

THE DIARY PROJECT

Rev: 01

The book of the Diary Project, 'U3A in the Time of Corona' has now been printed and copies can be ordered through the National website (see below). They can't be sent out until lockdown ends but if you would like to buy a copy, put your order in now and it will be dealt with as soon as it's possible for someone to go into the Office.

Could you please pass on this information as widely as possible – that may be to your local interest group, your U3A newsletter, your network or your whole region, depending on your role in the U3A. You will find the cover of the book below, with the contents list.

Thank you very much, Jo Livingston, Editor

U3A in the Time of Corona

This book is based on the Diary Project and has been created using contributions from U3A members all over the country.

It chronicles our reactions to coronavirus and isolation, as well as how to get a supermarket delivery, how to cut your own hair and what to do with all that free time. Some people sent drawings, photographs and poems, which have been included.

The book is A4, 120 pages, colour printed and costs £10 including postage.

If you would like to order a copy, please go to the national website <https://www.u3a.org.uk/advice/shop/>

Contents

- In the Beginning** *How it all started, in Wuhan and elsewhere*
- Don't Panic!** *Panic buying, food, loo rolls, home deliveries*
- Vulnerable? Me?** *Health of individual and household, physical and mental*
- Family and Friends** *Concerns about adult children, elderly parents and friends*
- Missing Granny** *Grandchildren, missing them, help with home schooling*
- Filling Those Empty Hours** *Occupations– art, cooking, music, exercise, books, gardening etc etc*
- Learn, Laugh, Live** *U3A – how it was, how we're keeping it going, technology*
- In Tune with Nature?** *Natural world - for mental and physical health, including environmental aspects*
- Not on the Bright Side** *Loss of friends and family, knock on effects*
- Such a Thing as Society?** *Community support, key workers, Clap for Carers*
- What the Future Holds . . . ?** *What is the 'new normal' is likely to be?*

