

CORONAVIRUS UPDATE - DECEMBER 2020

The Third Age Trust and North Walsham u3a Committee are continuing to do all they can to keep u3a activities going as much as possible, but it seems inevitable that most face to face meetings will continue to be suspended for some time. This is a real shame, but I am sure you will agree that we need to stay as safe as we can, especially given that older people are affected more badly than others by Covid-19.

The New Rules

The government announced on 26 November that Norfolk will be in 'Tier 2' from 3 December. This means that the following rules that affect u3a activities will apply:

- You must not socialise with anyone you do not live with, or who is not in your support bubble in any indoor setting, whether at home or in a public place.
- You must not socialise in a group of more than 6 people outside, including in a garden or a public space, and this is called the 'rule of 6'.
- Organised outdoor sport, and physical activity and exercise classes can continue.

There is a useful summary of the government's revised three tier rules at:

www.bbc.co.uk/news/explainers-52530518.

There is also more detail on the government's website at:

www.gov.uk/guidance/local-restriction-tiers-what-you-need-to-know#high-alert

The BBC has produced the following explanation of the rules at Christmas, which will be less restrictive from 23 to 27 December inclusive: www.bbc.co.uk/news/explainers-55056375:

Face to Face Interest Group Meetings

Norfolk being in Tier 2 means that face to face group meetings cannot happen indoors for the time being. However, it does look likely that outdoor groups can restart as long as suitable measures are in place to minimise the risk of Covid-19 transmission. For example, this could enable the Walking Group to get together again, as they did in October.

Interest Groups Working Together Online

Lots of our interest groups are now meeting virtually online and/or staying in touch by email. It isn't the same as meeting face to face, but it does seem to work well once people get used to it. At the time of writing, groups that are meeting on Zoom or staying in touch by email include:

- Art Appreciation
- Classical Music
- Computing
- Current Affairs
- Digital Photography
- Discussion
- Family History
- Folk Music
- History
- Humour
- Intuition and Beyond
- Jazz Appreciation
- Mac Users
- Philosophy
- Poetry
- Rock 'n' Pop
- Wine Appreciation
- Yoga

If you would like to join one of these groups, please contact the Group Leader whose phone number is on this year's programme card, or send a message at www.northwalshamu3a.org/contact-us and we will pass your details on to the Group Leader so they can contact you.

If any of your groups aren't yet using technology to keep working together and you think they might be able to, please do the following:

- Talk to other members of your group about it.
- Try to identify someone in the group who could act as a Zoom 'host' (who can be the Group Leader, but doesn't need to be).
- Ask Peter Phillips and/or Richard Nevill for advice if you want to, or send your query through the contact page on our website at www.northwalshamu3a.org/contact-us.

North Walsham u3a is paying for a number of Zoom subscriptions. To get the best value for the cost of these, the Committee is asking anyone whose Zoom subscription is being paid for to:

- Hold virtual meetings of all groups that they lead where this is possible.
- Be prepared to act as Zoom hosts for other groups they are members of.

Online General Meetings

We are also still offering a virtual monthly General Meeting on the first Friday afternoon of each month. Details of the one on 4 December will be emailed separately to members who have email addresses.

Virtual Coffee Mornings

Richard Nevill has offered to host virtual coffee mornings on Zoom at 11.00am each Monday. You can contact Richard about this at ricnev@gmail.com.

Cold, Flu or Covid-19?

If you are not feeling well, but aren't sure if you have a cold, flu or Covid-19, the following may help:

www.bbc.co.uk/news/av/health-54182329

www.theguardian.com/world/2020/oct/21/coronavirus-symptoms-how-to-tell-if-you-have-a-common-cold-flu-or-covid

And, of course, you may want to get a Covid test if you think you have the virus.

AND FINALLY...

Many thanks to David Riddle, Chairman of North Norfolk U3A for sharing these...

Various medical experts were asked if it is time to ease the lockdown and responded as follows:

Allergists were in favour of scratching it, but Dermatologists advised not to make any rash moves.

Gastroenterologists had sort of a gut feeling about it, but Neurologists thought the government had a lot of nerve.

Obstetricians felt certain everyone was labouring under a misconception, while Ophthalmologists considered the idea shortsighted.

Many Pathologists yelled, "Over my dead body!" while Paediatricians said, "Oh, grow up!"

Psychiatrists thought the whole idea was madness, while Radiologists could see right through it. Surgeons decided to wash their hands of the whole thing, but Plastic Surgeons opined that this proposal would "put a whole new face on the matter."

Podiatrists thought it was a step forward.

Anaesthesiologists thought the whole idea was a gas, and those lofty Cardiologists didn't have the heart to say no.

Well that is experts for you!

Some remarks I overheard this week:

I used to be great at wordplay, once a pun a time.

He tried to buy some Brexit lettuce, but all they had was Romaine.

She had a dog who did magic tricks. He was a Labracadabrador!

The Black Death. Avoid it like the plague!

Adam had the first computer. An 'Apple'. It took only one byte.

I changed my iPad's name to Titanic. It's syncing now.

I said the quiz answer was Aswan, but it was Hoover. Dam bad luck!

It is tough to do inventories in Afghanistan because of the tally ban.

They come from a very musical family, even the sewing machine's a singer.

Due to social distancing farmers are struggling to make hens meet.

I can't get to sleep worrying about my insomnia.

I forgot to buy the CD of Schubert's Unfinished Symphony for my wife's Birthday. I shall never hear the end of it.

EXERCISE FOR PEOPLE OVER 60

Begin by standing on a comfortable surface, where you have plenty of room at each side.

With a 5-lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax.

Each day you'll find that you can hold this position for just a bit longer.

After a couple of weeks, move up to 10-lb potato bags. Then try 50-lb potato bags and eventually try to get to where you can lift a 100-lb potato bag in each hand and hold your arms straight for more than a full minute. (I'm at this level).

After you feel confident at that level, put a potato in each bag.