

Please send your contributions to David: wbu3aeditor@gmail.com. The deadline for the next edition is 11th August.

Our website address is: westbridgford.u3asite.uk This address has links to all copies of Highlights, Notts Network Newsbites and the Third Age Trust updates as well as other relevant publications.

Open Meeting on Thursday 24th July

Chrissie Wells - Managing a Beautiful Nature Reserve.

The Open Meeting is held at the West Bridgford Baptist Church on Melton Road. Doors open at 1.30pm for tea/coffee and group tables. The talk will start at 2.30pm.

----- There will be no Open Meeting in August. -----

Just Joe



Hello again, everyone.

Last month Eric Newton gave the talk at our Open Meeting. He was remarkable! Now 85, he had had a fascinating life, moving between various jobs and adventures, linked by an ongoing ability to play the clarinet both in bands and as a busker. He had made a lifelong friend simply by experimenting with Subscriber Trunk Dialling to Australia and talking to a random Aussie! He made my own career path seem very dull by comparison.



As I write this the latest heatwave is coming to an end. When I first started teaching about the atmospheric environment at Nottingham University in the 1980s, climate change (which used to be called global warming) was just becoming a news item. There was a prolonged and sometimes heated debate between the believers (almost everyone in the scientific community) and the deniers. That debate is pretty much over, due to the remorseless changes in global climate that have been evident since then. The changes weren't really a surprise – even in the 19th century scientists such as Tyndall had shown, by what would nowadays be regarded as back-of-the-envelope calculations, that doubling the carbon dioxide concentration would increase atmospheric temperature by 2-4 C. Despite these changes, I am not a doom-monger for our future, because I expect that humanity will adapt as the climate evolves.

Recently I saw a quote from Liz Kendall, the Work and Pensions Secretary, saying that she “*would never resile from difficult decisions*”. I had never seen or heard the word *resile* before, so I looked it up. It has the same root as resilient and means to jump back. Interesting that resilient is used in a positive sense (will spring back), but resile in a negative sense (withdraw from).



Joe Colls
July 2025



Local History group



This month 16 of us visited the Bosworth Battlefield Heritage Centre. We had a really interesting visit to the exhibition, followed by a tour by our guide, Michael, of what was originally thought to be the battlefield. The fact that we now know the battle took place a little way away, over the valley, did not dim our enjoyment!

July activity - Heritage Talk: Rogues, Vagabonds or Heroes? The Story of the Rufford Park Poachers - Beeston Library. 16th July at 2pm. £3 each.

We need to book individually, so go to <https://www.inspireculture.org.uk/whats-on/events/rogues-vagabonds-or-heroes-beeston/> and book yourselves on. Don't delay though, as places are limited!

Life for working class families in the early years of Queen Victoria's reign was anything but easy. This talk by local historian Sam Millard tells of a violent clash between poachers and gamekeepers on the Rufford Abbey estate.

August - we are having a break, so no trip this month!

September - a date for your diaries - on Wednesday, 17th September we are doing a historical walking tour of West Bridgford. Approx 1 hr long. Details to follow.

--

Yvonne Haynes

Tai Chi _____



From Sept 9th the Tai Chi groups are moving to a larger venue, so the groups have grown in membership. The Beginners group is already full but there is still room for more Improvers. A small fee is paid on the door to cover the room hire cost.

Tai chi, an ancient Chinese exercise, is performed as gentle, low-impact movement in which practitioners perform a series of deliberate, flowing motions while focusing on deep, slow breaths. Our trainer is Judy Hassan.

Both groups will be meeting for an hour at the Julian Cahn Pavilion, Loughborough Road every Tuesday. The Beginners starting at 11:30am and The Improvers at 12:30pm.

If you have some experience of Tai Chi, please contact [Lynne Tidmarsh](#) to join the Improvers. Places allocated on first come, first served basis.

