

## CORONAVIRUS UPDATE - SEPTEMBER 2020

### Interest Groups Meeting Online

More than half 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 reasonably well once people get used to it.

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:

1. Talk to other members of your group about it
2. 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)
3. 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](http://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 host for other groups they are members of.

### Online Monthly General Meetings

We are also offering a virtual monthly General Meeting at 3.00pm on the first Friday of each month. Details of the one on 4 September will be emailed separately to members who have email addresses.

### Face to Face Interest Group Meetings

Locally and nationally most U3A interest groups have not yet restarted face to face meetings.

Groups *may* restart face to face meetings when they feel ready *provided that*:

- Third Age Trust (national U3A) guidelines are followed; copies are available on request, and
- It has been agreed by the Committee.

*Individual members are, of course, free to meet each other at any time (subject to government rules and guidelines), but such meetings will not be treated as U3A activities unless the two requirements listed above have been met.*

If you are a Group Leader and would like to restart face to face meetings, please send a message through the Contact page on our website at [www.northwalshamu3a.org/contact-us](http://www.northwalshamu3a.org/contact-us).

### The Proposed U3A Online Learning Hub

The Third Age Trust (National U3A) is investigating ways to support learning using online learning resources in areas members are interested. If you have a few minutes, please complete the questionnaire that is being used to seek views on this at:

[www.surveymonkey.co.uk/r/RFZYSMK?fbclid=IwAR0MduwMLB0Ff7OvmlouKLqyz-w6elgHxo2rDwFvPMVL8tjyLBLfQSsxTak](http://www.surveymonkey.co.uk/r/RFZYSMK?fbclid=IwAR0MduwMLB0Ff7OvmlouKLqyz-w6elgHxo2rDwFvPMVL8tjyLBLfQSsxTak)

### Some Nice Things to Do at Home

Possibly the best place to start is the **BBC's websites**, iPlayer for TV and BBC Sounds for radio. Both offer live broadcasts and huge amounts of archive material. And if you are over 75 and still annoyed about having to pay for your TV licence, at least this way you can get your money's worth!

Lots of **museums and galleries** are offering free virtual tours. You can find details of some of the best at [www.timeout.com/travel/virtual-museum-tours](http://www.timeout.com/travel/virtual-museum-tours).

The **Royal Albert Hall** is hosting a number of events that will be broadcast online including the Proms. You can find more details at [www.royalalberthall.com/](http://www.royalalberthall.com/).

The **Royal Horticultural Society** (RHS) website, [www.rhs.org.uk](http://www.rhs.org.uk) is a fantastic store of information about gardening and plant varieties. They have also posted videos about their stunning gardens on YouTube at:

Wisley, Surrey

[www.youtube.com/watch?v=1DdJnCmlBaQ&feature=youtu.be](https://www.youtube.com/watch?v=1DdJnCmlBaQ&feature=youtu.be)

Hyde Hall, Essex

[www.youtube.com/watch?v=Fdyqx3gOg7U&feature=youtu.be](https://www.youtube.com/watch?v=Fdyqx3gOg7U&feature=youtu.be)

Harlow Carr, Yorkshire

[www.youtube.com/watch?v=oxaTJylbQSg&feature=youtu.be](https://www.youtube.com/watch?v=oxaTJylbQSg&feature=youtu.be)

Rosemoor, Devon

[www.youtube.com/watch?v=uPDzIi9Mz8o&feature=youtu.be](https://www.youtube.com/watch?v=uPDzIi9Mz8o&feature=youtu.be)

If you feel like watching some wildlife from the comfort of home, you could try these:

[www.wildlifetrusts.org/webcams](http://www.wildlifetrusts.org/webcams)

<https://explore.org/livecams/african-wildlife/african-animal-lookout-camera>

## Health and Wellbeing

On the broader subject of health and wellbeing (not specifically the coronavirus), a couple of things you may want to consider have arrived by email this month.

One is the **NHS Diabetes Prevention Programme** which is now available to anyone at risk of Type 2 diabetes. It used to only be available via your GP, but is now open to anyone in England who is at risk. This is a free service, which helps to make positive lifestyle changes, reduce blood sugar levels and reduce the risk of developing Type 2 diabetes. To find out if you are at high risk of developing Type 2 diabetes, use the Diabetes UK risk tool. You can find this at:

<https://preventing-diabetes.co.uk/know-your-risk-dm/?>

[utm\\_source=dotdigital&utm\\_medium=email&utm\\_campaign=dtc\\_ndpp&dm\\_i=4RZ8,DG8R,30XN12,1JD37,1](https://preventing-diabetes.co.uk/know-your-risk-dm/?utm_source=dotdigital&utm_medium=email&utm_campaign=dtc_ndpp&dm_i=4RZ8,DG8R,30XN12,1JD37,1)

The second thing you may want to consider is a free **online mindfulness course** provided by the Gatehouse Charity and run by a clinical psychologist. It is open to anyone in the Norfolk and Suffolk area who is over 65, and will run online in late September (and possibly face to face later on). Places are free but limited and the course involves a weekly meeting via Zoom, with audio recordings of the practise and handouts to be downloaded. Further details are also on the Gatehouse Charity website [www.gatehouse.org.uk](http://www.gatehouse.org.uk). To apply for the course please complete the following application form:-

[https://openss.qualtrics.com/jfe/form/SV\\_earLQaTzDnu9ISF](https://openss.qualtrics.com/jfe/form/SV_earLQaTzDnu9ISF)

## Government Advice

The government's key advice taken from its coronavirus website is as follows:

- Stay at home as much as possible
- Work from home if you can
- Limit contact with other people
- Keep your distance from people not in your household (2 metres apart where possible)
- Wash your hands regularly
- Don't leave home if you or anyone in your household has symptoms.

At the same time, many retail, leisure and hospitality businesses have reopened recently and more are likely to follow in the month ahead. Various precautions are being taken in these places to reduce the spread of the coronavirus, including wearing face coverings in shops, takeaways and some other locations.

You can find detailed, up to date information about government rules and advice at: [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus).

Steve