

LEICESTER



NEWS SHEET

Friday 25th June 2021 Edition Number 60

Welcome to the 60th Edition of the Leicester u3a Newssheet, continuing to list online activities and research which might be of interest in our groups, existing and new, to follow up while we cannot meet normally. Please also find more formal announcements, all with the appropriate links and contact details. Thank you for all your kind responses, and do keep sending your suggestions to newsheet@leicesteru3a.org.uk Click on the links!

Having Trouble Reading the Newssheet? Or the Newsletter? If you are, do please contact Margaret Potter at membership@leicesteru3a.org.uk or telephone 0116 2911814 as she has other options which you may prefer.

LEICESTER u3a MONTHLY MEETING TUESDAY 13TH JULY 2021

PLAYLIST FOR LIFE

On Tuesday 13th July Leicester u3a welcomes ex Community News Editor of Leicester Mercury, Jim Matthews, to make his Playlist for Life presentation on Zoom. Full details of the meeting, and how to join, will be published in the July Newsletter. Jim has delivered this presentation on behalf of Playlist For Life 21 times in the past couple of years. At the end he will explore with a number of audience members how personally meaningful music can help people living with dementia and he will then take questions.

He asks for three or four members of the audience to choose one piece of music that means most to them perhaps because it brings back happy memories. Jim will play the music and ask for the reasons behind the choice.

We hope you plan to attend the meeting, which promises to be as interesting as last month's photography and music session. If so, do send in your music choices to our Speaker Finder Keith Pyne song@kwp1.net Keith will then pass them on.

Neighbourhood Watch Leicester and Leicestershire Police warn us of a Covid Vaccine Passport Fraud. As each new development takes place in the news, so someone tries to defraud us! This purports to be from the NHS and tells us we can apply for "Digital Coronavirus Passports" Clicking on the link takes us to a fake NHS website which asks for personal, payment details and takes an administration fee. The Police remind us that our Vaccination status is obtained FREE through the NHS website or calling NHS on 119. More information can be found on the [gov.uk](https://www.gov.uk) website;

<https://www.gov.uk/guidance/demonstrating-your-covid-19-vaccination-status-when-travelling-abroad>

Neighbourhood Watch continued Covid-19 Vaccine Fraud: The NHS will never ask for payment - vaccination is free. The Covid Fraud Hotline www.covidfraudhotline.org The Survey to understand whether the Covid-19 pandemic has changed our attitudes towards certain aspects of cybersecurity and privacy since the first lockdown in March 2020 is still open, to close on Sunday 27th June 2021. The survey of 16 questions takes less than 5 minutes to complete and all answers are anonymous.

<https://www.surveymonkey.co.uk/r/XSYQQT> Phishing, or fraudulent emails or text messages, try to convince us to click on links which attempt to take away our bank details or other personal information. Go to the Suspicious Email Reporting Service, SERS report@phishing.gov.uk Suspicious Text Messages: forward anything suspicious to 7726, and we won't be charged. Report incidents online at <https://www.leics.police.uk/ro/report/ocr/af/how-to-report-a-crime> The most common fraud is TV Licensing. To report Pension Fraud, use the Financial Conduct Authority's register to check companies <https://www.fca.org.uk/scamsmart> or phone 0800 111 6768. Neighbourhood Alert alert@neighbourhoodalert.co.uk Make a report online <https://www.leics.police.uk>. The Citizen's Advice Consumer Helpline: 0808 223 1133. www.actionfraud.police.uk 0300 123 2040, and if you cannot speak or hear on the phone use Relay UK with an app or text phone: 18001 then 0300123 2050.

The National u3a www.u3a.org.uk Go to Learning Initiatives for Discover France Through Food "Join us on a Culinary Journey Around the World" on the Taste of Travel learning page. Angela of Cheltenham u3a shares recipes of her time living there, including the Tour de France Tian; Paint or Draw with the chance to contribute to monthly changing Themes; and Learn, Laugh, Move is Ballroom Dancing with tips and stories from the u3a's Subject advisers for Ballroom Dancing. In Online Events join A Historic Hour with Southwark Cathedral Monday 28th June 10.30am, and illustrated talk with three Cathedral Guides about its history, the people connected with it, and its architecture, stained glass, and monuments; Howzat: The World Cricket Rankings, Ted Dexter and Me Thursday 1st July, 2.00pm with Mathematician Rob Eastaway, talking about a lunch with Ted Dexter which eventually led to the official ICC World Cricket Rankings and how it all started with a dice game he used to play as a child (It did! I remember playing that game!); and Discovering Japan, Tuesday 6th July 10.30pm, with a live link to Japan. Hilary Jones talks about visiting family in Kawasaki, Daniel Mater joins live from Japan to give an insight into living and working in Japan-from the typical working day to business, culture, manners and family life.

