

Issue 20-09 (7th April 2020)

Ilkley U3A News Flash

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We know it's only just over a week since the last News Flash. However, this is the easiest way to alert you to some significant additions to the website content in the last few days. Read on!

[Select here to visit the new Quiz Page on the website](#)

This is a new zone to help you pass the time whilst at home, to do on your own or with family members. The first two items are a video with the questions and answers to the WestNet quiz which was due to be held on 27th March and a quiz especially for Ilkley U3A provided by one of the question setters on The Chase.

Select the following links to other pages in the Coronavirus Support Zone. Scroll down the page to see items you may have missed.

[Making good use of spare time](#)

Read about an award-winning model railway in the loft, an exercise routine to do with your dog and more links to online learning.

[A picture is worth a thousand words](#)

Have you heard of virtual Morris Dancing? See Serena Hardman taking part in a UK wide virtual dance.

People are spotting different types of wildlife who feel safer with so little activity on the streets. So please report any unusual sightings. If you can't take your own picture, one off the internet will be fine. Thanks to Mary Podesta for this suggestion.

[Group Inspiration](#)

Select these links to the [Craft Workshop](#) and [Drawing Group](#) to see how they are using the website to share their creative output. There was a technical issue on the craft pictures so you can't see them full size but we hope to fix this for their second challenge. Check back over Easter to see an update on the Drawing Group.

Other groups are arranging "round robin" news updates and discussion forums. [Select this link for a few more ideas.](#) To find out how the website team could help your group, just reply to this News Flash.

[Local support](#)

Recent additions include links to local shops that provide a home delivery service around LS 29 and to Bradford library on how to borrow digital books and magazines to read on your tablet and audio books.

[Life as we know it](#)

Several members have found reassurance from reading the thoughts of the Chinese teacher, a contact of Brian Spence. [Select this link to read again](#)

There's also a link to a poem by U3A member Josie Whitehead on her favourite spot in Ilkley to remind us of what we can look forward to when normality returns.

[Quirky humour](#)

New contributions to enjoy including a spoof news report on what happens when a Yorkshire man visits London and a wonderful Coronavirus parody featuring Julie Andrews and the Sound of Music. Plus the usual collection of "groan humour".

[Introducing Green Tip of the Month](#)

Select the above link to see a new feature on the website. Thanks to the Environment Forum for taking the lead on this. There will be a different topic each month.

Looking after ourselves

Please look after our mental and emotional well-being as well as our physical health. [Select this link](#) for a really useful check list provided by Barbara Tyas.

[Select this link for U3A advice on mindfulness](#) which includes a link to a weekly video session on the U3A YouTube channel.

[Select here to watch Sunday night's address by the Queen](#)

Q. What do you call an Instagram celebrity infected with COVID-19 virus?

A. An influencer

Q. How do light bulbs send letters?

A. By lamppost.

Q. How many psychiatrists does it take to change a light-bulb?

A. Only one but the light bulb has to want to change.

Stay safe

John and Christine.

PS The winner of the EYE photographic competition is [Select here to read the news and see the winning entries.](#) Thanks to all who submitted entries and to those who voted.

Just received from the Bus Pass Group. [Select this link](#) for a 2 hour bus journey through the Dales. Originally a BBC Four TV programme. Get off the bus at any time by pausing the video!