Sully and District u3a Newsletter September 2026

Group News

This years' annual U3A OPEN DAY will be held next month on THURSDAY 8th OCTOBER, between 2 and 3.30pm. It is our Showcase time when we can tell the people in the local area what the U3A can do for them to help expand their knowledge on many topics. We would like as many of you members as possible, to attend and bring along your friends, neighbours, relations and acquaintances to show them what we have to offer in SULLY U3A. At present we have nearly 30 activity groups to choose from. We also want to hear from people who have ideas for new groups, to expand our repertoire.
(If anyone is able to help out with refreshments on the day I would be very grateful. It would only be for 2 hours max).

Gil (Mathias) Groups Admin

If there are any Group Conveners who haven't yet informed me if they are taking part can they please do so ASAP please
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Congratulations must go this month to Deborah in the Knitters & Stitchers group for winning the cup in the Craft Section in the recent Sully Show.

Seat pads finally finished !!

Thursday 8th October 2026 at 2.00pm.

SULLY U3A - OPEN DAY

Whether you're an existing member, want to join our u3a, or want to find out more about us, the Main Hall at The Old School on South Road in Sully [CF64 5TD] will be OPEN to ALL VISITORS from 2 pm to 3.30 pm on Thursday 8th October. Our Committee Members and Group Leaders will be on hand to show you what activities we offer - ranging from Calligraphy to Rummikub or from Bridge to Wine Tasting. We have over 20 active groups offering a wide range of activities - too numerous to mention here! Oh! And you can get a FREE cuppa and a biscuit!

13th August Speaker Report

PRESCRIPTION TO OCEAN – A TALK FOR SULLY U3A

BY PROF. JAMIE HAYES

For our August meeting Sully u3a were delighted to welcome Prof. Jamie Hayes who has a career within the health profession spanning over 35yrs. He presented a light hearted look at the ways prescribed medications were commonly mis-used.

Over a billion pounds is spent in Wales on prescribed medication within the NHS, mostly within our communities through our GP's and repeat prescriptions. A staggering amount of which, for one reason or another, were never taken as intended

He talked about the complex issue of polypharmacy, where a medication prescribed for an initial ailment produces a secondary condition which requires another prescription to deal with it which in turn develops a third condition requiring yet another medication and so on with the patient ending up on upwards of six or more different medications. He talked of the consequences of over prescribing both for people and for the planet.

He spoke of a leaning towards shared decision making and a need to ask questions at our next medical review based on the BRAN acronym

B what are the benefits of taking this medication?

R what are the risks that will come with taking it?

A what are the alternatives available to me? And lastly

N what if I do nothing?

He talked about the need for greater health literacy to be able to assimilate the information given to us.

Throughout the talk he interspersed stories of patients gathered throughout his professional career, like the chap that thought he was correctly interpreting "avoid alcohol" as meaning not walking down that aisle in his local supermarket rather than by not consuming it with his medication.

His talk ended with a plea to not flush unwanted medication down the toilet or place it in bin bags but to take it to any pharmacy that was nearby to dispose of properly. He warned that our water system was already showing signs of being polluted with toxins from the medication that came directly from the waste our bodies generated without us adding to it.

The thought-provoking talk was much appreciated by the Sully u3a audience and led to much discussion afterwards when Prof. Hayes answered their questions. SH

7.5K likes, 132 comments. "Prescription to Ocean: The Hidden Impact...

TEDx Talks
youtube.com

10th September Speaker Report

Ruth Poultney: "William Morris: Artist and Activist"

A packed Sully u3a enjoyed Ruth's talk about William Morris, the most famous designer of the Victorian Arts and Crafts movement, and also famous for his mantra: "Have nothing in your house that you do not know to be useful, or believe to be beautiful".

Morris' wallpaper and furnishings are familiar in contemporary homeware – and, as Ruth wryly pointed out, even appearing on cat and dog bowls and in pricey National Trust tea-rooms – but contemporaries knew him better for fantasy novels, epic Icelandic saga translations, socialist publications, and social activism for a "different way of living". Ruth's talk centred on this lesser-known Morris.

Ruth described Morris' eclectic and hectic journey from relative privilege, family expectations of church ministry, arrival at Oxford to do theology, disillusionment with Oxford teaching methods, and growing interest in medievalism and Victorian obsession with Arthurian legend. Morris met Edward Burne-Jones (whose Welsh origins Ruth mentioned) and they formed the 'Birmingham Set' of like-minded medievalists and artists. The Set, also known as The Brotherhood, became the pre-Raphaelite movement.

Showing his only oil portrait of Morris' wife Jane, Ruth explained Morris' painting talent didn't match other pre-Raphaelites like Rossetti or Millais, though rendition of the textiles and wallpaper patterns isn't bad. Morris luckily recognised design was his metier, abandoned painting, and with Rosetti as business partner, formed Morris & Co., who supplied the wildly popular wallpapers and furnishings.

