

## COVID-19 UPDATE - JANUARY 2021

The Third Age Trust and North Walsham u3a Committee are continuing to do all they can keep u3a activities going as much as possible, but it seems inevitable that 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 tend to be affected more severely than others by Covid-19.

### The Current Rules

At the time of writing (23 December), it has just been announced that Norfolk will be in 'Tier 4' from Boxing Day. This means that we should only leave home for specific reasons, including food shopping, medical and dental appointments, exercise, etc. Full details of the rules and guidance on Tier 4 can be found at [www.gov.uk/guidance/tier-4-stay-at-home](http://www.gov.uk/guidance/tier-4-stay-at-home).

### 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 last year's programme card or send a message at [www.northwalshamu3a.org/contact-us](http://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](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 hosts for other groups they are members of.

### **Online General Meetings**

We are also still offering a virtual monthly General Meeting on Zoom, normally on the first Friday afternoon of each month. The meeting on 8 January (which is the second Friday in the month, as the first is New Year's Day) will be our AGM and details 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](mailto: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](http://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](http://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.

### **National u3a - The Third Age Trust**

There is a vast amount of information for members on the Third Age Trust website, including details of upcoming online events that you can book for free. If you have not yet registered for access to the TAT website, I urge you to do so at: [www.u3a.org.uk/member-login?view=registration](http://www.u3a.org.uk/member-login?view=registration).

You can also subscribe to receive the email Newsletter from the Trust at: [www.u3a.org.uk/newsletter](http://www.u3a.org.uk/newsletter).

### **u3a Equipment - Can You Help?**

Our u3a has a variety of equipment that needs to be stored and the Committee are looking for somewhere safe, warm and dry to keep it. It includes IT equipment, notice boards and other items, and would fit in a walk-in cupboard or (very) small bedroom. If you would be willing to store these items or can suggest somewhere that might be suitable, please send us a message via the contact page on North Walsham u3a's website at [www.northwalshamu3a.org/contact-us](http://www.northwalshamu3a.org/contact-us).

### **Mindfulness for Later Life - Free Online Course**

The Gatehouse Charity is running a free online mindfulness course that is fully-funded by the Norfolk Winter Resilience Fund to support people over 65 during the coronavirus epidemic. The next online course will start in the week commencing 1 February 2021, and there may be face to face courses later on.

The course has been run successfully in the NHS for several years, and is based on the mindfulness-based stress reduction course developed by John Kabat Zin, but has been adapted for this population. There has been really good feedback from participants, and the charity has found that it improves people's attention and memory, as well as reducing loneliness, low mood, stress, anxiety and chronic pain.

It has also improved memory functioning in people in the early stages of dementia, mild cognitive impairment or people suffering from carer stress.

Mindfulness for later life was last year the topic of an all Parliamentary group in Westminster, which we were invited to attend. There is a great deal of interest in mindfulness for later life, and so it is fantastic that we are able to offer it to older adults during the coronavirus crisis.

Places are free but limited and involve a weekly meeting via Zoom, with audio recordings of the practise and handouts to be downloaded.

To apply for the course please complete the following application form before 11 January 2021: [https://openss.qualtrics.com/jfe/form/SV\\_earLQaTzDnu9ISF](https://openss.qualtrics.com/jfe/form/SV_earLQaTzDnu9ISF)

Further details are also on the Gatehouse Charity website [www.gatehouse.org.uk](http://www.gatehouse.org.uk). Or email: [mindfulaterlife@gmail.com](mailto:mindfulaterlife@gmail.com).

## Zoom Tutorial Videos

If you are unsure how to use Zoom, or how to get the best out of it, there are some useful tutorial videos at:  
<https://support.zoom.us/hc/en-us/articles/206618765-Zoom-Video-Tutorials?zcid=1602>

## Christmas Crackers?

*Depending on when you read this, Christmas may have been and gone, but it is never too late for some truly terrible jokes. You can have them with the last of the cold turkey any time up to Easter, or you can save them for next Christmas if you want.*

What is Dominic Cummings' favourite Christmas song? Driving Home for Christmas.

Did you hear that production was down at Santa's workshop? Many of his workers have had to elf isolate.

Why didn't Mary and Joseph make it to Bethlehem? All Virgin flights were cancelled.

Why are Santa's reindeer allowed to travel on Christmas Eve? They have herd immunity.

