

SUMMER NEWSLETTER



Brimstone Butterfly

Photograph by Jean Bratley

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

At last, the weather seems to be getting better although, living in England, I suspect that very soon we will be complaining that it is too hot!!

I do hope that you all had a very enjoyable Coronation weekend and that, if you joined us at our Coronation Tea, you had a pleasant time celebrating the historic occasion. I certainly enjoyed my special afternoon tea whilst listening to Vince Eager's reminiscences. I must make special mention of Beryl, Barbara, and Dawn for their hard work in organising the whole thing and to the rest of the committee for all of their hard work on the day ensuring that the event ran smoothly. Thank you all.



Although, sadly, we have lost our Aviation group, I am delighted to say that we have some new groups. Out and About, Plus One and Seated Exercise have all taken off in the past few months and our new Social Committee are in the process of organising their next Supper Quiz night. I thoroughly enjoyed that last one and am very much looking forward to attending the next evening in June.

I know that I have said this plenty of times before, but can you PLEASE have a think about taking over as chair from our October AGM. I am not going anywhere and indeed, take an active part in many of our groups, but it is time for me to stand down and let someone else take over. There will be a lot of help for you from a very supportive committee, and it is an extremely rewarding role. Please give it some thought as our u3a cannot continue without a chairperson. I hope to see you at some of our forthcoming meetings and wish that you all have a fabulous summer.

Christina
ctt@u3a@gmail.com

YOUR COMMITTEE



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



Mel Gordon
Web Administrator



Beryl Brennan—Secretary & Publicity Officer



Dawn Kent -Treasurer



Jane Davis—Group Coordinator



Paul Berry—Speaker Finder



Heather Girdlestone- Membership Secretary



Barbara Charity—Committee Member

GROUP CO-ORDINATORS REPORT

After a few very busy months for me, I am hoping I can now get back to getting more organised. Life has not been helped by the fact that my very pretty Wall Planner doesn't have the correct days and dates for 2023! something I hadn't initially realised! Many apologies for the confusion I have caused.

I am pleased to be able to say that the seated exercise classes are going very well with attendance increasing every week.

For various reasons groups are now very sensibly and pragmatically in my opinion starting to share the role of Group Leader. This shares what can at times feel quite an onerous responsibility depending on what else is going on in your life and seems a sensible way forward.

I have arranged – finally, a meeting of the “Out and About” Group, combined with the “Plus One” Group on May 25th, to be followed by the long-promised Group Leaders Meeting. I had to wait to see how many people were coming to book a room. Sadly, my preferred venue at Castle Sports is not available, but I am waiting confirmation to see if we can use the Spalding Services Club. For those attending the Group Leaders meeting which to my delight is 90% of all the leaders, who also attend Indoor Bowls this is a short walk over the river bridge, which I hope will help?

Potential outings for the Groups wishing to go “exploring” are a Visit to see Lady in a Van at Toilethorpe, a visit to Flag Fen and a possible group holiday to Potters in Norfolk. Other ideas are welcome, and my aim is to get a monthly diary of opportunities together. One plea is for people to read emails carefully. I sent out over 70 invitations for my meetings, and I am loathe to book a venue until I know who can come. So, from me you will often get a date and time, but no venue initially. I will always make sure there is accessible parking and accessible toilets though.

Wishing you all a lovely late Spring and; Summer.

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 with

Guest Speakers:

June	Keith Hanson	Prisoners of the Tower The Story of the Two Young Princes held Prisoner in the Tower of London .
July	Vince Eager	What time is the midnight buffet Tales of a cruise ship entertainer
August	Alan Lambert	Moulton Windmill
September	TBC	

Speakers can be subject to change due to unforeseen circumstances

DEADLINE FOR THE AUTUMN 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 Autumn edition is **15th August 2023**. 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 spaldingu3newsletter@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.

SOCIAL COMMITTEE

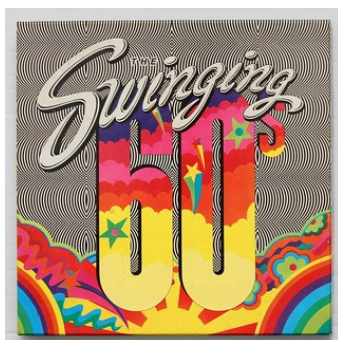
FORTHCOMING EVENTS

Quiz Night at Pinchbeck Village Hall commencing 6.45pm on Friday 9th June. Final date to apply for tickets is 1st June.



Treasure Hunt around Bourne Town Centre. Afternoon of Wednesday 12th July. Watch out for further details

Bingo afternoon event at Tonic 44 on Friday 22nd September. Watch out for further details



Autumn Sixties Dance at Pinchbeck Village Hall with the fantastic RetrospeKt on the evening of Friday 17th November.