<p>Theatre Visit to Nottingham Playhouse 'To Kill a Mockingbird'</p> <p>Thursday 16 October 2025. 1.30pm. £27.50</p> <p>An award-winning stage adaptation of the seminal American novel comes to Nottingham following a West-End and Broadway run</p> <p>If you are interested, please contact Louise Carney on 0115 9817589 or lcarneyhall@gmail.com</p>	<p>Summer Activity Programme</p> <p>As many of the groups do not run in August, we have decided to run a small activity programme, at the Baptist Church, on Wednesday afternoons in August, from 2pm till 4pm. You are welcome to come along at any time you like and stay as long as you wish. It's all free to attend, and refreshments will be provided. Maybe pop in and try something new!</p> <p>The dates and activities are as follows:</p> <p>Wed Aug 6 - Table Tennis Wed Aug 13 - Card Games and Rummikub Wed Aug 20 - Quiz Wed Aug 27 - Singing For Fun</p>
--	---

Mobile security – SIM swap fraud _____



Instances of this type of cyberfraud have grown over 1000% over the past two years!

SIM-swap fraud (also known as SIM hijacking) is a type of identity theft where a scammer tricks your mobile network into transferring your phone number to a SIM card they control. Once they have control of your number, they can intercept calls and texts — including two-factor authentication (2FA) codes — and potentially gain access to your email, bank accounts, crypto wallets, and more.

How SIM-Swap Fraud Works:

1. **Gathering Personal Info:**
 - Scammers collect information about you (name, phone number, address, date of birth, etc.) via phishing emails, social media, data breaches, or public profiles.
2. **Contacting Your Mobile Network:**
 - The attacker impersonates you and contacts your phone network provider (via customer service or online).
 - They claim their phone was lost or stolen and request that your number be transferred to a new SIM card.
3. **SIM Card Switched:**
 - If successful, the attacker receives control of your number.
 - Your real SIM stops working, and your phone loses signal.
4. **Account Takeover:**
 - The attacker uses your phone number to receive 2FA codes.
 - They reset passwords and access your sensitive accounts (email, banking, social media, etc.).

How to Protect Yourself:

1. Use App-Based Two-Factor Authentication

- Prefer [authenticator apps](#) (e.g., Google Authenticator, Microsoft Authenticator) over text message (SMS) based 2FA.
- This prevents attackers from using your phone number to get codes.

2. Set a Strong PIN/Password on Your Mobile Account

- Add a **PIN or passcode** to your mobile phone account.
- This makes it harder for attackers to impersonate you when calling your carrier.

3. Be Wary of Phishing

- Don't click on suspicious links in texts or emails.
- Scammers often phish to get enough info to impersonate you with your carrier.

4. Limit Personal Info Online

- Avoid oversharing personal information (like your birthday, address, or pet names) on social media — this info can be used to answer security questions.

5. Use a Provider with Better Security

- Some networks offer enhanced protection
- Enable any such features your mobile network provides.

6. Monitor Your Phone Activity

- Sudden loss of service can be a red flag.
- **If your phone suddenly stops receiving calls or texts, contact your provider immediately.**

Signs You've Been SIM-Swapped:

- Your phone shows "**No service**" or "**Emergency calls only**" unexpectedly.
- You stop receiving calls/texts.
- You receive alerts for password resets you didn't initiate.
- You're locked out of accounts tied to your phone number.

If you're a victim, act quickly:

1. Contact your mobile network immediately.
2. Notify your banks and any affected services.
3. Change passwords and 2FA settings.
4. File a police report and report to the [UK cybercrime unit](#) (no urgency on this one)

You could also sign up to the [Which Scam Alerts service](#) - it's free

Guitar Fun Strummers

Guitar Fun Strummers get a change of venue.

After a year at their previous venue, these hardy strummers have ventured to a new exciting venue for their strumming sessions. Founded over three years ago, the group is now based at Abbey Park Community Centre, off Buckfast Way, near Abbey Road in West Bridgford. They meet on alternate Thursdays (11.00 - 1.00) for two hours of guitar fun, playing a wide variety of songs from the 50's to present day. The emphasis is on playing and singing together as a group. Singing is optional, but having fun is essential!

