



February newsletter

As already advised by our Chairman, Ann Sims is standing down from her position as GROUPS CO-ORDINATOR at the AGM in May.

She writes:

I have been the Groups Co-ordinator for Ems Valley u3a for twelve years, and have loved every minute of it, but I feel it is now time for new blood to take over. I will be standing down at the AGM in May, so your Committee are seeking a new person for this position.



The tenure is for three years (not twelve!) – unless the new post holder wishes to remain for longer. So what attributes do you need to take on the role? (Please check the website for the formal description.) Speaking personally, it is ideal for someone who enjoys being involved. You need to be computer-literate, but most people have the standard of knowledge required for this job. You would be working at home, in your own way and at times to suit yourself. There is a requirement to attend a monthly committee meeting – about 90 minutes usually – or to present a Report if you are unable to attend. Apart from this it is really just a case of keeping eyes and ears open, for ideas for new Groups and to help EVu3a Members, Group Leaders and Committee Members in any Group-related way needed.

It is a lovely way to be deeply involved in our organisation, and to meet people and to get to know (and hopefully solve) difficulties. If you are interested in finding out more – and you are very welcome to attend one of our Committee Meetings - please contact any committee member.

We owe Ann a massive thankyou for the twelve years she has managed this important job! It is difficult to fully comprehend and appreciate the effect that her tenure has had in the development of our u3a over these past twelve years. Her caring, unobtrusive and wise council have been at the heart of many new groups. And those Groups of old have also benefitted from her steady and regular updates. If we had an OEV to award, surely Ann should be the first recipient. (Have you worked it out – Order of the Ems Valley)

Now, as Ann states, we need a replacement! This clearly is a job in which a member can stamp his or her seal on our successful u3a! Yes, there is a clear pattern to follow, Ann has ensured that. All that is needed to for someone who likes being at the heart of things to come forward. Ann says that it is just a case of keeping your eyes and ears open..... Existing groups need a contact with the Committee – New Groups are the exciting future of our u3a!

Editor

DAYTRIPPERS ARE OFF TO “HAMILTON”!

Plus a planning meeting on 4th February – you can be involved.....

STEVE Gorban writes: In order to get things rolling for 2025 we have scheduled a planning meeting on Tuesday 4th February at 2:00pm. We are meeting at the Emsworth Community Centre in Mountford 2, and would welcome new ideas, and to see you all for this get-together

But we can already tell you about an exciting outing on 10th April to see the most highly acclaimed play HAMILTON for a matinee performance beginning at 2:00 pm at The Mayflower Theatre in Southampton. Cost per ticket is £80.00. Please let us know if you wish to come. Deadline to sign up and pay is 7 February.

12 Tickets are still available.

Lin-Manuel Miranda’s multi award-winning cultural phenomenon, Hamilton is touring the UK for the very first time and is coming to Mayflower Theatre for a six week season from 18 March 2025.



Hamilton is the story of America’s Founding Father Alexander Hamilton, an immigrant from the West Indies who became George Washington’s right-hand man during the Revolutionary War and helped shape the very foundations of the America we know today. The score blends hip-hop, jazz, blues, rap, R&B and Broadway – the story of America then, as told by America now.

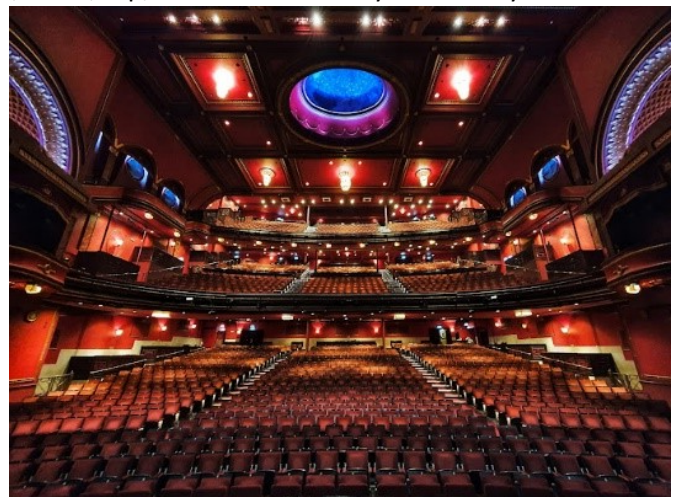
Hamilton has book, music and lyrics by Lin-Manuel Miranda, is directed by Thomas Kail, with choreography by Andy Blankenbuehler and musical supervision and orchestrations by Alex Lacamoire and is based on Ron Chernow’s biography of Alexander Hamilton. It is the winner of 11 Tony Awards including Best Musical, 7 Olivier Awards, the 2016 Pulitzer Prize for Drama and the 2016 Grammy Award for Best Musical Theatre Album.

