



Dear u3a member,

Welcome to our June Newsletter..

It's certainly been hot lately. May it continue in June, but please can we have a few wet days to keep our lawns and gardens refreshed..

Please let me know of any outstanding achievement you would like to share with our members, and send your letters, creative works and local photos to: [ken's email](#), putting the word 'Newsletter' in your email subject box. The deadline for receipt of information or articles for the July Newsletter is Friday 26th of June.

Ken Fisher, Editor.

In this month's newsletter

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A Message from our Chair, Carey Baff

Notice of Annual General Meeting

Our AGM this year will be on:

Tuesday 14th of July at 2.00 pm.

at

The Shires, 216 Wake Green Road, B13 9PQ

We will send reports for the meeting in late June/early July.

We would welcome new members to the Committee, to fill the role of Speaker Secretary being vacated by Janet Burgess, and also members joining with no portfolio. It may sound daunting for people who haven't served on committees before or who want a quieter life, but it isn't demanding, the group is very supportive, and you can get to know more members of our wonderful u3a. We depend on volunteers, without them our u3a could not continue.

If you're interested in joining us you can contact me, or any member of our committee (list at the end of the newsletter) for more information. Joining the committee isn't a complicated process. You need a proposer and seconder, neither of whom are your partner and who are not closely related to each other. Both must be current members of our u3a.

There's no form to complete, just email Ray Tier, our Secretary, with the names and membership numbers of your proposer and seconder.

We would also ask for a brief pen portrait of you for the papers which go out to members, but this is not put on the website, so not available for public viewing.

Please send your nomination and pen portrait by the end of Thursday 25th of June so the information can be sent out to members along with other papers for the AGM.

Events and reminders

Drop in for a coffee and chat



For members of Moseley and Kings Heath u3a or anyone interested in finding what the u3a has to offer, join us in Fletchers Bar in York Road, Kings Heath on the second Friday of each month from 10:30am to 12:00pm. Access is through the Kitchen Garden Café. You just need to order and pay for your own drink at the counter in The Kitchen Garden Café and then make your way to Fletchers Bar.

The next dates are: June 12th, July 10th, August 14th, September 11th, October 9th, November 13th and December 11th.

Any questions, please call:

Tessa Bidgood or contact Jeff Baker .

Monthly Meetings

May 12th, at the Shires

My life as a Micro artist. Graham Short.

An appreciative audience of 40 heard an entertaining and informative account from Graham about how he started his career and then switched to micro engraving when the fashion for fine, hand engraved greeting/business cards fell away with the rise of technology.

The extreme measures he takes.....swimming a mile each day, having Botox injections into his eyelids plus medications to slow his heart rate....enable him to produce work of incredibly tiny proportions. He works from midnight to 5 am in his premises in the Jewellery Quarter so there is virtually no traffic/people working that would create vibrations that would interfere with his delicate and precise work.



Graham with The Lord's Prayer on a pinhead projected on screen.

His work is showcased across the world and he has works in 13 museums.

9th of June at the Shires

Philip Caine. From Barrow to Baghdad

His life across several careers and countries. Philip began work in the hotel business before moving into the oil industry. Over 30 years he has worked in four countries ending with 7 years in Baghdad and then 3 years in Dubai.

Apart from his public speaking he writes adventure and crime thrillers.

AGM. 14th of July at the Shires

Steve Bruce: Buying and Selling at Auction with stories from the Auction Rooms.

New Speaker Secretary

A New Speaker Secretary is needed from July. Please consider standing for this role at the AGM. It can easily be a job-share. Speakers are booked for the remainder of this year only.

It does not involve a lot of time.. It's a few moments to email potential speakers to confirm, and remind. Most time is spent on finding speakers but you'll have over 3 years worth of data to help you., and the current incumbent will be around to ease you into the role. You need to be present on the day from about 1.30 to meet and greet the speaker and assist in setting up if needed. After thanking the speaker for their talk, you tell the audience about the details of the next monthly event.

Membership Matters

Newsletter update

Most members receive the monthly Moseley and Kings Heath u3a newsletter via email. A small number of members have asked for a printed copy which is posted via Royal Mail. Prices for this have risen a great deal and the committee is looking at how we can reduce the cost per newsletter.

If you currently receive a printed copy through the post but could access it via email or by reading it on our u3a web site at <https://moseleykingsheath.u3asite.uk/welcome/> please could you let us know. Similarly, if you don't actually always get round to reading it or no longer wish to receive it, please let us know. If a printed copy is the only way in which you can enjoy the newsletter, please be reassured that this will continue in some form.

Can you participate in a research study on concern about falling in older adults?

A message from Carey Baff

We have received this request from Dr Matt Hill, of the School of Psychology and Vision Sciences at the University of Leicester, who writes:

The study explores whether seeing or hearing about other people falling (for example, friends, family members, or others) influences an individual's own worries or concerns about falling. We hope the findings will help improve understanding of fear of falling and contribute to future falls prevention approaches.

Participation is entirely voluntary, anonymous, and confidential. The survey can be completed online at a time convenient to participants, and there are no right or wrong answers, we are simply interested in people's experiences and perspectives. It takes around 15 minutes to complete.

