

**Issue 20-08 (1st April 2020)**

## ***Ilkley U3A News Flash***

**Visit our website: [Ilkley U3A](#)**

**Email: [NewsFlash@ilkleyu3a.org](mailto:NewsFlash@ilkleyu3a.org)**

Thanks to everyone who has given feedback and input to our [Coronavirus Support Zone](#) on the website. We have now added two more zones to visit. Just select or click on the links:

### **[New Zone: Making good use of spare time](#)**

When there are no more jobs to be done around the house, this is where you can find inspiration to keep occupied and perhaps learn something new.

You can find links to online learning, Muriel Jones offering to lend books from her extensive collection and Ann Thake's request for help to knit Teddy Bears. Thanks to an Ann Johnson suggestion, you can also find out how to start Tai Chi, which is an excellent way for our generation to get some exercise.

### **[New Zone: A picture is worth a thousand words](#)**

An area to share images that show what you are all doing to keep going in these extraordinary times. Send your own pictures to let other members know you are okay and keeping busy.

**There are other updates in the other Coronavirus Support Zone pages. You will find the new content at the top of each page.**

### **[Visit our Group Inspiration zone](#)**

**The Drawing Group** have used our website to share examples of their work. [Select here to view their creative talent](#). If not logged into the website, you will be prompted to do so.

**The Tai Chi group** have now added [these links to videos](#). Use these to supplement your once a day exercise escape from your home.

Other groups to feature include our Circle Dance Groups, Walk Ten to Tea, French conversation, Wine, Photography and the Craft Group. The latter keeps in touch by email and posting a copy to those not on email. Sheila Wright has kindly provided her latest text for you to read here: [A song of hope. craft news.pdf](#)

Please tell us what your group is doing to keep the show on the road at a distance. Just reply to this email so we can share your ideas. If you want help in using technology, again, get in touch by just replying to this email.

### **[Visit the Local support zone](#)**

Recent additions include advice from the local council on use of open space and parks for exercise and the opportunity for WhatsApp users to receive Government updates. We have also heard that local butcher shops are making home deliveries. Phone up and pay by card.

## [Visit our Life as we know it zone](#)

A positive report from a contact of Brian Spence who explains what life has been like in China based upon personal experience. Also, thanks to Barbara Tyas who has provided tips for looking after our mental and emotional health.

Trouble sleeping? There is a video to watch of sheep on Ilkley Moor. How many can you count before dropping off? Thanks to Neil Stevens.

Also a warning about scams that play on our understandable concerns. Be aware.

If you are keeping a diary about life at the present time, the U3A Third Age Trust would like to hear from you. Select this link: [U3A Living History Project](#).

Please also let us know if you fancy publishing your thoughts on the website every few weeks. It is one way you can help members know that they are not alone with their thoughts and anxieties at the present time. Phone John Hancock if it's easier to chat about this. 01943 604900.

## [Visit the Quirky humour zone: Win a £10 Amazon voucher](#)

There is **ONE** deliberate mistake in this section. [select here to email Christine Moorcraft](#) by the closing date of Thursday 9th April telling her about the mistake. The winner will be notified by email and the results published in the next News Flash. Want another clue? Watch the video clips then look again.

## [Introducing Green Tip of the Month](#)

Another new feature on the website. Thanks to the Environment Forum for taking the lead on this and in particular to Gwen Pilling for providing the content. [Select here to find the green tip for April](#). It's a fascinating read and very practical.

We have decided to suspend the group of the month feature until more normal times. The next edition of the EYE will also be postponed with articles submitted for publication held over for future publication. Let us hope we get there sooner rather than later. [Just For Fun](#) continues and this month includes a math puzzle and trick questions on the alphabet.

**Phone a (U3A) friend:** 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](#) (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.

**And now for something completely different.** We claim no credit for the "groan factor" of these jokes which have been submitted by Neil Stevens and Bill Jones.

**Q What's the difference between an elephant and a letter box?**

Um...I give up, I don't know.

**A Well, I wouldn't give you a letter to post.**

They said that gloves and a mask were enough to go to Tesco.

They lied, everyone else had clothes on!

If you receive an email from The Government telling you not to eat tinned pork, it's probably spam!!!

**Stay safe**

**John and Christine.**

**PS.** Thanks for voting in the EYE Winter photographic competition. We are contacting the winner who will be announced in the next News Flash.