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Chairman's Welcome

Hello and welcome to October's Newsletter.
With Autumn now well established, the committee's thoughts have turned to the forthcoming Christmas Showcase on 8 December. This is a chance for our interest groups to entice us with

their skills, learning and physical prowess and encourage people to have a go. Groups are the very essence of what U3A is all about and we cannot thank the Group Leaders enough for giving their time and inspiration to others, or the Groups



We are looking for new activities.

Photo by Linda Vickerman of the Photography Group

Co-ordinator who supports, advises, guides and co-ordinates the 30+ groups. Well done everyone, we look forward to another entertaining showcase.

Having mentioned the dreaded C'mas word as early as October, I had better shut up and make my escape. Enjoy the Newsletter and make the most of our wonderful U3A.

Frank Boydell

Forthcoming Events

Branch meetings start at 10.30am on the third Friday of each month at the Thrapston Plaza unless stated otherwise. Doors open at 10.00am when tea/coffee and biscuits are served.

- 16 October Branch Meeting - **Polly Feeley, Music and Memories from a 1950s Childhood**
- 13 November **Ten-Pin Bowling** See page 3.
- 20 November **Branch Meeting - Roy Smart, Another Icarus: The rise and fall of Percy Pitcher ... and the Art of Flight**
- 2 December **Thursford Spectacular Christmas Show** - Tickets were applied for on 2nd of January and now only weeks before we go. The coach will pick us up at the Co-op car park, time to be advised, and tickets will be allocated. We will have a comfort stop on the way and a chance to get refreshments but I think maybe it would be a good idea to take your own eats for lunch time as the chances of getting food there are quite remote given the number of people that attend this show. We will stop on the way back for a meal. The venue has been booked for this. I hope you will all enjoy the day.
- 18 December **Branch Christmas Meeting** - Details in the next newsletter.
- 6 January **Aladdin** - A pantomime matinee at Milton Keynes. Tickets at £25 and bookings and payments at the October general meeting.
- 12 February **Greyhound Racing** - See page 3 for details.
- 16 March **Chicago** - A matinee performance at Milton Keynes. Bookings are well advanced and only a limited number of seats are still available. The price for theatre seat, coach and driver's tip is £43 and will be payable at the October meeting or contact Pauline on 01832 732724.
- 18 March **Stanwick Handbell Ringers**
- 20 May **Branch Meeting - Roy Smart, The Last Naval Hero. David 1st Earl Beatty**

For **Theatre Trips** you may add your name to the lists at the Branch Meetings. Pauline Dennison Tel: 01832 732724

The U3A holds several national events which may be of interest to you. Please check the U3A website (www.u3a.org.uk) at the events and competitions page of the Members' Area Homepage.

News from Irene - Ten Pin Bowling – at Wellingborough on 13 November, 10.30am start.

Peterborough Greyhound Stadium – on Friday 12 February 2016. The cost is estimated at £25 to include entry, programme, two course meal (starter and main) and transport to the venue from Thrapston (Co-op car park). Optional dessert and drinks are payable individually. Sign up at the October monthly meeting in the Plaza with a £5 deposit or ring Irene - 01832 732948.

The balance to be paid by 15 January meeting.

Card and Board Games etc. Anyone wishing to play, or learn to play, whist, Rummicub, mahjong, chess, dominoes etc. please add your names to the sign-up sheets at the next monthly meeting at the Plaza or Ring Irene for details. Dates to be confirmed but hopefully second Thursday afternoons. Irene – 01832 732948

Group Leaders' Reports

The re-formed **Book Group** is now running and, at the time of writing, has room for one more member.

The **Bridge Group** is now full and a waiting list is in operation.

Cycling Groups - Excellent news for all those who love the freedom and independence that a bike gives you; we now have a second cycling group led by David Redman. This means that we cycle every two weeks. All rides are local, meeting at the The Woolpack Inn, Islip, at 10am.

To open cycling to as many people as possible, David and I have put together a series of rides of different lengths and difficulties, some on-road, some off and some a mixture. Final selection is made on the day depending on who turns up and conditions. There are rides to suit everyone and you have the final say.

