



Llandrindod Wells and District

Dear Llandrindod U3A Member

Welcome to what we hope will become a regular newsletter to keep you in touch with the U3A until we are able to meet face to face again.

This has been and continues to be an exceedingly challenging time for everyone. I can only hope that you are all safe, well and supported by family, friends and the voluntary organisations which have sprung up in the locality overnight. Good will and courage seems to flourish in the harsh light of need and necessity.

For those of you who may not yet be aware of the support and help available in your locality I suggest contacting the local PAVO Community Connector Service. For Llandrindod and Rhayader the person to contact is Lucy Taylor 01597 828649 or email community.connectors@pavo.org.uk

Use our U3A Website: www.u3a-llandrindod.org.uk

We will continue to update the website regularly and add any information we believe will be of interest so please check the website from time to time. Interest Group Leaders are invited to update their website pages and to use the website to communicate with their group members.

You may also want to look at the [Wales U3A website](#) and the [National U3A website](#) where you will find some really good tips and information. The U3A legal team is still working and I believe holiday refunds are a hot topic.

Carry on Learning

Although we can't meet together we don't have to stop learning. There are a great many free online learning resources and we have heard of commercial companies offering free access to their online learning materials during the crisis. Some of the lighter material such as [TED talks](#), and [BBC Podcasts](#) are a great way to start. There are many such resources: please let us know of any you have found useful and we will include them in a future newsletter.

You can also read about what U3A interest groups across the county are doing to keep operating by reading the [U3A Sources](#) blog.

An opportunity for new activities

I know one of our members has ordered and started playing a Ukulele. Tell us about any new hobbies or activities you have taken up and about your achievements and we'll feature them on the website and in future newsletters. Do keep them light hearted please!

What have I been learning and improving? Like many of you my IT skills have greatly improved. I can now use FaceTime, WhatsApp and Messenger as well as Skype. Members of the Powys Computer Users Group have offered to help by email or if necessary by telephone if you are struggling to use video links with family and friends. In the first instance contact [Nick Talbott](#) and he will co ordinate the support.

Using Zoom for web conferencing

With Nick's help I have managed to use "Zoom" which allows groups of individuals to communicate. I have now completed my first and second conference calls even sharing documents with other U3A committee members. Your committee continues to be amazingly busy for an organisation which is not meeting. Using Zoom was actually enjoyable and gave me a great sense of satisfaction.

Other Interest Groups may want to consider using Zoom. If you want to know more about Zoom check out some of these introductory videos and contact [Nick Talbott](#) if you need help. Here's a short [overview of joining a conference](#) from an email invitation, which is what you'll be doing if someone else sets up the meeting. There's a helpful [guide to the controls](#) that are available while in a conference. Here is a [more comprehensive overview](#) which covers setting up meetings.

Beware of scams related to COVID-19

A sad note of caution to go with the good will and encouragement. Do beware of the numerous phone, emails and even personal caller scams which have sprung up. Refer to [our U3A website](#) for more information.

Receiving further emails from Llandrindod U3A

This is the first time we have used email to communicate with all our members. If you joined in the past three years we will have asked you for your email address and for your agreement that we may send email to you. But the majority of our members joined before then. So can we please ask you to do the following:

1. If you don't want to receive any further emails from us please reply to this email and ask us to remove you from our list.
2. If we should be using a different email address, or if you receive copies of this newsletter to multiple email addresses, please reply to this email and tell us your preferred email address.
3. If you know other Llandrindod U3A members, please check with them to see if they have received this email. If they have not, please ask them to send an email to list.response@u3a-llandrindod.org.uk asking to be added to the list.

Stay in touch!

We hope that the U3A can continue to play a useful role for our members in these changed circumstances. If there is anything more you think Llandrindod U3A could be doing, please get in touch. If you have any news or material you would like us to include in the next newsletter, please send it in.

Please send your information and ideas to suggestions@u3a-llandrindod.org.uk

The committee send their best wishes to you all.

Karen Latham

Chair, Llandrindod Wells and District U3A

U3A Contacts

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The contact information for all Interest group leaders is available on the [Llandrindod U3A website](#).