

Sully and District u3a Newsletter September 2025



Group News

New Groups progress

Gill Mathias (Groups Administrator)

Mahjong



Sully u3a Mahjong is now up and running and the next meeting will be on Tuesday 23rd September at 12.30. We meet on the 2nd and 4th Tuesday of the month in the Woods Room in Sully Old School. We already have 15 players – come and join us. No prior knowledge of the game is required – we are mostly beginners and are slowly finding our way. If you are already familiar with the game, you are especially welcome!

Astronomy

Follow the link on the website under groups, then groups listed alphabetically, for full details

Rummikub

Is now up and running, will meet on 1st and 3rd Thursday of the month sessions from 14:00 to 16:00. Note the next meeting will be on 2nd October.

Further information on these and all our Groups can be found on our website [Sully](#)

(Place cursor over link and press Ctrl + Click to follow the link)

PLEASE NOTE THE EMAIL CONTACT FOR GOUPS ADMINISTRATOR IS groups@sullyu3a.co.uk

Book Club 2

Book Club 2 has released its autumn reading programme:

16 October: Palace Walk – Naguib Mahfouz

20 November: There are Three Rivers in The Sky

We buy our own books and aim to follow a mix of long/short and light/serious titles.

We meet at 10.30 on the third Thursday of each month in the Woods Room at the Old School Sully. The charge is £1.00 and coffee and biscuits can be obtained from the Jubilee Hall for another pound.

We'd love to welcome new members. Just drop us a line at bookclub2@sullyu3a.co.uk.

Notes on the books

Naguib Mahfouz – Palace Walk

A sweeping and evocative portrait of both a family and a country struggling to move toward independence in a society that has resisted change for centuries. Set against the backdrop of Britain's occupation of Egypt immediately after World War I, Palace Walk introduces us to the Al Jawad family.

Elif Shafak – There are Three Rivers in The Sky

There Are Rivers in the Sky is a rich, sweeping novel set between the 19th century and modern times, about love and loss, memory and erasure, hurt and healing, centred around three enchanting characters living on the banks of the River Thames and the River Tigris – their lives all curiously touched by the epic of Gilgamesh.

Speakers Report



The Welsh Red Kite by Alan Oliver – Report by Norma Johnson

An enthusiastic and warm welcome was given to Alan Oliver who gave an interesting talk on Red Kites using a power point presentation with poetry, photographs and videos to the Sully u3a meeting on the 11th September.

Alan has been a member of RSPB and WWT for a number of years and until he moved back to Cardiff, was a volunteer with the Education team at the Llanelli Wetland Centre. He first moved to Cardiff in the 1960s and was fascinated by the Red Kite story: a bird almost extinct in the UK, saved by a Welsh Community. He is a volunteer at the Llanishen and Lisvane Reservoirs.

Alan told the group that Red Kites nest in woodlands and like to line their nests with wool, grass and twigs, but they'll also collect other objects that catch their eye. Their nests have been found to contain all sorts of unusual items, from gloves and novelty sunglasses to cuddly toys and even a pair of men's union jack underpants!

Alan described the red kite as an amazing graceful bird of prey that is unmistakable with its reddish-brown body, angled wings and long forked tail. He also told the audience that The Grain Act, specifically the Tudor Preservation of Grain Act (1532) and its successor, the Vermin Act (1566), led to the persecution of red kites by classifying them as vermin that threatened food supplies. The public were paid 1 penny for a Red Kites' head and as the average weekly wage was 4 pence it was a lucrative way of earning money, so it is little wonder their numbers were eventually wiped out in England. Over the centuries the Red Kite became extinct: in England 1871 and Scotland 1879 but survived in Wales. In 1903 the Kite Committee was founded by J H Salter to protect the Red Kite from extinction as there were only 10 pairs of birds in Wales at that time. Using the local population to guard their

nests and safeguard their eggs they managed to keep the Red Kite from extinction although successful by 1965 there were still only 15 pairs in existence.

Alan told us that the Welsh village of Rhandirmwyn, along with the surrounding Mid-Wales countryside, has been instrumental in the conservation and recovery of the red kite population, This was later augmented through the work of Gigrin Farm Red Kite Centre and its supplementary feeding program, initiated in the early 1990s. This conservation effort, encouraged by the RSPB, helped the red kite population recover from near extinction, making the area a significant stronghold for the species in the UK and providing a unique wildlife tourism opportunity.

