

Coffee mornings and monthly meetings

All held at Sacred Heart Church, 356 London Road, Waterlooville, PO7 7SR

COFFEE MORNINGS 10:00 am – 11:30 am :

Monday 12th February and Monday 11th March

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.

GENERAL MEETINGS 2:00 pm – 4:00 pm

Wed 28th February

“How to avoid cybercrime”

Speaker : Piers Rochford



Piers is part of the Hampshire Constabulary Cyber Crime Unit and promises an interesting talk on how the fraudsters and hackers earn a living nowadays and how we can make it difficult for them.

Wed 27th March

“Southampton – Water, Slaughter and Trade”

Speaker : Andrew Negus



One of two talks Andrew gives on the history and development of Southampton from Roman times. The stories include visiting kings, a giant, Jane Austen and the Luftwaffe, who all left their mark on the city. Andrew also explores the remarkable mediaeval remains of the historic walled town.

COUNTRY & WESTERN MUSIC - POTENTIAL NEW GROUP

Malcolm Peake, Group Coordinator

I am hoping to revive the Country and Western appreciation group which bit the dust during lockdown. Anyone interested in furthering their knowledge or enjoyment of Country music and who would like to meet up once a month to play, listen to or discuss it would be more than welcome to join.

In its previous incarnation, participants were involved by bringing along records, CD's or tapes to play to the other members or, in my own case playing my guitar and singing. I would welcome anyone wishing to do either to come and join in. It would be particularly nice to have other musicians.

Once re-established we could, as a group, decide which ways we would like to run or develop its activities.

Anyone interested should first express their interest to Barbara Legg (Group Liaison) at a coffee morning, a monthly meeting or by email at groups@waterloovilleu3a.org.uk

NATIONAL U3A EYE



This is a rolling photography project aimed at encouraging members to take and submit pictures of their surroundings. There is a different theme each month and up to 15 photographs are published once each month's deadline has passed.

One of our very own – **Mike Parry** – had a photograph published in response to the December theme of *New*. Mike's thoughts behind the photograph were *"I chose to interpret the theme with a view of St. Paul's cathedral taken from the nearby One New Change shopping centre. Shooting vertically, I contrasted the curves of the cathedral dome with the geometrical glass of the shopping centre entrance. On that day the sky was entirely blank, so to integrate the contrasting architectural styles, I inserted a more dramatic sky which I had taken in Tewkesbury and also rendered the image in monochrome."*

February's theme is *Home Town Pride* (submission deadline 29th February, 2024 – photographs are selected for publication on both their quality and the interpretation of the theme. To take part or to view previous themes and published photographs, go to <https://www.u3a.org.uk/learning/national-programmes/u3a-eye>

GROUP MATTERS

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

contact Barbara Legg (Group Liaison) at a monthly meeting or coffee morning or by email to groups@waterloovilleu3a.org.uk

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.

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 with Barbara Legg and see what happens.

Already a Group Coordinator? Thank you! Please keep us up to date with any changes to your group's membership and provide feedback when members are referred to you, this ensures that advertised group vacancies and the waiting list are as accurate as possible.

SPEAKER'S CORNER – HILARY RYAN

Review of January's talk : "History of Portsmouth Football Club" Speaker : Colin Farmery

Colin Farmery, President of the Pompey History Society entertained 75 members and guests at our January meeting. He delighted the audience with his quick-fire presentation style and in-depth knowledge of PFC. The presentation was given as a series of 20 slides which illustrated the history of the Club from its early days.

Established in 1898 on the site of potato fields, the club has been at Fratton Park ever since. One fact that may have surprised most of the audience was that in the early days the players wore salmon pink shirts, later changing to the now familiar blue shirts, white shorts and red socks.

Portsmouth became a member of the Football League in 1920 and has won the top division in England on two occasions -1949 and 1959. They have also won the FA cup twice – 1939 and 2008.

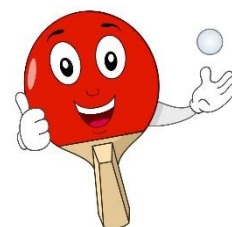
When Pompey became England's biggest community-owned club in 2013, albeit now playing in the fourth tier (League 2), thoughts of a new or redeveloped stadium in the vicinity of Portsmouth's Historic Dockyard were mooted and thrown out. The capacity of Fratton Park was slashed to 18,100 on safety grounds. A backlog of planned maintenance needed to be addressed and it would be funded by the proceeds of a deal which would see a Tesco store built behind the Fratton End goal. The £3m received would be spent prudently on realigning walkways, staircases and installing prosaic things like re-wiring and sprinkler systems. In 2017 significant work to underpin the south-east and north-east corners of the respective stands was undertaken, bringing capacity back up to around 19,400.

