



## Hello Cheadle U3A Members!

Welcome to the November 2020 eNews

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Items for the next eNews before 9 a.m. **Wednesday 25th November 2020** please. It would be helpful if people sent their news items in good time, otherwise they risk not getting them published

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Many of our groups are presently inactive, although some are managing to remain busy and in contact. There may be some light at the end of the tunnel, but not bright enough yet to permit normality as we knew it. In the meantime we will try to keep you informed about other activities you may be interested in. There is a lot of information to take on board this month but I hope you will find something of interest.

- As daylight reduces and the nights get longer, why not try one of the following activities. With some you do not even have to participate, but can watch and listen.
- You do need an internet connection; email address; and a suitable device (PC, ipad, tablet, laptop etc) to watch, listen or play?
- **Chatalong** - this is a weekly session on Zoom, where participants just talk to each other on any matter. Once you are familiar with this format, then the world is your oyster to setting up your own circle of chats. The maximum length is 40 minutes, free on Zoom.
- **What is Zoom?** a meeting platform where to join organised sessions you do not have to register with Zoom. A link is sent by email by the host, providing you easy access. For more information on this and the above, contact Steven on 01782 392972
- **Singalong** - A 40 minute weekly session of tuneless singing; or not!! The lyrics are attached to the email invitation. Although participants are muted during the songs, each participant sings along to the music and artist. Time for a chat is between each song. Unless you try it, you will not know what you are missing. Interested? Contact Steven on 01782 392972
- **Bridge Online** - Using the Bridgebase Online platform, individuals play with and against known players. There are 2 sessions a week and players with some understanding of the game are welcomed. Anyone interested in a beginners class please contact me for a possible start in January 2021. Contact Steven on 01782 392972
- **Horse Manure** - Good rotted horse manure is available for a small donation to an animal rescue sanctuary, Sorry no deliveries planned,; bag filling available. Contact Steven on 01782 392972
- **Keele World Affairs** - over the winter months a series of lectures has been run for many years. Very eminent speakers have attended, giving a lecture on topics covering world affairs. These are currently on the internet, provided each Thursday evening. This year none members can join and watch speakers such as Lord Jonathan Sumpton; Lord Adair Turner; Lord David Blunkett and Professor Micheal Wood, on subjects are diverse as The story of China; The living Planet: What hope for Biodiversity and The Future Politics for The Left and Centre. These

lecture sessions last for up to 2 hours on Thursday night, including questions and answers. Visit [www.kwaku.org.uk](http://www.kwaku.org.uk) or contact Steven

- **Lectures.** An idea I wish to develop is to provide regular lectures on Zoom. Is there anyone prepared to give such on any subject? Support on how to use this platform will be offered. Contact Steven

**Here are a few ideas from National Headquarters. The links are included:**

**Winter Learning Programme 18/10/20. All initiatives are available at:** <https://www.u3a.org.uk/learning/national-programmes>.

Initiatives are intentionally released on a stagger to keep people's interest and participation over the winter. Events which require members to book are at: <https://www.u3a.org.uk/events/educational-events>. The website will be updated regularly so members should be encouraged to keep checking these pages.

- **National poetry competition.** Nationwide search to find the best poem penned by a u3a member. **Launched 12<sup>th</sup> October. 20<sup>th</sup> November** deadline, then judging. Winner announced January 2021.
- **Programme of free talks** delivered by members (currently being sourced). Talks are released on a stagger so people don't bulk book. Talks confirmed to date:
  - Mayan civilization
  - How to write your living history
  - Yoga (booking not yet released)
  - Bridge tutorials for beginners and improvers (booking not yet released)
  - Crown green bowling (booking not yet released)
  - Philosophy (booking not yet released)
  - Cryptic crosswords (booking not yet released)
  - Japan (booking not yet released)
  - Other TBC.
- **Made it! Make it! gets a Christmas update** – people will be encouraged to send in pictures and explanations of how they have made decorations/items for Christmas and the festive season. This will use the same pages with updated wording and a push on social media. **From 12<sup>th</sup> October, regular weekly updating.**
- **Poetry reading.** Encouraging members to read their poems aloud. Led by a u3a member. First session **14<sup>th</sup> October, 2:30pm**. Second session TBC. Booking at: <https://www.u3a.org.uk/events/educational-events>.
- **Winter Watch.** Members send it pictures of winter gardens, scenes, animals etc. **Launching 20<sup>th</sup> October, regular weekly updating.**
- **U3A Maths Week** (“Don't retire from maths – count yourself in!”). Three events planned (publicity released 8<sup>th</sup> Oct including a prize draw) and booking at: <https://www.u3a.org.uk/events/educational-events>:
  - **Monday 9 November 2020, 2pm to 3.30pm** Online talk by Rob Eastaway, “Maths on the Back of an Envelope.”
  - **Wednesday 11 November 2020, 2pm to 3pm** Maths problems and puzzles workshop.
  - **Friday 13 November 2020, 2pm to 3pm** Maths activities and games.