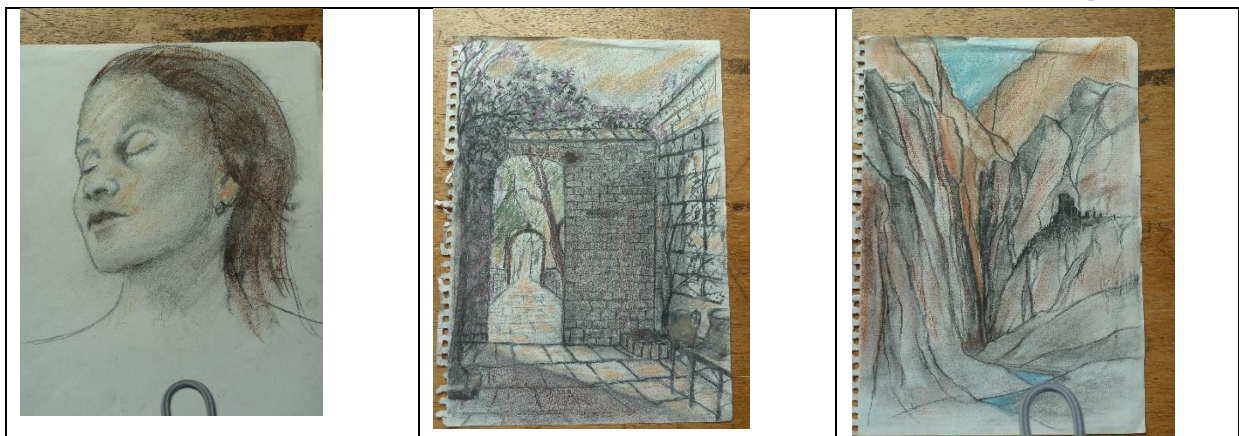
Members have a mix of playing and technical abilities and all share a common aim of playing guitar together for fun and to extend their range of songs and playing proficiency. Members are encouraged to make song suggestions, and the group now have a play book of some 300 songs!

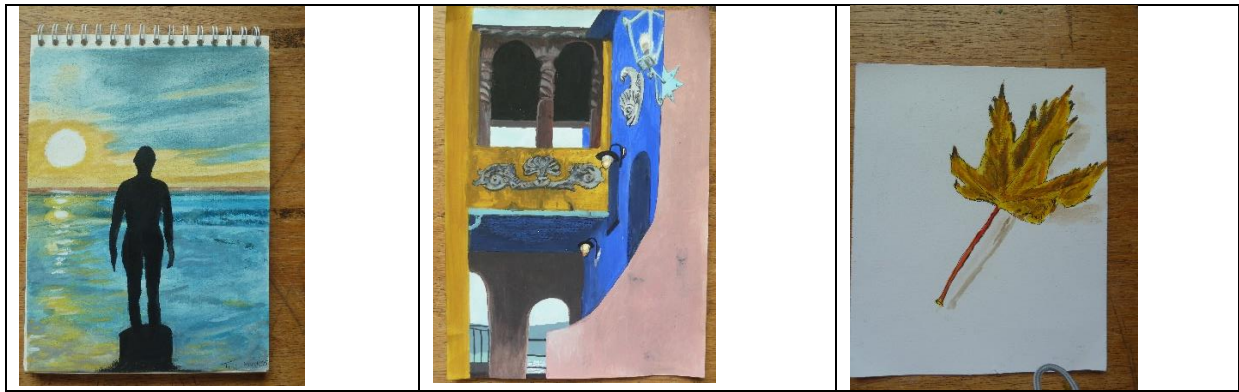


Is your guitar gathering dust? Do you play guitar on your own, perhaps consider yourself still a bit of a beginner, but wish you could strum along within a group? Want to play guitar and socialise with like-minded musicians in a relaxed environment? Then this could be the answer! Contact Gordon - Mob 0779 693 4365. A warm welcome awaits!



Thursday Art Group





Ringing the changes – a trip to Taylor’s bellfoundry!

