

September 2023

Registered Charity No 1178289

No 116

AUTUMN NEWSLETTER



DISCLAIMER

Please note that all the information in this newsletter has been compiled with the best of intentions and information available. Spalding and District u3a will not be held responsible for any errors or omissions.

CHAIRPERSON'S REPORT

This will be my last article for our newsletter before I step down as Chair at our AGM in October.

Looking back on my two years as Chair, I have some wonderful memories. Celebrating the Queen's Jubilee with a splendid Hog Roast; the planting of apple trees in Springfield's Gardens; and marking 40 years of the u3a movement with the presentation of a bench in the same sensory garden in Springfield's. Earlier this year we celebrated the King's Coronation with a delicious cream tea and, as I look back on these events, I realise how incredibly lucky we were with the weather for everything.

My thanks go to our committee members for their fantastic organisational skills!

As I step down though, I am very worried for the future of Spalding & District u3a after the AGM as not only myself, but Beryl, our Secretary, and Paul, our Speaker Finder (and maker of a good cup of tea), are leaving the committee.

Our constitution states that we need to have a chairperson, vice chairperson, secretary, and treasurer, so with myself and Beryl both standing down, it is essential for Spalding & District u3a's future that we have volunteers to fill the vacant roles.

When I first agreed to stand as Chair, it was to be for one year only, but at the end of that year, as there was still nobody willing to take over, I agreed to stand for another year. Due to health reasons and other commitments, I really cannot do another year, so PLEASE consider standing for one of the roles mentioned above.

I know that you may have busy lives or feel that you cannot commit to becoming Chair or Secretary, but no experience is necessary, and I know that the committee members will give you all the help and support that you may need.

I would like to add that I have thoroughly enjoyed my time, first as membership secretary and Zoom administrator and latterly as Chair of Spalding & District u3a. It is now time for me to stand down and pass on the reins to someone else. Please consider standing for election to the committee – as I mentioned earlier, you will have absolute support from a great team. Contact me or one of the other committee members for more information on the roles

Could I also please ask for some help for the committee at the monthly meetings? Any help setting up and putting away chairs and tables and also in the kitchen, making and serving teas and coffees would be appreciated!

Our website is going to change soon and Mel Gordon, our web administrator, would like to keep the new version updated with news from all of our groups. So, I would also like to take this opportunity to ask Group Leaders to keep Mel up to date with any news that you may have. If you have any photos that your members would be happy to have published on our website, that would be great.

Please also remember that we have a private Facebook group for all our members which is run by Frank Wilson. Just search for Spalding & District u3a.

I look forward to seeing you all at many future monthly meetings, to attending the groups to which I belong and, hopefully, keeping the History group going!

Please attend the AGM in October and give your support to your u3a.

Take care

Christina

ctt@u3a@gmail.com

YOUR COMMITTEE



Christina Tyler— Chair Person
Ctt.u3a@gmail.com



Mel Gordon, Vice Chair & Web Administrator
mel.gordon50@gmail.com



Beryl Brennan—Secretary & Publicity Officer
banddbrennan@yahoo.co.uk



Dawn Kent -Treasurer
Dawn_kent57@hotmail.com



Jane Davis—Group Coordinator
janedu3a@gmail.com



Paul Berry—Speaker Finder
bikerberry@hotmail.co.uk



Heather Girdlestone- Membership Secretary
hgirdlestone@yahoo.co.uk



Barbara Charity—Committee Member
bcharity1307@gmail.com

GROUP CO-ORDINATOR'S REPORT

As is often the case throughout the summer some groups have not met whilst people are away, hopefully finding some sunshine somewhere?

Over 20 members of The Out & About Group attended a lovely (and dry!) picnic and evening watching Lady in a Van at Toilethorpe. Many thanks to Rosemary McClements for organising this.

Tickets for the Flag Fen trip in September are still available, although Ian sadly remains in hospital for now, this is still due to go ahead. Please contact me or Christina if you wish to go. If anyone has any other ideas for things, they would like to do that maybe others might be interested in, please let me know. Holidays remain a possibility but so far apart from the Italian group there have only been one or two takers for existing suggestions and two a group does not make!

