

Rutland u3a newsletter

July 2021

u3a learn,
laugh,
live

A note from the Chairman

It's July 17th, 2 days before restrictions come to an end. I so hope that life can get back to normal but I know that I for one will continue to be slightly wary.

We, your committee, have agreed that we want to start meeting again at Victoria Hall and so the first meeting there will be on Thursday October 7th. This means that September's Zoom Meeting will be the last remote meeting. We did look into the possibility of doing hybrid meetings whereby it could also be "zoomed" but the logistics proved too complicated.

Our Speaker on August 5th is Gareth Howell who will talk to us about Medicine, Superstition and Science. The invitation will come to you via e mail as usual the weekend before. Do you have a suggestion for either a speaker or a subject that you would like to hear? Wanda, our speaker secretary, would love to hear any ideas. Please e mail her at rutlandu3a.speakers@gmail.com

We were very pleased to have such a positive response to our treasurer's advert for bookkeepers. It would be fantastic if any of you would like to come along to our committee meetings to see what being part of the committee entails. What we need are folk who are willing to help. This is how I came to join the committee and I certainly have no regrets about getting involved. The idea we have is that we could have people shadowing a role to learn what it entails before taking it on. The serious part of this is that, without enough members on the committee, Rutland u3a cannot continue. Just contact me for details of our next committee meeting.

With all good wishes to you all

Ros



Thank-you to everyone who contributed to this month's newsletter. If you have run or taken part in a U3A activity we would love to hear about it. Please send items for next month to:

rutlandu3a.info@gmail.com or via the website

The deadline for publication for the next edition of the newsletter is 20th August 2021

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Christmas Lunch?

At the time of writing this we have not reached "Freedom Day" (19th July) so the future is still not clear. However, the Social Team are thinking ahead with optimism and wondering if we should try to organise a Christmas Lunch on Thursday 2nd December at Barnsdale Lodge, as they still hold our deposit from last year.

Obviously we only want to do this if enough people would be interested and the risk of infection and regulations had taken a positive turn for the better.

Therefore, in those circumstances if you would be interested in attending the lunch could you please let me know by emailing lynnecostello@btinternet.com

I only want to know who is interested. You will not be committing yourself to the event at this stage.

We only want to know if it is worth pursuing.

In the meantime keep safe everyone,

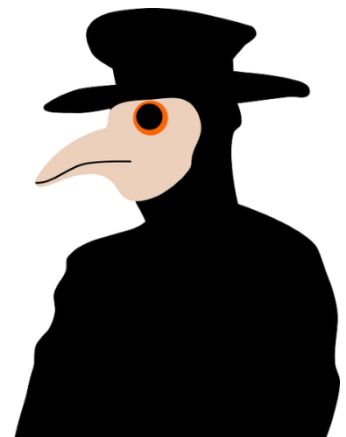
Lynne Costello (Social Team)



Zoom Meeting - Thursday 5 August

Gareth Howell who regularly appears on BBC Radio Nottingham as an historical adviser is to talk to us about medieval medicine.

The Medieval Medic has a bad reputation, but do they truly deserve it? The theories and practises and the Medieval doctor and surgeon are examined, demonstrating that for all their failures and mistakes doctors then were every bit as determined to help their patients, and just as keen to learn as today.



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News from the groups

Tuesday morning Walking Group – July 2021

Over the last month, with its unpredictable weather, the group had a lovely rural walk from Launde Abbey followed by an outside lunch. This was followed with a short walk from Uppingham to Bisbrooke or a longer version to Seaton and back, before joining back together for a splendid Summer Lunch – 21 of us in the gardens of the Falcon Hotel. Hopefully, pub lunches will soon be a bit easier to organise!



Maybe the last of the Socially Distant walks?

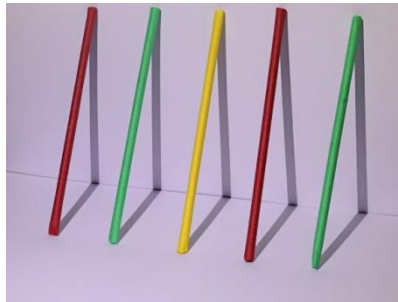
The sheep briefly held up those on the longer walk to Seaton!
(thanks to our brave photographer Jean for venturing into the flock)



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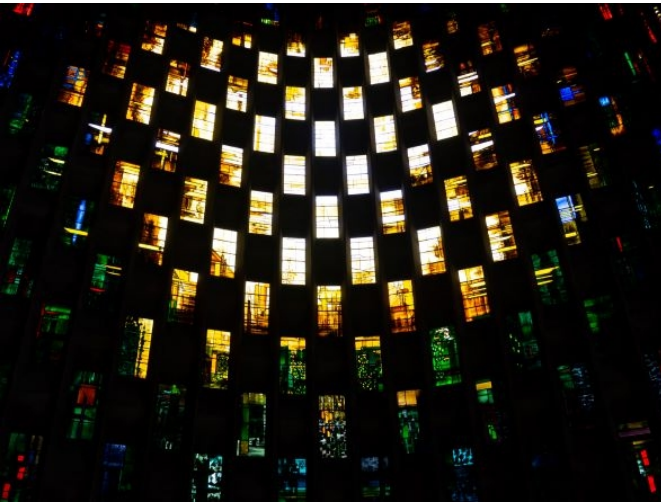
News from the groups

The photographic group continues to be active with another selection of stunning images.



