

June, 2025

Hello everyone,

I hope that you have all enjoyed the lovely weather we have had for most of the month.

Subscription renewals will be due from 1st July, with the reminder that the price will be £18 this time. We are introducing a joint membership for couples so that if the taxpayer pays both subscriptions we will be able to claim Gift Aid on both subscriptions instead of just one. If you both are taxpayers you will not need to buy the Joint membership as we can claim for two anyway. Another change we are making is that if you are renewing your membership you will not be required to fill in another form - therefore only new members will have forms. I should like to remind you that we should like you to pay by bank transfer if possible, the details will be in the email reminder that will be sent out shortly. Any questions get in touch and I will be glad to explain anything you don't understand.

On a lighter note Ise Valley u3a is celebrating its 20th anniversary! Happy anniversary everyone and here's to the next 20!

Penny

**PLEASE NOTE DOORS ARE NOT OPEN UNTIL 1.30
IF YOU DO ARRIVE EARLY YOU WILL BE ASKED TO WAIT IN THE FOYER
WHILST WE ARE SETTING UP THE HALL
THANK YOU**

Speaker for June

"Lotions, Potions and Dubious Cures" is the title of June's talk by Susan Copperwheat. Susan is from Northamptonshire and is interested in local customs. In the days long before the advent of the NHS there were a great many very unusual ways of dealing with illnesses and various health conditions. We will find out about some of them that helped and, maybe, some that did not!

Upcoming Speakers

9 July – AGM

13 August - William Knibb and Slavery
by Monica Ozdemir

NEIGHBOURHOOD WATCH NETWORK

I am emailing from Neighbourhood Watch. Just making contact to let you know about our EON SWITCHOVER AWARENESS event.

There has been quite a bit in the news recently about energy meters and a BBC radio signal that is used to control them. This is an old-style meter called RTS which stands for Radio Tele switch. This is essentially a service that communicates with the meter which tells it when to switch between peak and off-peak times and also tells the consumer unit when to switch a customer's heating and hot water on and off.

This is old technology and is out of date which is why they are switching it off. The switch off date is 30th June 2025.

Our event close to you is -

Tuesday 17th June

10:00-12:00

WI House, 71 Park View, Moulton, Northampton, NN3 5UZ

Regards,
Sam Payne | Eon Next Project Officer

Short Walks

Well! there was a walk thanks to Helen and Neil standing in for us at the last minute.

Pleased to hear that 9 of you came along. Not the brightest of days but good for walking. It was good to hear that the sky-larks were there, if not in great numbers. We were sorry to miss it and Teddy didn't get a walk that day. Our trip to Leicester hospital went well. Bob's biopsy didn't hurt and there are no secondaries, good news but not finished yet. Thank you Helen and Neil and thank you all for your good wishes.

Wanda, Bob and Teddy

Playreading group

The Playreading group met on Wednesday 21st May to read Emlyn Williams 'A Murder Has Been Arranged' A ghost story involving Sir Charles Jasper who is due to inherit a fortune on his fortieth Birthday. He holds a party in St. James Theatre in London, to celebrate. His Nephew Maurice who will inherit the money if Sir Jasper dies before 11.0 on his Birthday turns up unexpectedly and a series of events leads to Sir Jaspers death. The ghost of a mute woman appears and reveals his murderer. Maurice is forced to confess in the last act. A very complicated story but we all had great fun reading it
The next meeting will be at Ros's house on Wednesday 18th June

Carlene
19195 7UZ

Advanced Camera Group

On the 19th. May the group met at Button Latimer under the shadow of the wind turbines to follow the theme of “Looking up”. It was a lovely day with some interesting cloud formations. I hope the photos turn out well. Afterwards, we went back to Seasons Garden centre for refreshments and to look at last month’s photos - Easter. Back to St. Mary’s Road on 16th June when the topic will be Bokeh, the out of focus areas of a photograph.

Jenny

Activity Group with Spaces

The following groups have vacancies so if you are interested in joining please contact the relevant Group Leader.

