

Heybridge U3A

News Sheet No 10

November 2020

Your Committee

<https://u3asites.org.uk/heybridge>

Archive

www.heybridgeu3a.org.uk/archive/news.html

Registered charity number 1160360

New in November

Zoom Main Meeting

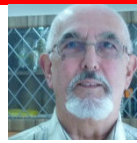


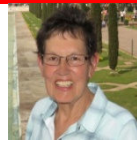

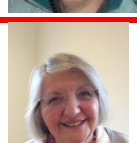
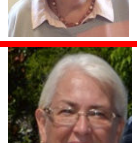
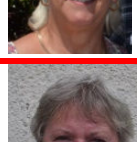
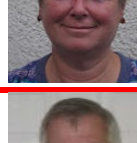
Friday 13th November

2.00 pm

Speaker: Eve Regelous

Invitation to a Royal Wedding

Check your email next week for the link to the Zoom meeting.

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NEWS FROM THE COMMITTEE

Chairman's report

November! Well that came quickly didn't it?

Now as we enter a new period of lock down for the next 4 weeks, please, all follow the government's advice as best you can, it is up to us, the older generation, to set an example to others. Do not forget to keep in touch with friends and family either by telephone or if possible WhatsApp. Hopefully a few weeks of lock down may give us a chance of a better New Year. I know it is hard not being able to see and hold our children and grandchildren, and for some of us being unable to attend funerals of loved ones lost, or visit the sick in hospital, but not following guidance may just put us in harms way, and we do not want that do we.

Nothing much doing in the garden now, tidying up and cutting down perennials, shredding all this years growth from shrubs, trees and flowers and putting back on the soil.

All work on the alterations at the top of the garden now on hold, far too muddy. Waiting for fencers to quote for a new fence to replace the living hedge that is getting too labour intensive. Gradually we are trying to make our rather large plot more easily manageable for us, as apparently, we are not as young as we were!

Please, all of you observe the government guidelines and keep yourselves and your families safe.

Norman Cumming Chairman

Notes from the Secretary

Fame at last! Well, just within the U3A. In the latest edition of the National Newsletter there is link to the National U3A Choir's recording of 'Savannah'. This was written by a U3A member who also put together the individual recordings from members across the country, including mine! We had Zoom meetings to practice, then recorded ourselves singing while listening to the backing on headphones, using phone and computer. It was slightly daunting but worth having a go, whether or not you like the finished piece. The Newsletter has lots of interesting articles about some of the things U3As across the country are doing, links to the new branding (see Angela's article below) and the latest Covid advice. You can sign up for it via the U3A website, resplendent in its new livery.

Limebrook U3A invited former members of the Heybridge Local History Group to join their Zoom talks. The October talk was about the Buxtons, an old Essex family, one of whom lived at Paycocks in Coggeshall. It's good that the Maldon Cluster of U3As can share activities as we would expect to be able to do under normal circumstances.

Which brings me onto the exciting news about our very first Zoom Main Meeting. We do hope that as many people as possible will try and join the meeting. The link to the meeting will be emailed to you a few days before the meeting. If you are not sure what to do, we will be running a couple of practice sessions. We are all quite new to this so be prepared for a few glitches, but it's worth trying, especially under the current restrictions. We will all have to learn the Zoom Etiquette!

Linda Etherton

From the Editor

The design of the Heybridge U3A News Sheet, and the reports that it contains, is a full-page layout of 15 pages in a large font. Information about the Committee Members and their reports can be found in the first few pages. . Please send **jokes and Christmas stories** for the December news sheet by 21st November. I am very grateful to all the people who send material for inclusion. Have you anything to say? Please send it to me and I will include it.

Geoff Hadley editor@heybridgeu3a.org.uk

From the Membership Secretary

Members are continuing to renew memberships by cheque or bank transfer. If you are not sure if you renewed your membership earlier (life got a bit complicated in March!), please get in touch and I will let you know. Of course, for those who did not, from 1st October the rest of the membership year can be covered for £10. However those who renew only for half the year will not be eligible for the discount on next year's renewal which was mentioned in last month's newsletter.

