



Extra Bulletin 11

U3A Lockdown Poem

Where is our U3A club, while our lives are put on hold?
What of our new mates, stuck inside, doing as they're told?
How very sad our lives will be, without our new found hobbies
Back to boring housework, and doing all those household jobbies.

But no, this is the U3A, the lively one, in Meopham
The one that's full of energy, get-up-and-go-and-get 'em!
The question: 'who will carry on?' - the answer: then it hit me -
All our lovely members, and our wonderful Committee.

Suggestions pour in day-on-day, and week-on-week now too,
With good advice, and sharing thoughts, Bulletin-ed to you!
There's news, and views, and helpful hints arriving more and more,
With great ideas, and 'how to' items coming by the score.

There's members out there, sewing bags to help the NHS,
And some are sending quizzes for our mental health, no less.
There are ideas too, for gardeners, and some on wildlife
And arts, and crafts, and music, to help brighten up your life.

We've learnt of other ways of meeting via the internet, and so on,
And now can carry on our languages, our book clubs, I could go on ...
There are offers too, of helpfulness, so if you're dim, like me,
They'll help you to connect to Zoom, and techie stuff, for free.

So there is life in lockdown, and during it, and after,
With all this stuff to see and do, there is still life, and laughter.
Our friends will always help us through, no matter what we bear -
Just join our club, we'll all hold on, and we will all get there.

MEOPHAM SWOP SHOP

Sue Gofton, one of our parish councillors, is keen to get as many people as possible to make use of the Meopham Swop Shop which is held at the Village Hall every Tuesday and Friday from 2-4pm.

The idea is that Meopham residents are encouraged to bring along any unwanted books, magazine, jigsaw puzzles and DVD's to the Village Hall and to then leave with different items to keep themselves amused and occupied during the Covid -19 lockdown.

Books, puzzles and DVDs that have been donated are put in "quarantine" before being offered to 'customers'.

It is all very well organised in line with the latest government guidelines and customers will be offered hand sanitizer, there is a one-way system and 2m distancing is observed. Please note you need to bring your own carrier bag and feel free to wear gloves if you prefer.

You don't need to swop – you can just come to take anything you fancy but it would be appreciated if you felt able to make a small donation to charity as you leave

There are hundreds/thousands of quality items to choose from for all ages and tastes. The items have been categorised so U3A groups may wish to take a box, for example of books about painting and drawing or crafts.

If you would like further information or would be interested in helping with the Swop Shop please contact gofton.mayfiekd@gmail.com

KEEPING IN TOUCH LOCALLY

www.meopham.org

This is a website with links to our Parish Council and other local information. The latest edition of the Meopham Mercury for May 2020 is not available in hard copy but can be downloaded from this site.

MEOPHAM VILLAGE NOT TOWN

This is a private Face Book page. (That means you have to ask to join and wait for a short while on your first visit). This page has local news items and comments, requests for recommendations of local services, trades people and restaurants/café etc. This page was instrumental in publicising the call for bags on behalf of the NHS.

meophamu3a.org.uk

Don't forget our u3a site. Gus is keeping this as up to date as possible and you will find messages, the bulletins, quizzes and information about your groups via this website.

KEEPING IN TOUCH NATIONALLY

u3a.org.uk

This is the national website and is being updated daily by national office. Members, quite justifiably, complain that it is pretty impenetrable but the message has got through and as soon as you log on the front page has everything you could want to know and more about COVID-19 and how U3As across the country are coping.

National Office would like as many members as possible to sign up for the **National Newsletter**. You can do this via u3a.org.uk and it is freely distributed by email. This may be of particular interest to group contacts as it includes lots of tried and tested suggestions for keeping the momentum going within a group while it is impossible to meet physically.

National U3A also has a Facebook page **U3A: Keeping in Touch**. Again this is a closed group and you will need to tell them that you belong to Meopham U3A when you sign up. There are currently 3,600 members and the national office would like to hope that every U3A has at least one member who has joined the Facebook group. This is a mixture of all sorts but does include some tips and hints for supporting groups and airing views on the way(s) forward.

u3asites.org.uk/south-east

If you want to know what's happening in U3As across the southeast this is the site you need. There is a very useful page entitled ISOLATION ? which has suggestion and contact details for many sites offering art, music, lectures etc to keep you busy.

THE END