It is a good time to talk about the Social Group. The Social Group meets on an ad hoc basis. They have drawn up a programme of events throughout the rest of the year which they will advise us of as the time approaches. This is of course just to keep us guessing !

In the meantime, if you wish to know more, please contact Mel Gordon. The Autumn I am told promises more evenings to entertain us!

Ideas for new groups have been chess, computer skills, learning Spanish for holidays and Xmas Cooking (??) . If anyone feels they have skills to share that would enable one of these groups to run then please contact me.

Currently we are five people short to run a First Aid course so if you would like to update your skills then please contact me directly.

Otherwise, I like many of you am hoping for a bit of sunshine soon – very soon so we can get our wheat harvested !

Kind Regards to all,
Jane Davis
Group Co-ordinator.

SPEAKERS FOR 2023

Monthly meetings are held on the first Thursday of the month, Start 2.00 pm prompt (doors open 1.30 pm) at Surfleet Village Hall.

September 7th 2023: "The Fun of Family History", Bridget Hunter, Chair of Family History Research, Peterborough.

October 5th 2023: **AGM** followed by our very own Ukelele Group.

ONLY MEMBERS OF SPALDING & DISTRICT u3a can attend the AGM part of the meeting.

November 2nd 2023: "Pavarotti", Jeff Woods speaks about the life and work of Pavarotti

December 7th 2023: "Sing a long" with our own u3a Singing Group, mince pies and tea.

January 4th 2024!!! "Diabetes and the latest developments, including what the symptoms might be" Anne Prestt Community Diabetes Specialist Nurse

Speakers can be subject to change due to unforeseen circumstances

Monthly Meetings. Please note that the first two rows of seats are reserved for members with sight or hearing difficulties.

General News and Updates and Gentle Reminders.

Please do NOT attend ANY group without first having spoken to the Group Leader/Coordinator. Some of our groups are full and have a waiting list.

No-one NOT a u3a Member can attend any group at all. People thinking about joining u3a can come along to two Monthly meetings before committing, but the same does not apply to group meetings UNLESS they are already a member.

Although I am beginning to feel that I nag (a lot!) please can people be mindful and respectful and KIND to each other..

DEADLINE FOR THE WINTER EDITION

The committee are very grateful to all of you who send in articles for the newsletter, without you there would be no newsletter, so please keep those articles coming. It is very rewarding to receive articles from group leaders who we do not hear from very often.

Thank you to everyone who has contributed articles for this newsletter. The deadline for receipt of articles for the Winter edition is **15th January 2024**. Articles should be no longer than 300 words and please include a picture if you can. If you need a picture taken, please contact the Photography Group.

Please send articles to spaldingu3anewsletter@gmail.com in a Word Document, any accompanying photographs please provide them as JPEGs. Do not send them to Jean's personal email address.

Our Newsletter Editor, is Jean Bratley.

Christina Tyler & The Committee.

The Writing Group

Release your inner creative imagination by becoming part of the writing group. Our monthly meetings are both lively and thought provoking. We choose a title for each month's work and use this as a base for creating a story - either fact or fiction - which we read out to our fellow budding authors. We are not in the game of critiquing each other's works. We are there to listen to and enjoy each other's interpretation of the subject. It is surprising how many different angles we come up from one simple title. This then leads to a lively discussion over tea and cake about topics that have arisen from our writings. For example, a recent title - "Pet Hates" - gave us the opportunity to put the world to rights as we see it. Remarkably, or perhaps not as we are all of a certain age, we all seemed to be in agreement with what we dislike about today's world.



If you would like to join this small friendly group which meets at a member's house on the first Tuesday afternoon of each month please contact the group leader at judyandmike50@gmail.com. New members are always welcome.

