



# West Bridgford U3A

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## Group News Update No 1 August 28<sup>th</sup> 2020

Hello Everyone.

You may have noticed that the Coronavirus Times has morphed into something called 'Group News Update' (\*). The intention of the new format is to provide as comprehensive a view of the activities of WBU3A as possible, and to help non-active groups to look at the alternatives available for restarting.

We need to know which groups are active and how they are managing to operate, also whether they can accept new members or are maintaining a waiting list. Experiences so far, photographic evidence of people enjoying themselves (or possibly not!), tips on using the various technologies, advice to others, anything else you think is relevant - all welcome.

I'm not planning to put typical Coronavirus Times items in, so please don't send non-U3A related articles. The odd cartoon wouldn't go amiss though.

You may find that in this issue, in the process of scraping together information from various sources, I've managed to introduce inaccuracies. Please do email me if you want anything corrected.

My thanks go to Joe Colls for the introduction on the next page.

Also to Paco for adding the latest on where we are with the Baptist Church in preparing for the return of indoor meetings.

Happy (albeit unseasonably cold) Bank Holiday!

Pam

(\* ) I'm calling it that so that I have an excuse to sit in front of House of Games practising drawing gnu cartoons and making up lame gnu-related puns.

And on the subject of HofG, I see that Gyles Brandreth thinks that the distance between Perth, Scotland and Perth, Australia is 18,000 miles. Doesn't he belong to a generation that was taught the circumference of the Earth? And that if you have to go 18,000 miles to get somewhere you should be *going round the other way???*

### **Group Activities during Lockdown**

As we all know, the Covid-19 lockdown has had a huge impact on the activities carried out by all the groups in the West Bridgford U3A. However, life is now creeping back into the slumbering beast. Groups that operate mainly outdoors (eg walking, cycling, birdwatching) are resuming their activity, albeit within the national guidelines on group size, registration, social distancing and more.

It is more difficult for the mainly-indoor groups simply because they are not yet allowed to meet indoors! Some groups have got round this minor difficulty by arranging remote meetings or by other cunning plans. At the moment there is strong activity from about a dozen indoor groups . . .

You can strum your ukulele on Zoom, or watch a film and then discuss it on Zoom. You can improve your fluency in Spanish, French or Latin; enhance your appreciation of poetry; improve your skills in photography; read a book then criticise it by email.

The badminton group are holding Zoom exercise meetings, and gearing up for playing doubles when that is allowed. Art Appreciation are facilitating the loan of DVDs and access to museum websites. The Science for Everyone group is enabling visiting speakers to give their talks to the group remotely.

Also, other group leaders are working out ways to get going. There are several competing technologies for holding remote meetings – Zoom, Microsoft Teams, Google Meet are the three market leaders. They all offer the potential for many group members to see and hear each other. They all enable one person (a visiting speaker, for example) to speak “to” the group by sharing a powerpoint presentation or set of photographs during the meeting. For Zoom there is a time limit of 40 minutes for free use, but groups are getting quite slick at moving quickly from one 40-minute session to the next with hardly a gap. Alternatively, small groups might meet up outdoors, in a park or garden, provided Covid guidelines are observed.

Clearly the “new normal” for U3A groups does not match the effectiveness of the old-style meetings. However, while the lockdown continues, we need to be inventive about maintaining the identity and activity of our groups wherever possible.

Joe

## A message from the WBU3A Chair

### **Talks with the West Bridgford Baptist Church**

Carol (WBU3A Secretary) and I had a preliminary Zoom meeting two weeks ago with the Baptist Church Minister and Secretary to discuss guidelines with a view to starting using the Church again.

We had a very constructive meeting and looked at all the issues that are of concern to both the Church and us regarding people getting together.

The Church is going to look at setting up Risk Assessments and will be working with us to produce a set of guidelines that are in compliance with the Government rules on Covid 19. We hope that we can be ready for when we are given the go-ahead to meet indoors again.

This project is going to take some time to set up but we have to remain patient. It is a step forward to what we hope will be some kind of normality.

We will keep you informed of progress and in the meantime keep safe.

Paco

### \* \* \* [News from the Groups](#) \* \* \*

In the last issue (CT 19) we learnt that:

the **Italian** Group are learning via email

the **Cycling** Group are holding rides on 2<sup>nd</sup> and 4<sup>th</sup> Fridays (2 groups of 6)

the **Birdwatching** Group has a schedule of Monday meetings, either with the expert (5 spaces only), or without expert (2 groups of 6)

the **Peak District Walking** Group meets 1<sup>st</sup> Thursday (2 groups of 6)

**Orienteering Walking** has a published schedule (see item later on)

For further information on these groups see the leader contact details on the Groups page of the WBU3A website. You can always ask to be added to a distribution list.

