



Poynton News

THE UNIVERSITY OF THE THIRD AGE

poyntonu3a.org.uk

Issue 32-1

25th March 2020

Editorial

Welcome to the first edition of a new form of the newsletter. The traditional 12-page issue does not seem relevant for the current times so we are trying out a different style.

This version will be electronic only. It will be shorter but will be produced more frequently, hopefully every two weeks but there will be no prescribed publication day. Because we no longer have to consider the printed version, the layout will change.

The intention is to provide a variety of content.

- Poynton U3A information provided by the committee.
- Local information and links which you may not have found elsewhere.
- Member's contributions – Possibly articles and pictures of local interest.
- Things to do.

If you feel you would like to contribute, please send text and pictures to news@poyntonu3a.org.uk, preferably text in Word format and pictures as jpgs.

We shall attempt to provide up-to-date information but, in these rapidly-changing times, things can go out-of-date very quickly so we apologise in advance if something is not exactly as we have described it.

One of the prime objectives of a U3A is to provide a social environment. The current situation calls for the complete opposite, "social distancing". In our small way we shall make an attempt to bridge that divide.

Poynton U3A

AGM

As you will be aware, the AGM was cancelled. In more normal times, the Constitution would provide guidance as to how to proceed. However, these are not normal times and the Constitution has been suspended (like almost everything else). But we still need to carry on. Lynda Green and Anne Wynn have left the committee (with flowers and much appreciation). We have three new committee members – Tony Carleton, Cecilia Storr-Best and Vera Williams. The resolution to allow the committee to increase the membership subscription has gone in to abeyance. It is possible that the Third Age Trust AGM scheduled for the end of August will not take place and they cannot pass a resolution to increase the

central membership fee. In that case our resolution is not required until next year. If the TAT resolution is passed, then we may have to return to our resolution.

General Meetings

The general meetings for April and May have been cancelled. We will try and rebook the speakers for next year.

Groups

All groups are currently suspended. However, we are sure that Interest Group Organisers are thinking of ways they can continue to engage with their members.

Information

There is lots of rapidly changing public health information. We do not intend to produce our own version of that information here. We would say that the bulk of us are in the vulnerable categories so keep up-to-date.

The Town Council website has lots of information on its website -

www.poyntontowncouncil.gov.uk and on Facebook at

<https://www.facebook.com/poyntontowncouncil/>

The Town Council has produced a leaflet. You should have received a copy by email and, if you live in Poynton, you should have received a printed copy. For those who have somehow missed it, the text is reproduced at the end of this newsletter.

There are several local groups that have been set up to provide assistance where it is needed. **Warning:** There are also unscrupulous people who are trying to take advantage of this situation by coming to the door and offering to help which has led to money being taken and not used for shopping and even robberies. If you need help, ring the Town Council number - 01625 872238.

Deliveries:

Poynton Town Council is collating a list of local businesses who are able to deliver provisions, take-away meals and food to residents. The current list, which will be updated as and when new entries are received, can be viewed or downloaded as a PDF at

<https://bit.ly/2J8OWxL>

Also, free newspaper deliveries for 6 weeks – see <https://delivermynewspaper.co.uk>
(Free deliveries – not free newspapers!)

Member's Contributions

Here are a couple of early contributions from members of the Creative Writing Group.

On the Shelf

I had never expected to be looked at like this; I was just plain and ordinary, and nobody had ever given much thought to me.

This man's eyes sparkled with delight as he reached his hands towards me. I knew then that I was wanted.

He took me in his arms and embraced me, with a greedy, almost hungry look, and he held me tightly close to his chest. Other men and women glared at him with envy.

I was wanted. He made me feel special. I was no longer lonely, left on the shelf.

Reader, I went home with him.

Me - the last Toilet Roll in Asda.

Ruth Howard

Self-Isolating

At the bottom of next door's garden there is a large old oak tree. A person from the local authority tree department forty odd years ago estimated its age to be three hundred and fifty years. So it's big; one would have thought there would be plenty of room for more than one nest. Even though we humans have been recommended to be no closer to each other than two metres a pair of crows have chosen to make it their own this spring but are going for twenty metres from all fauna in all directions. This is hoarding on a grand scale. They have no use for toilet paper as is evident by the guano splattered across the grass. I don't see much evidence of surplus bird food lying about as they claim every scrap. The rooks have been summarily dismissed, pigeons interrupted in their mating activities, which seem endless, even the squirrels have been sent running for their lives. The smaller birds are giving them a very wide berth, even the magpies have stopped their lone sorties and are arriving mob-handed but to no avail.

Clive B Hill

Things to Do

Gardening

There is now no excuse for not tending to the garden. My feeling is that this may be the best year ever for gardens. However, it does feel strange for nature to be carrying on as normal while humankind is in a state of crisis.

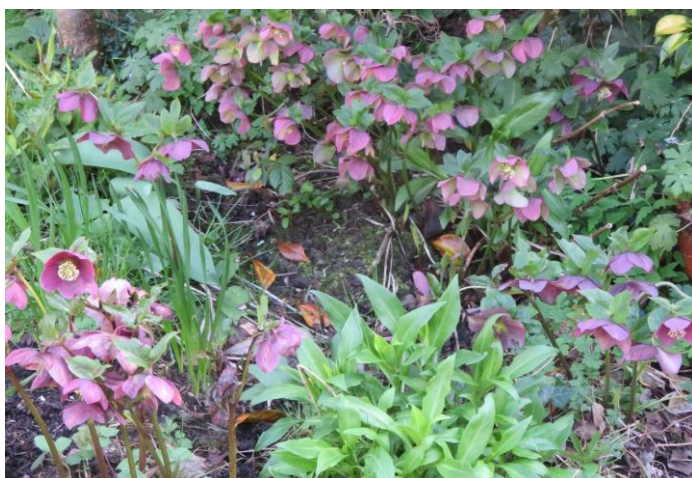
Here is some colour from our garden.



