

What's On

This **September newsletter** is sent to all members of the Matlock Area u3a who are registered as current members on the Beacon database and for whom we have an email address.

Please open the PDF version, there are a lot of photos this month which will only open in pdf.

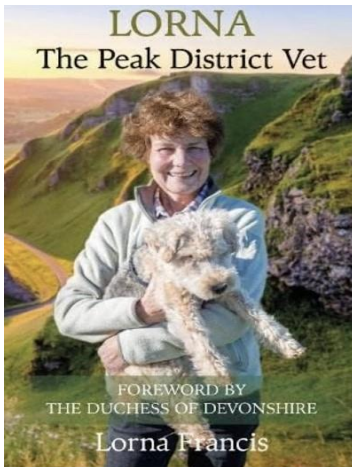
Coffee Mornings.

Our next coffee morning is on

**Monday September 4th at Matlock Football Club. DE4 3AR
10.30am.**

We will be having a talk from **Lorna Francis**, local vet and author.

Please put £1.00 in the honesty jar towards expenses.



***** **NOTE******* We are returning to our traditional venue of the football club. The entrance is the blue gates just by the new flats. There is parking round the rear of the club which is free, or it's a pleasant walk through the park from the bus station.

GROUPS NEWS

Archaeology Group

On Thursday 10th August Ray Essen and Anna Williams led the group through various sites in Lea Wood. Ray spoke about his involvement in a community archaeology project identifying Q pits from the 17th century onwards. He and Anna explained about the production of 'white wood coal' and its vital contribution to traditional lead smelting. The group were blessed with good weather and we finished our visit with drinks and snacks at High Peak junction cafe kiosk.



Our next site visit is to the Iron Age Fin Cop Hillfort on **Thursday 21st September**. We are meeting at 11am in Monsal Head car park. Please wear good walking shoes and boots, as it is a climb to the site of the hill fort and the ground is undulating. If you wish to attend, please let Cameron know by 17th September, new members are always welcome.

To find out more or to join the group please contact the co-ordinator [Cameron Butland](#)

Creative Writing

The Creative Writing group is about to be re-launched. Maybe under a different name of "Writing for Enjoyment", Are you interested in writing? Any type of writing?

Would you enjoy meeting with like-minded people once a month, in a positive and friendly atmosphere, to share your work and develop your skills?

Creative Writing is a broad church, so whether your main interest is in fiction, poetry, memoir, writing for children, or some other form of writing, or you just like the idea of trying out different forms and genres, it will probably fit our definition of 'creative'! Plus we hope it will be enjoyable - which is why we may change the name!

Because one of the main ways the group works is by writing to a topic or a theme, each person can develop their contribution around it in whatever form they choose. Much of the fun in the group is enjoying this variety, as we listen to each other's contribution and share our reactions.

The website has been appealing for a new coordinator or joint coordinator to work with Susan Tomlinson, whose admin skills recently held the fort.

Now, Andy has appeared, he has been a member of a writing group for a number of years and has recently moved to Matlock and is very keen to continue writing and to help the group re-launch.

We are aiming to re-start the group on Wednesday 4th October from 2-4pm, at a venue in central Matlock, thus keeping to the original dates and time of the group which is the 1st Wednesday of the month.

For more details please contact
Susan Tomlinson at: writers@matlockareau3a.org.uk

History 3



In August members of History Group 3 and partners met for their annual summer barbecue. It was a delightful afternoon enhanced by sunny weather and copious amounts of food and drink.

The group studies the nineteenth century and in September, in addition to the usual monthly meeting, will be taking their yearly field trip.

Contact: [John Entwistle](mailto:John.Entwistle@matlockareau3a.org.uk)

Mau3a NEWS

ICE Cards

There have been a couple of instances recently where people have been taken ill at meetings. Following discussion with the ambulance service and at committee we have printed some ICE (In Case Emergency) cards. We are aware that some people keep this sort of information on their phones, but are also aware that many of us do not know how to access it on someone else's phone! Coordinators have copies of these to give out (available from Hilary Essen) and we shall have them available at the coffee morning. You can keep them in your phone or bag, and can have more than one if you wish.

Yellow Jackets



On a similar note, the committee have purchased a selection of these yellow jackets in assorted sizes, modelled here by yours truly at the gardening groups recent visit to the magnificent hydrangea collection at Darley Abbey.

The idea is that new visitors to a group will be able to easily identify the group and its leader, and that walking groups will be able to have a front and back marker.

The suggestion of a calendar by the 12 members of the committee wearing nothing but the yellow jackets was, however, roundly rejected!

They are available from me ... chair@matlock-areau3a.org.uk and I will bring them to the coffee morning.

