

# SIDCUP & DISTRICT UNIVERSITY OF THE THIRD AGE NEWSLETTER

March 2019



**SIDCUP & DISTRICT U3A meets at 2.00 pm on the 3<sup>rd</sup> Thursday of every month in the  
New Community Church Centre, 24 Station Road, Sidcup**

## NOTICES

### **Another Scam**

I received a phone call from someone at BT informing me that he was disconnecting my phone because of an unpaid bill. He demanded payment immediately of £31.00 or it would be £118.00 to re-connect at a later date. The guy wasn't even fazed when I told him I was with Virgin Media; allegedly VM have to pay BT a percentage for line rental! I asked the guy's name – he gave me the very 'English' John Peacock with a very 'African' accent and phone number – 0800 0800 152. Obviously, the fellow realised I didn't believe his story, so he offered to demonstrate that he was from BT. I asked how and he told me to hang up and try phoning someone and that he would disconnect my phone to prevent this. AND HE DID!! My phone was dead – no dial tone, nothing – until he phoned me again. Very pleased with himself, he asked if that was enough proof that he was with BT. I asked how the payment was to be made and he said credit card, there and then. I said that I didn't know how he'd done it, but I had absolutely no intention of paying him, I didn't believe his name or that he worked for BT. He hung up. I dialled 1471 and found that his number was withheld. I then phoned his fictitious 0800 number which was not recognised. So I phoned the police to let them know. I wasn't the first! It's only just started apparently, but it is escalating. Their advice was to let as many people as possible know of this scam. The fact that the phone seems to go dead would probably convince some people it's real, so please make as many friends and family aware of this.

How is it done? This is good but not that clever. He gave the wrong number – it should have been 0800 800 152 which takes you through to BT Business. The cutting off of the line is very simple; he stays on the line with the mute button on and you can't dial out, but he can hear you trying. (This is because the person who initiates a call is the one to terminate it). When you stop trying, he hangs up and immediately calls back. You could almost be convinced! The sad thing is that it is so simple that it will certainly fool many. By the way, this is not about getting the cash as this would not get past merchant services, it is all about getting the credit card details which include the security number which will be used for larger purchases.

### ***Welling U3A***

① Since obtaining a BT 8600 Call Blocker phone last April, we have not received one single scam attempt or marketing call. Our phone's silence is golden. On another note, Bexley Council has warned of a new council tax scam which targets people by email claiming they are owed a refund; once again, the intention is to get your bank details. Give them to no-one else on Earth.

### ***Editor***

## **New Members**

We would like to welcome Sandra Allan and Marian Nicholson as new members. We hope that you enjoy your time with us.

**Lynn & Pat (Membership Secretaries)**

## **Showcase in June**

Reminder to group leaders that the June meeting is a Showcase where you set out your stall to show us all what you do. These have been hugely interesting in the past. I don't think we need a specific planning meeting, but can you please be thinking about your arrangements, and discussing it with your members. In May, I shall be asking for your requirements: tables, power points, etc. Hoping, as always for your continued support. Good Luck.

**Trevor Ford, Group Coordinator**

## **Agenda**

Apologies for absence  
Minutes of 2018 AGM  
Matters arising  
Approval of accounts  
Annual reports  
Election of officers  
Appointment of inspector of accounts  
Any other business

## **GROUP NEWS**

### **Freedom Pass Explorers • Leaders Christine Withams & Joy O'Donnell**



In January, we took the number 91 bus from Charing Cross to the British Library where we stopped for coffee. We passed through St Pancras Station, which was a first visit for some of the group since it was renovated some years back. Our visit was to explore the development of the King's Cross area. All the old train sheds, goods sheds and coal yards have been incorporated into a residential, office and shopping area by this section of the Regent's Canal. Two gas holders have been converted into luxury apartments at a selling price of £8 million each! It is an excellent development of the old and new.

