

Whitby Whaler Newsletter 17 November 2020

Firstly, a big thank you to Clair Stones for producing a consistently high quality, informative, and entertaining Newsletter for the past few months.



Secondly, a big apology from me for what is now to come. Hopefully, in time, I will get the hang of it; but if it's anything like my baking.....

What do I need to make the Newsletter?

YOU.



What have you been up to in the u3a this year?

What are you planning or hoping to do next year with u3a?

Share YOUR stories, photos, poems, funnies etc etc.

email: Whalersnewsletter@gmail.com

Letter from Anne Jackson, Chair of Whitby Whalers Committee

Hi all

Hasn't it been a difficult year? It seems like such a long time since we have been able to meet or even talk to each other face to face, but it looks like there is a light at the end of the tunnel.

The committee have still been meeting and organising zoom meetings, and sorting out how we can restart when Boris gives us the go ahead. The situation with St John's is still up in the air and we don't know when they plan to open; but are ever optimistic they will be in contact soon.

On a sad note, Peter Bolton has stepped down from the Committee and I would like to thank him for his input and hard work over the years. He will be missed.

Planning for next year, we are looking for members who would like to be involved in U3A day on 2nd June 2021 for planning and ideas etc. So if you're interested contact me.

We also need ideas for a social in the summer, as we have not had our winter social and a get together is something to look forward to. So let me know if you want to help - same phone number.

As you can see, we need some new committee members. You can sit in to see how it works before you decide. Just let me know and I will sort it.

So stay safe and remember you are not alone in this.

Use your phone talk to someone...anyone...me.

See you soon

Anne Jackson

Tel: 01947 810590

email: annejay1234ra@gmail.com

NEWS FROM THE GROUPS

There are a number of groups operating over Zoom. (These are weekly unless stated.)

Go to Whitby Whalers u3a website for further details: www.u3asites.org.uk/whitby/home

Book Club.....	3rd Wednesday of the month
Craft, Knit, and Natter.....	Tuesday fortnightly
Discussion.....	Monday fortnightly
Egyptology.....	Friday
Family History - Beginners	Friday
Family History - Advanced.....	Wednesday fortnightly
Jazz Appreciation.....	Wednesday fortnightly
Members' Lecture.....	Wednesday fortnightly
Music Appreciation.....	Friday fortnightly
Paint and Prattle.....	Tuesday fortnightly
Philosophy.....	1st and 3rd Monday of the month
Photography - Behind the Lens.....	Friday
Quiz Night.....	Friday fortnightly
Sing-a-long.....	Wednesday
Tai Chi Dawn Chillout.....	Monday, Wednesday, and Friday
Travels from your Armchair.....	Tuesday
Weekenders Group.....	Saturday
Wine and Whine.....	Friday fortnightly
World Cinema.....	Saturday monthly

***Anyone wanting to use Zoom but needing help setting things up, email the newsletter address: Whalersnewsletter@gmail.com**

At the moment, there is no news available as to when groups will be able to meet again in person. The Curriculum Organiser - Moira Ferguson - is poised and ready to set things in motion as soon as the go-ahead is given and the Covid-Assured venues are ready to open their doors once again. You will be notified.

SAGE ONLINE CONCERT

from Trevor Barrowcliffe

Sage at Gateshead is running live online concerts. To find out more, go to their website (www.sagegateshead.com) where there is a section on the live concerts for the rest of 2020 - clicking on the individual concerts in this section will enable you to buy tickets for £8.

I "attended" a concert on Friday 04 November which lasted about an hour and a quarter. The main items were Elgar's Serenade for Strings and Sibelius's 5th Symphony. I was a bit concerned about the Sibelius as the orchestra has had to be reduced in size to allow for social distancing, but I was impressed with the quality of the sound, and with the camera focusing on various sections of the orchestra it was much better than listening to the radio or a CD.

Trevor runs several music groups, currently meeting via Zoom. To join any of them, just email him at: twbarrowcliffe@yahoo.co.uk

The dates for the rest of this year's meetings are:

Jazz appreciation - Wednesdays 25 November and 16 December at 3pm

Music appreciation (classical) - Fridays 27 November and 18 December at 2pm

Sing-a-long sessions - Wednesdays weekly at 2pm - the last one in 2020 will be 16 December

We need to keep the profile of the Whitby Whaler u3a in the news.

We are looking for activity photos, snippets of news from groups etc that can be used for publicity including on our Facebook page and website.

If you have any, please contact our PR guru Helen Leech at:

hcleech@aol.com

DON'T LET THE COVID GET YOU DOWN

Remember that the most important thing is to look after yourselves



Confused about how close you can get to someone else?