Another new development is a **Heybridge U3A Facebook page** which we hope will be another way for us all to keep in touch. It is a private group, available only for paid up members so no posts or photos will be visible to anyone else. If you already use Facebook, put Heybridge U3A into the search box and then apply to join the group. If you have any difficulty in finding the group via a search please get in touch with me.

If you wish to renew your membership download the enrolment form from the website or email me to be sent one. Let me know if you have no printing facilities as I could post one to you. You need to complete the form and post it back to me (address is on the form) either with a cheque for £18 (or £10 after 30th September). Dual Members pay £13. Or you could do a Bank Transfer:

Payee name: Heybridge U3A
Sort Code: 30-91-85
Account number: 00395708

You must give your name as reference or we will not know it is you who has paid.

For this year at least I will still need you to complete a form, and this must be posted to me.

Philippa Moody membershipsecretary@heybridgeu3a.org.uk

A Note from our Insurers - 20/05/20

All u3a activities should have an appropriate risk assessment / checklist to ensure they are safe for u3a members to participate in. Government input about Covid19 is central to any risk assessment and given the advice remains “stay at home as much as possible” and “limit contact with other people” it follows that face-to-face u3a activity should not be undertaken at present. The government reasons for leaving home remain very limited and do not include for leisure activities such as provided by the u3a.

Groups Coordinator

Well here we are another month on and now we are back to only being able to meet outside again. I have already made plans to meet a couple of people outside, taking our own fold up chairs, a flask and a blanket!! We have arranged 2 different days next week and hope one of them is a dry day. How long we stay out will be dependent on how cold it is but at least we can get together for a while and chat. My Zumba Group is meeting on the grass outside Plantation Hall after the session doing the same thing. So it is still possible at least until it gets too cold to be sitting outside. Then it's back to the drawing board to find another way of meeting up - although who knows what changes are coming!

Stay safe and well everyone Hilary Furniaux groupsco-ordinator@heybridgeu3a.org.uk

Monthly Meeting Speaker Programme

I am pleased to report from Friday 13th November at 2p.m. we will be enjoying talks via Zoom.

16/11/20 Eve Regelous – The Invitation to a Royal Wedding

11/12/20 Alan Hains will be bring us a light hearted talk 'Mad Musicians and Crazy Dancers'

8/01/21 'A garden seat called Arthur' Chris Rose, one of our members will be telling us about his very interesting lockdown, upcycling project. An article about Chris and his project is appearing in TAM shortly.

Hope you enjoy the quiz, which I have included for amusement only, that can be found on page 12 and answers on page 14.

Jan Brown speakersecretary@heybridgeu3a.org.uk

u3a publicity report

The u3a has just rolled out a major national re-brand. We know what a friendly, lively organisation we have, but the public image was not always so positive. The rebrand is designed to make the u3a appear more vibrant and relevant to potential members. The idea is that we will gain appropriate publicity; the press will associate u3a with "positive ageing", older people having fun and helping each other, keeping themselves physically and mentally alert.

So what has changed? Possibly the first thing you will notice is that the logo now has lower case letters – u3a not U3A (although we may be keeping the original version in our legal name.) The brand is also now u3a and not University of the Third Age as it was considered that this could be off-putting for some people. We have been told that if asked what u3a stands for we should say it was our old name, now we're simply u3a. Similarly we should not talk about the "third age", just people no longer in full-time work.

There are also a host of things for the committee to consider – 76 pages of guidance – such the colours, font and graphics to use in all our communications. There's a new website – u3abrand.org.uk – where we can find the guidance and buy (should we want to do so) new publicity material. The guidance is quite a lot to take in so I hope you will bear with your committee if we don't get everything right straight away.

