





u3a – Covid-19 advice on u3a activities

Following increasing levels of Coronavirus cases across the UK there have been further amendments and restrictions put in place across each Nation of the British Isles.

These tables were last updated on 6th November 2020 (England permitted activities clarification)

	<u>England</u> 5 th Nov – 2 nd Dec	<u>Northern Ireland</u> 16 th Oct – Nov 13 th	<u>Wales</u> Oct 23 rd – Nov 9 th
 <p><u>How many people outdoors</u></p>	<p>You can exercise or meet in outdoor public spaces with one other person not from your household, you cannot meet in a private garden. No in-person u3a activities can take place during this time.</p>	<p>Up to 6 people from no more than 2 households can meeting in a private garden.</p> <p>Up to 15 people can meet outdoors whilst maintaining social distancing.</p>	<p>You must not meet with people outside your household outdoors and there can be no outdoor gatherings.</p>
 <p><u>Meeting Indoors</u></p>	<p>You must not meet socially indoors with anyone who is not in your immediate household or support bubble.</p>	<p>Households are not allowed to mix indoors in private homes.</p> <p>There are no relevant exemptions for u3a groups to meet.</p>	<p>You may not visit or households or with people you do not live with.</p>
 <p><u>Travel</u></p>	<p>You should avoid travelling in or out of your local area, and you should look to reduce the number of journeys you make</p>	<p>Avoid all unnecessary travel. Where travel is necessary for work, education or health and care use private vehicle, cycle or walk.</p>	<p>Avoid all unnecessary travel except for work and essential health, care or shopping. Stay home wherever possible</p>
 <p><u>Permitted activities</u></p>	<p>There are no-face-to-face u3a activities that can take place at this time. All outdoor and indoor leisure, entertainment or sporting venues including but not limited to:- Community Halls, golf courses, dance studios, swimming pools, museums, galleries, theatres, concert halls and botanical gardens will be closed.</p>	<p>Indoor sports and other organised contact sports involving households mixing is not permitted other than for elite sports.</p> <p>Gyms, sports halls and swimming pools are open only to individuals.</p> <p>Community halls are not permitted to open.</p> <p>Outdoor attractions and country parks are open as are museums, galleries and cultural activities, open to individuals.</p>	<p>Community centers and non-food retail must close.</p> <p>No u3a interest groups can meet in person during this fire-break period in Wales. 23rd Oct – 9th Nov.</p>