

MESSAGE FROM SANDRA LOWTON – TECHNOLOGY IN LOCKDOWN & A TASTER OF THINGS TO COME.

I always thought I was not too bad when it came to technology but I now realise how I have been left behind. My daughter 'sold' me her smart phone as it didn't have enough memory for her. It took me a frustrating while to get to grips with the touch screen and especially 'swiping' - always too slow to answer a WhatsApp video call from the grandchildren but what a wonderful way of keeping in touch with the family even though they are only in Pagham! (My daughter is self-isolating as she has lung disease.)

So along came 'lock-down' and we found ourselves in our 70s being told not to go out except for an exercise walk once a day. Time to join Facebook - not that I wanted 'friends' and I certainly didn't want to spend all my valuable time checking who had done what or fallen out with whom!! But there was a local Barnham support group and we needed help. This has worked very well - we are now on our second volunteer (the first was recalled by the navy) who will shop for us etc. We have also managed to book our second click and collect at Bognor Tesco. I would recommend anyone who has a computer and is struggling, to make use of this wonderful technology. The U3A is ready to support you if you need help - just contact Masha White (or me, but she will be better at it).

So what have you all been doing with your time? I know that Liz is researching Littlehampton fort, David is putting together a talk on Sparks of Yapton, and Gerry is looking at the changing coastline... In 2014 I interviewed some elderly villagers in Barnham, Eastergate and Aldingbourne about their recollections of the Second World War in the villages. As it is the 75th anniversary of the end of the war, I thought it was time I did something with these. I am working on a piece for the Barnham and Eastergate Parish Council website where lots of my history files have been uploaded. If you would like to see some of the work I have done, go to the website and click on History or use this link: <https://barnhamandeastergate-pc.gov.uk/barnham-and-eastergate-history/the-history-of-barnham-and-eastergate/>

There is plenty there - it may take you some time to read it all but then we have time! If you click on the link at the bottom of each page you will go to the relevant pictures.

If you know of any other local history sites, please let Liz or I know and we can share them.

In the meantime the advice is, establish a routine and stick to it, keep up the personal hygiene(!), sort out your drawers and cupboards, write your life story or research your local history for when we resume - but most of all stay sane, stay safe and stay home. This will pass and we'll look back on it with wonder.

With very best wishes  
Sandra  
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