Why did the pirates have to go into lockdown? Because the "Arrrr!" rate had risen.

Why is it best to think of 2020 like a panto? Because eventually, it's behind you.

Why couldn't Mary and Joseph join their work conference call? Because there was no Zoom at the inn.

Why can't Boris Johnson make his Christmas cake until the last minute? He doesn't know how many tiers it should have.

What do the Trumps do for Christmas dinner? They put on a super spread.

Which Christmas film was 30 years ahead of its time? Home Alone.

How do you play Dominic Cummings Monopoly? Ignore the rules, move anywhere on the board you like, and never Go To Jail.

Why won't Santa lose any presents this year? He's downloaded Sack and Trace.

How is the pandemic like my stomach after Christmas? It'll take ages to flatten the curve.

How is Prince Andrew coping with the stresses of Christmas this year? Fine. No sweat.

Why wasn't Rudolph allowed to take part in vaccine trials? Because they only wanted guinea pigs.

Which Government scheme supports Christmas dinner? Eat Sprout to Help Out.

How can you get out of talking to your boss at this year's staff Christmas party? Put him on mute.

How does Santa keep track of all the fireplaces he's visited? He keeps a logbook.

Who dresses in red and gives to the children this Christmas? Marcus Rashford.

Why did Mary and Joseph have to travel to Bethlehem? Because they couldn't book a home delivery.

How will Christmas dinner be different after Brexit? No Brussels!

What does Santa do with out of shape elves? Sends them to an elf Farm.

Who hides in the bakery at Christmas? A mince spy!

How do snowmen get around? They ride an icicle!

What does Santa do when his elves misbehave? He gives them the sack!

Why did Santa's helper see the doctor? Because he had a low "elf" esteem!

What did Santa say to the smoker? Please don't smoke, it's bad for my elf!

What do you get if you eat Christmas decorations? Tinsilitis!

What's the most popular Christmas wine? 'But I don't like Brussels sprouts!'

What's green, covered in tinsel and goes ribbet, ribbet? A mistle-toad!

Which famous playwright was terrified of Christmas? Noël Coward!

## Name the Film

**(Courtesy of Woodford and Wanstead u3a)**

All the vowels (a, e, i, o, u) are missing from these film names. Put them back to find the names of the films. Answers at the end of this update.

1. CBLNC
2. RTHQK
3. SMLKTHT
4. THPPNDNNGHT
5. NMLHS
6. NNHLL
7. THDDCPL
8. LSTTNGNPRS
9. STRTCRNMDDSR
10. LWRNCFRB
11. DLMFRMRDR
12. LLBTv
13. DRTYDNCNG
14. THTLNJB
15. BNNNDCLYD
16. DPTHRT
17. VTR
18. LVCTLLY
19. TFFRC
20. TWRNGNFRN
21. DCTNGRT
22. DNCSWTHWLVS
23. NFFCRNDGNTLMN
24. TPGN
25. THGRNML

### **Fantastic Puns!**

Many thanks to David Riddle, Chairman of North Norfolk u3a, for sharing this link to a collection of brilliant puns displayed on a billboard as you enter Indian Wells in Colorado, USA:

<https://mymodernmet.com/funny-puns-signs-indian-hills-community-center/>.

### **NAME THE FILM ANSWERS**

1. CSBLNC - Casablanca	14. THTLNJB - The Italian Job
2. RTHQK - Earthquake	15. BNNNDCLYD - Bonnie and Clyde
3. SMLKTHT - Some Like it Hot	16. DPTHRT - Deep Throat
4. THPPNDNNGHT - It Happened One Night	17. VTR - Avatar
5. NMLHS - Animal House	18. LVCTLLY - Love Actually
6. NNHLL - Annie Hall	19. TFFRC - Out of Africa
7. THDDCPL - The Odd Couple	20. TWRNGNFRN - Towering Inferno
8. LSTTNGNPRS - Last Tango in Paris	21. DCTNGRT - Educating Rita
9. STRTCRNMDDSR - A Streetcar Named Desire	22. DNCSWTHWLVS - Dances With Wolves
10. LWRNCFRB - Laurence of Arabia	23. NFFCRNDGNTLMN - An Officer and a Gentleman
11. DLMFRMRDR - Dial M for Murder	24. TPGN - Top Gun
12. LLBTv - All About Eve	25. THGRNML - The Green Mile
13. DRTYDNCNG - Dirty Dancing	