Walk and Talk Events

Derbyshire u3a Network Events

There are two further Walk and Talk Events in September, **booking is essential.**

Wirksworth u3a

Discover the curious, quirky and sometimes contentious history of Wirksworth in a walk which explores some hidden corners and puzzling paths. (Please be aware that Wirksworth is hilly and those with mobility problems may find parts of the route challenging.)

Date Saturday 23rd September

Time 10.30am

Place Heritage Centre, St.John's Street*

Max. number 15

Cost None

Contact Sheila Harding

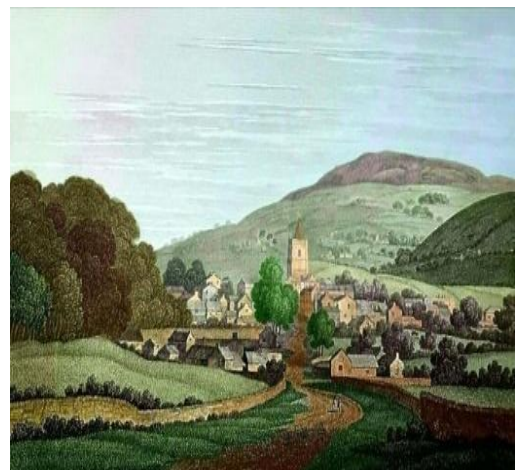
email harding.sheila@w3z.co.uk

Car parks: Pay & Display Old Market Place or Barmote Court

Free parking: Old Lane or Harrison Street

Matlock u3a

Approximately 2.5 mile stroll around Matlock Bath, looking at the history of the area with reference to buildings no longer there. The route is mostly flat, with a short, steep, uphill walk, and a gentler downhill walk.





Date Monday 25th September Time 10.00 – 12.00

Place Matlock Bath Station. Pay and display car park

Cost None

Contact Susan Tomlinson

email susan@dxmedia.co.uk

Numerous cafes & restaurants

Coming soon!

The Network Walking Week – Sunday 1st - Saturday 7th October

The following Derbyshire u3as will be inviting walking members to join their walk during that week:

Ripley u3a; Wirksworth u3a; Belper u3a; Chesterfield u3a and Matlock Area u3a

Further details will be available early September.

FOR INFORMATION/ INTEREST

Sight loss awareness training

Simon Mahoney, the blind veteran who came to talk to us at the July coffee morning is running a training day for Connex the local volunteer organization. It will be covering a range of topics which are essential knowledge **for any one either beginning to lose their sight or starting to look after someone who is.**

It is the type of training which is not available anywhere else and is heavily slanted towards practical work.

He is offering Matlock Area u3a 2 places on this course at **Ashbourne on 12th October.**

It will run from 10.00 to 15.00. Lunch is provided and there is no charge.

Contact him by email: simonmahoney3@hotmail.co.uk

Walking Cricket

I know an attempt was made to get a u3a walking cricket group going, but here is one up and running through Derbyshire Cricket Foundation.

You are welcome to join the weekly walking cricket session we run at The Whitworth, Darley Dale, every Friday 10-11:30. These sessions are specifically aimed at those ladies and gentlemen who are looking to keep physically and socially active. We welcome all abilities, from those who are beginners right through to those who are well seasoned in the sport. Our sessions are lively, friendly with a focus on enjoyment rather than hard and fast rules as well as a lovely cup of tea or coffee afterwards. The group will be

taking a break over August but back the first week in September. If you are interested please get in touch with me, lucy.miller@dcfcricket.com, and visit the website at <https://dcfcricket.com/projects/walking-cricket/>.

THIS IS NOT A Matlock Area u3a group.

Scams and Hacking

As those of you who received an email from someone **purporting** to be me may be aware, my personal email account was hacked recently. One of the main reasons the u3a now uses Beacon is to protect personal data, but as chair I like to be accessible, so I do put my personal details out there.

Unfortunately I had not tidied up my old email account that I used to use as coordinator of the garden group. I have had to change all my passwords and clean up all the data on my computer. Research showed the emails originated in Nigeria!

Even more unfortunately some people have been drawn into the scam and have sent money to the sob story that clicking the link on the email generated, and of course their email is now compromised.

Some lessons to be learned:

- These hackers are very clever, my password was complicated, the story was devious. The spelling and punctuation was poor, but then mine is not brilliant!
- NEVER send money or buy gift cards (this is the latest ruse because there is no come back at the bank) for anyone whom you have not personally talked to.
- When you send emails to multiple people use bcc (blind copy) so that their emails are not visible (coordinators especially note ...or use beacon)
- Be aware ... they are always looking for a chink they can exploit!

KEEP SAFE!

