

Coronavirus Update (27 May 2020)

Introduction

This is the third monthly Coronavirus Update and, like the previous two, it shares information and ideas about how you may be able to make the best of the current very difficult situation.

This month, I have given more space to material you may find interesting or amusing, and less to lists of useful websites. Details of the latter were in previous updates and haven't generally changed, so I have just asked for the last two months' updates to be attached to this month's newsletter email, so you can refer to them if you want to.

I hope you find this update useful and really do want your feedback and contributions to future editions via the contact page on our website: www.northwalshamu3a.org/contact-us.

I would especially like to be able to share:

- Examples of what interest groups have been doing to keep up their activities .
- Ideas for keeping busy at home – the more eccentric the better!
- Things that members are doing to help each other and their neighbours.
- Tips on how to use technology to keep in touch.
- Anything that will make people feel a bit more cheerful and optimistic.

Most of you will receive this via email, but we know some of you don't have the internet at home. If you don't, and the Coronavirus Updates are a separate document and not included in the Newsletter, then you will receive them by post with your monthly newsletters, and we will try to include information that doesn't depend on access to the internet where we can. If you would like to 'take the plunge' and get a new internet connection, Richard Nevill is happy to be contacted for advice on this or any other IT-related matter via the website.

Finally, many thanks to David Riddle, Chairman of North Norfolk U3A, for allowing me to 'borrow' quite a lot of the content for this update from his own Coronavirus Updates.

Using Zoom to Stay in Touch

For those who aren't already using it, this is an unapologetic plus for Zoom. It is a piece of software that allows you to have a virtual meeting of two or more people online. It will run on more or less any device with a screen, a camera and a microphone that is connected to the internet, including desktop PCs, laptops, tablets and phones.

I have used it for chats with friends over a cuppa, for U3A group discussions and to attend a virtual lecture with over 40 people. Others, as you may have seen on television, have used it for drama and music performances where the performers don't need to be in the same place.

It is also free for meetings of any length with only two devices connected and up to 40 minutes with three or more devices. You can hold as many meetings as you want and set up one to start immediately after another ends. If you want to have a single longer meeting with more than two devices, the 'host' (who can be anyone in the meeting) will need a Zoom subscription, which costs £11.99 per month at <https://zoom.us/pricing>.

It is very easy to use and 'How to Guides' produced by the Third Age Trust covering Zoom and other ways of getting connected can be found at www.u3a.org.uk/how-to-guidance.

Third Age Trust (National U3A)

The Third Age Trust's insurers issued the following statement on 20/05/20:

"All U3A activities should have an appropriate risk assessment / checklist to ensure they are safe for U3A members to participate in. Government input about Covid19 is central to any risk assessment and given the advice remains "stay at home as much as possible" and "limit contact with other people" it follows that face-to-face U3A activity should not be undertaken at present. The government reasons for leaving home remain very limited and do not include for leisure activities such as provided by the U3A."

It follows that all face to face U3A activities will continue to be suspended for the time being.

The Third Age Trust National newsletter can be found at:
<https://mailchi.mp/u3a/your-u3a-national-newsletter-may>

You can sign up to have the Newsletter emailed to you at: www.u3a.org.uk/newsletter

Updates to Government Advice

In light of the Government revisions to the COVID-19 guidance, here are some links to useful websites. Information on them is likely to be updated, so it is worth checking back to these sources for the current situation from time to time:

[Coronavirus Outbreak FAQs: What You Can and Can't Do](#) on the GOV.UK website specifies current information and guidance in a bullet-point format on several areas, including:

“Public Spaces / Outdoor Activities / Exercise”

“Vulnerable groups, shielding, 70 year olds and over ...”

[Staying Safe Outside Your Home](#) also on the GOV.UK website gives some information for those of you who are beginning to ‘spend time outdoors’.

Getting Outdoors in North Norfolk

If you are thinking of spending some time outdoors, the following updates may be useful:

Norfolk Wildlife Trust opened some car parks at sites from 20 May. Their current information is being updated on the [NWT Coronavirus Update webpage](#).

The National Trust opened Felbrigg and Blickling car parks from 21 May but you must pre-book a parking time. Their current statement is on [NT website](#).

North Norfolk District Council have announced they have opened Pretty Corner Wood and Holt Country Park car parks, but the coastal car parks and public toilets will remain closed for now. Their current car park information can be found by clicking [HERE](#).

A reminder of the wonderful landscape that surrounds us in North Norfolk, from a different angle, is in this video of a [microlight flight along the coast](#). Tell yourself, it won't be long before you get there again!