Pulmonaria "Blue Ensign" and a bit of primula



New Hellebore and Snake's Head Fritillary



Old Hellebores



Another primula

I'm sure other gardeners can do better.

Radio Archives

BBC Radio Four have a large archive of radio programmes especially of the "In Our Time" series. They have made many programmes over the years and there is bound to be some topic of interest to everybody.

Puzzles

For those who are still struggling with the crossword in the last newsletter

Solution to Poynton U3A Crossword No.28

Hands up everybody who has used the word
“Socage” – the answer to 13 across.

P	L	A	Y	A	P	A	R	T	I	N				E	
I		D		R		T		A		O		S		A	
C	L	O	C	K	W	O	R	K		R	O	T	O	R	
N		R		W		M		E		M		R		N	
I	G	N	O	R	E		C	A	L	A	M	A	R	I	
C				I				W			D			N	
S	O	C	A	G	E		W	A	T	C	H	D	O	G	
		R		H		P		Y		A		L			
A	P	E	R	T	U	R	E		O	B	J	E	C	T	
M		O						O			A			R	
B	E	S	T	R	I	D	E		P	L	E	A	S	E	
I		O		E		U		I		L		G		L	
E	X	T	R	A		C	A	T	H	E	D	R	A	L	
N		E		L		E		C		R		E		I	
T						M	A	R	C	H	I	O	N	E	S

Have a go at this.

	8			6				
					7	3		2
7		6			4		5	
8	2					4	7	6
			1	4	2			
4	5	9					3	1
	7		9			6		8
1		2	7					
				3			2	

Sudoku No 1

Fill the grid so that each row,
column and 3x3 box contains
the numbers 1-9

There are lots of puzzles available free on the internet to keep the old grey cells ticking over. As ever when using an unfamiliar site, be careful where you click.

A last thought.....

Because of the techniques and the timescales involved, this has been mainly a solo production “with a little bit of help from my friends”. Hopefully in subsequent issues we can present ideas and articles from a wide-range of our members. In the words of the motto for the current times, take care and stay safe.

Derek Gatenby

Guidance for Poynton's community response to Covid-19

For residents who are self-isolating

Plan ahead as much as possible. Ask your employer, friends and family to help you to get the things you need to stay at home.

If you have Coronavirus symptoms:

- Do **NOT** go to a GP surgery, pharmacy or hospital;
- You do not need to contact 111 to tell them you're staying at home;
- Testing for coronavirus is not needed if you're staying at home;
- If you feel you cannot cope with your symptoms at home, or your condition gets worse, or your symptoms do not get better after 7 days, then use the NHS 111 online Coronavirus service.

Poynton Town Council is co-ordinating volunteers from community organisations. If you need non-medical support or assistance during self-isolation please contact Poynton Town Council on **01625 872238** or email haf.barlow@poyntontowncouncil.gov.uk

A local neighbour may have already been in touch and provided you with their contact details so you can get in touch if you need any assistance.

- Don't be shy about contacting them if you need to;
- Do not give bank cards or bank details to individuals;
- If you require shopping think about how you will pay. You could do this using online banking or by asking a family member to pay via online banking for you;
- Observe social distancing practices at all times;
- Think about keeping busy with activities such as cooking, reading, online learning and watching films;
- Write down family contact details and leave them in a prominent position, e.g. either by the telephone on a mantelpiece;
- Keep a list of important telephone numbers close at hand (doctor, chemist, town council etc.);
- Keep a list of medication close at hand.

The Town Council will regularly post information on our website www.poyntontowncouncil.gov.uk and on

Facebook <https://www.facebook.com/poyntontowncouncil/>

Guidance for Poynton's community response to Covid-19

For volunteers helping neighbours

Firstly, thank you for being a good neighbour.

If you are offering your contact details to elderly and vulnerable residents, please consider the following:

- Are you okay to volunteer? It's important that you are not classed as a vulnerable adult, i.e. you are below the age of 70 with no pre-existing medical conditions and no virus symptoms;
- Think ahead. You may need to self-isolate in the future, so plan ahead, making sure that you have provisions for yourself and your family for at least two weeks;
- Observe advice from Public Health England and daily Government updates.

These are some things to think about whilst looking out for a vulnerable or elderly resident:

- Don't come into physical contact with the person or enter their home. You can knock on the door and step away 2m or swap telephone numbers and talk in that way;
- Remind them to eat well and stay hydrated. Check with them that they have enough food in and have a plan to get more provisions delivered;
- Encourage residents to keep a note of family emergency contact details and keep them in a visible place in their home, e.g. near to the telephone or on a mantelpiece;
- If they don't have access to the internet, keep them updated with relevant information;
- Consider making an extra portion of food/meals for vulnerable residents;
- Ask them if they have access to their medication and are taking it as prescribed;
- Encourage them to keep in touch with people via the phone or digitally if they can;
- Recommend that they keep busy.

It's also important to ensure that you safeguard yourself and the person you are helping. You can do this by:

- Working in pairs with a fellow neighbour, if possible;
- Do not ask for bank cards or bank account details from the person;
- Make sure you provide a receipt for the shopping and keep a copy (i.e. by taking a photo on your phone);
- If you require payment for shopping ask the person or their family about arranging an online payment.

If you have any serious medical concerns about a resident you are looking out for ring 111.

Poynton Town Council is co-ordinating volunteers from community organisations. If you belong to a community organisation please register your interest with them. If you are not a member of a community organisation email haf.barlow@poyntontowncouncil.gov.uk