



WOODSIDE U3A NEWSLETTER FOR DECEMBER 2021
MEETING ONLINE FOR DECEMBER
<https://u3asites.org.uk/woodside>

Charity Reg.: 1182140



Hi Everyone,

Welcome to our December newsletter.

What a year it's been. This time last year we were waiting for the Coronavirus vaccines to be tested and distributed. Now most of us have had 2 jabs and maybe even a booster. But we're not out of the woods yet, so we continue to be vigilant. At our meetings members' temperatures are taken on arrival and we ensure there is sufficient ventilation and the chairs are socially distanced. We'll continue this procedure as long as is necessary.

In December Martin Rodell organised a trip to Winchester Christmas Market which all participants enjoyed. Ken Emmons arranged our Christmas Lunch at the Blue Check Restaurant which was a great success. Sixtyfour members came.

Reluctantly we have cancelled our December General Meeting due to the increased threat of the Omicron variant of Coronavirus. The health of our members is of the utmost importance to us and we will listen to government guidelines to decide if we will hold a January meeting.

Seasons Greetings to you all and the Committee and I wish you a Happy and Healthy New Year. Let us hope 2022 will be an amazing year for Woodside u3a as u3a nationally celebrates its 40th Anniversary.

Barbara Elman
Chair



YOUR NEW COMMITTEE



BERNICE CAFFREY
VICE CHAIR & INTEREST GROUP
COORDINATOR



LINDA WILLIAMS
VICE CHAIR



ALISON THEOBALD
TREASURER



HEATHER LACE
SAFEGUARDING & EQUALITY



LESLEY CUMMINGS
MEMBERSHIP SECRETARY



KEN EMMONS
SOCIAL SECRETARY



KEN APPEL
SPEAKER SECRETARY



JOYCE GRAY
PUBLICITY

Please see back page for contact details of the committee, webmaster and newsletter editor.



VENUE

As we are unable to return to the Church of the Nazarene, we have been holding our monthly meetings at the Stanborough Centre. We have now booked this until March 2022 and are considering making this our long-term venue as we do not know when or if a return to the Church of the Nazarene will be possible. There is a shortage of large spaces available to book, and this seems to suit many people. If anyone has a problem or concern with this venue, could you please let a member of the committee know as soon as possible.

General Meetings at The Stanborough Centre; we will confirm nearer the time if it is possible to meet in the hall.

10am to 12 noon are on the third Tuesday of each month:

2022 Dates for your diary:

Tuesday 18 January, Tuesday 15 February and Tuesday 15 March

Heather

NOVEMBER GENERAL MEETING

Cyber Crimes/Frauds Prevention

At our November meeting, the guest speakers were Phillipa Phipps and Hayley Whitbread, who are both cyber protect coordinators, from the Eastern Region Special Operations Unit (ERSOU). The talk was entitled "Cyber Crimes Prevention". They gave a very informative presentation on the general landscape of cyber-crimes and shared some helpful tips on how we can protect ourselves from falling victims of online scams and frauds.

They said that we are at a digital age where every day we are increasingly using the internet, digital applications and other form of electronic devices for a variety of reasons in both our personal and business life. We may not be aware, but each time we browse the internet, we leave behind a trail of information - our "digital footprints". These footprints are making it incredibly easier and faster for fraudsters and criminals to access and steal our personal and financial data.

Cyber fraudsters and criminals operate in teams anonymously using a number of sophisticated methods and tricks to make their scams and frauds sound legitimate and convincing. They would use fear, intimidation or would masquerade as a trusted entity or friend or family member to coerce and con people to part with their money. A few examples of the different methods they use include scam mails, courier (cold calling), identity, banking, credit cards, cash machines and computer service software and more. Each day, many people are being duped. In the last 13 months 426,541 cyber-crimes were reported. The impacts on victims from financial, reputational, physical and emotional perspectives are huge.

