

## **Covid-related emails from the Chair of Malvern U3A**

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March 17 2020

Following the latest government advice, all Malvern U3A group meetings have been cancelled until further notice.

Sue Lamberton  
Chair, Malvern U3A

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April 6<sup>th</sup> 2020

### **E-mail letter from chair**

I suspect that amongst the many members of Malvern U3A there are some who are feeling that they are taking part in an enforced edition of Desert Island Discs.

Being entirely alone can be tough, but sharing restricted space with your nearest and dearest can also prove taxing.

Curtailment of physical activity plus a reduction in opportunity for stimulating discussion can leave the most resilient of us feeling disconnected from the world.

Our technical super stars, Roger Hunt and Peter Corfield have put a huge effort into helping groups use video conferencing technology and as many of you already know, the use of Zoom is allowing some groups to carry on meeting in cyber space. We have paid the subscription for groups to use this facility but if this has somehow passed you by I would suggest that you visit the Malvern U3A Web site for information on how to use this service.

On the Website on the Notice Board you will also find a link to some suggestions from a registered Chiropractor via Youtube with free advice on helpful exercises and we will add any other useful information as we receive it. On a practical level remember most GP s have set up systems for essential prescriptions to be delivered by pharmacies.

Meanwhile if you are aware of members who are alone, not on e-mail and feeling low, try to give them a phone call. Just a friendly voice and chat can make all the difference.

We are part of a very resilient generation. Having lived through the very real scare of the Cuban missile crisis, the power cuts of the famous three day week, and lived to see the end of the DFS sale we can be certain we will eventually make it out of this crisis intact.

All the Trustees send their good wishes to members. Stay in, stay safe, stay positive.

Sue Lamberton,  
Chair Malvern U3A

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June 1<sup>st</sup> 2020

### **Message from the Malvern U3A Trustees- June 2020**

This is a very trying, and in some cases distressing time for us all and it has proved difficult to formulate a sensible plan to enable Malvern U3A ( MU3A) to function.

However, in light of the ongoing circulation of the Covid-19 virus in the population, and taking into account the vulnerability of the majority of our members, aligned with the need to shelter at home for many, the Trustees have agreed the following:

1. There will be no Registration Day/Group Fair In 2020
2. There will be no AGM in November 2020. Advice from National U3A and the Charity Commission will be adhered to
3. Your personal membership will continue without payment until we re-assess the situation based on Government and National U3A advice. (Please let the Web Manager know ([webmanager@malvernu3a.org.uk](mailto:webmanager@malvernu3a.org.uk)) if you do NOT wish your membership to continue).
4. The annual cost of MU3A's affiliation to the Third Age Trust will be met from current funds. Present membership numbers will be used to calculate this.
5. Group meetings are now not possible, happily some groups do continue to function via Zoom. Groups that welcome new members are listed on the website and Roger Hunt is working to keep this up to date. Please contact him if your information changes or your group wishes to be included. Please open your Group to those able to zoom who perhaps were not in your group before.
6. Zoom subscription is being met from current funds.

7. A Lockdown Groups Directory will be available in August
8. Our Accounts will be audited as normal.
9. Our Annual report plus the accounts will be sent to The National Office and The Charity Commission as required.
10. In addition to the excellent monthly bulletin, the result of hard work by Tessa Hartog, it is planned that the Autumn Newsletter will be published on line, so keep your articles and photographs coming in. Because we will have no income it will not be published in hard copy.
11. TAM (Third Age Matters) publication orders are already paid until March 2021 and new orders are not made until October, so, you will be given information on how to order it in due course.
12. Some trustees finish their term in November and advice from National is being sought as to the way forward. As of now all trustee contact information remains the same as in the last Directory

Have no doubt Malvern U3A will come through this, a little battered but unbowed. Last week many of us will have been cheered by the smiley faces left hanging in the sky over Malvern by someone who has not yet lost their sense of fun.

Meanwhile I trust you are all enjoying the glorious weather. Doubtless after the winter floods we will have to endure a hosepipe ban in the near future.

Best wishes, Keep safe,

Sue Lamberton

Chair. Malvern U3A

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August 8<sup>th</sup> 2020

Dear U3A Member,

Although the COVID-19 virus is now less prevalent within the wider public, events in Preston, Aberdeen and France keep reminding us that it has not gone away and there is a realistic possibility that the UK may see a surge in cases this Autumn. We all wish it were not so but realism must prevail, so the Trustees have decided that it is appropriate to send this condensed summary of recent U3A National Advice to you all.

## **AN UPDATE ON GUIDANCE FOR ALL MALVERN U3A MEMBERS 8TH AUGUST 2020**

- 1. All members must make their own decision as to whether to attend any U3A meetings of any type. You and you alone know your Health Status: diabetes, blood pressure, immune response etc. and will make a risk-assessment based on this knowledge.**
- 2. You may not hold any meeting inside your own home or attend such a meeting at another's home under the auspices of Malvern U3A.**
- 3. At this time Malvern U3A will not endorse any meeting indoors in any building nor meet the hire costs for such a meeting. The trustees aver that no public building may be considered "Covid-19 Safe" merely risk reduced.**
- 4. Outdoor Meetings of up to six members may take place following Government social distancing guidelines ie. 2m if possible or 1m + with masks. Groups larger than six eg. Walkers, should be split into smaller groups and all be reminded of the safety rules.**
- 5. Outdoor Sporting Activities: Group Leaders should google and download the updated instructions from the relevant sporting bodies and follow them carefully. There should be no car sharing to or from meetings.**
- 6. Outdoor Sports Group Leaders please inform the Groups Co-ordinator when you plan to restart meetings**
- 7. No refreshment should be offered or shared at any meeting.**
- 8. As more information is gathered, Government advice is adapted in tune with the changing situation and Trustee advice will adapt accordingly.**

We have all adjusted our lives so much, not seen our grandchildren, not taken holidays, not visited friends or attended weddings, sadly not even funerals. It has not been easy but this virus is indifferent so we must continue to protect ourselves and those we love. On the whole we are a sensible, well informed, responsible and resilient cohort and, to quote Her Majesty, we will meet again eventually. Meanwhile, tidy the cupboards again, finish the DIY, walk the dog again, weed the rose bed again, revisit the bookcase, keep going and keep safe.

Sue Lamberton

Chair, Malvern U3A