

## Welcome

It's May already and still quite cool but the spring flowers are out everywhere. Hopefully the weather will be warmer when I next get down to Sidmouth! The problem with living in West Sussex is that I get to miss some great experiences. I would be the first to sign up to Brenda's Drumming session (see details below).



Tulips at Forde Abbey

My plea for assistance in the last newsletter has been answered with Carole Turner helping me with the organising and delivery of the printed newsletters. Big thanks Carole!

Please note, because of my other commitments the next newsletter will cover both June and July.

**Brian Webb** - [newslettereditor@sidmouthu3a.org](mailto:newslettereditor@sidmouthu3a.org)

## Chairman's Message

Interest groups are the lifeblood of our u3a, it's what most people join the organisation for. Therefore, I really appreciate the time and energy that our Groups Co-ordinators put into their role of supporting the groups and Group Leaders. Thank you to Mary Holiday who is standing down from the role and a big welcome to Carole Turner who is picking up the reins to support Marilyn with all of our wonderful groups. You will see, later in the newsletter, that some groups now need new group leaders if they are to continue. Anyone interested in doing this, or setting up a new group, should contact Marilyn to find out what is required.

You will also read, later in the newsletter, that we have tables booked for the Queen's Jubilee day. If you are interested in going please let our organisers know straight away, places are on a first come basis. I hope everyone taking part will have a wonderful day.

**Janet Bailey** - [chairman@sidmouthu3a.org](mailto:chairman@sidmouthu3a.org)

## Secretary's Message

Gratitude and thanks to our Webmaster Brian Fernley for his assistance to the secretary for the Annual General Meeting held on March 8th this year.

**Christina Isis** - [secretary@sidmouthu3a.org](mailto:secretary@sidmouthu3a.org)

## Fraud and Scams

At the April meeting, *Ellen Holah*, a *Police Community Support Officer* gave an interesting and informative talk on the latest frauds to look out for. For those of you who could not attend here is a summary of the most frequent ones:-

Telephone:- These scams are aimed at our age group, since these days most people under 50 do not have a landline. To make it more difficult, fraudsters can make it seem that they are calling from a local number. So be aware!

If you get a call from the Police station saying your credit card has been stolen, They will offer to put you through to your bank or you to call directly. DO NOT call your bank from the same phone as the fraudsters will have held the line. To call your bank to check, use a mobile or another line. The police will NEVER call you to ask for help. Be aware of a new scam where criminals 'cold call' people asking for their bank details, falsely saying this is required in order for them to receive the Government's £150 energy rebate. Councils will never ask you to give your bank details over the phone. If someone does ask you, hang up immediately.

If you get Amazon prime calls or calls saying your Internet is having problems and are going to be cut off. Ignore these and put the phone down.

Text messages;- whatever the message DO NOT click on a link.

Unfortunately if you get scammed once, then your number goes on a 'mugs' list and afterwards you will find that you will get a lot more phone calls. You then have several options:- you may have a call blocking service included in your package from your telephone service provider. The alternative is to buy an electronic device to put on your telephone line. It was suggested that a good one is called 'True call' and costs about £100. (Perhaps do not rush to buy one as technology on landlines are changing which might make it redundant).

*Next, remember that 'Mobile' communications are more secure than landlines.*

However, watch for 'mobile messaging scams. These often come via Whats app or Facebook by someone pretending to be their sons/daughter/friend claiming they have lost their phone and giving you the new number. Next a plea for money since they cannot get through to their bank as they do not have passwords with them. Be very careful, try contacting their old number or other verification before taking action. You can check out what the latest scams are about by going to the *AGE UK website* and search for 'scams & frauds'. Ellen also mentioned *Romance scams, cold calling* etc but there were too many details to include in this report.

## Groups Galore

[New Group leaders required](#)

**Rummikub Groups 1 & 2** require group leaders

**Singing for Pleasure** – A group leader is needed.

[Groups with vacancies](#)

**Musical Appreciation:-** The group meets on the 3rd Wednesday of the month at 2.00pm in the Sidmouth Methodists Hall which is just off the high Street in Church lane. We listen to a broad range of mostly classical music, suiting all tastes and using all the facilities that modern technology can provide. For example *the April Music programme was entitled "Old ones, New ones, Loved ones and Neglected ones"*. Substantially music from the Romantic period. With our new venue we can accommodate a lot more members, **so just come along and give us a try.**

[Here is the full list of Groups with vacancies](#), who are keen to recruit a few more members, please contact the leaders direct for more information:-

*Around the World in 80 bites, Another Mah-jong, Aviation, Bridge, Canasta Beginners 1, Canasta Players, Circle Dancing, Cribbage, Curry Club, Curry Club fish/ vegetarian, Evening Book Group, Exploring Art, Family History, Geology, German Conversation, Heritage, Jigsaw Swap, Life Stories, Mahjong, Modellers, Music Appreciation, Painting for pleasure, Recorders, Samba Band, Scrabble, Science, Engineering & Technology, Sidmouth Nature Explorers, Table Tennis, Writing for Fun, Yoga, 20th Century History.*

To find out more, please contact the **Group Leader**, contact details can be found on the **groups list**.

