

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 July Newsletter

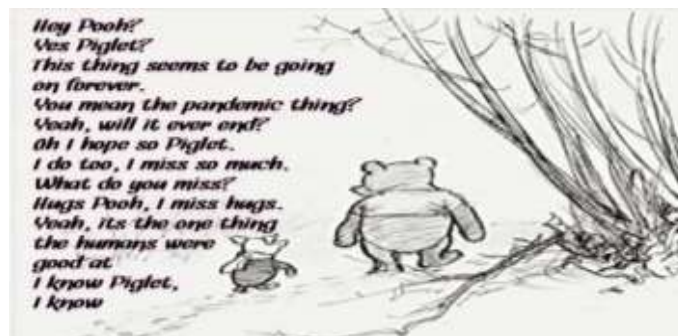
I hope you are all now feeling a little more positive about the future. I know many of you have managed to, or are planning to, get away for a few days. I hope you had, or will have, an enjoyable break.

Several groups have started meeting again. I know there is concern over the request for risk assessments - please bear with us on this. We are following the guidance from Third Age Trust, but we are also working to make the process as simple and straightforward as we can. The 'rules' look to be changing, some even disappearing, shortly and requirements will be different again. It is extremely frustrating, and even irritating, I know, but we all have a duty of care towards ourselves and each other. Every activity we undertake, from leaving our homes to skydiving, has an element of risk, and we all have to be responsible for judging our own capabilities, ensuring our own safety and wellbeing as far as we can, and should not assume someone else is responsible. Awareness is the key.

Our next General Meeting on 13th July is our AGM. We will be starting the meeting with a short talk on **Financial Senior Safety from Ashley Jones, South West Regional Fraud Protect Advisor.** If you have not requested a link for the meeting, please contact me immediately. The links will be sent out a couple of days before 13 July. If more than one person is attending via the same email address only one of you will be able to vote via the poll on the day. Others will need to complete an on-line or postal vote before the meeting. If you are unable to attend you are still able to vote, either on-line or by post, in the spirit of the democratic process.

I am pleased to say that we have had two members put forward for the Committee. However, we are still one short. Reduced numbers mean reduced capacity to undertake the work done to keep your u3a running. There is still time to volunteer!!!!

In the last Newsletter I mentioned the Heritage Open Days taking place between 10th and 19th September. The theme this year is 'Edible England'. May I ask if you have any family recipes handed down through your family, perhaps with a contemporary twist, that you would be happy to share? Also, would any of you be willing to give an online demonstration / talk about a Heritage craft, recipe, etc? Please contact me if you would be willing to support this. We will not be doing this alone – our local Network is attempting to put something together as a joint offering. Looking forward to lots of responses!!!



Michele

NEWS about GROUPS

Increasingly Groups are making use of the easing of restrictions and returning to meeting up in person - even if not quite back to normal. Many Groups have met outside - when the weather has permitted. Some Groups have returned to activities in Halls and others have plans to do so.

Group Contacts Meetings

In June we held two, well attended, meetings on Zoom. Thank you to everyone who attended - both Group Contacts and Committee members. There was lots of discussion with a very useful exchange of information. After a long period of inactivity, or 'different activity', there is much to be done as activities are resumed - thank you to everyone for your efforts.

How to join an existing Group

Please see our HV Website for details of Group Activities. Members are already joining Groups so do look while there may still be vacancies. If you email me with details I will forward your request to the Group Contact who will then get in touch with you.

<https://u3asites.org.uk/hamblevalley/groups>

New Groups

We have a member keen to start a cycling group. Email me if you are interested and I will pass on your details.

New cycling group, based Botley/Hedge End, would suit road-cyclists happy to ride 25/30 miles, with a coffee-stop where practicable.

Alison Baker, Groups Coordinator

MEMBERS OUT and ABOUT



On June 3rd **Bloomers** were finally able to meet once more and for our first garden visit we went to Tanglefoot in Crawley, near Winchester. Thankfully the weather was dry and the sun gradually came through during the morning. We were a little early in the season to see the full extent of the wild flower meadow where we parked but the views were beautiful and there was a definite feeling of optimism as 20 of us met up for the first time since February last year. The owners were very welcoming and seemed pleased to be sharing their garden and answering the many questions we had.

