

## CORONAVIRUS UPDATE - JULY 2020

### North Walsham U3A

For the time being, North Walsham U3A will continue its policy of avoiding face to face meetings and activities. The committee feels that this is the best way to keep members as safe as possible.

Even with the most recently announced changes in government advice (more on this below), it looks unlikely that we will be able to get fully back to normal in the near future. In particular, indoor meetings of larger groups of older people (including our monthly General Meetings and many activity groups) seem too risky to restart at least for now. Even smaller groups meeting outdoors require risk assessments that we feel members would find too difficult or burdensome to complete.

However, that doesn't mean that nothing is happening. The committee is meeting regularly (online) to review the situation, and many interest groups are now using technology to keep in touch, share information and ideas and hold virtual meetings.

To help keep everyone as connected possible, we would like to encourage internet Zoom meetings wherever possible. It is very versatile and easy to use and, as well as seeing and talking to each other, members can share screens to show things like music, videos, pictures, etc. to each other.

Thanks to the efforts of Group Leaders and members, the following groups are already using technology (mostly Zoom, but also email) to carry on working together, or at least actively looking at how they can do so:

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

If you are the leader or a member of any of these groups (or one that we have missed off the list), well done and keep up the good work.

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 (Groups Co-ordinator) 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).

Third Age Trust volunteers are hosting tutorials covering an introduction to Zoom and how to host virtual meetings. You can book at [www.u3a.org.uk/about/events/online-events](http://www.u3a.org.uk/about/events/online-events).

North Walsham U3A is reimbursing the costs of Group Leaders' Zoom subscriptions. To get the best value out of the cost of those, 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.

We are also offering a virtual monthly General Meeting at 3.00pm on the first Friday of each month. Details of the one on 3 July are being emailed separately to members who have email addresses.

**Finally, please send us a message via the website at [www.northwalshamu3a.org/contact-us](http://www.northwalshamu3a.org/contact-us) if you would be interested in going to this year's **Christmas Lunch**. We just need a general idea of numbers of potential diners at this stage, not a firm commitment or deposit yet.**

### **Third Age Trust**

At the time of writing this update (24 June), we are expecting updated guidance shortly from the Third Age Trust on working safely during the pandemic. This will take effect on 4 July and will reflect the most recent government advice.

The Trust's advice is updated regularly and can be found on its website at [www.u3a.org.uk/](http://www.u3a.org.uk/).

You can also sign up for the Trust's national newsletter at [www.u3a.org.uk/newsletter](http://www.u3a.org.uk/newsletter), and phone for advice from Monday to Friday, 9.30am to 4.30pm, on 020 8466 6139.

This year's Third Age Trust AGM will be on 29 September, with a provisional start time of 11.15am (this will be confirmed when the agenda is finalised). The AGM will be held online only and all U3A members will be welcome to attend. There will be a registration process for U3As to register their voting representatives as normal. More information about how members will access the virtual AGM will follow later.

### **BBC Update**

In the meantime, the BBC has published the following update based on the government's announcements on 23 June, which apply in England only from 4 July:

#### ***Distancing guidelines***

From 4 July the 2m (6ft) social distancing guidance will change. The Prime Minister said that where it is not possible to stay 2m apart, people should keep a distance of "one metre plus" - this means staying one metre apart, whilst observing precautions to reduce the risk of transmission.

Businesses are being asked to help by:

- avoiding face-to-face seating by changing office layouts
- reducing the number of people in enclosed spaces
- improving ventilation
- using protective screens and face coverings
- closing non-essential social spaces
- providing hand sanitiser
- changing shift patterns so that staff work in set teams.

#### ***Hospitality, leisure and holiday services***

Restaurants, pubs and cafes will also be allowed to reopen, providing they follow safety guidelines.

All hospitality indoors will be table service only, and contact between staff and customers will be limited. Customers will also have to give contact details when they enter a pub or restaurant. Businesses will be expected to monitor crowd density in their premises, including at pinch points - such as doorways.

