Registered charity no. 1183055

Website: www.wymondhamu3a.org.uk

LEARN LAUGH LIVE

NOVEMBER 2026

'Self-help educational and leisure activities organised for and by older people'

Editor's Notes (John Peat)

Welcome to our November Newsletter. And yes, this issue has a lot of new information all through, so please read it through to the end. I have introduced a welfare section based on some information that has come to light recently. The chances are that the last pages with Appendix B could be the most beneficial to you.

Apart from that there are the usual topics including the Coach Trip details for 2027 and some alternative coach holidays that are backed by u3a.

NB November and December Coffee morning dates and times (SEE NOTICE BOARD 2)

KEY POINTS TO NOTE

Committee Messages	2027 Charity support
u3a Travel	Latest news on trips and holiday contact details
Membership	New members.
Groups	Two potential new groups?
Opportunities	External Learning activities, and Volunteering
Welfare	NEW welfare presentations and advice for emergencies
Notice Board 1	More Meetings Volunteers required.
Notice Board 2	Dates for Your Diary (including 2027 Open Meeting details)
Notice Board 3	Important announcement regarding holidays in 2027 and planned coach trips
Activity Reports	Usual roundup
APPENDIX A	Wymondham Central Hall Fire Evacuation

1. Committee Messages

1.1. Chair's Report (Georgette Vale)

Another busy month has gone by, and we are now definitely in autumn. At the beginning of the month, we were visited at Coffee Morning by our MP Ben Goldsborough.

He was very impressed by his warm welcome and by the amount of things that we do to keep people active. So many people wanted to have a quick chat with him, and to his credit he listened to everyone.

We must have made quite an impression. This is what he posted on his Facebook page "Nearly 150 people in one room, over 750 members and more than 70 groups. Now that's a community!"



Ben addressing our coffee morning

We also had a good time at the Good Stuff Fair with our display of what we do at u3a . We also got to see lots of other organisations in the town.

Do not forget our Charity Coffee Morning on November 5th in aid of Guide Dogs. That will be followed in the afternoon by some interesting information about pollination – the sex lives of plants.

It is good to know that those who have done the Driving for Older People Sessions and the First Aid sessions have found it useful. If you have not done so yet put your name down for when the next sessions get organised.

I look forward to seeing you at Christmas Allsorts which will be on Thursday 3rd December. This will be our usual "speakers' slot" session, so as usual start at 2.00. It will be miscellany of seasonal information, my display of nativity sets, some homegrown entertainment and maybe a mince pie. In typical u3a manner you will learn a bit, do a bit, and enjoy yourself. Come along and have some fun!

1.2. Coffee mornings

1.2.1 Ten Minute talks???????? (Georgette Vale)

I have rather overstretched myself for visitors and ten-minute talks at coffee mornings over the next month but stick with it because they are interesting with important information for people like us. From now on I will keep them to an average of one a month. (For details see section 6)

1.2.2. N.B. November and December coffee morning times

Please note Time changes, see Notice Board 2

THERE WILL BE NO COFFEE MORNINGS
ON EITHER CHRISTMAS EVE OR NEW YEAR'S EVE



1.2.3. Charity Coffee Morning(s)

The last Charity Coffee Morning of 2026 is NEXT THURSDAY, November 5th, supporting Guide Dogs for the Blind.

Two gorgeous rag dolls are being auctioned. To put your bid in see me at coffee morning or email me [redacted]
Please state whether you want the one in the dress and hat.
or the one with the green jacket and blue jeans.

1.2.4. Charity Coffee Mornings 2027

The following charities have been selected for our support at our 2027 Charity Coffee mornings.
February: **The Red Cross** because we have had all the first aid training at no cost to us.
May: **It's On The Ball** supporting testicular cancer.
August: **Little Lifts** a breast cancer support charity. So, we have something for both men and women.
November: **NARS**, Norfolk Accident Response Service.

Any donations for all of these causes can be made at Thursday coffee mornings. A Tombola helper will be present to receive your donations with many thanks. If you wish to arrange donation drops at other times, please contact Carole at [redacted]

1.3. Open meetings

Refreshment makers needed for Speakers Open Meetings

Our Speaker Seeker team has got a wonderful programme of speakers lined up. (have a look at the noticeboard in the corridor). Teas and coffees are very welcome and necessary, but we could do with more help in this area.

