

COFFEE MORNINGS 10:00 am – 11:30 am :

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

Monday 11th March and Monday 8th April

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 27th March

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

“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.

Wed 17th April – NEW additional general meeting at Cosham

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

Dogs Trust Shoreham

Speaker : Jodie Munday

The Dogs Trust cares for dogs in distress, finds a loving home for them when needed and supports owners when they are in need or unable to cope.

Jodie is a Supporter Relations Officer for Dogs Trust Shoreham; she will talk about the work of the Dogs Trust and also share what her role involves.



Wed 24th April

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

SS Shieldhall

A speaker from the Shieldhall Trust will talk about the steamship Shieldhall, which is the largest working steamship in Britain.



A member of the national Historic Fleet, she serves as a sea going tribute to Britain's maritime heritage. Maintained and operated by a team of dedicated unpaid volunteers, much work has been done on the ship over the years since she was launched and entered service in 1955 to transport treated sewage sludge down the river Clyde to be dumped at sea.

ANOTHER QUIZ EVENING!

When? Friday 12th April starting at 7:00 pm

Where? Waterlooville Community Centre (in the ASDA car park)

How much? £3 without food or £8-£10 for a Fish & Chip supper (options available)

Either enter as an individual or get a few friends to join you. Group Coordinators can enter a group team.

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 please email Kevin Stock at kevc4@gmail.com

FEBRUARY BEETLE DRIVE REVIEW



For our second Beetle Drive we tried out a new venue - The Purbrook Centre. Our excellent helpers turned up in force and got everything ready in good time.

The hall was filled by 42 members and 6 guests and everyone seemed to enjoy themselves throughout.

There were four players on each table and at the end of each game the two players with the lowest score moved anti-clockwise to the next table. This was repeated throughout the afternoon and meant that everyone met lots of people.

After six games we had a break for tea, coffee and biscuits.

When we started again, we played the game using pairs with the pair with the lowest score moving on.

Everyone totalled up their scores in order to establish the winners :

3rd (£10) **Daphne Thomas**

2nd (£20) **Judith Cook**

1st (£30) **Lesley Chapman**

There was also a prize for the most elaborate score sheet (£5) won by **Dawn Simpson**

Many people helped with the clearing up which was achieved very quickly.

Many thanks to so many for supporting this event and helping in so many ways.

A good time was had by all!



Nigel Barrell

POTENTIAL NEW GROUPS – SIGN UP NOW!

COUNTRY & WESTERN MUSIC

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.

Register your interest with Barbara Legg at the Groups table at a coffee morning, a monthly meeting or by email to groups@waterloovilleu3a.org.uk

CYCLING FOR PLEASURE

Among many outdoor activities that sustained our mental and physical health during the Lock down of 2021/2022, cycling was among the most popular of all pursuits. Sadly, it is now a forgotten leisure activity for most. That does not have to be the case.

With the coming of Spring, there is no better time to be out into the countryside cycling safely along the byways.

It does not have to be any more energetic than one can tolerate, nor any further than one would wish to go, and initially once a week depending upon the weather. We have a lovely countryside on our doorsteps and I would be more than happy to lead all those willing to get on to two wheels, battery operated or not, and enjoy the ride.



Depending upon the levels of fitness, there accordingly could be a ride organised for all. As a retired GP I have always advocated its social, mental and physical health benefits and I regularly cycle myself.

Irfan Sheikh

Register your interest with Barbara Legg at the Groups table at a coffee morning, a monthly meeting or by email to groups@waterloovilleu3a.org.uk

PILATES 5

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.

Register your interest with Barbara Legg at the Groups table at a coffee morning, a monthly meeting or by email to groups@waterloovilleu3a.org.uk

SPEAKER'S CORNER

Review of February's talk :

"How to avoid cybercrime" - Speaker : Piers Rochford

Piers is a Protect Officer with the Hampshire Constabulary Cyber Crime Unit which broadly covers crime prevention within the cyber/digital world and the fraud it is linked to. Many people today are sadly the victims of such fraud but a few simple precautions can prevent it from happening.

Hampshire Police receive around 1,000 reports a month that are fraud or cyber related. But with less than 100 Police Officers to investigate those reports it is vital that we take as much precautions as we can to reduce our risks of becoming victims of such crime.

