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**CHAIR'S WELCOME**

“Omnia mutantur, nihil interit”

Hello everyone, this is my first time writing the Chairman’s introduction to the Newsletter. As as been the case with everything recently, it has been a series of firsts since becoming Chairman. By the time you get to read the Chairman’s deathless prose, we will, as a Committee of Trustees of our U3A, have racked up several firsts: the Finance Sub Committee and the whole Committee have had our first “Zoom” meeting



It was so good to see everyone. Communicating by email can make conversations very protracted. In our “Zoom” meetings we have discussed what I have called ‘Project Resurgam’, my thoughts and ideas to the Trustee Committee for “Getting Our U3A Going Again”

My idea is to get us all thinking about our U3A membership as one single group, to look outside the Group we are in and try our hands and minds at new things; Such as , write a short story, play email chess, paint pebbles on a VE75-VJ75 theme. These and other ideas are elsewhere in this Newsletter.

Some changes we have no control over, Thrapston Town Council have announced that the Plaza will remain closed until the end of August, and have recently told us the Thrapston Festival and wider Nene Valley Festival have been cancelled for 2020.

Oh, the Latin tag at the top “Omnia mutantur, nihil interit” translates as ‘Everything changes, but nothing is truly lost. My hope for our U3A things may change, but the unique warmth in our groups and at the Plaza meeting will hopefully soon be revived for us all.

Ian - Chairman





## *Message from the Theatre Group*

In these unprecedented times, where a need for joyfulness may be in short supply, live theatre is understandably on the 'back burner'. We are a nation of adaptation however and therefore theatre (as we know it) has morphed itself into **Live Streaming**. So as we currently have a little more time on our hands, here is a selection of what is currently for a small fee in the comfort of your own home.

The Royal Ballet – The Cellist

Outside the Box, Comedy club via Zoom

The National Theatre at Home – Coriolanus

Beauty and the Beast

Swan Lake

Love Letters from Home

The Glass Child

If you are interested in any of the above or require further information, please search online for **“The Ents24 Team”**

Alternatively looking towards the future in November, The Royal and Derngate are showing Andrew Lloyd Webber’s “School of Rock”. If you would like to find out more, please contact [www.royalandderngate.co.uk](http://www.royalandderngate.co.uk)

Milton Keynes theatre is showing mainly tribute bands and various comedy shows, More details can be found on [www.atgtickets.com](http://www.atgtickets.com).

Leicester Curve theatre is closed for performances until October. For further information and updates please contact [www.curveonline-information/contactus](http://www.curveonline-information/contactus)

Happy viewing

Moira

Theatre Group



## Situations Vacant

Business Secretary to take minutes of the Committee of Trustees and, with the Chairman, to be one of the key links to the Third Age Trust.(U3A National Organisation)

Events Manager to be responsible for the collection of materials needed for a Plaza Meeting (when they restart), to set up the electronics (Laptops, Microphones, etc) for the meetings and to be the keeper of the inventory listing for our U3A.

Any interested person please contact the Chairman on [chairmanthrapstonu3a@gmail.com](mailto:chairmanthrapstonu3a@gmail.com)

### REMINDER ABOUT MEMBERSHIP FEES

The U3A Committee agreed prior to lockdown that, following a review of the finances, the £1.50 reduction in the membership subscription which was introduced two years ago for a temporary period only ceased from the end of May 2020.



The membership fee from June 2020 is now £16.50.

The Committee have also made the decision to reinstate the £1.00 entry fee for attending the monthly meeting. (this is to cover the costs of the Tea, Coffee and Biscuits)

The fee for visitors has been increased to £3.00.

### IMPORTANT NOTICE - JUNE 19 MEETING

This awful Corona disease will just not hurry along on its way and again we are not going to be able to hold our regular June meeting at the Plaza, or anywhere else for that matter.

Instead we are attempting to try something new and hope that we can bring you a great presentation in the spirit of Thrapston U3A through the very popular modern medium of Zoom.

