

Issue 20-07 (24th March 2020)

News Flash

Visit our website: [Ilkley U3A](#)

This is the first News Flash since our daily routines have changed for the foreseeable future. We hope these newsletters and our website will help the spirit and friendship of U3A continue to flourish in these difficult circumstances.

On the website, we have set up a [Coronavirus Support Zone](#) with five separate areas. To visit an area please select any of the links below:

[Select here to visit Local Support](#)

Organisations in our local communities will be active in giving support throughout the forthcoming months. Some may need volunteers to help them. This is where we will add details. If you know any we have missed out email newsflash@ilkleyu3a.org

[Select here to visit Group Inspiration](#)

Social distancing doesn't mean we can't still be sociable. This is where you will find what several of our groups have been doing to keep in touch. For example:

[Tuesday Circle Dancing group](#) are sharing online resources so they continue dancing.

[The Photography Group Exhibition](#) is moving from the Manor House to our website.

[The Drawing Group](#) will use the website to share and critique their latest drawings.

[The Book Review Group](#) are using a discussion forum to share their thoughts.

[Wine Group 2](#) are sharing photos and details of wine they have enjoyed via email.

There are further of examples on the website, some of which might help you to maintain your own group links during this difficult period. All ideas welcome via newsflash@ilkleyu3a.org

The website team can help you by creating areas dedicated to your group, including setting up a discussion forum, so if you would like to know what is practical, email the website team on WIT@ilkleyu3a.org

[Select here to visit Life as we know it](#)

This is the area for our members to suggest ideas about how we can keep ourselves going in these difficult circumstances. Anything from recipes for easy to prepare food with staple ingredients, to details of your favourite podcast or book. Maybe you have an idea about how to cope with isolation.

Thoughts and links please by email to newsflash@ilkleyu3a.org. Wondering how to prepare for a possible stay in hospital? Owen Wells has provided a really useful check list which will be found [here](#)

[Select here to visit Communicating without email](#)

This is where we will share ideas about how to interact using technology without sending a constant stream of emails. Anyone with expertise in this area is welcome to contact us via newsflash@ilkleyu3a.org. The second item here is all about arranging a telephone conference. This has already been successfully trialled by both the Communications Team and the Website Improvement team.

[Select here to visit Quirky humour](#)

This area is where we can share some of the humour that inevitably arises in such a serious situation. Please view this in the spirit that is intended. Anything to lighten the mood. Contributions to newsflash@ilkleyu3a.org

Contacting other members of U3A

If the current situation is challenging for those of us who have access to email, the internet and close family nearby, it's even more difficult for U3A members who do not have internet and perhaps have no family living close by.

Many people will appreciate the odd phone call just to keep in touch. If you want to phone another U3A member [please email Jean Smith](#) (our membership secretary) who will act as a go between to swap phone numbers. It may make all the difference to someone who is feeling lonely.

Other information

Receive updates to Government policy & advice by [selecting this link to register](#).

[Select this link to read the latest newsletter from Third Age Trust](#) which has a lot more information about the U3A approach to this crisis. If you find it useful, why not subscribe to receive your own regular copy?

Visit our social media platforms which are updated with links from other U3As and interesting bits and pieces. [Ilkley U3A Facebook](#) [Ilkley U3A Twitter](#)

And now for something completely different!

Q. How do you know when there's an elephant under your bed?

A. When your nose touches the ceiling.

Q. What do you get when you cross an elephant with a kangaroo?

A. Big holes all over Australia.

Q. What's the difference between a lemon, an elephant and a tube of glue?

A. You can squeeze a lemon but you can't squeeze an elephant.

Q. What about the glue?

A. Ah, that's where you get stuck.

Stay safe, John and Christine.

PS. You only have until Friday of this week to vote for your favourite photograph submitted to the competition page in the EYE. [Select here to view the photographs](#) and then [here to cast your vote](#).