

Sully and District u3a Newsletter July 2026



GROUP NEWS

Following their weekly meeting on 14th July, the Knitters & Stitchers group reformed in Sully Indoor Bowls club for their Annual Summer Lunch. They all agreed that the meal was excellent and good value for money. Afterwards they discussed what their project will be for their contribution to the Christmas decorations in the Old School this year! (One can never start preparing too early for Christmas!!)



U3A Festival at York University

Just over two weeks ago I attended this festival with fellow Sully U3A member Jean Bispham. The event was organised and run by U3A volunteers; an amazing achievement celebrating all that is best with the U3A movement. We stayed in student accommodation on the pleasant campus and ate tasty food served mostly by cheerful students. There was a large range of activities to choose from. Something for everyone. There were lectures and discussions on AI, Climate change, the Bayeux Tapestry, Photography, Misogyny and more. There was also plenty to appeal to the more energetic including Tai chi, Yoga, Pickleball, Keep fit and Petanque. For the artistic there was painting, slow sewing and floristry. There was also much music talent among members. There were workshops for singing, ukulele and brass players as well as entertainment by a ceilidh band, jazz musicians and a steel band. And if that was not enough there were also trips to local places of interest. The main problem was trying to choose which activities to do. It was also interesting to meet up with U3A members from all over the UK and share experiences. The downside of the stimulating 3 days was the long and overcrowded train journey. Hopefully at some point there will be a similar event closer to home.

Joyce Stent

18 July 2026

Poppy Day

The All-Saints Penarth knitters and stitchers are hoping to cover the whole of Penarth Pier in red poppies for November.

For £1 you can either buy a pack to crochet or knit one (takes 30 mins) or sponsor someone to make one for you.

Contact details on attached leaflet

"Peter Mullan excels as a tour guide of grand delusions."
(Financial Times)

Turn the Pier Red!

The **Needles, Knit & Natter** group at All Saints Church is supporting a wonderful **Royal British Legion** project to create a breathtaking display of thousands of knitted and crocheted poppies along the railings of **Penarth Pier** this Remembrance.

♥ Whether you're an experienced knitter, a keen crocheter, or would simply like to help, we'd love you to get involved.



POPPY PACKS – £1 ♥

Each pack includes wool, buttons and a pattern (needles not included).

Simply return your completed poppies to one of the collection points in Penarth.



NOT A KNITTER? ♥

Sponsor a poppy for £1, and one of our volunteers will knit it for you.



TOGETHER, LET'S

Turn the Pier Red ♥

THIS NOVEMBER.



Thank you for helping us remember and honour. ♥



Every poppy helps.
Thank you! ♥



For poppy packs or more information call Jane on **02920 531188**

JOIN THE FUN – BOOK TODAY!
www.ticketsource.co.uk/all-saints-community-cinema

A COMMUNITY PROJECT BY THE
NEEDLES, KNIT
& NATTER GROUP
AT ALL SAINTS
CHURCH, PENARTH



9th July Speaker Report



An Edwardian Maid

Sully u3a members welcomed Debra John, a performance artist, for a dramatic monologue from the point of view of 'Phyllis', an Edwardian maid.

On a sweltering day, wearing a maid's typical afternoon costume, minus underskirt and woollen stockings, Phyllis tells potential servant recruits – us, her live audience – about a typical day in the house, while my lord and lady are away in London. The Edwardian setting is significant: electricity, motorised vehicles and telephones were arriving in the great houses, potentially threatening many servants' positions.

Every servant knew their precise place in the elaborate hierarchies and house protocols. Middle- ranking Phyllis is proud of her £20 a year and fortnightly afternoon off. A typical £6 a year hall boy was at the bottom, whereas the most senior servants - female housekeeper or male butler - might get a pension and cottage in the grounds upon retirement. Footmen could be paid more for merely being taller, or looking good if paired with another footman. A servant's name could be changed if their master or mistress didn't fancy it.

The work was heavy. Junior servants rose at 5a.m. to ready the house, and couldn't sleep until the family did. Maids carried 30lb coal scuttles and hot water cans servicing the house's many fires and bathrooms. Footmen laying a 16-guest dinner placed up to 500 items of tableware and cleared away afterwards.

Theft traps for servants - stray coins and jewellery - were planted deliberately, as to be caught stealing was immediate dismissal without a character (reference). The exacting housekeeper might even tell a housemaid her pile of dust was 'not big enough for the room'.

The house was seen as a well-oiled machine: a place for everything and everything in its place. Servant job satisfaction was knowing "while the house isn't ours, it's here because of us" and their room and board were included.

Debra researched Phyllis herself, including the writing of a maidservant, Hannah Cullwick 1833-1909, who kept detailed diaries when in service. Written accounts from housemaids are infrequent: most accounts and memoirs generally come from senior servants such as butlers, housekeepers, cooks and gardeners.

Debra's work gives voice to these people forgotten from history: the selfless people keeping the world going. She ended with a sobering reminder of how many of her audience must have had grandparents or great-grandparents 'in service'. **SJW**

Next month's speaker

Thursday 13th August 2026 at 2.00pm.



PRESCRIPTION to OCEAN presented by JAMIE HAYES

Jamie Hayes with a 30-yr career in Healthcare, Behavioural Change and Medical Education takes a light - hearted look at the hidden impact of the medications that you take.

He highlights the importance of medical reviews and offers insights into the questions you may like to ask.

Don't forget to visit the Sully u3a website

There is a wealth of useful information on our website, it can be reached at [Sully](#) (place cursor over the link and press ctrl + click) or use the QR code

**Also check out the national website**

[u3a - Welcome to u3a](#) (place cursor over the link and press ctrl + click)

Fun facts about August

August is the eighth month of the year, named after Roman Emperor Augustus, and is rich in history, culture, and seasonal significance.

August was originally called **Sextilis** in the Roman calendar, meaning the sixth month, before January and February were added around 700 BC, making it the eighth month of the year

In 8 BCE, it was renamed **August** to honour Emperor Augustus Caesar, who celebrated several military victories during this month. The month's length was adjusted to 31 days to match July, named after Julius Caesar.

Some notable dates

- **Lammas Day** (August 1) marks the first wheat harvest in the UK
- **National Eisteddfod** (August 1 to 8) an annual celebration of Welsh language and culture, celebrates its 850th anniversary in 2026
- **Yorkshire Day** (August 1) To promote the historic English county of Yorkshire, celebrations are held in different towns each year
- **Swiss National Day** (August 1) celebrates the founding of Switzerland
- **International Cat Day** (August 8)
- **India's Independence Day** (August 15) commemorates freedom from British rule
- **National Women's Day in South Africa** (August 9) honours the 1956 march against apartheid.
- **National Aviation Day** (August 19) celebrates Orville Wright's birthday.
- **Women's Equality Day** (August 26) marks the 1920 ratification of the 19th Amendment in the U.S.

Some Trivia

- The **first sandwich** was created in August 1762 by the Earl of Sandwich, who requested meat between two slices of bread during a gambling game
- August 28, 1963, marks **Martin Luther King Jr.'s "I Have a Dream" speech** in Washington D.C., a pivotal moment in the U.S. Civil Rights Movement
- The Anglo-Saxons called August **"Weod monath"** or "weed month" due to rapid plant growth
- August is a prime month for **summer harvests**, with many vegetables ready to be picked
- **Rice Pudding Day** (9th August) Yes, this really is a thing, all you have to do is eat some rice pudding on the day, Enjoy!

Regards,
Paul Lister (Sully u3a Newsletter editor)