

#### **COFFEE MORNINGS 10:00 am – 11:30 am :**

**Sacred Heart Church, 356 London Road, Waterlooville, PO7 7SR**



#### **Monday 8<sup>th</sup> September and 13<sup>th</sup> October**

All members, particularly new ones, are very welcome.  
Find out about our interest groups and social events.  
Bring along your friends.  
Have a cuppa and chat, make new friends.

#### **SEPTEMBER GENERAL MEETINGS 2:00 pm – 4:00 pm :**

##### **Wednesday 17<sup>th</sup> September**

**Cosham Baptist Church, Havant Road, Cosham, PO6 2QZ**

**Speaker : David Gane – The Story of Life**

In this talk, David takes a whistle stop tour through life's evolution on Earth, outlines some of the evidence for it, and explains why Robinson Crusoe didn't eat beef!

##### **Wednesday 24<sup>th</sup> September**

**Sacred Heart Church, 356 London Road, Waterlooville, PO7 7SR**

**Speaker : Jackie Dimmock - 30 years in Hampshire Constabulary part 3**

Another return visit from the highly entertaining and informative Jackie Dimmock bringing to life tales of her time with the Hampshire and Isle of Wight Constabulary. As she relates her memories and funny stories from her career, she illustrates these with a series of beautiful mini quilts.



#### **ANOTHER QUIZ EVENING!**

**SOME SPACES STILL AVAILABLE**

**When?** Saturday 20<sup>th</sup> September starting at 7:00 pm  
**Where?** Springwood Community Centre, Springwood Avenue, PO7 8BJ  
**How much?** £3 without food or £8-£10 for a Fish & Chip supper (options available)

There will be a break for a Fish & Chip supper (or bring your own food if you prefer).  
Either enter as an individual or get a few friends to join you. Group Coordinators can enter a group team of six.

Teams will be for six people; any individuals or groups with less than six members will be placed with others to make the numbers up – a great way to meet new people and have fun at the same time.

To enter as an individual or as a group, please email Kevin Stock at [kevc4@gmail.com](mailto:kevc4@gmail.com)

## OCTOBER GENERAL MEETINGS 2:00 pm – 4:00 pm :

### Wednesday 15<sup>th</sup> October

**Cosham Baptist Church, Havant Road, Cosham, PO6 2QZ**

**Speaker : Judy Theobald – Christmas and other problems**

The joys – or otherwise – of the festive season.

As Christmas looms towards us, it's time to ask just how much we really enjoy children's nativity plays, decorating Christmas trees, cooking turkeys, buying all those presents and staying with our relatives over the festive season. Judy Theobald takes a sideways look at our Christmas traditions and hopes you'll feel a little more cheerful - or more resigned - about the coming festivities.

### Wednesday 22<sup>nd</sup> October

**Sacred Heart Church, 356 London Road, Waterlooville, PO7 7SR**

**Speaker : Clive Smith – Commanding a nuclear submarine**

## SPEAKER'S CORNER - REVIEW OF JULY'S TALK :

### Hampshire & Isle of Wight Air Ambulance

An audience of 76 were given an excellent illustrated talk by Lizzie Breese, a volunteer speaker from the H&IOWAA.

The Service began in 2007 with the helicopters flying very limited hours in daylight only. As the need increased for emergency care to be brought to casualties as quickly as possible before being airlifted to hospital, the helicopters can now fly 24 hours a day weather



permitting. The team on board consists of a pilot, a paramedic, who also acts as navigator, and a doctor. Dispatchers receive emergency calls and decide which team to send out. The team deal with cardiac arrests, road traffic incidents, medical issues such as strokes and accidental injuries, etc. Complex treatment can be carried out by the medics - open heart surgery, amputation, blood transfusions. No wonder the kit bags weigh 30kg!

The team also spend a lot of time training to keep fit in order to carry those kit bags sometimes for quite long periods when the helicopter can only land some distance from the casualty. There is also a Critical Care Team vehicle with a doctor and a paramedic who can attend where a helicopter is not deemed necessary.

