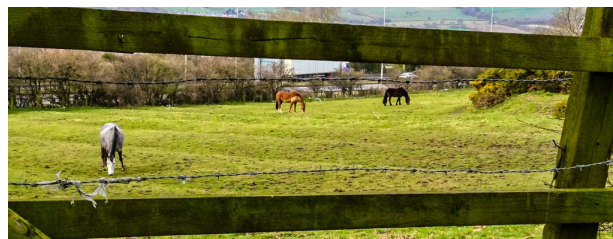


WASHINGTON U3A



These horses seem to have taken well to socially distancing!!

April 2020

Registered Charity no. 1127881



Our first online Newsletter

Hello to you all. I hope you are all well and taking care of yourselves.

Firstly can I thank Linda Carr for producing this newsletter. Hopefully it will keep you all in touch with some of the things still going on in the U3A.

This is a time of challenge for us all. Food shopping has taken on a new dimension. Being in Lock Down is a new and unwelcome, but necessary experience for us all. Some of us are finding helpful neighbours and community volunteers to help out with things. There are some of us who have discovered Zoom conferencing (it's free) and online shopping (what will we do with the cardboard boxes). How are we going to cope with months of no hairdressers? Are some of us going to begin to sport pony tails? The situation has generated a considerable amount of online humour to counter the grim news bulletins.

It could be a time in our history which future generations will study. They will I hope see the heroic work done by the NHS staff, the support services, the shop staff and the kindness shown by communities toward the vulnerable.

There are some web site links to U3A activities which we can try out. We have tried to include some helpful firms and phone numbers in this newsletter.

We, the committee will keep in touch with you by phone or email for a chat and to see how you are.


Please stay safe

Keith

Photography – from National Website

Calling on all U3A budding photographers - join our new project - U3A Eye. It's running fortnightly and this week the theme is '3'. Creatively capturing your surroundings at this time. How do I join in? Find out more: u3a.org.uk
Can't wait to see your photos

Submit photos here... <https://u3a.org.uk/learning/u3a-eye>

National U3A - Getting Bored - visit the **National U3A website** at U3A.ORG.UK. On there you'll find a photographic project, 'Ideas to keep learning', 'Mindfulness', 'Maths Challenge', 'Yoga guidance', 'Bird Watching Challenge', 'Quizzes' and more. You can also visit the facebook page. Use the facebook search and enter u3auk and then just below the top click on this symbol: 

Planned trips - I guess everyone will have realised that the Tyne Trip, the Visit to the Falkirk Wheel and the Auckland visits have all had to be deferred. The committee is proposing to replace our celebrations of our **20th Anniversary** (of which these were part) by a **21st 'Coming of Age Celebration' in 2021**. If you paid for any of these by cheque the cheques can either be saved for a later date, destroyed or returned by post. If you want them to be destroyed or returned please email Diana for the Falkirk Wheel or Tyne Trip or Sandra for the Auckland Trip. If you paid cash to Diana it will be kept until a future meeting when it can be held for a future payment or returned. If you would like the cash returning sooner please contact Diana.

Some (I hope) useful information

This is a list of possibly helpful companies and shops and services for us during this scary period.

Meat. Bridgewater Butchers 22 Bridgewater Road, Washington, NE37 2SG phone number 4167774. Email sales@bridgewaterbutchers.co.uk this company has a website to order from they do deliver sometimes the next day. I have been told the meat is good.

Fruit and Veg. Thoburns telephone number 4154811 they are in Concord. They do take telephone orders and deliver usually the next day. We have used them and the produce was good and fresh.

J R Holland, 4190856, 245 Dukesway, Team Valley, NE11 0PZ this company is a wholesaler who is selling boxes of salad veg. boxes of vegetables, boxes of dairy produce and pensioner boxes. We have had both a salad and veg box and both were excellent. They do have a taxi delivery service depending on the area you live in. If you or relatives want to do a pick up there is a no contact system in operation.

Groceries Nisa Store Barmston Village. Phone number 4177197 this is Bob Singh he is a local shop but he has extensive stocks. He also has a setup of local volunteers who will deliver to elderly people who are staying in the house. For those of you who have a Facebook account he is on "What's on in Washington". He seems to be doing lot for the community in this time of trouble.

Iceland online delivery service if you can get a slot you can get next day delivery, we've used it twice and got most of what we ordered.

ASDA on line. It's almost impossible to get a delivery but we used the Click and Collect at Boldon. I went there to the Click and Collect point in the undercover car park at my appointed pick up time. The young man asked for my name and I parked in one of the bays he brought out the order in bags in trays and left me to load up and leave, a good system.

Morrison's on line. It is difficult to get a delivery slot we got one two weeks ago for this week, they deliver tomorrow. The next delivery slot we have is 27th so we will be fine until then.

Sainsbury on line is also difficult if not impossible to get a delivery slot.

Tesco on line we have not tried.

These are some help and support line numbers.

For help from the council volunteers you can ring 08002346084, or go online to www.sunderland.gov.uk/coronavirus, or email helpsunderland@sunderland.gov.uk. These contacts are to get help with various tasks.