More information is likely to follow as there are still some details to be ironed out. We will be contacting most of the members by email, or at least those who have registered to receive the Newsletter electronically.

We hope to 'tie up all the loose ends' and bring this innovative method for the continuing enjoyment of our group.

Stay safe, kind regards

Paul Ollett – Speaker Seeker – Thrapston & District Group U3A

### MONTHLY PLAZA MEETINGS

The monthly meetings ( once we are able to hold them) will take place on the

3<sup>rd</sup> Friday of each month at The Plaza in Thrapston

Please note that the doors will not be open before 9:50 a.m. This is to allow time for the hall to be set up. Visitors are very welcome but, unfortunately, we are unable to allow them in before 10:15 a.m. and then only if there is available seating. This is due to Fire regulations which restrict the amount of people in the hall and we have to give priority to members.

## CORONAVIRUS PANDEMIC UPDATE

Sadly, due to the Covid-19 virus and the rapidly changing UK Government requirements our U3A, along with all U3A's, has suspended meetings and groups activities until further notice.

The advice is that there should still be non-essential contact. This means, we should all be socially distancing ourselves from others. People who are in the "at risk groups", in particular people over the age of 70, should avoid any social contact for at least 12 weeks from start of lockdown.

Our monthly meetings have been suspended to at least up to and possibly July. We hope by then we will be able to give you some idea as to when we may be able to resume some normal meetings and activities. Until then, please comply with the advice from the government which, hopefully, will keep you all safe.

### LOCAL AVAILABLE HELP

Details of help that is available for those that are self isolating,

#### THRAPSTON

Thrapston, Denford & Islip Churches have a Coronavirus pastoral support number and dedicated email address that is open to all for help and support. Mobile: 07492 575243 Dedicated email address: [tdichurches@gmail.com](mailto:tdichurches@gmail.com)

#### RAUNDS

Raunds Area Volunteers (all of whom have been checked and verified) offer help with collecting groceries, collecting prescriptions and phone calls.

Phone: 07591 225 766 Email: [raundsvolunteers@gmail.com](mailto:raundsvolunteers@gmail.com)

### OTHER NUMBERS THAT MAY BE OF HELP

Samaritans: phone: 116 123 email: [joe@samaritans.org](mailto:joe@samaritans.org)

Age UK: phone: 0800 055 6112

Mind: phone: 0300 123 3393 email: [info@mind.org.uk](mailto:info@mind.org.uk)

Citizens Advice: phone: 03444 889 629 [www.citizensadvice.co.uk](http://www.citizensadvice.co.uk)

Anxiety UK: phone: 03444 775 774

Silver Line: phone: 0800 4708090

### AT LAST ! HELP WITH SCAM EMAILS

You may have seen emails and messages informing you of health tests that can tell you if you have contracted Coronavirus and how to cure it for a huge price, or had people you don't know or trust contacting you offering to help with running errands, or to pick up prescriptions and shopping. You can rank these emails along with others offering Russian brides or vitality pills. Junk them all. But now, at last, there is help with scam emails. You should forward all suspected scam emails to: [report@phishing.gov.uk](mailto:report@phishing.gov.uk) This is the National Cyber Security Centre (part of GCHQ) which will analyse the email and they can remove the culprit sites. Please spread the word. Of course, knowing how the mind of the scammers works, they will probably start sending out emails pretending they are from GCHQ. Anyway, the advice is: be on your guard. (The above information is courtesy of Money Saving Expert Martin Lewis).

## *Calling all readers!*



As we all seem to have had extra time since the lockdown to pursue our interests, I'm sure many of you have been reading more than usual.

With this in mind, I have been asked to extend our U3A Book group to the wider U3A membership during the Covid-19 crisis so that all members can share with others the details of any authors and titles that they have enjoyed.