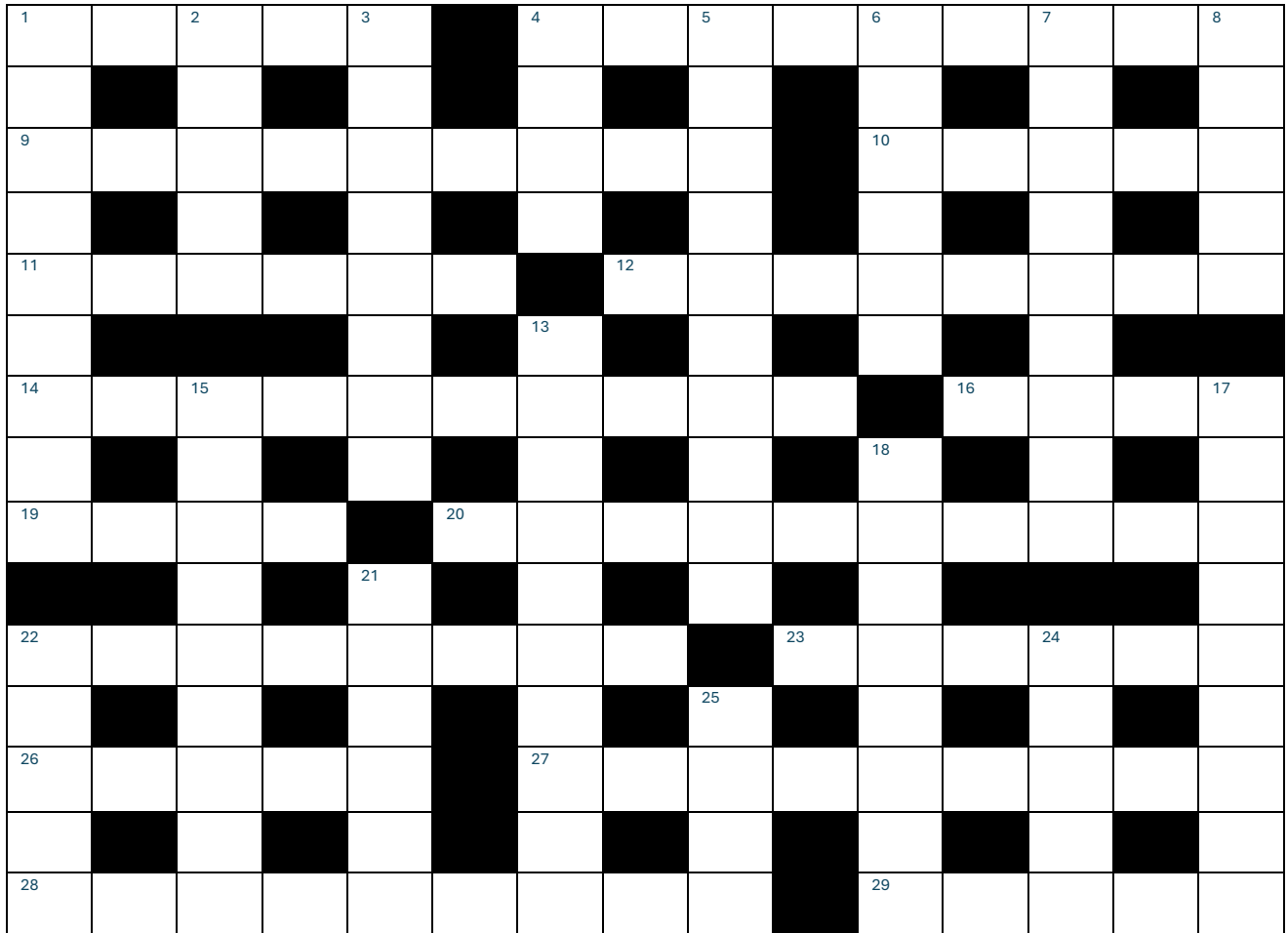
The Taylor’s Bellfoundry in Loughborough is the last working bellfoundry in the country, and on May 29 a group of 18 West Bridgford u3a members had a fascinating tour of the place. Tucked in a residential area, the foundry dates to the 1850s, and was originally positioned in Loughborough because of its ease of access to rail and canal transportation. The tour gave us a full history of the foundry, including the fact that it originally pitched to make the bell for Big Ben. In the end the commission went to a foundry in Whitechapel. That turned out to be a mistake because Whitechapel didn’t have the capacity to make such a big bell, so it ended up being made by a foundry in Germany. Sadly the bell cracked (twice) and that is what gives the chimes of Big Ben its distinctive sound. As well as seeing how the bells are cast, and the work that goes into mounting the bells, we also saw how they are tuned. The foundry makes bells for all over the world, although some of its biggest bells, like Big Paul in St. Paul’s Cathedral in London, are in the UK.