Full details for this event to follow.

Christmas Pantomime – December 2023

In 2017 thirty two people, plus several 'behind the scenes', participated in a pantomime, thoroughly enjoying the rehearsals at the Hub, in people's homes and at the village hall and culminating in a performance to a full hall at the beginning of December.

Suggestions were made to repeat this, or at least do something very similar, for Christmas 2023, involving a similar number of people. Sadly the interest this year is not forthcoming and whilst several expressed a wish to participate, the numbers were not enough to proceed with the plans.

Hence, disappointingly, the idea has been cancelled.

Ken Bush

POSTAGE STAMPS

Can we remind you that Frank Wilson is the contact for collection of used postage stamps which go to Hearing Dogs for the Deaf.

To ensure that stamps are not discarded by the organisation, please leave a finger width all round.

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 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.

Group Leaders please check the description of your group and contact Mel with any necessary changes.

SINGING FOR FUN

The singing for fun group have been out and about in the community again - entertaining at our regular care homes, plus the Dementia club and we have now been invited to the Surfleet dementia club. Several members joined Spalding Community choir for "Sing for the King", a song especially written for the Coronation, performed and videoed, which was being presented to King Charles by our local MP, Sir John Hayes. Quite a momentous occasion!



We will be singing at the Gosberton Baptist Church flower festival in August.

Jacqueline Kemp

Solos Supper Group

The previous Solos Supper Group having evolved into a Solos Luncheon Group after Covid restarted in April 2022. Some members found eating at lunchtime tended to take up the rest of the day. Also meeting to eat early in the evening seemed a good compromise for those who did not want to be out too late.

The plan was also to try differing types of restaurants and pubs. The first supper was at Amici in Spalding, where we recently returned. Cuisines we have tried are Italian, Nepalese, Indian, Thai as well as traditional 'English' type food. It can be difficult find venues for Wednesday evenings as many now only open from Thursday onward and some have closed permanently.

Choosing is sometimes helped by special offers such as 25% off at Prezzo's in January and sometimes it takes sometime to manage a booking such as the Kruga Thai in Holbeach. We often meet in Spalding but have also been to Frognall, Kirton, Moulton, Holbeach and others I have forgotten.

The group is intentionally small generally between 8 and 10 attend each time which allows us to have a convivial evening which feels like a few friends having a relaxed evening out with time to indulge in varied food and good company.

Lynn Franklin

SCAM MARSHALL



SCAM MARSHALL

Scam Marshal Newsletter

April 2023

Total Scam Marshals across the UK: 2,428

Phillip James



**NATIONAL
TRADING
STANDARDS**

Scams Team

Ofcom study: Nine in Ten adults in the UK have come across content they suspected to be a scam

Nearly half of the participants in the study (46%) said they had been personally drawn in by an online scam, while two in five (39%) knew someone else who was a victim.

A quarter of those who said they'd encountered online scams had lost money as a result (25%) - with a fifth (21%) being scammed out of £1,000 or more.

More than a third (34%) of all victims also reported that the experience had an immediate negative impact on their mental health, increasing to nearly two-thirds (63%) among those who had lost money.

If you think you've been a victim of some sort of online fraud – or even if you've spotted a fraud but not been caught out by it - report it to Action Fraud straight away on **0300 123 2040**

Scam letters from 'People's Postcode Lottery'

People are being told to watch out for a fake letter, which claim that recipients have won thousands on the People's Postcode Lottery.

This scam letter includes the People's Postcode Lottery logo and branding. It claims that your postcode has been randomly selected from the electoral roll database and says your 'win' is part of a programme to award money from previously unclaimed prizes. The letter asks you to call a number to claim your prize. At this point the criminal will ask you to provide personal information, which will likely include your bank account details.

The advice is to always contact the People's Postcode Lottery directly via a verified phone number (08081 098765), e-mail address or postal address if you genuinely believe that you may have won a prize.

To report a potential fraud, please contact Action Fraud on **0300 123 2040**.

