

Retired and semi-retired people coming together to continue their educational, social and creative interests in a friendly and informal environment. Comments welcome:
E-mail us at bulletin@horsleyu3a.org.uk

Visit our new website and suggest improvements: www.horsleyu3a.org.uk

Third Age Trust advice about holding and attending meetings

In line with the government communications strategy, the Third Age Trust is providing links to all organisations that can give you the latest official advice on the Covid-19 pandemic and what you should do in terms of health and allowable activities.

<https://www.u3a.org.uk/covid-advice-links>

We continue to follow the government and NHS advice on coronavirus. As of 16th March, the advice is that everyone should stop non-essential contact with others and adopt social distancing. People in 'at risk' groups are to be shielded from social contact for 12 weeks (8th June). People who should take particular care to minimise social contact are, among others, people over the age of 70.

Many U3As have decided to suspend their monthly meetings and Interest Groups, but U3A committees and individual members are coming up with really creative ways to keep in touch with each other and stay connected. Advice on how this can be achieved is given on the National U3A website:

<https://www.u3a.org.uk/keeping-in-touch-links>

For convenience these are listed on the next page of this Bulletin. More practical advice on how to use these links is given in 'How to Guidance'

<https://www.u3a.org.uk/how-to-guidance>

Here you will find links to guides to tools that will help you stay in touch and connected with your friends, family and U3A.

Remember

The Horsley U3A AGM has been postponed for 3 months

Horsley U3A Monthly Meetings have been postponed until further notice

60's Supper and Disco

April 18th 2020

postponed

New Members meeting

April 28th 2020

postponed

Keep Well

Keep Learning

Keep in Touch

Keep Joining

Sign up to receive the monthly U3A Newsletter

The Trust is using the National Newsletter to keep members informed on the latest government advice concerning coronavirus covid-19. It is also filled with information, stories and advice from across the U3A movement on how to keep safe and occupied during this difficult time. <https://www.u3a.org.uk/email>

Keep in Touch links

<https://www.u3a.org.uk/keeping-in-touch-links>

Here you will find links to guides to tools that will help you stay in touch and connected with your friends, family and U3A. Some have written in house and some are links to external articles that can help. *Reference to these products/services do not constitute endorsement or imply recommendation by the Third Age Trust*

Keeping in Touch and staying connected with each other is so important in these unprecedented times and we hope to keep providing signposts to all sorts of ways that may help you do this. Also, the National U3A advice line is open on 020 8466 6139 if you cannot find what you are looking for on the website.

How to guidance

The 'Keeping in Touch' link (see above) lists the many ways that members might use to keep in touch. To many members this is new technology, so some 'how to' guidance has been provided: <https://www.u3a.org.uk/how-to-guidance>

Our Photography and Pilates groups have already used Zoom, which is free for meetings lasting no longer than 40 minutes. Other communication apps are available.

Ideas to Keep Learning

For some other ideas staying active and keeping connected during these extraordinary times, go to:

<https://www.u3a.org.uk/component/content/article/197-covid-19/562-u3a-keeping-active-and-connected?Itemid=490>

Please bear in mind that:

Organisations such as U3A depend crucially on members volunteering to help in many different ways. If you can spare some time to help run Horsley U3A, however limited that may be, please let us know.

Contact: Peter Tallon 01483 283163 or David Lush 01483 280267 or express an interest by e-mail: patallon@btinternet.com or davidlush46@hotmail.com

Emergency Bulletin 2

"U3A is an amazing community and we want to encourage members to share their creativity and ideas with us to help support each other over the coming months, and in particular those who will be facing increased isolation and loneliness."

Some opportunities you might consider during the Coronavirus crisis:

- Keep a diary of the events over the coming months. These events will soon become history
- Consider what groups we might start such as the one mentioned recently, an embroidery group.
- Keep a record of events by taking pictures with your camera or mobile 'phone.
- Try some creative activity such as knitting, painting, writing fiction, and drawing. In due course contact our relevant group leader to continue your interest.
- Carry out some research. Prepare a short talk for one of our groups such as History, Astronomy, Photography, Music Appreciation, and Transport & Industrial Archaeology.

Consider taking an on-line course

Spending just a few hours each week, following one of these courses is stimulating and rewarding. You can study at your own pace and at a time which is most convenient to you.

The full range of courses available is even wider than you can imagine. Details of all the courses available can be found on the FutureLearn website:

<https://www.futurelearn.com/courses>

Here's are some taken at random from many that you might find interesting :

[Forensic Archaeology and Anthropology](#) 6 weeks 3 hrs per week

Enter the fascinating world of forensics, and learn how the deceased are located, recovered and analysed using DNA and pathology.

[From Waterloo to the Rhine: The British Army 1815-1945](#) 4 weeks 4 hrs per week

Examine one of the UK's most storied institutions, and how 130 years of social, cultural and military change have shaped it.

[Gender Representation in the Media](#) 7 weeks 4 hrs per week

Explore how women are represented in the media and reflect on what it means for contemporary society and culture.

[Allergies: When the Immune System Backfires](#) 3 weeks 4 hrs per week

What do allergies reveal about our immune system's capabilities? Learn more about allergy