



The meeting on Monday September 19th has been cancelled due to the death of Queen Elizabeth II.

Monday September 26th

Tom Fennelly will talk about South Shields Volunteer Life Brigade.
Doors open at 10.00 for a 10.30 start.

On August 15th Margaret Bozic gave a fascinating talk about the work of the Citizens Advice Bureau in the 1950's. Times have changed so much with new divorce laws, but their work is still needed today, she ended with a plea for volunteers who would receive training.

Welcome to New Members

Please introduce yourself to any of the committee at the monthly meeting, we want to ensure that you enjoy being part of the u3a and hope that you feel able to contribute.

Meet the committee -3

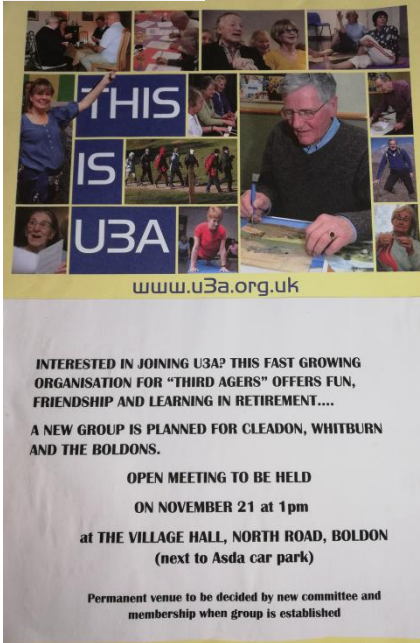
Gillian Cucchi is our Membership Secretary, dealing with new members, renewal, issuing membership cards and updating the Beacon system. She is also an administrator for our FaceBook group.



I've lived and worked in Sunderland all my life and spent the last 30yrs owning and running a busy pharmacy in Redhouse, Sunderland. I retired early 4yrs ago and joined the u3a also becoming a trustee of Boldon and Cleadon community library. Surprisingly I've found retirement to be as busy as work with time being spent helping to look after our dog, chickens and growing veg with my husband of 36yrs in addition to u3a and library activities. One of my passions in life has been and still is cooking, making jams, chutneys and cakes.

Wednesday 21st September is u3a Day.

It is 40 years since u3a was founded in Britain and is also 11 years since Boldon u3a was formed. We will be celebrating both events with afternoon tea at the Grand Hotel in Seaburn at 2.00, unfortunately I missed out the time when printed the tickets. The number of guests has been given to the hotel, so unfortunately anyone wanting tickets would have to wait for cancellations.



Origins of Boldon u3a

Maureen Cozens tells us how it began.

The year 2011 saw long waiting lists to join u3a groups around the country - this area was no exception.

So at South Tyneside's monthly committee meeting (I was Speaker Secretary) my hand was up before the chairman finished reading the request from head office for suggestions for new groups...

"Yes!!! Cleadon, Whitburn and the Boldon's - loads of interest," I pointed out (having lived in Cleadon myself for more than 40 years). I sent Press Releases to local papers, produced and posted fliers. (seen here)

Beginning with West Boldon I called in shops, libraries etc, and liaised with Regional on open meetings and venues. Boldon Comp was tried and ruled out, as was the Asda Community Hall.

Accessibility, public transport, parking etc were key.

Eventually a voluntary committee and Chairman were in place, Cleadon Church Hall ticked the boxes - and the rest is history!

From our first Chairman, Stephanie Yearnshire, MBE

Upon our return from 5 years in the Middle East we attended the second inaugural meeting aimed at setting up this u3a. Boldon Community Hall was packed. The regional representatives had already found a couple of committee members but no Chair, and no Chair meant NO u3a. There was the usual silence and dearth of hands. I thought I can do that and before my husband could make me think twice my hand was in the air.

So began a mountain of work, Pam Marley, the Membership Secretary, managed the huge numbers applying for membership. My role centred on finding group leaders, locating and risk assessing venues, writing the constitution, processes, and other demanded documents, finding other committee members and some speakers before the excellent Pam Griffiths took on the role. Mary Gibson became the efficient housekeeper, Alan Mordain, the treasurer, quickly followed by Carol Holliday, Jane Branley, the secretary with Joan Alexander, Bill Ballantyne, June Deans and Anne Wiltherington making up the committee and carrying out a myriad of tasks. Sorry if I have missed anyone out.

It took so much work to set up the first u3a but it was worth it for all the members who have enjoyed it since. Being a committee member is gratifying and fun.

Coming up – from Kath Lodge, Ann Telling and Adam Walter

Sunday 9th October Lunch at Homer Hill Farm then concerts at the Gala Theatre Durham.

