

Sully and District u3a Newsletter August 2026



Group News

Sully U3A Book Club 2 announces its autumn reading programme:

17 September: The Edible Woman – Margaret Attwood

15 October: A Tale of Two Cities – Charles Dickens

19 November: The Book of Guilt – Catherine Chidgey

Members buy their own books and 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.

The group aims to follow a mix of long/short and light/serious titles.

New members are welcome. For more details email: bookclub2@sullyu3a.co.uk.

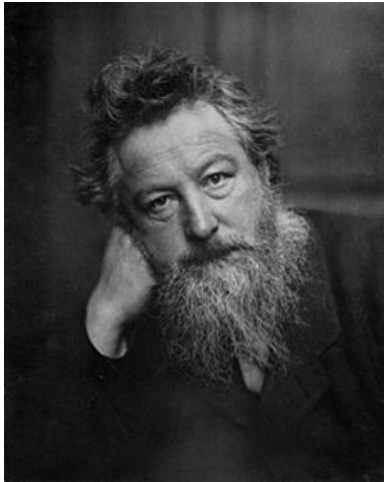
For more information see our website [Sully u3a - For Retired People with time on their hands.](#)

13th August Speaker Report

Not available at this time, it will be on our web site when available [SPEAKERS PAGE - Sully u3a](#) (place cursor over the link and press ctrl + click)

Next month's speaker

10th September 2pm Talk on William Morris



For our September talk we welcome back RUTH POULTNEY to Sully u3a to give us a talk on William Morris, the hugely influential textile designer, poet and artist of the 19th century associated with the British Arts & Crafts movement.

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)



Journeys worth sharing – *u3a getaways*

This exciting new initiative has been developed especially for u3a members, combining expert-led cultural learning, carefully selected destinations and the opportunity to share new experiences with like-minded people from across the u3a movement.

This Autumn members have the chance to join *Appreciating Shakespeare* in Stratford-upon-Avon from 12 to 15 October 2026 – an opportunity to explore the Bard's life and works in his hometown.

Please share this opportunity with your members and encourage them to discover the full programme of upcoming *u3a getaways*.

Learn more about the Shakespeare tour and [explore the full schedule of future getaways](#). (place cursor over the link and press ctrl + click)

Call for Volunteers for Car Driver role

My name is Jen, and I am the Recruitment, Onboarding and Compliance Administrator for the Volunteer Team at the Welsh Ambulance Services NHS Trust (WAST).

I am contacting you as we are currently looking to raise awareness of our Volunteer Car Driver role and attract more volunteers to support patients within their local communities. Volunteer Car Drivers play a vital role in helping people attend essential healthcare appointments, making a real difference to those who may otherwise struggle to access transport.

I was wondering whether you would be able to help.

I would be happy to provide further details, promotional materials, or a short role description if required.

Thank you for your time and consideration. I look forward to hearing from you.

Kind Regards

JeGweinyddwr ar gyfer y TIM Gwirfoddoli / Administrator for the Volunteering team
Ymddiriedolaeth Brifysgol GIG Gwasanaethau Ambiwylans Cymru/Welsh Ambulance Services
University NHS Trust

Pencadlys Rhanbarth y Canolbarth a'r Gorllewin/Mid and West Wales Regional
Headquarters

Matrix One, Rhodfa'r Gogledd/Northern Boulevard, Parc Menter Abertawe/Swansea
Enterprise Park, Abertawe/Swansea, SA6 8RE

For more information contact by e-mail to amb_volunteer.Onboarding@wales.nhs.uk



GWIRFODDOLI CYMUNEDOL GWASANAETH AMBIWLANS CYMRU

Tair ffordd y gallwch chi wneud gwahaniaeth drwy wirfoddoli:

- Gwasanaeth Ceir Gwirfoddoli**
Rhoi o'ch amser i gludo cleifion i apwyntiadau ystyfy.
- Ymatebwr Lles Cymunedol**
Cymryd set gychwynnol o arsylwadau a darparu cymorth lles.
- Ymatebwr Cyntaf yn y Gymuned**
Mymychu galwadau brys i ddarparu gofal sy'n achub bywydau.

