



## GUILDFORD AREA U3A

### INTERIM NEWSLETTER 8 – 17<sup>th</sup> September 2020

Dear GU3A members,

Late on Monday night I received a mail from the Third Age Trust revising their advice on group meetings. It is quite a departure from what we have been doing until now, so I thought I would let you know as soon as possible.

First of all, though, over 70s are advised to stay at home as much as possible. If you do go out take care to minimise contact with others. Attending your group meetings virtually might be more appropriate. Complete a risk assessment for yourself before deciding to take part in any U3A activity. This need only be done in your head but weigh up the pros and cons beforehand.

We are an exemption to the Rule of 6 because we provide charitable services. However we must also follow all other government related guidance and undertake full risk assessments. You should not share cars when going to a venue; follow guidance for travelling on public transport. If a local lockdown is re-imposed that must take precedence over any advice given here.

All the venues we use are Covid secure. They have completed and submitted to us their own risk assessments. They have calculated how many people can safely meet in their premises and we conform to that. In addition please use your own hand sanitiser, plastic gloves and a mask or visor as appropriate during the activity. Visors may be bought from CCP at the Cathedral for just over £3. They are particularly useful in language groups or where a member has a hearing loss.

Please maintain social distance while in the venue. Do not take part in any activity if you are experiencing any physical symptoms which might be Covid-related.

Your Group Leader will take a register and keep it for 3 weeks after the meeting in order to provide Test and Trace information should it be needed.

If your group meets in a private house the Rule of 6 still applies. The group host must complete a risk assessment; social distancing must be observed as well as hygiene recommendations. If you meet in a private home but outdoors try to access the garden externally. If you have to go through the house avoid touching any surfaces.

Do not share refreshments, crockery or eating utensils of any kind with anybody.

Avoid using a lavatory outside your own home if possible.

If you do an outdoor physical activity your Group Leader will make sure the appropriate measures are in place as developed by the sporting national governing body. Consider any underlying health condition you might have before taking part. Walking groups will observe the guidance provided by the Ramblers Association.

The majority of our groups will be meeting in a hired venue doing an activity which largely involves sitting down. Members must bring their own required materials and must not share. Any equipment must be used by one person only and cleaned with anti-virus wipes before and after use. Chairs and tables must be sanitised before and after use.

Your Group Leaders know what needs to be done and they are the person to decide what is right for your particular group. Get in touch with them to find out what plans they have. They might decide that remote meetings are still best; they are certainly safest.

As yet, TAT recommends that all music, bridge, chess, Scrabble, Mah Jong and similar groups do not meet face to face. Example risk assessments and the full text of the advice from TAT is at:

[https://mcusercontent.com/656ad5962b370cc9e2731d1ed/files/4ad7e032-82aa-4954-b32b-7a8ac3ad62f9/003\\_England\\_Covid\\_19\\_Advice\\_for\\_Interest\\_Groups\\_September\\_2020\\_version\\_3\\_002\\_002.pdf](https://mcusercontent.com/656ad5962b370cc9e2731d1ed/files/4ad7e032-82aa-4954-b32b-7a8ac3ad62f9/003_England_Covid_19_Advice_for_Interest_Groups_September_2020_version_3_002_002.pdf)

Please keep safe!

May I remind you that the first of our remote Monthly Meetings will take place on 28<sup>th</sup> September. Geoff Saunders will be giving a talk entitled *A Mountain in Tibet*. To register to take part by Zoom please email [monthly@guildfordu3a.org.uk](mailto:monthly@guildfordu3a.org.uk) giving your name and membership number.

May I also remind you the deadline for the next newsletter is 11<sup>th</sup> October. Let us know what your groups have been doing and how they have adapted to these unprecedented times. Send your piece to [margrie.morgan@icloud.com](mailto:margrie.morgan@icloud.com).

And lastly, on quite a different matter Sarah Carrington, the Head Teacher at Stoughton Infants School is looking for a school governor. She thinks a member of GU3A would be a perfect fit. If you are interested, please mail the Head Teacher [Head@stoughton.surrey.sch.uk](mailto:Head@stoughton.surrey.sch.uk) or the school clerk at [Clerk@stoughton.surrey.sch.uk](mailto:Clerk@stoughton.surrey.sch.uk). This is such worthwhile work and I hope someone will be happy to do it.

I hope you are keeping well and quite as importantly, coping with the social isolation. The change in the guidance will allow us more interaction with fellow members but I do urge you to consider your personal safety at all times. Do not feel you have to restart face to face meetings just because other people are. You know what is best for you.

Enjoy this late but very welcome sunshine.

*With very best wishes,*

*Julie Beattie*

*Chairman, Guildford Area U3A*

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**London Open House Weekend** looks a little different this year. As usual they have a combination of building visits, guided and self-guided tours, but have introduced a programme of virtual online tours. This means that we are able to enjoy virtual tours of some of these wonderful buildings without having to travel to London and queue.

The weekend is officially this weekend, 19<sup>th</sup> and 20<sup>th</sup> September, with additional events taking place until the 27 September.

<https://openhouselondon.open-city.org.uk/>

**Heritage Open Days** was held over the weekend of 11<sup>th</sup> – 13<sup>th</sup> September, but this year their programme of virtual tours (from all over the UK) is extended a bit longer online.

<https://www.heritageopendays.org.uk/>

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*Keep Learning – Keep Well – and Keep in Touch*