Ukulele
Book Club
Playreading
Recorders
Ten Pin Bowling

Kettering Symphony Orchestra and NMPAT Community Choir present a joint concert on Saturday, 5th July at 7.30 p.m. at Holy Trinity Parish Church, High Street, Rothwell, NN14 6BQ. Tickets cost £12 for adults, £8 for students (children under 12 free) and can be bought online at kettsymphorch.co.uk or on the door (subject to availability). The music will include a selection from 'Carmen', ballet music from 'Sylvia', overture 'Orpheus in the Underworld', 'Danse Macabre', 'Pizzicato Polka', 'Radetsky March' and others.

Kate Coles

Beginners Camera Club

Change of venue this month so 5 of us met at Barton Village Hall to show our photos on Natural Patterns (on display at May meeting) then Helen discussed our next subject which is “Happiness is...” and we all look forward to seeing what we come up with. The next meeting will be at Pat’s home as normal

Joy

Ten Pin Bowling

Due to holidays etc we were only going to be five. However, we persuaded a new member to come along. June had not played for years but still managed a score of 102 – Well done June.

Tony Wilson beat his personal best with a score of 168. Good fun was had by all. Come and join us – you do not have to be good to play

Jill Burgess

Craft n Coffee

Due to windscreen repairs, illness and buses only 2 people attended this month. Jayne and Josie hopefully still enjoyed a coffee and natter. Next meeting is 24th June and hopefully we will be able to attend.

Joy

Art Group

Had a great session with Mel Henson this month painting Irises with collage. A most enjoyable session where we all had fun and very good end results. Our next session she will be showing us how to mix colours with Acrylic paints

Tessa

Fraud protection

Following the recent news about data breaches at online retailers, we understand you may be concerned about how criminals could use your information.

Generally, the information accessed is not enough, on its own, to let someone else get into your online accounts. It's also not usually enough to open bank accounts in your name or make a payment from, or get in to, your bank accounts.

However, we know from experience, that there can be a risk of criminals using this information for social engineering.

What is social engineering?

Criminals may contact you pretending to be someone or an organisation you trust, such as a retailer, a bank or the police.

They may use the information they've got criminally, from a data breach, to persuade you they're genuine. Remember these top tips to protect yourself against fraud.

How can I protect myself?

- Don't share any bank details, personal or security information with anyone on any calls, emails or messages, including One Time Passcodes (OTPs).
- Don't re-use passwords or PINs with other companies. Sometimes data breaches can include passwords so not re-using them helps avoid this risk.
- Your bank or the police will never ask you to move your money to keep it safe. If anyone asks you to do this, it's a scam.
- Be very wary of anybody unexpectedly contacting you. Telephone numbers, emails and messages can be faked (this is called 'spoofing') which can look genuine.

- Always check who you're speaking to. If you're not sure who's contacting you, a genuine person or company will have no issue with you calling back on a trusted number.

You should report any unusual activity or any concerns of fraud on any of your accounts to your bank straight away.

Sent in by Alan Bailey

WhatsApp Scam

This is scam started in 2016 but is apparently making a comeback. Be aware that if you use WhatsApp you may see a message inviting you to sign up for 'WhatsApp Gold' and look at a video called 'Martinnelli'. The video itself is a hoax and does not seem to exist but it provides you with a link to sign up. **DO NOT CLICK ON THE LINK.** Victims who do so are redirected to a fake page and their phone will become infected with malware.

Sent in by Alan Bailey

Do you like rock and roll? Do you enjoy live music? Why not come along to the Rifle Band Club in Havelock Street on the third Thursday of the month and enjoy an afternoon of free entertainment. They have a jam session for amateur musicians from 2 til 5 and it is a step back to the 60's. Anyone can come along and join in singing along or getting up to dance. Why not join us in an afternoon of nostalgia? Next session is 19 June. Hope to see you there!

