

e-Newsletter

Spire U3A Salisbury

April 2020

Issue 156



Well, how are you getting on? We are all in the same boat but some of us have more access to lifelines than others. Since we cannot meet, this newsletter will only be sent out by email so, when you receive it, think about printing a copy and sending it to any Spire U3A friend you know of who is not online, if you can do so safely.

One aim of this newsletter is to prompt some communications between members since we are unable to meet in person. Another is to offer a few pointers to activities that members can participate in during what is known as *Bang Up* in our house [I worked in HMP for a while]. Given the circumstances I am hoping that we can increase the frequency of these newsletters to make Bang Up a bit more bearable.

My first contact with U3A must have been well over 20 years ago. I was freelancing, writing community news stories for the local papers, and went along to a monthly meeting near where we lived. I reported on that meeting and many subsequent ones. I saw the group grow out of its venue - more than once - and witnessed the commitment, friendliness and enthusiasm of members in their subject areas; Modern Languages (conversation), Art Appreciation, Antiques, Current Affairs, Financial Literacy etc. A high point came when those studying the Classics persuaded a lecturer from the local college to lead a study tour of Greece. This, I discovered when they returned, enabled those who wished to, to run round the original Olympic stadium. That U3A group is still thriving. With about 800 members and over 60 active member groups, it is one of the larger U3A's in the UK.

When we moved to Salisbury I was pleased to find we had a choice of groups to join; I picked Spire and signed my husband up to a different one. That way we have different experiences - and something to talk about at mealtimes.

With lockdown continuing who knows when Spire will get together for real but doubtless it will be at Harnham on the second Monday of the month. Meanwhile, remember the mantra: *Learn, Laugh, Live*.

Maureen E Frost
Guest Editor

FROM THE CENTRE

- The April edition of *Third Age Matters*, the magazine of the Third Age Trust landed on our doormat last week. With articles on climbing Kilimanjaro, VE Day, the naturalist Iolo Williams, competitions and Brain Games it is a worthwhile read. (020 8466 6139)

- Head Office also sends out regular emails to U3A members across the UK. You can sign up for it here - <https://www.u3a.org.uk/newsletter>

The April edition includes links to suitable exercise programmes, research programmes to get involved with and national learning initiatives such as the photography project, U3A Eye, a diary project and a birdwatch initiative as well as regular mindfulness sessions and a weekly quiz.

- A special Facebook Group is helping U3A folk get through this crisis. If you are not already a Facebooker you will need to join up and then search for **U3A: Keeping in Touch**.
- National U3A Day has been postponed from June to Thursday 1 October 2020.

THINGS TO DO.....

Citizen Scientists are needed for the British Trust for Ornithology's Garden Birdwatch scheme. Sign up at bto.org/my-bto or try 01842 750050.

Exercise classes on youtube - Mr Motivator Fitness for U3A
<https://www.youtube.com/watch?v=3fMqlbXCbMY>

Future Learn offers hundreds of short courses online at no charge. Choose from 14 subject areas - Creative Arts, Nature, Politics, Maths, History, Languages etc, pick a course and start when you are ready. How do you fancy 2 weeks studying *Food As Medicine* (8 hours), 6 weeks of *Genealogy: Researching your Family Tree* (24hours) or 3 weeks on *Big Data and the Environment* (9 hours). There are even right-up-to-date courses on *Covid 19* or *Panic Buying*! Find out more at futurelearn.com



Namib Desert - read how two young geologists managed to survive when hiding out in this arid landscape for two and a half years: *The Sheltering Desert* by Henno Martin. Download it in various formats for free
<https://archive.org/details/shelteringdesert007109mbp>