Taylor’s has been updated since the last WB u3a visit a few years ago. There is now a lovely outdoor area at the back of the foundry, and a pleasant museum and gift shop.

All in all the visit was a ringing success, and everyone felt it had been an informative and very enjoyable afternoon.



Sinclair's Crossword



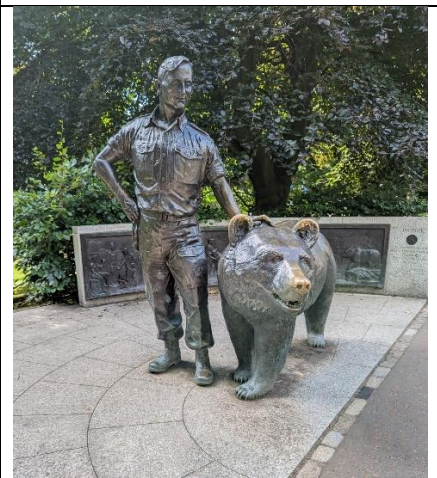
Across.

1. Clean or clear a room (5)
4. Footwear with long tapering heels (9)
9. Oslo resident (9)
10. Bell sound (5)
11. Where pupils are (2,4)
12. Belief (8)
14. Equal in value or amount (10)
16. Intellect; object to? (4)
19. Neat, orderly (4)
20. Dawdle, loiter (5-5)
22. Aimed at (8)
23. Fit for a person noted for courage (6)
26. Get up (5)
27. Central & South American mammal with bony plated body (9)
28. What has gone before (9)
29. Piece of metal awarded to a serviceman or athlete (5).

Down.

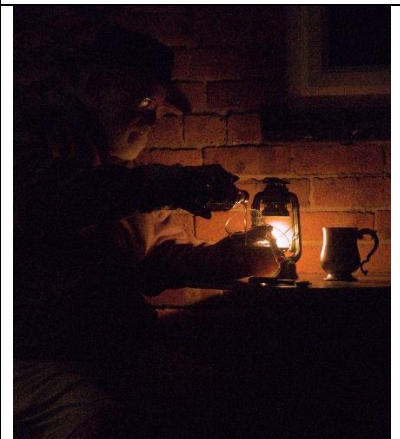
1. Emotional feelings (9)
2. Eagle's nest (5)
3. Keep safe, jam (8)
4. Make dirty, tarnish (4)
5. Unknowingly (10)
6. Portuguese former currency (6)
7. Occurring every 3 years (9)
8. Locality of an event (5)
13. Unable to read & write (10)
15. Means of emphasising a word (9)
17. Educational institution for pupils living at home (3,6)
18. Appendix or other additions at end of a book (8)
21. Calm, tranquil (6)
22. Walk heavily and firmly (5)
24. Lubricated (5)
25. Leave undone (4).

Photography group



**This month's topic is glass and metal
(more in next month's issue)**

Pictures are by Sue, Rachel, Laraine, Kathryn, Judy, Lynne, Christine, John, Keith, Peter, Clifford and Mick



Bird Watching group _____



For visits with our expert there is a charge of £33 for a full day. For all visits we provide our own or share transport. For longer trips with our expert we expect passengers to pay the driver £5 to cover their motoring costs. For some sites there is also an entry charge. Please book in advance. Final details will be emailed a week before each visit. If the weather forecast is bad, trips will be cancelled 48 hours in advance and any money refunded.