For Payment:

Mr S Gorban

Sort Code 40-45-22

Account Number 11658476



Francis Bacon Exhibition: A Thought-Provoking Journey into Human Presence

This January, three members of the U3A Creative Art Group embarked on a cultural outing to visit the National Portrait Gallery. Their primary destination? The thought-provoking Francis Bacon exhibition, Human Presence.



Who Was Francis Bacon?

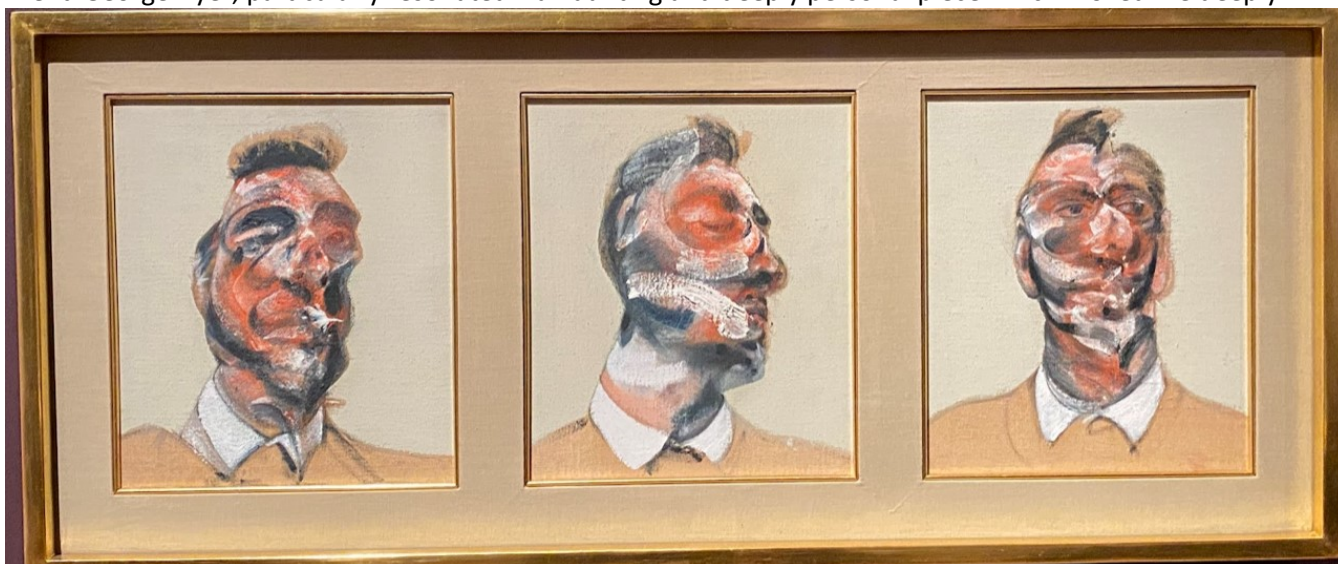
Francis Bacon, an Irish-born British figurative painter, is celebrated for his strikingly raw and unsettling imagery. His works, often centred on the human form, explore themes like crucifixion, existential angst, and intimate relationships. Bacon's repertoire includes distorted portraits of popes, self-portraits, and depictions of close friends, frequently set within geometric frameworks. Notably, his chaotic studio reflected his creative intensity—some visitors famously remarked they could slip on the layers of paint and

debris that littered the floor!

Getting There - Thanks to our Senior Railcards, the train fare for the trip was a reasonable £30.50, which included a flexible return ticket. From Waterloo Station, it was just a short, enjoyable walk to the gallery. Before diving into the art, we indulged in refreshments at the gallery's charming café—a perfect way to prepare for the visual feast ahead.

