

## Newsletter for November

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### Headlines

No Face to Face

Talk on 17 November

SUN & TAT Zoom info

Puzzles

### [Click here to visit our Website](#)

Well here we are now entering winter with the nights drawing in and the weather not conducive to sitting in the garden. I certainly find that keeping myself busy and finding things to do does help. I don't like a day to pass without getting outside and breathing in some fresh air. We also have a regular list of friends and family to keep in touch with. Modern technology helps with this and I think back to my time in the Falklands in 1982 when the only way I could communicate with my family back home in Germany was by air mail letter. It took at least 5 days to get there!

Regrettably we are now back in a national lockdown which has put a stop to any face to face meetings. Do let us know how we can help. Our u3a has now held several successful Zoom sessions. Of course they are not as good as face to face meetings, but they are better than nothing at all. Like other u3as we are setting up a Zoom account so our sessions can last longer than 40 minutes without a break. Details will be given to all Convenors. Help will be available for those not familiar with using Zoom.

I will soon be putting together our December/Christmas newsletter. Please do let me have any bits and pieces or photos that you would like included. Meanwhile please do stay safe.

Best wishes,  
Ian

**Hands**

**Face**

**Space**

**and plenty of  
common  
sense!**

### Message from National Office

Following the Government and NHS announcement that England will be going into lockdown from Thursday 5th November for four weeks, we wanted to send out an update to say **all U3A face to face activity in England should cease over this period in line with the guidance.**

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# Stay Safe, Stay in Touch

## Six things you can do to stay positive

I make no apology for repeating this article that appeared in the Daily Telegraph several weeks ago as I feel that it is sound advice.

**Go for a walk outside – even if the weather is terrible:** Research from the Finnish Forest Research Institute found that people began to feel psychologically restored after just 15 minutes of sitting outside in a park or forest.

**Phone a friend:** When social media and news feel overwhelming, talking to someone will ease your mind and help to keep loneliness at bay.

**Do some winter gardening:** A King's Fund report showed that gardening helps to reduce depression and anxiety, and improve social functioning; winter lettuces, onions and cauliflower can all be planted in the autumn. Nurture a pot plant indoors for a similar mood-boosting effect.

**Listen to music:** A study published in the Saga Journal of Music and Science found that listening to music increases empathy and fosters a sense of connections in the listener.

**Keep a gratitude journal:** One 2011 study showed that keeping a gratitude journal could even help to improve sleep quality. Try writing down three things that you're grateful for before bed.

**Accept things are tough:** Accepting a reality that feels unacceptable can be liberating. Instead focus on the small things that are within your control like making a nice meal, reading a good book, or doing something thoughtful for someone else.

By Alice Hall

### Zoom Talks

Our first Ringmer u3a talk via Zoom took place on Wednesday 4 November when Martin Whitlock gave a fascinating presentation about photography. The session was well supported with 25 members joining in. He covered all aspects of photography and gave some useful tips on how to take an interesting picture. Martin is our Convenor for the Photography Group and you should contact him if you are interested in joining them. Many thanks Martin.

The Family History group have arranged our next talk which will take place on

**Tuesday 17 November at 2pm. Jill Collins will talk about "Tithe Records – and how we can compare old and recent maps".**

She will be comparing some old and recent local maps which will be of particular interest to Ringmer residents. As with our last talk the link will be sent out to all members the day before, but please do put it in your diary now.

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# Stay Safe, Stay in Touch



We now have a new banner for when we can get together again. Unfortunately it was ordered before national office announced the new branding! Roll on the day when we can get together and put up our banner. That day will come.

### TAT Zoom Talks

These free events can be booked by links on the SUN Events web page <https://u3asites.org.uk/sussexu3anetwork/events> or the TAT website. For November:

- **Maths on the Back of an Envelope** at 2 to 3.30pm on Monday 9th Nov.
- **Maths Problems & Puzzles Workshop** at 2 to 3pm on Wednesday 11th Nov.
- **Maths Activities and Games** at 2 to 3pm on Friday 13th Nov.

It is always worth looking at the various website from time to time.



### Dating 20th century photographs, 1900–1960



**Jayne Shrimpton**, professional fashion historian and picture consultant, has spoken a number of times to the Ringmer family history group. On **24th November** at 6.30 pm she is presenting a webinar talk on 'Dating 20th century photographs, 1900–1960' for the Family Tree magazine. It will include traditional studio portraits, postcards and amateur snapshots. There are more details about Jayne at <https://www.jayneshrimpton.co.uk/media/> . You can book the talk, which will cost £10, at <https://www.family-tree.co.uk/how-to-guides/webinars/?CurrentPage=1>

Jayne is an excellent speaker and you may have seen her dating a photograph for Ruth Jones in "the WDYTIA? programme broadcast on 26 October.



**Did you spot the difference?** u3a unveiled a fresh look for the movement at the Annual General Meeting. The "bright colours, lower case font, friendly language and new imagery is designed to better reflect the energy, connection and learning of this amazing movement". There is now a national u3a Brand Centre which has all the information and downloads. You might also have noted the different font. We are now encouraged to use "DM Sans" which can be downloaded from the centre.

# Stay Safe, Stay in Touch

## U3a Wordsearch – Familiar words of 2020

This month's theme contains words that have become familiar during 2020. The words can all be found in the grid – running forwards, backwards, up, down and diagonally.

F	I	H	G	U	O	L	R	U	F
I	E	L	B	B	U	B	U	B	L
R	B	C	T	I	E	Z	R	S	R
E	G	N	I	D	L	E	I	H	S
S	A	G	E	M	A	T	D	Y	A
K	A	E	R	B	E	R	I	F	G
M	Z	L	O	C	K	D	O	W	N
A	O	T	R	A	C	I	N	G	Q
G	M	O	I	O	O	P	T	A	O
P	X	L	Z	F	U	R	L	O	P

8	<i>Pan</i>
4	<i>T</i>
9	<i>Shi</i>
4	<i>S</i>
8	<i>Lo</i>
7	<i>Tra</i>
6	<i>Bu</i>
9	<i>Fir</i>
4	<i>Z</i>
8	<i>Fur</i>

## U3a Anagram – 2020 Words

1. centre ended up (13)
2. strict senior (12)

The answers will appear in the December Newsletter.

### National u3a Monthly Newsletter

Go to their website at <https://www.u3a.org.uk/newsletter> and fill in your details to receive U3A updates, both regional and national, direct to your email inbox.

**December 2020 Newsletter:** I would like to get the next Newsletter out on 6 December. I hope that it will include some updates from our various interest groups. Please do let me have anything by the end of this month. Thanks

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