1.4. Fire Evacuation at Wymondham Central Hall (John Peat)

I can report that the independent Fire Risk Assessment for Wymondham Central Hall has taken place. As u3a we are now waiting to be told the results, and to see if it makes any difference to room capacities and escape routes.
As of now for current details See Appendix A

2. **U3a Travel Updates (see Notice Board 3)**

2.1. Coach Day Trips (Kerry Ingram-Smith)

2.1.1. After receiving many suggestions, the coach day trips for 2027 have now been arranged, (with the exception of one for September).

I hope there is something of interest to you. For details see Notice Board 2

I will be at Central Hall coffee mornings twice a month to take payments, which can be made by card or cash.

In November I will be at the coffee mornings on November 5th and 19th.

2.2. Bayeux Tapestry

We have been successful in acquiring tickets for the Bayeux Tapestry Exhibition when the second batch went on sale. We can therefore confirm that the date to visit the exhibition is Wednesday 10th March 2027. The cost of the trip, including the coach, will be £65.

There were over 100 members who initially expressed an interest in this trip. Now that the date and cost is known we have moved to the next step to determine who still wish to attend on that particular date.

Please be aware that if there are more than 30 wishing to go on the trip, it has been decided that the fairest way to allocate the places will be by holding a ballot. This will be organised by Wymondham u3a Committee and take place during November, and you will all be notified.

2.3. Holidays (John Peat) See also Notice Board 3

As published last month you should know that we will not be organising our own coach holidays in 2027. However, there are some u3a backed coach holiday alternatives, and details can be found in Notice Board 3.

On behalf of u3a members I would like to thank John Dollimore for all the coach holidays he has organised on our behalf over many years.

If there are any short notice holidays made available by Cairngorm Travel notification will still come through John by Beacon email to all members. John will only be contactable by email at [redacted] Payment(s) will be direct to Cairngorm Travel.

3. Membership (Linda Armour)

3.1. Another month with 18 new members, taking us to 787, and please give all these new members our usual BIG welcome. Their names are:

Denise Smolkovic, Mark Akehurst, Valerie Akehurst, Keri Barkway, Mirella Pope, John Pope, Sheila Humphreys, Eileen Lemmon, James Cooper, Nicola O'Callaghan, Marnie Wild, Marina Smith, Anne Bealing, Gill Brand, Helen Seymore, Tony Smith, Vandra Lockyer, Jill Diggle.

3.2. Welcome Hosts

Our WELCOME HOSTS are doing a grand job welcoming new members and introducing these to u3a, explain how it all works, the groups they can belong to, and what we have to offer.

They are not just there for new members, so if you have a question, please ask them. If they don't have the answer, I feel certain they will know someone who does.

4. Groups (Christine Thornton).

4.1. The recently discontinued Cinema Group may be resurrected if enough members commit to it … watch this space.

4.2. To enable us to give the best support we can to Group Leaders and members we are intending to hold a Group Leaders meeting in the near future. So, if there is any group-related matter that you would like your Group Leader to raise with us please let them know.

4.3. We are still seeking someone to assist/deputise in the role of Groups Coordinator. If you might like to be part of this interesting and varied role, please come and have a chat about what it involves.

4.4. If anyone has a suggestion for any other new group! Please, if possible, come & discuss your ideas and the proposed arrangements with me at a Coffee Morning, or by email to me, see below.

4.5. u3a Members PLEASE **NOTE**
Members of u3a SHOULD NOT ATTEND Group activities WITHOUT JOINING THAT GROUP (apart from a taster session)

This is important because:
any group member is covered by u3a insurance for your particular activity.
Wymondham u3a can manage attendance numbers in a hired facility to meet Fire Regulations

4.6. If anyone has a suggestion for any other new group! Please, if possible, come & discuss your ideas and the proposed arrangements with me at a Coffee Morning, or by email to me, see below.

For these or any other Groups related matters, please contact Chris Thornton by email at groups@wymondhamu3a.org.uk

4.7. Bridge Group
4.7.1. Bridge Lessons
Last call for members to join Bridge classes

Bridge Improvers will start on Tuesday 12th January 2027 at 10am

Bridge Beginners 3 will start on Tuesday 12th January 2027 at 12.15pm

Bridge for Absolute beginners will start on Friday 15th January 2027 at 09.45am

In an ideal world we need 20 players for the improvers course and 12 each for the beginners.
The courses will last for 12 weeks and will cost a maximum of £96, but we are hoping to charge less
Any members interested in joining one of these courses should apply as soon as possible to John Dollimore [redacted] stating clearly which course they wish to join.

