

Sully and District u3a Newsletter November 2025



Membership

A message from the Membership Secretary

PLEASE let me know if you move house or change your email address. Please use the form on the membership section of our website to send me a message.

Membership 2026

It's November already – 2025 has flown by so very quickly. It is nearly time to think about renewing your u3a Sully membership.

The cost of membership for 2026 remains at just £10, Please make sure you renew before the end of February 2026.

There are several ways you can renew

1. Our preferred method of payment is by bank transfer to:

Sully u3a bank account sort code – 309652

Sully u3a bank account number – 18245668

Reference is your name and membership number

2. With cash at the monthly meeting on 8 January at 2pm in the Old School, Sully.

Please put your cash in an envelope with your name, membership number and email address on the front and give to a member of the committee who will be waiting to receive the payments.

3. If you cannot attend the January meeting, please post your envelope (name, membership number and email address on the front) into the u3a post box in the Old School. The post box is situated near to the u3a notice board in the reception area of Old School. The box will be checked and emptied regularly from now until February 2026.

Please note we would prefer not to accept cheques as these now incur bank charges and at present we are unable to accept payment by card.

Physical membership cards have always been printed for members but over recent years fewer and fewer members have come forward to collect them. This past year (2025) over half of all cards remained unclaimed and were subsequently thrown away. From 2026 all members with an email address will receive their membership 'card' by email via the Beacon email system (see below for more information on Beacon). Please save the email onto your phones for safe keeping.

Members who do not have an email address will still receive a physical card by post.

Other news

Sully u3a now has over 415 members. As our numbers have grown it has become more difficult to keep in touch with you all and very evident that our current membership administration system needs updating. So, in common with thousands of charities and many other u3a's who already use it we will be moving to the Beacon administrative system in January 2026. Initially we will be using Beacon for membership administration and email distribution. Later, there is the option to extend its use into other areas including the calculation of Gift Aid and Groups organisation.

Whilst we are expecting a seamless migration to Beacon, please bear with us if we experience any glitches along the way.

If you wish to contact membership, please use the form on the membership section of the website.



CHRISTMAS PARTY THURSDAY 11th DEC

If you want to come to our Christmas Party and you haven't already put your name down, please do so ASAP as we are quickly reaching our maximum numbers. You can contact me on Social@sullyu3a.co.uk Or contact any Committee member. On the day, the doors into the hall won't open till 1.50. This will allow the committee to finish laying out the tables. (You know those last few mins are always really needed!). You are welcome to come into the foyer to wait, though it could get a bit crowded. There is a cloakroom off the hall to hang your coats. No need to hang them over chairbacks. Amongst other festive offerings we will be having a Quiz and a (FREE) raffle. If you wish, you may bring your own alcohol, though there will be white wine on offer, along with a choice of soft drinks.

GROUPS INFO

Although I wasn't able to be at the Open Day last month, I understand that a few suggestions were put forward for starting up New Groups. If you are interested in any of them, please contact me on groups@sullyu3a.co.uk and I'll see what I can do. They are Theatre, Days Out, Drama, Chess, Travel, Culinary Delights. Or put forward your own suggestions. Many of the present groups have spaces Painting, Mahjong, Rummikub, Canasta. If you are interested in joining a group, please contact the Convenor.

Further information on our Groups and Convenors can be found on our website [Sully](#) under groups

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Book Club 2

Book Club 2 has released its autumn reading programme:

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

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.

Knitters and Stitches



The Sully U3a Knitters and Stitchers Group is a collection of lively and enthusiastic crafters who like nothing more than an inspiring trip to revive the creative juices. One favourite in the diary is the Malvern Quilt Show, specifically the Autumn interation which is brim full of ideas in the run up to Christmas.

It is a 3-day event, so the ladies chose the mid-point, Saturday the 18th of October, to attend. The Show did not disappoint. There is always a fabulous quilt display in the centre of all the activity, with plenty of seating from which to admire the submissions. This year's offerings were particularly breathtaking with the standout piece being a recreation of Vermeer's Girl With A Pearl Earring.

