

## Newsletter

July/August  
2021

# u3a Sidmouth

Hello Everyone

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**Brenda Birmingham**

**Newsletter Editor**

[newslettereditor@sidmouthu3a.org](mailto:newslettereditor@sidmouthu3a.org)

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**Welcome to your latest Newsletter covering events to come in July and August. We can get out and about again at long last!**

The illustration shows Luc Vandamme's painting from the recent successful Exploring Art Group "plein air" session at Connaught Gardens. Group leader Maureen Hawkrigde says: "The idea of painting outdoors is to capture the essence of the scene, making a sketch which can then be worked up into a finished painting at home. I'm sure you'll agree that the artist has done that very well."



We're so lucky to live in this wonderful part of Devon. Enjoy the sunshine!

*Brenda*

## Chairman's Message

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**Janet Bailey**

**Chairman**

[chairman@sidmouthu3a.org](mailto:chairman@sidmouthu3a.org)

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Our new committee members are starting to get into their roles and I'm sure you will have noticed all the new events being planned. The first one is the meeting for our new members to be held soon. Although some of you have been members for nearly two years, this is our first opportunity to invite you to any kind of event other than via zoom. I'm really looking forward to being able to welcome you in person.

Our Social Committee is now becoming active again and planning lots of events for us all to enjoy. Details will be issued by Andrea at the appropriate time.

I hope to see many of you at our Groups Display on 10 August, the first live Open Meeting since March of last year, and at future open meetings.

Best wishes

*Janet*

## Membership News

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**Chris Ward**

**Membership  
Secretary**

[membership@sidmouthu3a.org](mailto:membership@sidmouthu3a.org)

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We're delighted to welcome new members: George Bates, Jessica Bendle, Jean Booth, John Flanagan, Richard Gordon, Ron Peppin, Martyn Pinfold, Hilary Pinfold, Jacqueline Tovey, James Wilcox and Susan Wilcox.

### New Members Day 29 July 2021

*This is a Welcome notice to all new members who accepted the invitation to the New Members Welcome Meeting at All-Saints Hall, All Saints Road, Sidmouth, EX10 8ES.*

**Now on Thursday 29 July. Open from 2pm until 4pm.**

Around 80 members, including Committee members and Group Leaders, are currently planning to attend this event.

Some Group Leaders will be in the Hall to enable new members to find out more about Sidmouth u3a and discuss their particular interests. (Note we're also planning to have a Groups Display event in August as part of the Open Meeting). Tea, coffee and biscuits will all be available from the serving hatch.

Hopefully the Covid regulations will all be relaxed by the 29<sup>th</sup> to enable you all to have a good chat over a cuppa. Face coverings are at your own discretion. Sanitiser etc will be provided in the entrance to the hall.

Car Parking is restricted at the Church, so it would help considerably please if you can park elsewhere in the town, or travel by public transport.

Each member will be welcomed and provided with a name badge on the day for our attendance record.

New members joining in July are invited to come along to the Groups Display meeting on 10 August at Stowford Hall (full details on page 4).

If you need any more information, please contact Chris.



If anyone has garden fruit surplus to requirements, the Well Preserved Group (aka Jam Club) would love to hear from you. They're always keen to source fresh fruit for conserves and preserves.

## What's Going On?

**THE SOCIAL COMMITTEE IS PLEASED TO OFFER ...**

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**Andrea Talbot**

**Social Chair**

*socialchair@sidmouthu3a.org*

The Social Committee is busy planning a range of different events. All final details will be given out at the next Open Meeting which is planned for Tuesday 10 August.

- A taster golf session to be held at Honiton Golf Club in August
- Two taster sessions of Qigong Tai chi to be held locally in September
- A Quad Bike session on 23 September. Full details below
- Two taster sessions of Nordic Walking to be held locally in October
- A quiz at a venue in Sidmouth in the Autumn

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Details and costs of more future coach trips and events to a range of venues will be discussed when the situation is clearer regarding permitted and advisory seating arrangements.

