

To: All Members of Stroud U3A

Hi Everyone,

This should have been your April 2020 monthly information email about what's happening in Stroud U3A.

Instead, it comprises a statement from your committee about the current state of affairs. We're sure that U3As up and down the country (we have over 1000) will be sending out very similar notices.

Let's start with the bad news. With the spread of the Corona Virus & recent changes in government advice:

- All Stroud U3A monthly meetings held on the 1st Thursday of each month are now suspended.
- All Stroud U3A Drop In meetings held on the 1st Tuesday of each month are now suspended.
- We strongly recommend that all physical meetings of Stroud U3A activity groups are also now suspended.
- All Stroud U3A monthly committee meetings will be held either by email or on-line until further notice.

We shall of course update you as soon as the situation changes. The good news is a bit more sparse but

- Joan Toon, David Bowker-Praed and Paula Ford have all joined the committee. Hurrah!
- We shall be looking at how we can best conduct meetings over the internet - watch this space.
- This is a great opportunity to catch up on our learning & even start on some new internet courses?
- Supermarkets appear to making special provisions for third ager shopping - contact them for details.
- The Long Table organisation is able to offer meal delivery services - see their ad below.
- Does anyone fancy creating a mini quiz that we could put out to members on a regular basis?
- When all this is done & dusted, Stroud U3A will also have a lot to catch up on - we'll probably need a party!

The coming weeks and maybe even months are going to be very trying in a number of different ways. If there is anything that we can do to help, please contact any of the Stroud U3A committee (contact details below). In the meantime, we shall continue to send out a monthly update, even if it's just to say hello! Take care of yourselves.

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For Information - The *Long Table*

The *Long Table* is able to provide meals delivered to people's homes if they are going to struggle to get out over the next few weeks.

This may be because they are self-isolating, are nervous about going to public spaces or can't be visited by regular caregivers.

The *Long Table* will provide 7 meals for the whole household, delivered in one drop off, that can be frozen at home, reheated immediately or kept in a fridge. The price is £25 for 7 meals or £5 for one meal. Subsidies and free meals may be available for those that can't afford this. Payment can be done online, via card payment or in cash.

The menu will change but past meals have been macaroni cheese, sausage stews, mild curries and bean cassoulet.

Meals can be ordered at meals@thelongtableonline.com or call 01453 367499.