Sylvia Dale

The Cransley Hospice Community Choir's Tenth Anniversary Summer Concert.

Friday 11th July 2025 at the Salvation Army Citadel, Rockingham Road, Kettering. Doors open at 7pm and the concert will commence at 7.30pm. Tickets are priced at £7 with an intermission for refreshments. Tickets can be purchased from the fundraisers office on 03000 274040 or the Cransley Hospice Shop, Dalkeith Place, Kettering on 01536 414343.

As always, all profits go directly to the hospice for the care of patients. Being our Tenth Anniversary, we really want to fill every available seat as we revisit old favourites, along with new songs, and raise as much money as is possible in support of the hospice.

Thanking you in anticipation

Delys Cooper

Lunch Club

The June Lunch Club will be at The Dukes in Woodford where we have been before. The date is Wednesday 18th June, time is 12.00 for 12.30. Menus and order forms will be available at the June meeting and you will need a £5 per person non-returnable cash deposit to book your meal. Lunch club is open to all members so we hope to see lots of you there.

Pat and Dai Johnson

Book Club

THE TAXIDERMIST'S DAUGHTER
author KATE MOSSE

The story is set in Sussex in 1912. The main character is Connie Gifford, daughter of a taxidermist. 10 years previously Connie witnessed a truly dreadful deed, but fell and the accident left her with no memory of it. Now, 10 years on, when the body of a young woman, who has been murdered, is found very near Connies home, it sparks memories from her past. The story leads up to the dreadful event of 10 years ago and all those involved. Revenge at its most brutal. Not for the faint hearted.

Cheryl Davies

If anyone would like an extra walk below is an invitation from our friends the Kettering Walking Group. Contact Jackie by email if you want to know more..

From Wanda and Bob

From: Kettering Walking
<U3AKettWalk@outlook.com>
Date: 29 May 2025 at 16:59:24 BST
Subject: U3A Walking Group

Sorry for the short notice of details of our next walk which will take place next Wednesday, 4th June.

Meet at East Carlton Country Park, LE16 8YF from 10a.m to start walking at 10.15a.m. Use car park on the left just through the gates.

The cafe in the park will be open for refreshments afterwards.

Please let me know if you are hoping to be there,

Jacky R

Dear Sir/Madam,

I hope this message finds you well.

I am currently leading a research project at the University of Oxford that I believe may be of interest to your members. The study, which has been approved by the University's Ethics Committee, explores the health and wellbeing of older adults who spent part of their childhood in residential or foster care.

I would be very grateful if you would consider sharing information about the project in your newsletter or via email with your members. If helpful, I can supply a poster and brief description that you're welcome to use in your communications.

If you would like more information or have any questions, I would be happy to arrange a phone call or Zoom meeting at your convenience.

Thank you for your time and consideration.

Best wishes,
Jono

Jonathan Taylor
Research, Nuffield Department of Population Health
Email: Jonathan.Taylor@NDPH.ox.ac.uk

MAY QUIZ ANSWERS

1. Harry Clark
2. Andrew "Freddie" Flintoff
3. Gary Lineker
4. Nicola Coughlan
5. Millie Gibson
6. Lennie James
7. Wicked
8. Tracy-Ann Oberman
9. Michael Sheen
10. Anna Maxwell Martin

JUNE QUIZ

1. Who was partnered with Chris McCausland in Strictly Come Dancing 2024?
2. Who wrote the second season of Bad Sisters on Apple TV+?
3. Who portrays the Duke of Norfolk in Wolf Hall: The Mirror and the Light?
4. Where were the 2024 Olympics hosted?
5. Which country won Eurovision 2024?
6. Which Stranger Things star played Emperor Geta in Gladiator II?
7. Who won 2023's Sports Personality of the Year?
8. What are the five colours of the Olympic rings?
9. At which venue is the British Grand Prix held?
10. In horse racing, the annual Cheltenham Gold Cup takes place in which month?