Dates for the rest of the year are: October: 12 and 26; November: 16 and 30; December: 7 and 21.

If you would like further information contact Frank Boydell 01832 735 797, or David Redman.

The **Lacemaking Group**, which meets on the fourth Tuesday of the month in the St John Ambulance Hall, is open to beginners, improvers and more proficient lace-makers. They are a friendly bunch who welcome new members – so why not go along and have a look at what happens. They are also happy to share the room with other needlecraft groups to keep costs down.

The **Latin Group** would welcome a few more members. They tell me they have a lot fun and only require you to have a basic knowledge of this beautiful language – I fell in love with Virgil when I was at school and I don't mean the one from Thunderbirds!

I have a suggestion for a new group – **Nordic Walking for Fitness**. If you would like to find out more about this, let me have your details, and I will organise a meeting. Please do not buy walking poles for this unless you already know all about them!

Papercrafts and Cardmaking new dates: 12 and 26 October and 16 and 30 November, all at 2pm.

Petanque - with early evening meal, On Friday 20 September twenty of us wove our way to the Sondes Arms, Rockingham for our 3pm kick-off.

It was a beautiful sunny afternoon and everyone much enjoyed our second experience at Petanque. After the fun of playing, we came in from our Piste about 6pm for our ordered meal. The food was wonderful and much appreciated, as was the camaraderie and chatter. The only trouble is, we so enjoy ourselves we forget to take pictures for the newsletter.

This will be our last Petanque game until the spring, but many exciting social adventures are happening throughout this coming winter and all of 2016 – yippeeeeeeee can't wait!

A very big thank-you to Barry for guiding us through it all.

There will be a **Places2Go** open meeting at The Bridge Hotel at 6pm on Tuesday 20 October 2015. Everyone in Thrapston & District U3A is very welcome – so please do come along. Maddie Godden Tel: 01832-734510

maddie.places2go@gmail.com

The **Ukulele Group** is now full and has a waiting list.

Keep your ideas coming – the more interest groups we have, the more people we can interest! If you cannot find a group that covers your particular interests come and have a chat with me – either at the Plaza meetings or somewhere to suit you. We may well find enough members with a similar passion to start a new group. This does not mean that you will have to lead the group – so please don't be put off. Remember - Groups are fun and rewarding.

For information on any group either contact the group leader – details on the website or you can contact me Marion Healey at Tel: 01832 720262 or groupsthrapstonu3a@gmail.com

- Dear Algebra, please stop asking me to find your x. She's never coming back and don't ask me y.
- If someone preaches healthy living at you, just reply, 'Keith Richards is 70'.
- There are two kinds of pedestrians ...the quick and the dead.
- How is it Americans choose from just two people to run for president and over fifty for Miss America ?

HOST

Make the world a little friendlier! Small charity HOST is seeking friendly people who would like to learn more about other countries and cultures and share their home life with adult international students at UK universities. Young adults from many countries would love to have a short homely break and discover the real life of this country.

Host Kit Millington-Hore wrote 'Meeting students from around the world is hugely fulfilling and satisfying. Watching their pleasure as you introduce them to our ways of living, particularly over Christmas, is extremely rewarding.'

Visits can be for a day, weekend, or four days at Christmas. Offering a Christmas invitation to someone who would otherwise be alone on a University campus can make a big difference. Invitations are urgently needed from volunteer hosts, no matter their age, or how far they live from a university. To find out more, or to be put in touch with your local organiser, please visit www.hostuk.org or call 020 7739 6292.

Kimberley Brough, Deputy Chief Executive, HOST. Tel: 020 7739 6292
dce@hostuk.org – Unit K106, The Biscuit Factory, Tower Bridge Business Complex, 100 Clements Road, Southwark, London SE16 4DG



The Summer Barbecue: Marion Healey and the Ukelele Group

Photo by Linda Vickerman of the Photography Group

Do you know who is calling you?