For half-day local trips, we will meet at the location at 9:30am, on the longer day trips we will meet at 9:45am at the location. On day trips we will leave the site by 4pm.

Date	Location	Leader	Charge
Monday 28th July	Rutland Egleton	With Professional Expert	£33
Monday 11th August	Frampton Marsh	Led by members of the Group	No Charge
Monday 8th Sept	Skylarks (to be confirmed)	Led by members of the Group	No Charge
Tues 23 to Thu 25 Sept, 2-night stay	North Norfolk coast Fully Booked	Led by members of the Group	Hotel cost, entrance/car park fees

For more information contact: Lynne Tidmarsh 07811 707868, Jim Connell 07891 718692 or Simon Young 07779 24753



Orienteering Walking _____

Spring Walk Dates and Locations:

Tuesday July 22nd - **Ruddington, Wilford Hill & Sharpill Woods** - "VOC" Course - Lunch @ Notcutts

Tuesday 26th August - **Foxton Locks & Village, Leics** - a "SPY Trail Format" - Lunch @ Foxton Locks Inn

Tuesday 23rd September - **Swadlincote Woodlands, Derbyshire** - Lunch @ The Greyhound Inn, Woodville

Notes:

1. The July walk meet time will be 0945 for a 1015 walk start, due to walk location proximity. The August & September Walk Meet Times will be 1015 for a 1030 walk start.
2. New members, irrespective of prior orienteering experience, are welcome to join the group.
3. Walk location & details are subject to change, potentially at short notice if weather related.
4. All walks are Permanent Orienteering Courses ("POC's) unless stated or implied otherwise.
5. "VOC's" are Smart Phone APP based (Virtual) Orienteering Courses
6. For more information &/or to join the group's email distribution list, contact **John** on **07721 538057** or email **jpicklesclifton@aol.com**

Peak District Walking group _____



The U3A Peak District Walking Group organises walks on the first Thursday of each month. Members provide their own transport or share with others. An email sent out a week before each walk will provide detailed arrangements. Please dress for the weather and wear boots.

Programme: July to December 2025

Date	Walking from	Walking through ...	Leader	Distance (miles)
7 th August	Ilam	Dovedale, Hall Dale & Buster Hill	David	6
4 th September	Castleton	Hope Valley, Edale Ridge & Winnats Pass	John	6.5
2 nd October	Rowsley	Rowsley Wood, Rabbit Warren, Beeley	Maureen	6.75
6 th November	Wyedale Cr Park	Wyedale, Flag Dale, Millers Dale & Monsal Trail	John	5.5
4 th December	Rowsley	River Derwent & Chatsworth Park	Pete	5

If you are interested please contact **Pete**: Mobile 07828 647221
or email peter.elderton@live.co.uk

Cycling group _____



Ride Programme: July to December 2025

Date (Fridays)	Ride	Miles	Leader	Phone	Start Point
25 th July	Tissington and High Peak Trails	28	Graham & Christine	07803 123339	Carsington Water
8 th August	Chesterfield to Rother Valley	26	Hugh & Di	07880 962135	Chesterfield Station
22 nd August	Rutland Water	18	Pete	07828 647221	Rutland Nursery
12 th Sept	Whisby to Lincoln	20	Graham & Christine	07803 123339	Whisby
26 th Sept	Newark to J & J Alpaca Farm Dry Doddington	17	Hugh & Di	07880 962135	Newark
10 th October	Bestwood to Newstead Abbey	17	Pete	07828 647221	Bestwood Park
24 th October	Southwell to Sherwood Pines	27	Graham & Christine	07803 123339	Southwell
14 th Nov	Erewash Valley & Bennerley Viaduct	18	Hugh & Di	07880 962135	To be confirmed

28 th Nov	Gunthorpe via Colwick Park	17	Pete	07828 647221	Welbeck Road West Bridgford
12 th Dec	Clifton Grove to Rushcliffe CP & Christmas meal	14	Pete	07828 647221	Welbeck Road West Bridgford