Our daily lives now revolve around internet access – communication with friends and family, online shopping and banking, keeping up to date with the news, using maps to find our way around, posting on social media sites and so on. As a result, a lot of our personal information is stored through normal online use – we are registered for various household utilities, we compare insurance products, we use shopping sites, travel companies and so on. We trust those organisations to keep our data safe but criminals are using increasingly sophisticated means of stealing that information in what is commonly known as a data breach – a recent example is Southern Water.

When a data breach happens, our information is used by criminals to separate us from our money – by phishing messages, by scam texts or phone calls, by appearing to know a lot about us – usually just what we have already given to perfectly legitimate organisations and businesses that the criminals have stolen.

Piers shared some very useful and simple tips to keep ourselves safe :

- Social media – Facebook, WhatsApp, X/Twitter, Instagram, Snapchat, Messenger, etc. – the easiest and best step to maximise your online safety? Don't share anything that you're not happy to share with a complete stranger you happen to meet in the street.
- If something seems too good to be true (a "special offer", a big discount, something you need to act on NOW or lose out, etc.) – it most very likely IS – ignore it, delete it;
- If a message appears to be from someone you know but it doesn't sound quite right – perhaps the language used or the content - question before acting on it and, if possible, contact the person by another means to verify it came from them.

Poor password management is the main reason behind most scam/phishing emails. At the very least, Piers recommended using a unique password for your email address and any social media sites you use. If your passwords are the same, or similar, change them to something else.

In a perfect world you will have a different password for everything you sign up for online but not necessarily practical – how to remember them all? According to Government advice, it is perfectly acceptable to write passwords down in a book (not marked "Passwords" though!). House burglars will target money, jewelry, things that are easily portable; they're not looking for little black books full of passwords.

- Use a long, memorable password – ideally a combination of three random words;
- Do not use a pet's name, your date of birth or that of any relative.
- Accept any and all options to use Two Factor Authentication, 2 Step Verification or Multi Factor Verification – that significantly reduces your likelihood of becoming a crime statistic.



(/ continued)

Piers recommended visiting the website <https://havebeenpwned.com/> to check if your email address has been involved in a data breach. If it has then change the password for the account you hold with the organisation in question. You can also click the **Notify Me** section to be advised if a future data breach occurs that involves your email address. You can then immediately change the password you have for that particular business.

- If you think you have been the victim of bank fraud ring **159** – that puts you in contact with most banks and you can be confident that you are getting through to your bank rather than a criminal pretending to be a bank representative.
- Mobile phone – junk text messages – forward them on to **7726** – it goes to Ofcom, then block/delete.
- Spam/phishing emails forward to report@phishing.gov.uk then block/delete.


Visit the National Cyber Security Centre website, answer some easy questions and receive simple advice on what to do to further protect yourself :

<https://www.ncsc.gov.uk/cyberaware/actionplan>

Cyber Aware   National Cyber Security Centre

Free Cyber Action Plan


Answer a few simple questions to get a free personalised action plan that lists what you or your organisation can do right now to protect against cyber attack.



Small organisations

I'm self employed or work in an organisation with up to 50 employees (3-5 mins to complete)

[Start now](#)



For individuals & families

I want to improve my personal cyber security (2-3 minutes to complete)

[Start now](#)

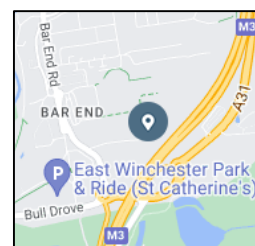
HAMPSHIRE WARDROBE COSTUME SALE – ONE DAY ONLY

Saturday 23rd March from 10:00 am
Chilcomb Lane, Winchester, SO23 8RB



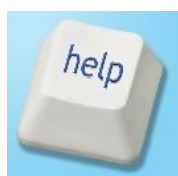
Hampshire Wardrobe will be selling off ex-hire and surplus stock from all areas of their collection, including garments, footwear, headwear and accessories at prices ranging from £1 to £50.

All items are sold as seen; items cannot be reserved ahead of the event and sales are on a first-come-first-served basis. On-site parking available from 9:00 am.



<https://www.hampshireculture.org.uk/event/hampshire-wardrobe-costume-sale-0>

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.

GROUP MATTERS

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

visit Barbara Legg (Group Liaison) at a monthly meeting or coffee morning or send an 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.

RUMMIKUB 2 – COME AND JOIN US!

Carol Kinnaird, Group Coordinator



Are you free in the afternoon on the 2nd and 4th 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. 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 to groups@waterloovilleu3a.org.uk

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.