5. Opportunities

5.1 Learning activities

The Committee continue to investigate other suitable topics for future presentations. If you have any ideas based on your own personal experiences that you feel should be shared, then please contact me (John Peat) at newsletter@wymondhamu3a.org.uk



5.1.1 The Skills for Life Tech Team
The team were kept busy with I.T. queries when they came to our coffee morning recently, and it is likely that they will come back on a regular basis. We will probably have them on the ~~**29th of October**~~**.**

Do not forget, if you cannot wait that long, you can always book your own session in the library. Contact details: Phone: 01485 536420.
Email: techskillsforlife@norfolk.gov.uk
Website: www.norfolk.gov.uk/techskillsforlife

5.1.2. Third Age Trust Activities
a) East of England Third Age Trust Bulletin
Are you interested in what goes on at other East of England u3a Branches? Rather than clog your inbox, we are providing the direct link here.
www.eastofengland.u3asite.uk/publications

b) u3a Courses on-line

If you wish to find out more about these on-line courses, then please follow the instructions below.

Click on the link right. https://www.u3a.org.uk/what-we-do/events/educational-events

You can then view what is on offer and register your interest.

5.1.3. Internal learning activities

a) Driving for Older People (Georgette Vale)

It is good to know that those who have done the Driving for Older People Sessions have found it useful. If you have not done so yet put your name down for when the next sessions get organised.

We have booked another date for the 1st of March 2027.

b) First aid Courses

It is also good to know that those who have attended the First Aid sessions have found it useful. These will be both the basic one and the next level up which deals with breaks and bleeding. To put your name for either of these, either find me at coffee morning or email me [redacted]

5.2. Volunteer Drivers and Personal Transport Requirements

Another reminder about the **Travel Norfolk Scheme.** This is run by Norfolk County Council, and it puts volunteer drivers in contact with those who need transport due to their age or disability.

Fiona's role is to match driver availability with the requests that come in.

a) **To be a volunteer driver**, nothing special is needed other than a driving license, a car, and a DBS check (they provide that). You do need a bit of time on your hands, but it is nice to think that our Driving for Older People sessions fit nicely here.

b) **If you need to arrange transport for yourself**, you register with them to start with. You need to book a trip at least 3 days in advance by phone (and you can book up to two weeks ahead). The longer notice they get the more likely it is they will be able to help you. You pay the driver 55p a mile from their home to yours and then 60p a mile to and from your destination. It is a shame they cannot (as yet) take wheelchairs.
For more information either to volunteer or if you need transport for yourself go to:
https://www.travelnorfolk.co.uk/travel-norfolk-car-scheme/

6. Welfare

This month I am including some hints and tips that have come to our attention in the last few weeks. We have not lived long enough to be able to join the u3a organisiation without using common sense. However, without wishing to insult you as individuals, I do not believe that all of you know all of this. There may just be something new and useful for you, especially those of you that live alone or even out in the sticks.

6.1. Coffee Morning 10-minute sessions

November 19th: Able Community Care: Independent advice about care options in Norfolk
Useful if you are a carer, or if you know of someone who needs help.

November 26th: Debra Lawrence-Bell, Partner Community Development Worker
Promoting Independence by supporting people to be independent, well and able to deal with life's challenges. Norfolk Adult Social Services focuses on prevention and early help, helping people become, be, and stay independent, and providing the right support for those living with multiple or complex needs.

December 3rd: Detective Constable Dave Block of the Norfolk Police Fraud Team

There is some very useful information in Appendix B at the end of the newsletter relating to:

Key Safes in emergencies; Door chains in emergency situations; Emergency medical information; Winter welfare should you not be able to leave home.

NOTICE BOARD 1: VACANCIES

CHARITY COFFEE MORNINGS TEAM

OPEN MEETINGS

WANTED: Refreshment makers needed for Open meetings

Our Speaker Seeker team has a wonderful programme of speakers lined up. Teas and coffees are very welcome and necessary, but we need more help in this area.