More information about the study and the survey can be found by following this link: <https://app.onlinesurveys.jisc.ac.uk/s/leicester/how-seeing-or-hearing-others-falling-affects-older-adults-worri>

Dr Hill would also be very happy to provide a participant information sheet or answer any questions you may have about the study: he can be contacted at mwh20@le.ac.uk No paper copy of the survey is available, and we only have an email address for Dr Hill, but if you have difficulty completing the survey online and have no family members or friends who can assist, Dr Hill would be pleased to offer what assistance he can. If you wish to speak with him and do not have access to email please come back to me and I will ask him to contact you.

Interest Group Matters

A Space in Poetry Group

There is one place available for anyone interested in this group. We meet 10-12 noon on the 2nd Friday of each month in the Friends Meeting House, Kings Heath.

Please contact our interest Group Coordinators to register an interest.

More details are available on our [website](#).

A new Interest Group. Healthy Ageing group

1st Monday of the month (provisional day and time) 2-3.30pm

Meeting in homes so max group size 8

Group Leader - Liz Rasheed

If interested, please email her.

Members ... draw upon their knowledge and experience to teach and learn from each other.'

6 sessions, one per month, to share ideas on

The Psychology of Ageing

Eat: healthy eating is good for your health

Drink: stay well hydrated for healthy ageing

Move: exercise boosts body and mind

Connect and engage: make and maintain social connections for your health

Think: use your brain to stay sharp

Base on the Take Five to Age Well campaign, launched on 1st of May 2025, a UK-wide initiative by Age UK and The Open University aimed at encouraging individuals to adopt simple, yet meaningful actions for 30 consecutive days that support healthy ageing.

Local photographs from members.



Bee on lupins by Barbara Ashworth



Robin in flight by Roy Stove

Scam Watch

Email impersonating EE

A scam email impersonating EE tells you that you're in with a chance of receiving a brand new Wi-Fi booster.

The email will go on to provide a link to claim the item, which will lead to a phishing website designed to steal your personal and financial information.

A scam email impersonating the DVLA

A phishing email claiming to be from the DVLA tells you that some of the information on your driving licence is out of date.

It also says that you could be fined up to £1000 if your licence isn't up to date and provides a link to follow to update your name, date of birth, full address and payment details.

This information will be gathered by scammers to scam you either immediately or in the future.

A text claiming you've been mis-sold car finance

A scam text sent from a claims management firm tells you that you could be owed up to £2,487 in mis-sold car finance and provides a link to see how much you're owed.

It also includes a number to text to stop receiving messages. On Who Called Me, reports of this number claim receiving the text despite not being owed any money.

Drivers who were mis-sold car finance are now due compensation and rogue claims firms are cropping up.

Reporting scams and fraud

Before making any investment, use the FCA's [firm checker tool](#), to confirm whether a firm or individual is authorised. The tool can be accessed via the FCA website and is one of the most effective ways to avoid cloned firms and bogus advisers.

To report scam emails or texts forward them to: report@phishing.gov.uk

Report Fraud. <https://www.reportfraud.police.uk/>

Report suspicious web sites by visiting [National Cyber Security Centre](#)

Suspicious calls received on an iPhone can be reported to your provider by texting the word 'call' followed by the suspicious phone number to 7726.

On an Android phone, text the word 'call' to 7726. You'll then receive a message asking you for the scam number.

Useful web sites for news and help

Please click on the blue headings to go to each web site.

[Moseley, Kings Heath and District u3a web site](#)

Our u3a's own web site

[Birmingham Council News](#)

This site provides useful information about council services.

[West Midland Police](#)

Help and support in the local area.

[Moseley Together](#)

Community support and news for Moseley and other general information.
tel 07796 668257

[WM Now](#)

WMNow is a free community messaging system that emails you up-to-date information from police and partners after you have registered.

[Betel](#)

If you have furniture to dispose of Betel will collect it and relocate it to people in need.
Telephone number 01564 822356

[West Midlands u3a](#)

News and information from our regional u3a.

[U3a Found in Nature](#)

Where members can share any photos which are 'wild and interesting'.

[u3a free workshops and courses](#)

Details of free workshops/short courses available free to our members.

[U3a Newsletters](#)

Link to the latest and previous National u3a Newsletters

[AbilityNet](#)

Free online resources and a network of over 450 community-based volunteers to help individuals with any disability and of any age to use all kinds of digital technology.
Helpline 0300 180 0028, 9-5, Monday to Friday. Email enquiries@abilitynet.org.uk.

Contact information

You can send a message to the Committee Members below via our web site at:

<https://moseleykingsheath.u3asite.uk/>

Postal address

Moseley & Kings Heath u3a, c/o The Shires, 216 Wake Green Road, Birmingham, B13 9PQ

Your Executive Committee

● Chair	Carey Baff
● Vice Chair	Mark Sharp
● Business Secretary	Ray Tier
● Treasurer	Sue Charvis
● Interest Group Co-ordinators	Ros Napier & Liz Rasheed
● Membership Secretary	Judy Kearns
● Newsletter	Ken Fisher
● Speakers Secretary	Janet Burgess