

Dear Members of Stourbridge U3A

We are in a very strange time and I hope you are all managing to keep in touch with people and have contact with friends and family. Also that you are well!

There have been lots of emails and information bombarding us, I hope I am not adding to the burden.

Some of our members who may be self isolating (as they have been advised) may by now be having difficulty to get what they need. We have had a few extremely kind offers to help in these circumstances. So if you need help or know of a member in that situation please let me know. 01384 377333 I will need your permission to pass on your telephone number so you can be contacted. No-one will enter your home, but collect what is needed on your behalf. The Dudley CVS is also attempting to get a service going.

If anyone else can help in a similar way - would you also ring me please.

We are trying to encourage the use of 'social media' so that we can keep our interests and minds lively. Some Group leaders have been very pro-active and we must give them enormous credit. The Committee members are also trying out new conferencing applications, so we too are trying hard to extend our knowledge and abilities.

Please be assured that all 'Trip' money is safe, we have cancelled all the Outings up to the Summer, money paid in will be yours to either transfer or have refunded - please can we leave it for now? as you can imagine that is going to be quite a task. Records are up to date and will be given to the Treasurer for safe keeping. The U3A Day in the Park will now more than likely be postponed. The National Office have suggested October.

The Government Medical Officer said we must keep going out for some fresh air- whilst observing social distancing, a short walk or a potter in the garden. Also to chat to friends and family on the telephone and keep in touch with other Members. He was thinking of everyone's mental health and how important it is to keep 'doing' - most of us are so used to being occupied and busy. We need to watch out for a dip in our well being.

We are such a good U3A, supportive to all - I am sure you have friends and fellow members you have been thinking of, please track each other down and have a chat to cheer yourselves up.

Best wishes to you All

Brenda                      Brenda Stevenson 01384377333

If you haven't signed up to National Office newsletter here's the link <https://www.u3a.org.uk/>