Angela Pleasance

Peter's views on rural life

Since joining U3a and reconnecting with a wider society I have discovered how far rural “villagers” have lost sight of rural life. OK, I’ll admit to being a horny-handed country boy through and through. Farmin’, huntin’, shootin’, and fishin’ form my DNA. From the massive Countryside Alliance March through London till now I’ll vehemently defend our rights to these activities.

I understand life has to evolve. City, town or rural village, they evolve or disappear. The many who embrace country life and relish in it, they may perhaps ask questions, make suggestions, I welcome them.

Some though have an idealistic sense of their country side.

It must be quiet when they’re in residence, so silence the church bells, close the 300yr old smithy. No muck spreading in evenings or weekends, it might upset our barbecue, oh, and can the whole farmyard be moved away from our brand new house! Quiet? They want to try turning off a full throttle dawn chorus at 5am, a tawny owl at 1am or a fox barking around midnight. I forgot, their disco will drown out the latter!

I have learnt that blackberries must only be eaten after washing, water only drunk from plastic bottles bought at a shop — all these years I’ve been doing it wrong! Well, tap and moorland beck water has kept me going.

A pity to lose the village shops but with modern mobility and many health rules they’ve run their course, they can’t compete. Nor do today’s shoppers congregate to get the latest, hopefully juiciest, gossip.

Who really riles me? The boffins, the scientist advisers who know all the answers till it inevitably goes wrong, they’re everywhere. Take, for example, conflicting dietary advice, so imagine what it’s like in the countryside! Especially as they ignore the locals, who know the land, its foibles. We know it’s not a laboratory or spreadsheet but is ruled by Mother Nature. I can cite many examples of vaunted new ideas that have cost a lot then quietly been put to bed——where are my blood pressure pills? Damn I’ve run out.

Peter Radford

GROUP REPORTS

Art Group

Staying indoors for weeks on end during the current coronavirus emergency shouldn’t prove too big an ask for us painters.

As long as we have plenty to eat, plus functioning phones and IT to keep us in touch with our nearest and dearest, we should be able to fill our days productively.

So let’s see some home-produced masterpieces when next we meet - which will hopefully be sooner rather than later.

We are all looking forward to meeting up again to chat to friends old and new, and to share our mutual interests.

Gill Carpenter.

Bird Watching Group

We managed to have a great morning out on Friday 23rd. We met at EWT Abberton visitors centre and spent the time in 2 groups of 6. One group walked from the centre to Layer Breton Causeway and back and the other, slightly less mobile group walked along the Layer de la Haye Causeway and back and then took our cars to the other causeway.

There are thousands of different ducks and waders on the reservoir at the moment not to mention all the geese, cormorants, lapwings, redshanks and godwits. Undoubtedly the star 'spot' of the morning was a Goosander, photographed by Graham. At this time of year it is not always easy to identify some of the ducks as they moult their breeding plumage and go into 'eclipse'. Many males look much browner than usual and can be mixed up with females.

As it was our first get together for many months here is a list of what I saw. Did I miss anything, fellow birders?

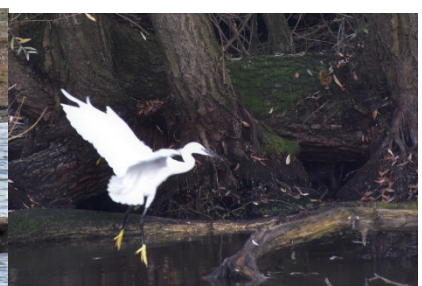
Mallard, Pochard, widgeon, tufted duck, teal, goosander, great crested grebe, little grebe, great white egret, little egret, heron, cormorant, kestrel, lapwing, Canada geese, greylag geese, Egyptian geese, curlew, bar tail godwit, redshank, starlings, goldfinch, chaffinch, pied wagtail, swans and three types of gull. Oh, moorhens and coots, of course.