Although it won't be possible to have the full discussions that the members of our Book Group so enjoy, we are asking anyone who is interested to send their suggestions of an author and book title, with a very brief description of the type of book (detective novel, autobiography, historical fiction etc.) and a star rating from 1\* to 5\*.

I will then compile a list each month with a selection of titles for people to read and enjoy. This will hopefully give us all new ideas for our reading and help to guide people towards authors they may not yet be familiar with in their own particular area of interest.

To send in your suggestions, please email me at

[BookGroupThrapstonU3A@gmail.com](mailto:BookGroupThrapstonU3A@gmail.com)

I will arrange for my list of suggestions to appear on the U3A website on the last Friday of each month, starting in June.

Celia Busby

## *June Speaker*

Our Speaker, Andy Smith who was booked to give us a Musical Presentation on the 19 June 2020 has been cancelled due to the Covid-19 restrictions.

He has produced a video called 'Under the Influence' which gives 30 minutes of his musical talents which are considerable. Unfortunately the service does not come free of charge, but for a modest £1.25, the video can be viewed as many times as one would wish for 72 hours.

If you would like to view the video and find out more information on Andy's considerable musical talent visit his website at <https://www.andysmithmusician.com/pay-to-view>.

*Paul Ollett*

*Speaker Seeker - Thrapston & District Group U3A*



## *Keeping in Touch*

Some groups have found ways to keep in touch during lockdown, including virtual meetings using Zoom. Another way is to set up a group on WhatsApp. If your group would like to try one of these but is not sure how to get started, help is available. Please contact Neil Busby. Contact details on page 8

Do you use Facebook.? Have you visited our Facebook site yet? You will find interesting articles past and present about our U3A. Just enter thrapstonu3a.in the search box.



## *Getting our U3A going again*

Though some of our groups are meeting via a variety of electronic means other groups have opted not to do so. I suggested to your Committee that during the health crisis we need to think of our U3A as one single group with some activities all can engage with, they agreed and here are a few ideas for you to consider joining in:-

**Poetry Competition:** Topic “Lockdown”

2 categories (a) General Membership (b) Members of the Creative Writing Group

**Short Story Competition** 750 -1000 words Topic “Lockdown “

2 categories (a) General Membership (b) Members of the Creative Writing Group

**Photography Competition:** 3 Topics: Summer Sky, Pets in summer, Gardens

2 categories (a) General Membership (b) Members of the Photography Group

All members can enter, electronically please, entries to a new email address

[Competitionsthrapstonu3a@gmail.com](mailto:Competitionsthrapstonu3a@gmail.com)

The closing date for entries for these competitions will be 17<sup>th</sup> July 2020 at 10.00am.

***Please indicate which group you are entering.***

Ian Byrnes

Chairman



## *What3Words Reminder*

***What3words*** is a simple way to talk about location. Every 3m square in the world has a unique 3 word address that will never change.

The scheme is used by an increasing number of organisations, including the Red Cross, UN, AA and our emergency services, to find an exact location. For example, the entrance at the Plaza, Thrapston is “thorax.jolly.eyelashes”

It would be useful if group leaders knew the code for the venue of their meetings, in case of emergency. Look for What3words on the internet (or get the app.) to get your code or ask a member of the committee if you don't have computer access and they will be able to help.

## PLEASE HELP

We, the Committee, fully understand that many groups are not meeting in person at present due to the pandemic and that we haven't been able to hold our usual monthly meetings at the Plaza which is a great shame for all.

We understand that some groups have been able to use Zoom or other online systems in order to carry on their activities and we're sure that many people have greatly benefited from these initiatives.

The Full Committee and the Finance Sub Committee have also used Zoom to conduct the official business and to consider options for moving forward.

### **The Committee would like to ask for you help:**

It would seem that not all members are renewing their membership when they are due and we fully understand that, as clearly you are not able to benefit from the usual activities and meetings that you attend.

However, as you can see from the list below there are certain items that we have to pay just to keep OUR U3A operating, so please can we ask that you do renew when you are sent your renewal notices as without your help we will not have a U3A to come back to.