A Glimpse Into Bacon's World

Entering the exhibition, we were immediately struck by the intense distortions of Bacon's subjects, particularly the faces. For those unfamiliar with his work, the raw emotionality can be shocking, even difficult to interpret. Was Bacon expressing his own pain, confusion, or anger? Or was he pushing the boundaries of expressionism to communicate the complexity of the human experience? His Triptych self-portrait, created after the death of his close friend George Dyer, particularly resonated—a haunting and deeply personal piece which moved me deeply.



Bacon's works leave an indelible impression, prompting each viewer to form their own interpretations. Whether or not you "understand" his art, the emotional impact is undeniable.

While Trevor continued exploring the many captivating portraits on display, Jane and I took the opportunity to visit the National Gallery next door. We were inspired by many of the great works of art held in this glorious building and delighted to view a selection of Vincent Van Gogh's works not included in the current Poets and Lovers exhibition, as well as John Constable's celebrated masterpiece, The Hay Wain.



Remarkably, the display included not only *The Hay Wain* but also the preliminary sketch and the full-scale study for the painting. It was a rare and inspiring opportunity to witness the creative journey behind such an iconic work. (Note the extra horse in the study) As an artist myself, I deeply appreciated the insight into Constable's process—an experience that resonates with my own approach to art, where countless hours of experimentation and refinement culminate in the final piece. Seeing these three stages together offered a profound reminder of the dedication and vision involved in bringing an artistic concept to life.

Are you interested in joining our Creative Art Group?

We meet on the first Tuesday of every month from 9 AM to 11 AM at the Community Centre. Our sessions focus on the joy of creation, with members sharing inspiration and techniques across various media, including watercolour, ink, pastels, and acrylics. While we're not a tuition-based group, we offer a supportive environment for artists of all levels, and of course chatter along the way. Midway through, we enjoy refreshments provided by our wonderful Community Centre volunteers for a small nominal fee.

If you'd like to join this welcoming and creative group, please reach out to Dbee Robinson at CreativeArt@emsvalleyu3a.org. We'd love to have you!

SCAM ALERT!

I recently received a call claiming to be from 'Tesco Mobile,' saying there's an issue and they're sending me a new SIM card. They insisted my current SIM would stop working in 3 days, pressuring me to agree quickly and reassuring me repeatedly—classic scam tactics!

I said I'd visit my local Tesco to verify, but they tried to stop me, insisting the SIM was already on its way. More rushing and reassurances followed. I hung up, then immediately called someone else to ensure the line was disconnected. Afterwards, I phoned Tesco Mobile using the number from their official website. The call has been logged as a scam and is under investigation.

Always Remember:

- 1 - Don't obey any instructions on a call you did not originate.
- 2 - Real companies won't stop you from verifying their claims or pressure you with tight deadlines.
- 3 - Companies do not need your card details to pay YOU money
- 4 - Any caller you are not 100% sure of, (including a text from a friend or family member,) Hang up,

Do not use any link or number they give you

Call a friend to ensure the line is clear

Call the company directly yourself using the number from your own records.

Dbee Robinson

Eighteen happy Cyclists on their way - Monday 20th January!