Goosander by Graham



Egret



Little Egret

Weather permitting we hope to meet again, outside and distanced, on the 27th of November. If you would like to join us please contact Maureen Lenoir at symockturtle@yahoo.co.uk

Jill

Maureen Lenoir - symockturtle@yahoo.co.uk

Paper Crafts

Some of our group managed to meet up for lunch outside a few weeks ago which was lovely. We continue to make cards and gift boxes, some more than others but we all share a love of crafting. Some of our makes this month include a 16th Birthday card for a Grandson and some Christmas Sleigh boxes to be filled with chocolates or toiletries – or possibly those little bottles of booze (?) - as gifts. One member has also made an Anniversary card.

Lesley Woonton

Creative Writing Group

I wish I could say something about the group but I've not heard anything back from anyone. I don't even know if I have a group.

I have, nevertheless, uploaded a dozen or so stories from my archive, some of which we have read at group meetings.

I hope everyone is well. If you would like to become a member of the group you can contact me on: scondie@gmail.com Stuart.

Croquet Group

The croquet season has now finished for the Winter. Hopefully we will be able to start playing in April next year, depending on the weather, the lawns being available and COVID!

We are most appreciative of the Maldon Croquet Club who allow us to play on their lawns, at the Forresters Golf Club.

The aim of the group is gentle exercise, fresh air, good company and fun. We play on the first and third Thursday morning of each summer month. If you would like to join us please contact me, my details are on the back page. Anne Newson

Discussion Coffee Morning Group

The clocks have gone back and it's now feeling that winter is not far away. Let's hope that our winter weather will be kind to us once again, we don't want ice and snow to contend with, as well as the virus.

I attended a funeral recently at Sambourne in Warwickshire, not far from Stratford on Avon. It was to pay my respect to a friend's husband, Christine and I grew up together, we lived in the same street in North London and our families were friends. I often stayed with them in their quiet village, no shops, just a pub and a church hall. The norm would be to see people riding their horses and walking their dogs. No wake because of the numbers and social distancing was of course not a problem. Alan was a kind and caring man and it was sad that more of his friends could not be there.

I am back doing a yoga class in our hall with all the doors and windows open, plenty of room to spread out, another reason to hope for mild weather in the months to come! I wonder what we will all be doing to keep ourselves fit, a nice walk for those who are able and have the inclination to get out and about, scarves, gloves and boots at the ready. Stay healthy everyone, best wishes to all. Stay well and happy Best wishes, Margaret Brown

Family History

What price a bag of sugar?

Many of you may have family stories handed down through the generations; some like Chinese whispers become distorted and exaggerated.

After spending more than 40 years as an amateur genealogist, I still have to prove, or disprove my own inherited story of 'Uncle Dick and the bag of sugar'.

Being one of the youngest of a family of seven, mum was just 8 years old when WW1 broke out, her brother Dick was 10 years older. She recalled him as being a very happy, easy going young man. In the mornings, before school, she would climb on his bed, for a cuddle and a story.

Not understanding, nor caring, about the shortages wartime could bring, she cried one morning, because there was no sugar for her tea.

At the time Dick worked in a large railway depot in East London unloading the freight wagons as they came in. He pacified her with a promise he would get some sugar for her evening tea.

The sugar came in large hessian sacks. Dick made a slit in the sacking and filled a small bag. He was seen and caught!

The police gave him a choice - go to prison, or enlist!

Dick must have thought joining the army and going to war was the lesser of the two evils. After all there was 'glory and honour' in fighting for your country!

It wasn't long before he found himself fighting in Flanders fields.

Always known as Dick, William Richard Prior born 28th February 1898 was reported 'missing in action' in Arras France on 23rd March 1918 at the tender age of 20.

Story has it, that my grandmother refused to throw out his best suit, which hung in his wardrobe, because she said, "He may come home". The suit finally rotted and disintegrated.

