

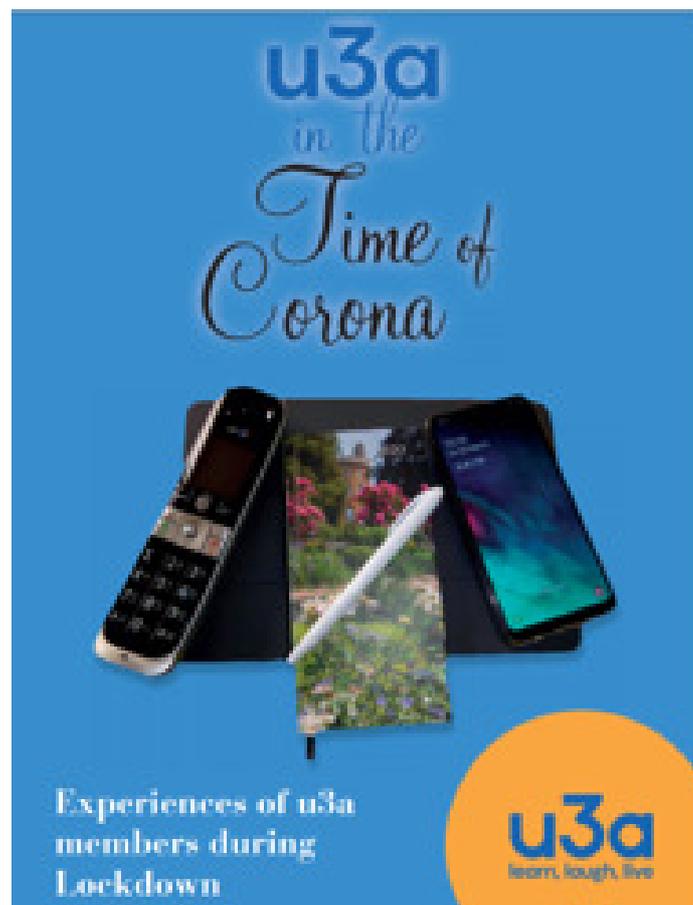


**You may well recall that earlier in the year U3A members were asked to participate in a Diary Project to record their experiences during the coronavirus epidemic.**

**The following book has now been published and is available on the national website, details below.**

**Please feel free to circulate this to your members as you see fit, they may well be interested in purchasing a copy.**

**Best wishes from  
Your Regional Support Team 03.12.20**



## U3A in the Time of Corona



This book is based on the Diary Project and has been created using contributions from U3A members all over the country.

It chronicles our reactions to coronavirus and isolation, as well as how to get a supermarket delivery, how to cut your own hair and what to do with all that free time. Some people sent drawings, photographs and poems, which have been included.

The book is A4, 120 pages, colour printed and costs £10 including postage.

If you would like to order a copy, please go to the national website <https://www.u3a.org.uk/advice/shop/>

### **Contents**

**In the Beginning**     *How it all started, in Wuhan and elsewhere*

**Don't Panic!**         *Panic buying, food, loo rolls, home deliveries*

**Vulnerable? Me?**     *Health of individual and household, physical and mental*

**Family and Friends**     *Concerns about adult children, elderly parents and friends*

**Missing Granny**         *Grandchildren, missing them, help with home schooling*

**Filling Those Empty Hours**     *Occupations– art, cooking, music, exercise, books, gardening etc etc ....*

**Learn, Laugh, Live**     *U3A – how it was, how we're keeping it going, technology*

**In Tune with Nature?**     *Natural world - for mental and physical health, including environmental aspects*

**Not on the Bright Side**     *Loss of friends and family, knock on effects*

**Such a Thing as Society?**     *Community support, key workers, Clap for Carers*

**What the Future Holds . . . ?**     *What is the 'new normal' is likely to be?*