## What's Going On?

*U3a Sidmouth asks all members to self-assess for Covid19 symptoms prior to attending any u3a meeting, activity or event and not to attend if they have symptoms. If any member feels they may have Covid19 symptoms, it is advised that they get tested - lateral flow or PCR - or contact the NHS helpline by dialling 111*

**Tuesday 10th May 2022 Open Meeting, Stowford Rise Community Centre**

**Tea/coffee served from 1.30-2pm**

### **On The History and Work of the Thames River Police**

Originating as a partnership between the Government of the day and the West Indian planters and merchants, the Marine Police were formed to protect the vital trade between the West Indies and London from widespread theft on the Thames. Over the last two centuries the Thames River Police, as they have come to be known, have continued to protect the river, patrolling, with very few exceptions, 24 hours a day, seven days a week since their foundation.

Today the Thames River still protects the river, as they have done since 1798. They are now recognised by UNESCO as the longest continuously serving police force in the world and, as forerunners of the Metropolitan Police, are the founders of modern policing.

### **The speakers at our next Open Meetings are:-**

June 14th, Helen Baggott **"Posted in the Past"** more details to follow.

### **Thursday June 2nd - TIME TO PARTY!**



The committee have purchased 2 tables of 6 places so that 12 u3a members can join in the Sidmouth Town Council Platinum Jubilee Street Party from 4.00 - 7.00. It will give us an opportunity to promote the group and also socialise with friends whilst enjoying the entertainment and hopefully the weather. With only 12 places it will be the first 12 members to contact me who will have the places. I will also create a reserve list of interested members in case of last minute cancellations.

Places are FREE. Members need to bring their own seats, umbrellas etc and supply food (I suggest we discuss bringing a choice of food to share nearer the time, but bring your own drink). I will arrange for all 12 members to meet before the day to discuss any problems. **Andrea Talbot - [socialchair@sidmouthu3a.org](mailto:socialchair@sidmouthu3a.org)**

Sidmouth u3a has always had a very good reputation for the social activities that take place in addition to the regular monthly group meetings. To continue to offer a range of different events the group needs more members to come forward with new ideas who are willing to join the social committee. With enough new members on the social committee the role would not be onerous. Do contact me to find out how the social committee works.  
**Andrea Talbot [socialchair@sidmouthu3a.org](mailto:socialchair@sidmouthu3a.org)**

Thursday 16th June 2022

## African Drumming Taster Session

2pm at the Primley Church Hall, Primley Road, Sidmouth  
**Come and enjoy an hour of African drumming. Experience a mix of taught rhythms, jamming and percussion.**



No experience required – all you need is enthusiasm and energy!

There are lots of therapeutic benefits of drumming: stress reduction, exercises the brain, reduces anxiety and most of all .... it's fun!!

Facilitated by Sue Althorpe of 'Drum 4 Fun'

All djembe drums and percussion provided. £5 per person to include refreshments

Places limited – booking essential – don't miss out!

**Contact: Brenda Birmingham**



## Tuesday 27th September 2022 COACH TRIP to SS GREAT BRITAIN

Come and join us for a fun and interesting day out in Bristol to see the SS Great Britain. The day includes a return coach trip from Sidmouth and a guided tour around the SS Great Britain. We will leave at 9.30 and arrive back at 18.00 giving us approximately 5 hours at the venue where there are numerous activities and eating establishments. The total cost for the coach, entry and tour is £30. Limited places are available so make sure to book soon.



For further information or to reserve your place please contact :-

**Jackie Cox**

**It is with great sorrow we have to announce the death of Anne-Marie Bowyer on 14th March 2022.**

The Church of Tipton St John was full on 31st March, when Anne-Marie's family and a host of friends gathered to say farewell. Among them were many members of Sidmouth U3A, of which she was an enthusiastic long-term member, along with her husband David, who incidentally is a distinguished former treasurer of Sidmouth U3A. Fluent in her mother tongue, Flemish, together with English, French and German, Anne-Marie was instrumental in ensuring the U3A French and German Conversation Groups remained vibrant and in demand. Her Belgian nationality was a source of pride, and any mistaken reference to her being French was quickly and firmly corrected!

Anne-Marie was very active, playing tennis until just a few years ago and always wanting to fully participate in social activities and events with her very wide circle of friends. She loved classical music and was a regular attender at concerts of the Bournemouth Symphony Orchestra. One of her favourite activities in recent years was a daily walk along the Esplanade, engaging with numerous people she knew from all walks of life and often ending the walk by joining a friend for a coffee and chat.

We all now miss Anne-Marie's engaging personality and warm hospitality, with her home always available as a meeting venue. Anne-Marie displayed a sharp wit and keen sense of humour and could always be relied upon to very actively contribute to our French discussions, never being afraid to say what everyone else was thinking but too shy to say! She was a lovely lady, a great friend and we will miss her greatly.

Our love and deep sympathy go to David and all the family.

*Thanks to Marie Moore and Jeryl Wheeldon for this enlightening obituary.*