

## Newsletter for June 2021

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With most of us taking advantage of the good weather and the easing of restrictions there seems less appetite for Zoom. In a normal year many interest groups take a rest during the peak summer months, so I suppose this is nothing unusual. September sees the start of a new u3a year and this will hopefully be the right time for all our interest groups to get going again.

With all this in mind we have booked the Jack Hart Room in the Village Hall for our **"Open Day" on Wednesday 18 August 2021** from 2 to 4 pm. We plan to serve tea and cake so that members can socialise as well as enrolling.



Photo courtesy of the Photographic Group

During this lockdown I have been publishing this newsletter monthly to try to keep you informed and amused. However, Ringmer will be returning to the usual 3 newsletters each year from now on. We do though need to find a new Newsletter Editor to take over from the Christmas edition onwards.

As you will see on the following pages we have done well through these difficult times, and we are now preparing to become a friendly social part of village life again from September, restrictions allowing. Please come along on 18 August to meet and socialise with friends old and new.

Kind regards,

*Jan*

Vice Chair

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## Stay Safe, Stay in Touch

## "Keeping You Safe from Fraud and Scams"

For anyone who missed the talk given previously there will be a Zoom talk on **Friday 25 June** from 10.30am to 12 midday. Claire Lands, a Community Banker from Nat West, will be demonstrating how to protect and prevent people becoming victims of scams. She will show you how to understand how scams work, what to watch out for, and how to avoid becoming a victim, with no promotional content from the bank. Register at - [sunbookings548@gmail.com](mailto:sunbookings548@gmail.com) - from 10th June. A link will be forwarded close to the date.

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## Slow-Ways Project national network of walking routes

**Thursday 17 June** 10 -12pm. Slow-Ways Project: Derek Harwood introduces the Slow Ways initiative to create a national network of walking routes connecting all of Great Britain's towns and cities as well as thousands of villages. Using existing paths, ways, trails and roads, people can use Slow Ways routes to walk between neighbouring settlements and combine them to create longer distance trips. There are over 7,000 Slow Ways stretching for over 100,000km which need to be 'reviewed' and 'surveyed' and this is where u3as can play a part. Come and find out more about this national initiative. Link for registration:

<https://www.eventbrite.co.uk/e/netfest-programme-slowways-project-tickets-155627902245>

Just enter your name, email, u3a and network (Sussex u3a Network) when booking.

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## Computer Group

The computer group has ceased holding meetings until September when hopefully it can reconvene in person in the Scout Hut. Please contact Sylvia Coleman to let her know that you are interested in attending the computer group when it starts up again. At the September meeting the group will agree how often it will meet - every month, bi-monthly or just in the winter months. Sylvia wishes to thank members for their continuing support and interest, which has been important in keeping the group functioning. If any member would like help with a computer related problem then please contact Sylvia Coleman, Computer Group Convenor.

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## Short Walks Group

The Short Walks Group is unable to operate at the moment as it has no Convenor. We are therefore seeking a volunteer (or volunteers) as Short Walks Group Convenor to help organise and lead short walks around the Ringmer area. The role is not onerous, but a reasonable knowledge of walks around the Ringmer area would be an advantage. Please contact Tim Polwart or Ian Loughborough for further information.

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# Stay Safe, Stay in Touch

## Interest Groups

Interest groups are at the heart of u3a. We currently have 17 different interest groups ranging in size from 6 to over 50. The range of topics covered is also very diverse and members should find something that is of interest to them. The past two years have been very difficult and you will know that some groups are currently unable to meet. However, we are currently planning to get all groups back up and running by the end of September. Clearly this will be subject to the lifting of government restrictions, but hopefully we will be able to go ahead.

Each group has one or two Convenors. Some of the larger groups also have a small planning team. It is not an onerous task, particularly if other members in the group play their part in helping out.

Now is the time for you to prepare. Make sure that you are still on the list of your interest group and if you are in doubt then please contact your Convenor. Would you like to start up a new group? If so then please do contact Tim Polwart or Ian to discuss what can be done. We can then advertise the idea of a new group at the Open Day.

### Date for your diary

**Wednesday 18 August 2021**

**Open Day in the Village Hall from 2 to 4 pm**

### SUN Zoom talks

**Saturday 31 July** at 10.30 – 12pm. **Shepherds of the South Downs – their lives and times** with Ian Everest. Booking open from 15th July by emailing [sunbookings548@gmail.com](mailto:sunbookings548@gmail.com) and stating their u3a.

**Saturday 14 August** at 10.30 – 12pm. **Recycling in West Sussex & National Recycling Schemes** with Colin McFarlin. Booking open from 4th August by emailing [sunbookings548@gmail.com](mailto:sunbookings548@gmail.com) and stating their u3a.

**Stay safe online - two useful websites (click the link)**



[Action Fraud Link](#)



Get Safe Online  
Free expert advice

[Get Safe Link](#)

**Autumn 2021 Newsletter:** I would like to get the next Newsletter out by late July. Please let me have any items before 12 July 2021. Thank you.

# Stay Safe, Stay in Touch