NOTICE BOARD 2: DATES FOR YOUR DIARY

TALKS AND SPEAKERS 2027		
Date	Subject	Presenter
Jan 7th	Zeppelin over Suffolk	Mark Mower
Feb 4th	Cloudesley Shovell's shipwreck and his impact on longitude	Cathy Shelbourn
March 4th	My creative journey Amanda Sutherland	Amanda Sutherland
April 1st	Faberge	Maria Pennington
May 6th	Barrow to Bagdad	Philip Caine
June 3rd	Adventures On the Norfolk Broads (What You May Not Know)	Wally Webb
July 1st	Gilly on Poetry	Gilly Spencer
August 5th	A Beginning A Muddle and an End	Bobbie Darbyshire
Sept 2nd	A brief synopsis of Sir Arthur Sullivan's life and works	John Balls
Oct 7th	J.M.W Turner in East Anglia	Dr Richard Hoggett
Nov 4th	When birds sing	Saffron Sommerfeld
Dec 2nd	Chanters Jig	Malcom and Elizabeth

NOTICE BOARD 2 Cont.: DATES FOR YOUR DIARY

COFFEE MORNINGS

Thursdays

Nov. 5th. 19th, 26th	09.00 – 12.00
Nov. 12th	09.00 – 11.00
Dec. 3rd. 17th	09.00 – 12.00
(24th and 31st)	**No Coffee Mornings**

Sundays
Every Sunday in the Tiffey Room
10.00 —12.00

Thursday 5th November 2026
At 2.00 p.m.
Wymondham Central Hall

u3a Wymondham
Monthly Talks

Kelsey J.R.P. Byers, PhD

Dr. Kelsey Byers will talk about pollination, the magical - and not always friendly! - partnership between plants and animals.

More than four fifths of the world's flowering plants depend on animal pollinators to reproduce.

Kelsey will talk about the evolution of animal pollination and why as humans we should care about it too, as well as the history of studying pollination and how plants manage to attract their animal visitors.



The talk will finish with some tips on how we can help native UK pollinators in our own back gardens."



Free for members
£2 for non-members (Cash only please)
For more information about Wymondham u3a
wymondhamu3a.org.uk

Thursday 3rd Dec 2026
At 2.00 p.m.

u3a Wymondham

Wymondham Central Hall

Christmas Allsorts

Our own miscellany of festive entertainments











u3a members only please

NOTICE BOARD 3: HOLIDAYS AND COACH TRIPS



2027 HOLIDAYS

IMPORTANT ANNOUNCEMENT

There will be no planned holidays in 2027.

There may be short-notice opportunities from Cairngorm Travel notified to the members by John Dollimore using email.

Any payment(s) will be direct to Cairngorm Travel.

AS AN ALTERNATIVE ???
THERE ARE NOW SOME U3A SUPPORTED COACH HOLIDAY SCHEMES

1. U3A Getaways

An exclusive holiday programme for u3a members. These bespoke trips have been designed to create opportunities for members to come together from across the UK to learn, discover and explore.

U3a have teamed up with The UK Holiday Group, a highly respected name in travel with over 40 years' expertise in creating exceptional excursions.

Please be aware that you have to make your own way to the holiday destination

Search for: U3a getaways

Contact details are: enquiries@u3agetaways OR Phone 01603 886773

2. Grand UK Holidays (Part of the UK Holiday Group)

Grand UK Holidays operate from Norwich, and depending on the holiday destination, pick up in Wymondham, usually at Fairland Green bus stop
Grand UK Holidays issue a booking code for u3a members for a discounted price.

The discount is applicable to any new Grand UK holidays by calling **01603 88 67 67** and quoting **'GUK u3a'** along with their u3a membership number.

There is also a link for anyone who would like to book online u3a Partners with Grand UK Holidays

COACH TRIPS 2027 (Kerry Ingram-Smith)



Contact Details
For expressions of interest and paying deposits please contact Kerry as below.

A £10 deposit secures your place on the coach.

At Central Hall coffee mornings, normally on the 1st and 3rd Thursday of the month (09.00-12.00) OR by email at outings@wymondhamu3a.org.uk

Trip Details

10th March – Bayeux Tapestry Exhibition, London - £65 – already fully subscribed

8th April – Sizewell B Nuclear Power Station tour - £15

29th April – Springfields Festival Gardens and Outlet Village - £20

19th May – Stonham Owl Sanctuary including a flying display and Helmingham Hall Gardens - £35

11th June – East Ruston Gardens and Wroxham Barns - £35

16th July – Snape Maltings, including behind the scenes concert hall tour and 45-minute boat trip - £40

20th August – Cromer End of Pier summer show - £40

7.Activity Reports

7.1. How to become a Roman Empress by Ralph Jackman (Sue Pickman)

Our monthly talk on 1st. October was given to us by Ralph Jackman BA (Hons), MA, MSt (Cantab). Ralph is a historian and award-winning author of Roman Fiction, based on his extensive knowledge and research. He gave a fascinating talk on the Roman Empire specifically how the Roman Empresses manipulated, schemed and worked to enjoy the privileges they had.

