

What's On

This **September 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.

Picnic in the Park.

To mark a relaunch of our activities we will be holding a:

“Picnic in the Park” on Monday 6th September.

Venue: Whitworth Park. Time 12.00 until 2.00pm

We shall be on the grass beside the croquet lawn at the top of the park. Our u3a banners will be flying to mark the spot. There is plenty of parking (charge applies £1 for 1 hour or £2 for all day)

Please bring your own chairs and picnic. Bring a friend or friends. The café is nearby if you wish to purchase food or drink. Help can be given if carrying is a problem for you.

Hopefully the weather will play fair, but I shall send a reminder email round on Sunday 5th if all looks dire!

If any groups wish to put on any entertainment, they would be more than welcome.

It would be lovely to see as many of you as possible, particularly those new members who have joined recently and we haven't had a chance to meet.



An RSVP if you are thinking of coming would be helpful so I can let the

Whitworth café know ...they will get extra milk for tea if all 600 of us are coming!

Covid and Reopening

We have now had some clear guidance from the National u3a about the procedure for restarting activities. Because of the vulnerable age group that many of our members fall into we have specific guidance that goes above and beyond government advice. In particular the coordinators of your groups have had advice about completing a risk assessment for your activity.

Further advice on this will follow but, for starters, as a member of Matlock area u3a it is anticipated that all participants will be fully vaccinated. If not vaccinated then it is expected that a lateral flow test is performed before attending any meeting.

Shorter short walks.

From Donna, member of short walks group.

I have been wondering if anyone would be interested in “Even Shorter / Flatter Walks”? I am aware that since 2019 many people have struggled to maintain their fitness level due to lockdowns. These walks could be managed by the “Shorter Walks” group and alternate shorter and even shorter walks - or we could create a new, separate group. If you are tempted by even shorter walks, even if only on a temporary basis please contact dhawkins2@sky.com and I'll send you a questionnaire.

Donna (Member of the Shorter Walks Group)

If you wish to unsubscribe from this newsletter click [Unsubscribe](#)