

Northumbria Region u3a  
The Messenger  
Newsletter – Magazine for July 2024



Visit by Liz Thackery to our region.  
The lady wearing the plain blue jumper.

Is there no Latin word for tea?  
Upon my soul if I had known  
that I would have left the  
vulgar stuff alone.

Hilaire Belloc 1870 - 1953

## Chair's Report

Welcome to the latest edition of the Regions online magazine, the Messenger.

Since my last report Northumbria Region u3a held it's AGM in Biddick Social Club, Washington. There was a good turn out, so thank you to all members who attended. Some u3as who had not attended a Regional Quarterly Meeting before registered. These members found the meeting informative. Advice was given about many issues that they found difficult to navigate e.g. the National website and discussing that it was difficult to 'search' anything that was put into National u3a's website search engine.

The best way forward for this is to use your normal search engine, e.g. Google, Bing etc and then type in the main words relating to what you want to find. It normally works.

Northumbria Regional Committee members were elected. Mike Wallace Regional Treasurer and member of Newcastle u3a stood down. He was thanked for his six years of service on the Committee and presented with a small token of our appreciation. A new Regional Treasurer was elected. Her name is Theresa Mulkerrin, a member of the newly formed Durham and District u3a.

Before the pandemic about 70 or more members attended the Regional Quarterly Meetings, however, after the pandemic the numbers dropped to about 35 members. The Regional Committee has decided that the July 2024, October 2024 and January 2025 meetings will now only be held in the morning. Everyone has busy lives. This is a trial, to see if we can encourage more members to attend. Lunch will be provided for those attending if they wish to stay and Network with other u3as.

Brian Aitken, previous editor of the Journal and now editor of a North East online magazine called qtonline gave a talk at the AGM, about the way forward for magazines, articles etc. Printed newspapers are being phased out, online and social media is forever increasing in popularity. Brian Aitken has very kindly offered to assist Northumbria Region u3a in our quest to reach out to the general public, so we can raise the profile of u3a. Ongoing discussions are happening as we speak to bring this to reality.

There's a lot happening at National u3a. There's a new Chair of the Third Age Trust to elect. Liz Thackray, who visited our Region in April 2024 is standing down in October 2024. Three members of u3a have put their names forward for this

position. The Third Age Trust's AGM is on October 16<sup>th</sup> 2024 at Milton Keynes. It will be a hybrid meeting. Fit for the Future will be on the agenda. Also, a new CEO of the Third Age Trust will be in position by this date. Sam Mauger, CEO at present is standing down. Don't forget to register if you wish to attend this meeting and vote (please note only one vote from each u3a is accepted). If you wish to find out any more information please click on this link. [u3a - AGM 2024](#)

This year is the 30<sup>th</sup> anniversary of Northumbria Region u3a. This momentous occasion is being marked by a celebration at the Little Haven Hotel, South Shields on October 22<sup>nd</sup> 2024. Invitations will shortly be sent out. Each u3a will receive an invitation to send two representatives. Other guests will also be invited.

We are wanting to create a rolling video about memories of the last 30 years. Do any members have photographs taken over these years, that show faces and activities during this time? If so, can you please contact Peter Barnett, the Region's webmaster: [northumbriau3a@gmail.com](mailto:northumbriau3a@gmail.com)

**Cecilia Coulson, Northumbria Region u3a, Chair      30/6/2024.**

### **Liz Thackery's Visit to Our Region**





Spring brought a visit to the Region by Liz Thackray, current chair of the Third Age Trust. Unfortunately, spring didn't bring the seasonal weather, however each u3a she visited gave her a warm welcome.



Liz had never been to this part of the country before, so in addition to showcasing our u3as, it was an opportunity to show her the stunning scenery, albeit occasionally in pouring rain. Indeed, after a great session with the craft group, the visit to Ashington meant a detour back as the Spine Road had been flooded, and the beautiful drive across from Barnard Castle to Hexham was marred by mist and rain. C'est la vie, the visit was a success with Liz experiencing German, a Quiz, Earth Studies, Poetry, Board Games, Past History groups and having an opportunity with u3as to celebrate their volunteers and group leaders at social events.



Berwick was presented with their certificate marking twenty years, and Liz Thackray was introduced to the founder members.

It was not possible to visit all the u3as in the North East region, but the cross-section that was visited



underlined what a friendly, active and interesting range of programmes are on offer. Thanks to the hospitality and variety of visits, Liz took away with her a very favourable impression of the u3as here and expressed her thanks to everyone that had made her so welcome.



Jean Cubbin – Regional Trustee – North East.

## Northumbria Region u3a Regional Event Team

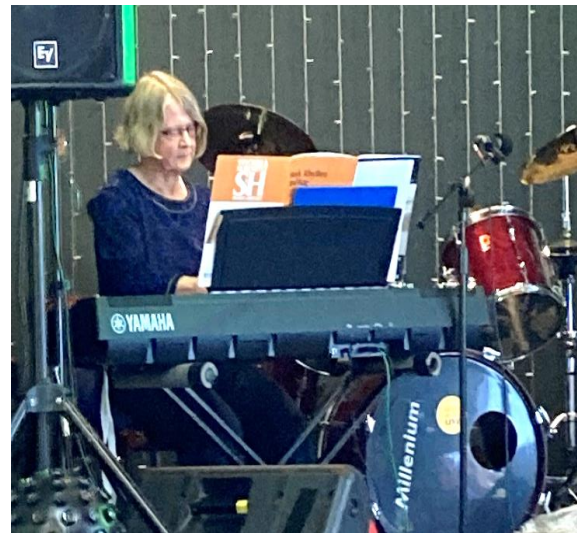


The first ever 'Celebration of Music' day was organised by Northumbria Region u3a Regional Event Team. Bob Pullen from Prudhoe u3a, a musician himself, was the 'lead' in the planning of this event, along with Frank Young from Derwentside u3a. Behind the scenes members from Whickham and District u3a, Derwent Valley u3a and others ensured the event went with a swing.

