



Extra Bulletin 5

NEWS FROM OUR GROUPS

NEEDLECRAFT are busy supporting an initiative, at the request of Darent Valley Hospital and are making drawstring bags for DVH staff to use when taking their uniforms home to launder them. This is described as a “community factory”. The material used is old cotton / poly-cotton sheeting, duvet covers or pillow cases. The group has enough material at the moment but will let us know if they need more next week as the scheme has expanded to meet requests for the bags from care home, the ambulance service and GPs.

If you want to know more or become involved you can contact the needlecraft group via our website or look on the Meopham Village Not Town face book page and find the information there under Pulling Together. Thank you all for being prepared to do this and support our NHS in this way.

Book group 1 had its first meeting in lockdown on Thursday April 9th at 2pm, as usual. However we didn't meet at Meopham Library but in the comfort of our own homes using Zoom as the conferencing tool. It meant a steep learning curve for us all and 8 of us met on screen.

After the usual 'How are you's' and comments on audio issues, Gallery Views, and other technical aspects we got going as a group and had a pretty informative discussion on *The Keeper of Lost Things* by Ruth Hogan.

It was an interesting book, described variously as Twee, Quirky, Pathetic, Beautifully written, and anything in between! Scores ranged from 1 out of 5 to 4.5 out of 5 which is about as wide a range as we've ever had. Lots of different opinions.

Zoom cut us out after 40 minutes(the free one does this) so we also had the exciting experience of waiting to rejoin the meeting, which was successfully completed by all bar one, who lost his link and needed a password before joining after everyone else had left it!

We hope to do the same in May, and have downloaded *The Sea Sisters* by Lucy Clarke on Kindle. We'll be real experts by then!

Beryl

Thank you to everyone who has sent in information for the bulletin.

Please keep it coming ...especially news from our groups.

YOGA

National Yoga Subject Adviser – Peter Burton and a fellow U3A member Fran Ritson, who is also a qualified yoga teacher, have put together comprehensive resources to support you with your practice during this time.

All ages and abilities can benefit from Yoga. Chair Yoga is an option where needed or preferred.

The meaning of Yoga is 'unity - join or bring together' - an awareness of mind, body and spirit - not in a religious way. Trying to bring balance into our lives to bring more calm and happiness and to enjoy good health. Yoga is a practice; one which can be a complete way of life or it can be something you enjoy just on a physical level to strengthen, tone and maintain flexibility. Physical fitness supports the systems of the body and the mind, to enable the whole to function more efficiently.

More information can be found on the subject adviser page to support you with your own yoga practice.

For the latest Yoga exercises and advice go to: <https://www.u3a.org.uk/> and scroll down the page. There you will find :-

- Peter's illustrated yoga home practice guide called Simple and Safe
- Peter's uncritical list of Yoga Apps that people may like to explore
- A this short list of Yoga on YouTube
- A 45 minute video of Fran delivering a 'yoga light' session

Please note

Yoga is best done on an empty stomach. So try to allow an hour and a half without food or drink before practicing Yoga. Drink plenty of water afterwards.

As with all yoga poses this is best practiced the first time under the guidance (albeit remotely) of a qualified teacher and should not be practiced if you have serious eye problems, such as glaucoma or serious neck / back problems.

NU3A Weekly Quiz

Chris Wright, the subject adviser for quizzes has put together six weekly quizzes designed to challenge and get you thinking. We will post a different quiz from him each week and the answers the following week. You may want to form teams and play off against another team in your local U3A or you may just want to challenge yourself.

The first one is attached.

MINDFULNESS

Please tune into Week 2 of the weekly U3A Mindfulness sessions run by Subject Adviser Nancy Taylor. Week 1 is also still available.

Listen on the U3A youtube channel

https://www.youtube.com/channel/UCrqc8qYDZ4U24lq0J4qx0fQ?disable_polymer=true

MONEY MATTERS

Some timely advice from our MONEY MATTERS GROUP.

SPORT..OR LACK OF IT ..

You can put Sky and BT Sport on hold or cancel them whilst there is no sport taking place.

MOTs

There is a six month extension to any car MOT due from 30th March onwards however you are expected to keep your car road worthy.

CAR TAX

If you have two cars and one attracts the higher road tax you could consider talking that one off road for a while (SORN). However it is advisable to keep up with your car insurance even if you alter that to fire and theft only for the time being.

MORE NEWS FROM OUR GROUPS

MU3A SINGING GROUP

The U3a Singing group is now meeting up weekly on a Tuesday morning via the power of Zoom. We still can't manage to all sing at the same time but it makes us all laugh and keeps us smiling. If anyone else wants to join the group while we're all in lock down they can contact Anne Marie via the link on the website and she will explain all.

HISTORY 1

History 1 are all researching a memorable figure from history and writing a short report on their life and times. They include Mrs. Beeton, Robespierre, Eleanor of Aquitaine, John Tradescant, Capability Brown, Florence Nightingale and Mother Teresa.

Sounds like the dinner party from hell!