POSTAGE STAMPS

Can we remind you that Frank Wilson is the contact for collection of used postage stamps. Frank has been in touch with Hearing Dogs for the Deaf and have found out that they have discontinued collecting postage stamps. They have however pointed him in the direction of a similar charity called Canine Partners. This organisation appears to have a much wider brief and provides training for dogs for various projects not just for deaf people. Further details can be found on their website.

If you have any stamps, please leave a finger width all round to ensure that stamps are not discarded by the organisation.

Until Frank is able to attend monthly meetings again, please bring them to the monthly meeting and give them to a committee member.

Many thanks

SOCIAL COMMITTEE

SIXTIES REVIVAL DANCE NIGHT

ON FRIDAY 17TH NOVEMBER 2023

at PINCHBECK VILLAGE HALL

KNIGHT STREET, PINCHBECK, PE11 3XA

Dance the night away to the amazing sounds of our
live group

RetrospeKt

PRICE IS £7 PER PERSON

DOORS OPEN FROM 7PM FOR A 7.30PM START

PLEASE BRING YOUR OWN DRINKS & SNACKS

**If you would like to join us, please pay by BACS to
Spalding & District U3A Social Account**

Sort Code 55-50-36

A/c No. 62178784

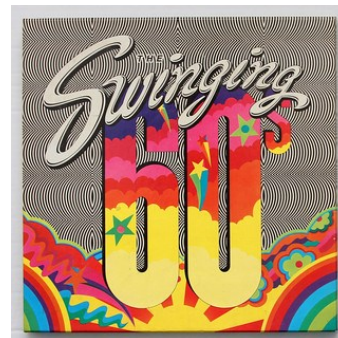
Ref: Your Surname+Sixties

Please email Mel Gordon at

mel.gordon50@gmail.com

to confirm payment

**If paying by cheque, please send cheques made
payable to Spalding & District U3A Social Account
to M Gordon, 16 Roeburn Way, Spalding, PE11 3ZW**



The Singing for Fun group have been busy out and about in the community again. We have had two new venues at which we entertain - Tonic 44 at Surfleet and The Meadows in Spalding. We already have bookings for our Christmas programme and on Saturday October 7th we shall be at Pinchbeck village hall singing for the Friends of Johnson hospital at their Autumn Fayre. Please come and support us!

Jacqueline Kemp



SPALDING & DISTRICT u3a WEBSITE

Mel Gordon manages the Spalding & District u3a website, which is available for all to see at www.u3asites.org.uk/spalding. Our Facebook page, Spalding & District u3a, is a private group which you have to apply to join and is managed by Frank Wilson. Do have a look at both. Please help them to keep your website up to date and relevant to you by passing him group news and reports, articles, ideas. Note—As mentioned earlier the web site will soon be re-launched in a completely new format. Watch this space! Group Leaders please check the description of your group and contact Mel with any necessary changes.

SCAM MARSHALL

Scam Marshal Newsletter

July 2023

Total Scam Marshals across the UK: 2,475

Phillip James



**NATIONAL
TRADING
STANDARDS**

Scams Team

Criminals are targeting homeowners offering cheap mortgages

Action Fraud has issued a warning about an increase in mortgage scams at a time when rates are soaring. The fraud reporting centre says it has received hundreds of reports of fraudulent emails offering cheap mortgages to homebuyers and people re-mortgaging.

Action Fraud says it has received **538** reports of fake emails purporting to be from mortgage lenders within a two-week period in June.

These emails claim to offer low-rate mortgages on time-limited deals. Setting time limits is a tactic commonly used by criminals to rush you into deciding quickly.

The emails contain links to 'see if you're eligible' or 'get a personalised rate'. If you click on these links, you'll be taken to a website which is designed to steal your bank information.

What to do if you receive a suspicious email

If you receive an email out of the blue offering you a cheap deal, it's highly likely to be a scam.

If you have any doubts about whether a message is genuine, contact the company in question directly using the details on its official website.

Suspicious emails can be reported to the National Cyber Security Centre by forwarding them to report@phishing.gov.uk, you can also report scam websites to them online.

