

## Update March & April 2026

### Welcome from your Committee

#### First Aid training

We are planning a First Aid training course probably in April or May. It will be a Basic Life Support course lasting three hours run by Heart First Aid, a company based in Southwick. It will be on a Saturday, am. or pm. depending on availability of a local venue.

The course will include: What is First Aid, Action in an Emergency, Primary survey & secondary assessment, Resuscitation & AED (using a defibrillator), Choking.

If interested, please email [Christine Hooper](#). Numbers are limited so it will be 'first come first served'. Members who attended this course in March last year will not need a refresher this year.

#### Keeping safe online

Scam emails circulate regularly and you may even receive them from members whose personal email accounts have been hacked. If you receive something from a contact and it seems suspicious or out of character, give the person a ring to see if they sent it.

Preston Park u3a keeps your contact details confidential in our password protected Beacon system, which only your Group Leaders and Committee members can access. We use Beacon for mailouts and encourage Group Leaders to use it rather than personal email to email their group members, to help keep everyone's data secure.

If your email account is hacked, you can:

- Change your email password or, if you don't already have one, create one right away.
- Run a full antivirus scan on your computer. If you don't have antivirus software, Windows includes a built in option: Microsoft Defender Antivirus.
- Consider dropping a short message to your contacts to warn them of possible spam emails purporting to be from you.

There is plenty of information available from government and reputable organisations on how to avoid scams, protect yourself and your devices from hacking and stay safe online. For example:

- *National Cyber Security Centre*: [Cyber Aware - Take your email security to another level NCSC.GOV.UK](#) and [Cyber security advice for you & your family - NCSC.GOV.UK](#)
- *Get Safe Online*: [Spam, Scam and Fake Email - Get Safe Online](#)
- *Age UK*: [How to stay safe online as an older person | Age UK](#), a section of its comprehensive guidance on [Internet and technology learning for older people | Age UK](#)
- *Brighton & Hove City Council* also offers support in using a computer or another digital device and improving your online skills: see [Digital inclusion](#).
- The February edition of the u3a member magazine '*u3a matters*' also has an article 'Wise up to fraud' on page 33.

Preston Park u3a can't provide help or personal advice, but here are some practical suggestions to keep your email account secure:

### **1. Use strong, unique passwords for every account**

Your email password is effectively the master key to your digital life. If someone gains access, they can reset passwords for shopping sites, banking, and social media. Protect it with a strong, unique password.

### **2. Turn on two-factor authentication (2FA)**

2FA adds an essential second layer of protection by requiring a one-time code from an app or hardware key, even if someone steals your password.

### **3. Be cautious with unexpected emails**

Phishing scams often mimic trusted brands or familiar names. Warning signs include urgent language, spelling mistakes, unusual attachments, or unexpected requests for personal information. Hover over links to check the real URL before clicking. If something feels wrong, it probably is.

### **4. Keep your devices and apps up to date**

Regular updates close security gaps. Enable automatic updates whenever possible so you don't miss important patches.

## 5. **Use antivirus software**

A reliable antivirus program is your first line of defence against malware. Keep it updated and scan any attachments before opening them.

## 6. **Use your junk mail filter**

Most email services include spam filtering. Messages that land in the junk folder are often suspicious — treat them with caution.

## 7. **If you're still using Windows 10, consider upgrading**

Windows 10 is no longer receiving full support, which increases security risks. Moving to a supported version of Windows or an alternative will help keep your system safer.

# What's on in March and April

## **New Members' Tea – 4th March at 3pm**

Recently joined members who have not yet attended a New Members' Tea or Drink are most welcome to meet us for a cup of tea and slice of cake, along with other new members like you. You will be able to find out more about the activities we offer and ask Committee members any questions about our u3a.

Contact New Members' Friend [Sarah Richardson](#) to let her know if you can attend. Bring your smartphone or tablet, if you have one, and we'll show you how to put your name down for our groups.

## **Monthly Meeting – Thursday 5th March at 2.15pm**

Tony Pratt of the **Wey & Arun Canal** Trust will give us a brief history of this important link in the inland waterway route from Portsmouth to London. The talk will include old maps, photographs and film clips plus latest developments and future plans.

