



Whittlesea U3A News Sheet

2020 ISSUE 05 July 2020- **COVID-19** version

News Editor kathylizio@bigpond.com

TERM 2 Commences on 13th July –18th September 2020

FROM THE PRESIDENT.....Glen Wall

It is really pleasing to report that Whittlesea U3A has successfully transitioned in excess of 30 classes that were pre COVID19

restrictions face to face classes to remote access from home (ZOOM) classes and activities. Some outdoor activities such as walking groups, tai chi and cross-country walking have recommenced in small groups outdoors.

Our Venue Coordinator is well advanced in completing a plan with City of Whittlesea council to recommence through July access to some venues to resume small group face to face classes and activities. We are currently discussing with class Tutors contact contacting their class members to determine the level of interest in resuming face to face classes in venues becoming available.

RMIT University has committed to support the Whittlesea U3A exercise and Walking Football programs. Mill Park Basketball Stadium management are in the process of formalising approval to recommence a restricted form of the Walking Football program in July.

A number of members have commented to me that they have become accustomed to being at home and using ZOOM to participate in classes. A number of other U3As also have members making similar comments. Although it is recognised that we all need face to face connection the new “normal” post COVID 19 restrictions will include a mix of face to face and ZOOM classes.



In July a series of “[Morning Teas](#)” accessible from home will be scheduled to build on the success of Small Zoom based “Chat” sessions organised by Kathy Lizio, Janice Boswell and Peter Rodaughan.

2020 Whittlesea U3A Annual General Meeting. The 2020 Annual General Meeting will be held towards the end of August as an online ZOOM access meeting. I encourage any members interested in nominating for a committee position to contact me to discuss the role of the committee.

A vision for Whittlesea U3A post COVID19 restrictions will be presented at the Annual General Meeting for members to discuss and have input into our future direction.

Recently Peter Cleary worked with Bolton Clark to deliver a wellbeing program on “Healthy Bladder” as a ZOOM session. Bolton Clark had not previously delivered their health and wellbeing sessions by ZOOM. The session was oversubscribed to the extent that the session was delivered twice. As a result of this successful experience Bolton Clark will be delivering a series of ZOOM Classes in third term.

On behalf of the committee I acknowledge the willingness of many members to become familiar with technology to enable them to participate in activities, try new activities and keep contact with fellow members.

I know these are challenging times and “normal” in future will not be the same as in the past but COVID restrictions has provided us all with an exciting opportunity to embrace technology to better connect with family and friends share interests and engage in activities of interest from home.

Please follow the directions of the Department of Health and Human Services. Keep safe and talk to friends.

UP COMING EVENTS

13th July Morning Tea by ZOOM

27th August Whittlesea U3A Annual General Meeting

Be Conscious of your Mental Health

It's normal to feel stress and worry when there's a health event happening in the community that is affecting people wellbeing, such as Coronavirus disease (COVID-19)

This can affect any person in the community who is concerned about the infection, with more specific concerns arising for people being tested, people in quarantine and people who have received a diagnosis. Family and friends can also experience similar mental health

impacts. Potential mental health impacts on people directly affected:

Increased anxiety for self and others(this can be expressed as a fear for one's own healthy and fear of infecting others)

Psychological distress

Perceived stigmatisation

Social Isolation

Interruption to employment or study

Impact on normal daily routine and functioning

Most people will manage with the support of family and friends but others may need help to keep things on track. Please contact Mental Health Services below if you need help

Mental Health Services

Corona virus Mental Wellbeing Support Services on **1800 512 348** the line operates 24 hours a day, 7 days a week

DPV Health (Counselling, Social work & psychology team) **1300 234 348** for an appointment (**8.30 to 5pm** Monday to Friday) Telephone counselling is available.

Beyond Blue **1300 224 636**

Headspace **1800 650 890**

Lifeline (24 hour Crisis Line) **131 114**

Kids Helpline **1800 551 800**

Men's Helpline **1800 789 978**

Relationships Helpline **1300 364 277**

Wheely Good Return for Bike Riders

It was most unfortunate that world events restricted our social interaction over the past few months but the measures imposed were quite understandable.

So it is with great delight we see the gradual easing of our isolation has now allowed outdoor activities for groups up to 20 that has seen our Whittlesea U3A cyclist getting 'them wheels turning' and take to the shared use paths around the local area. Thursdays 'Bike Riding' class 204Thur01 under Leader Allan Fowler enjoyed catching up last Thur 4-Jun to renew the friendship with chatter of the 'holidays' and meet with some new riders for 2020. Social distancing did mean special arrangements at Turners Bakehouse Eatery, Mernda with a nominated 'reservation' time which allowed for an extension of our relaxing ride into the newer residential areas around Doreen. These new areas of suburbia are always interesting sightseeing and do present some navigational challenges, but Allan has managed to take the lead in to many new subdivisions. As seen in the photographs, social distancing requirements were easily met for a great morning event.