Digital Inclusion Leicester Ageing Together <https://www.leicesteraageingtogether.org.uk> is looking for participants, and Digital Companions, for its Digital Inclusion Project. It provides support to over 50s in Leicester who wish to improve digital skills, improve wellbeing, and overcome loneliness. The project offers one to one and group sessions. Search on its website for opportunities.

Wellbeing At the fantastic NHS www.nhs.uk Go on the Mental Health page for Feelings, Symptoms, and Conditions; Advice and Self Help for wellbeing tips, breathing exercises and explanation of talking therapies. There is an NHS Volunteer Responder Service, ring 0808 196 3646, available from 8.00am to 8.00pm 7 days a week. And to Volunteer, click on I Want to Volunteer to register, or www.nhsvolunteerresponders.org.uk Go to its Fitness Studio for exercise videos in Pilates, Aerobics and Yoga; a Wake-Up Workout; and La Bomba Dance.

Royal Voluntary Service www.royalvoluntaryservice.org After its Volunteers Week Takeover on the 1st June to 7th June, we can catch up with all the free activities and free classes in the Virtual Village Hall on its Facebook page www.facebook.com There is a Dance Class, Dance

and Well-being; How to be Resilient in Challenging Times, a Meditation session; Solving Cryptic Crosswords; Yoga; and How to make Lemon Curd, amongst many others. Expert tutors and RVS activity co-ordinators run the courses, and we can join in live or catch up on demand.

Summer Reading Challenge 2021 Wow the grand-children with Wild World Heroes – “Go Wild for Reading” from Saturday, 26th June to 31st August, a celebration of reading, nature and action for the environment www.leicester.gov.uk and click on Libraries – Adults have the chance to win books to the value of £30.00.

Libraries in Leicester Now open are: Aylestone; Beaumont Leys; Belgrave; BRITE Centre; Evington; Highfields; Knighton; New Parks Centre; Pork Pie; Rushey Mead; St Barnabas; St Matthews; Westcotes.

The Reading Agency www.ReadingAgency.org.uk presents the Summer Reading Challenge, and “Tackles life’s challenges through the proven power of reading”. It has Book Lists, chosen by health professionals for a range of people and conditions. Find Reading Well Mood Busting Books; Reading Groups for Everyone; and World Book Night, along with the Radio 2 Book Club.

Memorial Walk in Watermead Park. This has opened, proposed by Leicester City Council and Leicestershire County Council, and offers a space for reflection and remembrance for those whose lives have been affected by Coronavirus. 58 new trees have been planted, and new benches installed.

And finally: On 28th June 2018 Femke Halsema became the first ever woman to be elected Mayor of Amsterdam; on the 30th June 1894 Tower Bridge across the Thames is officially opened by Prince Albert Prince of Wales; on 3rd July 1985 Tinker Bell made her first flight from the top of Cinderella’s Castle at Walt Disney World in Florida; on the 4th July 1862 Lewis Carroll told Alice Liddell a story that would grow into Alice’s Adventures in Wonderland; on the 6th July 1885 Louis Pasteur successfully tested his vaccine against rabies on Joseph Meister, a boy bitten by a rabid dog; and on 8th July 1777 Vermont introduced a new constitution, making it the first US state to abolish slavery.

Do try these links out, along with all previous ones, from the first Newssheet to 59. All will be available to use in your groups when we are able to meet again. Thank you as always for all your suggestions and do keep sending them to me at newssheet@leicesteru3a.org.uk

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I am away next week, visiting my brother, sister-in-law and family for the first time in 18 months – it’ll be pure joy to see them.

As a result, the Newssheet won’t be published on Friday 2nd July - but like (sort of) James Bond...

THE NEWSHEET WILL RETURN...ON FRIDAY 9TH JULY

Take Care!

Neil Taylor Newssheet Editor