



Updates from the Executive Committee to Newcastle U3A members

The committee hopes all our members are keeping well, safe and continue to
Learn, Laugh, Live.

* The volunteer, support team has managed to contact many of our members who do not use email, who live alone and/or are vulnerable. Ideally, we'd like to contact all these members to keep them informed of our Newsletters and Group Notes, find out if they are coping or even just to have a few minutes chat with a fellow U3A member.

*Regardless of personal circumstances, if *any* member wants a call, just let me know. We'd like to know how you are doing.

*The team aims to phone members on a regular basis so they have continued contact with the U3A.

*Many members are at a disadvantage as they either do not use email or do not have access to digital technology but our monthly mailing will be addressing this by circulating ideas whereby those of us who are connected can support them.

The Group Leaders, the voluntary, support team and committee are doing a terrific job and **thank you** to all members who are supporting other members at this crucial time.

*We are trying to keep all members on our mailing lists up to date with current information such as how to get practical support and ideas for learning and keeping busy so we will be emailing the monthly mailings at the usual time although the Newsletters and Group Notes will be slightly different in format. **Perhaps you could offer members ideas and ways to spend the spare hours e.g. read the same book or webpage, research a topic then share findings using emails, webpages or live videos** Also, we will now post them out to those members for whom we do not have an email address. A big **thank you** to Val for continuing to do the mailing. Send your contributions to Janet and Danka, as usual and to Katie for 'The YOU3A'. We really welcome your information, tips, short poems (e.g. haikus), riddles, competition ideas ... Have a look over at Facebook as it's so useful for communications and you can share with others what you have learned each day. If you get a chance, visit Newcastle U3A website and try the two, new, remote groups, 'Learn Online' where you will find a variety of topics such as 'The Recipe Exchange' and 'Quickies' or delve into 'Astronomy Online Learning'. There is a host of topics for you to contribute towards.
Other suggestions: *FaceTime Facebook live video WhatsApp Videos Zoom*

☺The virtual Coffee and Cake Morning! We can all spend some time together in a variety of ways and this is one of them. Read April's Newsletter for ways you can join in this event. Get the kettle on!

Keep learning, keep communicating and keep safe and well.

Catherine Stevenson (Chair) on behalf of Newcastle U3A Executive Committee
March 29th 2020