- **U3A Radio Podcast** – Second programme to be released 17th November.
- **Friday watercolour painters** - A series of five workshops led by a u3a member where participants are shown how to produce a to produce a finished piece of artwork at the end. Pictures of the final artworks to go up on a online gallery. **Starts 20<sup>th</sup> November. Advertised at:**<https://www.u3a.org.uk/events/educational-events>.
- **Programme of 'external' talks.** Includes to date:
  - **National Gallery** – Life and paintings of Artemisia (£5) on 24<sup>th</sup> November
  - **Guildhall Art Gallery** – Prerecorded talk about the Romans. Date TBC
  - **National Trust** – History of the National Trust (free). Date TBC
  - **British Library** – Christmas literature (free). Date TBC
  - **Southwark Cathedral** – TBC
  - **National Army Museum** - TBC
- **Christmas Choir** – Group carol singing led by the U3A member who led the previous choir sessions. **10<sup>th</sup> December.** A new weekly choir initiative, working towards a recorded song to start in January 2021.
- **Ongoing initiatives at:** <https://www.u3a.org.uk/learning/national-programmes>
  - **U3A Eye** – Fortnightly photograph challenge on a different theme each time.
  - **Maths challenge** – weekly
  - **Quiz** – weekly
  - **Birdwatch** – Continuous with weekly updating
  - **Creative Covid Collaboration** – Members create 'squares' to form a digital patchwork. Continuous
  - **Ideas to keep learning** – weekly
  - **Diary** – now closed, submissions for each week to the end of July available to read
  - **Creative Writing Competition 2020.** Winners announced. The 13 regional winners' stories are available to read
  - **January** - A series of Winter Schools are planned for 11<sup>th</sup> Jan – end of Feb 2021.

**Dear Fellow U3A Members,**  
**Feelings of isolation and depression**

At the present time, as we see no end to Covid-19, and it is unlikely we will be able to take part in many of our usual U3A activities any time soon, we are aware that some of our members may be becoming isolated – particularly as winter advances. It is not an easy problem to solve. If you know of someone who lives on their own why not give them a phone call? You may be the only person they have spoken to for some time.

Also, we are fortunate in the Staffordshire Moorlands to have an organisation which addresses loneliness and isolation in older people. Moorlands Home Link, which is based in Cheadle and serves the whole of the Moorlands area, has over 30 years experience of helping people to stay “in touch” and involved. They offer befriending services – particularly over the telephone at this time, when someone will be linked to ring on a regular basis for a chat. They offer support in other ways by providing hot meals delivered to the door and

transport by volunteers using their own vehicles.

If you, or someone you know, may benefit from these services Home Link's number is 01538 750511. They are also on Facebook and the web and their email address is:- [office@moorlandshomelink.co.uk](mailto:office@moorlandshomelink.co.uk)

## **GARDEN GROUP**

Hello everyone, we are putting our gardens to bed for the winter, although I still have fuchsias in flower and lovely rose's still in bloom. I hope the lawn has had its last cut. We now start planning for next years planting. I hope we will meet again in March to start our year. This year has been strange and I do hope we can look forward to better times and enjoyable gardening. My best wishes to you all. Stay safe and keep well .

**Regards Val Egerton (Group Leader)**

## **A Piece of Cake.**

Using the opportunity Roy has given me to say hello to all in the Group. Considering it's now 7plus months since we have had to physically isolate from each other, I find it strange and encouraging how I, and many of us, have accepted what we have been told to comply with.

Back to cakes. I've managed last week to make my Christmas Cake, dosed it with brandy, wrapped it and stored it away to be decorated later, I feel good!!

In our group I've missed the expectation of trying out our individual efforts, with new recipes associated to the different monthly theme, then the eating and the critical bit, pulling it to pieces and did we like it??

Good fun. 😊 😊

Love to you all

**Dorothy.**

## **Editors final note:**

Unfortunately, as you know, there will be no coffee mornings for the foreseeable future. Any Group Leader who has any item for the December e-news should send it to me by Wednesday, 25th November.

Thank you,