Next month's speaker

Next month on Thursday 9th October is the Sully u3a Open Afternoon so there will be no speaker. It starts at 2.00pm in the Old School Sully. Come along and see what the u3a can offer you. Find a new hobby/activity, meet new people and come to our monthly speakers' event. For more information please go to our website: sully.u3asite.uk

Promotion

Dinas Powys Annual Art Festival will take place in the Parish Hall and Village Green on Saturday and Sunday 27th & 28th September. A couple of Sully u3a members will be exhibiting and would really appreciate your support. Apart from an impressive display of art works for sale (or just to admire!) there will be tea and cakes. A percentage of the art sales and profit from the sale of cakes and raffle tickets will, this year, be donated to the charities Dinas Powys Voluntary Concern and Brain Tumour Support. We look forward to seeing you there.

ANNUAL ART FESTIVAL

Dinas Powys Parish Hall
& Village Green

27th - 28th Sept 10am - 4pm



DINAS POWYS ART GROUP

Invitation from Pontyclun u3a

We have been invited to enter a team of up to 6 people, if any members wish to form a team for this event then Please let me know (diandpaul@outlook.com) I will then put you in touch with Pontyclun. Thanks

We would like to invite you to

p3o

Pontyclun

u3a



AT PONTYCLUN COMMUNITY CENTRE ON
TUESDAY 28TH OCTOBER AT 2PM

There will be a charge of £2 per Team member this will include light refreshments

Maximum number of members in each team 6

Membership

Our current membership now stands at 395

Just a reminder, as you are aware most of our communication is via email so if you change your email details, please "Membership" know.

Also please remember to update "Membership" with your new address if you move house so I can ensure you receive the u3a matters magazine and any other correspondence.

If you have recently received a copy of the u3a Matters magazine and do not wish to receive any further copies, please let “Membership” know so your name can be removed from the list.

[Contact - Sully](#) (Place cursor over link and press Ctrl + Click to open the website form to send an email to “Membership”)

Security Reminder

As we are sure you are all aware, there are an awful lot of security threats out there, from hackers, to scammers, to identity thieves, malware and much more. To reduce the opportunity for such unwelcome attention, we have decided to stop publicising our u3a contact email addresses on our website. Instead, we will be utilising a function that is already in place. This means that we encourage contact via the inbuilt forms on the website, which you may already have seen and used.

Don't forget to visit our website to access to these forms and other UpToDate news, just follow:

[Sully](#) (Place cursor over link and press Ctrl + Click to follow the link)

Fraud Alert



Courier Fraud Alert - Impersonation of Police Officers

We have received reports of courier fraud involving individuals falsely claiming to be police officers. Victims are contacted by phone and told that their assistance is required for an ongoing investigation. The caller, posing as a police officer, instructs the victim to withdraw large sums of cash, which will then be collected from their home by a supposed police representative.

In recent cases, victims have been directed to visit Ramsdens (located on Holton Road, Barry), their local Post Office, and subsequently their bank to withdraw substantial amounts of money in both British pounds and euros. These individuals genuinely believe they are cooperating with the police, but they are not.

Please be aware: **the police will never ask you to withdraw money or hand over cash as part of an investigation.**

If you receive a call and are unsure whether it is genuine, do not hesitate to contact South Wales Police for advice. Your bank is also there to help protect your finances— please be honest with them about why you are withdrawing money. A legitimate police officer will never ask you to lie.

If in doubt, call us out.

- ☒ For emergencies, dial **999**
- ☒ For non-emergencies, call **101**

YOUR COMMITTEE NEEDS YOU!



Becoming a U3a Committee Member/Trustee

Have you considered becoming a committee member of the u3a but don't know what it's all about? Maybe you have skills that you aren't using and would like to share with others.

Perhaps toyed with the idea of being a volunteer but never got around to it or you think you don't have the confidence to get involved – well perhaps this might make you think again and motivate you to become a member of this very worthwhile charity.

Without volunteers running each branch of the u3a it couldn't exist and without members and convenors there would be no u3a – it is a co-dependent organisation.

The roles within the committee consists of: Chairperson, Deputy Chairperson, Treasurer, Secretary, Membership Coordinator, Speaker Co-ordinator, Events Planner, Group Administrator, Room Rent Collector, Website and IT Manager and a Gift Aid Administrator. There are other less defined but still very important roles within the committee that provide help and support when needed. Becoming a trustee of the u3a, The Equality Act of 2010 must be adhered to as well as agreeing to a specified code of conduct from the Charity

Commission. Each members' role if accepted onto the board, is for a term of three or more years. The roles are set out by the Charities Commission but can vary from time to time depending on the needs of the u3a. Point to note: you will be known as a trustee should you decide to join the committee.

