

Living History in Unprecedented Times

U3A members are being asked to help craft a shared learning project where they create living history of this extraordinary time.

The project will look for personal thoughts, ideas and reflections on how this feels to you and what you are doing to deal with it. Members may want to keep an electronic diary or to find a little notebook which you can have close at hand to scribble down thoughts as they come.

We are asking people to write up anything they think relevant to having to be at home and your thoughts and reactions. You may wish to write something each day for example, or once a week or simply when something of note happens. You may read an article, book or see a programme which triggers some ideas or thoughts.

We are also looking for ideas and reflections on how you are keeping your interests going if you are online and if you have access on your television, radio or via the internet.

It's also pretty important to think of good things that happen so in the journal make an effort every day to list five things that gave you pleasure however small.

We will be expanding our support of this project in the coming days including suggested questions that you could ask yourself to help structure your thoughts.

We are currently recruiting volunteers to be contact points to offer support and advice.

If you want take part - please keep in touch with us. At the moment share your ideas at communications@u3a.org.uk but in the next few days we will have a dedicated email address for this living history project. So keep checking the website and national newsletter.

We look forward to hearing from you.