



# Poynton News

THE UNIVERSITY OF THE THIRD AGE

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[poyntonu3a.org.uk](http://poyntonu3a.org.uk)

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## Editorial

Welcome to the second edition of our new style newsletter. This edition has details about **volunteering** and information on **shopping safely**. Looking to the future it seems that there will be less new information available and therefore we will be relying to a greater extent on members' contributions. In order to contribute, please send text and pictures to [news@poyntonu3a.org.uk](mailto:news@poyntonu3a.org.uk), preferably text in Word format and pictures as jpgs.

## Poynton U3A

### Volunteers

As you will be aware from your emails, Poynton Town council is coordinating volunteers from community organisations to support the group of people who are seen to be at most risk in the present health crisis. Our U3A was asked if they would ask members if they would be willing to volunteer for the group being set up by the Town Council. Sandra Batchelor and Jayne Barnes are our volunteer coordinators. At the time of writing 20 people have come forward and at the moment Sandra and Jayne are allocating tasks to our volunteers.

This period of social distancing is a very difficult time for everyone, especially for those who are vulnerable and not able to get out at all, and for those who live alone. Many U3A members feel completely isolated and have said that they would greatly value some contact with others, which of necessity would be by phone or email. If you belong to an interest group, then group organisers might contact members of your group to see if any of you would be interested in this. With people's agreement, a list could be compiled of names and phone numbers and distributed to the interested members. Some people would be particularly keen on contact with others who have common interests. If you are not in an interest group, then it is hoped to set up a "phone buddies" list.

If you know of any U3A member who is feeling isolated and not on email, I'm sure they would be very grateful if you could contact them to let them know that they could phone Jayne or Sandra to be added to a phone list.

## Groups

I had written that, as far as I am aware, there were no groups running but that in theory a number of groups could run "virtual" meetings. I have just been informed that Spanish group have had a first virtual meeting. This type of meeting is dependent on computer software and a bit of technical expertise which can be obtained by trial-and-error. There are some notes about computer software in the **Information** section.

## Other U3A News

The Third Age Trust is encouraging members to register for the National Newsletter which has also changed frequency and format – <https://www.u3a.org.uk/email>

## Information

### Shopping Safety

This Shopping Safety information is based on an article on the BBC website.

#### ***What's the risk in shops?***

Coronavirus spreads when an infected person coughs small droplets - packed with the virus - into the air. These can cause an infection if they are breathed in, or potentially if you touch a surface they have landed on.

So, going shopping and mixing with other people does carry a risk. That is why social distancing - keeping at least 2m (about 6ft) from others - is so important, and many shops are enforcing it.

Supermarkets can provide an "ideal setting" for virus transfer, says Prof Sally Bloomfield, of the London School of Hygiene and Tropical Medicine. "Many people are touching and replacing items, checkout belts, cash cards, car park ticket machine buttons, ATM payment buttons, paper receipts etc... Not to mention being in the proximity of several other people."

There are ways to offset these risks:

- Wash hands for 20 seconds with soap and water, or with alcohol-based hand sanitiser before and after shopping
- Treat surfaces as if they may be contaminated, meaning you avoid touching your face after handling shopping trolleys, baskets, packages and produce
- Use contactless payment methods

#### ***What about the shopping itself?***

There is no evidence of Covid-19 being transmitted through food, and thorough cooking will kill the virus.

But while there is no such thing as "zero risk", says Prof Bloomfield, it is packaging - handled by other people - that is a chief concern.

Online advice for food businesses says: "Food packaging is not known to present a specific risk." However, some independent experts have additional advice.

"For contained or packaged goods," says Prof Bloomfield, "either store them for 72 hours before using them or spray and wipe plastic or glass containers with bleach [that is carefully diluted as directed on the bottle].

"For unwrapped fresh goods, which could have been handled by anyone - wash thoroughly under running water and leave to dry," she adds.

## ***How safe are home deliveries?***

Delivery slots permitting, a home drop is less risky than a trip to a supermarket as you will avoid other shoppers. [*This doesn't take into account the huge increase in blood pressure when trying to obtain a delivery slot – Ed.*] The risk is possible contamination of the surface of any food or package, or from the delivery driver.

When delivering, the driver should ring the bell or knock at the door and then step back. If they don't, ask them to. This allows you to safely pick up your food.

What about the networks of volunteers springing up to help local vulnerable and elderly people?

To remove any fear of the virus being on surfaces, Dr James Gill, of Warwick Medical School, advises: "Wiping over surfaces with simple diluted household bleach will inactivate the virus within one minute."

Prof Alison Sinclair, a virology expert from the University of Sussex, adds: "There should be no more risk from using an online delivery service than using a friend or volunteer collecting the groceries for you."

Some experts also advise using plastic bags only once during this pandemic.

## ***Newspaper and Other Paper Deliveries***

This was received in a recent email from a national newspaper.

"We would also like to reassure you about the paper and virus transmission. The International News Media Association has looked at the scientific research and found that there are no surface based transmissions from newsprint and paper products. This is due to their porous surface and the sterility of ink and paper processes."

## **Software for Virtual Meetings**

The software is more correctly called video conferencing software. It can be used for "seeing" friends and family as well as for virtual meetings. There are several options in this

area but the main ones are Skype, Zoom and FaceTime. The information below is intended to provide guidance in general terms but may not be true for individual operating systems.

**Skype** has been around for a few years. It works on Windows, Android and Apple and seems to provide a good communication system.

**Zoom** is a recent introduction and appears to be the popular choice at the moment. It also works on Windows, Android and Apple. The 40-minute limit on meetings of more than 3 people (in the free version) has been lifted in the last few days. It has had some privacy issues.

