevalley/groups> for details of Group Activities. If you email me with details of what you want to join, I will forward your request to the Group Contact who will then get in touch with you.

Alison Baker, Groups Coordinator

MEMBERS in ACTION

On 23 June, Phil (one of our regular members) led a walk through beautiful countryside, starting from the village of West Tisted. While on the walk we visited a couple of old churches with interesting features, including a 1300-year-old yew tree in the church yard of one of them. We had a lovely lunch at the Angel Hotel and all-in-all enjoyed one of the best days of the summer for walking. We must be under a lucky walking star, because on 28 July we had another lovely day for our walk in the stunning countryside surrounding Bishops Waltham. This one was led by Jill and the Barleycorn pub provided some of us with a welcome lunch.



The Walking Group – and she will put us in touch.

Our next walk will be on 25 August and we would be pleased to welcome new members to the group. We aim to do approximately 5 miles and offer the option of staying on for lunch and chat afterwards. We ask all members to take their turn to lead a walk but do not expect anyone to do the preparatory walk on their own.

If you are interested in joining us, please just let Alison Baker know – we are known simply as

Mary Lovell

MEMBERS' SECTION

Working Towards 'Normality'

As more groups are starting to meet face to face and restrictions are being lifted nationally, your committee has started making plans for a more normal operation again. The first thing

that you will see will be the issue of membership cards to all current members. Last year we didn't issue them because of the impossibility of doing anything, apart from on Zoom.

This year the cards will be produced and distributed in the coming weeks. They are different from the ones that you will have had previously as they are computer produced and, as well as containing your name and an expiry date, will also contain a membership number. This number is something that you retain whilst you are a Hamble Valley U3A member, so cards for you in future years will also contain the same membership number. Each card also has a bar code, which could be used in the future for booking members into events.

The other thing that we are now working towards is a return to St. Luke's for our monthly meetings. At the moment, we don't have any definite information on opening dates or capacity from St. Luke's, but we are starting to make plans. One of the things that is being considered is how to provide for members who may not feel safe returning to large gatherings. We are therefore looking at the possibility of providing Zoom access to St. Luke's events, at least for a period. These are what is generally known as 'hybrid' meetings.

Planning for and running hybrid meetings is a significant challenge and we would therefore ask any members, who have any experience that they think would be useful to us, to make themselves known to any committee member. We also hope that the many members who supported the various aspects of running the meetings at St. Luke's before the lockdowns will feel able to do so again when we return.

Members will be kept informed of progress of our return to 'normality', Thank you

Neal Goulborn

MEMBERS' SECTION (contd)

Following on from last month's theme of avoiding being scammed, the following is a member's experience of a narrow escape:

In October 2019 I started to research investing in a Fixed Rate 1 Year Bond. After 6 weeks I identified a company which had good reports and also featured in an article in the "Guardian" newspaper. After 14 emails and several telephone calls with two very "professional" and knowledgeable fund managers, on December 14 I paid substantial funds into the bond via my M&S Bank at Hedge End. All the paperwork was on company headed paper and looked perfect. I had been registered on the Company's website and given a password to enable me to check on my investment.

*In January 2020, one month later, I was unable to access the website. I tried to telephone one of the Company's fund managers but could only leave messages. Finally, after threatening to call the police, I received a call back. They were apologetic and explained the website had been experiencing technical difficulties and a new website was being set up. I decided to check the website of the **Financial Conduct Authority (FCA)** – as I had done before investing. To my horror, there was a message on there, dated a few days earlier, saying the real registered company had been CLONED.*

A cloned company looks absolutely like the real company. Everything comes on headed forms and looks as you would expect. I found out later that their telephone number was one digit different from the real company. Also, fraudulent companies do not have a proper address but use a postal address used by 100s of companies and a call service which just passes messages on.

I immediately telephoned M&S Bank fraud office, HSBC fraud office (M&S Bank comes under HSBC umbrella) and Police Action Fraud. I was asked to provide any information to my branch in Hedge

End. Fortunately, I had **kept copies** of all 14 emails, headed paper investment forms and receipts, and retrieved names and mobile telephone numbers from my iPhone – all of which I took in immediately. **Police Action Fraud** warned me that personal identification details I had supplied would be sold on and used for other scams for a long time to come. They were supportive and asked “did I live alone?”, “Did I have any support?”, “Was I eating and drinking?”. They gave me a reference number and liaised with HSBC.

Both M&S Bank and HSBC repeatedly questioned me, which made me feel they were seeking a reason not to reimburse the loss. I was asked things like, “had I been feeling normal?”, “Had anything been different with me in the days leading up to making the payment?” etc.

One month later, HSBC fraud office telephoned to tell me they had traced my funds abroad, and that this was extremely rare. However, all the information I had been able to give them had helped enormously. The fraud officer told me that even he would have been caught by this cloned company. Later that day, the funds were deposited back into my M&S Bank account.

How lucky was I !!!

Anonymous Lucky Lady.

BOB'S PICK of the PODCASTS

Hi, I'm still here, have been a *little* (!) busy with the AGM this last couple of months, but still had time to keep an ear out for podcasts that I think you might find interesting. I won't be offended if these aren't to your taste - we're all different – but if you have found something you really like, please share it with us. Variety being the spice of life etc etc

Here are a couple of suggestions from what has caught my eye (and ear) recently.

- **A Thorough Examination with Drs Chris and Xand**

The Van Tulleken brothers, who do a lot of medical stuff on TV, also do podcasts. This one investigates why Xand is obese and Chris isn't, despite the fact the doctors are identical twins. It's a situation that came to a head after they both caught Covid, and Xand developed a heart condition. They start by looking back on their childhood meals, before exploring the effects of Xand's stressful year living in America. Myth-busting abounds, with the overriding message that obesity is not a simple issue to understand and tackle.

- **Noble Blood - Historical Myth-busting Spectacular!**

Noble Blood tackles historical rumours: "Let them eat cake"; Elizabeth I being a man; the lost dauphin of France, and..... *that* rumour about Catherine the Great.

If you'd like to listen to podcasts, but don't know how, there's a “how to access and listen to podcasts” guide now available to save/print on the HVu3a website at <https://u3asites.org.uk/hamblevalley>. Look in the “Tech Help” section.

Bob Baker

And Last but FAR FROM LEAST – AUGUST GENERAL MEETING

PLEASE do keep Tuesday afternoon, 10 August 2021, free in your diary. Apart from being kept up-to-date on HVu3a, we have a funny and touching presentation by David Bickerton “Parents at War”. David uncovered a cache of 150 letters in his late parents' house and discovered the story of two young lovers courting through the years 1942-45. This is the real story as it happened