

Milford & District U3A Monthly E-Newsletter: February 2021

Dear members,

I expect we are all glad to see the back of January with its lockdown challenges, grey clouds and torrential rain. Last Friday I thought Spring had finally arrived when we took our daily walk and enjoyed sunny skies, birds singing lustily, snowdrops and primroses alongside the paths. But today, as I write this, the temperature is below freezing, it's snowing and the birds have fallen silent as they concentrate all their attention on the seed feeders in our garden.

But still, we must stay positive as the vaccination programme continues apace. I expect most of you have now had at least one, maybe both, of your jabs and, of course, nationally covid cases and deaths are coming down at last and the R number has dropped below 1.

Ian and I took a longer daily walk this morning as the slushy ground has hardened up with the freezing temperatures. We were just coming back from Artington along the river Wey when Ian got a text from our surgery to phone and make his covid jab appointment. They are just starting on the 65 -70 year group. He joined at 14th in the phone queue and got through at 11.30. By 1.30 we were home having been to G Live and both had our jabs! I think with the weather they had a few cancellations today. We had the Astra Zeneca version so won't get decent immunity until after the second jab: patience is required for another 12 weeks at least.

The continuing lockdown restrictions have meant that our U3A has had to continue in an online mode for group meetings but that is the best we can offer at present until the situation changes. As members you are free to join any of the online groups that are running as there is no restriction on numbers on Zoom (well there is, but it's 100, so unlikely to be a problem!!!) Just contact the relevant leader for the link.

Over 60 of you logged in for the talk by Michael More-Molyneux for the History of Godalming group last month which was most encouraging. On Wednesday 17th February 2pm, the group will be exploring Stuart Godalming and doing a pictorial tour of historic areas in Farncombe. The Writing Forum this Wednesday 10th 2pm, will be considering how to write an autobiography. If either meetings appeal then contact Ian on Honeysett@btinternet.com and he will send you the Zoom links.

Monthly Talk this Friday 12th, 2pm – 3.30pm

“Parkinsons” with Mrs Valerie Box

Valerie is a volunteer speaker for Parkinsons UK. Parkinsons (PD) is the second most common degenerative neurological condition after Alzheimers Disease and affects 1 adult in 350; 145.000 +/- in the UK. It is not just associated with ageing: 1 in 20 is under 40 at diagnosis. Most people in organisations like ours will know someone with PD and in her talk Valerie will explain what the myriad of effects are and offer suggestions on how friends and family can offer help and support. She will cover some of the latest research news as currently there is nothing that can stop PD starting, arrest it or cure it.

Bob will send the Zoom link out to all members by email so if you would like to hear the talk just click on the link from 1.45 this Friday.

New Cycling group

The group has had an inaugural meeting on Zoom and are now awaiting an opportunity to get pedalling when current covid restrictions are lifted. Gertrud Sollars has agreed to coordinate for the time being so, if you want to join in, please contact her at Gertrud.sollars@btinternet.com

Walking Football

So far only three members have signed up for this gentle form of exercise but at least 10 will be needed to make up a 5 a side.

Note that it is suitable for both men and women. Once warmer weather arrives and covid rules permit, we hope more of you will be willing give it a go. Meantime let me know if you might be interested

New Book Group

It has been suggested that we set up a specialist book group reading only biographies and autobiographies. If this type of reading matter appeals to you then let me know. Book group discussions work well on Zoom so this group could get under way fairly promptly. As an aside don't forget that you can search the Surrey libraries catalogue online and reserve any book for FREE, (if you are a library member), then collect it from Godalming library. This is a wonderful opportunity to find more books by your favourite authors without having to pay a penny!

Our Milford & District website.

Our website gurus are conscious that there has been some confusion about accessing the site so here is what you all need to know:

- Anyone, whether a member or not, can click on the link and access the basic website. No password is required. Here is the link if you want to give it a go now:
<https://wp.milford-u3a.org.uk/>
- If you are a member and want to go onto the member's only part of the website then you need a username and password. To do that, on the right hand side of the main website page, you will see a "Login" box and underneath it says "Don't have an account – Signup now". Click on the link, follow the instructions and fill in the form and send it then you will be emailed a temporary password to get you going. It really isn't complicated and only has to be done once.

Please do have a look at our website, explore the layout and see all the useful information you can find there.

NEW: Digital Technology Support

We are pleased to announce the formation of the **Digital Workshop** group, which has started with about 30 interested members, of whom seven are putting themselves forward as 'experts', or at least fairly experienced in one or more technologies.

When we say 'Technology' we are mainly thinking of problems with computers, software, laptops, tablets and smartphones so, ask, and we will see what we can do to help.

As a part of the new website we have included a Forum where registered members can post problems or 'how do I?' questions about technology which, hopefully, one of our experts or other members can answer or advise on. We can also set up private Zoom calls if required and offer remote control services using a tool called TeamViewer. If you want to know more, or have a problem or question to ask, then either go to the website and follow the link or contact Bob and Alan at webmaster@milford-u3a.org

Vacancies

I don't want to be a nag but we desperately need some more committee members to help make our group organised and interesting and to keep it going. Please consider volunteering for a stint: brilliant as our group is, it doesn't run itself!

Stay safe.

Jan Honeysett

(Tel. 01483 429615 secretary@milford-u3a.org.uk)