In the summer of 2017 fans voted to sell to Tornante, a company owned by current owner Michael Eisner. One of the key factors in the vote was the promise of additional capital resources to definitively resolve the *should-they-stay or should-they-go* dilemma of the club. In early 2020 the club unveiled plans to revamp the Milton End in the summer and has since been working closely with the City Council on plans to redevelop the North Stand, as well as the wider area to the north of Fratton Park, which takes us to the present day where these developments continue to be made to support Fratton Park's (and Pompey's) 125-year history.

TABLE TENNIS (BEGINNERS) – COME AND JOIN US!

Nick Moss, Group Coordinator

We would welcome some new members to our merry little band. We are a small, friendly group, with varying ability levels and tend to play for enjoyment. We meet once a month on a Friday afternoon in Denmead.



We normally play with two tables, taking turns in games. Bats and balls are provided, although some members have their own bat.

Table Tennis is great sociable exercise and we thoroughly enjoy our monthly sessions.

Follow this link to see a short video from national u3a about the experience of joining a table tennis group : <https://www.youtube.com/watch?v=Kpn6LHfZ558>

If you'd like to see what's what, please get in touch with Barbara Legg (Group Liaison) at a coffee morning, a monthly meeting or by email at groups@waterloovilleu3a.org.uk

PILATES 5 - POTENTIAL NEW GROUP

Anyone interested in taking up Pilates? If there is enough committed interest, we could start a new group in the near future.

With at least 15 members, the group would meet weekly during school term times on a **Thursday between 12:30 and 1:30** at Cowplain Activity Centre.

All enquiries to Barbara Legg (Group Liaison) at a coffee morning, a monthly meeting or by email at groups@waterloovilleu3a.org.uk

CALLING ALL LINE DANCERS - IMPROVER GROUP LEVEL

Dave Dawson & Mike Webster, Joint Group Coordinators



We are looking to recruit additional line dancers for our group, it is both fun and enjoyable for all ages, helps to keep the mind active, provides a basic level of fitness and it is also a way of socialising with like-minded people.

We have only been formed since last September and are running 8-week sessions. The class has people of different levels and if you have previous experience or just want to improve this may be for you.

We meet every week at Waterlooville Baptist Church which is very central and easy to locate. It has adequate parking. The hall is excellent for line dancing with space for more members.

Classes are every Monday afternoon for one hour between 2 pm and 3 pm.

We would welcome any new members to our group. If you would like to try before you commit you are welcome to attend a free taster session.

To enquire about joining the group, for further information or to make arrangements for a taster session please contact Barbara Legg (Group Liaison) at a coffee morning, a monthly meeting or by email at groups@waterloovilleu3a.org.uk

NATIONAL U3A ONLINE EVENTS

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

The current offerings include :

| | |
|--|---------------------------|
| Laughter Yoga with Judith | 14 th February |
| Mindfulness & Meditation series | 14 th February |
| "Safe bind, safe find" : locks and keys | 14 th February |
| Cryptic Crosswords in Context | 15 th February |
| Mindfulness & Meditation continuation sessions | 15 th February |
| David Hockney and the theatre | 23 rd February |
| Science Network event | 27 th February |
| Laughter Yoga with Merrie Maggie | 27 th February |
| Advances in Public Health : the role and tragedy of Semmelweis | 28 th February |
| More Number Fun with Dr. Knott | 29 th February |
| Secrets of the Human Brain : Sleep and Dreams | 29 th February |
| Aviation Network : Time is money, Concorde was Prestige | 5 th March |
| Artificial Intelligence News | 7 th March |
| Exploring World Faiths : Women in Faith | 11 th March |

Click the link below see what's currently available, then click on the event of your choice for full details and how to book: <https://www.u3a.org.uk/events/educational-events>

REPAIR CAFÉ NETWORK

Repair cafés are popping up everywhere and we have several in our area. Volunteer repairers are on hand to help fix “things” – as one café says “*if you can carry it and it's not alive, we'll take a look*”.

Most can help with household and electrical appliances,, toys, clothes, jewellery, and some offer tool and knife sharpening – it depends on the volunteers.

Tea, coffee and cakes are also on hand!

Check out their online pages for full information as some need to be booked in advance, others you can just turn up unannounced and others prefer an email outlining what the problem is.

