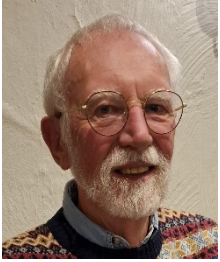


From our Chairman, John Ward



You may have attended our excellent if alarming March talk about SCAMS and Fraud Prevention.

The most important message seemed to be about phone calls. If you get a phone call from someone you don't know, check who they claim to be e.g. your bank, and then **put the phone down**. Find a safe phone number for the bank from another source, e.g. your bank statement, and ring them to find out if they were actually trying to contact you. Never give details of your bank account to anyone on the phone or at the doorstep.

Since the talk the Hampshire and Isle of Wight Constabulary have sent us more information to share with our members.

This includes:

- A leaflet that explains how to get your money back, how to prevent fraud and lists various sources of support with details of how to contact them.
- A booklet about various types of fraud - "The Little Book of BIG Scams".
- Information about a monthly crime prevention newsletter.

There is also an opportunity to your friend or family to sign up for "Hampshire Alert" emails.

All this information is now available from our own website. You can use the link below:

<https://lymington.u3asite.uk/latest-news-lymington-u3a/>

Our next talk, also about the police, should be less alarming and very entertaining. Do come along to hear it!

John Ward

Activities open to all our members:

Please come along and support our Monthly Speaker Meetings

Please remember that our monthly speaker meetings are now being held on the first WEDNESDAY afternoon of the month in the St Thomas Church Hall. Starts 2.15 for 2.30 pm. Free teas afterwards and time to chat.

Wednesday 6th May

'The good, the bad, and the downright funny....'

Speaker: Jackie Dimmock, retired police officer

Wednesday 3rd June

The history of Beaulieu Airfield

Speaker: Marc Heighway

Coffee mornings

Come and join us for a sociable chat from 10 am in the Solento Lounge (formerly Barclays Bank).

NB Our coffee mornings are now held on the **second and fourth Wednesday mornings** of the month.

TED talks - for stimulating, sometimes challenging discussion – just what u3a is for!

These take place on the third Monday morning of the month at 10 am prompt in the McLellan Hall (during the renovation works at the Centre) at the Lymington Centre. Coffee / tea free of charge with chat until 10.15 am. We then watch an interesting short video together and then discuss it in sociable small groups.

May 18th

The case for making art when the world is on fire

Making art isn't self-indulgent — it's an essential, radical act of creation, says writer Amie McNee. She explores the importance of having a creative practice, whether you're a long-time artist or an aspiring one, and shows how to move past self-doubt and start expressing yourself. If you've ever felt like your creativity doesn't matter in a world with so many problems, this talk is for you.

June 15th

Why does uncertainty bother us so much?

Why do we find it easier to trust some concepts and ideas over others? Mathematician Adam Kucharski explores the science of uncertainty, revealing how the very human need for explanation shapes trust in science, fear of technology and belief in conspiracy theories.



News from the Groups:

Tim and Sue Norris, our Group Co-ordinators, report:

There are spaces in the following groups:

- Armchair Travel 2nd Tues 10 am
- Book Club 2 3rd Weds 2.30 pm
- Food and Friends Occasional Sundays
- French Chat in the Café – all levels 1st Mon 4 pm
- French Advanced 2nd and 4th Mon 2 pm
- Golf 1st Fri 9.30 am
- Local Interests 3rd Weds am
- Lunch Club Monthly – day varies
- Mahjong 1 Every Mon 2 pm
- Music Appreciation NEW Time tba
- Painting 2nd and 4th Mon 9.30 am – 12 noon
- Patchwork and Quilting Alt Thurs 10.30 am
- Petanque Every Thurs 10 am
- Philosophy 2nd and 4th Tues 10 – 11.30 am
- Rummikub 2nd and 4th Mon 2 pm
- Science and Technology 3rd Weds 1 – 3 pm
- Scrabble 2nd and 4th Thurs 2 pm

- Spanish Intermediate 2nd and 4th Thurs 10 am
- Walking 1st Mon morning

Monthly 'open' groups, **Walking, Lunch Club and French Chat in the Café (all levels)** always have spaces. If you are interested in any of the above and would like to know more (where the groups meet etc), **please email groups@lymingtonu3a.org**

If there is something else that interests you that's not listed, or the group you would like to join is full, do please talk to us, as the situation changes all the time in existing groups, or we can help you to set up a new group.



The Lunch Club meets once a month on different days of the week at various venues (usually a pub) for a meal and a chat.

All are welcome, either every month or on the odd occasion. The practical maximum number for a pub lunch is about 20, which usually works out, but if not booking is on a 'first come' basis.

To receive information about forthcoming lunches please contact organiser Cheng Wood:
Tel: 01590 673213 / 07940 851242

Walking Group

The Walking Group meets on the first Monday of each month for walks of about 5 miles, sometimes with optional lunch afterwards. For more information or to receive details of each walk please email Trevor Norton on trevornlymu3a@btinternet.com

Future events:

The coach trip to 'The Red Shoes' ballet at the Mayflower in March was very successful.

Our bus pass outing to Southampton before Easter was also a great success. We enjoyed an official guided tour of historical areas overground and underground in dry and sunny weather.

We recently sounded out the membership by email about various possible destinations but there was not enough interest to run a coach to any of them on any one date.

No further trips are currently planned because no members have come forward to organise such events.

Please get in touch if you would like to plan a trip for us – we will help and support you.

Newly online?

If you have just joined the IT world and now have an email account that we don't know about, please email our Hon Secretary at lymingtonu3a.generalsecretary@gmail.com

Please do check your emails daily if possible, and you will then receive prompt details of all group vacancies, new groups and future events.

Help in using your tablet or smart phone



At our request, Adult Education are now running **five-week Basic Digital Skills courses** here in Lymington to help you to learn how to use your phone or tablet safely and with more confidence. They take place at the Community Centre on Wednesdays in the early afternoon. With a very small group, you will get almost individual attention to help you to keep up with everyday living online.

Call in at the Adult Education office in the Community Centre reception area to learn more and to book.