As you can see from Joe Colls' commentary on the second page, several other groups are active. Please, if you have time, we here at the Editorial Offices of Group News Update would love to receive short pieces about your experiences of U3A activities during Lockdown.



**Singing for Fun** members have been receiving a song of the day since the start of lockdown. Other U3A members also receive my 'blog' which includes news of members and chatty stuff. On 15<sup>th</sup> August, I had sent 146 songs, often more than one a day. The blog includes a Youtube link to access the song with lyrics.

It seems to work well and people correspond their thoughts to me, which I in turn send back as part of the blog. Music is such a memory stirrer.

Following the latest news that singing is no more likely to spread the virus than speaking, I am much encouraged. On an informal basis, some singers and I have been singing in WB Park on a Friday morning, all socially distant and without any accompaniment. It has been most enjoyable to get together, however getting together in the church hall or anywhere will require the facilities to be open and we await news of that.

Sue

## **ORIENTEERING WALKING**

### **Upcoming 2020 Walk Dates and Locations:-**

Tuesday 22nd September 2020 - **Sherwood Pines, Nottinghamshire**  
Tuesday 27th October 2020 - **Moira Furnance (Donisthorpe), Derbyshire**

New members, irrespective of prior orienteering experience, are welcome to join the group.  
For further details and/or to join the group's email distribution list,  
contact John - 07721 538057

## Science for Everyone (online)

Last month's meeting was organised as an online session with speaker John Shaw ...

'I am not a tech person and had never before used Microsoft Teams but, with the very helpful information sent to members by Peter, I was able to quickly set up the app on my iPad and enjoy a very well presented talk entitled "From Socrates to Salisbury: The pharmacology of poisons". '

Pat



## a Cryptic message from Stephen Morley

The **Cryptic Crossword Group** has started having fortnightly meetings via Zoom on Tuesdays, and I am proposing having a Thursday Zoom meeting to see if other members can make these instead/as well. At the moment we have myself and 3 other regular 'zoomers'.

## Gamston & Bassingfield

Patrick Armstrong's local walk No.11 is now on the U3A West Bridgford web site. To see the rest of the walks go to the Coronavirus tab and pick from the list on the right hand side of the screen.

<https://u3asites.org.uk/files/w/west-bridgford/docs/11.gamstonbassingfield.pdf>

## Peak District Walking Group – The Return!

Cromford is forever associated with Sir Richard Arkwright, as the birthplace of the Industrial Revolution. It was here that Arkwright built the world's first successful water powered cotton mill and pioneered the factory system.

Given that Arkwright's first attempt to build a mill was in Hockley, Nottingham, it seemed only fitting that for the Peak District Walking Group's first "post lockdown" walk they should make a pilgrimage to the venture he is more famous for.

Apart from the historical significance, for which Cromford is designated as a World Heritage site, it is surrounded by some glorious scenery.



In order to comply with government and U3A guidance, the overall number of walkers split up into 2 separate groups, departing from Arkwright's Mill 30 minutes apart. As well as enjoying the walk, the scenery and company, the group that I led had one key objective in mind – not to be caught up by the second group, which did include some "Olympic Speed" walkers.

My own group however, did have to get special dispensation from Boris, as it broke Government Guidance for the maximum number of legs allowed in a group – we had 14!

The most stunning of views on the walk are obtained from Black Rock, looking down into the village of Cromford below. It was a most enjoyable day.



John Pickles

## Nottingham Libraries

Having read that Nottingham Central Library was opening, I took a book back and found that the library looked dead as a doornail.

Now I see that it is official:

“While the progression for the new Central Library continues at pace as part of the new Broadmarsh Car Park, Bus Station and retail development, a decision has been made to not re-open the Nottingham Central Library at its current location on Angel Row, since its closure on Friday 20 March following the COVID-19 lockdown.

The plans take advantage of the opportunity while demand for Nottingham City library services is lower in the city centre, using the time to prepare the building for transfer rather than offering a limited service in a complex building with COVID-19 restrictions in place.”

I believe that West Bridgford Library has limited opening for returns only.



The façade of the new Central Library has just been put in place

## GNUs

I expect the next issue of GNU to be out on Friday September 11<sup>th</sup>. After that maybe the number of contributions will warrant a fortnightly Update but if they are a bit thin on the ground I imagine it will be monthly.



Here's a real gnu. (I'm still working on the logo.)

For Group Leaders' contact details please see the WBU3A website.  
Remember to send contributions to the editor (email address on first page).