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News from the groups



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Community News

The Big Knit



For further details see:

<https://www.ageuk.org.uk/leics/get-involved/fundraising/the-big-knit/>

There are patterns for beginners, intermediate and advanced knitters and each one helps to raise money that helps Age UK support older people.

Guided walk of the Oakham Canal



Oakham Canal Green Corridor Project aims to create a linear heritage, environment and leisure facility to the north of Oakham, based around the former Oakham Canal.

They are offering guided walks in August of about 5 miles where you can learn about the history of the waterway.

Walks are free but donations are welcome to the Oakham Canal Green Corridor Project.

Tickets can be booked at:

<https://www.tickettailor.com/events/oakhamcanalgreencorridorproject/>

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Community News

Clone Investment Firm Scams



You can't become complacent when it comes to protecting your money from financial criminals. Fraudsters are always working out new ways to try and outwit us. One of the latest according to reports from the Financial Conduct Authority (FCA) is the "clone firm" investment scams.

For lots of fraudsters this is a full-time job, so they have the time and expertise to try and build a relationship with you. Don't be fooled – they can be extremely persistent.

The aim of scammers is simple – to **STEAL** your money.
Just remember that if it seems too good to be true, it almost certainly is!

What are clone firm investment scams?

These are financial operations involving fraudsters using literature and websites that mirror those of genuine authorised firms like pension providers and investment platforms. They try to convince you that they work for a genuine company and use high-pressure sales tactics to get you to buy "investments". These "investments" are worthless and often aren't even offered by the company they're pretending to be.

5 Tips to help spot them

- 1 A seeming genuine call to promote an investment – fraudsters might call you promoting an investment or offer you money in exchange for your shares. No reputable company would ever do this.
- 2 Asking you to send application forms by email – scammers often ask you to send applications by unsecure email. Reputable firms would ask you to complete an application on their website or by post – some do have secure email systems linked to their websites.
- 3 Trying to discuss your personal information by unsecure email – reputable firms would normally ask you to use their website or by using secure messaging.
- 4 Offering to invest in a product the genuine company doesn't offer – a genuine company would not make personal investment recommendations without conducting a very detailed financial analysis of your circumstances and would normally make any such recommendation in writing, backed by research documentation and a full explanation why it may be suitable for you.
- 5 Insisting you send money by bank transfer – scammers ask for money to be sent electronically to a bank account, overseas bank account or a currency exchange provider. A reputable company would normally ask you to send money using your bank debit card on their website or by providing the details using a phone call that you initiate, and to a verifiable number.

Protecting yourself from scams

Check the firm contacting you is authorised by the FCA – they authorise almost all financial services companies in the UK. If the people contacting you are not from an authorised firm it's likely to be a scam. Ask for their FCA authorised number and check that it's genuine. You can check the Financial Services Register to see if a company and even an individual is registered and approved by them. Always check the register before you act – <https://register.fca.org.uk/s/>

Always check the firms or person you're dealing with is listed on the Register

The Register lists all the firms and individuals that are involved with regulated activities. You can find out what they are regulated to do and your protections when doing business with them.

Make sure they have permissions for the regulated activities you need

Always check that permissions/activities of the firm match the service it's providing to you.

Only use the contact details listed on the Register

Many scammers pretend to be a legitimate firm. Use the contact details on the Register to confirm you're dealing with the genuine firm before doing business with them.



Careful: If you have been contacted unexpectedly about an opportunity, it's likely to be high risk or a scam.

Advice from the FCA

What to do if you think you've been scammed

- 1 Call your bank straight away – they'll be able to help with the next steps.
- 2 If you've been defrauded or experienced cybercrime, report it to Action Fraud either online: <https://www.actionfraud.police.uk/> or by phone on 0300 123 2040.
- 3 If you've started a pension transfer and now suspect a scam, call your pension provider straight away. They might be able to stop it.
- 4 Report what's happened to the FCA either online (see above) or by phone 0800 1116768

Help with the emotional impact of fraud

Becoming a victim of fraud can have a huge emotional impact as well as the financial implications. Victims often feel embarrassed and don't want to tell people what's happened, even though they're not to blame.

If you need to talk to someone about how you're feeling you can contact Victim Support either online or by phone on 0808 168 9111. You can also contact The Samaritans at any time day or night by calling 116 123 or <https://www.samaritans.org/>

If the scam has left you struggling financially you can contact Citizens Advice <https://www.citizensadvice.org.uk/> or by phone on 0800 144 89848.

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2021/21

Committee Members

Chairman

Ros Kenny

Company Secretary

Hedley Greaves

Treasurer

Bob Bennett

Data Protection

Bryan Howard

Digital Inclusion

Sue Morecroft

Groups coordinator

Sharon Pratt

Membership Secretary

Lucy Marsland

Speakers Secretary

Wanda Allen

Social Secretary

Vacancy

Committee advisors and helpers

Publicity

Jill Stacey

Minutes

Vacancy

Website

Phil Grimley

Hall set up and AV

Peter and Jane Hammond

Michael Seccombe

Beacon

Vic Newland

IT

Mike Shea

Social Team

Lynne Costello

Diane Case

Janice Ferguson

Noticeboard

Vacancy

New Member Support

Kath Rolison

Janet Bilby

Jenny Wilce

Jane Gillon

Printing

Margaret Macpherson