

# Coronavirus- Ideas for groups

## GENERAL ADVICE

### For those without internet access

#### Phone each other

#### Telephone conferencing

Free conference call software – such as WhyPay which facilitates three or more people speaking on the phone together at once? Find out more at <https://whypay.net/>

#### Letters

Reinitiate letter writing

#### Local newsletters

Read Newsletters online or chat to another member who you know will be able to read it online. If you wish it to be sent by post please send 6 stamped addressed large (A5). Envelopes to the Post Box 167 Chester CH1 9FB.

### For those with internet access

#### National newsletter

Sign up for the National Newsletter written by Sam Mauger, CEO. It has information, stories and advice about the U3A in the whole of UK .Sign up <https://www.u3a.org.uk/newsletter>

#### U3A electronic communication groups

Visit our website [www.Chesteru3a.org.uk](http://www.Chesteru3a.org.uk)

And look at **Chester U3A Face book** which is a closed group so your details cannot be seen by anyone outside Chester U3A.

Join **the 'U3A:Keeping in touch'** Facebook group

Set up a **'What's app' group'** for your interest group and share photos, text messages, and chat. Free to use. Share videos and photos. You need a smart phone.

#### How to Keep the good news coming

With so much fear and bad news at the moment it can be easy to forget the good news stories and all the hope in the world. Create an online message

board or group hangout where people can add good news stories to lift each other.

### **Use the Subject Advisers**

Look on the National website at what Subject advisers are suggesting. You may also like to contact them yourself.

<https://www.u3a.org.uk/resources/subjects>

There are many subject advisers. Some of their activities I have added to the Group Category pages on the website.

### **Meet remotely in your Interest**

These are some that you can try

Zoom – great for up to 3 people (40 mins only for free). If you want longer then you need to pay £15 per month. There is an instruction document on Chester U3A website which explains 'How to use Zoom'.

Meet Jitsi (<https://meet.jit.si>) is a new platform which appears to be similar to Zoom without the time restriction.

Skype and many others.

Each member of the group can do research on the section of a topic. Once completed, there are many ways of putting all sections together.

A Project - book of Short stories, a presentation. If you are feeling really technical all types of digital media can be collected into a full presentation. The media would include videos, podcasts, slide shows photos etc.

### **Do a bit of Research**

Hold a painting, drawing or photography competitions it could be not judging the best but the best caption or title.

### **MOOCs and Free Online courses.**

One way to keep active and keep learning is to try learning online. There are free courses such as:

<https://www.futurelearn.com/>,

<https://www.southampton.ac.uk/courses/free-online-learning.page>

<https://www.york.ac.uk/study/moocs/> **and there are many others.**

If you do not want a certificate, then it is free. A course typically lasts for about 7 weeks online.