

Coronavirus Latest Update

Thank you for all your kind messages and offers of support for those who need it. We have a small team of volunteers who will help if you need shopping or just to have a chat. Let me know.

This Friday would normally be our U3A coffee morning. This month it's a stay at home one. You could have a coffee at 11am whilst chatting to a U3A friend by phone or social media and if you're feeling very indulgent a piece of cake or biscuit too. It's too early for wine, but all that virtual exercise is bound to leave you thirsty.

New Website

Chris Crane has been working on a new website for us. Have a look on-line at <https://staustellu3a.org>. Many of you have been asking for a calendar, this has been incorporated. We owe Chris a big thank you for his time in doing this. Also to those who have worked behind the scenes on photographs, texts and meetings, thank you all.

Thank you to the NHS

Just in case you haven't heard, there is a planned Nationwide thank you to the NHS on March 26th at 8pm. Wherever you are, garden, balcony, window or living room, the nation has been invited to give all our NHS staff and volunteers a huge round of applause.

Group Activities

Some of us are keeping in touch with our groups on-line. If your group is doing something that you'd like to share, please let me know.

National Information

There are some interesting thoughts on the U3A National Website about how we could be spending our time if you're in need of a bit of inspiration.

That's all for now.

Look after yourselves and each other.

Best wishes,

Pippa.

P.S. If you know a U3A member who does not have email please share the contents of this newsletter with them.