As an incentive, we will extend peoples membership by 2 months so for your £16.50 you will get 14 months membership.

We would like to thank you all in anticipation of your help so that we can all get together again as soon as is practicable.

## FIXED COSTS

**These are the costs that have to be paid regardless of whether we are able to have meetings etc**

Capitation Fee to Third Age Trust  
Third Age Magazine  
CLA License  
Auditors Fee  
Storage Costs for U3A equipment  
Contribution to costs for Network Meetings  
IT Services( Web Hosting, Software Licenses, Zoom)  
Expenses related to Membership Renewals  
Newsletter Distribution  
Printer Costs  
General Admin costs (inc advertising and newsletter)  
**Total £4090**

The Committee



Telephone numbers given in the newsletter are usually preceded by the Thrapston STD code—01832. Any Raunds numbers (indicated by R) need the STD code 01933

## ***Thrapston and District U3A Committee 2020/21***

Chair: Ian Bynes	<a href="mailto:chairmanthrapstonu3a@gmail.com">chairmanthrapstonu3a@gmail.com</a>
Vice Chair: Wendy Davies	<a href="mailto:vicechairthrapstonu3a@gmail.com">vicechairthrapstonu3a@gmail.com</a>
Treasurer: Sue Campbell	<a href="mailto:treasurerthrapstonu3a@gmail.com">treasurerthrapstonu3a@gmail.com</a>
Secretary: Vacant	<a href="mailto:secretarythrapstonu3a@gmail.com">secretarythrapstonu3a@gmail.com</a>
Groups Co-ordinator: Anna Bond	<a href="mailto:groupsthrapstonu3a@gmail.com">groupsthrapstonu3a@gmail.com</a>
Membership: Pauline Dennison	<a href="mailto:membershipthrapstonu3a@gmail.com">membershipthrapstonu3a@gmail.com</a>
Short Course Co-ordinator: Tricia Eales	<a href="mailto:coursesthrapstonu3a@yahoo.com.uk">coursesthrapstonu3a@yahoo.com.uk</a>
Speaker Seeker: Paul Ollett	<a href="mailto:speakersthrapstonu3a@gmail.com">speakersthrapstonu3a@gmail.com</a>
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IT Operations/Website Manager: Neil Busby	<a href="mailto:websitethrapstonu3a@gmail.com">websitethrapstonu3a@gmail.com</a>
Plaza Welcome Manager: Vacant	<a href="mailto:welcomethrapstonu3a@gmail.com">welcomethrapstonu3a@gmail.com</a>

### ***Off Committee Roles***

<i>Access Advisor: Glyn Hill</i>	<a href="mailto:accessthrapstonu3a@gmail.com">accessthrapstonu3a@gmail.com</a>
<i>New Members Rep: Dianne Strickland</i>	<a href="mailto:repthrapstonu3a@gmail.com">repthrapstonu3a@gmail.com</a>
<i>Refreshments Organiser: Ann Thorpe</i>	
<i>Social Committee: Viv Tunstall</i>	

## **A note from the Editor**

This newsletter is published on behalf of the committee of the Thrapston and District U3A. The opinions expressed are not necessarily those of the Editor, or of the committee of the Thrapston and District U3A, or of the U3A Trust.

**Please note that items for inclusion in the next newsletter should reach the Editor by the first Friday in the month.**

Editor and publisher : Tina Jones - email: [editorthrapstonu3a@gmail.com](mailto:editorthrapstonu3a@gmail.com)

Website : [www.thrapstonu3a.co.uk](http://www.thrapstonu3a.co.uk) where details of the committee and their roles can be found along with details of all the groups.

I hope you have enjoyed my first attempt at doing the Newsletter. Wendy is a hard act to follow but I look forward to the challenges in taking over the reins to ensure that you are all kept up to date with all the U3A news.

*Thrapston & District U3A is a registered charity number 1179593*