**Facetime** is an Apple-only product which means it is not very useful for our virtual meetings because our members have a wide-variety of equipment but is useful if your family are Apple oriented.

The National Office has produced a set of **How to Guides** on how to use digital platforms like Zoom. You can find them on [their website](#). Our trials of these products are continuing.

## Useful Links

The Poynton Town Council website has lots of information on its website - [www.poyntontowncouncil.gov.uk](http://www.poyntontowncouncil.gov.uk) and on Facebook at <https://www.facebook.com/poyntontowncouncil/>

In addition, you can [subscribe to the PUN](#) (Poynton Update and News).

If you need help or if you have any non-medical concerns regarding a vulnerable neighbour, ring the Town Council number during working hours - 01625 872238.

The current list of local businesses who are able to deliver provisions, take-away meals and food to residents collated by the Town Council can be viewed or downloaded as a PDF at <https://bit.ly/2J8OWxL>

## Members' Contributions

### Fancy a Field Trip?

Like many other groups the Geology Group had to abandon its programme for the time being. One of the casualties was our planned extended field trip to Anglesey. However, all was not lost. With access to the internet members of the group can plan a virtual field trip to anywhere they fancy. But where to start? Well we have lots of amazing geological sites in Britain, and you don't have to have any particular interest in geology to appreciate them. If you like good scenery and being in the open air many of these places will be for you.

Here's a link you could follow: <https://www.scottishgeology.com/best-places/>. This will take you to a site about the 51 best places to see interesting geology in Scotland. Often the page you pick to explore will have further links to more information and photos. I tried the page about Staffa, a place I've never been to but have always fancied going. Everyone will be familiar with pictures of Fingal's Cave (and many of you may have been there), but there's much more to see as you will discover if you follow your nose around this page and some of its links. When you go to the Staffa page, you'll find a short explanation of the geological origins of Staffa, but you don't have to read it. Just enjoy the scenery in this great photo of the small islet of Am Buachaille just to the east of Staffa showing curved basalt columns.



Am Buachaille Islet

There's also a photo of Fingal's Cave

[These two pictures were taken by James Westland and are from the above website under the terms of their stated licence.]



If you want to find out more about Staffa, as well as Mull and the general area then there is a “Find Out More” section at the bottom of the webpage. If you want to look at more photos of Staffa just Google “Staffa” and follow the link to the images. There are also some excellent pictures of Fingal’s Cave – see <http://geologylearn.blogspot.com/2017/01/fingals-cave.html>. Take a look. Try to imagine you are inside a lava flow that’s 60 million years old. It must be an eerie feeling!

So, whatever your interests, geology or something else entirely, while our physical activities may be curtailed, we can still go exploring via the internet and maybe plan what we are going to do where things return to normal.

## **Peter Bennett**

Geology Group Organiser

## **The Spanish Group lives on**

Following the disruption due to the Corona Virus the U3A Spanish Group, along with the rest of the world, stopped our regular Monday morning meetings. However, we thought we might move into the 21<sup>st</sup> century and try a virtual meeting instead of an actual meeting. We settled on using Zoom and I began to delve into the depths of instructions, guidance and FAQs. By a process of what seemed to be random pressing of buttons I managed to send out invitation links to all the group who had internet access. It actually turned out to be easier than I first thought and all those who wanted to join our meeting succeeded in joining with both audio and video. We actually passed a good hour or so chatting in Spanish, and a bit of English. We were also treated to a video tour of one of the member’s garden. The wonders of modern science! We intend to make it a regular event during the lockdown crisis. I recommend it.

## **Paul Freeborn**

### **No One has told the Primroses**

Looking though the patio windows I can see that spring flowers have sprung up very fast over the past few days. Many years ago we had planted some primroses down the garden. They have since hopped all over the place, now growing in several hedge bottoms, in the gravel along the paths, in herbaceous beds and basically anywhere that they feel they would like to be.

They, unlike the rest of us, have never heard of the “Cor...” word or been told of what it entails, so are able to bloom freely. Thank goodness: as I sat on a bench with a coffee, soaking up the sun this morning, I could see dozens of primroses also enjoying the sunshine with me. The only very slight downside could have been the strong smell of pig-muck which has obviously been sprayed on the far fields but in life you have to absorb the stinky with the lovely.

## **Helen J Stanley**

## A Joke from the Chairman

A vicar who was invited to preach at a church one Sunday had a reputation for long and boring sermons. Halfway through one of his more interminable efforts one of the congregation got up to leave. The vicar noticed, stopped and said “Where are you going?”. To get a haircut”, came the reply. “Why on earth didn’t you go for that earlier?” the vicar responded. To which the man replied “I didn’t need one then”.

## Things to Do

### Puzzles

A local quiz – questions provided by Hooha

1. What was Chester Road between the church and the railway line originally called?
2. In which year did the last coalmine in Poynton close down?
3. Name the farm which was situated between what is now Vicarage Lane and Glastonbury Drive on London Road North?
4. In the 1950s Ida Goldthorpe, Arthur Walker and Charlie Brocklehurst all did what in Poynton?
5. When did the 100<sup>th</sup> Poynton Show take place?

Answers in the next issue

As there weren’t any complaints after the first Sudoku, here’s another one along with the solution to the first one.

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

### Sudoku No 2

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

Below is the solution to No 1

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

## Internet Culture

The National Theatre has announced plans to broadcast some of its most popular productions for free during the lockdown. The new two-month National Theatre at Home programme will begin on April 2<sup>nd</sup> with One Man, Two Guvnors, the Richard Bean comedy starring James Corden. The films will be shown at 7pm every Thursday to try to recreate, where possible, the communal viewing experience. They will then be available on demand for seven days.

In the absence of any performances the Lowry is producing a [blog](#) which has all sorts of cultural references.