

All Club 55 - Girton public activities cancelled until further notice due to Covid-19 (Coronavirus)

I regret to announce that all our public activities have been cancelled and closed until further notice. Our age group is the one most at risk of coming to harm if we catch this new and nasty coronavirus. We have made the decision to cancel all forthcoming activities until we are assured that the health risks have returned to normal. At the time of writing this article, people over the age of 70 years are being asked to socially distance themselves and this restriction could last for months. Clearly we must listen to all the latest advice being given as it seems to be changing from day to day and may well be different even before this article is published. In my view distancing means not going to crowded public places like restaurants. Contact with relatives is also something that should be looked at carefully, depending on what contacts they make during their working day. See the paragraph below for more details of social distancing.

Social distancing:

Social distancing measures are steps you can take to reduce the social interaction between people. This will help reduce the transmission of coronavirus (Covid-19).

They are:

1. Avoid contact with someone who is displaying symptoms of coronavirus (Covid-19). These symptoms include high temperature and/or new and continuous cough.
2. Avoid non-essential use of public transport, varying your travel times to avoid rush hour, when possible.
3. Work from home, where possible. Your employer should support you to do this. Please refer to www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response for more information.
4. Avoid large gatherings, and gatherings in smaller public spaces such as pubs, cinemas, restaurants, theatres, bars, clubs.
5. Avoid gatherings with friends and family. Keep in touch using remote technology such as phone, internet, and social media.
6. Use telephone or online services to contact your GP or other essential services.
7. Everyone should be trying to follow these measures as much as is practicable.

For those who are over 70, have an underlying health condition or are pregnant, we strongly advise you to follow the above measures as much as you can, and to significantly limit your face-to-face interaction with friends and family if possible. This advice is likely to be in place for some weeks.

Self isolating:

Self-isolation is for those with any symptoms of Covid19 and comes with much more stringent rules on what and what not to do.

Online coffee mornings:

Loneliness is a health problem; social distancing or self-isolation is not going to help that, especially if it remains in force for a long period. There is little we will be able to do about helping our own age group as most of us will be in the same boat. We will be able to keep in contact with each other by telephone or social media to help prevent loneliness associated with any restrictions.

At Club 55 - Girton we will happily contact anyone finding that loneliness is a problem. If you would like to be placed on our contact list, let us know on the number below. We have also set up a virtual Coffee Morning on our website via Skype. You will be able to join us from there and can find our site details below. Make yourself a cup of coffee, join our video group chat, and chat away to your heart's content. How else will you be able to hear all the gossip? You should be able to join us from your laptop, tablet or iPhone provided that your machine has the capabilities.

If you would like to chat, try joining our Coffee Morning from our website below. If you have problems in doing so, contact us for help or get someone to help you set up your computer. Hopefully this link will always be open for you to join and will be a place to meet as and when you wish. You should be able to join the meeting and wait even if no-one else is there. Our first virtual Coffee Morning meeting will begin at 10am on Monday 6th April but you should try to log in before then so that we can chat easily on that day. Make yourself a coffee, get comfortable and join us.

Telephone contacts can also be arranged; so if you have problems setting up your computer contact us for help.

Patricia Johnston, our Older Persons Coordinator, gives out good advice in this newsletter so please read her article. Finally, I wish all our members and indeed everyone, good health for the coming months hoping that we will get through this 'war' unscathed.

Contact us at: <https://club55.wordpress.com> where you can see our 'Coffee Morning' link, diary entries, notices, and when we are up and running, forms to order meals.

Contact: Sam Clift Tel: 07850 740721