

## NEWSLETTER

September  
2021

# u3a Sidmouth

## Welcome

Sunny September's here and after the months of lockdown it feels like the Autumn Term's starting at Sidmouth u3a. In this newsletter you'll find information about events and group activities for your shared interests – hopefully something for everyone. The full list of Groups and organisers' contact details is on pages 6 and 7 for you to keep handy. Our new Covid 19 policy is on page 5. And following feedback and technology challenges (grrr!) there's a new format for the newsletter which should work a bit better. See you around and about!

**Brenda**

***newslettereditor@sidmouthu3a.org***

## Chairman's Message

It's been so good to see groups start to get back together over the summer months and this will continue into the autumn when we see even more groups meeting in person.

We've had many queries over the recent months about how to operate groups and what can and can't be done. To try to answer these questions we've put together a Covid Policy which is included in this newsletter. A massive thank you to Keith Symes for all the work he has put into this. I hope it answers your questions. Please remember however, that everyone is responsible for their own safety and we must all assess the risks for ourselves, decide how they affect us personally, and take necessary measures.

Our social committee has already met a few times and have so much planned for our entertainment over the coming few months, starting with Tai Chi Qigong in September.

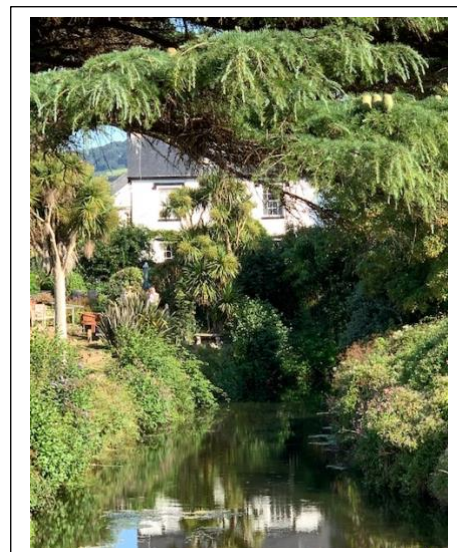
The social committee consists of Keith Symes, Janet Newton, Brian Hoepelman, Gail Richmond and John Flanagan, under the expert leadership of Andrea Talbot as Chairman. Andrea has the opportunity for another person to join the social committee, so if you're interested please contact Andrea direct on [socialchair@sidmouthu3a.org](mailto:socialchair@sidmouthu3a.org).

You'll see that we have some new groups starting up and we still need a few new group leaders for existing groups. And many groups now have waiting lists so there's the opportunity for people to start up a 2<sup>nd</sup> or 3<sup>rd</sup> group should they wish to. Please contact our Groups Co-ordinator on [groupsm@sidmouthu3a.org](mailto:groupsm@sidmouthu3a.org) if you're interested in the above, or in joining Marilyn as joint Groups Co-ordinator.

I look forward to seeing many of you at our next open meeting on 14 September.

Best wishes

**Janet Bailey** *[chairman@sidmouthu3a.org](mailto:chairman@sidmouthu3a.org)*



## Membership News

A very warm welcome to new members: Ron Peppin, Edward and Lynne Beaman, Sheena and William Evans, Sue Cornish, Angela Caton, Keith Hewitt, Anne Hodge, Ann Oliver, Catherine and Graham Rowlands, Gill Smith, Caroline Stanley, Judith Bosanko, Jacqueline Cox, June Dingle, Jenny Roberts, Stephen Thompson, Susan Cade, Tashi Chodron, Eunice Hall, Marie Knudsen, Marion Ricketts, Jody Abbott and Mary Thomas.

**Chris Ward** [membership@sidmouthu3a.org](mailto:membership@sidmouthu3a.org)

## What's Going On

*U3a Sidmouth asks all members to self-assess for Covid19 symptoms prior to attending any u3a meeting, activity or event and not to attend if they have symptoms. If any member feels they may have Covid19 symptoms, it is advised that they get tested - lateral flow or PCR - or contact the NHS helpline by dialling 111.*

### THE SOCIAL COMMITTEE IS PLEASED TO OFFER ...

By the time you are reading this newsletter the first event of this new committee has taken place. At the time of writing it looks as if the weather will be warm and sunny for the golf taster session at the Honiton Golf Club organized by Brian Hoepelman.

The Tai Chi Qigong sessions are fully booked but hopefully it will be possible to have another session soon. Information about Nordic Walking is given below.