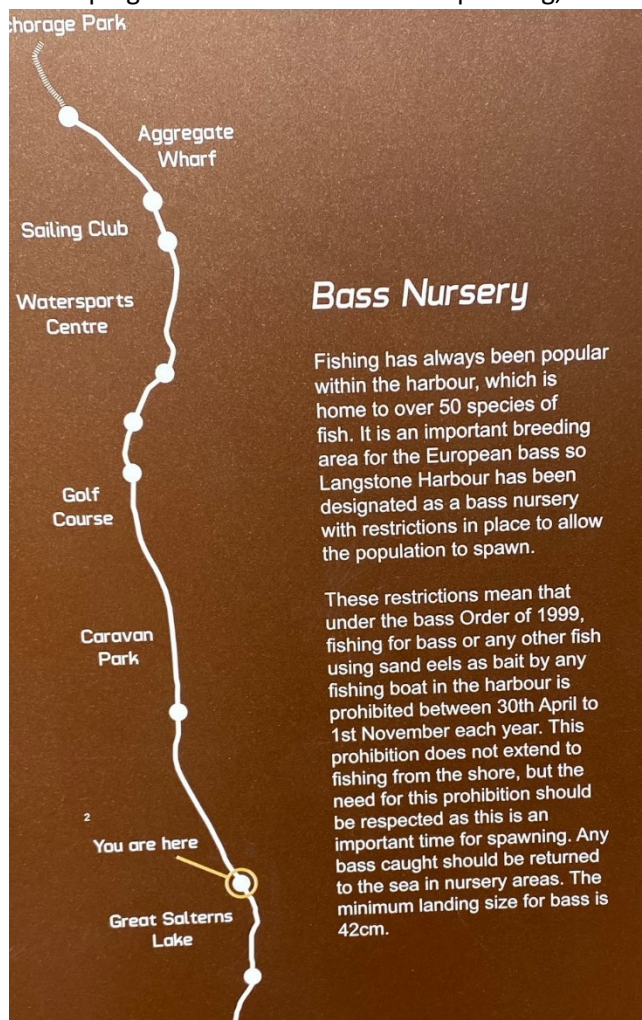


Richard Swaine from our Cycling for fun group writes: So on a crisp morning with accurate forecasts we set off to navigate a new route - the railway station to Aldi onto Next then Tesco before our safe and careful route to Farlington, The new flood barrier onto Eastney and onto the Hayling Ferry which was on time to get us a 50% discounted lunch at The Ferryboat Inn! Surprisingly calm weather remained as we headed off the Island via Northney and into our various routes home. Thank you for sharing your nice comments fellow Cyclist!

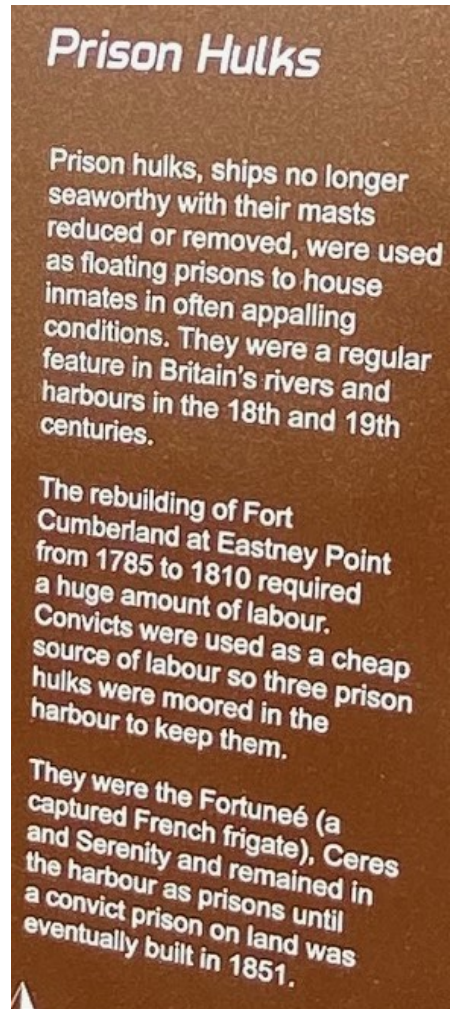
We'll do it all again

Ed: I looked at the path they took and saw that the 1-in-100-year flood defense scheme along the Eastern Road is almost complete. The Council say that It is needed to protect residents, visitors, properties, and the environment at Portsea Island. Together with the additional work at Hilsea, this work upgrades and replaces ageing and inadequate defenses and is designed to reduce the risk of flooding from the sea for the next 100 years, protecting over 4,000 homes and 500 businesses.

The project not only provides the required flood protection, but also is designed to enhance the locality, including landscaping with wildflowers and tree planting, creating areas of seating, a



wider footpath and incorporation of sections of glazing in the sea wall to maintain views for the public and from existing sailing clubs, outdoor activity centres and the caravan park. One unique feature of the Eastern Road scheme is the pioneering textured finish on the concrete portion of the sea wall. We are told that this demonstrates the UK's first large-scale application of a textured sea wall specifically designed for inter-tidal ecology, improving habitats for marine plants and animals.



