

April 2020

IMPORTANT

Due to the Coronavirus pandemic and the implementation of social distancing, all U3A meetings are suspended until further notice.

For further information please see the notice from Ann Riley, Chair, on page 3 and Coronavirus advice from the Third Age Trust on page 10.

Ilkeston U3A 2020/2021 Committee

Ilkeston U3A 2020/2021 Committee

Chair

Ann Riley

Treasurer

Val Buxton

Business Secretary

John Stocks

Membership Secretary

Marian Stopper

Secondary Account Treasurer

Ann Riley

Minute Secretary

Maggie Williams

Interest Group Co-ordinators

Sue Bell

Ann Riley

Speaker Seeker

Sharran Aldred

Meet and Greet Co-Ordinator

Joanne Feneley

Member

Louise Andrews

**The Committee of Ilkeston U3A meets on the 2nd Tuesday morning of the Month at 9.30am
in the Community Room of Ilkeston Fire Station.**

Contact telephone number 0115 9301809.

CORONAVIRUS

The Committee of Ilkeston U3A have taken the decision, to cancel ALL future meetings of Ilkeston U3A, with immediate effect.

NO meetings, group activities or social events in any shape or form should be held in the name of Ilkeston U3A until further notice.

The Committee of Ilkeston U3A will continue to follow the government and NHS advice on coronavirus. As of yesterday, March 16th that advice has changed.

Although to date, no direct communication has been received from the Third Age Trust, this is the basis for the current information on the TAT website.

The advice is that from now on everyone should stop non-essential contact with others and adopt social distancing. People in 'at risk groups' are to be shielded from social contact for 12 weeks. Those who should take particular care to minimise social contact are, among others, people over the age of 70.

No one can predict how long these measures will be in place, but only when it is deemed to be safe to continue socialising, taking into consideration the advice of the government and NHS, will the activities of Ilkeston U3A start again.

Each and every one of us is well aware of the danger Coronavirus is to our health and well-being and so, I urge all members to be vigilant and take care of yourselves and loved ones. Remember, it is much better to be safe than sorry. We may think some of the measures seem extreme and isolation is not a happy prospect for any of us, but the alternative is by far, much worse.

Please bear in mind, we can all help each other to minimise the feeling of isolation, by keeping in contact by phone, text, email and social media.

The Committee will try to keep all members updated with the latest developments that affect Ilkeston U3A, and if you do have an email address please let the Committee know so we can get information regarding Ilkeston U3A and the current situation to you, much quicker.

Please do not hesitate to contact us should you have any further questions or queries. Please take care, keep safe and well.

Kind regards

**Ann Riley,
Chair**

On behalf of the 2020/2021 Committee of Ilkeston U3A.

Letter from The Chair

Hello all Members of Ilkeston U3A,

As this is my first letter since the AGM, and what a lot has happened since then, under normal circumstances I would have tried to set out what the Committee hoped to achieve in the coming months.

Well, that's all gone to pot!!

By now, most of us will be well into self-isolation – not a lot of fun OR is it?

Less than a year ago, my garden seemed so big, such hard work trying to keep pace with the grass growing so fast. As for the weeds, they seemed to grow inches overnight, twice as fast as the flowers, and oh! the endless watering!

Now, as I take one of my many daily walks around the garden, my world seems so very small, but the change is enormous, I have time to listen to the birds singing, watch the occasional squirrel running along the fence, stop to admire the new shoots springing up everywhere and feast my eyes on the riotous colours of the most welcome spring flowers.

What a bonus the glorious sunshine of the past week has been! I have never enjoyed so many cups of coffee just sitting outside soaking up the warmth of the spring sunshine.

What has happened to all of the 'jobs' I had planned to fill the endless hours of boredom, tidying drawers and cupboards, clearing wardrobes, sorting through old photographs, maybe decorating maybe not, reading, jigsaws, the collection of puzzles saved for a rainy day, writing letters - the to-do list was endless.

