

At its heart, the U3A believe that continuing to learn, develop your interests, make friends and try something new, is a life-long passion.

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STOP PRESS!

Although the **Behind the Scenes Group** haven't been able to make any visits since lockdown, their planned trip to the Exeter Energy Recycling Facility will now go ahead on **17 August 2020** as a Zoom presentation. The presentation will include the opportunity to see how this modern facility deals with our waste and ask the Devon Waste Management team any questions you might have about recycling. With the pressing issue of climate change and additional complications for recycling, especially of textiles, during these Covid 19 times, it promises to be an interesting destination.

As numbers for participation aren't limited, we're delighted to extend the invitation to **all CVU3A members** who are interested.

To be sent the Zoom link please email gill.sole@yahoo.com.

Latest Covid 19 UPDATE from U3A National Office ...

- You can meet in groups of up to two households (anyone in your support bubble counts as one household) in any location - public or private, indoors or outdoors.
- You do not always have to meet with the same household - you can meet with different households at different times.

However, it remains the case - even inside someone's home - that you should socially distance from anyone not in your household or bubble.

This means it is unlikely that a U3A can operate indoors.

- When you are outside you can continue to meet in groups of up to six people from different households, following social distancing guidelines.
- If you can, you should avoid using public transport, and aim to walk, cycle, or drive instead. It is not possible to social distance during car journeys and transmission of coronavirus can definitely occur in this context. So avoid travelling with someone from outside your household or, your support bubble, unless you can practice social distancing.
- If you need to use public transport to complete your journey you should follow the guidelines in place, and you must wear a face covering.

Guidance for those who are over 70 years old or deemed clinically vulnerable as of 6th July 2020

You can meet people outdoors and, from 4 July, indoors, you should be especially careful and be diligent about social distancing and hand hygiene.

Guidance for those who are extremely clinically vulnerable 2020

From 1 August advice for clinically extremely vulnerable people will move in line with advice to those who are clinically vulnerable. In practice, this means staying at home as much as possible, and if people do go out, taking particular care to minimise contact with others outside their household (unless you are in a support bubble) and robustly practising good, frequent hand washing.

You should remain cautious as you are still at risk of severe illness if you catch coronavirus, so the advice is to stay at home where possible and, if you do go out, follow strict social distancing.

Group Organisers of groups meeting outdoors, if you insist on meeting up please read the following and ensure all aspects of the advice are followed BEFORE YOU MEET.

Risk Assessments for outdoor activities

Risk assessment for all locations:

To make an assessment of whether you should undertake any activity our advice is that it is important to carry out a risk assessment as you would do for any U3A activity. In the case of resuming an outdoor U3A exercise activity there would be two elements to any risk assessment to be considered. It is **strongly advised that you record any assessment before taking part in activity.**

The first part of the risk assessment – identify what steps Group leaders propose taking to ensure the activity is Covid secure – e.g. limiting numbers, taking face coverings and hand sanitisers, own refreshments, limiting time and duration of activities. This information should be shared with all participants so that they can complete the next part of the risk assessment for themselves.

The second part of the risk assessment is for each potential participant to undertake a personal participation risk assessment considering the Covid-19 risks and hazards that taking part poses to the individual.

Our advice is that it is imperative that everyone completes a personal assessment of this nature and records it. This is however, a personal exercise and does not need to be shared with group leaders. It is sufficient to inform them that you have considered your personal situation and decided that you are safe to take part in the activity as arranged.

This is important because there are differing requirements for:

- people with different health conditions - clinically vulnerable, or clinically extremely vulnerable
- people of different ages
- members living in a household where there is someone who is considered clinically vulnerable, or clinically extremely vulnerable and therefore has limitations on contact with others.

Our advice is that a personal participation risk assessment should take into consideration a person's physical health and any underlying issues, age and the health and circumstances of those they may be living with or isolating with in their household.

For your assistance and to enable you to make a thorough assessment of your own and the activity risks involved, you will find a sample Risk Assessment Checklist on the National Website in the Advice Section on Running Your U3A during Covid, which everyone should view and complete including the personal section before considering taking part.

As previously stated, there is no requirement for you to share your personal risk assessment but that you have considered the factors for yourself and concluded that you can safely take part.

GROUP ORGANISERS

Please ensure that you have carried out **AND RECORDED** everything required under Risk Assessment and that individual members participating in your activity have also done so. Please also keep a register of who attended the activity and ask each individual to sign a statement confirming that they have carried out their own personal risk assessment prior to attending the activity.

A copy of your register should be sent to the Groups Co-ordinator, Vicki Woodward, and you should retain a copy.

FINAL REMINDER

Last date for renewing membership
for 2020 – 12 Noon on 1 August 2020



We are moving towards the election of our first Executive Committee and our first Annual General Meeting. With the deadline date of 1 August 2020 looming we need to ensure that we have enough members nominated to create our first Executive Committee, and we need to make sure we have enough members nominated to actually hold the election.

What will happen if we do not have enough nominations to hold the election?

As a Steering Committee **we must step down** at the AGM and the Executive Committee take over from there. If we are unable to form an Executive Committee it **may mean that Culm Valley U3A is unable to continue**, as we must have a **minimum of 5 Trustees** in order to continue as a U3A.