People are not always who they say they are.

Generally speaking, cold calling for investment business is prohibited by law. Although the police are actively targeting fraudsters and organised criminal gangs, you need to be mindful of unsolicited calls and emails.

Protecting your credit and debit card and personal details is vital.

Be wary of unsolicited calls and emails. Never reveal personal or financial information, including your PIN and bank card to any one. Don't be pressured into making important financial decisions. If an investment offer sounds too good to be true - it probably is.

If you believe you have had one of these call or know someone who has, get in touch with your bank immediately, or **if you feel in immediate danger, call 999.**

In order to clear your line from the fraudster, wait a least five minutes before using the same phone, or use another phone or mobile.

Your bank will never ask you to check the number showing on your telephone display matches their registered telephone number. The number displayed can be altered by the caller to show any number.

Remember - the police and banks will **never** ring you and ask you to verify your PIN, withdraw your cash, transfer your money to another account or purchase high value goods.

Be firm, say no and hang up on fraud.

Your bank already know your name, account number and your PIN.

A bank will never ask you to verify them.

Variations of this fraud include victims being asked to help in a police investigation into corrupt bank staff, allegedly giving away counterfeit cash. The victim is asked to withdraw a sum of money from their account and take it home. The money is then collected by a courier.

Your money is gone.

Another variation is being told your computer has a virus and that you can pay to have it removed. The fraudster may take control of your computer and install software able to obtain your data and send it to the fraudster.

If you have been the victim of a scam, phone Action Fraud on 0300 123 2040 or report it by the proforma on the website www.actionfraud.police.uk

Getting Out and About

If you are having difficulty getting to a U3A activity, including the monthly group meetings, then Volunteer Action is a local charity that supports people in Oundle, **Thrapston and the surrounding villages**. The aim of the charity is to help people to keep their independence, stay living in their own homes and remain part of the community by providing transport for essential journeys and, through that, companionship.

The service has been running for over 20 years and is currently used by more than 550 people. Volunteer Action is run mainly by volunteers. The volunteer drivers cover over 78,000 miles a year and provide a friendly service to the people they drive, giving up their time to help others. There is a small charge for the service, mileage costs start from the place where the person starts their journey. Be aware that carers are also able to use the car scheme.

This service tends to operate for villages on the Oundle side of Thrapston

If you think the charity could help you, the phone number is 01832 275433 and the website is www.volunteeractionoundle.org.uk



The Summer Barbecue and The Snapper Snapped

Photos by Linda Vickerman

of the Photography Group



Holiday

We have been looking at running a Thrapston and District U3A holiday and discussed this with someone who has years of experience both for travel companies and for groups. The suggestion is a Rhine River cruise in the autumn of 2016 to include full board, all excursions and coach transport from Thrapston. Individuals would be responsible for their own insurance.

Our contact will work out the cost for both shared and single cabins and give a short presentation at the November meeting. From there, if there is sufficient interest, we will take names and deposits.

The minimum number is 20 and maximum 50.

Brenda and Michelle



Lyveden was recently visited by the Photography Group.

Photo by Linda Vickerman of the Photography Group.

Thrapston and District U3A Committee

Chair: Frank Boydell

Treasurer: Tricia James

Group Co-ordinator: Marion Healey

Publicity: Ann Carter

Social Media: Rachel Thompson

Website: Neil Busby

Vice-Chair: Michelle Collison

Secretary: To be advised

Membership: Madeline Fisher

Speaker Seeker: Brian Elliott

Editor: Parry Jones

Member: Vacant

This newsletter is published on behalf of the committee of the Thrapston & District U3A. The opinions expressed are not necessarily those of the Editor, or of the committee of the Thrapston & District U3A or of the U3A Trust.

Editor and publisher - Parry Jones, 18 Roman Way, Thrapston NN14 4TE

Tel: 01832 732668 and email <editorthrapstonU3A@gmail.com>

Website www.thrapstonu3a.co.uk

Thrapston & District U3A committee e-mail is <U3Acontact@gmail.com>