Not venturing far in February because of possible bad weather, we were pleased it was relatively mild. Hampstead was our destination using the number 24 bus from Trafalgar Square. It was a very slow journey due to traffic and road works. The bus goes through Camden, of which you get a very good view if you travel on the top deck. We were a large group so had to split into two for our coffee stop. We passed beautiful houses as we walked up Keats Grove, passing the poet Keats's house. It was uphill all the way so we only spent a little time around the shops as some of the group were flagging. After lunch, we returned home via Hampstead underground.

**Christine Withams**

### **Book Reading • Leader June Reid**



As our group leader, June Reid, is unfortunately out of action at present due to an injury to her back, I am writing the book group's contribution to the newsletter. This month, we read *Small Island* by Andrea Levy chosen by myself. This is a charming book about a West Indian couple who were part of the Windrush generation of immigrants to England. It is told individually by the four main characters, and we felt that we were able to empathise with all the characters, despite their different points of view. There was some shocking content but also plenty of laughs, and it led to some lively discussion regarding racism. We all agreed that we had enjoyed it very much.

Best wishes go to June for a speedy recovery.

**Linda Carrington**

### **Local History 3 • Leader Christine Withams**



Our February visit was to St Stephen's Walbrook and the Mithras Temple. St Stephen's was destroyed in the Great Fire of London and Christopher Wren was chosen for the rebuilding. By 1679, this lovely church was ready for use.

We then visited the Roman Temple to the god Mithras under the Bloomberg Building almost opposite Cannon Street Station. The ruins were first discovered in 1954 and further excavations were made in 2010–14 when over 600 objects were found.

**Jean Duhig & Rosalie Woods**

### **Ramblers 2 • Leader Helen Salmon**



Our February ramble from London Bridge to Greenwich was chosen assuming the weather would be cold and wet underfoot. How wrong we were! Instead, we enjoyed beautiful blue skies and the hottest February day in London since records began. We enjoyed our walk along the Thames Path, stopping many times to admire the views and noting building work still taking place along the riverside. The path goes 'in and out' quite a bit so we also did some road walking and viewed some of the old warehouses tastefully converted into housing. We walked through Surrey Docks Farm and 'talked' to the animals and then past the parade of bronze animals on Barnard's Wharf. Our route was diverted inland at Pepys Park in Deptford, and, as by then our energy was flagging, we boarded a bus for the last mile and a half. It conveniently stopped outside Wetherspoons so we were able to refresh and refuel ourselves before catching the 286 back to Sidcup after a very pleasant walk.

**Mary Webb**

**(i)** Pictures taken during this walk are available to view on the Gallery page of our website. Surrey Docks Farm was created in the 1980s to educate local people about where their food comes from, and to promote outdoor activity. Free to visit, it occupies a riverside site that has a rich and eventful history. Once part of a great shipyard, it then became a timber wharf before the Metropolitan Asylums Board used it as a Receiving Station for their River Ambulance Service to transfer smallpox and fever patients to isolation hospitals downriver. During WWII, the site was badly damaged, but served throughout as a Fire Service river station.

**Editor**

### Ramblers 3 • Leader Trevor Ford



#### Walk from Bethnal Green to Hackney Wick

The group met at the Bethnal Green Museum of Childhood, which gave the opportunity for some to partake of a coffee and others to mingle with the screaming hordes (*we luv them!*) of primary school children who were enjoying the delights of this wonderful outpost of the V&A. Setting off, we skipped the memorial of the BG Tube disaster which we had seen previously. Going through the museum gardens, we stopped at the Alice Denman Fountain, our first link with early public water supply. Later, we encountered the Burdett-Coutts fountain in Victoria Park East. With the current hoo-ha about plastic bottles, there is a drive to reinstate water fountains. In the west part of the park, we admired the huge cascade of a non-drinking fountain which was lit up rainbow-fashion by the brilliant sunshine hitting it at just the right angle. The “lungs” of East London, as Vicky Park has been designated, are always a wonder and had some great sights with everyone enjoying the sunshine. We waved to the Inn on the Park, a previous lunch venue, and left the west park at Cadogan Terrace by the stone alcoves (from London Bridge) and walked past some excellent houses, including one owned by fashion designer, Alexander McQueen. (No blue plaque yet?) At the end of the terrace is a plaque which commemorates the first murder on a train. From there, we crossed under the A12 into new territory and walked a short way along the “Greenway” towards the Olympic Park walking on top of Bazalgette’s sewers which are now being supplemented and upgraded by the Thames Tideway. Some of us, including myself, were flagging a bit by then and getting desperate for lunch so we turned back and went down steps into Fish Island (Dace Road, Bream Street, Smeed Road, *etc*: you get the idea). A brief detour took us to the lock keeper’s cottage on the River Lea Navigation. We went back past the Stour Café and up over White Post Lane to the White Building containing the Crate Brewery and Pizzeria (lunch at last!) Hackney Wick Station was only just around the corner to take us home.

