

Dear u3a member,

Welcome to our October Newsletter..

Lots of interesting content for you. Our October General Meeting will welcome back David and Pam Humphries. They have previously given us fascinating talks about the number 11 and number 8 Birmingham bus routes. They will now be intriguing us with a talk entitled 'A Glass and a Half'. More about this on page 3.

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 our November Newsletter is Friday 30th of October..

Ken Fisher, Editor.

In this month's newsletter

For digital-version readers, clicking on these items takes you to the relevant page. Clicking 'main menu' at the bottom of each page will bring you back here

A Message from our Chair, Carey Baff	2
Events and reminders.....	3
Membership matters	4
Interest Group Matters	4
Scam Watch	6
Useful web sites for news and help	7
Contact information	8
Your Executive Committee	8

A Message from our Chair, Carey Baff

Good day,

The hotter days of summer have passed but we are still enjoying a warm start to autumn.

Keeping healthy.

A couple of months ago I came across a NHS Health Choices quiz with questions about various aspects of our life leading to advice about how we can improve our well-being. The information is entirely private to ourselves – it takes around 10–15 minutes to complete and I think it is worth doing. Here is a link to the quiz.

[How old are you? - Healthy Choices Quiz - NHS](#)

For me it led me to an app, the NHS Active 10 Walking Tracker which you can get on the Apple app store or on Google play. That tracks how many minutes of brisk walking we do each day (at least 10 minutes are advised for anyone able to). Having 2 dogs I do plenty of walking, but did not think it met the criteria for brisk – but find that much of it does!

Third Age Trust Board elections and AGM.

A few people expressed their views about who should have our vote for the TAT u3a board and our vote went to Cynthia Condliffe. However she did not get the majority vote across the country and Neil Stevenson was elected to the Board. He has made extensive contributions to u3a locally to him (the North West) and nationally in the past and will bring this experience to his new role.

The TAT AGM is being held on Wednesday 14 October at 11.00 am, in Manchester, or online. I am registered to vote on behalf of our u3a. All the papers are available to read: if you would like to see them please contact me and I'll send you a link and if you cannot access the papers online get in touch with me and I'll sort out sharing them with you.

U3a Diaries

The 2027 u3a diary is available now and can be ordered online. They cost £9.00 each, plus £3.00 shipping (£12.00 total) but there is a 25% discount for packs of 10: including shipping they would cost £7.25 each. If you would like one please get in touch: if more than 10 are wanted we will do an order for our u3a but you would need to be able to pick yours up at a monthly meeting. If fewer than 10 want one I will send you a link to place your own order.

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: October 9th, November 13th and December 11th.

Any questions, please call:

Tessa Bidgood email her or contact Jeff Baker

Monthly Meetings

September meeting: 14.00 on Tuesday 8th at the Shires

Andy Munro The Pen Museum

The only pen museum in the world showcases the history of the steel pen trade. Birmingham was the world's biggest producer of nibs, maybe up to three quarters of the entire pens in the second half of the 19th century. Some present could remember using the wooden holder and nib pens at primary school in the 40s, 50s and even the 60s!

We learned the significance of the hole in each nib, how around 8,000 people were employed (mostly women) and the dangerous tasks some undertook in the production process.

We were given a sentence to write and he went through some graphology traits with us. Fortunately no one appeared to have the more questionable personality characteristics that can be revealed. Apparently the police do use experts in their enquiries. It was a very entertaining and interesting afternoon.

October meeting at the Shires 14.00 on Tuesday 13th

A Glass and a Half. David and Pam Humphries

"A Glass and a Half" – a look at the village of Bournville and the Cadbury family who created it. This is set against the background of numerous other chocolate manufacturers on both sides of the Atlantic.

Monthly Meetings

Our monthly meetings are highly valued with a range of entertaining speakers widening our knowledge and giving opportunities for us to meet other members we may not already know.

Regrettably no one has volunteered to take on the role since Janet Burgess stood down at the AGM. We will continue to hold meetings to our next AGM in July 2027, by both drawing on bookings made by Janet and also by committee members organising meetings in addition to their other roles.

However we cannot commit to this in the long term and if no-one comes forward to take on the Speaker Secretary role by January 2027 we will have to give careful consideration to the longer term viability of monthly meetings, and may need to terminate the arrangements.

The role could easily be shared by 2 or even 3 people and between our own and other local u3as we have a long list of possible speakers, so anyone taking on the role would not have to hit the ground running. If you think you could assist with this please contact any committee member who will be able to give you more information.

Membership matters

Clare Goulder: co-founder of our U3A branch

Clare has gradually stood down from the various groups she either participated in or led during her committed time with our branch which she helped inaugurate. This is because, now aged 94, she has decided to relocate to Oxford to be nearer her family.

All members owe her deep gratitude for her work with the other founding members and particularly for her dedication in running a successful discussion group twice a month for eleven years.

We wish Clare a happy transition and all the very best in her new home.

Interest Group Matters

Group Leaders meeting

A message from Liz Rasheed

Interest group coordinators Ros and Liz would like to invite Group Leaders to a coffee morning on Thursday, 10th December, from 10-12 at The Shires. There will be coffee, tea, mince pies and cakes, and a chance to chat to other Group Leaders and to Liz and Ros, coordinators.

If you are a group leader and have not yet told Ros or Liz that you are coming, please email them and book your place.

Anyone thinking of becoming a group leader or joint group leader is also welcome – just let us know for catering numbers.

Creative writing opportunity

A message from Liz Rasheed

Interested in joining a creative writing group but can't find one with space?

If so, please contact me and we will see if we can start another group. Even if you've contacted us before, please email again so we know you are still interested.

You can email your name, contact details and preferred day/time for meeting to interest group co-ordinators

https://moseleykingsheath.u3asite.uk/u3a-contact-form?contact_id=7207

Garden Group

A message from Barbara Ashworth

The U3A garden group had a very successful visit to three local gardens in the Wythall area, organised by Margaret, one of our members. I think it was the most successful garden visit we had all year, such lovely gardens and everyone enjoyed the day ending with coffee and cake of course! .

Some photos below.



Scam Watch

Speeding fine text

A scam text, sent from a spoofed mobile number, tells you that a speed camera has detected you speeding in your car.

It goes on to provide a link to a copycat government website to 'respond quickly.'

This phishing site will steal your personal information as you enter it in.

Barclays Bank text

A scam text claiming to be from Barclays tells you that a direct debit has been set up on your account.

It also says that you need to call a number to cancel this payment, which will put you through to a fraudster intent on stealing your personal information.

A scam email impersonating TV Licence

This email comes addressed to your email address and says that your most recent direct debit for your TV Licence didn't go through.

It goes on to say that you could face prosecution or a fine of up to £1000 if you continue to use licensable services without paying for a TV Licence and provides a link to renew.

This link will lead to a copycat website which will steal your personal and financial details as you enter them in.

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
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