Cyber-attacks are on the increase in UK and internationally. Anytime anyone of us could become a target. We were advised to be wary of the risks and always be vigilant. We can avoid becoming a victim by putting into place some simple security controls as indicated below.

- Create a cyber action plan and follow the recommendations. Visit [ncsc.gov.uk/cyberaware/actionplan](https://www.ncsc.gov.uk/cyberaware/actionplan).



- Have a strong password. Use a three - random words password. Set up different password for email account. Set up a two-factor authentication.
- Update your software, back up data regularly, have an anti-virus on your devices.
- Be wary of unsolicited/ unexpected phone calls. End calls. Use a different number to call the caller back.
- Never give out bank details, pin number and other personal information online and on the phone. Shield your pin number when using cash machines.
- Never click on attachments and links from unexpected sources. Report scam emails.
- Don't share everything on social media. Don't use free wi-fi for everything.
- Always report fraud to Action Fraud. Online at [www.action fraud.police.uk](https://www.actionfraud.police.uk). or Phone 0300 123 2040. For practical advice visit www.ncsc.gov.uk

Woodside u3a Interest Groups December 2021.

Art:	Contact Sue Walters on 079 892 50 483. Group meets fortnightly 10 -12am at Tanners Wood Hall.
Badminton:	Contact Susan Coultrup on 01923 334387. Group meets weekly on a Wednesday at Watford Leisure Centre (<i>this is a joint group with SWH</i>)
Books:	Contact Libby Crawford on 01923 247847. Group meets every 3rd Wednesday at 10.30am.
Bridge Improvers:	Contact Judith Evans on 01923260541. Group meets 1st and 3rd Mondays at 1.30 - 4.30 at asda Room 3. (<i>this is a joint group with SWH</i>)
Family History	Contact Bea Luffrum on 07711709039. Group meets monthly on the 1st Wednesday in the morning at members' houses. Starting again in November
Flower Arrangement	Contact Jill Macey on 07736680501. Group meets quarterly on Tuesday at 2.00 - 4.00pm at Asda Community Suite. Next meeting 7th December 2021 (<i>this is a joint group with SWH</i>)

French:	Contact Heather Lace on 07951937064. Group meets fortnightly on a Monday at 2.30pm at members houses.
Garden Visits	Contact Teresa Brunswick on 07712 710811. This group will start again in January/February. Venue, time and days will vary
Spanish 1:	Contact Sue Brown on 01923 661516 or 07812840047. Group meets fortnightly on a Friday at 11 - 12am at the Royal Oak at Abbots Langley.
Spanish 2:	Contact Alison Theobald on 01923 463573. Group meets fortnightly on a Wednesday at 10 -11am. Venue to be confirmed.
Line Dancing:	Contact Judy Lovell on 01923 893368. Group meets 1st and 3rd Mondays. First session 10.15am. Second session 11.15am. (<i>this is a joint group with SWH</i>)
Listening to Music:	Contact Diane Reilly on 01923 261840. Group meets monthly on the 1st Tuesday afternoons at members' homes.
Philosophy:	Contact Jeanne Johnson on 01923 263598. Group meets monthly on the 1st Monday 2 - 4pm.(<i>this is a joint group with SWH</i>)
Photograph:	Contact Ken Jones on 01923 264855. Group meets monthly on the 2nd Monday at 2.0pm at members homes.
Play Reading For Fun:	Contact Derek Giles on 01923 270971. Group meets 1st Monday at 10 - 12am at Asda. (<i>this is a joint group with SWH</i>)
Sewing:	Contact Tina Photi on 07427866825. Group meets 1st Wednesday at 10 -12am at Tina's home.
Singing for Pleasure:	Contact Ady Shaw on 01923 518021. Group meets fortnightly on a Thursday at 10.00am - 11.30am at Asda
Social Group	Contact Ken Emmons on 01923 672139 or Joan Gillett jgillett43@gmail.com Group meets 3rd Wednesday at 1.30pm in Room 2 at Asda. Starting again in January 2022
Table Tennis:	Contact John Simpson on 07531 542605. Group meets fortnightly at 10 -12am at the YMCA Haines Way
Trips:	Contact Martin Rodell on 01923 442417. Available Trips advertised at General Meetings
Ukulele:	Contact Trevor Boardman on 01923 244016. Group meets 1st, 3rd and 5th Thursdays and 2nd, 4th and 5th Wednesday at 2.00pm at Tesco Extra Watford Community Room. (<i>this is a joint group with Watford and District u3a</i>)
Pathfinders:	Contact Patrick Turner on 01923 263511, or 07954640263, for details of the next meeting. (<i>this is a joint group with SWH</i>)
Woodside Walk 5:	Contact Derryck Croker on 01923 673719 for details of next meeting. Group meets monthly on the 2nd Wednesday.
Quiz:	Contact Glen Price on 07787155461. Group meets 3rd Thursday of the month at Asda Room 4 between 19.00 - 21.00 hours. Entry code 5223. Bring your own refreshments.