Or if you fancy being a virtual bird watcher from the comfort of your home, you could try this lovely collection of ‘bird cams’: www.allaboutbirds.org/cams/cornell-lab-feederwatch/

Carry on Learning!

A number of very useful websites where you can study at no cost are listed in previous updates. Two more you may want to try are:

[Futurelearn](#) has a wide range of free short online courses covering a wide range of areas for literature to science.

The Workers Education Association also offers a range of courses including some that are free at www.wea.org.uk/.

The Money Saving Expert website and the Open University have teamed up to provide a free online financial education course through the [MSE Academoney](#). There are six parts and you can take as many or as few as you want. Each one will take about two hours, with a mix of information, exercises, explanatory videos from Martin Lewis and animations. The six parts are:

- 1) Making good spending decisions
- 2) Budgeting and taxation
- 3) Borrowing money
- 4) Understanding mortgages
- 5) Saving and investing
- 6) Planning for retirement.

Beware of Fraudsters

Also on the subject of money, please be aware that fraudsters are taking advantage of the current situation. Here are some tips on avoiding being a victim:

Double check the identity of who you are paying. Fraudsters may contact you pretending to be your bank, HMRC, the police or a utilities company, asking you to transfer money or give them information. If you get an unexpected message or call like this, hang up. Google the organisation's official number and call them directly.

Fraudsters will tell you there is a problem with your account or threaten legal action if you don't pay fast. They are professionals and can sound very convincing. Fraudsters can also fake phone numbers and make their emails look legitimate, so always contact companies directly to check.

Don't rush into a payment. An organisation you trust will never pressure you into making a payment or taking out a loan, especially over the phone. If someone's doing that, they are almost certainly a fraudster.

If you are not sure, speak to a friend or family member, or call your bank or card company. Fraudsters will try to rush you by threatening 'legal action' or telling you that your account is 'at risk'.

If it seems too good to be true, it probably is! If you are being offered something very cheaply over social media, it is probably a scam. Buy from a trusted merchant where you can check verified reviews, and where you can pay by card. Similarly, legitimate investments don't happen over social media, and will never guarantee profits. Check if a company is registered with the FCA before investing.

There are more coronavirus scams, like fake texts from HMRC offering money as a 'goodwill payment', or from the government offering 'tax relief'. These are scams, so always check official sites before clicking on any links!

A Night (or Morning or Afternoon) at the Theatre

The following is an article that includes links to various websites where you can see theatrical performances. Most charge, but it is still a lot cheaper than actually going to the theatre and you can watch in your pyjamas if you want to!

<https://tinyurl.com/y93jyewz>

Time for Some Fun...

Here are a few things that I hope will make you smile.



Possibly the best video with cats and dominoes ever... www.youtube.com/watch?v=7Nn7NZI_LN4

Who could this be referring to?

At last, we have a cure for all!
Ailments large and ailments small,
Good health is not beyond my reach,
If I inject myself with bleach.

Radiant, I'll prance along,
Every trace of limescale gone,
With disinfectant as my friend,
Like him... I'm clean around the bend.

A shaggy dog story?

A man and his dog were walking along a road. The man was enjoying the scenery when it suddenly occurred to him that he was dead. He remembered dying and that the dog walking beside him had been dead for years. He wondered where the road was leading them.

After a while, they came to a high, white stone wall along one side of the road. It looked like fine marble. At the top of a long hill, it was broken by a tall arch that glowed in the sunlight. When he was standing before it, he saw a magnificent gate in the arch that looked like mother-of-pearl and the street that led to the gate looked like pure gold.

He and the dog walked toward the gate, and as he got closer he saw a man at a desk to one side. When he was close enough, he called out, "Excuse me, where are we?" "This is Heaven, sir," the man answered. "Wow! Would you happen to have some water?" the man asked. "Of course, sir. Come right in, and I'll have some ice water brought right up." The man gestured, and the gate began to open.

"Can my friend," gesturing toward his dog, "come in, too?" the traveller asked. "I'm sorry, sir, but we don't accept pets." The man thought a moment and then turned back toward the road and continued the way he had been going with his dog.

After another long walk, and at the top of another long hill, he came to a dirt road leading through a farm gate that looked as if it had never been closed. There was no fence. As he approached the gate, he saw a man inside, leaning against a tree and reading a book.

"Excuse me!" he called to the man. "Do you have any water?" "Yeah, sure, there's a pump over there, come on in." "How about my friend here?" the traveller gestured to the dog. "There should be a bowl by the pump," said the man.

They went through the gate, and sure enough there was an old-fashioned hand pump with a bowl beside it. The traveller filled the water bowl and took a long drink himself, then he gave some to the dog. When they were full, he and the dog walked back toward the man who was standing by the tree.