**Trevor Ford**

## GROUP VACANCIES

| GROUP NAME  | LEADER/CONTACT  | VACANCIES   |
|---|---|-------------|
|  <b>Bird Watching</b><br>1 <sup>st</sup> Wednesday (10.00 am)    | <b>Roy Black</b> <br>020 8302 9942       | Vacancies   |
|  <b>Book Reading</b><br>1 <sup>st</sup> Thursday (2.00–4.00 pm)  | <b>June Reid</b><br>020 8302 7887   | Vacancies   |
|  <b>Craft &amp; Chat</b><br>1 <sup>st</sup> & 3 <sup>rd</sup> Thursday (10.00 am)   | <b>Pauline Springhall</b><br>020 8308 1975  | Vacancies   |
|  <b>Family History</b><br>2 <sup>nd</sup> Tues  & 4 <sup>th</sup> Thurs   | <b>Kate Berry</b><br>020 8309 7429  | Vacancies   |
|  <b>Handcrafted Cards (Group 2)</b><br>1 <sup>st</sup> Wednesday (2.00–4.00 pm)  | <b>Val Gosden</b><br>020 8300 0664  | 1 Vacancy   |
|  <b>Local History (Group 3)</b><br>2 <sup>nd</sup> Wednesday morning   | <b>Christine Withams</b><br>020 8850 4144   | Vacancies   |
|  <b>Mono Digital Photography</b><br>Quarterly (approx.)   | <b>Roy Morton</b><br>rory.m2014@gmail.com   | 3 Vacancies |
|  <b>Needlecrafts</b><br>1 <sup>st</sup> Monday (2.00–4.00 pm)  | <b>Val Gosden</b><br>020 8300 0664  | Vacancies   |
|  <b>Parks &amp; Gardens Appreciation</b><br>4 <sup>th</sup> Thursday    | <b>Jill Bryant</b> <b>Rinka Halliday</b><br>01322 524008      020 8300 2699   | 2 Vacancies |
|  <b>Pot Pourri</b><br>2 <sup>nd</sup> Tuesday   | <b>Pat Laughton</b><br>020 8302 9984  | 3 Vacancies |
|  <b>Ramblers (Group 2)</b><br>4 <sup>th</sup> Tuesday (4–5 miles)  | <b>Helen Salmon</b><br>07786 465862 or 020 8309 1689  | Vacancies   |
|  <b>Ramblers (Group 3)</b><br>1 <sup>st</sup> Friday (5–6 miles)   | <b>Trevor Ford</b><br>020 8302 7635   | 5 Vacancies |
|  <b>Rummikub® (Group 1)</b><br>4 <sup>th</sup> Monday (2.00–4.00 pm)   | <b>Kathy Cordell</b> <br>020 8300 4573 | Vacancies   |
|  <b>Science</b><br>3 <sup>rd</sup> Tuesday (2.00–4.00 pm)  | <b>Trevor Ford</b><br>020 8302 7635   | 2 Vacancies |
|  <b>Ten-Pin Bowling (Bexleyheath)</b><br>Mondays (10.00 am)   £  | <b>Gay Braybrook</b> <br>020 8309 6372 | Vacancies   |
|  <b>Theatre Trips: Musicals</b><br>  £   | <b>Sue Brooks</b><br>020 8298 1117  | Vacancies   |
|  <b>Wine Appreciation</b><br>3 <sup>rd</sup> Wednesday (7.30–9.30 pm) £  | <b>Roger Brown</b><br>020 8850 5362   | Vacancies   |

The above groups, unless I am told otherwise by Group Leaders, are the ones with vacancies; *any* sort of change should be advised to me as soon as possible. Those wishing to join a group should contact the Group Leader concerned in the first instance, and, if accepted, inform me.

