

MARCH e-NEWSLETTER*Members*

Your U3A is here to give support. Remember, if you would appreciate contact via a phone call, we have a small team who are happy to do so (confidentiality assured) - Email contact: Marie at newsu3a@gmail.com Non-emailers and new members will be contacted by our Support Team. **KEEP SAFE AND WELL.**

MARCH MEETING**DATE: Tuesday 2 March****TIME: 11 am****SPEAKER: JOHN ARMSTRONG MBE (CHAIRMAN, ARMSTRONG MEDICAL LTD)****TITLE: Resilience through challenging times''**

Local businessman John Armstrong may be known to some of you. BU3A Gardening and Photography Groups have benefitted from his hospitality, while visiting his magnificent property and gardens at Balnamore. Background: Since 1984 John has developed Armstrong Medical from a small medical device distributor to a manufacturer of acute respiratory care products, supplying the most prestigious hospitals and healthcare companies across the world. After 36 years of leadership, John recently sold his business, and retired last year.

It will be a fascinating insight into a local business gone global.

**MARCH - QUIZ NIGHTS****TWO QUIZZES THIS MONTH!**

2 March 7.30 pm and 30 March 7.30 pm.

Contact Irene at quizbu3a@gmail.com The Zoom link will be emailed to you.

CLOSED FACEBOOK PAGE

Our FB Page had 60 members (40% of our membership) who regularly logged in, and posted their contributions, general information or photographs.

Please note: The old Facebook Page is closed!

NEW FACEBOOK PAGE

IS BEING TRIALLED and further updates will be available soon!

Our new Facebook Page will be opening within the next two weeks. We are testing to ensure all is ok, more information available soon!

BU3A WEBSITE is UNDER CONSTRUCTION

Our BU3A website which will be completed by end March/April. Watch this space!

UPDATES – ACTIVITY GROUPS

Activities Leaders/administrators have been invited to produce a Monthly Report which highlights their Activity and informs members. Thank you to Marion, Gladys and Irene whose Creative Writing, Family History and Zoom Readers Reports follow: -

CREATIVE WRITING



Our enthusiastic group continue to meet via Zoom on the 3rd Tuesday each month at 12 noon.

You are welcome to join a session without obligation if you would like to see how we work.

The topic for February was “A Local Character” which produced an interesting and amusing range of pieces. From people around Ballymoney to those from childhood memory we shared our recollections.

If you would like a flavour of what we wrote, excerpts are available on the BU3A Website.

Feel free to browse www.ballymoney.com and let us know what you think.

For March the topic is “There was a knock at the door” which should produce some fascinating snippets.

Keep an eye on the website in April to find out how it goes.

Marion

FAMILY HISTORY

The Family History Group met on Tuesday,

The History Group met via zoom on Tuesday 16th February.

We welcomed a new member Ann.

Ann is looking for any information on her family history. Kathleen was able to give her information on which web sites to access to get her started.

Other members of the group gave her some pointers and tips on how to look for and access the information .

The group then discussed the role of the Workhouses in Northern Ireland. Kathleen recommended a book Pauper to Patient which is a good source of information as how many of the workhouses developed into hospitals.

Finally the last 15/20 minutes the group were reminiscing about Ballymoney and Davy talked about his time working in Stevenson's Pork Store.

Next meeting is Tuesday 16th March at 11am via zoom.

ZOOM READERS

The book discussed by Zoom Readers this morning was '10 Minutes 38 Seconds in a Strange Land' written by Elif Shafak. This book was shortlisted for the Booker Prize. 10:38 is a journey with Leila who has just been murdered. She was a sex worker known as Tequila Leila in Istanbul. It is a story of her life as her mind shuts down. Her brain is still working even though her heart has stopped. The book is divided into three parts, mind, body and soul. The first part being the minutes of her memory, sense and smells are the catalyst for her memories and the people she met and loved. As she recalls the event surrounding the 'scent' It also leads to the introduction of her friends into the story. The second part is about her friends and the horror they share at knowing she is buried in the 'Cemetery of the Companionless' which is a real place and in the book is described as being 'reserved for three types of dead: the unwanted, the unworthy and the unidentified'. If I share the third part it would spoil the book for anyone wanting to read it. This is a book about the sex trade in Turkey, relationships that are formed and friendships that will last forever, as one reader commented ' out of darkness real friendships were formed'. There are some amazingly beautiful passages which require reading more than once. In general the readers liked the book even though in places it was a bit hard going. Our next monthly meeting is 10:00am 16 March 2021 when we will discuss 'The Thursday Murder Club' by Richard Osman. New members are always welcome.

Roy Bailie from NI Opera has been in touch, suggesting that he would like to establish a link with u3as whereby we can have access to previews, get insider talks or other benefits.

ANYONE INTERESTED please let Marie know at newsu3a@gmail.com

SUPPORT FOR COMMUNITY GROUPS is offered through North Antrim Network.

We have secured Health and Well-Being Packs for members.

Bags contain a novel, jigsaw puzzle, colouring book and pencils. Something to keep you (or someone else occupied)!

When they are available, I will let you know how and when these will be distributed.

THE NI AMBULANCE SERVICE are running virtual engagement sessions to offer you the opportunity to tell them what matters most to you when using their services.

There are two sessions to choose from:

Saturday 6th March 10:00am -12:00pm and Thursday 11th March 10:00am – 12:00pm

To register your interest in the engagement sessions please contact Demi McKay on **07867136604** or email HR.Temp7@nias.hscni.net

Zoom joining details will be sent to you once registered.

Lynda

Lynda Elliott
PPI Co-ordinator
Equality Unit
Northern HSC Trust

Engage – a central resource for Involvement in Health and Social Care <http://engage.hscni.net>

REMINDER: CENSUS MARCH 2021

The census happens only once every 10 years and gives us a picture of all the people and households in Northern Ireland. The last census was in 2011 and counted 703,300 households in Northern Ireland made up of 1,810,900 people. It will be the first census run predominantly online although paper questionnaires will still be available. Census data is used to help make decisions about how vital services such as education, transport and health are planned and funded including how millions of pounds are invested across Northern Ireland.

Census 2021 is here!

The census happens only once every ten years and gives us a picture of all the people and households in Northern Ireland.

Next week all households in Northern Ireland will receive a census pack with details on how to complete. Your pack will arrive in an envelope like this.

It is very important that you do not throw this away.

It will contain either an access code for you to complete online or a paper questionnaire.

If you receive an online code you can request a paper questionnaire by phoning the contact centre.

If you receive a paper questionnaire there will be a code at the top which will allow you to complete online.



As soon as you receive your pack you can complete your census.

To find out more visit www.census.gov.uk/ni or call us for free on 0800 328 2021.

For updates follow us on Facebook and Twitter @NICensus2021

INFORMATION/IDEAS for INCLUSION IN APRIL e-NEWSLETTER

should be forwarded to Marie at: newsu3a@gmail.com by Friday 26 March.

All entries welcome!

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