

Keep Well

Keep Learning

Keep in Touch

Keep Joining

Retired and semi-retired people coming together to continue their educational, social and creative interests in a friendly and informal environment.

CHAIRMAN'S MESSAGE

After coming through the most difficult months for all of us during recent years when the words 'isolation', 'quarantine' and 'shielding' became extremely familiar to us we may be seeing some light at the end of the tunnel – by the way whatever happened to the 'R Factor'.

The world as we knew it changed dramatically in mid March when lockdown was imposed on the whole country and we had to cancel all U3A activities. Your Committee has continued to look for ways to keep you informed and hopefully the monthly Emergency Bulletin has helped to keep you in touch with us.

Two talks for the whole membership from the Mirthy Group were arranged to replace our monthly meetings in June and July both were well received with about 100 members joining for each – dependent on how the situation develops we may try to arrange for another in September as it is considered highly unlikely that a meeting in the normal manner will be possible. At present we are not aware of when the village hall will reopen and what conditions or restrictions will apply. We are also looking at ways to hold our AGM on a virtual basis.

During lockdown some groups have got to grips with technology and used Zoom to hold meetings – these include Transport & Industrial Archaeology, History, Ukulele, Photography, and Crime Fiction whilst Pickleball, Books:Easyreaders, Open Minds, and Creative Writing have either managed or are about to hold garden meetings.

Following on the latest easing of the restrictions some of our cyclists have taken to the roads, our Longer Walking group have traversed part of the Jubilee Trail and the Walking group will shortly be going to Bookham Common all with appropriate social distancing. The Garden Visits group is also restarting. One of our Explore London groups wanted to walk but not travel to London and the idea of a walk at Little London is under consideration! Any information from other groups which have been able to continue in some format would be welcome.

Our new website has now been up and running for about three months and we hope that a good number of you have taken the opportunity to look at it during this time of enforced leisure and any comments/suggestions for improvement would be appreciated – please send them to me in the first instance davidlush46@hotmail.com or call me on 01483 280267.

Finally many thanks to the Committee, Group Leaders and other members who have helped keep our U3A going over the past months. This will be our last Emergency Bulletin, we hope, but normal format Bulletins will resume in September. Enjoy the rest of the Summer and stay safe.

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Comments welcome: E-mail us at: bulletin@horsleyu3a.org.uk

Latest Coronavirus outbreak advice from U3A

In the latest Newsletter issued by National Office there is a link to a pdf document giving advice compiled by U3A. This includes advice on:

- i) Holding meetings outdoors,
- ii) Holding meetings indoors,
- iii) The extra precautions that need to be taken for those over 70 and those who are clinically vulnerable.

To receive a copy of the National Newsletter go to: <https://www.u3a.org.uk/email>

A copy of the document is also available on the Horsley U3A website:

<https://www.horsleyu3a.org.uk>

Click on the Covid Information banner at the top of the home page and then click on the 'Covid guidance for U3As issued by the National U3A' option.

The National U3A website also gives links to the latest government and NHS advice. Logging into the National website also gives you access to a wealth of ideas for continuing U3A activities during the lock down.

Other U3As are doing similar things - we are not alone!

On 25 June, 20 local U3As contributed to a Surrey U3A Network meeting held using Zoom. Most U3As are keeping in contact with their members by updating their websites and sending out regular bulletins. Many groups are using Zoom and other video conferencing apps to hold meetings. The Menuhin Hall Study days are on hold until February 2021.

Organisations such as U3A depend crucially on members volunteering to help in many different ways. If you can spare some time to help run Horsley U3A, however limited that may be, please let us know.

Contact: Peter Tallon 01483 283163 or David Lush 01483 280267

or express an interest by e-mail:

patallon@btinternet.com or davidlush46@hotmail.com

NB If you change your telephone number or e-mail address

let the Membership Secretary know : membership@horsleyU3A.org.uk

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Don't be fooled by the Covid-19 Test and Trace Scams

Criminals are exploiting the COVID-19 pandemic to try and get their hands on your money and personal information. To date, Action Fraud has received reports from 2,378 victims of Coronavirus-related scams, with the total losses reaching over £7 million.

There are some simple steps you can take that will protect you from the most common Coronavirus-related scams. Here's what need to do:

1 - Watch out for scam messages

Your bank, or other official organisations, won't ask you to share personal information over email or text. If you receive an email you're not quite sure about, forward it to the Suspicious Email Reporting Service (SERS): report@phishing.gov.uk

2 - Shopping online

If you're making a purchase from a company or person you don't know and trust, carry out some research first, for example, by checking to see if others have used the site and what their experience was. If you decide to go ahead with the purchase, use a credit card if you have one, other payment providers may not provide the same protection.

