

From the Chair

Delighted that things are lifting a bit and we can meet a family member or two, or a friend, a real person!

For many of us, because of our ages & our individual circumstances, there may not be a big difference, but at the very least we can all now visit a friend & sit in the garden together. We are all responsible for our own tracking and hope that the beauty of our area does not bring a further invasion of the dreaded virus.

I have some more news, I am delighted to announce that our Porthcawl U3A Cycling Team are cycling for the NHS through the month of June, to see what they are individually up to & to donate if you can, please visit: [Cycling Group Just Giving page](#)

Trixie & Anne are still working away making and distributing masks, 850+ at the last count, see them outside the Piccolo Bar, Wednesday 12.00 pm. People are welcome to collect a 2nd mask so you can wash & refresh. Masks can also be collected from the Bus Shelter Library in Nottage well worth a visit if you have run out of reading matter!!

If you are venturing further afield, for more plants or DIY bits, I understand the garden centre in Pyle has a socially distancing outside cafe, which might make your expedition even more enjoyable.

Most of our groups are obviously very quiet. The Gardening group has a list of jobs for June. Philosophy is continuing the Attic discussions by Zoom and there are many Musical Moments being shared by the Ukulele group!

Jaci is distributing an 8-week course 'Everyday Mindfulness'. The group are on Week 3, but it is all going onto our Porthcawl U3A website. If you have not made it to the group or if you just want to have a look and introduce yourself to Mindfulness take a look there: porthcawlu3a.org.uk.

Do tell if anything is going on in your group, it's good to share!

Stay Safe

Sally Corbett

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