



**January 2024**

**Due to rising costs, the admission charge for the monthly meeting will be raised to £2.**

**Monday 15<sup>th</sup> January 2024**

Unfortunately, the published speaker from the Co-op is ill so the talk has been rescheduled for later in the year.

The new speaker is **Edmund Foster** on **Daily life in Ancient Egypt**.

Venue- All Saints Church Hall, Cleadon, doors open at **10.00** for 10.30 start.

Please remember your card or membership number.

**Are you up to date with your vaccinations?**

**Advice from Gillian Cucchi, our membership secretary and retired**

**pharmacist** It's not just your grandchildren who have to keep up to date with their vaccinations if you are 65 or over it is recommended that you have Shingles and Pneumococcal vaccines. **Pneumococcal** vaccines are available to anyone 65 and over or 50 and over with a compromised immune system it is a single dose and protects you against pneumonia, sepsis and meningitis.

**Shingles** vaccine protects you from shingles and until late last year it was given when you were 70 but from 1st September 2023 it became available to anyone who's 65 birthday was after 1st September 2023 or if you are 50 with a compromised immune system. If you were 65 before 1st September 2023 and are under 70 you will have to wait until you 70th birthday. The upper age for shingles vaccination is 79 so if you are 80 or over and haven't been vaccinated you are not now eligible. Shingles causes a painful rash and it can sometimes lead to long lasting pain, hearing loss or blindness. As you can get shingles more than once it is important to be vaccinated even if you have had shingles. The vaccination may be a single dose or 2 does given between 6 and 12 months apart.

If you think you are eligible for either of these vaccines contact your GP surgery

# Happy images from our Christmas Party

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## BEAMISH REFUND

There are 5 members still to be refunded following the cancellation of the above outing. Kath Lodge will be at the next meeting to issue refunds.

## NORTH NORTHUMBRIA REGIONAL QUIZ

Form a team with your friends or join a Boldon u3a team

Sunniside Social Club, NE16 5NA (Large Concert Room)

Wednesday 20th March 2024 2pm-5pm

Teams of 4

Refreshments, Prizes, Laughter

Please bring a cake

Entrance Fee: £5 per team

There will be an expression of interest sheet available on January 15<sup>th</sup>

**Could we remind all members to keep their contact details up to date, especially their emergency contact which is essential for group leaders. You can check your details in Beacon, or failing that, email any changes to [u3aboldon@gmail.com](mailto:u3aboldon@gmail.com).**

### 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](mailto:u3aboldon@gmail.com)

All groups have room for new members apart from Contemporary Music. The best way to contact the group leader is via the **Blue Carrier Pigeon** on the specific Group page on our website. This may be at the bottom of the screen depending on your device.

The **Bridge Group** have a few spaces available and would like to invite members who have a basic knowledge of bridge to join the weekly meeting based at Boldon Golf Club.

The **Music Appreciation** group welcomes new members on January 18<sup>th</sup>. Please contact Peter Winfield via the web site for more information.

The 10 pin bowling group will meet on Thursday 25<sup>th</sup> January, 3.45 in the Sports Bar at the Dunes, South Shields. Please see Kath Palmer or Sue Soulsby if you would like to join.

Why not join our **private Facebook** group.

It is a fun place, be first to hear about day trips, share photos and get news of group activities.

Members are welcome to add any posts which they think would be of interest.

To join, search Boldon u3a in Facebook and answer the basic questions.

**Remember you can always find the latest news on events and groups by visiting our web site [u3asites.org.uk/boldon/home](http://u3asites.org.uk/boldon/home)**