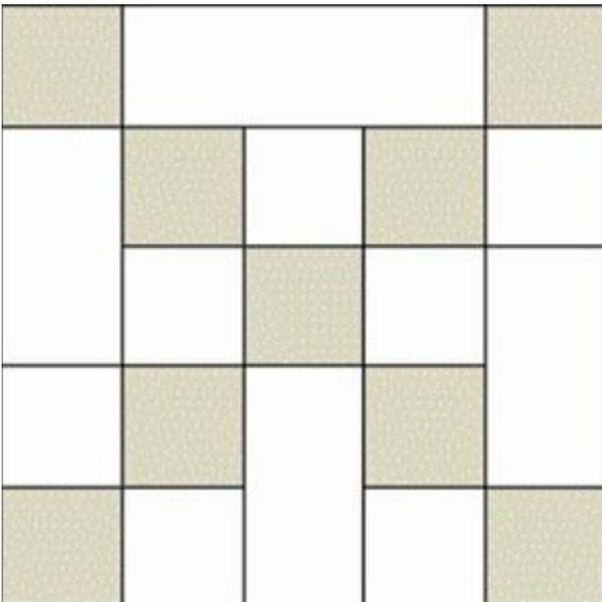
MATHS CHALLENGES FROM THE MATHS AND STATS SUBJECT ADVISOR

Question 1

My family travelled to Scotland from our home in Nottingham in two cars. I am a slower driver at an average speed of 40 m.p.h. while my wife set off on the same route an hour later at an average speed of 50 m.p.h. How far had we travelled before my wife overtook me?

Question 2

How many squares are there in this diagram?



Question 3

Visiting a U3A friend, Ina, the other day I'd forgotten the number of her house. Quite unfortunate as the street she lives in has about 300 houses. At least I could eliminate the first dozen as they are all shops. I feared I would have to visit each house in turn, but then I remembered that at a previous 'Maths for Fun' meeting Ina had said that her house number left remainders of 1 when divided by each of the first four primes (2, 3, 5 and 7). I never thought that this fact would come in handy then. What is the house number I am looking for?

Question 4

I have 10 sq. cm. of metal and need to construct a box with a square base (including both its top and bottom). What is the maximum volume of box I can construct?

A MESSAGE FROM LIONEL

U3a Central office ARE setting-up of an online forum for all members to participate on; if they wish.

Here are the details:

It is easy to get started. All you need to do is visit the forum website at <https://forum.u3abeacon.org.uk>, click the 'register' button and fill in your details.

From there you will be able to explore the forums and get involved in the discussion.

If you are not familiar with online forums, we have prepared a [how-to guide](#) to help you get started. We welcome your feedback on the guide. Your feedback will help us develop our guide which will be available on the [national website](#) in the next few days.

There will be three forums that you can join:

Learning – discussions around subjects and all forms of interest and learning

Our U3A Community – discussions arounds how we support each other

Beacon – discussions around using Beacon, the U3A management system

This is just an outline of what the forums are about because it will be led and developed by you when you join and the conversations that are happening.

A volunteer team will moderate the site and support you to use the forums in a safe, positive and productive way.

We will send more details through the week as we have them on our website and in the newsletter.

Please let your members know.

Please join us, sign up and get chatting. Together we will network, share ideas and stay connected.

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.

.....and help a number of you they did this week.

Thank you.

FRAUD

A number of you contacted to say that you had found the information about fraud very useful and in a couple of cases it had saved you some trouble and some money. The “you haven’t paid for your TV license” email seems to be very popular again and also ones from HMRC offering a rebate claiming not to have your detailsoh that that was true!

Be careful with your phone too. Criminals know that we are all at home and that land lines are usually answered, especially when we are concerned for family and friends or looking forward to a chat. It may also be a good idea to talk to any elderly or vulnerable family and friends to make sure they’re aware of the risks too.

Laura, our assistant treasurer had this from her bank and it seems prudent to share it. There are some old favourites here and some new ones too...all of which have affected M and S bank account holders in recent days.

Information from M&S banking, but useful advice for everyone:

Unfortunately, some criminals may use Covid-19 as an opportunity for financial crime, this could include things like offering a safe haven for money. To ensure you’re aware of some of the different types of fraud – and the measures you can take to protect yourself – we wanted to share an overview of some scams, which are unfortunately being used to commit financial crime at this time:

Buying and selling

Please be vigilant and watch out for scammers exploiting the demand for things like face masks, Covid-19 test kits and hand sanitiser by selling fake or non-existent products online. Only use sites you trust and be wary of requests to pay via bank transfer. Also watch out for deals that appear too good to be true – they probably are.

Doorstep fraud

Unfortunately, there have been cases of fraudsters targeting those who are more vulnerable, offering to do their shopping or other odd jobs. This may seem like a genuine act of kindness, but fraudsters are taking money or cards and never returning. If you can, please only accept help from friends, neighbours or those you know and trust.

‘Safe account’ scams

This is when someone claiming to be from your bank says your account has been compromised and your money must be moved to another account. People are more vulnerable to this type of scam because of the uncertainty created by Covid-19, but please remember that nobody at M&S Bank will ever ask you to move money into a ‘safe account’.

NHS scams

Please also beware of anybody impersonating HMRC and offering goodwill payments to NHS staff. It’s important to never click on links from sources you don’t recognise.