Some years ago, I made an emotional visit to the war cemetery and memorial in Arras. It's hard not to feel very small and humble walking between the rows of graves, with the headstones standing smartly to attention. There is peace and serenity in this pristine cemetery.

On, up to the vast marble memorial, with the names of thousands and thousands of these boys – for the majority were *just* boys – who have 'no known grave'.

I found Private William Richard Prior, (116854) Machine Gun Corp, 63rd Bn. quite easily.

It's strange how just a name carved on a piece of marble could make me feel close to him.

I wanted to tell him his sister Rose was sorry - she always said it was her fault.

Proving this story has become more difficult.

Which railway did he work for? Great Eastern Railway had a depot at Spitalfields, which was close to Brick Lane, where they lived.

According to mum he was chased by the police through Wentworth Street (Petticoat Lane market) before being caught.

Who arrested him? The railway police have no record of the case. Was it the civil police? I have never found any evidence of a court case, or the crime even being reported.

I feel he was just given the choice!

Jean Rogers

French Conversation

La gastronomie française (*French Food*)



The French eat around 30,000 metric tons of snails (escargots) a year. However, around two-thirds of these come from Eastern Europe and the Balkans. The classic French delicacy, served with garlic, parsley, and butter, is a popular staple of [French cuisine](#).

The croissant, the French pastry that we know and love, was actually invented in Austria. As the story goes, August Zang, an Austrian artillery officer, founded a Viennese bakery in Paris in 1839 and began serving the *kipferl*, a Viennese specialty dating back to the 13th century. This became so popular with the locals that French imitators began creating their own version, calling it the *croissant* due to its crescent shape.

According to folklore, placing a baguette or a loaf of bread on the table upside down puts the people around you at risk of misfortune, or worse – death. This superstition supposedly stems from medieval times, when executioners were allowed to grab things in shops without paying for them. Hence, bakers would leave an overturned loaf of bread out for them. Anyone else touching the bread had to mark it with the cross before eating it to ward off bad luck.

France produces around 1.7 million tons of cheese a year. There are around 1,600 distinct types of French cheese, which are grouped into eight categories. In 2018, France [exported more than 679,000 tons of cheese](#), and in 2017 almost 895,000 tons were sold on the [French retail market](#).

Jenny Parker



This month I decided to take a break from the list of alphabetical composers, performers and instruments. Instead, I circulated to Music Group members a rather random list of enjoyable pieces but there are several black composers included. Names such as Florence Price, Samuel Coleridge-Taylor and Joseph Boulogne are not all very well known yet, but their music is becoming more popular and played more frequently. There are also many other better known composers included such as Vivaldi, Beethoven, Mozart and Max Bruch.

Anyone who would like to know more about this music or the Music Appreciation Group is welcome to contact me. Philippa Moody

Needlecraft

As tends to happen us crafters start Christmas early. One member has made Barbie dresses for her Granddaughter and some Christmas decorations. The lap quilt has been finished and also the cross stitch of a French balcony has been completed. One member has also knitted a family of teddy bears for a display at a Christmas event. Another member has knitted a cape for a 16 inch doll and a cardigan. We have been sharing photos of our makes and I must say they are all very lovely!

Hilary Furniaux

Painting 2

I am doing some research to find out where you can tune in to Sky Arts, as I am sure that either Landscape or Portrait Painter will be starting soon. At the moment I know that programmes are listed in a weekly magazine called Satellite@£2.50 or a cheaper one in the Weekend Magazine in the Daily Mail on Saturday @£1.10. To save me looking in all the other papers and magazines if you find these programmes listed elsewhere can you please let my know by email.

I hope you are being inspired by all the Autumn colours in the trees this Autumn and other landscapes in the countryside so we shall have some lovely pictures to see when we meet again. There is another programme called The Joy of Painting on BBC4 but this one is at 7.30 in the morning, rather early for me. See you soon.

Barbara Barbrook

Patchwork Group



At last the charity quilt is now ready for a show and tell ,please see photo included.