A key role which is vital to the ongoing development of Culm Valley U3A is that of Vice-Chair. Carol Mitchell is standing down and does not wish to be elected to the Executive Committee. With the change in structure recently agreed by the Steering Committee the Vice Chair will play an important role between the Executive Committee and Management Team, so we do need to

Make sure we have at least one nomination for that role.

So far one nomination for Chair and one nomination for Business Secretary have been received, so you see, we do need more nominations before the deadline on 1 August 2020!

With these things in mind there are things each of us needs to consider

Challenge ONE

Culm Valley U3A is a very young U3A and the Steering Committee understands that there has not been time to become established, for friendships to develop or for any of us to get to know one another as well as we would like; yet we need to nominate individual members to fill the 6 positions on the Executive Committee.



Yes you can ...

Perhaps you think that you can not nominate existing members of the Steering Committee for roles on the Executive Committee, *yes you can*. Members of the Steering Committee who are willing to be nominated for the Executive Committee are:

Gill Sole	Business Secretary
Kevin Woodward	Treasurer
Susan Greenhough	Membership Secretary
Vicki Woodward	Groups Co-ordinator
Sue Hooper-Lawrie	Chair

Perhaps a couple (married/living together) think that they can not propose and second nominees, *yes you can*. As individual members, even though you are a couple, one can propose and the other second one or more nominees.

Perhaps you think that you don't know anyone well enough to nominate them. The thing is that you didn't know all the members of the Steering Committee when we first started, but you were happy for the Steering Committee to plan and arrange things, handle your money and generally make things happen. Neither did you know all those in your interest groups but you were happy to meet regularly with them and for one to be the Group Organiser. Maybe that is where to start when considering one or more people to nominate. Consider the members of the Interest Group/s you attend and think about whether there is anyone who you think would make a great addition to the Executive Committee. If there is then give them a call or send an email and ask them.

Challenge TWO

In the last newsletter we explained about the new structure the Steering Committee had agreed to adopt consisting of a 6 member Executive Committee and a Management Team.

Will you consider helping on the Management Team? We know there are members who would be happy to help out more but do not want to be a Trustee or on the Executive Committee, so being a member of the Management Team might be right for you.

You **do not** have to be elected for a position on the Management Team. You can read all about it here - <https://u3asites.org.uk/files/c/culm-valley/docs/cvu3amanagementteamoverview.pdf>

If 2 or 3 people are interested in **helping with writing the newsletter** that's fine, we could set up a small team, who can take turns to write it or each contribute to a different section of each newsletter. There are no hard and fast rules as to what the newsletter needs to look like or contain, it would be up to you.

If you are interested in **helping with publicity**, again we could have a small team from different towns, villages or areas, who can focus on their particular patch. They could meet together to plan and decide on different types and styles of publicity. It would be up to you.



If you are interested in **helping with the monthly meetings** and finding speakers, again this does not have to be just one person. A small team could plan an annual programme, which does not have to include a speaker at every monthly meeting. The team can work together to set up and put away and make sure the monthly meetings run smoothly.

How about **planning and organising 2, 3 or 4 events** a year? Again a few members may feel this is something they could do and join together to plan and organise special events like National U3A Day and others.



There are so many opportunities to help out and we don't need experts. You don't have to have any experience, all you need is enthusiasm, a willingness to help out and join in. You decide how long you want to be on the Management Team for, we would hope that you would join it for at least one year. You would also need to attend a monthly team meeting.

Please give it some thought and be in touch if you feel able to help.

We propose holding a meeting using Zoom for those interested in joining the Management Team. You will be able to ask questions and suggest ideas as well as find out more about how we envisage it working.

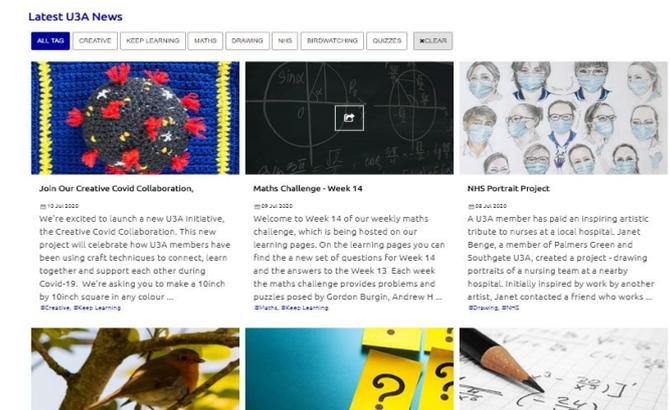
Election of Officers and AGM

At the beginning of July 2020 a letter was sent out, by post, to all on the Culm Valley U3A database. If you did not receive this letter please let us know.

The letter explained what is going to happen with regards to the election of officers and the AGM. The letter also specified dates by when things would happen and identified who to contact with nominations for the Executive Committee and election; and who to contact if you would like to attend the online AGM. Please keep the letter somewhere safe and accessible, as it will be the only correspondence entered into by post. We hope that as many as possible will feel able to participate in both the election and the AGM.

Latest news from U3A ...

For the latest news from U3A National Office you can click here - <https://www.u3a.org.uk/> and scroll down the page.



And Finally....

Please remember that without the members there is no Culm Valley U3A.

Stay well and stay safe.