All rides start at 10.00am

The Group continue to cycle on the second and fourth Friday each month. More details on all rides, including where to meet, will be emailed before each ride. Please let the Ride Leader know in advance that you will be coming and bring your Membership Card and Personal Medical Form. **Pete Elderton 07828 647221 Graham Wood 07803 123339**

Groups timetable __ recent updates are highlighted

	Day	Venue	When	Leader	Phone	Status
AM	Monday					
	Bird Watching	V	1 st /3 rd Mon	Lynne Jim Simon	07811707868 07891718692 07779247532	
Circa 8.45	Orienteering Walking	V	3 rd Mon or 3 rd /4 th Tue	John	07721538057	
10.00	Zumba	BC	Weekly	Joan	07847209399	
PM	Monday					
2.00	Art Appreciation	BC	1 st Mon	Carol	07419317738	
2.00	Card Games	MH	2 nd Mon	Janet/Paul	01159231352	
2.00	Discussion Group	MH	2 nd Mon	Gary	07803504006	
2.00	Finding Out About Music	LH	1 st Mon	Diana	07736943339	
2.00	History	BC	4 th Mon	Carol	07419317738	
2.00	Wine Appreciation	MH	1 st Mon	Rod	01159232019	
	Spanish Conversation	MH/Z	Every Mon	Ewa	07740347756	Wait list
AM	Tuesday					
10.00	Greeting Cards	BC	2 nd Tue	Joan	01159818477	
10.00	Painting and Drawing	BC	Alt weeks	Pam	01156489365	
10.00	Yoga Type Exercise	MCH	Weekly	Julie	07729360083	Wait list
11.15	Tai Chi Beginners	WH	Weekly	Rachel	07793243274	Full
PM	Tuesday					
12.15	Tai Chi Improvers	WH	Weekly	Lynne	07811707868	
2.00	Knit and Natter	ST	1 st & 3 rd Tue	Joan	07847209399	
2.00	Photography	BC	1 st Tue	Paco	01159233109	Wait list

2.00	Quiz	TM	4 th Tue	Louise	01159817589	
2.00	Beginners Bridge	BC	Weekly	Ron	01159234176	
2.30	Cryptic Crosswords	TM	1 st & 3 rd Tue	Stephen	01159140255	
Eve	Silent Films	MH	1 st & 3 rd Tue	Ed	07890009443	
AM	Wednesday					
10.30	Short Walks	V	2 nd & 4 th Wed	Christine	07434614890	
PM	Wednesday					
	Book Group 1	MH	3 rd Wed	Liz	01159145642	Wait list
	French	Z	Alt weeks	Anne	07974706281	
	Local History	V		Yvonne	07746668469	
	Lunch Club	V	Alt Wed			Full
1.00	Murder Most Foul	P&P	4 th Wed	Laraine	01159235361	Wait list
2.00	International Folk Dancing	BC	1 st & 3 rd Wed	Joan	07847209399	
2.00	Table Tennis	BC	2 nd & 4 th Wed	Glenys	01158370932	Wait list
2.30	Badminton	RA	Wed	Chris Phil	07941509357 07505513556	Wait list
AM	Thursday					
	Guitar Group 1	MH	Alt Thu	David	07990654643	
	Hiking	V	3 rd Thu	Kevin	07981516719	
	Peak District Walking	V	1 st Thu	Pete John	07828647221 07721538057	
10.00	Family History	BC	3 rd Thu	Julie	07729360083	
10.00	Mah Jong	MC	1 st & 3 rd Thu	Glynis	07504246410	
10.00	Painting & Drawing	BC	Alt Thu	Ron	01159234176	
10.00	Poetry	MC	2 nd Thu	Joan	07881718784	
11.00	Guitar Fun Strummers	MCH	Alt Thu	Gordon	07796934365	
PM	Thursday					
	Book Group 3	SH	2 nd Thu	Fran	01158789790	
	Book Group 4	Z	1 st Thu	Sue Jolley	0115 8465037	
	Guitar (beginners)	MH	Alt Thu	David	07970059525	
1.30	TED Talks Discussion	BC	2 nd Thu	Pat	01159146670	
2.00	Remarkable Women	BC	3 rd Thu	Pat	01159146670	
2.00	Scrabble	TM	2 nd & 4 th Thu	June		
2:00	Ukelele	BC	2 nd & 3 rd Thu	David	07771515810	
7.30	Film Group	Z	4 th Thu	Joe	07760458791	
AM	Friday					
	Longer walks (5-6 miles)	V	1 st Fri	Keith	07778783217	