If you're worried about your mortgage repayments, the first thing to do is contact your bank.

ActionFraud
National Fraud & Cyber Crime Reporting Centre
0300 123 2040



**National Cyber
Security Centre**

SCAM MARSHALL

Scam Marshals! When sending in your scam mail, please remember to keep the letter/s in their original envelope and write the date it was received as it can help with our investigations! Thank You!

More than £1.2 billion was lost to criminals in 2022, equivalent to £2,300 being stolen every minute, according to the bank group UK Finance

Authorised push payment is the most common type of scam. This is when victims transfer money to criminals under the false impression that they are paying for something legitimate.

Fraud can play out in a variety of ways but looking out for a few simple red flags could prevent you from becoming a victim.

Parcel delivery scams are the most prevalent form of smishing, which is where criminals target victims through text messages.

This type of scam reached a record high during the pandemic as online shopping rocketed. These messages target consumers by purporting to be trusted organisations. They often contain a link to a fraudulent website that replicates a legitimate site, asking the victim to enter personal and sensitive information.

If you are, or think you have been, the victim of a financial fraud contact your bank or building society as soon as possible. They may cancel your existing card and issue a replacement. Many banks have apps or an online process that allows you to cancel your card yourself – do it! The faster you act, the more they are able to do to get your money back.

You can report the issue to Action Fraud on 0300 123 2040.



Dating scams

Criminals have increasingly been exploiting those looking for love online. The scam sees criminals create fake dating profiles on social media platforms.

The criminals will often steal the identities of real people to get to know their targets. Over time, they will gain their trust and convince the victim they are in a relationship. They will then manipulate victims into handing over their money.

If you spot a scam or have been scammed, don't bury your head in the sand. These are criminals who use sophisticated methods to prey on people's vulnerabilities in order to steal their money. Reporting it makes it more difficult for them to defraud other people.

Action Fraud – 0300 123 2040 – www.Actionfraud.police.uk

Police Scotland – 101 (from within Scotland) - www.scotland.police.uk

Citizens Advice – 0808 223 1133 – www.citizensadvice.org.uk

Citizens Advice Scotland - 0800 028 1456 - www.cas.org.uk

www.FriendsAgainstScams.org.uk

PHOTOGRAPHY GROUPS 2022/2023



Well, we have just finished another successful year with both groups full and brimming with enthusiasm. We started in September with a combined visit to the Lincolnshire Wildlife Park at Friskney. This is a must on anyone's visit list and now houses not only parrots but Tigers, a Black Puma, giant Tortoises, Meerkats and Otters to name but a few.

October and a return visit to see the autumn colour in Surfleet Park. November and December saw both groups back in the Frasier Rooms, where we were enthralled by talks from members. Tony Taylor took us To The Moon and Back, night time photography for all of us !!! After the Christmas break, we were again treated to talks by members and practical exercises in the cold around the Church yard, dedication or what.

March, we welcomed Lisa Verrinder, a Landscape, Nature & Wildlife Photographer. Liza is based in Ely and she brought along some of her beautiful photos and all her knowledge which made a very enjoyable meeting.

April and we went to visit the Llamas, such lovely animals to get up close and photograph, everyone enjoyed that visit. The next few months both groups enjoyed outings to practice what we had learnt during this year.

Our last meeting in July was at Richard and Sylvia Strudwick's for our annual Garden Party. Plenty of photo opportunities and mounds of food to be consumed.

With our summer break in full swing, photography never stops, whether you are at home or on your hols. Carrying on from last summer both groups are taking part in A Photo A Day Challenge and the theme is the Alphabet, a letter a day for the month of August. At least 95% of the two groups are taking part and posting amazing pictures. My thanks to my Admin members Pat & Richard for all their hard work. We all look forward to restarting again in September.

Margaret Crossgrill. Group Leader



Free taster sessions for u3a groups – NO!

