

Portsmouth **u3a** learn, laugh, live

18th October 2023 - Notices



Striders - Swanmore walk in March - crossing the river Meon

Committee – Portsdown u3a

Name	Position
Linda Hugo-Vieten	Chairman
Marion Emery	Vice Chairman
Tony Paul	Treasurer
Ann Riglin	Secretary
Peter Smith	Speaker Secretary
Sandra McTurk	Membership Secretary
Elizabeth Mitchell	Volunteer Coordinator
Susan Jenkins	Volunteer Coordinator
Linda Hugo-Vieten	Group Liaison

General Meetings

3rd Wednesday in the Month

Safety at CBC

- **Face covering** – optional - in venue
- **Social distancing** - tables and chairs will be laid out for socialising and safety
- **Sanitising** – stations around venue

Come and join us



General Meetings

3rd Wednesday in the Month

Refreshments

- Refreshments will be served in the **Front Hall** after the talk
- Tables and chairs will be laid out for socialising and comfort
- Gluten free will be included in the choices available
- A **donation** would be appreciated

Come and join us

What's On: Today @ Portsdown u3a

Pembrokeshire Coast

In the far south west corner of Wales lies Pembrokeshire's wild and rugged coast. Life on this ancient coastline is defined by the rhythm of the seasons and the power of the sea. Find out more . . .

Short Film – from BBC series



What's On: @ Portsdown u3a

Annual General Meeting

- **When** – Wednesday 18th October
- **Venue** – Cosham Baptist Church
- **Time** – 2:00pm
- **Cost** – Free
- **Details** – Events page
www.portsdownu3a.org.uk

See **Website** for more information



What's On: @ Portsdown u3a

Natural World

Short Film after AGM

- **When** – Wednesday 18th October
- **Venue** – Cosham Baptist Church
- **Time** – 2:00pm
- **Cost** – Free
- **Details** – Events page
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What's On: @ Portsdown u3a ANNUAL LECTURE

The Tower of London: A Beefeater's Story

Speaker – Alan Kingshott

- **When** – Wednesday 15th November
- **Venue** – Cosham Baptist Church
- **Time** – 2:00pm
- **Cost** – Free
- **Details** – Events page

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Forthcoming Events: @ Portsdown u3a

Annual Lecture - **Wednesday 15th November**

Winter Social - **Wednesday 20th December**
with Quiz and Refreshments

- **Venue** – **Cosham Baptist Church**
- **Time** – **2:00pm**
- **Cost** – **Free**
- **Details** – **Events page**

See **Website** for more information



What's **New** @ Portsdown u3a

Out & About Group

- **When** – Monthly - 3rd Monday
- **Time** – 2.15pm to 4.00pm
- **Where** – Red Lion, Cosham
- **Details** – see **website**: Out & About page
- **Group Leader** – Linda

Why not come along and see if the group is for you

Need more information - see Linda at monthly meetings or email contact@portsdownu3a.org.uk

See **Website** for more information



What's **New** @ Portsdown u3a

Morning Break

- **When** – Bi-monthly – 2nd Tues only
- **Time** – from 10.30am
- **Where** – Red Lion, Cosham
- **For** – New and existing members
- **Informal gathering** – To socialise
- **Guests welcome** – Bring a friend

More info - see Linda at monthly meeting or email contact@portsdownu3a.org.uk

See **Website** - more information soon



What's On @ Third Age Trust

u3a - Online Learning Events

Full range of National talks

- **When** – Monthly
- **Details** – on [Portsdown u3a website](#)
- **Link** – under **Latest News**: Home Page
- **Cost** – Free
- **Access** – via Zoom

See link below for more details –

<https://u3a.org.uk.events/educational-events>

Scams

The Do Not's

- Call a number you do not recognise
- Download software suggested by caller
- Give out your personal or bank details

The Do's

- If you are being **bullied** by caller; end call
- Report to Action Fraud – **0300 123 2040**
-- **actionfraud.police.uk**
- Contact bank – give details on call

See **Events**: Cybercrime Awareness Clinic - talk 15th June 2022



Notices

Availability

- **Website** - notices can be seen 24-72 hours after each General Meeting in the **News** menu on our website
- **Group Leaders** – please see notices on website for inclusion in your next meeting