Currently the H&IOWAA are based at Thruxton which takes 55 minutes to fly to the IOW. There will soon be a new airbase next to Southampton airport which will save time and fuel costs. The helicopters are leased which covers the pilots' fees and maintenance charges. Buying a helicopter would cost £2.85 million.

At the end of her talk Lizzie revealed why she became a volunteer: a speeding car drove at her whilst she was riding her horse which reared up unseating her and landing on her; she had life threatening injuries and was treated at the scene before being airlifted to hospital. Her recovery was long and arduous but she vowed to volunteer to help raise funds for her saviours from the H&IOWAA.

A collection at the of the session raised-£293.20.

**Hilary Ryan, Speakers' Secretary**

## COULD YOU BE OUR GROUPS' TREASURER?

Waterlooville u3a has over 100 groups carrying out many different activities. Many of those groups have their own funds, which they use to pay for things like venue hire, instructors or speakers.

Keeping track of each individual group's funds is an essential task, which our current Groups' Treasurer, Glen Bush, has been carrying out meticulously for the last three years. He has decided to step down this year **and we are looking to find a successor** who would take up this important role. At present there is one assistant helping out in a supporting role.

The Groups' Treasurer is a Committee member, so that the Committee can be given an up-to-date perspective on groups' finances generally and can be alerted in good time to anything that might be going adrift.

The role gives a unique insight across the broad range of Wu3a's activities, and is the "oil" which help keeps our individual groups running efficiently. It would suit anyone with bookkeeping or record-keeping experience and an eye to detail. It also provides an opportunity to contribute to the running of our U3A at Committee meetings.

If you feel you have time to spare and would like to know more about the role please talk to the Chairman (Rob Stansbury), Secretary (Lyn Moore) or Treasurer (Tony Paul) or other Committee members, many of whom regularly attend the coffee mornings and general meetings, or email [chairman@waterloovilleu3a.org.uk](mailto:chairman@waterloovilleu3a.org.uk)

## NOW IS THE TIME TO BOOK YOUR SPACE FOR THE BARN DANCE!

Friday 24th October 7-10 pm at

**COWPAIN SOCIAL CLUB, 54 LONDON ROAD, WATERLOOVILLE, PO8 8EN**



There will be live music and a finger buffet (please specify any dietary needs on booking)

Cost is £13 for Wu3a members and £16 for guests (non-members).

As this is a social club, pre-booking and payment is essential.

There is a large car park at the rear of the building.

To book a place, please e-mail me at [treasurer@waterloovilleu3a.org.uk](mailto:treasurer@waterloovilleu3a.org.uk).

I need to know the number of spaces you wish to book, the names of all attendees and whether or not they are a member of Waterlooville u3a. Please confirm your intended method of payment.

Payment can be made by bank transfer, or by cash or cheque at coffee mornings or general meetings. **The final payment date is 10th October 2025.**

Cheques payable to "Waterlooville u3a" can also be sent by post to me at the address below, but please also advise full details of spaces required, names, etc. per above :

A.F. PAUL, 10, Burrill Avenue, Drayton, Portsmouth, PO6 2JW

Bank transfer (**NOTE** – this is a different account to the one you pay your membership fees and group monies into, so please check that you have quoted the right account number and reference) :

Account : **Waterlooville u3a**

Sort code : **55-70-34**

Account no. : **80851177**

Reference : your membership number, your surname, BarnD

Please specify any particular dietary needs.

Looking forward to a great night.



**Tony Paul, Treasurer**

## SOCIAL DATES FOR YOUR DIARY

Here is the line up so far for various social events for the rest of this year. Full details will be provided nearer the dates – in this monthly bulletin, via email and at the general meetings and coffee mornings.