The surface is created by using an Eco Formliner and was developed by Coastal Partners in partnership with the University of Glasgow and Bournemouth University. This Eco Formliner won the Coastal Management Award at the Environment Agency's 2022 Flood and Coast Awards. The Eastern Road project was due to be completed in 2024, with further ongoing landscape maintenance until 2026. Richard took photos of the Information boards along the way - they tell us some amazing facts – did you know we are sitting on a Bass Nursery? Where are those Prison Hulks today? (We are told that the prisons are at capacity.....) See our happy Cyclists below!



Ed: Their Langstone Harbour route prompted me to look at the possibility of doing something similar by public transport. It could work like this:

Take the 700 Coastliner to the The Hard Interchange, Portsmouth. Then take the Stagecoach 25 service from the



Hard to the Hayling Ferry. This route takes you through the middle of the Southsea shopping centre and will take about 45 minutes in total. Beware as the service finishes in mid afternoon each day. Catch the Ferry to Hayling, and then you need your walking boots because at present the Hayling buses do not extend their route to the Ferry. There is a

Hayling petition to get the authorities to alter this situation! The walk is one and a half miles and should take about 35/40 mins. (just follow the seafront To the junction of Staunton Ave and Seafront Road.) Then catch the 30 or the 31 service back to Havant station, followed by the 700 back to where you first started! A day out for you all on your bus pass plus a modest £3.50 for the ferry ride!

eConsult and Pharmacy First

Dbee, our business secretary reports:

The NHS and GP surgeries have undergone significant changes in how they are managed. One of the latest developments is the introduction of the online eConsult system for contacting many medical practices. While some may find this method challenging, it effectively collects essential information to ensure the right professional addresses your concern, enabling practices to manage more patients efficiently.

For instance, Emsworth Medical Practice use this method, however patients who cannot complete an online eConsult form can call the surgery, where a receptionist will assist them. Alternatively, patients may visit the surgery for help completing the form. **(Ed. I am old fashioned and lacking in Tech skills, so I had occasion to request a doctors appointment last week. I did exactly as Dbee said went to the receptionist and she kindly completed my econsult in about 15 seconds and my appointment was arranged!)**

In some cases, patients no longer need a GP appointment and can seek advice directly from a pharmacist under the Pharmacy First scheme.

What is Pharmacy First?

The Pharmacy First scheme allows you to consult a pharmacist for several minor illnesses and conditions that previously required a GP appointment. Pharmacists can provide consultations, prescribe medications if necessary, and refer you to a GP or hospital for more serious conditions.

Your pharmacist will assess whether they can treat you or if another healthcare service is more appropriate.

Conditions Pharmacists Can Treat

Pharmacists can treat and prescribe medications for the following seven conditions under Pharmacy First:

- Earache: Ages 1 to 17
- Impetigo: Ages 1 and over
- Infected insect bites: Ages 1 and over
- Shingles: Ages 18 and over
- Sinusitis: Ages 12 and over
- Sore throat: Ages 5 and over
- Uncomplicated urinary tract infections: Women aged 16–64

Patients outside these age ranges should consult their GP.

Other Conditions Pharmacists Can Help with

Pharmacists can also provide advice and treatment for:

- Aches and pains: Back pain, headaches, and period pain
- Minor injuries: Sprains, cuts, and grazes
- Colds and flu: Coughs, congestion, fever, or high temperature
- Ear care: Earwax removal (may incur a charge)
- Eye care: Conjunctivitis and styes
- Hay fever: When over-the-counter treatments are ineffective
- Skin problems: Rashes, athlete's foot, cold sores, mild eczema, or psoriasis
- Stomach issues: Constipation, diarrhoea, or indigestion

How to See a Pharmacist

Over 10,000 pharmacies across the UK are part of the scheme, covering more than 90% of the country. You can usually walk into your nearest pharmacy or call ahead to request an appointment or video consultation.

You may also be referred to a pharmacy appointment via:

- NHS 111 (online, by phone, or through the NHS app)
- Integrated urgent care clinical assessment services
- Urgent treatment centres
- A&E or 999
- Your GP

To find your nearest participating pharmacy, use the NHS pharmacy finder or visit one directly.