I, like most of you, enjoy the company of friends and look forward to being able to socialise with our members. I have been looking into setting up conference telephone calls and there is a system called ZOOM, which allows a group of people to join into conversation together. It is relatively straightforward to set up and just one person needs to download the app and then invite, by email a link to individuals to join in a conversation at a given date and time. This is free for up to 40 minutes and ZOOM closes the call automatically, so no cost to any of the users is incurred. The only requirement is a smart phone, iPad, tablet, laptop etc with audio/visual capability. This was tried successfully last week by the Discussion Group. If any group leader or member would like to know more about using ZOOM, to communicate with their groups or friends, I will be very happy to try to help.

On a serious note, included in this months' newsletter, are the latest communications from the Regional Trustee Jean Hogg and the latest information from the National Office. If you would like to receive information and newsletters direct from the National Office this is the sign up link <https://www.u3a.org.uk/> email.

We are all adults and you don't need me to join in the lectures to follow the rules and guidelines issued by HM Government, NHS and their advisors.

If there is any member who needs any help or support and there is anything, I am able to assist with, please do not hesitate to contact me. If you do not have my personal email address and telephone number you can contact me via chair@ilkestonu3a.org.uk or the telephone number on the front of the 2019/2020 programme.

Personally, I want to say with the utmost sincerity, please take care of yourselves and family, these really are dangerous times and we are all very vulnerable people.

Please keep healthy and safe.

With my very best wishes,

Ann Riley

Chair Ilkeston U3A
2020/2021

It's your Newsletter

Please can you help?

Our newsletter, which so many of our members rely on to keep us aware of what is happening in Ilkeston U3A, is now looking to all members to help in keeping us well informed and entertained during this period of self-isolation.

- Do you have any interesting articles you have read or seen recently to share with your fellow Members?
- Could you write a short article on one of your interests or hobbies?
- Do you like doing cross word puzzles, wordsearches or quizzes. Could you write one for the newsletter?
- Do you have any ideas for keeping away the boredom of self- isolation?
- Are you a budding author, could you write a short story?
- Do you know any amusing stories or quotes you can share with the members?
- Do you write poetry, have you any poems to share with the members?
- Do you have any photographs of your garden, why not share them with the members?

As there will be no Interest Groups Round Up for some time, Janis is looking for items for the Newsletter so that we can continue with this vital link with our members.

If you can help with any of the above, please send it to the email address below.

Groups Round Up

Gardening

It was our first meeting of the year and we should have been visiting Felley Priory. However for the two weeks after Storm Dennis they had to close. The tea room and nursery were open and access was limited to the gravel paths and front of house - which obviously greatly limited access to the gardens. The paths had been six inches under water and the lawns were also not accessible. It was therefore decided to abort the visit and fortunately we were able to hold the meeting at the Fire Station.

I was pleased that 19 members were able to come and we had a plant, seed and magazine swap! Certain items on this year's programme were discussed and to say it was a 'last minute' event, it went very well.

For the meeting on March 27th we have a speaker - Steve Walton - who some of you may know from his articles in Ilkeston Life and talks on Erewash Sound. Do hope you can come along.

Barbara Bailey

Gardening Group visit to John Massey Gardens

For those members who have booked to go on this visit, it is still going ahead, up to now. It is on Friday 25th September and is at Ashwood Nurseries, Kings Winford, West Midlands. Depending on final numbers, I will work out the cost.

Barbara Green

Classical Music

Many thanks to Margaret for hosting our February meeting on a very wet afternoon in Ilkeston. We had an afternoon of Passion; in the musical sense of course! We spent two hours listening to very different interpretations of the theme.

The choices of music spanned over two centuries, from Handel in 1748 to 1956, when Jerry Livingston composed "The twelfth of never" (sung by Johnny Mathis).

One member played "The arrival of the Queen of Sheba" from Saint Saens' oratorio Samson and Delilah, because his wife walked down the aisle to that music.

Yet another member chose the same composer and oratorio with a song called "Softly awakes my heart", sung by Marian Anderson.

Of course, in the year of the 200th Anniversary of Beethoven's birth we listened to some of his music; fittingly it was his "Romance".

To end the afternoon, whilst we were enjoying our tea and cake, one of our members entertained us on the beautiful Grand Piano.