**Trevor Ford**  020 8302 7635 email: [trevor.ford@talktalk.net](mailto:trevor.ford@talktalk.net)

 Not during school/bank holidays  
 Temporary point of contact

£ A charge applies  
 Certain seasons only

 Open to all  
 Times vary

## PROGRAMME

|             |                       |   |
|-------------|-----------------------|---|
| <b>2019</b> |                       |   |
| March (AGM) | C.E.P                 | Tax, Care and Toy Boys                    |
| April       | Toni Mount            | Ration Book Britain                       |
| May         | Melanie Gibson-Barton | Passchendaele To Peace.                   |
| June        | Sidcup U3A members    | Members' Showcase of Activities           |
| July        | Stuart Robinson       | The River Thames; London's Liquid History |
| August      | Andrew Ashton         | Banksy                                    |
| September   | Alan Payne            | The Story Behind Your Cuppa               |
| October     | Brian Freeland        | George Bernard Shaw                       |
| November    | Keith Simmons         | Name Dropping                             |
| December    | Ian Beavan            | A Christmas Miscellany                    |

## COMMITTEE MEMBERS

|                            |                  |               |
|----------------------------|------------------|---------------|
| Chairman                   | Colin Barclay    | 07401 474844  |
| Vice-Chairman              | Carolyn Barclay  | 07401 474844  |
| Vice-Chairman              | Sandra Applegate | 07717 020611  |
| Minutes Secretary          | George Murrell   | 020 8850 2046 |
| Treasurer                  | John Lapham      | 020 8854 6340 |
| Membership Secretary       | Lynn Plumer      | 07714 234398  |
| Asst. Membership Secretary | Patricia Andrews | 020 8300 2064 |
| Speakers Secretary         | Janet Lamborn    | 020 8300 1786 |
| Group Co-ordinator         | Trevor Ford      | 020 8302 7635 |
| Welfare Officer            | Kathy Cordell    | 020 8300 4573 |
| General Member             | Sue Brooks       | 020 8298 1117 |

## USEFUL CONTACT DETAILS

**Newsletter Editor & Webmaster** David Smith 020 8304 2305  
 Please either email contributions to me at: [editor@sidcup-u3a.org.uk](mailto:editor@sidcup-u3a.org.uk) or post them to me at 56 Crofton Avenue, Bexley, Kent DA5 3AR – typed if possible since this facilitates scanning. Please submit Newsletter contributions by 3<sup>rd</sup> of the month – but at any time for the website. Photos taken during group outings and events may be shared on the website's "Gallery" page.  
**Third Age Trust:** 52 Lant Street, London, SE1 1RB ☎ 020 8466 6139 [www.u3a.org.uk](http://www.u3a.org.uk)  
**Greater London South East Network:** [www.u3asites.org.uk/glondonsenetwork](http://www.u3asites.org.uk/glondonsenetwork)  
**London Region U3A:** [www.u3asites.org.uk/london-region](http://www.u3asites.org.uk/london-region)  
**World U3A:** [www.worldu3a.org](http://www.worldu3a.org)      **Virtual U3A:** [www.vu3a.org](http://www.vu3a.org)

## WEBSITE

**[www.sidcup-u3a.org.uk](http://www.sidcup-u3a.org.uk)**

This Newsletter (including previous editions) may be read or downloaded from our website; our annual booklet, Scambuster, and help with computer problems may also be downloaded. Also available is an index of Newsletter 'Notices' covering the period April 2007 to this issue.

*Afterthought*

*If you really want to do something, you'll find a way;  
if you don't, you'll find an excuse.*