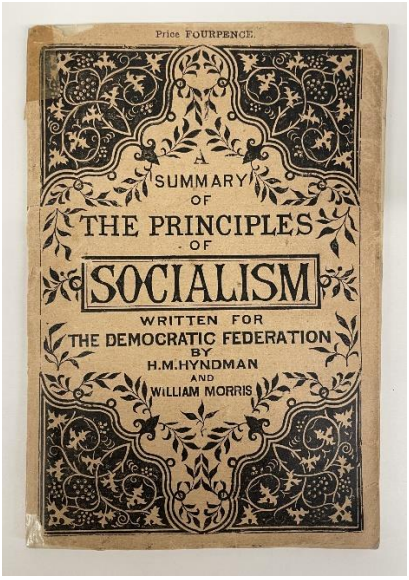
Jane Morris and her two daughters became the real “& Co.” of the successful company, Jane assuming its management and with her daughters creating accomplished designs in their own right, though they sold under her husband’s more marketable name.

Morris championed artisan workers’ rights, and gave destitute boys education, factory jobs, apprenticeships and craft skills. He advocated 48-hour working weeks, fair wages, workers’ housing with flushing toilets, and women’s workplace equality. He protested (and was arrested) for a fairer voting system not based on property ownership.

Among many publications – including some of the first fantasy ‘other world’ novels – Morris, with co-author Hyndman, published A Summary of the Principles of Socialism (1884), which could be regarded as the first socialist manifesto.

Morris championed materials native to England e.g. linen not cotton, and using safe natural dyestuffs: we learned the vibrant greens of Victorian wall-paper had hitherto been achieved with arsenic. Presumably not his famous “Strawberry Thief” print?

SJW



Sully u3a Members’ Survey for 2026

A huge thankyou to all the members that have so far responded to the Members’ survey. Also, a gentle nudge to those who have so far not completed the survey, please give a few minutes of your time, click the link below to respond, thankyou

Sully u3a Member Survey 2026

The link above takes you to the Sully u3a members' survey for 2026. The survey should take you no longer than five minutes to complete and all questions are optional, apart from the

first.

The survey aims to discover what you want from your local u3a, and how you would like to be involved. No personal data will be collected from the survey, and all results will be collated by the local u3a committee. Please do not provide any responses which might identify you personally.

Key findings will be released in early 2027, so the survey will be closed on 30th November 2026.

The survey can be completed on a laptop, tablet or phone. If you have any issues completing the survey online, we may be able to provide alternative formats: please let us know your needs.

With thanks,
Committee chair

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)

Fun facts about October

October was traditionally known as Winterfylleth in Anglo-Saxon times. This is thought to refer to winter fullness, particularly as Northern Hemisphere weather and temperatures start shifting towards the chilly side of things.

The UK has an odd holiday in the middle of October – the 21st, in particular, is designated as 'Apple Day'. If we're to believe the old proverb, do all doctors call in sick on this day?

October is a 'national month' for many different interests and pursuits. For example, you'll likely find people celebrating Pasta Month, Pretzel Month, Cookbook Month, Squirrel Awareness and Appreciation Month, and even the National Month of Sarcasm!

October seems to be a fantastic month for longevity. Research shows that people born in the Northern Hemisphere in October tend to live longer than anyone else across the year. If you want your child to have a long and healthy life, you might need to time things right around January or February!

In the Germanic language, October was known as 'wein-mond' – literally, 'wine month'! Therefore – if you like to pour a glass or two, October might just be the best time. The most appropriate, anyway!

Halloween costume choices have changed drastically in the past 100 years. In the 1920s, clowns were the most popular.
Then it was Spiderman and Charlie Brown in the 1960s. Ghostface and Power Rangers in the 1990s. The most popular last year? A certified classic: a witch!

No one can really nail down the exact origins of Halloween, but there are a few intriguing theories. During the ancient festival of Samhain, the Celts disguised themselves as demons and spirits to stay safe.

It was the Celts who probably invented the first trick or treating as well! During Samhain, to celebrate the end of the year, they would leave treats and food on the doorstep to placate roaming spirits.

Halloween has gone by a few different names over the years. Perhaps the most common alternative name is the creepy sounding, All Hallow's Eve

Some other October 31st nicknames include, Witches Night, Snap-Apple Night, Samhain, Lamswool and Summer's End.

These Scorpios have a little extra spook in their astrological charts being born on October 31st. Explorer Christopher Columbus. Painter Johannes Vermeer. Lord of The Rings director Peter Jackson. 90s rapper Vanilla Ice. Soccer stars Emiliano Sala and Marcus Rashford. Poet John Keats. British Physicist and inventor Joseph Swan. British historian and theoretician of war BH Liddel Hart.

Regards,
Paul Lister (Sully u3a Newsletter editor)