

## Lyme Regis u3a Newsletter – December 2021

### **AGM – Thank you**

Thank you to everyone who attended the AGM. 71 people were present so we had more than the required quorum.

### **Talks**

We are continuing to deliver presentations online until April when we will restart 'real life' face to face talks.

### **December 2021:**

**Friday 10 December 11.00 am – Paul Evans - Poems and Monologues for Christmas**

A seasonal mixture of reflections with some humour.

**Friday -- December 10.00 am: Science & Technology – NO MEETING**

Links for the talks will be sent out separately. Everyone is welcome.

### **January 2021:**

Friday 14 January 11.00 am: to be announced

Friday 21 January 10.00 am: Science & Technology – to be announced

**\*\* Everyone attending the online sessions should use their full names to register instead of an alias or e.g. 'ipad 4' etc., particularly if they are not using the video setting. Thank you to all those who have already done this.**

If you are on Zoom you can change your name if you right click on your image, or click on the 3 dots, and pick Rename. On Webex you can go into Set Up on the App and then My Profile and put in your name.

### **Covid/Risk assessments**

For information about group risk assessments please contact Mark Gillams at [groups@lru3a.org](mailto:groups@lru3a.org)

Public Health Dorset (PHD) 26 November 2021.

<https://www.publichealthdorset.org.uk/your-health/protecting-your-health/latest-updates-on-covid-19-in-dorset>

Quote from PHD - 'You're much more likely to come into contact with someone who has COVID-19, so the new advice on lateral flow tests is to take one before periods of higher risk. That might be going to an event or gathering or visiting someone who is more vulnerable to COVID-19, but as we all start to socialise more during the festive period, it's also sensible to take a test before meeting family and friends. Wearing a mask indoors or in crowded spaces and ensuring you have plenty of fresh air – either by meeting outdoors or keeping doors and windows open when indoors – remain key to preventing the spread of the virus.'

They previously said we should be doing x 2 a week testing as routine. Our figures in Dorset are increasing and 'significantly higher' than the national average

**In the light of the increasing Covid infection rates and guidance to increase testing we request that just before events such as the Informal Drop-in, u3a Breakfast and the Christmas lunches that everyone does a Lateral Flow test.** Obviously, if you test positive or if you have any cold/flu like/Covid symptoms you need to stay away to prevent spread, and to protect other u3a members. You will need to isolate if you test positive.

We don't want u3a occasions to become 'spreader events' and want to continue with social gatherings that are safer for everyone. Some of our membership still have to shield and be cautious for various reasons and we want them to feel they can join in the social events.

The flow tests are free from any pharmacy, but you do need to get a 'collect code'. You do this by phoning 119 or go online to get it on [Get a collect code to pick up coronavirus \(COVID-19\) rapid lateral flow tests - Get a coronavirus test - GOV.UK \(test-for-coronavirus.service.gov.uk\)](https://www.gov.uk/test-for-coronavirus)

### **Christmas Tree Festival**

Val Doney, Maggie Allison and Jen Humphries are again decorating a u3a Christmas tree for the festival at the Baptist Church, which is open over the weekend of 18-19 December. Thank you to you all for doing this.

### **Membership Renewal 2022**

A reminder that arrangements have been made for the small hall at Woodmead to be open between **10am and mid-day on Thursday 2nd December**, so that cash and cheque payments can be made. Fees are as follows:

Individual Membership    £12

Joint Membership        £22 (2 members living in the same house)

Individual Associate    £8.50

Joint Associate         £15

Cheques should be made payable to Lyme Regis u3a

If paying with cash it would assist greatly if the correct money is presented.

However, wherever possible it would be very helpful if you could pay by Bank Transfer. Our bank details are:

Bank: Natwest

Sort code: 601357

Account Number: 51051567

When doing so **it is very important that you include your surname and membership number as a reference.** Many thanks, Graham Pitts (Membership Secretary)

**We need your help**

If you would like to help and support this u3a in some way contact Rachael on [chair@lru3a.org](mailto:chair@lru3a.org)

### **GOOD NEWS**

Am delighted to tell you that Jacqueline Pettit has come forward to replace Graham Pitts as the membership secretary. Also Elaine Taylor has volunteered to be the editor of the u3a4u newsletter. Thanks to you both and we look forward to working with you.

However, **we still need** someone who will oversee the publicity for this u3a as we attempt to increase the activities. Also, under the rules of the constitution I am coming to the end of my 3 year term in March 2022 and therefore need to stand down. We are therefore looking for someone to take my place, and would like them to start working with me as soon as possible to ensure a smooth transition, thank you, Rachael.

### **Christmas Lunch**

A Christmas lunch has been organised at the Pilot Boat in Lyme Regis on Tuesday 14 December (spaces left) and Thursday 16 December 2021 (Full). You will be able to choose from their main winter menu (which includes vegetarian, gluten and dairy free meals) or have a traditional turkey meal for £9.00 (small) or £16.00. Contact Ann Fleet on [trips@lru3a.org](mailto:trips@lru3a.org)

**Please remember to do a Covid Lateral Flow test before you come.**

### **Group Leaders**

**If you have not made contact with Mark Gillams our Groups Coordinator, please let him know what is happening in your group. As the restarting of the groups progress we need to keep our records up to date. Thank you. [groups@lru3a.org](mailto:groups@lru3a.org)**

Updating of the group web pages on our web site has started and all group leaders are encouraged to let the Groups Coordinator know of any changes that are required

If you want a contribution about your group to go into this monthly newsletter please contact Mark Gillams [groups@lru3a.org](mailto:groups@lru3a.org)

Please remember that you need to be happy with any contact details going public as this newsletter goes on the website.