Repair Cafés in our area

Denmead & Hambledon

Monthly on a Saturday alternating between Denmead Community Centre and Hambledon Church

Online : <https://www.facebook.com/Denmeadhambledonrepaircafe>

Email : dhrepaircafe@gmail.com

Havant

1st Saturday monthly

Online : <https://www.repaircafehavant.org.uk/>

Email : <https://www.repaircafehavant.org.uk/contact/>

Portsmouth

Most days each week – bookable in advance or monthly pop-up sessions on a Saturday

Online : <https://shareportsmouth.org.uk/>

Email : hello@shareportsmouth.org.uk

Gosport

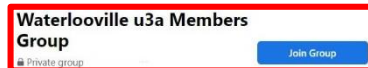
2nd Saturday monthly

Online : <https://repaircafegosport.co.uk/>

Email : mail@repaircaafegosport.co.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/>

COMPUTER HELP



One of our members – Rich Edwards – has 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. Rich provides this advice free, however he does not offer home visits.

Rich can be contacted, initially, by email at it-advice@waterloovilleu3a.org.uk.



Future Services Consultation

Tell us your views on ideas for changes to some local services

**Have your say
by 31 March 2024**

hants.gov.uk/future-services-consultation

Hampshire County Council is asking for people's views on the future of some local services. The Future Services Consultation runs from 8 January to 31 March 2024 on proposals to change and reduce some local services to help the County Council meet a £132 million budget shortfall by April 2025, so that the local authority can meet its legal duty to deliver a balanced budget and ensure ongoing support to the most vulnerable people in Hampshire in future – such as protecting children from harm, social care for older people, and supporting adults and children with disabilities and additional needs.

The proposals cover :

- Road maintenance and winter gritting
- Passenger transport
- Street lights
- School crossing patrols
- Parking in the countryside
- Homelessness support
- Library stock levels
- Social care contributions
- Grants for voluntary and community organisations
- Funding to Hampshire Cultural Trust
- Household Waste Recycling Centres

Visit www.hants.gov.uk/future-services-consultation to read more on each of the options and to have your say. Pass the link on to friends and family to enable them to air their views.

VISIT TO CLANFIELD OBSERVATORY

One of our members is arranging a visit to the Clanfield Observatory on Tuesday 19th March 2024 at 7.30pm. The cost is £10 person.

The visit will include a talk as well as a tour and, weather permitting, viewing through their telescopes.

The Observatory is run by the Hampshire Astrological Group and is situated in Manor Lane, Clanfield, PO8 0QR.

If you are interested and would like further information or to book a space, please contact Zig Malendewicz on 023 9259 2213 or by email to zigmaldewicz@hotmail.com with "Observatory Visit" as the Subject. Spaces will be allocated on a first-come, first-served basis.

Bookings close either when full numbers are reached, or Thursday 29th February, 2024.

| Groups seeking members - speak to Barbara Legg or email groups@waterloovilleu3a.org.uk | |
|---|----------------------------|
| Activity | When |
| Art History 2 | 1st Tuesday |
| Backgammon | 1st & 3rd Monday |
| Badminton | 1st & 3rd Wednesday |
| Birdwatching 2 | Last Saturday |
| Books 4 | 3rd Wednesday |
| Bridge | Every Friday |
| Country & Western music | POTENTIAL NEW GROUP |
| Cribbage | 2nd & 4th Tuesday |
| Drawing 2 | 1st & 3rd Tuesday |
| French Conversation 2 | 1st & 3rd Wednesday |
| Line Dancing for Improvers | Every Monday |
| Mah Jong | 1st & 3rd Tuesday |
| Photography 2 | Fortnightly Monday |
| Pilates 5 POTENTIAL NEW GROUP | Weekly Thursday |
| Pub History | 3rd Tuesday |
| Quizzers 2 | 2nd Wednesday |
| Rummikub 2 | 2nd & 4th Wednesday |
| Scrabble | 1st & 3rd Thursday |
| Singing For Pleasure | 1st & 3rd Wednesday |
| Table Tennis (beginners) | 3rd Friday |
| Tai Chi Improvers (108-step long form) | Every Thursday |
| Ukulele | Every Thursday |
| Wine Appreciation 2 | 3rd Monday |
| Wine Appreciation 3 | 1st Tuesday |

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 let us know so that we can remove your details from the distribution. 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 "Third Age Matters" magazine issued several times a year by the Third Age Trust.

To unsubscribe from either of these, contact our Membership Secretary at members@waterloovilleu3a.org.uk or call 07769 266879.

FOOD FOR THOUGHT?

At the end of our hands and feet are *digits*.

Feet usually have five *toes*; four are called *toes* but the largest one is called a *big toe*.

On the other hand (excuse the pun!) hands usually have four *fingers* and one *thumb*; why isn't it called a *big finger*?

Answers on a postcard – anything remotely printable may appear in a future bulletin – or not as the case may be!