Table Tennis is great sociable exercise and we thoroughly enjoy our monthly sessions. We normally play with two tables, taking turns in games. Bats and balls are provided, although some members have their own bat.

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

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.

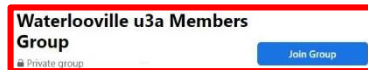
The current offerings include :

Laughter Yoga with Judith	13 th March
Using AI to Fight Climate Change	19 th March
John Snow and the hunt for the source of cholera in Victorian London	20 th March
Mindfulness & Meditation series	21 st March
Laughter Yoga with Merrie Maggie	26 th March
Secrets of the Human Brain : Brain and Behaviour	27 th March
Introduction to Cryptic Crosswords	28 th March
Suffering and hope in Tolstoy's Anna Karenina	28 th March
From Pleasure Gardens to Theme Parks	5 th April
Live Cookery Demonstration – Spring recipes	11 th April
Bollywood Laughter Yoga and Dance	15 th April
Live Cookery Demonstration – more Spring recipes	18 th April
The Climate Crisis and some solutions	19 th April

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>

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/>

THE SPELL CHECKER

(Submitted by Drew Gurney)

Eye halve a spelling checker, it came with my pea sea
It plainly marques four my revue miss steaks eye kin knot sea.

Eye strike a key and type a word and weight four it two say
Weather eye am wrong oar write - it shows me strait a weigh!

As soon as a mist ache is maid it nose bee fore two long
And eye can put the error rite; its rare lea ever wrong.

Eye have run this poem threw it, I am shore your pleased two no
Its letter perfect awl the weigh - my checker tolled me sew.

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.

GROUPS WITH VACANCIES (as at 1st March 2024)

These are groups with spaces to fill.

If you'd like to join any or find out more, please contact Barbara Legg at the Groups table at any Coffee Morning or Monthly Meeting, 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
Cycling For Fun	POTENTIAL NEW GROUP
Drawing 2	1st & 3rd Tuesday
French Conversation 2	1st & 3rd Wednesday
Line Dancing for Improvers	Every Monday
Mah Jong	1st & 3rd Tuesday
Painting 2	Every Monday
Pilates 5	POTENTIAL NEW GROUP
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

ANYONE REMEMBER THE SOUND OF THIS?



LOCAL AND COUNTY COUNCIL MATTERS

VISIT THE WATERLOOVILLE TOWN CENTRE GALLERY & EXHIBITION!

Havant Borough Council are holding a Gallery and Exhibition as part of the Masterplan for Waterlooville Town Centre. This will showcase the draft Waterlooville Masterplan and visitors will be able to share their feedback on the town centre regeneration. The Project Team will be in present to discuss the Masterplan development and answer any questions. The event returns to where the earlier Festival of Ideas took place - the old Game Shop unit at **95 London Road, PO7 7EQ** - on the following dates :

- **Thursday 14 March**, 10am to 9pm
- **Friday 15 March**, 8am to 9pm
- **Saturday 16 March**, 8am to 5pm

Everyone is welcome to attend the free event and you do not need to register your attendance.

For more information, go to www.havant.gov.uk/waterlooville

DO YOU HAVE YOUNG CHILDREN IN YOUR FAMILY?

HAVE YOUR SAY ON THE REFURBISHMENT OF COWPLAIN RECREATION GROUND

Residents are being asked their views on how to revamp their local play area and make it more suitable for fun outside play.

Subject to funding, the facilities at Cowplain Recreation Ground (PO8 8EH) are set to be improved, as part of Havant Borough Council's programme of play area refurbishment.

The aim is to improve this play area to ensure the safety of children and provide a new facility which is enjoyable, stimulating, and long lasting.

The consultation runs until Wednesday 20 March and residents will be able to have their say on what equipment they would like to see at the play area.

Alongside Cowplain Recreation Ground, proposed refurbishments are also due to take place at the following sites :

Avenue Road, Hayling Island, PO11 0LY
and Scratchface Lane, Havant, PO9 3QU



To view your local park consultation and to have your say, visit :

<https://havant.citizenlab.co/en-GB/folders/play-areas>

PORTSMOUTH BUS STOPS SURVEY/CONSULTATION



Portsmouth Bus Service Improvement Plan team are going to improve local city bus stops. Before they start they want to know if there are

any stops or particular problems on all stops that they can fix.

The survey closes at 11:59 pm on Sunday 17th March so have your say before it's too late by following this link : https://www.research.net/r/PCC_busstops