Doors open at Knoyle Hall at 1.45pm and the talk starts at 2.15pm. Come earlier if you can help carry and set up chairs before and after the meeting or help in the kitchen. Please help retain heat in the hall by closing the doors behind you when entering.

Bring £1.50 in cash to cover meeting and refreshment costs. And cash if you wish to buy Caroline Beebe's Easter cards and knitted Easter chicks stuffed with a creme egg, with all proceeds to charity.

## **Guided tour of the Old Bailey - Saturday 7th March**



[Heritage Visits](#) trip by rail to Blackfriars then short walk. Cost £35. Spaces available for a 90 minute guided tour by a City of London guide at 2pm. Email Group Leader [John Colman](#) or phone him on 07710 298221 to book a place. Open to all members.

## **u3a Pub Quiz - Tuesday 10th March (new date) at 2.30pm**

All members are welcome to the quiz at the Ladies Mile pub function room. Please feel free to turn up if you're new to our u3a and don't know anyone - we will put you into a team, to hopefully make new friends. £2 to take part. Tea/coffee £1. Other drinks from the pub. NB the date changed as the hall had been double booked for the usual meeting on the first Tuesday of the month.

## **Monthly Meeting – Thursday 9th April at 2.15pm**

This meeting, to which all Preston Park u3a members are invited, is a week later than usual to avoid the Easter holiday. The talk on **Financial Fraud** will look at the types of financial fraud that we are exposed to, reasons why it has increased and continues to increase, and what we should all do to protect ourselves.

Our speaker, Roger Tristram, is part retired after working in international banking, technology and consultancy. Other details as for March Monthly Meeting above.

## **Guided tour of The Charterhouse – Friday 10th April**



[Heritage Visits](#) trip by rail to Farringdon then walk. Cost £36. A 90 minute guided tour of this historic medieval and Tudor building is included. St Bart's Hospital with its Hogarth wall and ceiling paintings, The Order of St John museum (in an old City of London gate), St Bartholomew the Great, oldest church in City of London are all nearby. Limited numbers. Email Group Leader [John Colman](#) or phone him on 07710 298221 to book.

## **u3a Pub Quiz - Tuesday 14th April (new date) at 2.30pm**

Details as for March above. Again, a new date as the hall had been double booked for the usual first Tuesday of the month meeting.

See [prestonpark.u3asite.uk/events/](http://prestonpark.u3asite.uk/events/) for other events coming up.

## News from our Groups

There are lots of opportunities to join new groups at present!

### **New Photography Group**

Axel Stein is offering to set up a photographic group for u3a members. It would meet monthly, normally on the first Monday of a month, 10am - 12 noon, to share and discuss members' photos as well as hints and ideas for better photos. Also talks about famous photographers can be made by members of the group. At the end of a meeting a theme will be given for photos to be taken for the next date. If applicable, a common photo-walk can be arranged on the second Monday of a month.

Requirements: a digital camera or smartphone camera; if you take analogue photos present prints. The first meeting will be on Monday March 2nd. If you are interested, please contact Axel Stein via this [link](#), who will send you further information.

### **New International Affairs 2 Group**

This new group to discuss topical issues in international affairs will meet on the third Monday in the month, starting on 16th March, from 10am - 12 noon. Please contact Group Leader Brigitte Stein (click [here](#)) for further information.

### **New Dispatches from the Gallery**

Q1 - Do you go to exhibitions - both local and further afield?

Q2 - Would you be interested in reading reviews of exhibitions that others have visited?

Q3 - Could you provide a short review and some details of current exhibitions you have visited?

If you have answered yes to these questions, then our new Group may be for you. It will be run on WhatsApp with members sharing details of exhibitions they have visited for the benefit of other members. If interested please contact [Philip Haughey](#) for more info.

***Please note that we won't be organising visits to exhibitions, you will have to do that bit yourself.***

## **New Creative Writing Group**

This new group will meet monthly in members' homes on Tuesday mornings from 10.30 to 12.30. There will be an opportunity to share written work, share writing tips, do writing exercises and receive supportive feedback. Click [here](#) to email Group Leader Eileen Palmer if you're interested.

