



Birds by Sally Hedges, Andrea Palmer and Sheila Rodgers.

Committee 2023 - 2024

Chairman:	David Barnett ☎683114
Membership:	Jenny Bagworth ☎07548992144
Groups:	Rose Cuthbertson ☎07776131834
Treasurer:	Sally Hedges ☎07857201276
Website and IT:	Roy Biggs ☎683353;
Business Secretary:	Helen Wilberforce ☎689624
Members Meeting Manager:	Ian McCulloch ☎680295;
Committee member:	Rena Souten ☎07799895350.
Committee member:	Keith Wilberforce ☎689624
Committee member:	Andrea Goodall ☎07815422888
Committee member:	Judy Gibbons ☎07891976422
Committee member:	Michael Burn ☎07712620303
Committee member:	Geraint Johnes ☎07969191043
Committee member:	Keith Knutton ☎07837475542

Non Committee Member

Speaker finder: Peter Drake ☎663678

Email: enquiries@holmevalleyu3a.org.uk

Website: <https://u3asites.org.uk/holme-valley/home>

Facebook : for members only: Holme Valley U3A

<https://www.facebook.com/groups/434128977300240>

Holme Valley U3A is a registered charity and part of the Third Age Trust

Chairman's Christmas Greeting

Hi everyone, doesn't Christmas come around quickly? It's probably an age thing.

I hope you all feel the same as I do, that membership of the u3a is helping us stay active in body and mind and not dwelling on our age.

This last period we have had a steady increase to membership, our General Meetings on the second Friday of each month with some interesting speakers has certainly helped to promote the u3a.

Our days Out group have had some interesting visits in the UK. They have one trip remaining this December to York and Xmas Dinner at Castle Howard and soon to be released a full program for next year.

I must mention again that any member can attend a Committee Meeting, the last Friday of each month, and remind you that we are always looking for more help and potential new committee members.

I must once again thank all our Group Leaders for their hard work and dedication to the success of our u3a.

I hope to see great many of you at our last meeting this year being our Christmas special with entertainment.

I am sure your committee will continue to fulfil its responsibilities to you all so you can Learn, Laugh Live.

David Barnett

Scams.

There are probably as many scams as I've had hot dinners. However, I still use the internet, and social media with great enthusiasm.

I do have anti-virus software installed on my phone, my iPad and my laptop. I keep it updated. When I use the internet away from home, I always use a VPN so that my identity is hidden.

There's lots of advice about scams available and here are some of them.

Age UK.

<https://www.ageuk.org.uk/barnet/our-services/latest-scams/>

There's lots current advice here.

Which.

Which has a regular scam alert service which is free. You can sign up by clicking on this link.

<https://act.which.co.uk/page/103781/data/1?ea.tracking.id=scam-alerts>

National Cyber Security Centre.

nscsc.gov.uk

When it comes to emails I don't click on things I'm doubtful about. If it's really important and real they'll send it again.

Rena Souten

Our Tenth Birthday

Holme Valley u3a will be 10 years old next year. We intend to mark the occasion with a birthday cake and a celebratory meeting. Do you have any bright suggestions?

New Groups.

We have several new groups that have started in recent months. The Weekend social group has Jackie Green as co-ordinator; their next meeting is in the café at the Coop.

Art appreciation meets on the first and third Monday afternoons; the co-ordinator is Beverley Haynes.

Italian conversation meets on the first and third Monday mornings.

Pickleball; a short course will start in January.

Thinking Faith for the Disillusioned is co-ordinated by Michael Burn; the group meets on the first Tuesday of the month in the afternoon.

More details of these and all our groups are available on our website;

<https://u3asites.org.uk/holme-valley/groups>

u3a Festival 24

This will take place in York, 18-20 July 2024 at the University of York.

This is the link to join the list for further updates:

<https://www.u3a.org.uk/news/newsletter>

<https://www.u3a.org.uk/events/festival-2024>

New Members Meeting

We recently held a meeting for people who have joined our u3a in recent times.

Our Chairman, David Barnett described how u3a's came in to being and introduced the u3a committee members present.

There were group leaders present who described their group activities including walking, gardening, music appreciation, art appreciation, bowls, indoor games, craft,



Season's Greetings

From Holme Valley u3a Committee

David Barnett, Chairman
Helen Wilberforce, Business secretary
Sally Hedges, Treasurer
Jenny Bagworth, Membership secretary
Roy Biggs, IT admin
Rose Cuthbertson, Groups coordinator
Ian McCulloch, Committee member
Rena Souten, Committee member
Keith Wilberforce, Committee member
Andrea Goodall, Committee member
Judy Gibbons, Committee member
Michael Burn, committee member
Geraint Johnes, committee member
Keith Knutton, committee member

Learn, Laugh, Live into 2023

Dates for your Diary 2023- 2024

Friday 7 December 2023 Christmas Celebration. 10.00am

Coffee and mince pies, followed by entertainment by the ukulele and guitar group.

2024

12 January Travellers Tails. Peter Drake.

9 February Metal Detecting. Martin Tyrell.

8 March An introduction to the holocaust. Ms H Randall.