

## **Could you write about the pandemic for the Third Age Trust?**

U3A members are being asked to help craft a shared learning project creating living history of experiences during the coronavirus pandemic. You will all have your own experiences, thoughts & reflections on what this time is like for you & how it is affecting you, both on a practical & psychological level. We are doing this to gather information about what this period has felt like. As well as being an interesting & engaging piece of work, it could add value to planning should this type of situation ever face the country again.

### **What sort of information are we looking for?**

- Do you live in a town or village? Is this an urban or rural location? Are there usually lots of people about?
- What's your household like? Do you live alone or with a partner or other family? Have you got people who are still working living with you?
- How are you managing your days? What activities are you doing? Are you trying to stick to a routine?
- What did you enjoy? What good things happened? Was there anything you did which you wouldn't normally have had the time to do?
- What was difficult? How did you manage this?
- How did you feel & what impacted on this?
- Whom did you speak to or see & how?
- What do you think was the most important bit of the day (something you heard on the news, or a contact you made or an activity you discovered?)

### **Do I have to share my name & details publicly?**

No you do not need to be identified if you do not wish.

### **What do I need to do?**

Please send your contribution using the form on the national U3A website (link to the form is <https://u3auk.wufoo.com/forms/u3a-diary-project>) or post to **156 Blackfriars Rd, London SE9 8EN**

marking the envelope **Diary**.

We will use a selection on the website & via our communications channels. Please let us know whether you are happy for us to get back in touch with you if we would like to discuss further. Queries to [diary@u3a.org.uk](mailto:diary@u3a.org.uk)