Ralph showed a part of a family tree of the Roman Empire and spoke of exile and accusations of murder. He spoke of Agrippina the Younger**:** wife of Claudius and mother of Nero, and her plotting to control the empire, and Messalina**:** third wife of Claudius, known for her notorious reputation and much more.

It was a very interesting and humorous presentation with lots of information. Ralph did bring his books to sell, Agrippa's Wake and Actium's Wake.

7.2 October extra monthly talk. Charging Ahead by Steve Broderick (Eng. D) (Sue Pickman)

On Thursday afternoon of the 29th October, our own Dr Steve Broderick (EngD) gave a very insightful and interesting presentation about Electric Vehicles; encouraged by his wish for a greener environment. The talk gave an overview of Electric Vehicles as well as giving some examples of cars available.

He showed the first electric car, produced in U.K. in 1884, designed by Thomas Parker. It looked like a carriage where the horse had been replaced by a battery. E.V.s became very popular in the early 1900s but from the start of WW1, petrol engines were chosen for the war effort, aircraft, tanks and other vehicles, as petrol was easier and lighter to transport for refuelling etc.

The more recent changes of moving away from the traditional combustion engine with its pollution and noise shows a determination for society to limit the effects of climate change, global warming and improve air quality. Steve said that the petrol car power gives 75% to heat loss and only 25% to the wheels.

The modern electric vehicles are cheaper to run, clean non-polluting, quiet and are low maintenance as there is much less to go wrong. However, the batteries degenerate and can be adversely affected by cold weather. Whilst the risk of fire is low, they are very difficult to put out.

Steve went on to explain that there are different types of battery, needing different charging requirements and giving different ranges. The car you buy should be chosen according to your usage.

Home charging is the cheapest option. It involves talking to your energy supplier to ensure your choice of charger is acceptable to them. There is also a choice of chargers, and the use of a phone app is needed.

Our thanks to Steve, and if anyone has any further questions Steve is usually at coffee mornings.

7.3. Discover Norwich Group 1: Maids Head tour by Brian Maddern

Discovering Norwich Group 1 led initially by Di Gibbins and now Brian Maddern rounded off 2026 with a visit to The Maids Head Hotel. Our host Paul Dickson gave us a thoroughly interesting talk on the history of the hotel in The Showroom, with light refreshments included. Did you know that in 1287 it was known as the Murtle Fish Tavern? Notable visitors to the hotel include Edward, The Black Prince, and Catherine of Aragon. The tour then took us into the Oak Room amongst other areas of interest.

The group's visits this year have featured Paul Dickson's walking tours of Historic Colegate and Medieval St Julian along with specific locations including The Bishop's Garden at Norwich Cathedral, The Assembly House, Norwich Puppet Theatre, Strangers Hall, and the BBC at The Forum.

As well as learning more and more about Norwich we are all enjoying each other's company when we meet up.

Possible tours for 2027 include Jarrolds, Carrow House, Law Courts, Norwich City FC and a return to the BBC.





Discovering Norwich Group 1

At the Maids Head

APPENDIX A

WCH REMINDER FIRE EVACUATION (John Peat)

We continue to review our fire safety procedures especially for Coffee Mornings and Open Meetings. We are working closely with Wymondham Central Hall and professional Fire Teams. The current information each of you needs to know is as follows.

N.B. UPDATE: The Storeroom is NO LONGER considered a fire escape route.

Room Exits: locations in each room / area, exit routes depending on source of the fire.

a) Main Hall: two exits directly out of the building with one (furthest from the stage) having a ramp. There are two exits leading to the Foyer Area.

b) Foyer: Exit directly through the Main Entrance or main Kitchen.
c) Tiffey Room: main exit is out through the Tiffey Room external door. Main Hall exits can be accessed.

d) Beckets Room: Exit either through Tiffey Room, or Main Hall

e) Main Kitchen: Rear door exit to outside world.

f) Cavick Kitchenette: Exits either through Tiffey Room, or Main Hall

Level Exits
There are level exits in the Main Hall (non-Stage end), Foyer Main Entrance, and Kitchen. These can also be accessed from the Beckets Room, Cavick Room, and Tiffey Room.