This issue reappears from time to time and I can't understand why. The u3a offers a package of monthly meetings, events, outings and some 40 special interest groups which members may attend. It is a *package*. No one could attend everything on offer and still keep on top of the chores but it's a bargain at £16 for the first year and £13 thereafter.

There are a number of single interest groups in the area. If I want to walk, I can join the Wellbeing Walks for virtually nothing. If I want to sing I can join the Community Choir in Spalding. There are formal and informal sewing groups, a league and teams for bowling, formal and informal book groups etc. etc. In other words, for those with a single interest there is likely to be an alternative to the u3a.

Two free taster sessions for groups was once allowed but sadly this was abused. It's hard for the group leader to 'refuse entry' a third time and next to impossible for the committee to police.

This brings me to my final point. Our chair, committee, group leaders and others work hard to keep our local u3a going. Why on earth would they beaver away on our behalf knowing that a small number of individuals enjoy attending a group for free month after month. I speak from experience as an ex u3a chair – we 'evicted' a couple of groups because a small number of individuals attending those groups would not join the u3a.

I think the u3a is incredible value but recognise it isn't for everyone. Visitors can attend a couple of monthly meetings before joining (or not) – let's keep it that way.

Rosemary McClements

THE HAPPY WANDERERS JUNE WALK

Well as you can see it was the quality rather than the quantity of the walkers who enjoyed the Vale of Belvoir in June. The walk took us along the Grantham Canal, up part of the Viking Way and into the Belvoir estate with fantastic views across the vale to Belvoir Castle. It's good to get some modest uphill walking plus a couple of stiles to flex the joints. We finished up with a pleasant lunch outside at The Dirty Duck.

Rosemary McClements



The Lady in the Van at Tolethorpe open air theatre – July 2023

This was the first 'outing' for the reconvened Out and About group, hopefully the first of many to interesting events and locations in the area. Twenty five members convened in the picnic area at Tolethorpe. It was clear some members know how to picnic with tables, chairs and even a tablecloth – the height of sophisticated outdoor dining. The rest of us hunkered down for our packed tea. It wasn't that warm but thankfully it kept dry.



The Lady in the Van is based on the mostly true story of playwright Alan Bennett's encounters with Miss Mary Shepherd, a rather crabby, eccentric and 'smelly' lady of the road. She parks in his garden for 15 years, providing the playwright with much material for a short book based on his diary entries at the time and subsequently a radio play and a film.

We marvelled at the sheer amount of dialogue which Miss Shepherd had to memorise. The acting was excellent and the 'lady' of the title indeed had a camper van together with a yellow painted Robin Reliant and some authentic looking exhaust fumes. It was both poignant and hilarious in equal measure though the ending when Miss Shepherd (another actress?) reappears in the van after her burial in a coffin was a tad confusing.

It reminded me how much I enjoy live theatre but the local theatres offer much the same diet of tribute bands and comedy nights.

Rosemary McClements

Music Study Group

The Music Study Group meets on Tuesday mornings at a member's house. The name reflects our aim to follow a theme over several meetings rather than random listening to favourite CDs (throughout the summer we have had informal meetings doing just that.) The theme could be one composer, a group of composers, music of a certain period or of a particular country, or of a specific genre. During each programme one or more members present the music. We do not follow scores or go into detailed analysis and no musical theoretical knowledge is required to enjoy our meetings – only a love of 'classical' music. We are currently a very small group, having lost several members recently, and new members would be very welcome. We are hoping to put on a programme of music by women composers, beginning in September.



For more information, please contact Anna Maxey on 01775 722347 or annamaxey@btinternet.com

Come and try Rummikub or indeed Canasta

Come and try Rummikub or even Canasta.

It's just not an excuse to say that you don't know how to play - we'll teach you and the rules are surprisingly simple for such an absorbing game. We meet at Tonic 44 in Station Road, Surfleet on the 1st and 3rd Thursdays for Rummikub and on the 2nd and 4th Thursdays for Canasta. 10am—12 Noon. Members only please contact the Group Leader detail can be found in your Group Diary