Quiz evening	Sat 20 <sup>th</sup> September 7pm	Springwood Community Centre
Barn Dance	Fri 24 <sup>th</sup> October 7pm	Cowplain Social Club
Members' Xmas Dinner	Tue 16 <sup>th</sup> December 7pm	Waterlooville Golf Club

## RUMMIKUB 2 – COME AND JOIN US!



[groups@waterloovilleu3a.org.uk](mailto:groups@waterloovilleu3a.org.uk)  
Meetings.

Are you free in the afternoon of the 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of the month?

If so, we're looking for new members to join our small friendly Rummikub group.

Rummikub is a tile-based game similar to the card game of Rummy. It's an enjoyable, brain-stimulating game that encourages critical thinking and friendly competition.

To find out more and try a free taster session, please contact Kevin Stock, Group Liaison by email to

or at the Groups table at Coffee Mornings and General Meetings.

**Carol Kinnaird, Group Coordinator**

## SINGING FOR PLEASURE– COME AND JOIN OUR MERRY GANG

### NO AUDITIONS!

Singing for pleasure is exactly what we do. Gill Grech, a Natural Voice practitioner, teaches the group a variety of songs from around the world. We learn by ear with no music (and often no words!) but we always have a lot of fun!

*Singing is good for body and mind – it's long been known that singing with others can enhance your mood; your immune system; reduce blood pressure and feelings of chronic pain.*

Meet old friends and make new ones.

**Come for a free taster session to see what we do.**

1<sup>st</sup> & 3<sup>rd</sup> Wednesday; 2.00pm – 3.30pm

Enquiries to Group Liaison at [groups@waterloovilleu3a.org.uk](mailto:groups@waterloovilleu3a.org.uk).

If you decide to join us the cost is a very reasonable £5 per session "pay as you go" or a reduced price if paid in advance.

**Jane Hussey, Group Coordinator**



### Prefer not to receive member bulletins?

We issue regular bulletins to our members to inform them of meetings, social events, group activities, membership information, etc.

**IF YOU DO NOT WISH TO RECEIVE THIS BULLETIN**, please tell us so that we can remove your details from the distribution list. A confirmation email will be sent to you but you can change your mind at any time and request your details to be added back on to the distribution list.

Members also receive the "u3a Matters" magazine issued several times a year by the Third Age Trust.

**To unsubscribe** from either of these, contact the Membership Secretary at [members@waterloovilleu3a.org.uk](mailto:members@waterloovilleu3a.org.uk).



### WU3A FACEBOOK GROUP

We have a private Facebook group that is open to any Waterlooville u3a member. To join, login to Facebook and search for 'Waterlooville u3a Members Group' and request to join. Or click this link

<https://www.facebook.com/groups/WaterloovilleU3A/permalink/5260385320729203/>



### WALKING 1 – STRIDERS WENT TO HAYLING AND LANGSTONE HARBOUR



Jenni Ambrose, Group Coordinator

### WINE APPRECIATION 3 WENT TO TILLINGTON (NEAR PETWORTH)

Eight members of WAG3 visited Roebucks Estate Vineyard near Petworth on Friday 1st August.

We had an interesting talk and tour of the vineyard. After which we sampled three of their sparkling wines. What a lovely way to spend a few hours on a Friday!

Jean Lovell-Butt, Group Coordinator



### NATIONAL U3A MATTERS



The national *u3a Matters* magazine is published five times a year. It includes stories about members and u3a activities, celebrity interviews and features on technology, recipes, travel and competitions as well as a letters section. The magazine is available as a hard copy sent to you by post or you can read it online. To read the latest Summer 2025 issue online, visit

<https://www.u3a.org.uk/news/u3a-matters/screen-reader-editions/u3a-matters-summer-2025-screenreader-edition>

If you currently receive the postal hard copy and would like to unsubscribe please ask for your details to be removed from the distribution list by emailing the Membership Secretary at [members@waterloovilleu3a.org.uk](mailto:members@waterloovilleu3a.org.uk)

## COMPUTER HELP



Two of our members – Rich Edwards and Andrew Leonard – have offered to help members with any queries or problems related to their computer/tablet/iPad. This is mostly in the form of advice given over the phone or by email. Many problems can be resolved by user intervention. This informal advice is provided free but home visits are not offered.