3 - Unsolicited calls and browser pop-ups offering tech support

Never install any software, or grant remote access to your computer, as a result of a cold call. Remember, legitimate organisations would never contact you out of the blue to ask for financial details such as your PIN or full banking password.

The NHS Test and Trace service plays an important role in the fight against coronavirus and it's vital the public have confidence and trust in the service. However, we understand the concerns people have about the opportunity for criminals to commit scams.

The NHS Test and Trace service will never:

- * ask you to dial a premium rate number to speak to them (e.g. those starting 09 or 087)
- * ask you to make any form of payment or purchase a product or any kind
- * ask for any details about your bank account
- * ask for your social media identities or login details, or those of your contacts
- * ask you for any passwords or PINs, or ask you to set up any passwords or PINs over the phone
- * ask you to download any software to your PC or ask you to hand over control of your PC, smartphone or tablet to anyone else
- * ask you to access any website that does not belong to the government or NHS

If you think you have been a victim of fraud, please report it to Action Fraud at:

<https://www.actionfraud.police.uk> or by calling 0300 123 2040.

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Ideas to keep learning

For some other ideas staying active and keeping connected during these extraordinary times, go to: <https://www.u3a.org.uk/component/content/article/197-covid-19/562-u3a-keeping-active-and-connected?Itemid=490>

Consider taking an on-line course

Spending just a few hours each week, following one of these courses is stimulating and rewarding. You can study at your own pace and at a time which is most convenient to you. *The full range of courses available is even wider than you can imagine. Details of all the courses available can be found on the FutureLearn website:*

<https://www.futurelearn.com/courses>

Other Ideas from National U3A

1. Submit ideas for things you can make during lockdown to the National U3A Make it Made scheme. <https://www.u3a.org.uk/learning/made-it-make-it>
2. Are you a budding photographer? Are you keen to learn a new skill or simply Interested in the world around you and how it appears? Get involved in U3A Eye. See: <https://www.u3a.org.uk/component/content/article/197-covid-19/573-u3a-eye?Itemid=490>
3. Partake in some Mindfulness sessions on YouTube: [Start session 1](#)

Other opportunities you might consider during the Coronavirus crisis:

- Continue keeping a diary of the events over the coming months. These events will soon become history.
- Keep a record of events by taking pictures with your camera or mobile 'phone.
- Try some creative activities such as knitting, painting, writing fiction, and drawing. In due course contact our relevant group leader to continue your interest.
- Join our new Embroidery group. Details have just been announced and already five members have expressed their interest. To join: e-mail robby.robson@googlemail.com
- Carry out some research. Prepare a short talk for one of our groups such as History, Astronomy, Photography, Music Appreciation, and Transport & Industrial Archaeology.

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HORSLEY U3A QUIZ - JUNE 2020 **The Answers**

Where does the American flag fly 24 hours a day, 365 days a year? **THE MOON**

Which monarch made the first Christmas broadcast? **KING GEORGE V**

What is the collective name for a group of dolphins? **POD OR SCHOOL**

The song 'I Could Have Danced All Night' comes from which musical? **MY FAIR LADY**

What was the name of the rabbit in The Magic Roundabout? **DYLAN**

What is depicted on a Blue Peter badge? **GALLEON**

Which animal's milk is used to make Roquefort cheese? **SHEEP**

What name is given to the plum brandy made in Eastern Europe? **SLIVOWITZ**

Who was the first non royal to be featured on a UK postage stamp? **SHAKESPEARE IN 1964**

What do the initials OPEC stand for? **ORGANISATION OF PETROLEUM EXPORTING COUNTRIES**

What is the only girl's name in the NATO phonetic alphabet? **J - JULIET**

Vaduz is the capital of which European country? **LICHTENSTEIN**

Who was the British Prime Minister at the end of World War 2? **CLEMENT ATTLEE**

What city did the Romans call Eboracum? **YORK**

What is heliophobia the fear of? **SUNLIGHT**

Name the fictional Edinburgh detective created by Ian Rankin? **JOHN REBUS**

Which novel would you associate with Pemberley? **PRIDE AND PREJUDICE**

What were Mozart's Christian names? **WOLFGANG AMADEUS**

What is the study of flags known as? **VEXILLOLOGY**

Which UK city is situated on the river Wensum? **NORWICH**

If you enjoyed this challenge why not try one of the quizzes devised by the National U3A Quiz Groups advisor Chris Wright: <https://www.u3a.org.uk/learning/weekly-quiz>