



Sully and District u3a Newsletter December 2025



Membership 2026 Enrolment Day

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.

New Members Booklet

During the Annual Renewals Day on Thursday 8th January 2026, at The Old School from 1.30 pm, you can pick up a NEW 8-page Booklet that will help ALL members, both old and new, find out more about our U3A and WHERE to find it! The Booklet is FREE, so we ask you to collect only ONE per household.

Recent Fasthosts problems

"On Sunday 14th December our email forwarding system, Fasthosts, suffered a minor technical problem that is now fixed! If you sent an email to a Committee Member, Group Convenor or other person on our email forwarding system and HAVE NOT YET RECEIVED A REPLY, then please re-send your communication as it may not have been received. If, after a few days, no reply has been received, please forward your communication to "web.sullyu3a@outlook.com" [NOT part of Fasthosts] and I will do my best to ensure your recipient receives your communication. From:- DB - Sully u3a - Web Manager."

Christmas Party

From Gill

We had a great Christmas Party last Thursday in the Old School. All looked very festive. Thanks to all my Merry Band of helpers, both on the Committee & off. Some of them have been helping for many years. I won't name names as I might leave someone out, but you know who you are. We had lots of entertainment and ended up with a great singsong. Thanks Rosemary.

I hope everyone has a Happy Christmas and a healthy New Year.











Book Club 2

Book Club 2 has released its autumn reading programme:

18 December: Keep Laughing – Chris McCausland

15 January: My Brilliant Friend – Elena Ferrante

19 February: Flesh – David Salzay

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

Keep Laughing – Chris McCausland

Already one of the country's best loved comedians, Chris McCausland's participation on *Strictly* was a phenomenon. But how did the boy from Liverpool end up winning the hearts of the nation?

This is his remarkable story, of a twenty-five-year journey through sight loss to blindness. Of the highs, the lows and the downright hilarious along the way.

From being a lowlife conker dealer, and running his very own bootlegging empire (kind of) . . . to almost becoming a spy for MI5 (really) . . .

And of how he dared himself to try stand-up comedy, and ended up being brilliant on all your favourite TV shows.

Before, of course, he surprised himself, as well as everybody else, when he tried dancing on live TV in front of millions.

Warm, honest, insightful and laugh-out-loud funny, this is the most likeable, cheering and uplifting book of the year!

My Brilliant Friend – Elena Ferrante

From one of Italy's most acclaimed authors, comes this ravishing and generous-hearted novel about a friendship that lasts a lifetime. The story of Elena and Lila begins in the 1950s in a poor but vibrant neighbourhood on the outskirts of Naples. Growing up on these tough streets the two girls learn to rely on each other ahead of anyone or anything else, as their friendship, beautifully and meticulously rendered, becomes a not always perfect shelter from hardship. Ferrante has created a memorable portrait of two women, but *My Brilliant Friend* is also the story of a nation. Through the lives of Elena and Lila, Ferrante gives her readers the story of a city and a country undergoing momentous change.

Flesh – David Salza

Through chance, luck and choice, one man's life takes him from a modest apartment in Hungary to the elite society of London – in this captivating new novel about the forces that make and break our lives

Fifteen-year-old István lives with his mother in a quiet apartment complex in Hungary. New to the town and shy, he is unfamiliar with the social rituals at school and soon becomes isolated, with his neighbour – a married woman close to his mother's age – as his only companion. As these encounters shift into a clandestine relationship, István's life spirals out of control.

Years later, rising through the ranks from the army to the elite circles of London's super-rich, he navigates the twenty-first century's tides of money and power. Torn between love, intimacy, status, and wealth, his newfound riches threaten to undo him completely.

Knitters and Stitchers



1 This is a picture of the 'Christmas Tree' we made from squares, using knitting, crocheting and sewing techniques. We also made the items on the windows and sills in the foyer. The nativity was all made by one lady.



Knitters & Stitchers party time. We had Pass the Parcel, Pin the nose on the snowman, a Quiz, a Raffle, and a Secret Santa. We also found time to eat, drink and be merry as well. Merry Christmas

YOUR COMMITTEE STILL NEEDS YOU! “URGENTLY” WITHOUT 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 there 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)

Next month's speaker

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”

<p>YOU'VE GOT TO HAVE GUTS - a walk through the GI tract</p>  <p>Dr. Graham Cope</p>	<p>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.</p> <p>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.</p>
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please see our website for further details –

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

Online Learning Events

The u3a offers online learning events on various subjects, to see what is on offer and to take part in any that take your fancy, please visit

[u3a - Online Learning Events](#) (Place cursor over link and press Ctrl + Click to follow the link)

Wishing you all a Merry Christmas and a Happy New Year

Regards,

Paul Lister (Sully u3a Newsletter editor)