Rich and Andrew can be contacted, initially, by email at [it-advice@waterloovilleu3a.org.uk](mailto:it-advice@waterloovilleu3a.org.uk)

## ARCHAEOLOGY WENT TO BIGNOR

A guided tour of the villa was enjoyed by the group. The guide was Lisa Tupper who is married to the seventh-generation grandson of the farmer who ploughed up part of the *piscina* or water basin which was found to be in the Summer dining room in 1811. Local antiquarians offered to excavate the site to enable Farmer George to continue working his farm. Lisa was ably assisted by her young daughter, Maggie. The villa houses rooms with mosaics and Roman hypocaust heating plus artefacts found when the site was excavated. Beyond the villa is the *frigidarium* or cold room, part of the bath house complex. When funds allow, it is hoped that the *calderium* can be excavated.



The hypocaust heating system



Lisa and Maggie explain the myths depicted in the mosaics



Gladiators prepare to fight – part of a band of mosaic depicting the fight from beginning to end

After the visit we visited the Aerodrome Café at Goodwood Aerodrome for a well-deserved lunch and, as it was a good day for flying, the planes provided entertainment and excitement.

If you have not been to Bignor it is well worth a visit.

**Hilary Ryan, Group Coordinator**

## TOILET MAP

Everyone will, at some point in the day, need to use the toilet. Some people will need facilities more than others, and some will need to find toilets sooner rather than later.

The Toilet Map is run by Public Convenience and aims to be a complete, up-to-date source of publicly accessible toilets, ie those that the public can access without needing to be a customer.

### TOILET MAP

The link takes you to a map page where you can enter a place name or postcode and it will show you the location of nearby toilets : <https://www.toiletmap.org.uk/> More information about this site can be found by clicking the **About** link at the top of the map page.

## LIVE LONGER BETTER EVENT 24<sup>TH</sup> SEPTEMBER

This is a joint project between Havant Borough Council and Hampshire County Council. It aims to support older adults in finding ways to stay independent, live life to the full and continue doing what they love.

The first Live Longer Better event will take place on Wednesday 24<sup>th</sup> September at Staunton Country Park where people will be able to take part in a variety of activities, such as a Qigong taster session, history walks, inclusive walks, craft sessions and health checks.

There will also be a range of stalls offering friendly and informative health and wellbeing advice.

 event at...

**Havant**  
BOROUGH COUNCIL

# Staunton Country Park

**Wednesday 24 September**  
**11am – 2pm**

Whether you are still active and well, or just noticing a shift in how you feel, investing more in your health now can shape your next 10 years and beyond.

Join us for a day of **fun activities** focusing on the **positive lifestyle changes** you can make to give you the best opportunity of staying independent in later life!

### Activities

11:30am - 12:30pm	<b>History Walk</b> (meet outside the Coach House)
12pm - 1pm	<b>Qigong taster session</b> (lawn in front of Coach House)
1pm - 2pm	<b>Inclusive Walk</b> (meet by car park pay point)
11am - 2pm	<b>The Spring craft activities</b>
11am - 2pm	<b>Horizon health checks</b>

### Stalls

Visit our range of stalls, offering friendly and informative health and wellbeing advice:

- Community First
- Horizon
- Havant & East Hants Mind

**FREE parking!**  
(code will be provided at event)



## GROUP MATTERS

### To join or leave a group, or for more information :

visit the Groups table at a general meeting or coffee morning, email [groups@waterloovilleu3a.org.uk](mailto:groups@waterloovilleu3a.org.uk) or call 07769 266879

You can also find out more about our groups by visiting the Groups page of our website at <https://www.waterloovilleu3a.org.uk/groups.htm> All of our groups are listed there and each have their own web page – just click on a group name to open their page.