Keith

(I found this last contact very useful in getting medications delivered - Linda)



Strollers

Last month's first stroll saw a good turnout of fourteen, with several new members to the group. We caught the bus and Metro to Newcastle Central Station and followed the "Newcastle Toon Treasure Trail". The route took us towards the Tyneside Theatre, along by the old city walls to the top of Stowell Street, to St James's Park, Eldon Square, The Monument, the Bigg Market, St. Nicholson's Cathedral and back to the Station. We solved the clues along the way, looking at information boards, counting the studs on Jacky Milburn's boots looking up and down buildings to find the answers. We were rather hampered by showers of rain, which came and went, but made our instruction leaflets rather soggy. A joint effort meant we got there in the end and found where the virtual treasure was hidden. Our reward was a cuppa at the Station café, or rather a pint for some. **Diana**

2nd stroll in March

Six members met and decided to continue as planned - keeping a distance from each other. (Strict rules had not yet been in force.) This could be our last meeting for some time. The circular walk started and finished at fatfield bridge, then we walked along side river then through James steel park. From there we went along C2C cycle path and then took a detour and ended up at St. Roberts. From there we passed the Art Centre then went down the hill to the Biddick Inn for lunch. **Jenni**

Hi everybody!

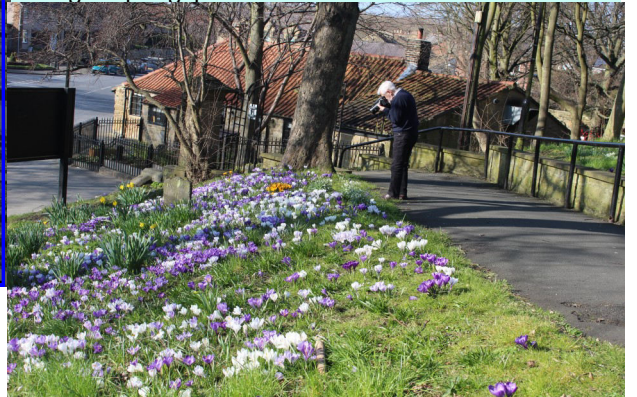
Isolation has made me stop and appreciate so many things I have not noticed before. The main one is the beauty of Chester Park where I have been going for solitary walks and noticing lovely details and especially the wildlife. **Elisabeth**



Wallington Hall taken just before the lockdown, **Diana**

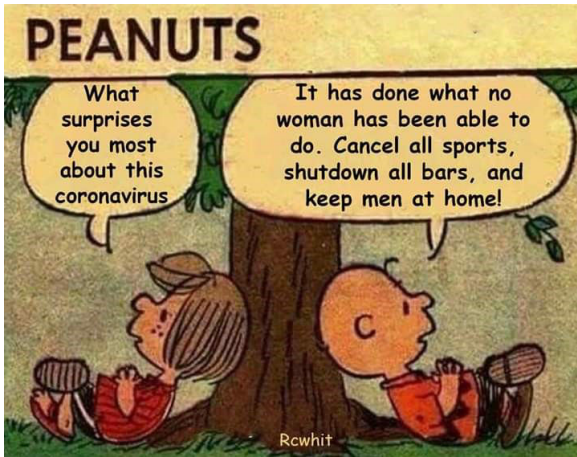


One camera group member captured by another capturing a 'Spring' photo

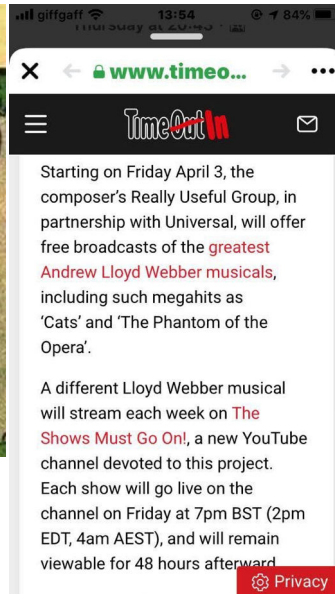
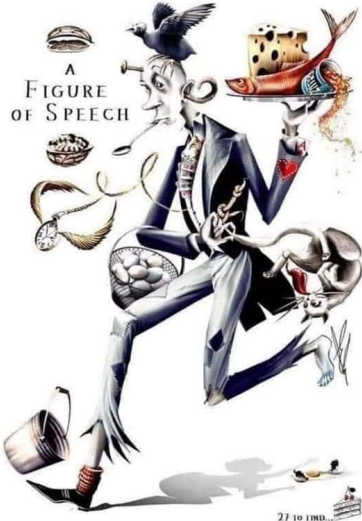


I think it might interest some people that Wilko only allow 10 people in store at once, it feels really safe. I only once waited behind 2 people before entering on my 3 visits. They have such a great range of stuff we may suddenly need...baking tins, garden stuff, paint etc. As well as all the toiletries and cleaners, reduced mini Easter eggs for decorating cakes, and what I predict will be the next hard to get item HAIR DYE. It must be 30 years since I bought that. And no doubt scissors to cut hair!!!

Ann Thomley



There are 27 figures of speech in the photo. Who can guess one? I'll start with "cat's got his tongue".



<p>Royal Blue Navy Blue Light Blue Dark Blue</p>		GRFOOTAVE	
1.	<p>S R E T E W O T</p>	2.	S'REVILO
3.	<p>DAISIES ↑ PUSH</p>	4.	<p>R O Y G B I V e r e l i d o n l e e i l g o n g e o t</p>
5.	<p>THOUGHTS → THOUGHTS ←</p>	6.	<p>CarsCarsCarsCars Cars Cars Cars CarsCarsCarsCars</p>
7.	<p>R O A D S D S</p>	8.	SPKIEY
9.	<p>DAMP DAMP DAMP DAMP</p>	10.	HODOCTORUSE
11.		12.	



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13	RSPCA		14	Saucer u p	
15	SOIL St. Pancras				
16			17		
18					



QUARANTINED WITH HUBBIE FOR TWO WEEKS - GERTRUDE IS KNITTING SOMETHING SPECIAL FOR HIM! 🧶



I don't care who your dad is, this is an illegal gathering

