

Fairford and District U3A



Special Bulletin

April 2020

This is the first edition of the Bulletin which we shall aim to send out at regular intervals. As the virus situation is moving so rapidly, this could be every fortnight instead of the monthly Newsletter.

Sarah, Heather and I (the Editors) aim to give you something else to think about; no advice here as there is already too much online and in the news. We will, however, offer information as to who can help if you are sitting at home.

We number over 400 people in the U3A with a huge variety of interests and backgrounds. What we would like to see anything from you that will help alleviate our boredom and give us some ideas as to how to make the best use of our enforced isolation.

Read on to the next page and see what sort of thing we have in mind! And don't forget to phone your friends; it's more personal than a text.

If you have trouble with the terminology or understanding any of the 'jargon' speak to your families – they will be able to help you. We will try to keep it simple. We are aware that there are people out there who will find it difficult so if you can pass the information on to your friends by phone then please do. Paper, obviously, is out.

Marilyn Gibbon: Editor, (24 March 2020)

These contacts were correct at the time of putting together this Bulletin; however, Government edicts are changing all the time.

Andrew Butler: Our friendly butcher in Fairford. Andrew is organising deliveries on certain days. Telephone him on 01285 713177 for more details.

The Collosseo Italian Restaurant in the town will cook for you; but you have to go out and collect it. Telephone number: 01285 239238

Lynwood Café (Fairford and Lechlade) are offering a home delivery service for staples; including bread, pasta, fruit and veg and of course, CAKE! Phone their Lechlade number as they are doing the organising. 01367 253707. Order online at <https://www.lynwoodandco.com/>. There is a minimum order charge of £25.

Some other 'eateries' offering home delivery (all untried)

- **The Railway** - including delivery
- **5 Ails**, Filkins - including delivery to Fairford. (25% off for over 70s and the vulnerable group)
- **Khushi**, Lechlade - continue their regular delivery to Fairford
- **The Old Spotted Cow**, Marston Meysey - including delivery

Do please add any more you know of and also whether they deliver please.

Local News:

Lots of information is being posted on social media.

Update as 22 March: COVID-19 UPDATE FROM FAIRFORD TOWN COUNCIL

Thank you to everyone who has already volunteered to help their community. We have divided the town into 17 zones of about 100 houses in each. Our aim is to appoint a Volunteer Coordinator (VC) into each area. We have 10 in place at the moment. Those in place will shortly be delivering a leaflet through doors to introduce themselves. We will share all the volunteer details that we have at the moment with each relevant VC and details of those who have asked for help. The VC will be the first point of contact for all the volunteers in their area and will match up those who need help with those who can offer help. The Council has prepared volunteer packs which contain contact log sheets, advice on keeping safe, gloves and communication details. The Council will help and support all the volunteers as the situation unfolds. If you think you could be a VC in your area (you will need to be happy to email and phone people as required and be in regular contact with the Council office), then please get in touch on clerks@fairfordtowncouncil.gov.uk.

Areas still needing a VC:

- 1, West End Gardens, Saxon Way area
- 2, High St, Croft, the Orchard
- 3, London Rd, Manor Close
- 4, Churchill Place, The Quarry
- 5, Fairford Gate south side
- 6, Keble Fields, Cinder Lane
- 7, East End, Keble Lawns, Lygon Court.

From the post office:

I'm a postie and would like to give the village some important information. We deliver your parcel and letters. What you may not be aware of is we are classed as keyworkers through these terrible times. Royal Mail have offered us to become an emergency service for the public. If things get worse your postie could be delivering healthcare products food and even medication.

All that is asked from the public is:

- 1) Think about safety first, for yours and the postie.
- 2) If you see a postie coming towards your door please (DO NOT OPEN YOUR DOOR). We will sign your parcels and letters for you. We will leave the parcel, food or medication on your doorstep and then knock. Give the postie enough time to step away from the door.
- 3) If you are already outside your house, go inside or step away 2 metres from your postie. Please do not approach your postie. If we tell you to stop and back off or close your door, don't feel offended. We are only trying to help protect you from this virus. LET'S BEAT IT TOGETHER!

There are numerous **Bridge** sites online where you can play, and some are free. 'No Fear Bridge' is a very comprehensive site which will help you improve your play. There is a small annual joining fee.

Website: <https://www.nofearbridge.co.uk>.

Website: <https://www.bridgebase.com> is free and Alan Topham (President of the Fairford Bridge Club) has tried it out; verdict – not bad.

Laugh of the day: (one for our Bridge addicts)



Anyone who has an interest in Bridge and has found another site which they like, let us know and we will circulate details in the next 'Bulletin'.

Try a [virtual tour of museums](#): (thank you Morag Hill for this idea)

On Radio 4 on the Today programme a spokesman from the Victoria and Albert Museum said that there was a whole series available on BBC I player which comprehensively took you through the Museum. A lot less tiring visiting by armchair!

Poetry: It's very strange how heightened emotions can bring out the poet in us. Let us have yours and we will publish it. Thoughtful rather than scary is best!

