



## Extra Bulletin 4

Thank you for all your kind comments about these bulletins and all the contributions you are making. We couldn't do it without you.

By the time edition 5 goes out we will have been managing without the opportunity for face to face meetings for nearly three weeks. It would be heartening to know how our groups are coping with this sudden, unexpected change and what you have been able to do. History 1, Money Matters and Modern jive ,Music for Pleasure have sent in some information but how about the rest of you ... in door photography? Virtual wine tasting, tips from our craft groups... etc. Please let us know.

National and international emergencies bring out the best in most people but a small minority see this as an opportunity to try to cheat you out of your hard earned cash. Don't give them the satisfaction! Attached to this bulletin are two documents about scams compiled by Andrew Challis. One relates to current scams in general and the other to specific coronavirus scams and we would urge you to read them.

**"The Show Must Go Online"** created by Robert Myles

Go to this web page for weekly readings of the complete plays of Shakespeare by a global cast. All put together and created in less than a week in response to the COVID19 pandemic.

[www.robmyles.co.uk](http://www.robmyles.co.uk)

### Audio books

Audio books from stories.audible.com are free while UK schools are closed. Many of the titles are aimed at children-so this information could be a handy to pass onto your grandchildren- but there are also literary classic like Jane Eyre, Persuasion and Brave New World all read by top rate actors.

For those of you in language groups there are numerous titles available in French, Spanish, German Italian and Japanese. *The Frog Prince* in Italian or *The Smurfs Ride Again* in French anybody?

### Meditation

A number of sites are now offering free content.

Visit [calm.com](http://calm.com) for soothing sleep inducing meditations with voice, sounds or music aimed to soothe.

Headspace.com has a session called "Weathering the storm "that you may also wish to try.

## BIRDWATCHING

National Office are encouraging every U3A to make the very most of what they can do in the current circumstances. Birdwatching is a possibility for us all and can be undertaken from the kitchen window or an arm chair by the patio doors. This is a chance to contribute to our understanding of Britain's birds and get more pleasure from your garden at the same time. So armed with your binoculars and an identification aid get ready to enjoy our feathered friends.

Supported by the British Trust for Ornithology, (BTO) there are two levels to the project: Garden Birdwatch for novices with 20 minutes to spare each week (!) and Bird Track for those more developed bird identification skills. Go to <https://www.bto.org/our-science/projects> for more details or to join.

At present the BTO is unable to offer joining packs so instead they are offering free online membership with regular email updates as well as a simple to use web page or APP to record your sightings if you wish. This free membership will be valid for one year, after which it will expire as normal. Participate free for a year in a great citizen science project by watching the wildlife outside your window. This is a great opportunity for any nature enthusiast amongst us looking for a fun, but purposeful outdoor project.

Not great with bird song ...try [songsleuth.com](https://www.songsleuth.com) a free app that listens to the birdsong around you and suggests possible matches.

Not too sure about a bird you have seen? Try [merlin.allaboutbirds.org](https://www.merlin.allaboutbirds.org) which is also free.

If you need some guidance to set up your binoculars have a look at [wikihow.com How to Calibrate Binoculars](https://www.wikihow.com/How-to-Calibrate-Binoculars). This comes with helpful pictures!

### **Anyone able to help?**

Do you know your wren from your warbler ....or your chiffchaff from your chough?

Could you take the lead on this project over the next few weeks?

Please contact Heather [mepgroups1@gmail.com](mailto:mepgroups1@gmail.com) if you would be interested.

## Classic TV

BBC iPlayer is offering a number of classic boxsets in addition to the usual catch up service. You will probably have to use the search facility to find these but they are there ready to watch .

Included in these sets are Spooks –all 7 series and all 4 series of Wallander. So if you missed them the first time round ...hers your chance.

They also seem to be adding more films on a regular basis so do look for those too.

## KENT TOGETHER

A 24-hour helpline has been set up to support vulnerable people in Kent who may need extra help during the coronavirus outbreak. The new service called **Kent Together**, will act as a single point of contact for anyone in the county who is in urgent need of supplies or medication whilst having to self-isolate. **Kent Together** is being co-ordinated by Kent County Council. It can also be used to report concerns about the welfare of someone else. You can contact the Kent Together helpline at [www.kent.gov.uk/KentTogether](http://www.kent.gov.uk/KentTogether) or by calling 03000 419292.