Beth sydd ynddo i chi?

- Dysgu sgiliau newydd
- Magu hyder
- Gwella lles
- Teimlo'n gysylltiedig â'ch cymuned leol

Mae gwirfoddoli yn gyfle gwych i wneud gwahaniaeth gwirioneddol, amlwg yn eich cymuned leol. Mae gwirfoddoli yn ffordd wych o gwrdd â phobl newydd, gwella eich cyfleoedd gyrfa a dysgu sgiliau achub bywyd.

Barod i wneud gwahaniaeth?
amb_Volunteer.Onboarding@wales.nhs.uk

0300 131 1392 ambiwylans.gig.cymru/gwirfoddoli



WELSH AMBULANCE SERVICE COMMUNITY VOLUNTEERING

Three ways you can make a difference through volunteering:

- Volunteer Car Service**
Volunteer your time to transport patients to hospital appointments.
- Community Welfare Responder**
Take an initial set of observations and provide welfare support.
- Community First Responder**
Attend emergency calls to provide life-saving care.

What's in it for you?

- Learn new skills
- Build confidence
- Improve wellbeing
- Feel connected to your local community

Volunteering is a great opportunity to make a real, noticeable difference in your local community. Volunteering is a great way to meet new people, enhance your career opportunities and learn lifesaving skills.

Ready to make a difference?
amb_Volunteer.Onboarding@wales.nhs.uk

0300 131 1392 ambulance.nhs.wales/volunteering

Role Description The Volunteer Car Service (VCS) is a vital component of the Non-Emergency Patient Transport Service (NEPTS) and consists of a team of dedicated volunteer drivers who use their own cars and give their time freely to assist in transporting patients to various hospitals and clinics throughout Wales. Each year the VCS drivers cover 8 million miles providing transport to eligible patients who are able to travel by car. The Trust's strategy is to use the VCS volunteers as the service of choice for those patients who fit the criteria. What are the benefits?

The volunteer drivers transport regular patients and develop strong bonds with them • Expenses are paid to volunteers in the form of a mileage rate to cover mileage carried out on behalf of the Ambulance Service • As a volunteer the role is completely flexible and can

fit around you and your lifestyle To volunteer you will need to meet certain requirements such as passing a Disclosure Barring Service check, attend an occupational health check, pass a driving assessment, hold a good driving record and possess a safe and reliable 4 door vehicle. Volunteers receive training on induction and annually which includes:

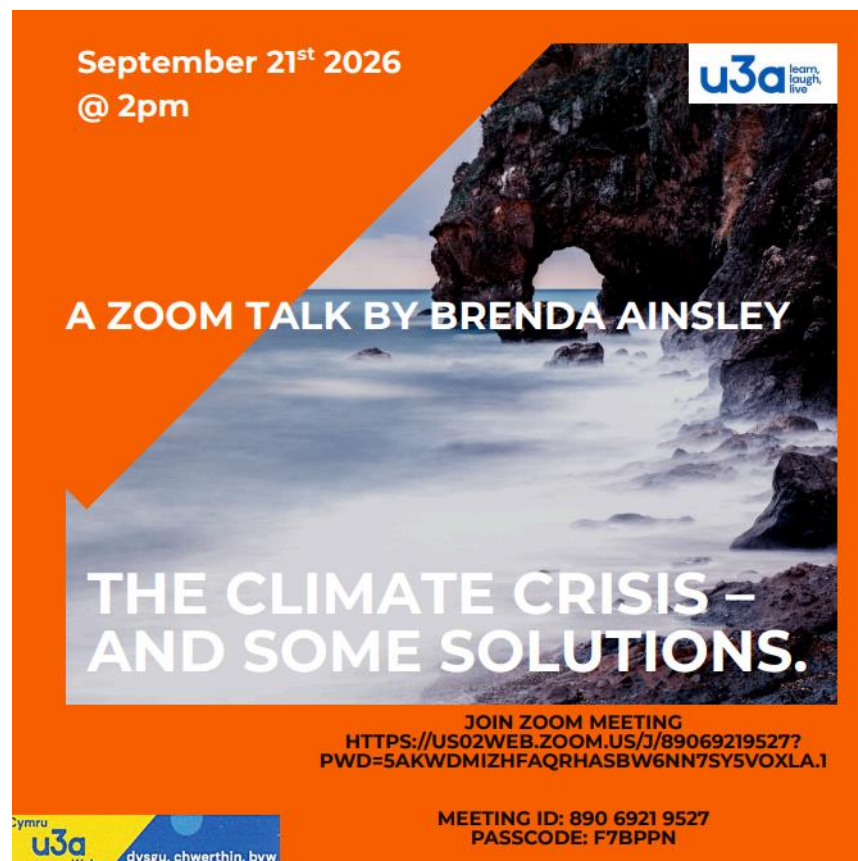
- Patient confidentiality
- Customer care
- Patient handover
- Equality & Human rights
- Dignity at work
- Dealing with complaints
- Protection of vulnerable adults and safeguarding children
- Safer handling
- Infection control and prevention
- Conflict resolution
- Basic life support

False alarm: Beacon CRM data breach

You may have seen on the news that there has been a data hack of Beacon CRM. To avoid any confusion, this is not the same Beacon as the membership management system used by u3as. Rest assured, there is no data risk to the information stored in the u3a Beacon system.

Climate. Request from Nicky Lee at U3a.org.uk

Please could you circulate the attached poster about a u3a Climate Crisis zoom talk in September to your members.



THE CLIMATE CRISIS – AND SOME SOLUTIONS.

BRENDA AINSLEY, A PASSIONATE U3A MEMBER AND TRAINED CLIMATE REALITY LEADER, BRINGS SCIENCE, SOLUTIONS, AND HOPE TO THE HEART OF THE CLIMATE CONVERSATION. A FOUNDER OF THE U3A'S ONLINE 'CLIMATE MATTERS' GROUP, BRENDA HAS EMPOWERED HUNDREDS OF MEMBERS THROUGH NATIONAL TALKS, WORKSHOPS, AND U3A MAGAZINE CONTRIBUTIONS—ALWAYS WITH A FOCUS ON WHAT INDIVIDUALS AND COMMUNITIES CAN DO. IN NOVEMBER 2025, BRENDA WAS INVITED TO ATTEND THE NATIONAL EMERGENCY BRIEFING IN THE WESTMINSTER HALL, LONDON, TO REPRESENT THE U3A AND HAS SINCE SUPPORTED MANY U3A MEMBERS TO SCREEN THE PEOPLE'S EMERGENCY BRIEFING FILM IN THEIR U3AS AND LOCAL COMMUNITIES.

HER ENGAGING 40-MINUTE PRESENTATION, GROUNDED IN PEER-REVIEWED SCIENCE AND TRUSTED SOURCES LIKE NASA AND THE UK MET OFFICE, CONNECTS GLOBAL CLIMATE ISSUES TO EVERYDAY ACTION. FROM COP26 IN GLASGOW TO THE LONDON BUSINESS SCHOOL, BRENDA HAS LED INTERGENERATIONAL DIALOGUES ON CLIMATE JUSTICE. PRODUCED BY THE CLIMATE REALITY PROJECT, FOUNDED BY AL GORE, BRENDA'S TALK IS INFORMATIVE, PRACTICAL, AND ENERGISING—LEAVING AUDIENCES MOTIVATED, NOT OVERWHELMED. WHETHER YOU'RE CURIOUS ABOUT THE FACTS OR EAGER TO MAKE A DIFFERENCE, BRENDA'S TALK IS A POWERFUL STEP TOWARD CLIMATE ACTION AT ANY AGE.