The committee meetings are held on the 2nd Thursday of every month in the Old School Sully, starting at 10.30am and usually end by noon. They coincide with the Speakers' Event in the main hall in the afternoon at 2.00pm. Most of the committee stay on after the meeting and help prepare the hall, setting out chairs and a table in the foyer and putting them away after the event.

The meetings are friendly, and matters are discussed that relate to the success of the u3a and getting the best for its members.

If this is something you might be interested and want to find out more, please speak to Paul Lister, at the October Open Day, who is the current Chairman of the Committee or if you prefer use our website sully.u3asite.uk

Personal statements from some of the current trustees:

"For me the u3a was about belonging to various groups and sharing interests and ideas with other group members. Like most people, I expect, I never thought of joining the committee in terms of becoming a trustee, even though this is our legal status. Fundamentally as a trustee I want to ensure that everything we do is legal and ethical and we always act in the interest of our members. We meet monthly to discuss and decide the overall activities of the u3a. Including the monthly meeting for all members."

"I joined the u3a table tennis group over a year ago and the thought of being a trustee never once crossed my mind. I was approached by other trustees about joining the committee and I was invited to sit in on a committee meeting, which I did, and was made to feel very welcome. After the meeting I felt that I could offer my skills to support other trustees carrying out their designated roles and do my best for the members of the Sully u3a."

"I joined as an excellent way of meeting people after recently moving to the area. The monthly speaker talks are thought provoking and cover topics I may not have ever thought about or know little about, in a social relaxed setting. The individual groups give a chance to learn new skills or practice ones already held. I joined the committee as I believe giving up a couple of hours a month is a small price to pay for groups such a locally based u3a to continue."

"I initially joined the committee because I felt it is important to help keep these community groups such as Sully u3a running because they provide varied interests and form a much need focal point for the community."

A repeat Note from the Treasurer

We have been informed by our bank that from 13th November, we will have to pay charges for our day-to-day banking. This is important because we have had free banking till now.

As we all know the personal service from banks has declined significantly in the past ten years. Bank closures are widespread, and more and more customers are being forced into internet banking, and if people want cash from anything other than an ATM they are being pushed towards a post office. Now it is starting to affect charities like ours.

Following my recommendation to the committee, we are asking all our members who can do so to pay their subscription of £10 for 2026 and thereafter via internet banking. This makes sense because it costs you nothing and it costs us nothing. This method is available to everyone who has a bank account. If you are unsure how, please ask a friend or relative to help.

If you are unable or unwilling to use internet banking, please pay your subscription in cash. This also costs you nothing and it will cost us only a small amount. To bank your £10 cash will cost us 7.5pence. We are also able to claim gift aid on cash payments up to a total of £1000.

Banking cheques costs 50 pence for every cheque, and we are only able to claim gift aid from members who have completed a gift aid declaration. Unsurprisingly, we no longer want to receive subscriptions by cheque. If you insist, we will accept this method, but would appreciate your choosing cash instead

We are giving advance notice of this change to enable members to prepare for the new year.

Thank you

John Williams



AI is All Around Wales – Join us for a lively one-hour presentation exploring how artificial intelligence is already part of everyday life in Wales. Three speakers will introduce AI on smartphones and in care, explain how it works, and discuss its impact on Welsh society. Suitable for beginners, improvers and experts alike.

Join the Newcastle Emlyn Science Group meeting on September 22nd at 2pm. Zoom link below.

Or come along to the meeting at Coracle Hall, Llechryd.

<https://us06web.zoom.us/j/89908882369?pwd=ZM97gmnpl9tU2BdbZLnZ8YeqbBCdkm.1>
Meeting ID: 899 0888 2369

Passcode: 638261

Support for u3as Upcoming online workshops

The following workshops are open to all u3a members to provide support as volunteers running your u3a. Please share this information with your wider committee and members:

Wednesday 1 October – Keeping it Legal

Wednesday 8 October – Running your u3a – Information for Trustees

For further details and information about how to book, or to request a workshop for your own u3a or network, If interested create an account at [u3a - News](#) log in and go to members area, select Support for u3as, the select workshops and training. There you will find details and booking. (Place cursor over link and press Ctrl + Click to follow the link)

That's all for this month folks

Regards,

Paul Lister (Sully u3a Newsletter editor)