What Happens at Your Appointment

Your consultation with a pharmacist will always be confidential and conducted in a private setting. The pharmacist may ask about your medical history, allergies, current medications, and symptoms. In some cases, they may physically examine you, such as using an otoscope for earache.

Pharmacists do not perform diagnostic tests (e.g., urine samples for UTIs or throat swabs). They will recommend the best course of action, which might include allowing the illness to resolve naturally, prescribing medication, or referring you to another healthcare service. Notes from your consultation will be added to your medical records.

Additional Services Pharmacists Provide

Beyond Pharmacy First and minor ailments, pharmacists can assist with:

- Medication advice and disposal
- Contraception
- Blood pressure checks
- Chlamydia screening and treatment
- Smoking cessation
- Cholesterol and blood sugar testing
- Weight management support
- Needle and syringe exchange schemes
- Vaccinations

When to See a GP or Seek Emergency Care

If your symptoms persist for more than two weeks or worsen, you should contact your GP. For severe symptoms or emergencies, call 999 or visit A&E.

This Information was obtained from Emsworth Medical Practice

Dbee Robinson

You will have seen this picture so many times - the Old Mill at Langstone.

Richard Swaine stopped to take it as he cycled home following the Monday ride described above. It could be titled "REFLECTIONS"



Our Interest Groups listed alphabetically:

- [Ancient Greece](#)
Status: Active
Monthly on Wednesday afternoons 2:00 pm-4:00 pm
Week 1
- [Art Appreciation](#)
Status: Active
Monthly on Friday mornings 10:00 am-12:00 pm
Week 4
- [Birds & Wildlife](#)
Status: Active
Monthly on Thursday mornings 9:30 am-11:30 am
Week 2
- [Board Games](#)
Status: Active
Monthly on Monday afternoons
Week 2
- [Book Group 1](#)
Status: Active
Monthly on Thursday afternoons 2:00 pm-4:00 pm
Week 2
- [Book Group 2](#)
Status: Active
Monthly on Tuesday afternoons 2:00 pm-4:00 pm
Week 1
- [Book Group 3](#)
Status: Full
Monthly on Monday afternoons
Week 3
- [Book Group 4](#)
Status: Active
Monthly on Monday afternoons
Week 1
- [Brick Business](#)
Status: Active
Monthly on Tuesday afternoons 2:00 pm-4:00 pm
Week 4
- [Bridge](#)
Status: Active
Weekly on Friday mornings 10:00 am-12:00 pm
- [Bridge - Absolute Beginners](#)
Status: Waiting list
Fortnightly on Wednesday mornings 11:00 am-1:00 pm
2nd and 4th weeks of the month
- [Bridge - Absolute Beginners 2](#)
Status: Active
Fortnightly on Thursday mornings 9:00 am-11:00 am
During school term-time only.
- [Camera Workshops](#)
Status: Active
Fortnightly on Monday mornings
Weeks 2 and 4
- [Crafts](#)
Status: Active
Monthly on Wednesday afternoons 12:00 pm-2:00 pm
Week 1
- [Creative Art](#)
Status: Active
Monthly on Tuesday mornings 9:00 am-11:00 am
Week 1 (First meeting will be on 2nd July)

- [Croquet 1](#)
Status: Active
Monthly on Wednesday mornings 10:00 am-12:00 pm
Week 2
- [Croquet 2](#)
Status: Active
Monthly on Wednesday mornings 10:00 am-12:00 pm
Week 4
- [Cycling for Fun](#)
Status: Active
Monthly on Monday mornings 11:00 am
Week 3
- [Day Trippers](#)
Status: Active
on Monday afternoons
As and when - notified by email to group members
- [Discussion Group 1](#)
Status: Full
Monthly on Monday afternoons 2:00 pm-4:00 pm
Week 2
- [Discussion Group 2](#)
Status: Active
Monthly on Friday mornings
Week 2
- [Drawing](#)
Status: Active
Monthly on Monday afternoons 2:00 pm-4:00 pm
Week 2
- [Family History](#)
Status: Active
Monthly on Tuesday afternoons 2:00 pm-4:00 pm
Week 2
- [French \(adv\)](#)
Status: Active
Fortnightly on Wednesday mornings 11:30 am-1:00 pm
Weeks 1 & 3
- [French \(inter\)](#)
Status: Active
Fortnightly on Wednesday mornings 9:30 am-11:00 am
Weeks 1 & 3
- [French \(mixed\)](#)
Status: Active
Fortnightly on Thursday mornings 10:00 am-12:00 pm
Weeks 1 & 3
- [Gardens](#)
Status: Active
on Tuesday mornings
Week 2
- [Italian - Intermediate](#)
Status: Active
Fortnightly on Tuesday afternoons
Weeks 2 + 4
- [Line Dancing](#)
Status: Active
Weekly on Tuesday mornings 11:00 am-12:00 pm
weekly
- [Local History](#)
Status: Active
Monthly on Friday afternoons
Week 1
- [Mahjong](#)
Status: Active