"What do you call this place?" the traveller asked. "This is Heaven," he answered. "Well, that's confusing," the traveller said. "The man down the road said that was Heaven, too." "Oh, you mean the place with the gold street and pearly gates? Nope. That's Hell." "Doesn't it make you mad for them to use your name like that?" "No, we're just happy that they screen out the folks who would leave their best friends behind."

With apologies to Gilbert and Sullivan

The following lyrics should be sung to the tune of "I am the Very model of a Modern Major General" from the Pirates of Penzance:

*I am the very model of effective social distancing!
I listen to the experts on the topic of resistance-ing;
I know that brunch and yoga class aren't nearly as imperative
As doing what I can to change the nation's viral narrative.*

*I'm very well acquainted, too, with living solitarily
And confident that everyone can do it temporarily:
Go take a walk, or ride a bike, or dig into an unread book;
Avoid the bars and restaurants and carry out, or learn to cook.*

*There's stuff to watch online while keeping safe from sinus ills
(In this case, it's far better to enjoy your Netflix MINUS chills)!
Adopt a pet, compose a ballad, write some earnest doggerel,
And help demolish Trump before our next event inaugural.*

*Pandemics are alarming, but they aren't insurmountable
If everybody pitches in to hold ourselves accountable.
So please do your part to practice prudent co-existence-ing,
And be the very model of effective social distancing.*

And finally a quiz

1. Which is the longest river in the world?
2. Which is the nearest planet to the sun?
3. Martell and Courvoisier are brands of which drink?
4. Who composed the opera Madame Butterfly?
5. Forelle, bosc and seckel are different types of which fruit?
6. Who was king of the Greek gods?
7. Who invented the internet?
8. Mount McKinley is the tallest mountain in which country?
9. Who was first director General of the BBC?
10. In which year was the Battle of Agincourt fought?
11. What was Steptoe's horse called?
12. Who wrote the line 'Seasons of mist and mellow fruitfulness'?
13. Which famous man sought sanctuary from Hitler for a brief time in Roughton Norfolk in 1933?
Philip Glass composed an opera based on it.
14. With what do you associate Canon Rawnsley, Octavia Hill and Robert Hunter?
15. Who had a vision at the Milvian Gate in 312 AD?
16. Who presently plays the 13th Dr Who?
17. Who wrote 'The Tale of Peter Rabbit'?
18. England's first legal red light district was set up in which city in 2018?
19. Xuli, Kyan, Foz and Lars are collectively known by what name?
20. Which is the only English city in a National Park?
21. The Gregorian calendar introduced in 1582 (1752 in Britain) replaced which calendar?
22. Who is Chancellor of the Exchequer?
23. What is the cathedral church of the Pope as Bishop of Rome?
24. Quinine is associated with the treatment of which well-known disease?
25. A small group of stars part of which points to the southern celestial pole is known as what?
26. Which sculptor is associated with both Wakefield and St Ives?
27. What was the first Bond film?
28. Greenland is part of which continent?
29. Who is known as the father of geometry?
30. Which gemstone is traditional for the 45th wedding anniversary?
31. What name is given to a straight line from the centre of a circle to the circumference?
32. The Narmer Palette is regarded as the foundation stone of which civilisation?
33. What office did Nicholas Breakspear hold?
34. Salk developed a vaccine for which disease?
35. Who wrote the poems Venus and Adonis and The Rape of Lucrece?
36. With which quiz programme would you associate Bamber Gascoigne?
37. The sardine, as stated by the UK Sea Fish Authority, is the young of which fish?
38. Who hosted Just a Minute from 1967 until 2019?
39. Who composed the opera Don Giovanni?
40. In which month is Trafalgar Day?

ANSWERS TO CORONAVIRUS UPDATE QUIZ

1. Nile	21. Julian
2. Mercury	22. Rishi Sunak
3. Brandy	23. St John Lateran
4. Puccini	24. Malaria
5. Pear	25. Southern Cross
6. Zeus	26. Barbara Hepworth
7. Tim Berners-Lee	27. Dr No
8. USA	28. North America
9. Lord Reith	29. Euclid
10. 1415	30. Sapphire
11. Hercules	31. Radius
12. Keats	32. Ancient Egypt
13. Einstein	33. Pope
14. Founding of National Trust	34. Polio
15. Constantine 1 (The Great)	35. Shakespeare
16. Jodie Whittaker	36. University Challenge
17. Beatrix Potter	37. Pilchard
18. Leeds	38. Nicholas Parsons
19. The Go Jettters	39. Mozart
20. Norwich	40. October