Another highlight of the event is the many workshops available on a first-come-first-served basis. These allow you to try a new project or technique for an hour and then finish it off at home. Topics this time included stitch and flip, felt appliqué and English paper piecing, to name but a few. Many tutors are well known faces, such as quilting legend Jennie Rayment, who is a regular presenter on Sewing Street TV.

All that activity fuels an appetite but luckily there are two eateries on site, one with outdoor seating from which to catch the last of the Autumn sunshine.

Of course the main purpose of the day is to stock up on lots of fabric, notions, tools and other goodies available at the show. Nor is it all quilting related. A stall selling willow baskets was particularly popular as was a leather craftsman and the numerous beautiful yarn stalls.

All too soon it was time to leave - with minds full and purses empty!

DEBORAH STUART

Special thanks to Nanette Langford and Gill Mathias for organising and guiding our trip. The Knitters and Stitchers meet every Tuesday morning at The Old School between 10am and noon. Contact Gill Mathias for further details.

Singing for Pleasure

On 18th October some of the Singing for Pleasure Group, under the leadership of group co-ordinator Rosemary Cook, entertained members of the Société Franco Britannique at their meeting in Insole Court. We sang songs in French, Welsh and English which were well received by the société and were rewarded with delicious refreshments and a donation of £110 for our charity, Alzheimer's Research.

For the next few meetings, we will be looking at songs for the Christmas Party and new members are always welcome!



YOUR COMMITTEE NEEDS YOU! “URGENTLY” WIHOUT COMMITTEE MEMBERS SULLY U3A WILL CEASE TO EXIST



Becoming a U3a Committee Member/Trustee

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

Please help. If you think you can help, you can always come along and sit in on a couple of meetings to see if it is something you can help with. **please e-mail Paul Lister, who is the current Chairman of the Committee Via sully.u3asite.uk contacts, chair [Sully](#)** (Place cursor over link and press Ctrl + Click to follow the link)

Speaker Report for the November Meeting

Sully u3a members were given an illuminating talk about car mechanics by Mr. John Enticott, the director of the company Collect My Wheels which compared the cars of their youth with the modern hybrid models of today.

John began work at 14 at his local garage helping out on Saturdays earning £5 for the day. He qualified at 19 and at 20 opened his first garage, today he is still as enthusiastic as ever about car maintenance, giving talks to colleges, businesses and groups throughout the local community.

He began his talk by stressing the importance of keeping your car regularly serviced and of ignoring warning lights at your peril. An oil warning light coming on in an older car might still get you to a nearby garage if within 10 miles but in today's modern car it would take you only 1 mile before serious damage was done to the engine. So best to pull over and phone for a recovery vehicle. Take notice of other warning lights, a red light means "act now" an amber one "act soon". The days of being able to fix a broken fan belt with a pair of tights are long gone – these are a thing of the past as is anti-freeze which has been replaced with coolant.

Members were all of an age to remember the introduction of seat belts and the tragic loss of life before their use so few would choose not to wear them. However, the fact that some air bags will not deploy if the seat belt is not in use came as a surprise to many.

John gave many tips on Eco driving which would save us a significant amount on fuel consumption. Small things that can get overlooked, maintain correct tyre pressure, turn off the air con if you can manage without and take off that roof box when your trip away has ended.

He advised us on what fuel was best for certain makes of cars, what grade of tyres to choose and many other tips of the trade.

His talk was filled with humour and invited a good deal of audience participation and at the end he was happy to answer further questions whilst tea and biscuits were served.

Everyone went home just that little bit the wiser.

The next u3a meeting is 8th January 2026 when the speaker will be Dr. Graham Cope with his talk "You've Got to Have Guts"

YOU'VE GOT TO HAVE GUTS
- a walk through the GI tract

Dr. Graham Cope

After the indulgences of the Christmas period Dr Graham Cope, with a long career as a medical scientist, is back to give us his second talk in a series of three about important healthcare issues.

Around 40% of people have at least one digestive problem. This talk describes the causes of a range of diseases that affect the guts and how treatment works. The talk will explain new findings about how the gut functions and how diets and fast foods can be dangerous and cause problems with sleep patterns, mood and energy levels and may hold the key to a range of other diseases such as Parkinson's.

please see our website for further details –

[Sully](#) (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)