



## Extra Bulletin 2

The first Extra was very well received by members. Thank you to everyone who messaged to say they had found it interesting, helpful and positive. The Coping Calendar was very popular.

We can keep publishing but PLEASE, PLEASE keep sending content for us to include. Thank you to Mary Moss, David Burkitt, Mike Chantry, Gwen Coombs and John Peters for much of what you will read below. We would like to include more group news and photographs if possible so please pass them our way. It would also be great to know if any of you are using these suggestions.

It has been suggested we include some of the cartoons that are doing the rounds. This does not in any way imply we are making light of the current situation but that we'd rather laugh than..... so if you have any amusing examples please pass them this way.

### **BBC SOUNDS APP**

Have you downloaded the BBC Sounds app onto your iPad yet? There are hundreds of very interesting programmes and podcasts available both in speech and sound and a mixture of the two. You can listen to any number of Desert Island discs, take up the Archers again or further your knowledge of quantum physics as you wish.

If you do need cheering up BBC Sounds has some Hancock's Half Hour radio episodes from the 1950s. Still funny after all these years. Remember the Blood Donor?

If anyone else discovers some hidden gems please let me know.

### **WANT TO JOIN A GROUP FOR THE DURATION?**

You are very welcome to sign up for a group for the duration. It may be that you have some proficiency in language or a passion for needlework but couldn't previously fit the group into your busy life.... but now you can.

Visit our website <https://www.meophamu3a.org.uk/> and click on the blue bird on the group page to send a message to the group contact who can add you onto the email list. It would really help them if you give a brief indication of what in particular interests you.

## MUSIC STREAMING – THE BASICS

Streaming lets you listen to your favourite music tracks and albums, whenever you wish, on your computer, tablet or phone. It gives you instant access to huge catalogues of music, without having to sort from masses of CDs or MP3s that may be taking up space or cluttering up the memory of your devices. All genres of music are accessible.

All of the main streaming services are legal and above board. They are all available via the internet.

**SPOTIFY** is just one of the streaming services available in the UK but is comes well recommended by fellow members\*.

Spotify provides access to millions of songs from artists all over the world, plus many videos. It also offers thousands of Podcasts, including originals that you can't find anywhere else.

Two levels of service are available.

The **free** service provides basic functions such as browsing and streaming of albums, artists and specific titles covering all genres. You can create and edit personalised playlists.

It is totally free, but you will have to put up with regular ads. One user has described these ads as a “..minor irritant..”

If you decide that you want to avoid the ads you can upgrade to Spotify Premium. That service also offers additional features, such as offline listening. The cost for this Premium Service is £9.99 a month (current price.)



You can find Spotify in the App store on your tablet or laptop. Use the search button at the bottom of the screen to find Spotify. Then click on GET. The Spotify App will then download and install itself to your device.

\*The main alternatives to Spotify are Apple Music and Amazon Music Unlimited. If you subscribe to Amazon Prime you probably already have Amazon Music.

## KEEPING IN TOUCH using TECHNOLOGY

How can we keep in touch?

Some groups have set up What's App groups or are using or using a number of different video conferencing Apps to keep in touch. This is allowing them to share photos as well as words and to even see each other with the conferencing.

It has been suggested that some members may miss is the sound of another friendly voice so arranging a virtual coffee morning or afternoon tea using Zoom or perhaps a group Chat on Skype. In the same vein maybe recording some of the newsletters and creating an audio or video podcast that can be is shared.

If this is all gobbledegook to you but you realise NOW is the time to finally embrace technology big time ... help is at hand. Some members have agreed to put together some simple guides to help you get started. These will be available over the coming days and will be emailed out to you as well as added to our website.

## The World's Easiest Quiz Answers

- How long did the Hundred Years' war last? **116 years**
- Which country makes Panama hats? **Ecuador**
- From which animal do we get cat gut? **Sheep and horses**
- In which month do Russians celebrate the October Revolution? **November**
- What is a camel hair brush made from? **Squirrel fur**
- The Canary Isles are named after which animal? **Dogs**
- What was George VI's first name? **Albert**
- What colour is the purple finch? **Crimson**
- Where are Chinese gooseberries from? **New Zealand**
- What colour is the black box in commercial aircraft? **Orange**

## Kent Libraries

All libraries have now closed to the public, including the mobile library service, until further notice.

All existing loan periods are extended until the end of June.

Digital collections are still available. These include reference resources as well as free e-books, e-audio books and e-magazines and e-newspapers. All accessed at [www.kent.gov.uk/libs](http://www.kent.gov.uk/libs)

Without leaving your home, using your computer, iPad or tablet, going to that page on the internet will give you very straightforward, easy to follow details of how you can access and borrow many of the books that are held throughout the Kent County Council libraries network. There is also a facility to check and reserve titles, check listings by subject or author and details of collections.

Information on the apps you will need to use are given on the libraries page, including straightforward instructions on their installation and use.

## Gravesham Borough Council

GBC have set up a dedicated page on their web site <https://www.gravesham.gov.uk/coronavirus> which they update regularly with any changes in health advice or to their services. If you live outside Gravesham please check your local council's website for advice.



## Games

Many games have online versions that groups could use to practice remotely. Use Four Winds to play a version of Mah Jong at home – find instructions on how to play and other resources at the [Mahjong Subject Advice page](#).

Or for bridge, U3A bridge members can sign up for the three month free access by using this link [www.nofearbridge.co.uk/U3A](http://www.nofearbridge.co.uk/U3A). Find more information on Bridge on the [Subject Adviser for Bridge](#) page.

For other games like solitaire, hearts and free cell you could look at the [Mobilityware](#) App. The free games do have adverts but they don't last that long.

For brain training you could try the [Luminosity](#) App. Again it is free for a basic three challenges of the day but you can upgrade. You can play the three games as often as you like during the day!

## **EXERCISE for flexibility, strength, balance and posture**

I hope you chair squats are going well and you are gradually building it up to at least a minute. A members says she is using an old Abba track while doing this so try some music if you like! If this is now too easy try kneeling down and standing up a few times twice a day. The ultimate test is to sit crossed legged on the floor and stand up without using your hands ... but maybe not this week.

Stretch while you are sitting or standing. Particularly focus on your neck, shoulders and hips for maximum benefit.

Standing on one leg is very good for your balance. Try to stand on one leg while you are brushing your teeth so you can use the sink for support if you wobble. Aim for 20 seconds on each leg (one side may be harder). Then try it with your eyes closed and finally with eyes closed and some movement such as circling one foot.

Members have recommended some good sites for Tai Chi. You could try Yang Tai Chi for Beginners or & Minute Tai Chi on You tube.

National Office is promising some Yoga resources so they should be in the next bulletin.

## **Today's quiz**

Here is a list of well-known films with the leading man shown.

The idea is to identify the leading lady that appeared in each film.

Film buffs may like to suggest the year the film was released as well?

- |                          |                  |
|--------------------------|------------------|
| 1. Gone with the Wind    | Clark Gable      |
| 2. Casablanca            | Humphrey Bogart  |
| 3. On the Waterfront     | Marlon Brando    |
| 4. Rebecca               | Laurence Olivier |
| 5. Camille               | Robert Taylor    |
| 6. The Blue Angel        | Emil Jannings    |
| 7. Rose Marie            | Nelson Eddy      |
| 8. Cat on a Hot Tin Roof | Paul Newman      |
| 9. Love Story            | Ryan O'Neill     |
| 10. Top Hat              | Fred Astaire     |

Answers in the next bulletin