

What's On

This **Summer 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.

This is a plain text version ...if you want to see it in full colour with the new u3a logo and pictures then please open the attached pdf version.

As the news is rather limited at the moment this newsletter will cover July and August unless there is something urgent to report.

National u3a Day

We had a lovely sunny day for u3a day and attracted lots of interest in Hall Leys Park.



I think we achieved our objective of raising our profile, and managed to recruit several new members.

The International Dancing group performed several pieces, which were extremely well received ...picture attached.

Matlock u3a Website

Do visit our website at www.matlockareau3a.org.uk

The focus of the Matlock Mole recently has been on physical activities that are now up and running and being enjoyed by members. There is also a new

mental challenge for you in the shape of haikus. If you have never come across a haiku, go onto the website to find out more!

The Happy Snapper has been out and about again and asks whether you can recognise 12 local buildings.

Slow Ways Project



Chair of the National Executive Committee u3a, Ian McCannah is very enthusiastic about the Slow Ways project and believes that many u3a groups or individual members would be interested in volunteering their time in progressing this forward.

"Slow Ways is a project to create a network of walking routes that connect all of Great Britain's towns and cities as well as thousands of villages. While there are thousands of miles of paths linking places across the country, there isn't a comprehensive network designed to help people walk off-road between all towns and cities. That's what the Slow Ways project aims to do. Using existing footpaths, people will be able to use the Slow Ways to walk between neighbouring settlements or daisy-chain routes for long distance journeys."

Walkers are now wanted to survey and review the routes already mapped and potentially map new routes.

If you would like to find out more about this project, please go onto the Slow Ways website: <https://beta.slowways.org>

Alternatively contact Linda Wilson at: bizsec@matlockareau3a.org.uk

Covid and Reopening

As groups start to meet again and as restrictions start to ease can I just restate the obvious! As chair I just feel I need to reiterate it.

- Exercise common sense when meeting, do not attend any meetings if you have any symptoms at all, or been in contact with anyone who has.
- Continue to maintain a safe distance from each other and respect each others' personal space.
- Do just as much as you feel comfortable with. Be ready to leave any meeting, or speak up, if you are not happy with arrangements. Let me know if you feel you have had to do this. chair@matlockareau3a.org.uk
- Continue to sanitise hands and equipment as necessary.

It will be lovely to be back meeting again, but let's make sure we do so safely.

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