Holiday accommodation - including hotels, B&Bs, cottages, campsites and caravan parks - can also reopen, and people in England will be free to stay away from home overnight for the first time since lockdown began in March. But shared facilities - campsite toilets, for instance - must be cleaned properly.

### ***Meeting other households***

In England, two households of any size will be able to meet indoors or outside. It will be possible to stay overnight. This does not have to be the same set of households. The Prime Minister said, "It will be possible, for instance, to meet one set of grandparents one weekend, and the others the following weekend." However, the government does not recommend meetings of multiple households indoors because of the risk of infection. In addition, the two households would have to maintain social distancing - unless they were part of the same support bubble.

Outdoors, people from multiple households can meet in groups of up to six, but two households can meet regardless of size.

### ***What else will reopen in England?***

More outdoor spaces will open if they can do so safely, including outdoor gyms and children's playgrounds. Hairdressers will be able to reopen, as long as they take precautions. Other close-contact services such as nail bars will not yet open, but the Prime Minister said they would be able to open "as soon as we are confident they can operate safely".

Libraries, community centres, bingo halls, cinemas, museums and galleries will be able to open, along with funfairs and theme parks, amusement arcades, outdoor skating rinks, social clubs and model villages.

Places of worship will be able to open for prayers and services, including weddings with up to 30 guests, subject to social distancing. Singing will not be permitted.

### ***What will remain closed in England?***

Nightclubs and casinos remain closed, along with bowling alleys, spas, swimming pools, indoor gyms and soft play centres.

Theatres and concert halls will not be able to host live performances - but the Prime Minister said the government would work with the arts industry on specific guidance to enable choirs, orchestras and theatres to resume live events as soon as possible.

## **Messages from [Norfolk County Council](#)**

### **New befriending service for local lonely and isolated people**

Loneliness is affecting more people than ever. That is why we have partnered with Voluntary Norfolk to launch a new befriending service to combat loneliness and isolation in Norfolk. Voluntary Norfolk has recruited befrienders from the 3,500 strong army of volunteers who came forward during the coronavirus pandemic. Someone who has already benefited from this is 90 year old Maurice Oliver, "I try to keep moving with housework and like to use brain power making models, otherwise you lose it, but I do still feel lonely and depressed at times. I've come to rely on these calls. My befriender is an angel and is genuinely interested in me, not just talking for the sake of it." Anyone who needs support can call our customer services on 0344 800 8020 between 9am-5pm, Monday to Friday. The County Council's customer service team can connect you to a volunteer co-ordinator, who can set you up with a befriender from the network of volunteers across the county. By routing the initial calls through our existing customer service team, we can ensure calls are answered throughout the week from staff who are trained and experienced in receiving similar enquiries.

### **Norfolk Swift Response Service**

Our Norfolk Swift Response Service is available 24/7 by calling 0344 800 8020 and choose option 1 when prompted. Swift Response provides help, support and reassurance when someone has an urgent, unplanned need at

home, but doesn't need the emergency services. The Swift Response team can assist with emergency care needs if, for example, your usual carer is suddenly unavailable. If you have fallen, but are not injured, the team can use special lifting equipment to help make moving as safe as possible. Staff wear Personal Protective Equipment and social distancing measures are also used where appropriate to minimise the risk of infection to staff and those they are supporting. Can you help us share this information with friends and family who may be vulnerable? Visit [www.norfolk.gov.uk/care-support-and-health/start-with-social-care/urgent-help/get-urgent-help-at-home-norfolk-swift-response-team](http://www.norfolk.gov.uk/care-support-and-health/start-with-social-care/urgent-help/get-urgent-help-at-home-norfolk-swift-response-team) for more information.