Read that long series of books that you have always promised yourself to read and is gathering dust on your shelves. How about reading through the entire Poldark series? Highly entertaining! Or if Charles Dickens or Shakespeare is more to your taste (it might also help you sleep at night!) I can recommend a Short History of Time for insomnia ...sometimes after visiting a library I think there are more books than people ...

Of course, if you are reading this online you will have access to **Amazon's Kindle** app which will allow you access to hundreds of thousands of books for a small fee.

Creative Writing Group: Any contributions welcome! Be published even if it is only here; we all love a short story.

Try using the Red button on your TV controller if you have one. We have discovered more unusual programmes that way.

Nursery rhyme inspired by two boys' ingenuity in isolation

Two boys playing over a garden wall,
one called Peter, one called Paul.
Kick the ball, Peter.
Kick the ball, Paul.
Well done, Peter!
It's goal!

By Maureen Partington



Imagine you are a contestant on **Mastermind!** Make yourself an expert on something you can research online. In due course, you can delight in boring all your friends with your new-found knowledge!

Keep Fit

And for the more energetic – go for a walk but don't get close to anyone. If you have stairs, use your house as a gym and use them to keep fit by going up and down a few times a day.

There are exercise regimes available online on YouTube; try googling You Tube – Exercises for Seniors. But don't overdo it – you don't want to end up in hospital!



Birdwatching from your window

If you are lucky enough to have a garden, then keep a pair of binoculars handy and try to spot some unusual visitors. Can anyone in the **Birdwatching** group give us some of idea of what we might see?

Family History

This group disbanded a while ago. Surely now is the time when we have plenty of time to reflect on the past, to write our memoirs. Imagine what a wonderful book we could make when all of these could be put together at the end of this unique period of history. Thank you to Barry Aylett-Warner for suggesting this.

Creative Writing

One way round this! To stop just sitting looking out of the window now that our Creative Writing group has been cancelled is SKYPE.

We are all re-joining Skype and meeting at our usual time to have a meeting via Skype, not sure yet how that will go but it must be better the alternative.

So far, we have contacted four of the group but still trying to convince the others. It did take me a while to reconnect and I may have forgotten it already BUT we will succeed. Watch this space for more news.

Jo Stichbury - Creative Writing Leader

Home Deliveries and Food

Abbey Home Farm, Burford Rd (11.27 km)
GL75 Cirencester, Gloucestershire 01285 640441

Or

[Contact The Organic Farm Shop, Abbey Home Farm on Messenger](#)

BIG NEWS As of this evening the farm shop as well as the cafe is now closed. Having reflected on the current advice to discourage public gatherings we believe it is our social responsibility to adhere, for all of our wellbeing. HOWEVER,...'CLICK & COLLECT' is very much GO!! Please do keep ordering and we will do our best to keep you lovely locals in fresh organic food. Good for the body and soul! Within 24hrs of ordering we will contact you for collection (maybe sooner...it is hard at this point to know...please bear with us). <https://www.theorganicfarmshoponline.co.uk>

An haiku nothing to do with the virus but short;

Her name is Raina
A beautiful little girl
She is our future Jo Stichbury

Keep Calm and Eat Cake

Barbara was not looking forward to having to entertain Ollie for the day. He and his parents were living with her to help them save for the deposit on a new house and she'd blithely told them that she would take him so they could have a few hours quality time together on their wedding anniversary.

Whilst she loved her three-year old grandson, he could be a handful at the best of times and trying to come up with ideas on how to amuse him for more than a couple of hours was giving her a headache. Finally, she had a thought, how about making

an afternoon tea with biscuits and cake? It was forecast to stay dry; they could stack everything in the buggy and take the picnic to the lake. Then she'd have the buggy to hand if Olly refused to walk back. Congratulating herself on her forethought, Barbara ran an eye over her store cupboards. She needed flour and something to decorate the cakes with, she doubted very much anyone would be panic buying cake decorations, but she worried a bit as to whether there'd be any self-raising. She resigned herself to getting up extra early the next day to be in town ready for the over-70s hour at the supermarket.

"What?" shrieked Barbara at the security guard. "What do you mean I can't go in?"

He shrugged "It's only open for the elderly, love."

"But I thought that was for everyone over seventy?"

"Well, yes, it is but you're never that old."

She laughed merrily, wow, what a way to make her feel good. She fished in her bag for her driving licence and the guard reluctantly let her in.

From Jocelyn Wishart of the creative writing group

Read our next Bulletin to see how the story ends.

All this information has been copied from social media and has also been supplied by friends. The Bulletin is as yet unsculpted and a bit of a mishmash but hopefully will get better as we continue. We have checked phone numbers and website addresses where given but not proofread for grammar as we consider it more important to get the information out to you without too much delay.

PLEASE let us know of any useful information by contacting us:
editor@fairfordu3a.org.uk as we can share it with everyone.

Stay safe everybody.

Marilyn Gibbon