Return address: FREEPOST, NTSST, MAIL MARSHALS

SCAM MARSHALL

How to spot the signs of a fake HMRC tax refund email

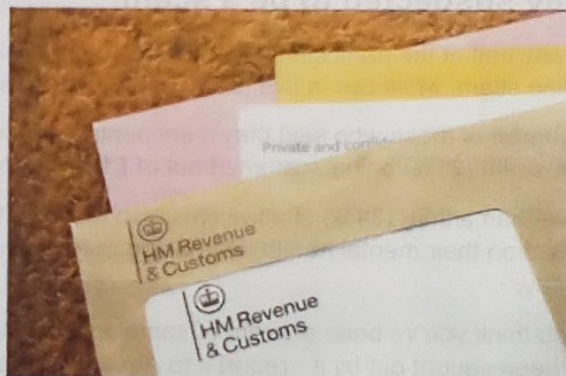
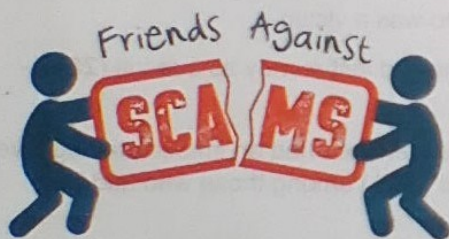
Criminals are sending people fraudulent emails pretending to offer people a 'tax refund' from HM Revenue & Customs. The Government has issued a warning about the scam which criminals use to try and steal personal details, otherwise known as phishing.

Included in the emails is a link which says the recipient can claim a tax refund. Once the link is clicked, a website opens with forms to fill in personal details.

One example of these emails used HMRC branding to try to appear legitimate, while stating: "After the last annual calculations of your fiscal activity, we have determined that you are eligible to receive a tax refund."

HMRC will never send notifications by email about tax rebates or refunds.

Criminals may spoof a genuine email address or change the 'display name' to make it appear genuine. If you receive an email like this, forward it to report@phishing.gov.uk and Action Fraud.



Useful tips to protect yourself:

Passwords: Use a strong and different password for your email using 3 random words. Your email password should be strong and different from all your other passwords. Your emails contain a lot of information about you that criminals can use to scam you or people you know. So it's crucial you use a strong password for your email account that you don't use for other accounts.

Use your browser's password manager: If your web browser offers to save your password when you're logging in or creating an account, always do so. These 'password managers' will help you create and store strong, different passwords for all your different accounts.

2-step verification (2SV): If you're offered '2-step verification' to protect your email and social media accounts, always use it. 2-step verification (sometimes called 2SV) helps to keep criminals out of important accounts, such as your email and social media, even if they have your passwords. It works by sending a code or PIN to a device only you have access to, such as your phone. Typing in this code or PIN helps to prove your identity. Never give that PIN out to anyone else.

www.FriendsAgainstScams.org.uk

ALTERNATIVE GARDENING GROUP

It doesn't seem possible but it will soon be June, we are almost half way through the year. The grass has suddenly burst into life .. along with all the weeds. How lovely to see new shoots popping through and flower buds breaking into bloom. The group's first three meetings for 2023 were well attended and we were very lucky with the weather for the outside meetings.

The visit in February to St. Mary's Church in Whaplode gave us a wonderful show of Snowdrops, followed by refreshments in the church afterwards



Similarly, our March meeting at St Peter and St Paul's Parish Church Hall, Gosberton in March was a thoroughly enjoyable presentation from Gill Walsh on The History of The Royal Botanic Gardens at Kew.

Members visiting Springfield Festival Gardens, Spalding in April were given a guided tour of the gardens, finishing the afternoon creating a flower posy jar, or taking part in a bird survey of the species seen within the gardens.



May's Meeting was a visit to Swines Meadow Farm Nursery on the 16 May at Market Deeping. The Farm Nursery has grown over 23 years in to one of the UK's most specialised growers of plants for discerning gardeners and plants people. The visit included a guided tour of the Farm Nursery followed by refreshments, as well as the opportunity to purchase plants.

Meetings for June through to our last meeting in November include a variety of venues which I hope will give members something to look forward and enjoy. Proposed meetings for the rest of 2023 may include when confirmation has been received; Houghton Hall, Elgoods Brewery Gardens, Gooderston Water Gardens, the Seed Co-operative at Gosberton Bank and a final meeting winding down for the approaching Festive season.

Lucy Kenney

FAMOUS PEOPLE BORN IN LINCOLNSHIRE

At St Laurence, Surfleet recent Flower Festival the theme was famous people born in Lincolnshire, so here is a little quiz for you, with a few additions, answers on page 16.

1. Former motor cycle racer and now television presenter
2. Victorian Poet Laureate
3. Fashion Designer known as the father of 'Haute Couture'
4. Leader of the Methodist movement
5. Morse Writer
6. Philosopher who discovered the laws of gravity.
7. Tennis player born in 1934 who won three Grand Slam titles.
8. Conductor, not 'On the Buses'. Think more Henry Wood.
9. A veteran of six space missions.
10. Just a minute; without hesitation, repetition or deviation.
11. A navigator and cartographer who led the first inshore navigation of New Holland.
12. Healthcare professional specialising in pandemics, frequently seen on TV during lockdowns. Boston United Supporter.
13. Best known for his collaboration with Elton John.
14. Racing driver and entrepreneur
15. Shot putter and strongman, also Highland Games competitor.
16. 1950's/60's Pop Star, known to u3a members

Exploring Churches 2023

We started the year with a visit to Spalding St Paul's in January, a church which many of the group pass regularly but probably have not ventured within its walls. With no one in the church who could relate its history, but not wanting to turn down the opportunity to visit, I enjoyed re-searching stories of the area prior to and during the construction of the building.