Rita Porter

Golf

On 2nd March seven brave golfers tackled the first nine holes on the main course at Morley Hayes and I was very impressed with the scores returned in very wet conditions. Once again Bandit posted the best score of the day. Everyone came in with scores only just beaten by Bandit (Kevin). I just need to come up with a handicap system to stop him. I might just stop him using a putter.

Table Tennis

Table Tennis on March 14th saw 14 members enjoy a 2 hour session at Rutland Tennis Centre. Good fun was had by all, with all tables busy and a move round after each game, so everybody got to play more or less non-stop. There were some very tired people after. Unfortunately this is the last until we get the all clear from the powers that be.

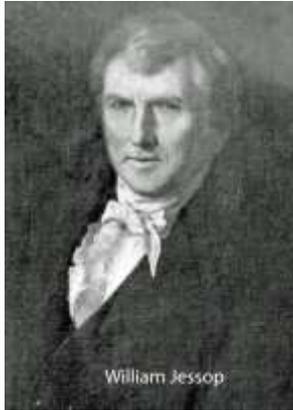
Peter Winfield

Groups Round Up continued

History 2

We commenced our programme with three presentations of local people following on from those listened to at our last meeting.

William Jessop – Engineer



He is famed for his work on canals, harbours and early railways in the late 18th and early 19th centuries

In 1773, before he even reached 30, Jessop became the go-to engineer for major projects in the Midlands and the south of England

during the Canal Mania years, such as the epic Grand Junction Canal and Cromford Canal. He even managed to find time to be Mayor of Newark on two occasions when he lived there from 1704 to 1805.

We were particularly interested in his work on the Erewash canal.

In 1789 Jessop was appointed chief engineer to the Cromford Canal Company.



The Erewash Canal is a broad canal in Derbyshire, England. It runs just under 12 miles (19 km) and has 14 locks. The first lock at Langley Bridge is part of the Cromford Canal.

Jessop suffered creeping paralysis in his later years and eventually died of a stroke at his home, Butterley Lodge, in 1814. He is buried in Pentrich Churchyard, Derbyshire.

Catherine Booth

Catherine Booth was co-founder of The Salvation Army, along with her husband William Booth. She was born as Catherine Mumford in Ashbourne, Derbyshire, in 1829 to Methodist parents, John Mumford and Sarah Milward.

Even as a young girl she was especially concerned about the problems of alcoholism, and served as secretary of a Juvenile Temperance Society, writing articles for a temperance magazine. Catherine was a member of the local Band of Hope and a supporter of the national Temperance Society.

In 1855 Catherine married William Booth and subsequently had eight children

In 1860 Catherine began preaching herself. She was a successful speaker who won many converts to the Salvation Army.

Towards the end of her life Catherine was ill with cancer and on 4th October 1890 was 'promoted to Glory' from Clacton-on-Sea. This was a deep blow to William as Catherine had been his closest companion and had been a considerable force in Army life, known for her effective oratory and powerful intellect. She is affectionately remembered by Salvationists as 'The Army Mother'.

Charlotte

Our last presentation related to the grandmother of a member of the group and we heard the fascinating story of a girl who went from "Rags to Riches" in her lifetime .

There was more than the usual amount of skeletons in this family cupboard with a tendency to have reports in the local newspapers for misdemeanours.

This was a remarkable story pieced together with great difficulty from family history sites.

To finish, we looked at original photographs brought along by members of the group relating to grandparents and great grandparents.

Janet Joy

Groups Round Up continued

Science for All

We began our session with a both highly amusing and educational talk about the Duck Billed Platypus whose unusual appearance baffled European naturalists when they first encountered it. The first scientists to examine a preserved platypus body (in 1799) judged it a fake, made of several animals sewn together. It is an egg-laying, duck-billed, beaver-tailed, otter-footed mammal.



The platypus is semiaquatic, inhabiting small streams and rivers over an extensive range from the cold highlands of Tasmania and the Australian Alps to the tropical rainforests of coastal Queensland.

The platypus is a carnivore: it feeds on worms, insect larvae, freshwater shrimp, and freshwater yabby (crayfish) that it digs out of the riverbed with its snout, or catches while swimming. It uses cheek-pouches to carry prey to the surface, where it is eaten.