## **Yoga 2 Group**

We have two Yoga groups in our u3a and one of them has room for more members. [Yoga 2](#) is led by a fully qualified great teacher. It meets during term time on Friday mornings, 10.30 to 11.30am, in the Studio in Knoyle Hall. The cost is currently £5 per class payable in advance for a block of 8. New people are welcome and can have a first session as a taster for free.

If you would like to try out Yoga or join the class, please contact the Group Leader. Click [Colin Muir](#) to email him.

## **French Get Together Group**

We have a French Get Together group in which new members would be very welcome. It meets every 2 weeks, in the Group Leader's home near Knoyle Hall, on a Thursday morning from 11am to 12.30pm. The next meeting is on Thursday 12th March at 11am. Members need to have some prior knowledge of French and to be prepared to join in discussions on previously agreed themes. If you are interested, click [Liz Woodhead](#) to contact the Group Leader.

## **Heritage Visits Group**

The latest [Programme of Heritage Visits 2026](#) is available on the [Heritage Visits Group](#) page of our public website. Visits are open to all Preston Park u3a members on a first come, first served basis.

Email [John Colman](#) or phone 07710 298221 to reserve a space.

Group Leader John Colman writes: "If anyone has a suggested visit please let me know so I can add it to the 'possibles' list. I have enjoyed arranging visits for over 12 years now. This year I am arranging fewer visits than last year and next year there may be fewer still. So if anyone would like to consider getting involved in arranging a visit this would be a great help."

## **Film Discussion Group**

This newish group would welcome more members to discuss films they have seen in the last month - at the cinema, on TV or via streaming services - and a monthly theme. It meets on the 3rd Thursday of the month at 2.30 pm at St Augustine's Café, Stanford Avenue. Contact Group Leader [Sandra Lipman](#) to join.

## **National u3a news**

### **South East u3a Summer School 7th – 10th September**

The South East u3a Forum's Summer School 2026 at the University of Chichester will be held from Monday 7th September to Thursday 10th September this year. Links to course overviews will be accessible from 11am on Thursday 2nd April and booking will open on Friday 8th May.

See [2026 - South East u3a Forum](#) for more details as they become available.

### **Online learning events**

There's a special ***British Women's History Day*** on Thursday 12th March, as part of *Women's History Month*. With four speakers across the day, you can learn about The Match Girls' Strike, The Lancashire Witches, Katherine Swynford, and Empress Matilda.

See [u3a - Online learning events](#) for these and all u3a free online talks, workshops and courses.

On 10th March at 10am Paul Myszor, Tutor and Group Leader of our very own [Qi gong Group](#), will run an online workshop, ***Spring clean your vitality with Qigong***. Click [here](#) to book a free space.

### **What does u3a mean to you? u3a and me survey**

Click [u3a and me survey](#) to tell national u3a about your experience being part of u3a - what you enjoy and how u3a fits into your life. Results will be fed back to u3as to help ensure u3a remains welcoming, flexible and sustainable for years to come. And there's a prize draw to win a £100 John Lewis gift card.

## **u3a Festival 26 booking now open**

Three days of hands-on workshops, musical performances, sports tournaments, fascinating talks and more will take place from 1st - 3rd July at the University of York. Tickets £18 for a day or £50 for all three. <https://www.u3a.org.uk/what-we-do/events/festival-2026>

The Festival team are looking for u3a sports teams and members to offer the chance to try various sports including pétanque and badminton. Email [festival@u3a.org.uk](mailto:festival@u3a.org.uk) to enquire about volunteering.

## **Staying connected with *u3a Friends***

You can keep up to date about u3a news, events and opportunities with the national ***u3a Friends*** monthly newsletter. Friends also get access to the ***Friends Extra*** scheme offering discounts on travel, shopping, electronics and more. Sign up on the [u3a website](#).

## **Future updates**

We'd love to let members know what your group is doing. Please send any text or photos for the May & June Update by **25th April** to [Carol Jenkins](#), Update Editor. Thank you.



Visit our public website for more information about

Preston Park u3a: [prestonpark.u3asite.uk](http://prestonpark.u3asite.uk)