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### NEW FUN FRENCH GROUPS

Two new groups have formed that play word games like Scrabble – but in French! It's all fun. One group meet 1<sup>st</sup> & 3<sup>rd</sup> Wed pm and the other 2<sup>nd</sup> & 4<sup>th</sup> Wed pm. Let me know if you are interested!

### NEW 'WATCHING YOUR WEIGHT' GROUP

One of our members would like to start this new group. Many of us try to lose weight and, as we know, it is extremely difficult. And in retirement, when we are less active, it is even more difficult. But doing this in a friendly group environment could provide encouragement and motivation. We can talk about ideas that we may have to help each other. Let me know if you are interested!

### NEW FILM CLUB

A local Nursing Home has offered our u3a free access to its 15-seater cinema room. They show films using DVDs, and can even provide the popcorn. If anyone would be interested in forming a new Film group to make use of this facility, then let me know!

### BEGINNERS ITALIAN CONVERSATION

One of our members is willing to run a new group at her home, but we need someone that can speak Italian to be their tutor. Could this be you? Let me know if you are interested in learning or tutoring!

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### POTENTIAL NEW GROUPS

The following new potential groups need a few more interested people and it will be worth starting new ones!

**BOOKS** – read a book then discuss it with other members

**CANASTA** – A popular card game

**PAINTING** – any medium

**PHOTOGRAPHY** How to use a digital camera, how to take a good photo and get members to comment and make suggestions, visit locations for a photoshoot.

**SEWING** – a second group could start

**TABLE TENNIS** for beginners and experienced players knocking a ball over a net indoors.

**WEEKENDERS** – Looking for things to do at the weekend? Pub lunch, a walk, meet for coffee or a drink?

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### TUTORS NEEDED

There are some groups with a waiting list of members that are eager to form a new group, but we can't have a group where everyone wants to learn but no-one to teach it!! Are you able to be a tutor for any of the following? (no, you don't have to be the Group Co-ordinator too).

**ARCHAEOLOGY**  
**LINE DANCING**  
**PILATES**

**BEGINNERS ITALIAN CONVERSATION**  
**LOCAL HISTORY / OUTINGS**  
**TAI CHI FOR BEGINNERS**



### **Have an idea for a new group?**

Groups don't magically appear – they are born when enough members express an interest in a particular activity and someone (or two) volunteers to act as Group Coordinator. There is a wealth of support for budding groups so get in touch and see what happens.

**If a group is full**, you can be placed on the waiting list; you will be offered a space when one becomes available and you are at the top of the list. Don't wait to go on a waiting list – popular groups usually have one and being on the waiting list increases your chances of being offered a space.

**Kevin Stock, Group Liaison**

## **NATIONAL U3A ONLINE EVENTS**

Each month, national u3a offer online talks and workshops on a wide variety of topics to keep our minds and bodies going.

Click the link below, then click on the event of your choice for full details and how to book:

<https://www.u3a.org.uk/events/educational-events>

The current offerings include :