Stepped Exits.
The stepped Exits are the Main Hall (stage end) and the Storeroom.

Personal Abilities
You now know which exits are suitable for YOU.
If you still feel that you may need help exiting the building, then pair yourself up with a Buddy to help you.

Assembly Point
The Assembly Point from all exits is beyond **the back of The Library** avoiding the main area of the car park.

Fire Marshalls
Fire Marshals will be sweeping the building (including toilets) to make sure everyone is out.

As the Fire Evacuation process is developed and assessed, any updates will be notified to you.

APPENDIX B

1. Key Safes in emergencies

Have you got a Keysafe? Is it registered with the ambulance service?
Many people think that keysafes are only for people who have carers coming in. Those days are gone. Norfolk County Council suggest that, as long as the keysafe is from a company that is police approved, everyone should have one, especially if you live alone.
However, many people are not aware that you can register the keysafe number with the Ambulance Service. That saves a lot of hassle, because if the ambulance people cannot get in, they call police or fire who make a forced entry. That will delay getting you to hospital, and of course you have to have the door repaired before you can go home.
Registering the keysafe is very easy. You can do it for yourself or on behalf of someone else. The link is here. https://www.eastamb.nhs.uk/form/keysafe-access-form Alternatively you can google East of England Ambulance Register Keysafe.
They need the obvious details – and they hold the information for 3 years. It is of course your responsibility to tell them if you change the key code or move house and also, you have to make a note to re-register it in three years.

2. The door chain

Whilst we are on the subject of the ambulance people getting in, let's clear up a misunderstanding about the use of the door chain. Most people think that it is an extra security to use when your door is locked. It's not. I see so many people who hear the doorbell, take the chain off, open the door wide and then find out who it is standing there.
This is what is supposed to happen. Leave the chain off until you hear the bell. Put the chain on then open it, through the gap you find out who it is, check their credentials (ask for their identity etc.) Once you are sure it is who you are expecting then you close the door, take the chain off and open it again to let them in.

I know that there is a psychological element because people don't like shutting the door in the face of someone they want to let in, but if they are genuine, they won't mind. If they are not genuine, you have saved yourself some trouble.

3. Emergency medical information

Message in a bottle and message in a wallet – get yours at coffee morning.

We are working with the Lions Club who issue the “message in a bottle” so collect yours at a coffee morning. I am sure we can find another way if you cannot get to coffee morning. Just ask.

It is simply a little green and white plastic bottle where you hold your main medical information and anything else that the ambulance people need to know, e.g next of kin contacts, whether there are pets that need to checked, or if you are a carer for someone else, any allergies etc. Keep your repeat medication slip in there (just remember to update when necessary.)

You keep it in the fridge. Not that it needs to be kept cool, but it is one place that is obvious and unambiguous in any house.

There is also the message in a wallet for when you are out and about.

Simple ideas that are very useful.

4. Winter Welfare

a) How will you get your groceries if you cannot leave home?

Snow, ice, flooding and freezing temperatures can make shopping difficult, particularly for older people living alone or in rural communities. But did you know that you may be able to arrange grocery deliveries without using the internet?

i) MORRISONS – Doorstep Delivery Telephone 0345 611 6111 (Option 5)

Older and vulnerable customers can order essential groceries by telephone. Delivery may be available from participating stores.

ii) SAINSBURY'S Assisted Shopping Telephone 0800 917 8557

Shopping assistance is available for eligible customers who cannot shop online. Ask about registration and delivery arrangements.

b) Other places to ask for help

Your local village shop – Some offer deliveries to older residents.

Age UK – Local branches may know of shopping assistance schemes.

Community transport groups – Some can help with collecting groceries.

Local churches, charities and community groups may know volunteers willing to help.

c) What about prepared meals?

Wiltshire Farm Foods, Oakhouse Foods, and local Meals on Wheels services may be able to deliver meals directly to your door.

d) Before winter weather arrives:

Find out who you could telephone if you were unable to leave home.
Keep a few extra essentials in the cupboard and
Keep important telephone numbers close at hand.

You may have an older neighbour, friend or relative who does not use the internet and has no idea that some of these services exist.