Activity Groups and Leaders

Day/Group	Leader	Telephone	Venue	Frequency	Time
Monday					
Art Group	Tessa Bellamy	07854 864632	St Andrews Church Hall	Weekly on Monday	2-4pm
Book Club	Margaret Turnbull	01536 511139	Village Hall Barton Seagrave	3 rd Monday	11.30 to 1.00pm
Camera Club (advanced)	Jenny Goddard Pat Johnson	01536 482972 07816 939198	Member's home (Ise Lodge)	Monday following Monthly meeting	2pm- 4pm
Mah Jongg/scrabble	Linda Law	01536 659091	Barton Seagrave Village Hall	2 nd & 4 th Monday	1.45 - 3.45
Play reading group	Rosalind Bridges	01536 741455	Venue and date vary	Normally 1 st Monday	2pm- 4pm
Recorder Group	Mary Cooper/ Sue Hartley	01536 420336/ 077871877 28	Member's home (St Mary's Road, London Road end)	Usually the 2 & 4 th Mondays but sometimes changed due to Bank Holidays or to suit group members	2.00- 3.00
Tuesday					
Camera Club (Beginners)	Pat Johnson	07816 939198	Member's house (Ise Lodge)	2 nd Tuesday	2pm
Ukelele Group	Alan Bailey	01933 350147	Member's house (Grosvenor Road, Barton Seagrave)	Fortnightly	10-12
Craft n Coffee	Joy Knight	07535 446758	Stirrup Cup Barton Seagrave	4 th Tuesday	10.30- 12
Wednesday					
Lunch Club	Pat & Dai Johnson	07816 939198	Varies	Alternative Months 3 rd Wednesday	12.00 for 12.30
Thursday					
Ten pin bowling	Dai Johnson	07816 939198	Thunder bowl	Following monthly meeting	12 midday
Coffee Morning	Sylvia Dale	07419 837379	Stirrup Cup Barton Seagrave	Every Thursday	10.00a m
Spanish	Pauline McCready	077315558 73	St Andrews Church Hall	Fortnightly	2-4pm
Short Walks	Wanda & Bob Moffatt	01536 659236	Varies	3 rd Thursday	10am
Friday					
Singing for Pleasure	Lynda Harris	01536 529410	St John's Church Hall	Fortnightly	10- 12.00

To enrol in any groups, please contact the Group Leaders. Coffee morning is the exception - anyone is welcome.

Trips

Day Trips

Theatre trips Jude Walker 07941 352190

Timings at the Eden Centre

Main meetings – 2nd Wednesday of the month at the Eden Centre

Doors open – 1.30

Chair's Chatter – 1.55

Speaker - 2pm

Raffle – 3pm

Finish – 3.15pm

To all members

If you are aware of anything affecting one of our members, such as important birthdays, anniversary or illness and feel that a card from the u3a would be appropriate, then please contact one of the committee.

Newsletter Editor - Joy Knight

07535 446758

Please send contributions by 5pm, 30th of the month to **joy.knight2@btinternet.com** If you can get them to me earlier, that would be appreciated as the newsletter fills up and it is often a job to get the last contribution in.

Webmaster

Alan Bailey

01933 350147

Safeguarding Officer

Bob Moffatt

01536 659236

Committee – 2024-2025

Chair	Penny Smith	07772 237077
Deputy Chair	Joy Knight	07535 446758
Treasurer No 1 a/c	Bob MacGregor	01536 483058
Treasurer No 2 a/c	Tessa Bellamy	07854 864632
Membership Secretary	Doreen Riley	01933 313173
Secretary	Jude Walker	07941 352190
Groups Co-ordinator	Joy Knight	07535 446758
Speaker Seeker	Penny Smith	07772 237077
General Duties	Anne Chandler	07734 963682
General Duties	Joan Bennett	07597 559055
Beacon Admin	Dave Walker	07910 224768

If anyone is interested in joining the committee you are welcome to attend a committee meeting as a visitor prior to joining. Please speak to Penny for details.