



Weston Turville U3A Newsletter

April 2020

Chairman's bits: I hope everyone is keeping safe and well during these very challenging times and that you are finding plenty to keep yourself active and amused. In this household all those jobs that I said I would do, 'when I have the time,' are coming back to haunt me. New excuses such as, my back is aching, or I'm busy writing a note for the Newsletter, don't seem to be gaining any sympathy!

Going for a walk around the village and surrounding area has helped to get some exercise and from a distance have a chat with people we meet en route, including many U3A members. It's also a great opportunity to explore footpaths we were not aware of before; Weston Turville has a lot to offer. I've even 'discovered' more blackberry brambles to pick from in September. Hopefully life will be back to normal by then.

The use of modern technology has really come into its own. Have you tried a virtual meeting using Zoom? It's great fun for quizzing, or hanging out with friends over a meal and a few drinks. Even if we can't meet them physically we can enjoy their company for a pre-dinner drink and chat on FaceTime or Skype. The only downside is, that despite the best of intentions, conversation seems to drift back to the dreaded Coronavirus; a new level of social distancing that is so difficult to find a vaccine for!

Have you seen the new tab in the Weston Turville U3A website, 'WTU3A@Home'? Designed by our ever resourceful Webmaster, Heather Macknight it contains useful information, and links to interesting activities and events which can help to keep us amused. You are also invited and encouraged to share posts using the Weston Turville U3A Facebook page. It's always interesting to see and hear what is happening and is a useful way of sharing ideas. Have you signed up to the U3A Keeping in Touch Facebook page? This is a UK wide page so it can generate a lot of posts. There are a number of regular contributors including a daily maths puzzle, which gets the grey cells working and ideas for keeping busy and for staying connected.

I look forward to seeing you when we are able to reconvene. We will get the plans back on track for our Ten Year Anniversary, which is in May, as soon as we are able after lock-down. In the meantime please keep safe and well.

Sadly, not all the news is good. One of our members, Eileen Langford has very suddenly and unexpectedly died. Eileen is known to many of us and has been the joint leader of the popular Historic Buildings Group. We've enjoyed many trips that Eileen has helped arrange for us. At this difficult time her family have requested that we respect their privacy. For information this is not believed to be Coronavirus related.

Remember to check the website www.wtu3a.org.uk for more up to date information and for any old newsletters and articles. Use the Search box or tag words on the right of the page. WTU3A has its own Facebook page with lots of photos on. Search for it, ask to join and within no time at all you could be viewing the albums.

A poignant lesson for us all - the recent experiences of one of our members

Having been out of hospital for just over a week after hip surgery, I had a fall in my bedroom on a Saturday morning and had to call the paramedics. They came in ten minutes but couldn't get into my house, so they were going to call the fire brigade to break down the door.

Then I remembered that my daughter, who died last month, had a key at her house. So I had to ring my granddaughter who had to drive to my daughter's house to search for the key. The paramedics had to wait for an hour outside my house as I was on the floor, unable to move, wedged between the bed, trolley aid and the bedside table. Always being able bodied I had never thought about a key or even needing emergency help. I escaped without any damage to my implant and a key safe is now fitted and my granddaughter has a key.

In these busy Coronavirus difficult times, the paramedics were patient and amazing. In addition to that I have been having wonderful home care from dedicated NHS nurses and physios.

A nice escape from the current problems

You will recall that Tom Way was the speaker at our January meeting and he showed some of his brilliant wildlife photographs.

He has now been in contact and has produced a short video which you are able to view on <https://youtu.be/UBbHn61cYjs> or on his website

www.tomwayphotography.co.uk

NEWS FROM THE GROUPS

Grub Club This is a new group and once we are back in action it is hoped to meet every two or three weeks. We will visit a variety of eating establishments to enjoy lunches, afternoon tea, evening meals or even breakfast. This is a Pay as You Go group so no pre-payment is needed. At each meeting, the venue for the next one will be agreed upon. More details from Annie Edwards on grubclub@wtu3a.org.uk

Finally: Last month we gave you a few ideas to help our time of self-isolating. Here are a few more:

*6. **Organise your drawers.** Sift between the socks, underwear and whatever else is lurking in your drawers and reap the rewards of a clean, and organised chest of drawers.*

*7. **Learn how to knit.** Pick up some needles and learn to hone a new skill like knitting. It's not just for grandmas and is extremely therapeutic and practical.*

*8. **Exercise.** Replace your gym visit with a home workout, all achievable without equipment. Transform your lounge into a yoga space and really stretch it out.*

*9 **Make a travel bucket list.** Make a note of all the places you have yet to explore, the trips you want to take and the food you have yet to sample.*

*10 **Get some DIY done.** Take the time to tackle some interior improvements – be it painting walls, upholstering old furniture or rearranging a room.*

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