

THOUGHTS FROM OUR REGIONAL TRUSTEE

This is our first edition of the South East Region Catch Up. Like you, I am confined to barracks, and even when the lockdown is lifted it may be sometime before U3A's can get back to normal.

The South East Regional team are working on keeping information flowing across all our U3A's. **PLEASE SHARE THIS UPDATE** as widely as possible as we want to keep in touch with ALL our U3As and our members during our lives in the lockdown. Within the U3A movement we are the first to communicate in this way through a team representing the Networks to bring you ideas, support and encouragement in these difficult times.

STAY ACTIVE AT HOME – PROTECT YOUR U3A – SUPPORT THE U3A MOVEMENT.

The 'How To' section below offers members access to areas where useful tips and information are available.

Bob Duckmanton – Regional Trustee

NEWS FROM THE BRIDGE



The Third Age Trust has developed a whole series of [national programmes](#) and more will be rolled out each week, U3A members are contacting us to share their experiences and ideas. We are using those to add into our useful link section such as [learning ideas](#).

SPOTLIGHT ON CHIPPING NORTON U3A.

The craft group with members and friends are making 'scrubs / uniform bags' for NHS staff to transport their scrubs/uniforms home so that they may be frequently washed. An appeal for pillowcases from members and friends resulted in 52 bags being made and delivered to Stoke Mandeville Hospital in Buckinghamshire. They are now busy beavering away frantically towards another delivery. **What a great effort!**

If you wish to find more details Google 'Scrubs bags for the NHS'.

Volunteers are also making the scrubs themselves and details of this initiative can be found online.

TAM (Third Age Matters) you should have received yours by now so curl up with your favourite drink, hot or cold and catch up on what is going on in the wonderful world of U3A around the country.

YOU'RE HAVING A LAUGH!

- **The guy who invented sanitising gel must be rubbing his hands now!**
- I ran out of toilet paper, so have begun using old newspapers... The Times are rough.
- **Nail salons closed, Lash salons closed, Tanning salons closed, waxing salons closed... It's about to get ugly out there.**
- I told my wife she should embrace her mistakes... She gave me a hug!
- **I was struggling to get my wife's attention? So, I simply sat down and looked comfortable. That did the trick.**



WHAT'S HAPPENING IN THE ENGINE ROOM

South East Region Networks (SERN)

SERN involves all Networks in the S E Region and is all about communication. The meetings allow the Regional Trustee to explain policies and promote Third Age Trust initiatives. In turn this means that Networks can do the same for their member U3As. This works both ways and it allows Networks to put their point of view (and that of their member U3As) to the Third Age Trust via the Trustee.

SERN also allows Networks to share useful initiative and support each other. We meet up regularly via Zoom and held a Zoom meeting last Tuesday

U3A DAY due to the situation we have decided to make 1st October 2020 the **NEW U3A day**, so keep those ideas coming.

What are you doing that is different? Please tell us all about what **YOU** are doing to fill the time by emailing us at:

HOW TO

The U3A Website www.u3a.org.uk is packed full of useful information and things to do during lockdown. To get the most out of it scroll to the very bottom of the page to “**Login required for Advice area only**” and register – you just need your name and a password of your choice in the yellow boxes.

- to sign up to receive Sam Mauger (U3A CEO) Newsletters click here <https://www.u3a.org.uk/email>
- to join the “Keeping in Touch” facebook pages click on the blue F icon at the very top right-hand corner of the page.
- to join the Mr Motivator special U3A fitness programme click on the red YouTube icon at the top right.
- If you need technical guidance there is a “How To” page <https://www.u3a.org.uk/how-to-guidance>

Give some of these a try and you will be amazed at the variety of activities on offer.

Phone a Friend If you are feeling lonely then pick up the phone. Your friend could be lonely too.

We haven't all got laptops, tablets or phones that do everything, but I would bet we all have a radio, so get it out, dust it off and check out what's on, you will find music of all types, plays, current affairs there is something for everyone.

STAY ACTIVE AT HOME –a few gentle exercises will keep our joints working, these can be done while watching the TV, standing or at the sink doing the washing up, even in bed before we get up. Why not try these two gentle exercises, there will be two more in the next newsletter.

1 - Heel Raises – Stand tall, holding the back of a sturdy kitchen chair or the kitchen sink, lift your heels off the floor, taking your weight onto your big toes. Hold for three seconds then lower with control. Repeat 10 times.

2 - Leg Lifts Sit on a firm chair and lift your right leg up as far as you can hold to the count of five then lower your leg, repeat using your left side, repeat 5 times.



Remember its gentle exercises.

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