Interest Group News

I am pleased to tell you that Garden Visits will again be included in our Interest Groups list, also we hope to start a group for Sign Language. We can also look forward to a number of other groups starting again in the New Year.

Thanks Bernice



Book Group

Recommended Christmas reading is *Christmas Shopaholic* by Sophia Kinsella. The next book group walk is meeting at Leavesden Country Park.

Libby

Lunch Group

Meeting for the first time since the start of 2020, the Lunch Group met at The Restaurant at West Herts College. All the food is cooked and served by the students. With a choice of two starters, three main courses and two desserts everyone found something they liked. As part of their training the students have to list 'Dishes and their allergen content' on the back of the menu. Our waitress told us she had worked in a fast food restaurant when she was at school on Saturdays and this led her to train full time in catering. For three courses the meal was just £8.

Jo

Woodside travels

Welcome home Woodside travellers. We've certainly covered some miles during our virtual tour of the world since we first left England way back in March, as a means of keeping everyone in touch during the pandemic and maintaining communication through the monthly newsletters. Now we find ourselves at the end of our journey, suitcase empty, washing machine full, passport tucked away safely and our COVID 19 vaccinations card to hand!!!!

Today some of the groups will be sharing their discovery of how different countries celebrate special occasions and festivals. Hope you all enjoy their findings - this time in reality time!!!

Thank you all for your various contributions- your time and commitment to Woodside u3a and supporting this journey that we've travelled together.

Wishing you all a Merry Christmas and a prosperous 2022.

Val

Please send any photos and stories of the Winchester trip and the Blue Check lunch to me for the January newsletter. Contact details are below. Thank you to all who have continued to support the newsletter.

Many thanks Jo

WANTED: NEWS & PHOTOGRAPHS
suitable for publication please send to
The Webmaster, Andrew Cummings at
andrew.cummingsu3a@btinternet.com

AND FOR THE NEWSLETTER

The newsletter is available online at
<https://u3asites.org.uk/woodside>

**Copy date for the JANUARY Issue is
1ST JANUARY 2022**

Send to Jo Bromwich, 01923 443758 or
email jo.bromwich@ntlworld.com

IMPORTANT CONTACT DETAILS

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The committee contact details:

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Linda Williams, Vice Chair - no contact details

Alison Theobald, Treasurer - a.theobald@sky.com

Lesley Cummings, Membership Secretary - 01923 681478 -
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Ken Appel, Speaker Secretary 01923 672620 -
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ANY ARTICLES RECEIVED AFTER THE COPYDATE MAY OR MAY NOT BE INCLUDED IN THE NEXT ISSUE
OR MAY BE SAVED UNTIL THE FOLLOWING MONTH



So our u3a can be as environmentally friendly as possible, you are invited to bring your own mug to our monthly general meetings. These are easier to drink from and will save using paper cups. We will continue to have disposable cups for those who forget or are unable to provide their own mugs.