Railway History at the National Archives	9 <sup>th</sup> Sep
Laughter Yoga with Judith	10 <sup>th</sup> Sep
Upgrade your urban driving with IAM RoadSmart	11 <sup>th</sup> Sep
Life and music of Ian Gillan – Deep Purple	11 <sup>th</sup> Sep
Exploring world faiths – do we live in a humanitarian world?	15 <sup>th</sup> Sep
Data sharing – what u3a members think (with the Office for National Statistics)	16 <sup>th</sup> Sep
Mindfulness and meditation – NEW 6-week course	17 <sup>th</sup> Sep
Mindfulness and meditation	18 <sup>th</sup> Sep
Age without limits – by Centre for Ageing	22 <sup>nd</sup> Sep
Eating well for health and vitality in later life	22 <sup>nd</sup> Sep
What future changes in landlines will mean for you	23 <sup>rd</sup> Sep
What do official statistics reveal about positive ageing	23 <sup>rd</sup> Sep
Laughter Yoga with Merrie Maggie	23 <sup>rd</sup> Sep
Secrets of the human brain – behaviour, emotion, skills and thinking	25 <sup>th</sup> Sep
Barbara Segall – My gardening life on the plot, page, screen and airwaves	25 <sup>th</sup> Sep
AI news – transportation, driving the future	26 <sup>th</sup> Sep
Introduction to cryptic crosswords	26 <sup>th</sup> Sep
Photography project – Still Got It!	26 <sup>th</sup> Sep
Bollywood Laughter Yoga Dance	29 <sup>th</sup> Sep
Sex, DNA and chemistry in microscopic animals– the strange tale of rotifers	1 <sup>st</sup> Oct
Ice Age to Iron Age – Britain in Prehistory	2 <sup>nd</sup> Oct
Ultimate Guide to editing your creative writing	3 <sup>rd</sup> Oct
Flight Inspirations – early aviation in the Channel Islands	7 <sup>th</sup> Oct
Laughter Yoga with Judith	8 <sup>th</sup> Oct
The Truth in Ten – the science behind climate crisis and some solutions	10 <sup>th</sup> Oct

## OUR 2025 OPEN DAY

We held our annual open day this year on Friday 8<sup>th</sup> August at Waterlooville Community Centre. It was attended by the Mayor of Havant – Munazza Faiz - who took a great interest in the many group displays.

Below is a selection of photos taken on the day – to see more follow the link below :

<https://www.waterloovilleu3a.org.uk/OpenDay2025.htm>



Genealogy



Local History



Drawing



Birdwatchers



Wine Appreciation



Rob Stansbury & Munazza Faiz



Buildings Appreciation



Languages



Cycling

## SEPTEMBER DATES & TRIVIA

6<sup>th</sup> (1852) Britain's first free library opened in Campfield, Manchester. It was funded by the ratepayers, free to all with some 20,000 volumes to "*open the minds of the curious, educate the working men who wanted to improve their lot, or just entertain those with no particular social agenda*". Charles Dickens spoke at the opening ceremony, as did William Makepeace Thackeray, Edward Bulwer Lytton, the Earl of Shaftesbury and Sir James Stephen.

9<sup>th</sup>



**Full moon** –the Corn Moon, so called as this was traditionally the time of the corn harvest in North America.

This year it will appear as a "blood" moon as there will be a total lunar eclipse. It will also rise in the same patch of sky as the planet Saturn.

14<sup>th</sup> (1752) As any keen family historian or genealogist will tell you, Britain adopted the Gregorian calendar this year to conform with Pope Gregory XIII's reformation of the calendar to correct an accumulated error in the timing of Easter. As a result, in 1752 our calendar went from the 2<sup>nd</sup> September straight to the 14<sup>th</sup>.

10<sup>th</sup> (1897) The first drunk driver caught in Mayfair, London. One George Smith (aged 25) crashed his electric cab into a building in Bond Street at 12:45 am. Found obviously drunk with his vehicle smashed into a wall he didn't have a leg to stand on – even if he had been sober enough to do so. That same day the Marlborough Street magistrates heard him plead guilty and fined him the not inconsiderable sum of 25 shillings (around £200 today).



19<sup>th</sup> (1960) The first traffic wardens patrol London streets. Although the first parking meter was fitted in London in 1958, until 1960 the Police were responsible for enforcing them but, naturally, had higher priorities to attend to. Hence the birth of the traffic warden.



The very first ticket was issued to Dr. Thomas Creighton who was answering an emergency call to a West End hotel to help a heart attack victim. Such was the outcry at his case that

he was let off the £2 fine (around £60 today).

22<sup>nd</sup> Autumn Equinox – when the Sun is exactly above the Equator and day and night are of equal length; a time symbolising the transition from the warmth of summer to the cooler, shorter days of autumn.