*Andrea Talbot*

**An Active Outing**

## **QUAD BIKES AT ESCOT**

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**Keith Symes**

**Front of House**

*frontofhouse@sidmouthu3a.org*

The activity will be on **23 September 2021**

Start time: **14:30**

Participants to meet at Escot 10 minutes prior to the start.

Location:  
Escot House  
Ottery St. Mary  
EX11 1LU

The cost is £42.00 per person for a one hour session.  
Helmet and goggles are supplied. If you wish you can hire overalls and gloves for an extra £5.00. Balaclava hire is an additional £1.50.  
A £10 deposit is required.

There will be hills. There will be mud. And some water thrown in for your enjoyment.

Interested? Please contact: Keith as soon as possible so he can firm up numbers with Escot. Thank you and looking forward to seeing you there for an hour of fun.

**Keith Symes**

[frontofhouse@sidmouthu3a.org](mailto:frontofhouse@sidmouthu3a.org)

**10 August Open Meeting**

**Stowford Rise Community Centre**

**Groups Display**

## Out and Active

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**Jennifer Dixon and  
Marilyn Burton**

**Groups Co-ordinators**

**groupsm@sidmouthu3a.org**

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The first Open Meeting after this lockdown period takes place on Tuesday 10 August at 2pm at Stowford Rise.

This meeting will be a Groups Display. Come along and talk to the Group Leaders present about their groups to share their enthusiasm and find out more about the groups represented. There's always a choice of new interests to discover, or if you're on the waiting list for a favourite group, maybe you can find an alternative for the meantime.

Tea and coffee will be available and there will be room to chat with friends and meet new friends. And members of the Social Committee will be on hand so you can find out about the forthcoming programme of events.

If you have a special interest and there's no suitable group yet, why not start a new Group so others can share your interest? Anyone wishing to start a group of their own should contact the Group Co-ordinators now and will be invited to promote their suggested group at this event. If you want to talk about setting up a group contact Marilyn on groupsm@sidmouthu3a.org

or Janet on chairman@sidmouthu3a.org

Any advice on Covid restrictions will be notified closer to the time but hand sanitiser will be available for all and face masks will be available for those who wish to use them.

### Be Alert About Phishing and Other Scams

*The Third Age Trust wants to share with you information about the latest scams. Below are two experiences from u3a members who contacted them to share with other u3as.*

*A u3a member received a phishing email supposedly from Norton, an anti-virus software company, about payment to renew an account she does not have. It says that they will deduct over £220 unless she cancels within 48 hours. If you receive an email like this, please don't click on the links and take independent advice before paying any unexpected requests for money.*

*A company took extra money out of a member's bank account without her knowledge. The company involved specialises in products aimed at older adults. She contacted the bank which stopped any further charges on the card from the company and gave advice on what to do next. Eventually the company paid back the money.*

*Members are encouraged to check their bank accounts regularly and immediately report any suspicious debits that they do not recognise. Most banks can put a stop to any charges and give advice on how to get refunds where appropriate.*

### Sidmouth u3a Committee

**Chairman: Janet Bailey** chairman@sidmouthu3a.org; **Vice Chairman (vacant); Secretary: Christina Isis** secretary@sidmouthu3a.org; **Treasurer: Diana Crowther** treasurer@sidmouthu3a.org

**Membership Secretary: Chris Ward** membership@sidmouthu3a.org; **Groups Co-ordinators: Jennifer Dixon & Marilyn Burton** groups@sidmouthu3a.org; **Social Committee Chairman: Andrea Talbot** socialchair@sidmouthu3a.org; **Newsletter Editor: Brenda Birmingham** newslettereditor@sidmouthu3a.org

**Committee Member: Veronica Swinburn; Open Meetings: Brian Fernley** speakerfinder@sidmouthu3a.org; **Events: Keith Symes** frontofhouse@sidmouthu3a.org