



WHITTLESEA U3A

NEWSLETTER

Issue No. 36. March

TERM BREAK STARTS THURSDAY 19TH MARCH

Dear Member

The focus of this Newsletter is the emerging situation with the Covid-19 virus, which, as you are all aware, is impacting all aspects of our lives.

The City of Whittlesea is closing all Council venues at the end of Wednesday this week.

The Whittlesea U3A Committee of Management given the City of Whittlesea directive has decided to start the Term 1 Break on Thursday 19th March and plan if permitted for Term 2 to commence on Monday 4th May.

There will be **no scheduled classes** during this period.

However, the Committee of Management is supportive of Tutors of exercise, outdoor activities and other classes that continue through term break to continue subject to the Tutor and class members agreeing to continue.

If any of these classes do continue **DO NOT** attend if you feel unwell or have cold or flu like symptoms.

The Whittlesea U3A office at 34 Robert St Lalor will be closed through the break but member support volunteers will be contactable on:

- Phone: 9464 1339 or 0404 119 189
- Email: info@whittleseau3a.org.au

The Victorian Department of Health and Human Services remains the best source of advice to the public on the virus. The Department regularly updates this advice and it can be monitored on the following website:

<https://www.dhhs.vic.gov.au/victorian-public-coronavirus-disease-covid-19>

The advice includes advice on symptoms of the virus, how the virus is spread and the best way to reduce the risk of coronavirus infection. It provides updates on the most recent measures in place, which currently include the limit to public gathering of more than 500 people. It has recently included a Factsheet for people aged over 65 years.

Many of you are already using the valuable information provided on this site in considering appropriate action.

Keep viewing the Whittlesea U3A website for updates.

www.whittleseau3a.org.au

Our technology support tutors are working with Tutors where the opportunity arises to set up processes to enable members to participate online from home in class activities during the break.

REMEMBER TO STAY IN COMMUNICATIONS

With the extended term break we are concerned that members do not isolate themselves earlier than the general population this may increase the risk of social isolation and loneliness.

Possible suggestions during this time are:

- Activate wellbeing teams- outreach phone calls
- Phone tree – so members continue stay in touch while attending classes. Have a phone buddy.
- Online classes
- Online communications

MESSAGE FROM A MEMBER

“The old saying 'necessity is the mother of invention' comes to mind and it sounds like we're all giving our brains a good work out inventing ways we can get through this crisis. Good for us as we age I think - maybe one of the few positives!

I look forward to when we can finally recommence classes down the track. Meanwhile there will be many of us inventing ways to keep safe and social whether it be online or a coffee in the park sitting 1.5mtres apart with our thermos's full! Doing that tomorrow with a friend ☺”

Wish you are well

Glen Wall

PRESIDENT



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