25<sup>th</sup> (1660) The first recorded cuppa and tea break? Taken by none other than Samuel Pepys; having spent time at the office discussing international politics, he notes in his diary "*And afterwards I did send for a cup of tee [sic] (a China drink) of which I never had drank before.*"

25<sup>th</sup> (1818) The first human blood transfusion was given by James Blundell to a woman suffering from post-partum haemorrhage – a frequent problem in those days. He injected her with four ounces of blood extracted from the woman's husband.

28<sup>th</sup> (1745) The first time the National Anthem "*God Save The King*" was sung – in Covent Garden. Apparently, following a performance of *The Alchemist* at Drury Lane Theatre. A setting of the song by Thomas Arne was sung for the first time in public. In fact the original tune was probably written by Dr. John Bull in the previous century.



## SEPTEMBER ASSOCIATIONS

### Astrology

1<sup>st</sup>-22<sup>nd</sup> Virgo (the virgin), ruled by Mercury; element Earth; "I serve"  
23<sup>rd</sup> – 30<sup>th</sup> Libra (the scales), ruled by Venus; element Air; "I balance"

### Bird of the month – Chiffchaff



This small warbler is very similar in appearance to the willow warbler – they are around the same size and both have olive-coloured bodies; but it's the song (as well as its darker legs) that gives this bird away, with its squeaking "chiff-chaff, chiff-chaff" from the treetops. Most chiffchaffs are migrants from Africa, although some stay here all year long; they feed on flies, gnats and caterpillars, nesting close to the ground in dense scrub.

**September fruit** : apples, bilberries, blackberries, damsons, elderberries, figs, grapes, medlar, melons, nectarines, peaches, plums, raspberries.

**September vegetables** artichoke, aubergine, beetroot, broccoli, carrots, celeriac, celery, courgettes, cucumber, fennel, French beans, kale, kohlrabi, leeks, lettuce, mange tout, marrows, mushrooms, pak choi, peppers, potatoes, pumpkin, radishes, rocket, runner beans, shallots, spring onions, squash, sweetcorn, tomatoes\*, turnips.

\* tomatoes are scientifically fruits as they contain seeds, but they are culinarily vegetables as they are not sweet.

Info gleaned from *The Wildlife Community, Awareness Days, National Trust Gardener's Almanac, National Farmers' Union, British Dietetic Association*



Fraud accounts for almost 41% of crime – it is rife and it can happen to anyone.

Fraudsters use highly manipulative methods to get us when our defences are down and technological advances can make fraud harder to spot. Nobody is immune from fraud.

We can all be more alert to the risks and we can all do more to protect ourselves.

This link gives guidance on how to spot different types of fraud – phishing emails, fake texts, phone fraud, fake online adverts, fake websites, doorstep and postal fraud :

<https://stopthinkfraud.campaign.gov.uk/how-to-spot-fraud/>

Do you stop to check who's really contacting you?

Do you automatically trust offers and click on links?

Do you use the same password for different accounts?

Do you use 2-step verification?

Find out more on how to frustrate fraudsters :

<https://stopthinkfraud.campaign.gov.uk/are-you-at-risk/four-ways-to-frustrate-a-fraudster/>

And finally, would you know how to avoid fraud?

Take a short quiz to see if you could reduce your risk if approached by a fraudster :

<https://stopthinkfraudquiz.enough.campaign.gov.uk/quiz>



## GROUPS WITH VACANCIES (as of 1<sup>st</sup> September)

To join any group contact Kevin Stock [groups@waterloovilleu3a.org.uk](mailto:groups@waterloovilleu3a.org.uk) or 07769 266879