## NEW FROM THE NATIONAL U3A

*You cannot prevent the birds of worry from flying over your head, but you can prevent them from building nests in your hair' – old Chinese proverb*

Particularly in these uncertain times - mindfulness has become ever more popular amongst people of all ages, who want to connect with their situation and surroundings.

U3A members are invited to listen in to a weekly **mindfulness session** hosted on the U3A Youtube Channel at <https://www.youtube.com/user/TheU3a> and run by the mindfulness Subject Adviser, Nancy Taylor.

There will be a new session of mindfulness practise to ever Friday and the sessions can then be viewed at any time and as often as you like. Each session will last 6-8 minutes.

The first session is an introduction and focuses on “settling”.

## KEEPING FIT

### 10 TODAY- PHYSICAL ACTIVITY FOR OLDER PEOPLE

Sport England has launched some 10 minute audio exercise routines to help people to get moving and stay heathy at home. All the activities can be done either standing or sitting. Go to the BBC SOUNDS app or Radio 5 live where you will find ten sessions you can follow led by someone who sounds over 21!

### YOGA

There are numerous Yoga videos on line but *Yoga with Adreiene* comes well recommended but members. Go to [www.yogawithadriene.com](http://www.yogawithadriene.com) and type “beginners” into the search. You can then see what is on offer.

**And for something completely different ...** [nhs.uk](http://nhs.uk) has some exercise videos and podcasts including *Belly Dancing for Beginners* and *Pyjama Pilates*. They have got to be worth a look?

## A National u3a Photographic initiative

Calling on any U3A members who want to join in our new online photographic project.

U3A EYE is a project to celebrate our budding U3A photographers and encourage them to submit pictures of their surroundings during this unprecedented time.

The theme to launch the project is **Yellow** but that theme will change every fortnight. This is not a competition and it is not about your photographic skill – what we want from you are interesting photos, possibly different ways of viewing things, anything which has captured your imagination or caught your eye.

We are looking for photos of objects or concepts (not people) that interpret the theme and only new photos please. Photos you have taken during these times. But besides that – please be as creative as you wish.

At the end of every fortnight we will choose and publish up to 15 photos on an online gallery for each theme so that all of members can enjoy the images.

To take part in the project visit the <https://www.u3a.org.uk/learning/u3a-eye> where you can find more details and the ways you can upload your photo.

The deadline for submission of your photos for the first theme is 9th April.

## ROYAL OPERA HOUSE

The Royal Opera House is offering selected productions on demand free of charge while its Covent Garden home remains closed.

These will include the ballet Peter and the Wolf and the opera Cosi Fan Tutte and they will be rolling out further free online broadcast over the coming weeks.

You can watch these via YouTube.

## ANDREW LLOYD WEBBER MUSICALS

These are part of a series called *The Show Must Go On* and you can catch these on YouTube. They will be broadcast at 7pm on a Friday evening and available for 48 hours.

Musicals planned to be in the series include Joseph and the Amazing Technicolour Dream Coat and Jesus Christ Superstar with more to be added in the coming weeks..

## On line guides

To help members to be able to access a number of on line services National Office has produced some on line guides. They can be found at <https://www.u3a.org.uk/how-to-guidance>

NB Reference to these products/services do not constitute endorsement or imply recommendation by the Third Age Trust or MeophamU3A.

[Facebook –make a closed group](#) Links you to a wikiHow page

[WHYPAY? - Account registration and conference calling](#). A guide prepared by the national office to help U3As to register an account and set up a conference call in WHYPAY?

[Zoom \(Phones and Tablets\) - account registration and starting a meeting](#) A guide prepared by the national office to help U3As create an account and set up a meeting in Zoom using a phone or tablet.

[Zoom \(Desktop\) - account registration and starting a meeting](#) A guide prepared by the national office to help U3As to create an account and set up a meeting in Zoom using a Desktop PC.

[WhatsApp - making a call](#) Links you to a wikiHow page

[Gmail - creating an Account](#) Links you to a wikiHow page

[Listening to Podcasts](#) Links you to a Youtube video '*Listening to Podcasts – with BBC Sounds examples*' by Annette Merrick. This resource shows how podcasts provide a great way to listen to a wide range of well-produced, entertaining and informative recordings.

[Hotmail - creating an Account](#) Links you to a wikiHow page

[Skype - creating an account](#) Links you to a wikiHow page

[Jitsu –Users Guide](#) Links you to a Youtube video on installation and basic use

## IN HOUSE IT SUPPORT

Don't forget Gus and Andrew have offered support with IT queries. Don't sit and ponder ...drop them an email and they will try to help.