### **Be scam aware**

**The ongoing coronavirus pandemic has given scammers new opportunities to send both common scams, now with a COVID-19 theme, and develop approaches directly connected to the current situation with new scams targeting things like Test and Trace. If you receive messages making claims about Coronavirus, only use trusted websites like Gov.uk or NHS.uk for advice and information. Here are some top tips from Norfolk Trading Standards to keep scam aware:**

- Be cautious and listen to your instincts. Don't be afraid to hang up the phone, shred a letter, delete an email, text or instant message or shut the door.
- Don't assume everyone is genuine, take your time and don't be rushed. Be suspicious of requests for money up front.
- NEVER deal with doorstep cold callers.
- NEVER give or confirm personal details to someone that had called you.
- If someone claims to represent a charity, ask them for ID.
- Only purchase goods from legitimate retailers.
- Never click on links or open attachments in unexpected emails or text messages.
- Your bank or the police will never ask for your bank details, for you to withdraw cash to be collected or transfer money to another 'safe' account over the phone.
- If you think you have been scammed, report it to Action Fraud on 0300 123 2040 and if you need advice, call the Citizens Advice Consumer Helpline on freephone 0808 223 1133. If you are in immediate danger, contact the police on 999
- Contact your bank if you think you have been scammed and you have given card or account details.

### **And finally, a bit of entertainment**

Many thanks to David Riddle, Chairman of North Norfolk U3A, for the contents of this section.

This was (allegedly) found in a folder of papers from a government meeting in a waste bin in St James Park:

#### **Cabinet Advisory Group HMG Cabinet Papers - SENSITIVE / CONFIDENTIAL**

*The Cabinet's new advisory group, Social Operating Distancing of Friends (SoDoF), has met digitally and all Members voted on a new distance. It was accepted that there had to be a compromise, so the new distance is: 1.3754 metres.*

*To enable the public to correctly measure this distance, all UK households will receive via Royal Mail a 'Stringthing'©. To keep costs down this will be purchased from China and will consist of a length of string with two knots, exactly 1.3754 meters apart.*

*To use your 'Stringthing'© two people should each hold a knot. If due to the gravitational effect of the Earth the string sags in the middle, you are not far enough apart and liable to a £100 fine (reduced to £48.67 if paid in 11 days). Using a fixed object (lamp post, street furniture, another person, etc) to artificially tighten your 'Stringthing'© will not be permitted.*

*Obey the new instruction and be alert. This country needs lerts!*

I heard from another U3A how some of their Groups had got on during lockdown:

The **SEMAPHORE** Group started well but their interest soon flagged.

The **EXPLORERS** Group were nowhere to be found.

The **GOVERNMENT STUDIES** Group will meet sometime soon, but don't want to decide when.

The **SEWING** Group believe their competition result was a stitch-up. It was fabricated.

The **PSYCHIC** Group were due to meet, but cancelled through unforeseen circumstances.

The **PUZZLE** Group hadn't a clue, they were very cryptic and were always having cross words.

The **SHOOTING** Group promised to give it their best shot.

The **GREEK COMEDIES** Group leader wore a Baklava with a great sense of Humour. It was constant Taramasa-laughter.

The **KARATE** Group caught a bad case of kung flu. This group got the chop.

The **DEEP-SEA DIVING** Group were out of their depth and couldn't stand the pressure.

The **ORIGAMI** Group folded quickly.

The **READING** Group studied 'Lord of the Rings' and started Tolkien in their sleep. It was a bad Hobbit to get into.

The **TEN PIN** Group went spare when their balls got stuck in the machine and decided to strike.

The **POETRY** Group forgot to take their iambic pentameters and compared each other to a winter's evening.