The mating season is between June and October. After mating, the female constructs a deeper, more elaborate burrow up to 20m long and blocked at intervals with plugs (which may act as a safeguard against rising waters, predators, or as a method of regulating humidity and temperature). The male takes no part in caring for its young, and retreats to his year-long burrow. The Platypus is also one of the few mammals that are venomous, the male having a spike on the rear legs.

Humans extensively hunted platypus in the 1950s, primarily due to its fur trade, but now they have a form of conservation protection.

We then watched a video aptly called "There's an App for that". The speaker offered a fast-paced



talk, looking at the next few years of innovations in medicine, powered by new tools, tests and apps that bring diagnostic information right to the patient's bedside.

Technology has made an amazing leap forward over the past 10 years. Smart phones today can do tons of things and now they can even be used for medical purposes. Medical apps can be utilized for diagnostic tests giving patients quicker access to health assessments

and putting them more in control of their care. The idea is that technology will give rise to "P4 Medicine" (Predictive, Preventive, Personalized, and Participatory), in part by allowing patients to constantly monitor such things as caloric intake, vital signs, blood count, blood sugar levels, so that doctors can interact with the patient without the latter visiting the surgery.

Our next video showed exciting developments from the field of biofabrication and how it could help us replace major sources of waste, like plastic and cement, with sustainable and eco-friendly alternatives.



The new methods are often good for climate-change, waste disposal, and superior materials that also can eventually be degraded. Examples were given of biofabrication as diverse as building bricks and dress material. Biofabricators will also be invaluable to medical device companies in designing new products and treatments. This gives hope for a sustainable future with a gentler footprint.

Janet Joy

Groups Round Up continued

Calligraphy

Beautiful artwork from Viv, her usual bright offering:



The things the Calligraphers have been up to in Lockdown

When I received a text from Meryl, telling me she was taking a daily walk in the sunshine and from Sue telling me she was painting her fence, I wondered what else the Calligraphers were up to during this lockdown time, so I asked them. Meryl followed up with two lovely photos of the



surrounding countryside. Viv sent me a colourful picture 'All things bright and beautiful' and Val said she was working on her calligraphy for the May U3A Newsletter but everyone else appears to be doing anything but calligraphy.

The main interest is definitely focused around the garden. Sandra, June, Viv, Deb, Carole, Margaret and Wanda have been gardening, or setting bulbs and generally tidying up the garden. Joyce has been lopping and pruning with her new shears and then sitting in the sunshine. Viv has been pruning roses. June has tidied her greenhouse and mowed the lawn. Ann has been sitting in the garden in the sunshine, watching the birds and defying the weeds to grow. Wendy has a super idea, because the weather was amazing, she has been sitting in the garden drinking tea from a china cup.

So what else have these active members been up to? Like Meryl, Deb has been walking most days, Carole has weeded her daughter's allotment and cleaned the oven, Margaret has been Spring cleaning. Wanda has sorted out her sewing room and decorated the kitchen. Carole would also have loved to paint her shed but couldn't get out to buy paint.

Craft has been popular with Margaret, Val has made birthday cards, paper flowers for a flower wall for a friend and made curtains. June has been baking gooseberry crumble and strawberry and rhubarb jam to put on delicious home made bread. Pauline is re-reading a book she bought from a car boot sale, called 'A Herbal Book of Days', which includes recipes, small craft projects, poems and pictures suitable for watercolouring. Deb has been making Silver Wedding invitations for a friend.

Thinking of others has featured, shopping for the neighbours, chatting to family, and Ann has been catching up on U3A work. Thanks Ann. Probably the most unusual neighbourly act is by Deb, she has been putting a teddy in her window for children to look at as they pass by and moving it from window to window so they can play 'search for the teddy'.

So back to Sue and her fence. She had done 38 panels with 40 to go and she said she was not going to do any calligraphy and 'anyway painting the fence was like giant calligraphy.' So I have visions of her painting large calligraphy letters 'KEEP OUT FOR THE NEXT 12 WEEKS'. Although she thought maybe a 'Banksy' would be more lucrative!