Events planned for the Autumn hopefully will include a Tea Dance, a bowls taster session, and a social evening quiz with teams if the situation at the time allows.

If any member has ideas as to what they might like the committee to organize please do contact me.

**Andrea Talbot** [socialchair@sidmouthu3a@org](mailto:socialchair@sidmouthu3a@org).

### **NORDIC WALKING taster session**

**1st October 2021. Start:10am.**

To take place in the field opposite Muttersmoor and possibly a little in Muttersmoor itself. It's a great technique to improve balance, upper body strength and posture.

£8 payable NOW.

*This includes the loan of sanitized walking poles.*

Cheques made payable to U3A Sidmouth. Please send to: Janet Newton. Please include your name, email address (as long as you regularly look at it!) and your phone number.

If we have sufficient interest we may also run a second taster event on 8th October.

## 10 August Open Meeting Starts 2pm Stowford Rise Community Centre

In-line with our Covid19 Policy, the spacing between seats for our monthly meeting at Stowford Community Centre will be increased to help reduce the risk of spreading any virus. Unfortunately this will result in reduced capacity in the hall. We hope there will still be enough seats to accommodate all attendees, however, in the event of a very high turnout access will have to be restricted and some people may be disappointed. This is an unfortunate scenario we would not like to happen, but under the current circumstances feel it would be necessary to ensure the safety of all our members. We hope you will understand and bear with us as we work through these difficult and changing times.

The organisers will follow all the requirements of the hall. The hall will be well ventilated which may make it chillier than usual, so please come prepared. Sanitiser and discretionary spare face masks will be available. Your name and contact details will be taken and retained for 21 days in compliance with the government Track & Trace scheme. If you're diagnosed with Covid19 up to 10 days after a meeting, please inform [frontofhouse@sidmouthu3a.org](mailto:frontofhouse@sidmouthu3a.org).

### The King's Tiger Rag by Roger Browne

In 1919, The Original Dixieland Jazz Band visited Britain, bringing live Jazz to the UK shores, for the very first time, although early recordings had been available before that.



Jazz earned a reputation that was far from flattering on this side of the Atlantic, as a result of the tales of wild behaviour, in the Chicago dives where the Original Dixieland Jazz Band developed their huge, enthusiastic American fan base. "The King's Tiger Rag" plots the moving story of cornetist Nick La Rocca, from his New Orleans childhood, to forming the ODJB, moving his band from one Chicago dive to another, to playing for King George V at Buckingham Palace, the part that the Prince of Wales played in inviting the band to Britain, the establishment's opposition to the tour, the profound effect that the arrival of Jazz in Britain had on society, and the reasons why the tour, which should have been four weeks long, lasted for fourteen memorable months.

As with all of Roger's talks, "The King's Tiger Rag" is illustrated with live musical examples on the piano, and is punctuated with hilarious stories about the people, places and events that form the fabric of this remarkable story.

**Enquiries to: Brian Fernley**

[speakerfinder@sidmouthu3a.org](mailto:speakerfinder@sidmouthu3a.org)

### Sidmouth u3a Committee

**Chairman:** Janet Bailey [chairman@sidmouthu3a.org](mailto:chairman@sidmouthu3a.org); **Vice Chairman (vacant); Secretary:** Christina Isis [secretary@sidmouthu3a.org](mailto:secretary@sidmouthu3a.org); **Treasurer:** Diana Crowther [treasurer@sidmouthu3a.org](mailto:treasurer@sidmouthu3a.org); **Membership Secretary:** Chris Ward [membership@sidmouthu3a.org](mailto:membership@sidmouthu3a.org); **Groups Co-ordinator:** Marilyn Burton [groups@sidmouthu3a.org](mailto:groups@sidmouthu3a.org); **Social Committee Chairman:** Andrea Talbot [socialchair@sidmouthu3a.org](mailto:socialchair@sidmouthu3a.org); **Newsletter Editor:** Brenda Birmingham [newslettereditor@sidmouthu3a.org](mailto:newslettereditor@sidmouthu3a.org); **Committee Member:** Veronica Swinburn; **Open Meetings:** Brian Fernley [speakerfinder@sidmouthu3a.org](mailto:speakerfinder@sidmouthu3a.org); **Events:** Keith Symes: [frontofhouse@sidmouthu3a.org](mailto:frontofhouse@sidmouthu3a.org)

## GROUPS GALORE

### Leaders needed

We are looking for a new leader for each of these groups.

