

LEICESTER



NEWS SHEET

Sunday 18th July 2021 Edition Number 61

Well...the first time I travel away in eighteen months, and I catch an infection!! Thankfully not the virus, and much better now. Thank you for all your Get Well Soon messages: they were highly appreciated and very cheering while I was getting better. Anyway, here goes with Edition Number 61 - a little delayed - of announcements and suggestions of online activities with the appropriate links and contact details. Do keep on sending your suggestions to newsheet@leicesteru3a.org.uk

Trouble Reading the Newsheet or the Newsletter Do please contact Margaret 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: Playlist for Life Leicester u3a welcomed ex Community News Editor of Leicester Mercury, Jim Matthews, to make his Playlist for Life presentation on Zoom. At the end of the session, he explored with audience members how personally meaningful music can help people with dementia, bringing back happy memories. Jim has written to thank Keith Pyne, Henry Paulinski and the rest of Leicester u3a Committee for the opportunity to speak, and has sent the links to the four videos he showed so that members not attending on the day can see them, and so that we can experience them a second time around: Why Playlist for Life? <https://vimeo.com/207650960> Harry & Margaret full length version <https://vimeo.com/78719951> Ken B. <https://vimeo.com/434309619/5be6d78bce> Carol & Malcolm <https://vimeo.com/405890266> Jim says in his message : "I hope you agree with me that they are moving testimony for the power of music and for the wonderful work that Playlist For Life is doing."

Playlist for Life The charity's resources <https://www.playlistforlife.org.uk/resources/> If any u3a members would like to get involved in the work of Playlist For Life, please let Jim Matthews know, at Rotary Club of Leicester Novus, 172 Leicester Road, Thurgate Leicester LE7 7JJ 0116 292 8267; 0795 197 2914 <http://rotary-leicesternovus.org/>

Leicester u3a Table Tennis Jackie Caunt, Convenor of our group, has contacted me to say that they invite new members. Knowledge of the rules and some experience of playing is necessary please: the group's level is not suitable for beginners. Please contact Jackie personally, tabletennis@leicesteru3a.org.uk

Summer Reading Challenge 2021 Wild World Heroes – "Go Wild for Reading" continues, 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.

The u3a Anniversary Quilt Competition 2021-2022 In 2022, the u3a will celebrate its 40th Anniversary and a number of national events are planned throughout the year. The first to be announced is a competition to create an Anniversary Quilt as a lasting souvenir of the occasion. Craft is enormously popular throughout the u3a, none more so than within Leicester u3a, with our thriving Craft; and Needlework and Knitting groups. The quilt is envisaged as a Moment in History for future generations showing engagement by u3a members, raising our profile and demonstrating our skills and talents to the public. Hopefully, new members will join, and the Quilt is intended to form part of the u3a Archive in a national repository. The competition is open to all u3a members and entries must be received between 14th August 2021 and 15th November 2021. If you are interested in entering please contact Margaret Potter margaret.potter@ntlworld.com to request a copy of the Competition Rules.

Neighbourhood Watch Leicester Police and Leicestershire Police warn us of Catalytic Converter theft from cars. This can take as little as 60 seconds to carry out, and your catalytic converter is cut from the exhaust pipe of our cars. Park in in a garage or a place difficult to get at the underside; by a wall or in lit up areas. Your local garage will fit a marking kit onto our cars free. Keeping Your Home Safe – “Lock Up and Leave Lights On” Leicestershire Police has recently been campaigning to advise us about keeping our homes secure. It reminds about not leaving doors and windows, sheds and garages open or unlocked; and the fact that many burglars return. As the police say – “even more reason to ensure you keep your home as safe as houses”. For more information contact <https://www.leics.police.uk/cpcrime-prevention/residential-burglary/> Covid Vaccine Passport Fraud purports to be from the NHS, telling us we can apply for “Digital Coronavirus Passports” 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> Covid-19 Vaccine Fraud: The NHS will never ask for payment - vaccination is free. The Covid Fraud Hotline www.covidfraudhotline.org 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.

Virgin Media Henry Paulinski passes on to me advice from Virgin, www.virginmedia.co/securityhub If we're ever in doubt during a phone call, to hang up. If a caller threatens us, inform the police. To check the call is really from who it says it is, only answer pre-arranged calls. A trustworthy company will ask if we are the account holder and to confirm three random characters of your account memorable word. As Virgin say, no more. no less. If we can't provide that detail, a Security Question will be asked, which we will have set up ourselves. At all times, if we're unsure, we should hang up. And if we feel we might have been the victim of fraud, either over the phone, clicked a link in a text or an email: Contact our Bank; Change our Account Password; and contact any of the links in Neighbourhood Watch section in this Newsheet.

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. More detail from the National u3a next week.

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.

Wellbeing At the fantastic NHS www.nhs.uk Go on the Mental Health page for Feelings, Symptoms, and Conditions; and 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. To Volunteer, click on I Want to Volunteer to register, or www.nhsvolunteerresponders.org.uk

And finally: On the 20th July 2018, influenced by Barack Obama, the US resumed full diplomatic relations with Cuba; on 24th July 1938 Nescafe instant coffee is first commercially produced in Switzerland, by the Nestle company; and on the 25th July 1938, the first greetings card was sent in Britain.

Do try these links out, along with all previous ones, from the first Newssheet to 60. 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

Take Care!

Neil Taylor Newssheet Editor