### **Group News**

If anyone wishes to start a new group please contact Mark [groups@lru3a.org](mailto:groups@lru3a.org) to provide advice and address any questions you may have.

#### **Informal Drop-in**

At the Pilot Boat in Lyme Regis on the last Thursday of the month at 10.00 am. The next one is on **Thursday 30 December 2021**. Contact Rachael Pope [chair@lru3a.org](mailto:chair@lru3a.org) or 01297 445575, or Ann Fleet [trips@lru3a.org](mailto:trips@lru3a.org) or 0776168608.

#### **Breakfast**

The u3a Breakfast has restarted at the Pilot Boat in Lyme Regis on the first Saturday in the month. The next one will be on **Saturday 4 December 2021 at 9.30 am**. If you want to come, just turn up.

**Please remember to do a Covid Lateral Flow test before you come.**

There are two breakfasts available. A smaller breakfast with one of everything (£7.50) and the larger breakfast with two of everything (£12.00). Tea and Coffee will be £1.50 a cup.

For more details contact Rachael [chair@lru3a.org](mailto:chair@lru3a.org)

We are delighted to announce that two members have kindly volunteered to create new groups of enthusiasts. Both groups are hoping to start in the New Year and messages from David Ruffle (Poetry) and Gilbert Bland (Current Affairs) are included below. Both are looking for interested members to contact them now. Further details will be provided in due course. We also have an update from David Acland on his Scottish Dancing Group. Mark – Groups Coordinator

### **Poetry**

Members are being sought for a new Poetry group. We will be exploring poetry written by ourselves mostly, but occasionally exploring the work of other poets.

David Ruffle [davidruffle@hotmail.com](mailto:davidruffle@hotmail.com)

### **Current Affairs**

Gilbert Bland is offering, subject to enough support, to lead a Current Affairs group starting in January. It will be face to face at his home in Ware Lane where there will be good ventilation and reasonable social distancing. It will be held fortnightly, probably on a Tuesday morning. The group will be about eight members. It is anticipated that members will attend meetings unless, for example, they are away or have visitors.

Gilbert believes the group will work best if it contains people of different backgrounds and views. Coffee and biscuits will be provided. It is expected that each member will have given some serious thought to the subjects to be discussed and hopefully done a small amount of 'homework'. He believes members should leave meetings, saying to themselves, something along the lines, 'that was really interesting and I didn't know that. John's comments made me see things in a slightly different way'

There will be two subjects discussed at each meeting (half time coffee break). The subjects to be discussed will be emailed to members two/three days before the meeting. Members will be invited to make suggestions, if they want to, on subjects that can be discussed. Over time the format of the meetings can be changed if members have ideas to make the meetings better and more worthwhile.

Gilbert Bland - [gilbertbland@gmail.com](mailto:gilbertbland@gmail.com) or 07754545590

### **Scottish Dancing**

The Lyme u3a Scottish Country Dance Group has been meeting weekly since 27 September. The floor of Woodbury Community Hall, between Axminster and Raymond's Hill, was sanded down and refinished during the lockdown and one or two other items have been refurbished. We have had 7 meetings with normally around 8 dancers. Fairly vigorous dancing has kept us warm so far, even with the windows open. Trying out some new steps and dances have engaged our brains. Plenty to laugh about.

David Acland - 01460 65981 or [Aclandfamily@btinternet.com](mailto:Aclandfamily@btinternet.com)

### **Trips**

Ann Fleet is going to arrange some trips for 2022 – 07761468608 or [trips@lru3a.org](mailto:trips@lru3a.org)

**Crewkerne, Lyme Regis and Bridport U3A`s - Trip to London Southbank April 2022**

Just to register interest in further information, with no commitment, get back to me at:  
[theatretrips@lru3a.org](mailto:theatretrips@lru3a.org)

**Contacts:**

Membership: Graham Pitts - 01297 561569 [membership@lru3a.org](mailto:membership@lru3a.org)

Treasurer: Alex Ruck - [treasurer@lru3a.org](mailto:treasurer@lru3a.org)

Groups' Coordinator: Mark Gillams - [groups@lru3a.org](mailto:groups@lru3a.org)

Secretary: Yvonne Renouf – 01297 442847 - [secretary@lru3a.org](mailto:secretary@lru3a.org)

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Trips: Ann Fleet - 07761468608 - [trips@lru3a.org](mailto:trips@lru3a.org)

Theatre trips: John Bartholomew - [theatretrips@lru3a.org](mailto:theatretrips@lru3a.org)

Vice-Chair: Mary Bohane - 01297 444566 [vice-chair@lru3a.org](mailto:vice-chair@lru3a.org)

Monthly newsletter: Rachael Pope - 01297 445575 [chair@lru3a.org](mailto:chair@lru3a.org)

Chair: Rachael Pope - 01297 445575 [chair@lru3a.org](mailto:chair@lru3a.org)

**Links:**

Lyme Regis u3a website - <https://www.lymeregisu3a.org/>

National u3a website - <https://www.u3a.org.uk/>

National u3a Newsletter - <https://u3a.org.uk/newsletter>