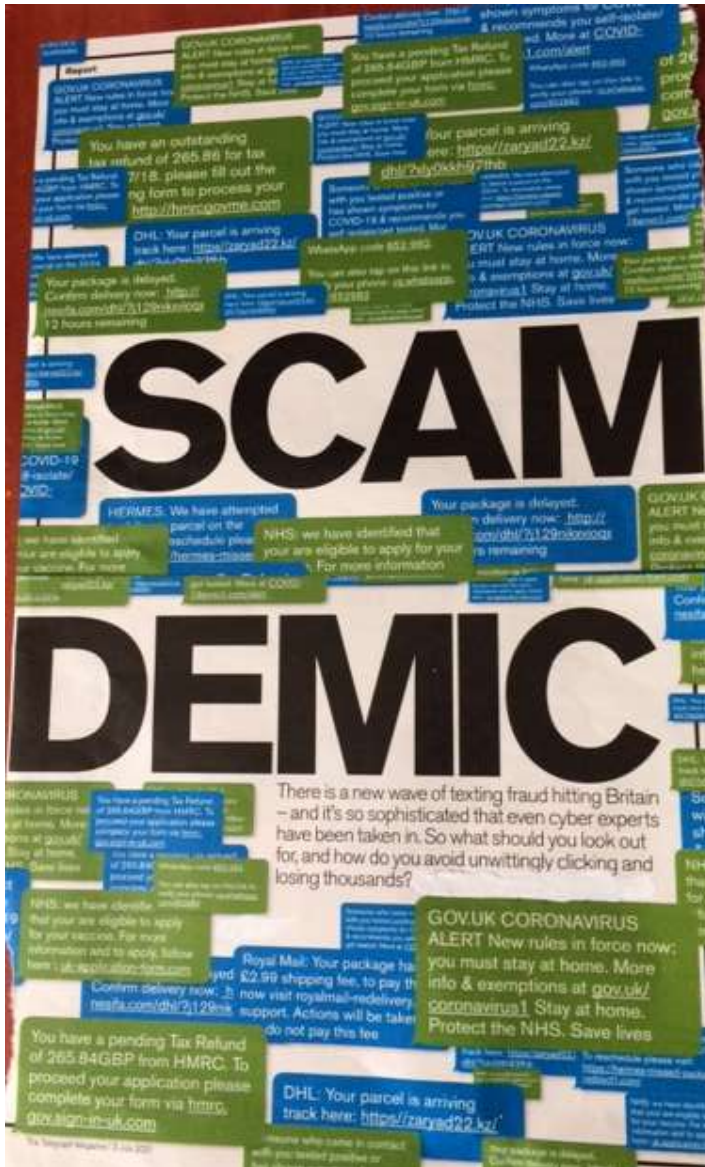
The morning started with very welcome refreshments and long-awaited chat before we got down to the business of enjoying the garden which surrounded the bungalow – the result of over 40 years' hard work of which the owners were justly proud. The extensive borders were full of interesting plants, many of them already in flower, mature fruit trees and an immaculate fruit and vegetable garden with not a weed to be seen. A highlight of the morning was the explosion of colour hidden at the back of the property with many flowering shrubs and perennials at their peak of perfection.

Many of us left bearing plants and home-made jams we had bought – all produce of the garden. It is good to know that our visit and purchases have helped the National Garden Scheme to support their charities which lost so much last year.



Christine Street

MEMBERS' SECTION



Do you remember those good old days, when a scam email/text was easily spotted by the poor English, badly spelled names and words, or someone on your contact list suddenly showing an interest in something you knew they never would in a million years?

Well, those days are over. Scammers are now highly sophisticated technical operators who are quick to pick up on and use current trends.

Our speaker at the AGM will be updating us with the latest scams and how to avoid them, and what to do if you are unlucky enough to become a victim. It is essential viewing for everyone – don't be put off by the word "senior" in the title. Similar talks are being given in schools, colleges and universities as the authorities start to co-ordinate against this increasing threat. **So do not miss the 13 July talk at the AGM.**

Meanwhile, make a note of the following:

1. Forward suspicious **texts to 7726**: this is free and helps the National Crime Agency build profiles of offenders.
2. If you have sent money to fraudsters, contact **actionfraud.police.uk**.
3. **theycyberhelpline.com** is a volunteer organisation that helps victims of cyber crime.
4. Visit **takefive-stopfraud.org.uk** to keep on top of the latest advice.

Did you know 53% of British people have been targeted since March last year, with a third becoming victims. They cross all ages and occupations.

..... 5 new scams which are raking it in for the baddies:

- 1) Fake Covid texts asking for or promising money if you give them your bank details: the NHS will never ask for your bank details – its FREE!
- 2) Pay for a vaccination – see above
- 3) Fake test and trace – see above
- 4) Fake Royal Mail, Hermes etc – asking for payment to deliver. They don't – but the link can look just like the real thing.
- 5) WhatsApp access code scam – never share WhatsApp access codes, whatever story is given to you.

It would be easy to become paranoid about this but there is one over-riding rule that will help keep you safe – never give bank details or sensitive information to anyone if they have initiated the telephone call/text/email. Even – or especially - if they claim they are helping you avoid a scam!