

Matlock Area U3A

What's Not On!

This April 2020 newsletter is sent to all members of the Matlock Area U3A who are registered as current members on the Beacon database and for whom we have an email address.

Coronavirus

The situation is changing radically on a daily basis. Having written to encourage you to enjoy the National Trust while it is free, I am now having to delete that. Some members are on social media, some in whatsapp groups, but probably the majority are not. One way in which we can share and update information quickly is through our [Website](#), as this is available to everyone with the internet.

How to Check the Latest Information and Help

The website is hopefully going to be being updated often. Just click on this link: [Website](#). In the Noticeboard panel you will see various links (shown in blue). Each of these is a page of information. This panel will change frequently, far more often than we can send you notes via Beacon, so try the link every couple of days, click on the “recently updated pages” link and please do join in with your ideas. The links include the latest reliable information on Coronavirus (just in case you have not heard enough!) including suggestions if you are unfortunate enough to catch it, ideas about how we can keep our U3A activities going and a [suggestion sharing page](#) (local information, book & TV recommendations, online media, etc.), where you can pass on your tips. There is also a guide to fitness activities still open to us.

Coping with Isolation

Social contact is still an important part of all U3A activities, however, and the absence of our usual structures and activities could become increasingly hard. We now need to create a framework to help us all cope with this enforced isolation.

Some smaller groups are setting up contact ladders, and beginning on line activities. It is all very difficult to do, as the world is discovering. There is a local Facebook page set up to offer help with shopping, dog walking if you are isolated, but many people feel unsure using this as a means of contact. I am happy to offer help with accessing this if you feel you need it and can't manage the hazards of Facebook! With this in mind please feel free to contact me for a chat, or text/email exchange especially if there is a particular problem such as the need for shopping or dog walking and I will do my best to put you in contact with someone nearby who may be able to help/point you in the right direction, or to link you to another U3A member who could be your U3A Pal. [Liz Walker, 07748917232, lizzyeditor@gmail.com](#)

Finally, let's remember that although we are a vulnerable group and our social activities have to be severely curtailed, it is also an opportunity to make new contacts, help one another and to use the enforced free time to learn something new.

Non AGM

The 23rd March should have been our AGM with the election of our new committee. Whilst we have had nominations for the vacant committee posts, they cannot officially take over. However no one knows how long we will have to wait until it is possible to reschedule. The old and prospective new committee have met and have decided to hand over, with the retiring committee offering help and support until we can go through “official channels”. I shall be handing over to Liz Walker as chair as of now.

Good luck to the new committee, taking over at what is going to be a difficult time.

From Dave Puxley, Chair

Many thanks as well to those members of the committee who are stepping down, particularly Dave who is moving from chair to website editor (possibly, in the circumstances, more work!) and Sue Petrie who has done many years chasing up payments and non payments as membership secretary.

Family History Group

Always wanted to research your family history and never had the time? Here's your chance! The family history group are offering to help and support you.

To do this you do not need to subscribe to an expensive on line site. Here are a few that are free.

- www.freebmd.org.uk Births, Marriages, Deaths
- www.freecen.org.uk Census 1841 -1911
- www.freereg.org.uk Parish Registers

Follow the guidance. You need as much information of a family member as you can get.

There is more detail about this on the website. The coordinator or one of the family history group should be able to help if all is not going to plan. Click this link: [Family History](#)

Well Dressing

As part of our celebrations of the U3A day we had been offered a well dressing on the well by the bridge in Matlock Park, with a U3A theme.

In the week of 29th June to 4th July there will be pricking out, etc at St Giles Church. Helen Legood is providing the base, the flowers, the design etc. All that will be required from us is help to assemble. If you feel you would like a hand in this traditional Derbyshire craft this seems an ideal opportunity.

Obviously this is all subject to us being allowed out and about by then!

If you are interested then contact me, [Liz Walker](#), and I will save your contact details until we know more nearer the time.

Theatre Group

“But the show will go on..... ”

Many MU3A members will know that the sad decision had been made that the Theatre Group would run down and close in July. In the recent past we had been constantly struggling, due to lack of numbers, to achieve accessible costs of Theatre trips when performance seat prices have been soaring and coaches costing painfully more. Creating and providing stimulating and amusing content for our member’s monthly meetings had also become an increasing challenge, where we were determined that standards would not lapse.

How then were we to know that all our beloved Theatres, Cinemas and Venues were to close, and close indefinitely? But the national and indeed basic community need for theatre will rise again, and probably soon. Theatre is a truly classic relief valve for society, and its issues and troubles. Maybe in a changed form, Theatre will thrive again, and soon.

Let’s hope quite soon, because we’re hoping to give all our Theatre Group members a really good “Send Off” Party in July – if we can.....and how about this for a prediction from 1947...

“Long experience has taught me that in England no one goes to the theatre unless he or she has bronchitis” James Agate – Theatre Critic

Lunch Club

We’ve had a magnificent run of Lunches! And sometime in the future, when the pestilence is spent, we shall have a magnificent celebratory event!

For the time being, we will miss greatly the good food, the lovely drinks and, most especially, the wonderful company and friendship. We shall feed on our memories of Biggin Hall, The Pesto at Oakerthorpe, Pie Daniels, The Alison Hotel and Willersley Castle, to name but a few of the varied but always enjoyable venues we have visited. So perhaps we might leave for now with some quotes by others about Food and Drink.....

“Everything you see, I owe to spaghetti” – Sophia Loren

“No man is lonely when eating Spaghetti – it needs so much attention”

“Drink not the third Glass, which cannot be tamed when within thee” – George Herbert

“The right diet directs sexual energy into the parts that matter” – Barbara Cartland (Drink) “Provokes the desire, but it takes away the performance” The Porter, Macbeth

Sign Language Group

The sign Language Group are sorry to report the death (not coronavirus related) of founder member Margaret Palfreyman. Margaret travelled weekly from Eckinton to learn how to communicate with the signing friends of her two adult deaf sons. They were very proud of her progress. She died on March 1st after an illness and operation. Margaret was caring, helpful and full of fun and contributed whole heartedly at weekly meetings. The group will miss her.

Finally

From my granddaughter:

N: Isn't there anything on the news except this virus?

Mum: Why? Are you missing Brexit?

N: No, But I am missing the floods!

Stay safe....

Stay well...

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