

Chair: Michele Doran  
Vice-Chair: Neal Goulborn

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

## NEWS from the COMMITTEE

Welcome to your May 2021 Newsletter.

I don't know about you, but the last month seems to have gone by very quickly. Longer days, sunshine and being able to achieve some semblance of order in the garden has perked me up.



It is great to hear that some groups have managed to meet outside recently. Hopefully things will continue to go well, and with the 17<sup>th</sup> May nearly upon us, and the promise of restrictions on small groups meeting indoors being lifted, more of us will manage to meet. Groups unable to meet together yet are very welcome to use the Zoom facility for as long as they need. The General Meetings will continue on Zoom for a little longer. Keep checking the Government website for changes and contact Alison Baker, our Groups Co-ordinator, if you have any queries or need any help.

Thank you to those of you who have been quick off the mark and already renewed your membership for 2021-2022, as it is much appreciated. It is good to see so many of you ready to support HVu3a, especially as we can see our activities blossoming with the Spring!

As you will see from the Social Committee's section on page 3, we are aiming to make our groups and communication with you more accessible. We are increasingly aware that some of you would benefit from emails, letters etc in a larger font than we usually use, so we are exploring how to improve support to members with hearing impairment, or other problem that may be affecting their enjoyment of u3a. Please contact Jo Fennell if you have either a problem or solution you would like to discuss.

The Social Team are looking into organising an open-air post lockdown event. More news on this will follow once we have a date to plan to - so watch this space!

I am still hoping that there are some members out there who are considering volunteering ideas, expertise, support etc to enable us to move forward and re-establish and enhance what **Hamble Valley u3a** offers. Your Committee has worked hard to keep things going as far as possible but inevitably there will be a need to adjust to this changing world we are emerging into. We must adapt to change, not fade away through fear of change.

Our AGM is due in July – more information next month. It will be held virtually again, we suspect. But we will be asking for nominations for Committee. Please search your hearts and consider joining this friendly, dedicated team.

The future is getting brighter – make the most of every moment.

### **National u3a Day.**

We are planning to have a table in Hedge End and Bitterne on June 2<sup>nd</sup>, hand out leaflets and tell people about u3a. The Committee would appreciate some support to man these. If you could spare an hour, at either venue, please contact me.

### +++STOP+++PRESS+++

The title of this months' talk has been changed to 'The Porthole Murder'. You will be asked to deliver a verdict so be ready!

**Michele**

## NEWS from GROUPS

**Restarting your Group.** As restrictions ease many groups are looking forward to gathering again. This will involve planning and preparation. Maybe you could offer to plan one meeting or prepare one outing. If you've not done it before, then ask to shadow someone who has. Please value and support your group. If there is anything I can help you with, please let me know. Hopefully we can look forward to a summer where we can again "learn, laugh & live" with **u3a** as we begin to meet up again.

(Photo: *Exploring World Religions* group takes advantage of the sunshine and relaxation of Covid regulations to meet in the garden of a member.)



**Group Contacts:** please update me when you return to usual activities. This will enable me to keep the website up to date and keep the Committee informed.

### Can you help?

I would like to take this opportunity to highlight the:

**u3a ethos of 'shared, participative and self-help learning'.**

I encourage everyone to think about how they can contribute to their Group. There are lots of small ways in which everyone can help, so please don't leave it all to your Group Contact. Thank you all Group Contacts for the work you are doing which is vital to the life of our **u3a**.

### Are you looking to join another Group?

Our HV Website is a useful source of information for members and prospective members. Please have a look at what is on (and let me know if you have any updates to your Group's activities). We have almost 50 Groups so there is plenty to choose from. If you have ideas for a New Group let me know and we can look for like minded members to join you.

<https://u3asites.org.uk/hamblevalley/groups> If you are interested in joining any Group, or in starting a New Group, please email me (see above).

Sadly, the **Mindfulness and Reflexology Groups** are no longer able to continue and they have both therefore been closed.

**Alison Baker**

## Technology News

### hvu3a Website

As the Covid restrictions start to lift, we hope you, the members, will help keep the **Hamble Valley u3a** website up-to-date and interesting to all members, and prospective members. One of the areas that needs regular updates is the information on our groups. So please do keep up the information about any changes to times or membership to our Groups Coordinator, Alison Baker.

Pictures save 1,000 words, they say. There is nothing better than seeing our own members enjoying an activity. We are always looking for new pictures to go on the website. If you wish to add

pictures to the website, please make sure that anyone included in any photograph is aware and is agreeable to it being loaded onto the website (see policy statement below).