	Longer walks (5-6 miles)	V	3 rd Fri	Liz	01159231605	
10.00	Cycling	V	2 nd & 4 th Fri	Pete	07828647221	
10.15	Singing For Fun	BC	2 nd & 4 th Fri	Sue	07900886765	
PM	Friday					
2.00	Rummikub	BC	1 st & 3 rd Fri	Trish	07961024931	
2.00	Science for Everyone	BC	Last Fri	Peter	07745995735	
	Saturday					
	Holiday Group		1 st Sat	Penny	01159233384	

The information above may change, you may also check the [Groups page on our website](#). For up-to-date details about any group please phone the named contact.

Key to venues:

BC – Baptist Church	JCP – Julian Cahn Pavilion	MCH - WB Methodist Church	MC – Marlborough Court
LH – Leader’s home	MH – Member’s home	PH – Paxdien Hall	P&P – Poppy and Pint
RA – Rushcliffe Arena	SH – Scout Hut	ST - Stratford Haven	SW – St Wilfrid’s Church
TM – Test Match	V – Various	WH – Wightman Hall	Z – Zoom



2025 Speakers and Subjects _____

Month	Date	Speaker and title of talk
July	24 July	Chrissie Wells - Sharpill Woods
September	25 September	Judith Hedley - 1816 - The Year without a Summer
October	23 October	Gareth Howell - Medieval Medicine: superstition and science
November	27 November	The Workhouse Storytellers -Tales of Southwell Workhouse
December	18 December	Andy Sharp - The History of Nottingham Theatre




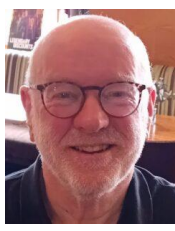

Please check the [website](#) as the above information may occasionally have to change due to unforeseen circumstances.

Crossword solution:

Across: 1.Sweep 4.Stiletto 9.Norwegian 10.Chime 11. In eyes 12.Credence
14.Equivalent 16.Mind 19.Tidy 20.Dilly-Dally 22.Targeted 23.Heroic 26.Arise 27.Armadillo
28.Precedent 29.Medal.

Down: 1.Sentiment 2.Eyrie 3.Preserve 4.Soil 5.Ignorantly 6.Escudo 7.Triennial 8.Scene
13.Illiterate 15.Underline 17.Day School 18.Addendum 21.Serene 22.Tramp 24.Oiled
25.Omit.

Your West Bridgford u3a Committee

			
Joe Chair	Peter Vice Chair & Tech Support	Kathryn Vice Chair & Groups Co-ordinator	Yvonne Secretary
			
Martin Treasurer	John Membership Secretary	Carole Refreshments and Social	Rachel Welcome Team
			
Louise Social Events	Brendan Committee Member	Paco Committee Member	Trish Committee Member

Email contacts:

Joe	wbu3achair@gmail.com	Carole	wbu3aexec2@gmail.com
Peter	wbu3atech2@gmail.com	Rachel	wbu3aexec4@gmail.com
Kathryn	wbu3agroups1@gmail.com	Louise	wbu3aexec3@gmail.com
Yvonne	wbu3asec@gmail.com	Brendan	wbu3aexec5@gmail.com
Martin	wbu3atreasurer@gmail.com	Paco	wbu3aexec1@gmail.com
John	wbu3amem@gmail.com	Trish	wbu3aexec6@gmail.com
General Enquiries		wbu3aenquiries@gmail.com	
		Voicemail: 0115 871 1810.	
Editor - David		wbu3aeditor@gmail.com	
Tech Support & Beacon Admin - Clare		wbu3atech@gmail.com	