What about me? I've looked at all the busy and useful activities everybody has been doing and chosen the ones that appeal to me most – after finishing this Novella I'm going to sit in the sunny garden, drink tea from a china cup, made by the resident butler, and watch the resident gardener beavering away in the lovely tidy garden.

Stay safe and sane. Keep in touch with each other, if you need to exchange telephone numbers or e-mails, just ask me or Ann we'll be the 'Go Between' (touch of L P Hartley)

At the last calligraphy session in February, I suggested preparing something for the VE Celebration in May/June. One song I suggested was 'We'll Meet Again, Don't know where, don't know when . . .' I never realised how appropriate that choice would become. Maybe we'll add 'There'll be blue birds over . . .' Best wishes to you all,
Linda McKay

Coronavirus Advice from the Third Age Trust

Coronavirus Advice

Latest Coronavirus Advice from the Third Age Trust CEO, Sam Mauger

This is our latest coronavirus update. We will continue to update the advice when required to respond to any further developments in the spread of the virus.

We understand that each committee will assess the risk to their members and make the decisions that they feel can ensure the safety of their members, taking into account any known risks at that time.

We would ask U3A committees and members to keep fellow members up to date with advice about coronavirus.

Our advice currently is as follows:

At all times members should follow the most up to date government advice about coronavirus. We hope that coronavirus will not affect any of our members.

- ❖ If a member has returned from one of the areas identified by the government and has any of the symptoms identified on the [government website](#)
- ❖ they should not hold interest groups in their own homes, or attend interest groups or attend monthly meetings until they have followed the NHS advice provided after calling 111
- ❖ If a U3A finds that a member has contracted coronavirus, please let the Trust know immediately
- ❖ The members of interest groups that any member with coronavirus has attended should all call 111 to ask for advice
- ❖ The monthly meeting should be cancelled for that month (and possibly longer) until the spread of the virus has been assessed.

In general a U3A may consider other precautions such as using hand sanitiser gel in interest groups and monthly meetings and reducing physical contact such as shaking hands until further information becomes available.

U3A East Midlands Trustee Newsletter



U3A East Midlands Trustee Newsletter

Spring 2020

It is hard to comprehend how our lives have changed since I last wrote a newsletter at the start of the year. The current situation is affecting all our lives in many different ways but U3A members are coming together all over the country. There are all sorts of suggestions of activities to do during our social isolation, as well as ideas for how U3A members can support one another and keep in touch. Thank you all for everything you are doing.



- **National Newsletter.** This is full of ideas and updates. *Do encourage all your members to sign up to it at the national website.*
- **U3A national website.** This now looks completely different and also has information about many different initiatives.
- **Closed Facebook groups.** The U3A Day page is still in use and there is now also one called 'Keep in Touch'.
- Many U3As are using means such as 'Zoom' and 'Whatsapp' to hold virtual meetings and groups. Every U3A will have members who knows about these!
- Many U3As are setting up buddy systems to make sure that no-one feels alone or in need at this time.

U3A Day – this has been postponed and rearranged on **October 1st**. It is hoped that U3As will be able to do all that was planned later in the year.

East Midlands Conference – this too has been postponed and is now planned for **October 30th**. Those who have already booked have been contacted and the booking form will be sent out again later in the summer.

- The national office staff can still be contacted, even though they are working from home:
020 8466 6139
- Many of the Subject Advisers are producing advice. Again, details will be on the national website
- Staff members, Board members and many others are having brilliant ideas for our members to become involved. These include a diary project to record our experiences at this time, a song competition, keeping bird watching records, a recipe book and many more. Information about all of these will be on the website and in the national newsletter.

It has been wonderful to hear from some U3As about all they are doing to support members at this time. Please continue to let me know, or contact the national office, or use Facebook, to share the information more widely.

Other information and decisions such as the annual Conference and the Beacon upgrade, are being made when is possible and further information will be sent out.

Trustee Newsletter continued

Please stay safe and healthy!

I can be contacted on: jean.hogg@u3a.org.uk or phone: 0744 322 1688

Jean Hogg
East Midlands Trustee



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