

HAPPY NEW YEAR!

LEICESTER

u3a learn,
laugh,
live

NEWS SHEET

Friday 7th January 2022 Edition Number 72

Welcome to the 72nd edition of the Leicester u3a Newsheet, continuing to list online activities and research which might be of interest in our groups. Also find more formal announcements, all with the appropriate links and contact details. Do keep sending your suggestions to newsheet@leicesteru3a.org.uk Click on the links!

Leicester u3a Monthly Meeting All members are heartily invited to our regular Monthly Meeting at Christchurch, Clarendon Park at 2.30pm Tuesday 11th January for tea, coffee, a chat... and our Picture Quiz!! Veronica Matthew will present 40 photos of people who were in the news in 2021 to spot. All at the tables in teams, with prizes for those who guess the most. Membership renewal will be available also at the meeting.

Leicester u3a Coffee Morning Sandra Barker invites us to drop by to the Quaker Meeting House, Queens Road, Clarendon Park to our regular Coffee Morning, on Tuesday 18th January, at 10.15am. A cup or two of coffee, a chat and warm smiles await!

Error Apologies to Nick Arlett, Convenor of the Leicester u3a Bookworms group, for describing his group as full. Groups at Leicester u3a are never full, and subjects and activities are always open for members to fully explore and participate in. Clumsy wording on my part and a total error. Nick's Bookworms group is of course open to new members, as are all our 70 groups.

Useful Numbers and Links **Suspicious Text Messages** Report suspicious text messages for free using 7726. Call the **National Domestic Abuse Helpline** for free and get confidential advice, 24 hours a day 0808 2000 247. **Fraud:** Check on the Financial Conduct Authority website www.fca.org.uk or phone 0800 111 6768.

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The Covid Fraud Hotline: www.covidfraudhotline.org **Phishing:** Go to the Suspicious Email Reporting Service, SERS report@phishing.gov.uk **Make a report online** <https://www.leics.police.uk>. **Neighbourhood Alert** alert@neighbourhoodalert.co.uk The Citizen's Advice Consumer Helpline: 0808 223 1133. www.actionfraud.police.uk 0300 123 20

The National u3a www.u3a.org.uk and go to **Learn** and then **National Learning Programmes** for u3a Cuisines of the World - "adventure across continents without leaving the comfort of your own kitchen" and try East African, French, Italian, Indian and Pakistani recipes. Go on the Maths Challenge weekly, for a huge variety of Maths Questions and Answers. And the u3a announces the Poetry Competition for a New Year, the 2022 Poetry Competition. It asks for poems on the theme of New. Open for submissions until 25th February. Go to **Events** and then **Online Events**, for selected national events online in partnership with organisations such as the National Gallery and the British Library. On the 10th January, free via Zoom is Exploring World Faiths; on 12th January at 2.00pm, and on the 2nd Wednesday of each month try Laughter Yoga, combining hearty laughter with yoga and deep breathing. Also: advance advice of Pastels with Pete, a demonstration of art with soft pastels, Thursday 27th January 2.00pm. All are free to book through Eventbrite www.eventbrite.co.uk

Leicester Adult Skills and Learning Service www.your.leicester.gov.uk The spring and summer brochure is available now, and some courses have already started this month. It offers online and in person classes.

Mental Health If we or someone we care about needs urgent mental health support we should call 0808 800 3302. Lines are open 24 hours a day, 7 days a week.

Mirthy www.mirthy.co.uk "Explore Your World Your Way." This has been a mainstay of the Newssheet throughout the long weeks of the pandemic, offering online events to help us "Discover, Learn and Connect." This month it features Barre/Contemporary with Lucia de Paiva-Kynch on Monday 10th January 11.00 am; Music and Dance Workshop with Abundance Arts Monday 10th January 2.30pm; and Yoga with Elaine Whittaker on Wednesday 12th January 4.00pm. All events are free.

Movies You May Have Missed Henry Paulinski suggests Mystery Junction (1951) starring Sydney Tafler as a crime novelist who becomes part of a real murder story; Unhinged (2020) featuring Russell Crowe in a fat suit as a road raging psychopath reacting badly to the overuse of a car horn – a film with a nod to Spielberg's Duel; A Day to Remember, from 1953, with a dozen or more of

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Britain's favourite character actors including Donald Sinden, James Hayter, Harry Fowler and Deryck Guyler; and The Last Vermeer a semi – factual 2019 film about art fraud in World War Two Holland.

[Greysnet](http://www.greysnet.com) www.greysnet.com "The voice of older people online" has articles on Entertainment, Hobbies and Interests, Travel, and Grey's Anatomy, on our anatomy. Also, Classes, with Step by Step Drawing; Creative Writing, and Free Online Creative Classes for Older People.

And finally... On 3rd January 1981, The last of Queen Victoria's 37 grand-children Princess Alice, Countess of Athlone, died, aged 87; on the 6th January 1681, the first recorded boxing match takes place when the Duke of Albemarle sanctions a contest between his butler and his butcher; on the 7th January 1785 Blanchard and Jefferies made the first hot air balloon crossing of the English Channel.

The next Newsheet will be circulated on Saturday 22nd January, and thank you as always for your suggestions, contributions and links. Keep on sending them to me at newsheet@leicesteru3a.org.uk and try them out in your groups. All the links, right back to Edition Number 1, will be available on the Leicester u3a website as a Learning Resource for all activity and interest groups to use.

Take Care!

Neil Taylor

Newsheet Editor

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