Norm Crowley (member 17035)



"Dear Members,
We have put together more workshops for your WELLBEING. They will be delivered by **ZOOM**.

You can register Online or through our Program Coordinator Afroditi Toso at coordinator@whittleseau3a.org.au

Closer to the days, you will receive an email with the appropriate link to assist you connecting with ZOOM.

Please write down the details so you don't forget.

Topic	Time	Dates	
ZOOM Master your Mind	10am – 11am	Monday 13 th July	Friday 17 th July
ZOOM Healthy Eating & Nutrition	10am – 11am	Monday 20 th July	Friday 24 th July
ZOOM Falls Prevention	10am – 11am	Monday 27 th July	Friday 31 st July
ZOOM Managing Sleep & Fatigue	10am – 11am	Monday 3 rd August	Friday 7 th August
ZOOM Healthy Skin	10am – 11am	Monday 10 th August	Friday 14 th August
ZOOM Understanding Dementia	10am – 11am	Monday 17 th August	Friday 21 st August



Today we held our first Book Club since February and had a good chinwag and interesting discussion on our current book. We observed all the social distancing protocols - sanitiser used on entry and exit, furniture wiped down and fabric cushions removed. Powder room also disinfected, plus paper hand towel holder installed, members seated 1.5 metres apart. (In

the family room, not the powder room) six of our nine participants live alone and some only participate in the Book Club, so it was particularly important for them to re-establish contacts. We all enjoyed getting back to a degree of normality. As with many of the WU3A activities, we have been meeting for many years and really enjoy the social contact and friendship, not to mention the refreshments

Zoom Catch up and chat If you are bored at home and missing your friends at WU3A, I am running zoom sessions on Thursday mornings with our WU3A members as a chat, meet and greet with other members if you are interested I would love to add you to our group just email me on kathylizio@bigpond.com and let me know, also check the class courses we have 38 Zoom classes that you can choose from.

Photos below are from Janice Boswell's Ipad class and from my 2 computer classes Tuesday and Wednesday



Cross Country Walk 4th Monday in the Month

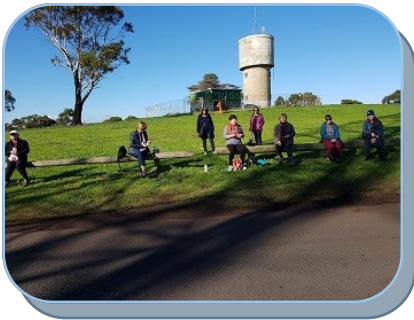
With Bernice & Regina

Our first walk after the hard times during this pandemic.

9 members put on their walking boots in 6deg chilly morning for an 8km. walk from Bundoora park to Mount Cooper lookout.

What a sight before our eyes, clear sky's city views, happy to be with our friends chatting about everything and anything, making sure our social distancing was adhered to.

Many thanks to all for making this day very special. Looking forward for our next month's walk.



The Corona Blues!

I wrote this poem a month after the COVID 19 lockdown. I experienced a rollercoaster of emotions over those first few weeks and then with introducing fines for everyday activities; I was even more confused and overwhelmed. Poetry is a wonderful outlet for feelings and this poem explains my reaction during that brief time in history!

Please let me out, I can't take anymore
I've cleaned and I've cooked and I re-mopped the floor!
I've tried all my hobbies and read all my books
I've meditated, exercised and worked on my looks.
Nowhere to go, no one to see
Please let me out, I'm going crazy
Don't go for a drive, don't dawdle about
Stay at home, stay at home, stay at home, they shout
Please let me out, I'm having a tantrum
I feel like a child kicking and ranting
I want my life back, and I'll cry if I want to
I need to escape from my cage in this zoo!
My senses are fading, I no longer feel
The black dog is nipping away at my heel
He's forming a pack and they're circling near
Please let me out so I've nothing to fear
I can't reconcile my lawful self
When someone gets fined if they drive for their health
It's illegal to sit in the park with a friend
My brain splits in two, so when will this end?
Nobody knows where, or when, or how
This road never travelled is where we go now
Its pot holes seem deep and too many to dodge
We're still in the rough, nowhere safe to lodge
I've now had my rant and feel a weight lifted
I'll stay home, stay safe and do what's permitted
I'll self isolate and keep social distance
And try to stay sane with good-humored resistance!

By Robyn Canning

14.4.2020