12.00 departure from the Britannia (if you park there you will be fined) Lunch at Homer Hill Farm at 12.30 payable on the day, Homer Hill farm has asked that, on this occasion, we pre book our lunch. So could you please let me know, either by phone 5367693, email [Kathleen Lodge](mailto:Kathleen.Lodge) or at the meeting on 26th Sept your choice of the following; Beef (pink or well done). Pork, Chicken, Nut roast and if a small plate (child portion) is preferred.

Returning 6ish.

Cost of the coach plus concert £24 , payable at the 26th September meeting.

Thursday 13th October Desert Island Discs with Tricia Stewart.

The **Contemporary Music** group is staging a special afternoon on Thursday 13th October, 2-4, in Whitburn Cricket Club. Based around a Desert Island Discs format the guest speaker will be Sunderland born **Tricia Stewart**, the lady who inspired the alternative Rylstone WI 2000 calendar that in turn lead to the **Calendar Girls film** and stage play. In the film Helen Mirren played Tricia and Julie Walters her friend Angela whose husband John died from leukaemia. Tricia will interweave her music choices with her many tales about the film alongside promoting her new book. All u3a members are invited to attend with **Tickets (£5)** available from Adam Walter (music group leader) at the next General Meeting on Monday 26th September and to Music group members that afternoon.

Thursday 17th November Beaujolais Nouveau lunch

To celebrate the actual date of Beaujolais Nouveau this year, Ann Telling has organised a lunch at Romano's in Cleadon Village.

Cost is £35 for a 3 course French lunch, plus a drink on arrival, starting at 2pm. Tickets will be on sale at the September and October meetings.

Saturday 19th November Morpeth/ Wallington Hall.

Organised by Kath, 9.30 departure from the Britannia. We go straight to Morpeth for morning coffee, before going on to Wallington Hall, dressed in all it's Christmas finery!

We leave there at 4pm, arriving back at the Brit about 5 - 5.30.

Cost £24 - £26 approx depending on numbers.

Members of the National Trust have free entry on production of their membership cards on arrival. If you are a member will you please put NT against your name on the Expressions of Interest sheet which will be available at the next meeting on 26th September so that I can pay for the correct number of tickets.

Payment will be due at the meeting on 17th October.

News of Groups

The ethos of the u3a is to Learn, Live and Laugh, with members sharing their interests for the benefit of everyone.

Feel there is nothing for you currently in the u3a groups?

Then help to set up and run a new group based on your interests, with the full support of the committee. Contact Sue Soulsby at u3aboldon@gmail.com

The new **Music Appreciation** group will start on Thursday September 22nd 2-4pm in the Chapter House which is situated at the entrance to All Saints Church Cleadon.

It will be a start up session with any Music possible and we will be pleased to have suggestions should it be Classical, Musicals, Solo Artists such as Pavarotti, Placido, Jose ,Andre Kiri etc
Orchestral – full suites or just sections

Would you like the history of the piece or artist?

The format – music refreshment, break music –talk ,music or whatever is popular

All members ,suggestions and help would be welcome. For more information email [Peter Winfield](mailto:Peter.Winfield)

Due to holidays the next meeting of the **Technology** group will be in my home in East Boldon at 10.00 on Thursday September 22nd.

I would like to thank Anita Harrison who is no longer able to organise Friday lunches, which I know many of you have enjoyed . If you would like to volunteer to take over please contact Sue Soulsby at u3aboldon@gmail.com



We are offering a series of **Christmas Craft** sessions held in the School Room for 6 weeks starting on Wednesday October 6th until November 30th. There will be an expression of interest list at the meeting on September 26th.

If you want more information on any groups, please contact the group leader directly via the website by clicking the blue carrier pigeon.

If you feel you can help in any way, please email u3aboldon@gmail.com for more information or see the committee at a General meeting.

Remember you can always find the latest news on events and groups by visiting our web site u3asites.org.uk/boldon/home or by joining our Facebook group.

We have a request from Rebecca Higgins in Friends of Grange park. The rescheduled Scarecrow festival is on September 24th between 12 and 5 and she is looking for help in the tea tent and to man the competition tent. Email u3aboldon@gmail.com and I will pass on your details. Even if you can't help, the Scarecrow trail is always interesting, some of the entries are so imaginative.

The following is a plea for help with a study led by Jemma James, a Registered Nurse and PhD student at Northumbria University, Department of Health and Life Sciences into
Lived experiences of older people with pre-frailty.

'The study is a combination of three interviews and a two-week diary to try and capture people's lived experiences of being over 65 in the North East.'

I have spoken to her and she is enthusiastic, and reassured me that everything she uses will be anonymous. I have some more information, if you are interested email u3aboldon@gmail.com or contact Jemma directly.

Are you 65 or over?

**Would you like to help improve
health and social care?**

Then I'd love to hear from you!

**If you'd like to know more, please get in
touch: Email:**

Jemma.l.james@northumbria.ac.uk

Telephone: 07379 423629

**Thank you for your time and I hope
to hear from you soon!**