

23 April 2010

Hello all

We have now been closed for 5 weeks due to the Clovid19 virus measures. I sincerely hope you and yours are well and coping with the restrictions placed on us all to keep us safe and virus free.

Many of you I hope, will have accessed the regular updates of new (remote) activities detailed within this site. To pick out only a few – over 40 members participate in an on line quiz every Friday night – there is a chance to socialize on line beforehand and feedback reflects that everyone has great fun and comes back the next week keen for more. The Practical Gardening Group has expanded considerably and are sharing lots of photos, gardening information and generally chatting and enjoying the company of members. Our canal walkers are reliving their Leeds to Liverpool canal walk last year and our camera group are running photo competitions open to all members. More info on these and other initiatives are within this site and below. You will also find information on a couple of suppliers on the site that you may want to look into - these come without any specific commendations or investigation, so please explore yourself if you are considering taking any of these up.

Many of our groups are making use of Whats App to keep in touch with each other. Here are a few

- Nordic Walking : sharing local walks
- Dance Fit Monday and Friday Groups: Collette shares information on her dance exercise videos on facebook
- Pedal Pushers: share information on solo rides they have completed
- Walking Netball: are running a competition on the rules of the game.
- Spanish Beginners: share quotes in Spanish
- Sunday Strollers: have competed a quiz on Sefton Park where they hope to visit soon
- Welsh Group: sharing in Welsh what they had done each day
- Art group are holding a weekly quiz
- Computer group are using the web page to advertise that they are willing to help members with their smart phones, tablets and computers.

Other Groups are using Email to keep in touch with their groups here are some examples:

- Family History have been asked to look at the year 1861 and have to find out as much information about a member of their family in this year. Also a local shop quiz set has proved very successful
- German: this group has been sent an old GCSE paper which includes vocabulary which they have been asked to check out.

- Day Trips: Marj has asked for ideas for further trips

I am soo impressed with all this activity and think all those leaders deserve at least a huge virtual handclap for setting up all those alternative ways of enabling groups to carry on 'meeting' through this lockdown.

If you have set up any new group activities since we closed that are not shown, please send details via the 'contact us' link and these will be included on the site.

I know many will be doing this already, but for completeness, could I ask that in addition to really looking after ourselves and our families, that we all think about any of our members who may be isolated and/or vulnerable? If you are concerned for someone and happy and safely able to phone them, it can make a big difference - just knowing someone is thinking about you. If you are concerned but don't have contact details and/or aren't sure about ringing, please just send a message back via the 'contact us' link and this can be passed on to myself to make sure we follow up, as far as is safely possible. Equally if you are struggling yourself and would like a phone chat with someone from U3A, please again say so via the 'contact us' link and we will organize this.

We don't know when the current situation will change, until then please really look after yourself and yours and stay safe.

My very best regards to every one of you.

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