### Quiz 1

1. Harvey, Hazel and Honey are all fictional.....what?
2. "Check in. Unpack. Relax. Take a Shower" was the tagline on the posters for which film.
3. Jane and Michael Banks are characters in which film musical?
4. The Olympic Games were due to take place this summer in which city?
5. Name BOTH sports played at The All England Club in Wimbledon.
6. There are four stations on a Monopoly Board – name them.
7. How many years elapse between George Orwell's world of Big Brother and Arthur C. Clarke's Space Odyssey?
8. What was unusual about the Booker prize in 1974, 1992 and 2019?
9. Three anagrams please of herbs and spices: army rose, German loss and arise ants?
10. Which of these foodstuffs does NOT have protected status in the U.K. – Gloucestershire Old Spot Pork Sausages, Single Gloucester Cheese and Double Gloucester Cheese?
11. In 2014 Diana Beard became a national villain after she opened a freezer containing what desert which has been prepared by a man called Iain?
12. Just before Christmas 2017 Greggs the Bakers apologized for using sausage rolls to create what?
13. What two dishes are rhymed in the song "Food Glorious Food"?
14. Between 1962 and 1970 The Beatles released 11 songs with "love" (or some variant) in the title - name seven.
15. The Queen recently celebrated her 94<sup>th</sup> birthday. One tradition which usually takes place in Hyde Park and the Tower of London was cancelled this year. What was that tradition?
16. Name five countries with a name that ends in "..... stan".
17. What connects the flood plain that surrounds the Mississippi River, the watch brand favoured by James Bond and the circumference of a circle divided by its diameter?
18. Name three current ceremonial counties of the UK that start with the word "North".
19. If you travelled 6,400 miles from Dar es Salaam to Seoul, which countries would you be travelling between?
20. A native of Glasgow is a Glaswegian. What's a native of Dundee called?

### Quiz 2

1. What name is given to a baby kangaroo?
2. In academic terms what is a Desmond?

3. Which tv series starting in 2013 is about a criminal gang in 1919 Birmingham?
  4. Who according to the Book of Genesis was the wife of Abraham?
  5. Who wrote Little Women?
  6. Which English King was married to Catherine of Braganza?
  7. Who composed The Mastersingers of Nuremburg?
  8. What is the capital city of Sicily?
  9. Who wrote the letter De Profundis in 1897?
  10. Who starred as Ben Hur in the 1959 film?
  11. Which country has the highest population in Africa?
  12. Of which country is Jacinda Ardern Prime Minister?
  13. The Stanley Dock tobacco warehouse in Liverpool was once the world's largest building constructed from what?
  14. Which orange coloured carbonated soft drink is often referred to as Scotland's other national drink?
  15. What is the zodiac symbol of Aries?
  16. The silkworm eats the leaves of which tree?
  17. Sushi comes from which country?
  18. Which famous historical figure was tutored by Aristotle between about 343 and 340 BC?
  19. In which cities were the two World War 2 conferences between Roosevelt, Stalin and Churchill held?
  20. Which poet in 1792 fathered an illegitimate daughter Caroline by Annette Vallon?
- Steve
- 

## **ANSWERS TO CORONAVIRUS UPDATE QUIZZES**

### **Coronavirus Update Quiz 1:**

1. Rabbits - (play and film Harvey: book and film Watership Down: girlfriend to Bugs Bunny)
2. Psycho
3. Mary Poppins (they are the children)
4. Tokyo
5. Lawn Tennis and Croquet
6. Kings Cross: Marylebone: Fenchurch Street: Liverpool Street
7. 17 (1984 - 2001)
8. There were double winners each year
9. Rosemary: Lemongrass: Star Anise
10. Double Gloucester (it can be made with the milk of any cows)
11. Baked Alaska (on The Great British Bake Off)
12. A Nativity
13. Cold Pudding and Custard: Hot Sausage and Mustard
14. All you need is love: And I Love Her: Can't Buy Me Love: It's Only Love: Love Me Do: Love You To: Lovely Rita: P.S. I Love You: She Loves You: Words of Love: You've Got To Hide Your Love Away and All My Loving
15. 41- and 62- Gun Salutes
16. Afghanistan: Kazakhstan: Kyrgyzstan: Pakistan: Tajikistan: Turkmenistan and Uzbekistan
17. They are all Greek Letters: Delta, Omega and Pi
18. Northamptonshire, North Yorkshire and Northumberland
19. Tanzania and South Korea
20. Dundonian

### **Coronavirus Update Quiz 2:**

1. Joey
2. A Second-Class Honours Degree (2.2)
3. Peaky Blinders
4. Sarah
5. Louisa M. Alcott
6. Charles the Second
7. Wagner
8. Palermo
9. Oscar Wilde
10. Charlton Heston
11. Nigeria
12. New Zealand
13. Bricks
14. Iron Bru
15. Ram
16. Mulberry
17. Japan
18. Alexander the Great
19. Tehran and Yalta
20. Wordsworth