Buildings of note were to be found in the area, including the original Fulney Hall, a post windmill near the site of the church, several farm houses including Fulney Farm house (still standing) which at its peak is believed to have provided food for the priory in Spalding, and a chapel thought to be around the entrance to the new Lidl store.

The occupations of the local people, according to Census records for 1851, 1861, 1871, reflected life in Spalding in the mid nineteenth century, especially the importance of the river.

Thanks to Canon Moore, a real driving force in the town with his 'finger in many pies', Sir George Gilbert Scott, a well known architect nationally and internationally, and Charlotte Charinton who generously provided the funds for the church (equivalent today to some £3 million), the church was opened in 1880. Inside it is bright with many unique features – well worth a visit.

February brought a trip to Deeping St James where we were entertained by Rev Sonia Marshall. Sonia escorted us around the building for at least an hour, pointing out many features and the stories behind them.

The font especially is of interest, being a tub font produced from a lump of stone and differing from the often traditional octagonal shape. One, Robert Fayrfax, was baptised here and he is considered to be the most prominent composer of sacred music during the reigns of Henry VII and Henry VIII.

March took us to Skirbeck St Nicholas in Boston where we again met Father John Underhill who we previously saw at Fosdyke last year. The church is particularly old and in the past, prior to diverting the river, it suffered from flooding. Erosion to pillars and walls is a problem here. Father John took us through a brief history and explained some of items he uses in the services. Sadly, but happily for him, he is leaving Boston for another post in the south west. His care and enthusiasm will be a hard act to follow. Thank you, Roger for arranging this.

Many of us will have travelled along the A52 from Donington to Grantham without venturing off the beaten track. Chris has ventured off and he arranged a visit to Swaton, some four and a half miles from Donington. This old building is one of a group of five or six churches, its size making it a prominent feature in the small village. There was a definite 'wow' factor on entering through the main door. Again, the weather has caused damage over the years.

King John was reputedly a friend of the Lord of the manor and his wife, who is thought to be buried in the church, and like many other churches, claims to have stabled Oliver Cromwell's horses overnight before a local battle. An interesting feature of the visit was The Hut in the churchyard, extremely well equipped with facilities to act as the church hall, village hall and even the local pub with bar on a Friday night.

Each church has welcomed us warmly with refreshments and an average of thirty people per visit have enjoyed the hospitality. I continue to be indebted to Chris Briggs, Andrew Hawkins and Roger Smith (listed for no other reason than in alphabetical order!) for their enthusiasm and support in arranging different venues. Without them it would be much harder.

Ken Bush

NEEDLEWORK 2

Needlework 2 visited Peterborough Cathedral recently to see the Threads through Creation display. It was absolutely stunning! 12 hangings depicting the Creation and Adam and Eve in the Garden of Eden! It took 3 years to complete and over 8 million stitches but what was just as astounding was the vision and creative thinking behind it! These are just two of the amazing panels!



In addition we were lucky enough to see a group of ladies working on a canvaswork embroidery that copied the pattern on the painted 13th century Nave roof! This 4 metre by 1 metre project was commissioned by The Royal School of Needleworking 1986 but work only commenced to celebrate the cathedral's 900th Anniversary in 2018.

Margaret Coe

WALKING GROUP

A very small group of 4 walkers left The Hub at Sleaford for a 8 km countryside walk. We followed the River Slea, watching the ducks and ducklings, also seeing moorhen and heron.

The path diverged into the fields where wheat, corn, broad beans and barley were standing proud in the beautiful sunshine.

We encountered several walkers as we enjoyed the area in the west of our county. Refreshments were appreciated at The Hub on our return. This walk was led by Josephine Cox.



Quiz Answers

- | | |
|---|---|
| 1. Guy Martin—Grimsby | 9 Michael Foale— Louth |
| 2. Alfred Lord Tennyson—Somersby | 10 Nicolas Parsons—Grantham |
| 3. Charles Worth—Holbeach | 11 Captain Matthew Flinders - Donington |
| 4. John Wesley— Epworth | 12 Sir Jonathon Van Tam—Boston |
| 5. Colin Dexter—Stamford | 13 Bernie Taupin— Sleaford |
| 6. Issac Newton— Woolsthorpe | 14 Raymond Mays - Bourne |
| 7. Shirley Brasher - Grimsby | 15 Geoff Capes—Holbeach |
| 8. Sir Malcolm Sargeant was born in Kent while his mother was visiting a friend but his family home was in Stamford | 16 Vince Eager—Grantham |