

LEICESTER



NEWS SHEET

Friday 4th September Edition Number 21

Hi everybody,

Welcome to Edition Number 21 of Leicester U3A's Newsheet, listing online activities and more formal announcements, all with the appropriate links and contact details. Use them to follow up interests, existing or new. Thank you for all your responses, and keep on sending in your suggestions, to newsheet@leicesteru3a.org.uk Click on the links, and first...

Leicester City Council Coronavirus Update

We were looking forward to some positive news, but instead last Friday brought us announcement of an extension to the Leicester Lockdown, until a review on 11th September. Below is a summary of the available advice of direct relevance to Leicester U3A. There is full detail on www.leicester.gov.uk and www.gov.uk. Firstly, in the words of the Mayor, "Rules that prevent us from meeting people from other households in homes and gardens stay in place"

Venues Just to underline that the following must not open:

- skating rinks,
- bowling alleys,
- indoor play areas,
- exhibition and conference halls,
- indoor gyms, indoor fitness and dance studios, indoor sports courts and facilities, and indoor swimming pools, including facilities at water parks,

Indoor and Outdoor Activities We cannot:

- host people we do not live with in our homes or gardens, unless they are in our "support bubbles" ;
- meet people we do not live with in our homes or gardens whether inside or outside of Leicester, again unless they are in our "support bubble";
- socialise with people who do not live with us in other indoor public venues such as pubs, restaurants, cafes, and shops; places of worship, community centres, leisure and entertainment facilities or visitor attractions. We can attend these though with someone we live with, but we should socially distance and avoid interaction.

A Support bubble is where one person from one household joins with another household.

Venue Premises When we organise events on we should take steps to ensure that we do not interact with people we do not live with, and only socialise outdoors in parks etc in groups of up to 6 people from multiple households, with social distancing in place. All **Sports Activities** should not take place with people we do not live with at indoor or outdoor public venues.

Activity Risk Assessment and Checklists for Venue, Indoor, and Outdoor Activities Please continue to follow these, which are written with Third Age Trust advice. From the Advice for the Restarting of Interest Groups of 7th August, please remember no interest or activity group can be conducted inside a private home at the moment.

If we live outside the Leicester lockdown boundaries: You can find the latest advice on the following web site. <https://www.gov.uk/coronavirus> We still cannot meet in any outdoor space in a group of more than six from different households, we must continue to social distance, wash hands, use our own hand sanitiser, access private gardens externally wherever possible, and avoid touching surfaces. The Convenor must wipe down any surfaces or door handles people from outside her/his home have used and avoid sharing plates and utensils.

Now...on with the enjoyable things!

Driving safely after Lockdown As mentioned previously in the Newsheet the “webinar” U3A/IAM Driving Safely after Lockdown was held on 26th August. There were 60 East Midlands U3A members who attended virtually, and if you missed it, it was recorded. It is now available free on YouTube as a private listing for U3A members only.

<https://youtube/lqSQzOOQnOgg>

U3A High Street Project Elisabeth Somogyi, our Regional Research Ambassador has already started this and is already building a list of volunteers. In the upcoming September Newsletter, Elisabeth will go into more detail, and she will announce a deadline. Volunteers take notes and photos detailing our changing High Streets-of particular interest in these times, with the effects of Coronavirus. Look out for mor information in the September Newsletter.

Leicester U3A Creative Writing Competition Stella Memory, our Convenor of the Creative Writing group announces that all the entries for our competition have been sent to the judge, local writer John Kitchen to read. More news to follow.

Walking and Rambling The National Forest Way www.nationalforest.org explores the highlights of the National Forest to Beacon Hill Country Park. Find walks and download routes, from Beacon Hill and Bradgate to Ashby de la Zouch and Ticknall, Moira and beyond. The Canal and River Trust www.canalrivertrust.org.uk has the Leicester Line (Grand Union Canal) and has maps and routes including Foxton Locks. The Campaign to Protect Rural England www.cpre.org.uk has writers describing walks, such as Rutland Water with Julia Bradbury, and Melton Mowbray with Jonathan Agnew. Choose How You Move www.choosehowyoumove.co.uk has two Morning Walks in Castle Hill Country Park Saturday 12th September 11.00am for 60 minutes; and 11.30am for 60 minutes. Go to their Eventbrite page www.eventbrite.co.uk to book. Walk on the Wild Side, around Aylestone Meadows, Thursday 24th September 10.00am for 90 minutes booking has already opened. Also, Glenfield Tunnel, Tuesday 15th September for two hours 2.00pm

Theatre and Performance English Ballet at Home www.ballet.org.uk “Keep Dancing” includes a BalletFit Class for everyone blending fitness and ballet techniques; Watch the Virtual Orchestra perform excerpts of Swan Lake, and Glasunov’s Raymunda; and discussions on why Stravinsky’s Rite of Spring terrifies; and Prokofiev’s Romeo and Juliet. At the Royal Opera House www.roh.org.uk listen to Don Carlos to the 21st September, Bernard Haitink conducting the 19996 production of Verdi’s opera of love and politics; and Following Pappano a five part series following preparations for the 2017 production of la Boheme.

Courses Open Learn www.open.edu continues to advertise a wealth of free online courses. This week it has Discovering Music: the Blues, introducing a musical tradition with its roots in the 19th century; The Lottery of Birth, exploring the inequalities of birth; and The Business of Football, in conjunction with the English Football League Trust.

Report fraudulent emails to Action Fraud www.actionfraud.police.uk 0300 123 2040.

Do scroll up and down to try something out, and of course all the links, from the first Newsheet to 20 and onwards will be available to use in your groups if you wish when we are able to meet up again. Thank you as always for all your suggestions and do keep on sending them to me at newsheet@leicesteru3a.org.uk

Take care,

Neil Taylor Newsheet Editor