- ◇ Line Dancing Group
- ◇ Scrabble Group
- ◇ Singles Meet Up Group. This has been suggested as a new group, to meet for coffee/tea with the idea of arranging with others to go on visits to cinema, theatre, gardens etc.

### Would you like to run a group of your own?

It's fun and enjoyable to be the leader of a group. You don't need to be a subject expert, you just need an interest in the subject.

*If you think you might be interested in one of these roles please contact*

**Marilyn Burton, Groups Co-ordinator** [groupsm@sidmouthu3a.org](mailto:groupsm@sidmouthu3a.org)

### New Groups

We have five new groups starting in September and October:

- ◇ Evening Book Group
- ◇ Play Reading Group
- ◇ Rummikub Group 2. Due to popular demand.
- ◇ Samba Band. Experience the joy and energy of the Brazilian Carnival. Learn to play the songs and percussion rhythms that accompany processions, dance and marches. Beginners welcome.
- ◇ Weekend Singles Lunch Group

### Groups with Vacancies

Art Appreciation 1	Aviation	Curry Club	Exploring Art
Geology	German Conversation	Heritage	Jigsaw Swaps
Life Stories	Modellers	Music Appreciation	Philosophy
Sidmth Nature Explorers	Recorders	20 <sup>th</sup> Century History	
Singing for Pleasure	Spices	Table Tennis	Writing for Fun
3 <sup>rd</sup> Age Bookworms	Science, Engineering & Technology	Yoga	

**To find out more, or to join, please contact the relevant Group Leader. Contact details are on the groups list on pages 6 and 7.**

#### Organised by other u3a Groups

- ◇ Devon Bus Travel. Using their own bus passes to travel all over the county.
- ◇ Weekend Lunch Club. Mainly for people on their own who want to go out for lunch but don't want to eat alone.
- ◇ Knit & natter. Very popular.
- ◇ Walking football. Like normal football, but slower.

*More information from [groupsm@sidmouthu3a.org](mailto:groupsm@sidmouthu3a.org)*

# Sidmouth u3a Covid 19 Policy

Date: **24th August 2021**

\*\*These requirements will be reviewed whenever the government guidelines change.

\*\*The committee recommend all members read the government website guidelines for Covid 19 and also acquaint themselves with the current symptoms.

1. A regular block notice will be placed in our monthly newsletter asking all members to self assess for Covid 19 symptoms prior to attending any u3a meeting, activity or event and not to attend if they have symptoms. If any member feels they may have Covid 19 symptoms, it is advised that they get tested - lateral flow or PCR - or to contact the NHS helpline by dialling 111.
2. A regular notice is to be placed in our monthly newsletter informing our members what to expect at our monthly meeting i.e. safety precautions being taken.
3. A). Group leaders are to check with the venue where they are hosting a meeting for any particular requirements relating to Covid 19 that they will be required to comply with. The group leaders are to comply with and advise all group members of those particular requirements.  
B). If a meeting is to be held in a member's home it is incumbent on the group leader/home owner to adhere to the current government guidelines. The group leader/home owner has the right to request any attendees to show proof of double vaccination or recent PCR/Lateral Flow test.
4. In order to minimise risk at a time of high prevalence, the government recommended to continue to take safety measures when in busy public spaces and limit close contact you have with those you do not usually live with; this includes minimising the number, proximity and duration of social contacts. The risk of infection is higher in crowded spaces particularly where people are raising their voices. As such, consideration must be given to the maximum capacity for any event held. At larger meetings consideration should also be given to chair spacing to ensure adequate distancing of members.
5. At all meetings the committee/group leaders are to prepare and maintain a list of all attendees and keep the list for 21 days following the event. All attendees will be advised that this list is in compliance with government Track & Trace recommendations and can be provided to the government/NHS if requested.
6. At all indoor venues, wherever possible, all windows and doors are to be kept open to increase ventilation. All members attending meetings should bear this in mind and be advised to wear appropriate clothing.
7. All meeters and greeters will be advised to wear a face shield or mask at our open meeting though under current guidelines this cannot be mandated.
8. Our open meetings will have sanitiser for all to use and spare masks available to anyone wishing to use one who may have forgotten their own.
9. A notice will be placed at the entrance to our larger gatherings e.g. our monthly meeting, advising the wearing of masks is discretionary and that sanitiser is available.
10. All members who have attended a meeting and been diagnosed with Covid 19 up to 10 days after a meeting should inform the group leader or u3a committee member as appropriate.