Or, if you're in Australia



Sound familiar?



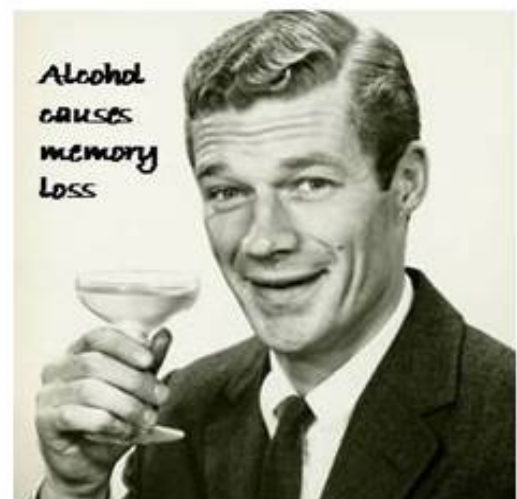
My dog looks at me as if to say, "NOW can you see why I chew the furniture?"



"FREE HAMMOCKS, all over town. It's like a miracle!"



Look after yourselves - remember that's most important thing



BRIGHTEN UP THOSE DARKER EVENINGS AND COLDER DAYS

by Clair Stones

Winter Learning Programme

Do please take a look at the National u3a website <https://www.u3a.org.uk/learning> regularly as there are continual updates being made covering a range of interests.

Go to:

<https://www.u3a.org.uk/about/news-archive/212-latest-news/925>

Why not try:

Bridge for Improvers

Poetry Reading

Philosophy and Happiness

Maths

Watercolour workshops

or

Meso-American Civilisations

You will need to monitor it regularly and be quick to register as places are limited.

u3a's national winter learning programme promises to keep us all inspired and learning throughout the colder months.

- [Made it! Make it! for Christmas](#) - submit your festive craft projects
- [Poetry Competition](#) - competition to find the best humorous U3A poem
- [Winter Watch](#) - a challenge to see your best wintery photos
- [U3A Maths Week](#) - three events celebrating maths in the U3A Movement
- [Paint or Draw \(POD\)](#) - a monthly themed art challenge
- We have a number of online learning events, courses and talks to get involved in, including Bridge courses and Philosophy workshops. See these and more on the [events page](#).

NHS ANNOUNCEMENT

“**NHS 111 First**” is a national programme, aimed at improving the way people access urgent care services by ensuring they receive the right care in the most appropriate setting first time. In the North East approximately 60% of emergency department (A&E) attendances are currently unannounced “walk-in” patients, which can make it difficult to manage social distancing.

From November, people will be asked to contact **NHS 111 First** if they have an ***urgent, but not serious or life-threatening, medical need***. Where appropriate, the service will book a time slot for attendance at an emergency department or, if appropriate, may book or direct people to an alternative local service such as an urgent treatment centre, GP practice or pharmacy, as close to home as possible.

People will still be able to walk into any A&E Department. This will not change and nobody, who attends an emergency department unannounced needing urgent treatment, will be turned away. They will be assessed on arrival and, if immediate treatment is required, this will continue in the same way as now. However, by contacting **NHS 111 First**, people will be able to get a timed appointment in an emergency department when they need one, reducing the time they spend in the waiting room and helping to minimise the risk of spreading Covid-19.

****Anyone with *serious or life-threatening illnesses or injuries* should continue to dial 999 as before, and everyone who needs an emergency “blue light” response will continue to receive one.****

- Call **111** on your phone
- Call **18001 111** on a text phone or using the **Next Generation Text (NGT) Lite app** on your smartphone, tablet, or computer
- Use the **NHS 111 British Sign Language (BSL) interpreter service** if you're deaf and want to use the phone service

See more on the NHS 111 website: [NHS 111 information](#)

Or find some FAQs from the Royal College of Emergency Medicine:

[RCEM NHS 111 FAQs](#)

IT'S THAT TIME OF YEAR AGAIN - YES, IT'S "SCAMTIME"

Throughout Covid, the scam-crooks have been very active and inventive, and In the run-up to Christmas, their opportunities increase even more. The "Season of Goodwill" is a one-way street straight to their bank account - from yours if you're not careful

Ring us on.....Some of the Premium Rate numbers to be aware of begin: 090 / 0203

"We tried to deliver a parcel, but were unsuccessful. Ring this number to rearrange delivery."

The scam number given to ring is a premium line. There was one recently which charged several hundred pounds just for the call connection.