FROM A U3A MEMBER: 'I ATTENDED THE U3A ONLINE EVENT DURING THE SUMMER THAT YOU RAN AND LIKED THE FACTUAL INFORMATION ABOUT WHERE WE ARE AND WHAT NEEDS TO HAPPEN AT LOCAL, NATIONAL AND INTERNATIONAL LEVELS...'

THE CLIMATE REALITY PROJECT WAS FOUNDED BY FORMER US VICE PRESIDENT AL GORE; EVERY EFFORT HAS BEEN MADE TO ENSURE THAT ALL FACTS ARE VERIFIED AND REFER ONLY TO PEER REVIEWED RESEARCH. THE WORK OF INSTITUTIONS SUCH AS NASA AND THE METEOROLOGICAL OFFICE ARE DRAWN ON, ALONG WITH MANY ACADEMIC INSTITUTIONS. THE PRESENTATION IS UP-TO-DATE AND DRAWS ON EXAMPLES FROM BOTH AROUND THE WORLD AND HERE IN THE UK. IT USUALLY LASTS ABOUT 40 MINUTES, WITH TIME FOR Q&A.

A Potential Day Out

Welshpool u3a are hosting The Longest Yarn 2 exhibition on Wednesday 9th September at Welshpool Town Hall.

The exhibition will be at Welshpool Town Hall from 1st to 30th September.

After the success of The Longest Yarn last year, we are delighted that Welshpool Town Hall has been chosen as a venue to host the highly anticipated follow-up exhibition, The Longest Yarn 2: Britain at War.

The Longest Yarn Welshpool <https://longestyarnwelshpool.co.uk/> . (place cursor over the link and press ctrl + click) for more information.

Britain at War examines how Britain navigated World War II from the declaration of war on 3rd September 1939 to VE Day on 8th May 1945. This includes significant events such as D-Day, the King's Speech, The Blitz, the bombing of major cities, Britain coping with the war – the Home Guard, the Women's Land Army, rationing, and much more. The 3D wool art display will feature 80 panels. In addition, there will be life-size knitted displays representing real people such as army leaders and land girls.

Fun facts about September

September gets its name from the Latin *septem* ("seven"), features the autumnal equinox around September 22, and has sapphire as its birthstone.

Origins & Name

- September was originally the **7th month** of the Roman calendar; its name comes from *septem* (“seven”).
- It’s the **only month not named after a Roman deity**
- In Old England, it was called **Haervest-monath** (“Harvest Month”).
- **Seasonal & Astronomical Facts**
- The full moon nearest the equinox is the **Harvest Moon**, often in September.
- A September full moon is also known as the **Corn Moon**.

Nature & Wildlife

- **Monarch butterflies** begin their migration to Mexico in September.
- Clearer nights make it a good time to see the **aurora borealis**.
- Peak **bird migration** occurs this month.

Holidays & Observances

- **International Day of Peace** is September 21
- Fun themed days include **Talk Like a Pirate Day** (Sept 19) and **National Punctuation Day** (Sept 24).

Flowers & Zodiac

- **Birth flowers:** Aster and morning glory.
- **Zodiac signs:** Virgo (until Sept 22) and Libra (from Sept 23).

Historical Events

- The **first U.S. newspaper** was published on September 25, 1690.
- The **Carrington Event**, the largest recorded solar storm, occurred September 1–2, 1859.
- Major world events include the **Great Fire of London (1666)** and the **start of WWII (Sept 1, 1939)**.

Quirky & Fun Extras

- September is **National Chicken Month** and **National Self-Improvement Month**.
- **Ask a Stupid Question Day** falls on September 28.
- September’s blend of seasonal change, cultural celebrations, and historical significance makes it one of the most eventful months of the year.

Regards,
Paul Lister (Sully u3a Newsletter editor)