

With covid and flu still around, please do not attend any meeting if you have any symptoms. You may also wish to wear a mask.

Monday 21st November

Julian Harrop will be talking about **The People's Collection, 50's and 60's in Beamish Museum.** I wonder how many of these items are still in our cupboard now. There will be a collection for Beamish after the talk.

Doors open at **10.00** for a 10.30 start.

Monday 17th October

Ian Carrick from South Tyneside Council warned us of numerous ways fraudsters are trying to steal our money, from bogus workmen knocking at your door, to on line scams, he gave us hints to keep our money safe.

The latest scam that I have been received is an invitation to 'click here' for your energy rebate, NO it is paid automatically.

u3a Diaries 2023 Apology

OOPs, I got my sums wrong... £3.75 was the individual cost of a diary, but there was a discount of 45p by ordering in bulk. If you have not received your refund please see me at the November meeting. There are still a few diaries for sale at £3.30

Meet the committee -5

Bill Coombs is our Treasurer.



I was born in Sunderland and worked for a firm of Chartered Accountants after leaving school in 1961. I later worked at Wright's Biscuits in South Shields as Assistant Company Secretary and later as Site Accountant until being made redundant when the factory closed in 1973.

I then had then had two jobs as Accountant/ Office Manager until 1983 when we bought a Newsagency in Gateshead. I retired in 2009 and managed to 'escape' back to Sunderland in 2021.

I joined Boldon u3a in August 2021, and am a member of the Photography, Rail Enthusiasts, Mid-week Walking and Contemporary Music Groups. I became Treasurer in April 2022.

I have 1 son and 1 grandson who live in Jarrow.

Save Money

Are you, or any of your family, in receipt of benefits, including Pension Credit? Did you know that a discount of around £10 is available on monthly broadband fees?

Money Saving Expert have an on line guide to the Social Tarriff

[CLICK HERE FOR MORE INFORMATION](#)

Warm Space

Don't sit alone at home worrying about the cost of heating, pop into East Boldon library, it is a designated Warm Space, offering free tea and coffee and free computer access, open Monday and Friday 10-1, Tuesday and Thursday 10-5 and Wednesday afternoon.

[CLICK HERE FOR OTHER WARM SPACES IN SOUTH TYNESIDE](#)

Post Code Lottery Scam.

Bogus emails have been sent out claiming 'you have won the Post Code Lottery' and demanding personal details and bank account.

The People's Postcode Lottery has warned users 'Please be aware if you receive an email like this – it is not from us, it is a fake. Do not provide any personal information. We will always notify you if your postcode is drawn. If you win £10 we would send you a text message or an email. If you win £1,000 or more we will either call you or send you a letter in the post.'

ACTS

I recently injured my knee and caused a flare up of arthritis. My physiotherapist suggested that I would benefit from a second bannister, so I contacted Age Concern to see if they could help. Within a few days a bannister was fitted without any charge, although I was so grateful that I sent a donation to South Tyneside Age Concern via their web site [Age Concern South Tyneside](#). There is much on offer here from exercise classes to help with wills, also help with cleaning and small jobs around the home. There may be some way they could aid you so please explore the web site.

Dates for your diary

Saturday 19th November MORPETH/WALLINGTON HALL

9.30 departure from the Britannia. We go straight to Morpeth where we spend approx 1 to 1½ hours for coffee/shopping etc. We then go to Wallington Hall which you can explore at your leisure. The Clocktower café provides hot lunches and also a variety of snacks. Those with National Trust membership and/or vouchers, should take details on the day. We leave at 4pm and should arrive back 5 – 5.30 approx.

Sunday 4th December MAINSGILL FARM/ DALTON PARK

Cancelled due to insufficient interest.

Monday 5th December CONTEMPORARY MUSIC CHRISTMAS PARTY

Adam Walter would like to invite all u3a members to the Contemporary Music Group Christmas Party to be held in Whitburn Cricket Club 2.00–4.00. Join the Christmas spirit with the members offering entertainment in the form of singing, jokes, stories and quizzes plus a chance to dance to some great tunes. Tickets £2.50 available at the November meeting.

Sunday 11th December BEAMISH AT CHRISTMAS

10am departure from the Britannia, and from Beamish approx 3 – 3.30.

Cost £20 payable at the meeting on November 21st. For those who have an Unlimited Pass, or are Friends of Beamish the cost is £8 and proof should be taken on the day. There is a restaurant on site and various venues throughout the site where food can be purchased.

Monday 12th December CHRISTMAS CELEBRATION

Singers Tony and Sara will entertain us with a Christmas Extravaganza.

Tickets, available at the November meeting, are £2 including Turkey(or vegetarian) sandwich and sweet treat. Don't forget your Christmas jumper or other finery. If you can't make the meeting please email [Pat Devenport](mailto:Pat.Devenport).

Volunteers are needed to help our very small committee with catering. Please email u3aboldon@gmail.com or speak to the committee.

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

This month the **Music Appreciation** group will be meeting on Thursday November 24th 2-4 in the Chapter House, All Saints Cleadon. Contact [Peter Winfield](#) for more information. All welcome.



There are two more sociable **Christmas Craft** sessions being held in the School Room, 1.30-3.30 on Wednesday 23rd and 30th November. £3 per session plus 50p for any materials. Please contact Sue Soulsby if you would like to attend.

On **Tuesday 20th December**, the Art Appreciation group invite you to join us at our Christmas meeting with a talk from Jean Stokes, entitled the Three Kings, depictions of the Christmas story through art. It will take place in the Methodist Church in East Boldon, the session is £2. Please contact [Pat Devenport](#) if you would like to attend.

The Art Appreciation group appreciated the light installation on a visit to the Lindisfarne Gospels



Exhibition at the Laing Art Gallery.

If you want more information about 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.