Please submit any pictures for uploading to the website to either of the contacts below:-

Alex Ross  
Neal Goulborn

## **SOCIAL COMMITTEE**

### **Let's Make a Difference**

Jo Fennell and I attended a really interesting workshop on Thursday, 25th March, led by our very own Sue Southwell in her new role as Chair of the Regional Diversity and Inclusion Committee. The emphasis was very much on what WE can do to make our **u3a** more diverse and inclusive. We were enthused by the possibilities of making **Hamble Valley u3a** offer an even more positive welcome to everyone, from whatever racial, ethnic or religious background, or sexual orientation or disability. We really believe that by doing this we will all gain and broaden our knowledge and skills. And attract new members too!

The challenge will be to develop opportunities that will meet the needs of a more diverse membership, that reflects Hedge End and its surrounding areas. We will need to make sure our venue is an inclusive space and reflect on the language we use.

As a first step we are responding to some of the difficulties experienced by some members with sight issues. We are also in discussion with our host at St Luke's regarding the provision of a hearing loop.

So this is the beginning of a process that will benefit us all. Diversity and inclusion is a very complex and wide ranging issue but with small steps we can make our **u3a** more welcoming to the whole community.

If you want to know more, or offer your views please contact one of us.

Lesley Hobbs.  
Jo Fennell.

## **Photographs – Hamble Valley Policy Statement**

Photographs constitute personal data and consent needs to be obtained for both taking and displaying photographs of members of **Hamble Valley u3a**. Verbal permission is acceptable. It is sufficient to ask members of a group who do not wish to be in a photograph to move out of shot.

Photographs relating to activity within the **Hamble Valley u3a** may be incorporated in our printed and online publicity/social media in order to achieve the group's aims.

Agreed: 22 February 2021

Review date: 1 March 2023

## **MEMBERS' SECTION**

### **TV/FILM CLUB**

Members' recommendations this month: None received! Guess everyone is glued to Line of Duty, or gardening, or having garden meet-ups!

**GOING OUT (Yes, really!)**



Mayflower Theatre, Southampton, is now booking for late June onwards.  
Marwell Zoo is already open (booking necessary) so help cheer up the animals and help this wonderful, conservation organisation meet its bills.  
Exbury Gardens is open 10am-5.30pm, Monday 29th March - Sunday 31st October 2021. The little train is also running now.

## Help for the Partially Sighted and Hearing Impaired

A member has asked us for advice on help reading screens when partially sighted. There are several routes we can suggest:

1. Free standing screen magnifiers (circa £50+) are available for laptops. Mobile phone magnifiers come much cheaper (circa £15+). Type in "screen magnifiers for the partially sighted".
2. Most modern laptops allow screens to be enlarged by swiping the touch pad outwards from the touch control panel centre.
3. If you open a document in Word, click on View in the menu bar and you will see a Zoom function halfway along the menu bar that will allow text to be enlarged.
4. If you open a document in PDF format, there is a Zoom icon in the menu bar that looks like an old-fashioned magnifying glass ( a la Sherlock Holmes!).

We have also received confirmation from St. Luke's that it does have a hearing loop for those who hearing needs a boost, and there is a wheelchair accessible toilet. That day when we can all meet up is approaching .....

If any members have any advice for our members, or comments on accessibility, please do let a Jo or Lesley know so that we can pass it on.

### AND LAST BUT NOT LEAST .... From our Treasurer

A friend of mine had a problem with her credit card when her husband died. Co-incidentally, the same problem came up in a national newspaper. Basically, when the principal card holder died, the partner had no access to the card.

This is an issue for couples who share one credit card account. One of you will be the principal cardholder on whom the bank has carried out financial checks and who is responsible for the account. To avoid problems at a very sensitive time, it therefore makes sense for couples to have two card accounts and for each to be the principal holder of one.

A final point. When the principal cardholder dies, it is their estate that is responsible for paying any outstanding balance. If there is no money in the estate, then the debt ends with them.

*Diane*

### MONTHLY GROUP MEETING TALKS

Delivered via Zoom, these monthly talks are becoming more and more popular with our membership. If you have not joined us yet, how about starting this month? If using Zoom is the barrier, email Jo Fennell and a member of the Committee will give you a call to talk you through it, or just answer your queries. This month's is interactive, fun and needs you!