The members of the group have made a wonderful selection of appliqué blocks which I have now sashed together and quilted.

I am waiting to hear from The Helen Rollason Research Unit whether they will be holding their Christmas raffle this year.

We continue to miss our monthly meetings of sewing and sharing of ideas .With Christmas just a few weeks away maybe this is the year for homemade presents instead of the difficulty of shopping now!

Stay safe and well.

For more information contact Anne.
Happy sewing

Petanque Group

Well, this is our very first game of Petanque since the lockdown. We have our first 6 players at social distance; unfortunately you are not able to see them all in the picture.

They managed to play 2 games led by Nicky McColm, ready for the next 6 taken by myself at 11.30.

Thank goodness the weather turned out beautiful, and we played 3 games.

Everyone was all very good with social distance, and kept away from each other while the next



person played their shot. All the equipment was sanitised, and the only thing everyone had to touch was the coche.

Great fun was had by all today, and I thank you all for playing and hope to carry on like we are through winter.

Petanque Moira Penhallow.

Photography Group

Once again we held another successful Zoom meeting on 1st October our sixth so far with 10 members participating.

We started the meeting by watching a slide show of the photos taken by our members during the month. The subject for the month's assignment being "Birds". There were some excellent images of such a wide variety of birds captured by our members. We then held a general discussion on what our members would like to be covered in future meetings.

It was then decided that the assignment for the next meeting would be "Photos where the subject starts with the letters "X, Y or Z".

We will continue to hold Zoom meetings on the first Thursday of each month until we are able to meet again as a group.

For those who were unable to join the meeting all of the photos submitted have been uploaded to our page on Flickr (Heybridge U3A) where you will be able to view them. If you would like a link to them please contact me.

If anyone is interested in joining our group and participating in our assignments please contact me.

Norman Grove

Reading and Books Group

The last book that the group will be reading is a biography of Agatha Christie by Janet Morgan. This year celebrates 100 years since the character Hercule Poirot was invented by Agatha and first published it seems a good way to finish. Hopefully we will return to the book group if and when the u3a can start up again.

For more info contact Jackie Jones

Scrabble Group

Did you get last month's puzzle? Using these letters

D	M	S	W
---	---	---	---

You could have made

W	I	S	H
---	---	---	---

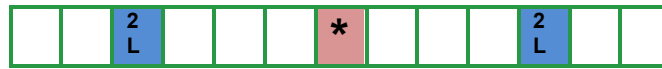
M	E	N	D
---	---	---	---

W	H	O	M
---	---	---	---

Leaving S unused. There may be other solutions!

When a new game of Scrabble is started the players usually pick a tile from the bag and the person with the letter nearest to A takes the first turn. They need to play through the star in the centre of the board and whatever score they get is then doubled. What would be the best score on a first move using these letters?

F L Y P L A T



A letter in a blue square scores double and the pink one with a star indicates the middle of the board. Linda Etherton

Word Play

Here are some easy and harder anagrams. Unjumble the words in bold to find the answer.

1. **Fuel** exploded in chimney.
2. Loose **soil** for farm storage.
3. Driver **opts** for a red light.
4. Pay no attention to this damaged **region**.
5. Is it a **hare**? No it's a bird!
6. **Latches** undone on school bag.
7. **Ron passes** on ugly part of the Christmas turkey.
8. **A granite** formation filling with bubbles.
9. Although **he's a cop**, he catches salmon illegally.
10. **Nice open** arrangement found under a fir tree.
11. Supporter in mosque could make **Gary purer**.
12. **I am insured** to look after your children.
13. **Candy-Rose** is not a primary colour.
14. Irrational cut **in ore** production.
15. **A coffee cat** in confrontational position.
16. **May's purple** sweet stuff.
17. **Eagles on high** octane fuel.
18. **Go on catering** for people in church.
19. Turn and **curtsey once** in them.
20. **Royal eggs** carved to form grotesque faces.