With the rise in online shopping, this is a fertile ground for the criminals. They will post any number of cards in a neighbourhood in the hope of hooking at least a couple of people. Just because your closest neighbour hasn't had one, doesn't mean that other people haven't.

- if you receive one of these cards, check with the person/company you ordered the parcel from - use a known phone number or email.
- you will often get an email from the person/company about an unsuccessful delivery

"Your broadband is going to be cut off in 2 days / You've got a virus on your computer. Press 1 to sort this out / click on an email link I'm going to send you."

- a) no it isn't / no there isn't
- b) pressing 1 will direct the call to a premium line
- c) if you do press 1 and/or speak to someone, DO NOT GIVE YOUR BANK / CARD DETAILS
- d) clicking a link they've sent you gives them free access to your computer
- e) contact your broadband provider by a known phone number or email to report it

"HMRC is filing a lawsuit against you. Press 1 / ring this number to sort this out."

- a) no it isn't - HMRC wouldn't cold call you about something like this; they would write.
- b) pressing 1 will direct the call to a premium line

Neither are HMRC giving you a "Goodwill Payment" or fining you for leaving your house more than once, or anything else come to that.

Some other scams relate to: Working from home / Disney+ / Bitcoin / Council Tax / Netflix / Corona Virus Grant / Corona Virus TV Licence / Corona Virus tax refund / World Health Organisation / Free supermarket vouchers / PayPal / Apple ID email and text / British Gas / DVLA / Google Calendar / Royal Mail . (from Lloyds Bank list of latest scams)

It isn't just the big companies or government departments to be aware of.

I received an email from a local solicitor recently. It had a link to a document attached. The solicitor was familiar, but the title of the document had no bearing on what our correspondence had been about.

I emailed an address that I already had for the solicitor and was told it wasn't genuine, to delete it, and not open the attachment. Although they didn't say as much, I suspect that their computer systems had been compromised; I hadn't been the only one contacted that way.

What to do to Protect Yourself

When you answer your phone, don't announce your name or number
(Cold-callers have computers which ring every number in an area and they just wait for someone to pick up. They aren't ringing YOU personally.)

If you do speak to someone:

They won't know your name - DON'T give them it

Similarly, they won't know your home or email addresses - DON'T provide them

NEVER EVER give out any bank account details or bank card numbers

Don't trust anyone who cold-calls you (nasty idea, but who's more important?)

Don't get into a conversation unless you REALLY KNOW who you're talking to

Don't respond to cold-text messages

Don't open attachments on emails

Tell anyone who calls to write to you - if they're genuine they'll have all your details and won't need to "check" by asking you - YOU ask them what information THEY have got - if they reply they can't say because of Data Protection, it's likely a scam.

If in doubt, use a phone number or email address that you know is genuine, and contact the person/company you've dealt with before - they should be more than happy to help.

HANG UP!

(It's amazing how un-rude you feel after the first couple of times.)

But, if you don't feel happy doing that, just lay the phone down and walk away.

After a few minutes, they'll realise and hang up themselves.

QUICKIES

**90% of marriage is shouting
"What?" from different rooms.**

**In 30 years' time, this country will be run by
people home-schooled by day-drinkers**

**NEVER sing in the shower:
Singing leads to dancing.....dancing leads to slipping.....
and slipping leads to paramedics seeing you naked
So remember – DON'T SING**

**Fun-sized chocolate bars aren't
fun after you've had 29.**

**Someone sent me an email about using VODKA to make your house sparkle.
IT WORKED!
The more vodka I drank, the cleaner the house looked.**

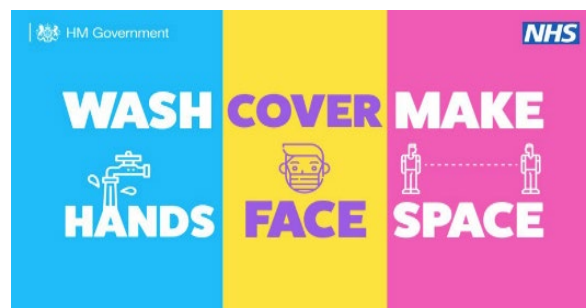
**No matter how kind you are,
German children are kinder.**

**There are 3 symptoms of laziness:
#1**

Current Covid-19 situation in the Scarborough Borough Area

In the 7 days up to 12 November there were an average of **85** new cases diagnosed every day.

We can't control what other people do, but we CAN control what WE do.



ABOVE ALL, IN EVERYTHING YOU DO - BE ALERT

AT TIMES LIKE THESE, THE WORLD NEEDS ALL THE ALERTS IT CAN GET

STAY SAFE