

Penrith and North Lakes U3A

Keeping safe and activities in the time of Covid-19.

During lockdown our very active & wide-ranging groups were no longer able to meet in person. Some groups such as Philosophy & Languages moved on-line and have continued to meet up using Zoom or Google Meet. Other groups such as Architecture have used e-mail, researching topics & submitting word documents for others to read & comment on. Other groups have suggested topics or visits for individuals to pursue at their leisure.

With the gradual lifting of lockdown and following Guidance issued by Government, the Third Age Trust as well as sport specific guidance, some of our groups did start to meet up again outside, such as Cycling, Geology, Photography, Sketching and Walking. The Lunch group has also met indoors in Covid-19 secure venues following the rule of 6 and likewise outdoor groups have been limited by this rule.

Some groups decided not to anticipate any meeting up until after the predicted second wave &/or the development of a vaccine.

Our U3A wide Monthly Meeting successfully moved on line for the first time on 15th October & a very successful talk by PNLU3A member Roger Leech on Rocks & Minerals was enjoyed by 40 participants.

The move to more on line learning/ virtual meeting is in response to the second wave of infection with increasing rates locally: for example on 1st October Cumbria County Council issued the strong advice that groups of 6 should only contain a maximum of 2 households. The Government has since introduced a tier system of local Covid-19 Alert levels, further details of which can be obtained on the following link:

<https://www.gov.uk/guidance/local-covid-alert-levels-what-you-need-to-know>

The link below is also useful to check which of the 3 local alert levels (or tiers) apply to either your local area or to an area to be visited, as well as detailing which restrictions apply:

<https://www.gov.uk/find-coronavirus-local-restrictions>

Eden District is currently classified as medium risk.