Interest Group	Meeting Day / Frequency	Venue
Art Appreciation	Monthly 2nd Friday pm	Members' Homes, Drayton
Art History 1	Monthly 2nd Wednesday am	Zoom
Art History 2	Monthly 1st Tuesday pm	Denmead Community Centre
Backgammon	1st & 3rd Monday am	The Woodman, Purbrook
Badminton	1st & 3rd Wednesday pm	Horizon Leisure Centre, Havant
Birdwatchers	Monthly last Saturday am	Various places
Board Games (Modern)	1st & 3rd Monday pm	Denmead Community Centre
Board Games 2	Monthly 3rd Monday pm	Members' Homes, Cosham
Bridge	Weekly Friday am	Acorn Community Centre
Bus Trippers	Variable	Various places
Card Games	2nd & 4th Wednesday am	Springwood Community Centre
Country & Western music	Monthly last Wednesday pm	Members' Homes, Widley
Craft	Monthly 1st Wednesday pm	Cosham Baptist Church
Cycling	1st & 3rd Thursday am	Various places
Dining Out	2nd Wed & 4th Sun lunchtime	Various places
Drawing 2	1st & 3rd Tuesday am	Jubilee Centre, Waterlooville
French Conversation 1	Weekly Tuesday pm	Members' Homes, Waterlooville
Fun French 1	1st & 3rd Wednesday pm	Members' Homes, Cowplain
Fun French 2	2 <sup>nd</sup> & 4 <sup>th</sup> Wednesday pm	Members' Homes, Cowplain
Fun with Watercolours	Weekly Thursday pm	Members' Homes, Cowplain
German (Advanced)	Fortnightly Monday am	Members' Homes, Drayton
German Conversation	Monthly 1st Tuesday pm	Pear Tree Court, Horndean
Learn Guitar & Sing	2nd & 4th Tuesday pm	Members' Homes, Widley
Line Dancing (Improvers)	Weekly Monday pm	Waterlooville Baptist Church
Lunch Friends	Variable	Various places
Mah Jong 1	1st & 3rd Tuesday am	Age Concern, Cowplain
Mah Jong 2	2nd & 4th Tuesday pm	Portchester Parish Hall
Modern History 1	Fortnightly Thursday am	Members' Homes, Drayton
Pilates 4	Weekly Thursday am	Cowplain Activity Centre
Poetry	Monthly 1st Wednesday pm	Members' Homes, Cowplain
Quizzers 2	Monthly 2nd Wednesday pm	Age Concern, Cowplain
Radio Hams	Variable	Various places
Rummikub 1	1st & 3rd Tuesday pm	Springwood Community Centre
Rummikub 2	2nd & 4th Wednesday pm	Springwood Community Centre
Science	Monthly 4th Thursday am	Springwood Community Centre
Scrabble	1st & 3rd Thursday pm	Springwood Community Centre
Sewing	Weekly Thursday am	Acorn Community Centre
Singing For Pleasure	1st & 3rd Wednesday pm	Sacred Heart, Waterlooville
Snooker 2	1st & 3rd Thursday pm	Waterlooville Sports Bar
Sunday Diners	Monthly 2 <sup>nd</sup> Sunday	Various places
Table Tennis (Beginners)	1st & 3rd Friday pm	Denmead Community Centre
Tai Chi 1 - Improvers	Weekly Friday pm	Waterlooville Community Centre
Tai Chi 2 - Improvers	Weekly Thursday am	Jubilee Hall, Horndean
Ten Pin Bowling	Weekly Thursday pm	Tenpin, Chichester
The Potting Shed	Variable	Various places
Ukulele	Weekly Thursday pm	Lovedean Village Hall
Walking 1 - Stragglers	1st & 3rd Tuesday am	Various places
Walking 1 - Strollers	1st & 3rd Friday am	Various places
Walking 2 - Striders	1st & 3rd Monday pm	Various places
Walking 2 - Strollers	Monthly 3rd Tuesday am	Various places
Walking 3 - Strollers	Fortnightly Friday am	Various places
Wine Appreciation 2	2nd Tue or 3rd Mon eve	Members' Homes, Waterlooville