Jan Brown

Walking Group

We are all living through such strange times, with ever changing permissions and restrictions. Nobody really knowing what we will be allowed to do from one week to the next. Outside group activities were told that they would be allowed to start providing all the necessary safety criteria and specified rules could be adhered to. After emailing all walking group members for their views and investigating alternatives I have decided that the walking group will not be walking again until March at the earliest. Complying with all the differing requirements and given the weather at this time of the year, it is just not feasible, or likely to be a pleasurable activity.

So, as it stands today, the first organised walk will not take place until Thursday March 11th. Obviously, as that is so far ahead, there is no certainty but it is on the wish/hope to list. Stay safe and keep walking as best you can as everyone seems to have managed to do throughout. If/when anything changes I'll be in touch with everyone on my list. Good luck to us all and stay safe Linda Wells

Weekday Lunch Group

Sorry there is still no news regarding our group eating out together officially as a u3a group. So I am still hoping that we shall be able to do this after Christmas.. There is a December Newsletter but not one in January so if it is allowed we shall have to contact you individually as to our next venue. When you read this I hope you had a happy Hallowe'en and a happy November 5th Fireworks supper. For our next Newsletter we shall be well into our preparations for a very Happy Christmas.

Contact Barbara Barbrook for Maureen Lavender

Weekenders Group

Do hope this finds you all well. Time flies - where did last month go? It is becoming more difficult to meet with family and a friend again so now is the time to enjoy some autumn walks. If we can't meet for a coffee take your coffee and goodies with you! The hedgerows are so attractive with berries, hips and seeds at the moment. The Sloes are very plentiful this year. Sloe gins anyone? Friends recently sent some stunning photographs of their walk at Danbury Lakes. The acers are particularly colourful and all the trees reflect so beautifully in the water. That certainly looks like a great place to visit.

Some of our bird watching Weekenders recently managed a distanced meet up at Abberton Reservoir. How wonderful to see friends, catch up and share in your interest. Just a little taste of normality!

It had been rather soggy underfoot for gardening although despite the rain there is still a lot of colour in the borders. The wild birds are feeding from the feeders regularly in particular a family of coal tits. My hens are taking themselves to bed early these days.

Take care - make the most of any sunny autumn days with family and friends. Hope this finds you all well. Keep in touch with each other and stay safe. June Rawlings

Answers

1.flue 2.silo 3.stop 4.ignore 5.rhea 6.satchel 7.parson's nose 8.aerating 9.poaches 10.pine cone
11.prayer rug 12.nursemaid 13.secondary 14.neurotic 15.face to face 16.maple syrup 17.gasolene
18.congregation 19.country dances 20.gargoyles

Jan Brown.

Do you use Facebook? Why not join the Heybridge U3A group.

We now have our own group on Facebook. Our Facebook group is a closed one; Philippa is the administrator who acts as the gate-keeper. Please see her report for more details. The Facebook group will supplement the news-sheet, not replace it.

National Newsletter

All members can sign up to receive the National Newsletter by email. Just go to the website <https://www.u3a.org.uk/email> and put in your email details and 'East of England' as the Region. You can also look on the website for lots of activities taking place all over the country that might inspire you.

Third Age Trust Online Forum

This is now to be found at <https://forum.u3abeacon.org.uk> there are 3 forums:

Learning, Our U3A Community, Beacon

Essex Fraud Alert

If you or someone you know is vulnerable and has been a victim of fraud, please call Essex Police on 101.

Report fraud or attempted fraud by contacting Action Fraud at www.actionfraud.police.uk or call 0300 123 2040.

And finally remember **ABC**:

Never **A**ssume they are legitimate.

Never **B**elieve they are legitimate.

Always **C**onfirm using a trusted number or asking friends and family.

Many thanks,

Chloe Rudd

Prevent & Protect Fraud Officer

Essex & Kent Serious Crime Directorate

Rayleigh Police Station