Weekly on Thursday afternoons 2:00 pm-4:00 pm
2:00 - 4:00pm (not 4th Thurs)

- [Model Railways](#)
Status: Active
As and when agreed among the members
- [Petanque](#)
Status: Active
on Tuesday mornings
week 1 & 3
- [Photography](#)
Status: Active
Monthly on Monday afternoons 2:00 pm-4:00 pm
Week 3
- [Pilates 1](#)
Status: Waiting list
Weekly on Tuesday afternoons 2:00 pm-3:00 pm
- [Pilates 2](#)
Status: Active
Weekly on Wednesday mornings 10:45 am-11:45 am
- [Playreading 1](#)
Status: Waiting list
Monthly on Tuesday afternoons 1:45 pm-4:15 pm
Week 4
- [Playreading 2](#)
Status: Active
Monthly on Tuesday afternoons 2:00 pm-4:00 pm
Week 1
- [Rambling](#)
Status: Active
Monthly on Wednesday mornings
Week 1
- [Science & Technology](#)
Status: Active
Monthly on Thursday afternoons 2:00 pm-4:00 pm
Week 1
- [Singing for Fun](#)
Status: Active
Monthly on Wednesday afternoons 2:00 pm
Week 4
- [Spanish Intermediate](#)
Status: Active
Monthly on Friday mornings 9:30 am-11:30 am
Weeks 1 & 3
- [Sunday Lunches for Solos](#)
Status: Active
Monthly on Sunday afternoons 12:30 pm
Week 2
- [Theatre](#)
Status: Active
As and when we have a theatre booking
- [Travellers Tales \(winter\)](#)
Status: Active
Monthly on Monday evenings 7:30 pm-9:30 pm
Week 3 (October through April)
- [TRUG-The Really Useful Group](#)
Status: Active
When required
- [Watercolour 1](#)
Status: Active
Monthly on Tuesday mornings 10:45 am-12:45 pm
Week 3

- [Watercolour 2](#)
Status: Active
Monthly on Tuesday mornings 10:45 am-12:45 pm
Week 2
- [Wine Appreciation 1](#)
Status: Active
Monthly on Tuesday afternoons 3:15 pm-5:15 pm
Week 3
- [Wine Appreciation 2](#)
Status: Active
Monthly on Wednesday afternoons 3:00 pm-5:00 pm
Week 3
- [Wine Appreciation 3](#)
Status: Active
Monthly on Tuesday afternoons 3:00 pm-5:00 pm
Week 3
- [Wine Appreciation 4](#)
Status: Active
Monthly on Thursday afternoons 7:30 pm
Week 2
- [Wine Appreciation 5](#)
Status: Active
Monthly on Wednesday afternoons
Week 1

GROUP LEADERS or any Group member:

Send your news in regularly to the Newsletter – it keeps us all together as a u3a, members enjoy reading about the different groups and this monthly publication plus our monthly meetings at the new Baptist Church on the fourth Thursday each month are the only times we meet en masse!

No Funnies this month!

My partner passed away on 22nd January, following a severe and very sudden stroke. Katie was not a member of our u3a, but she fully embraced the concept of the movement being a member of Hayling Island u3a. I finish with this sad news so that you might understand why I have not included the usual “funny section”.
Editor

All contributions for the next newsletter please to:

alanborrow1@gmail.com