



Newcastle U3A

Keeping Our U3A Moving.

Action Plan for Managing our U3A During the Coronavirus Threat

The Coronavirus outbreak is having a great, impact on all our lives and the Executive Committee wanted you to know what is happening to support Newcastle U3A members during the coming weeks or months. The Executive Committee has been busy constructing a Newcastle U3A action plan to support our members especially to continue their learning, enable our U3A to cope with these challenging times and ensure continued success and that our U3A remains healthy, too! The action plan focuses on ways to help you to be informed, catch up with current issues, future plans and ways to continue that life-long learning which we all treasure.

In brief, here are some of the points the action plan includes.

Safeguarding and Pink Lane meeting rooms:

We are closely following the advice of the NHS, Public Health England & Scotland and WHO which help us to plan measures to minimise the impact to members' health. One of these measures is to advise members that it is advisable not to visit our Pink Lane meeting rooms.

Groups and Continued Life - Long Learning:

We are very concerned about the health and well - being of all our members. One way towards well-being is through having an active mind. Why not have a look at the Newcastle U3A website's many learning opportunities?

You and Group Leaders may be able to provide members with learning ideas e.g. FaceTime, WhatApps, online learning, Future Learn and MOOCs etc. Providing such ideas would also be a way of volunteering and, hopefully, give some worthwhile things to do during your spare hours!

Finance:

Thanks to Mike for the recent update and we have more details in the plan. We have no problems for the foreseeable future.

Membership:

For those of you concerned about renewing your membership, the following will let you know what to do. Thank you to Val for putting this together:

Many members have already renewed membership and your membership has been updated.

Those members who have already set up standing orders, your membership will be updated.

For those members who have not been able to renew yet, we will automatically roll over and update your membership in April. This means you will continue to receive information, updates, Newsletters and Group Notes etc.

Many of you have made contact to ask how you can renew and make payment.

Should you wish to pay your membership subscription, you can do a direct payment via your bank.

Barclays Bank, Gosforth. Sort Code: 20-59-61 Newcastle U3A. Account Number: 90796833. Reference: Your name.

With regard to Renewal forms: We have copies of the form you completed last year which we will use unless you let us know of any changes to your details.

Any membership queries, you can contact Val on valward@yahoo.com or 0191 281 2283 or 07906 117 866.

Monthly Meetings and Speakers' Panel:

Speakers have been informed of our postponements of meetings.

Communications are vital:

We need to keep you informed about our U3A's progress and news as to what is happening.

Internal communications

Emailing members:

- i) We will email you as often as necessary and provide you with monthly updates. Newsletters and Group Notes will be issued, as usual, in the 2nd week of the month. Val will continue to email and post these to members.

Non-emailing member

- i) For those of you on email, if you can pass on messages to non-emailers, please do.
- ii) We have our volunteer, support team to phone non-emailing members and inform them of the contents of monthly mailing.
- iii) Also, we will post the mailing to them.
- iv) Many Group Leaders, who can do so, have offered to keep contact with non-emailing members of their groups. Thank you.

Committee members and communication:

There will be no face to face committee meetings, therefore, Committee members will continue to receive monthly reports e.g. finance, U3A business, discuss items usually on the agenda and progress using email, phone and texts.

Facebook:

Thanks to Mike Cook who will be posting further advice and news using mainly the NHS website and any other valuable advice from trusted websites.

Newcastle U3A Website:

This will bring you news of progress, useful for groups and online learning.

Monthly mailing:

Thanks to Katie and Danka for continuing to produce the Newsletter and Group Notes. We hope these will continue to be issued in the 2nd week of the month, although content will be slightly different.

'YOU3A': we are planning to publish this again in June.

Thanks to Katie as she will continue to edit this publication so, please send entries to Katie, as usual.

External Communications:

We will be continuing contact with Northumbria Region U3A and the Third Age Trust and maintain links with some of our partners e.g. Elders' Council as we can support each other during the next few weeks.

Events

We are hoping to start some online events e.g. writing about your Coronavirus experience, competitions. Can you contribute, please?

We want to thank all our members for their continued support in this past week. Please do continue to **LEARN**. As we all know, it can keep us functioning! There may be times ahead when many of us feel the need to talk to someone, anxious or lonely. **We are not alone**. Please contact me *at any time*, a member of the volunteer, support team or committee members as they are also part of the team.

The following might help. The other day, while in a queue for Iceland opening, we were all orderly and this continued inside the shop but it was very crowded. The young assistants were just managing to keep up, answering questions, stocking shelves that emptied immediately etc. but doing a very good job of keeping calm. It was then an old, chocolate box poem came to mind as it often does in frantic situations:

***'If you can keep your head when all about you
Are losing theirs and blaming it on you.....'
'If' by Rudyard Kipling***

Keep learning.

Let's get through this together as we all have a common bond – **the U3A!**

Catherine Stevenson (Chair and Office Manager intoto444@hotmail.com or
mob. no. 0744 6464 977 - at any time) on behalf of the Newcastle U3A Executive
Committee