Many u3a musicians and spectators from around the Region e.g. Newcastle u3a,

Derwentside u3a, Bishop Auckland u3a, Prudhoe u3a, Durham u3a, Cestria u3a came along to enjoy music, friendship, learning and of course laughing.

The first session in the afternoon was classed as a 'busker's session'. u3a musicians, either as soloists or groups, had the opportunity to entertain their fellow u3a members with their expertise. Guitarists, pianists, saxophonists, a group playing ukuleles.



Members played their own compositions such as original Geordie songs, a compilation of the Shadow's songs, classical pieces, romantic blues.



During the various intervals, the audience were entertained with some comedy from Arthur Coulson of Whickham and District u3a.

u3a members came for either the afternoon or evening session. A buffet was available for those that stayed for the whole time.

In the evening session five bands played. The criteria was, that a u3a member had to be playing in the band.



Twenty eight members from Whittonstall Wind Band entertained us with appropriately, the Dam Busters, as it was the 6<sup>th</sup> June and other well-known songs.

Then it was the time to get up and take to the floor and dance.

Frank Young, and his band the Whistle Testers played 1960's harmony songs,

'The Third Age Rocks' band from Bishop Auckland played hits from the 1960's such as the Beatles. The CSAW band from Chester-le-Street played Country Rock. The last band of the evening was



Bob Pullen's band (he plays drums) called 'The Racket' playing Classic Rock.





Member's comments ranged from, this was a feast of music, which I thoroughly enjoyed. Looking forward to the next one, we enjoyed performing, we are up for another event.

By Cecilia Coulson, Chair Northumbria Region u3a.

### Turner at the Laing



The Northumbria Region u3a visit to 'Turner: art, industry and nostalgia,' at the Laing Art Gallery May 2024 by Terry Bacon

As someone who knows little to nothing about art I always benefit from some prior knowledge. As this was on offer for the Turner Exhibition at the Laing and the offer was from Catherine Stevenson, our Regional guru, it was a bonus.

Catherine's knowledge and enthusiasm were there in abundance during her very informative presentation. She was also able to lead the group on a tour of the actual paintings to reinforce the details that had been mentioned.

As I viewed some of the paintings looking for the elements that had been highlighted it put a whole new perspective on the paintings, the background, the messages, the history and the artist. What would have been a familiar painting becomes so much more.

'The Fighting Temeraire' is the centre piece of this exhibition, and is clearly a major work. For me, however, the painting 'Peace – Burial at Sea' was amazing and shows how a small detail is so significant, in fact, in this painting the reason it was painted is barely visible.

An exhibition well worth a visit and thank you, Catherine for your contribution.

Terry Bacon – Bishop Auckland and District u3a

## Summer Days and Barney Knights

On Bank Holiday Monday, a group of u3a friends went to Barnard Castle to the annual meet. This year was special because 2024 is the 550th anniversary of Richard III (of blessed memory) becoming lord of Barnard Castle, so there was a strong Ricardian element to the parade and events in the town.



We were treated to the sight of knights in full mediaeval armour on their destriers and accompanied by their squires. They were followed by the South Yorkshire levy - pikemen parading with their lethal weapons and they were followed by others in costume and lots of Richard's followers in the famous murrey and blue that was the colours of his household. What a spectacle!

After that came the Town Crier and lots of themed groups in

costume - spacemen and spacewomen; stone age people in "animal skins" accompanied by a woolly mammoth; a huge silver swan and children dressed as silver cygnets; lots of giant pre-historic creatures including dinosaurs and even Harry Potter was there. Amazing.

In the castle we got up very close to the horses and were able to talk to the riders, who come from a company called Historic Equitation which works all over the world. The only disappointment was that some lovely-looking food cooked up over a fire in the mediaeval village could not be tasted due to health and safety rules - but we noticed that the villagers nonetheless scoffed the lot!

We had to make do with real Italian gelato.

What a great day and the weather was kind as well.

Tina Naples – Durham u3a

## Historic House, Chapels and Gardens.



It was a bright (but very chilly!) June day when 20 Tynedale u3a members visited Ushaw. It was a surprise to many who had not known of its existence and yet it is so near; situated on a beautiful, remote hilltop in County Durham.

Until 2011 Ushaw was a Roman Catholic school and seminary – teaching and training young men from the age of 11 in preparation for

an anticipated life in the ordained Priesthood.

In the morning, we had a tour of the main house, chapel and gardens. Our guide for the tour was a former pupil. He explained the history of the buildings and how, being built in 1804 before the Catholic Emancipation Act, the seminary needed to be built hidden away from the rest of society for the safety of its population. He delighted us with anecdotes about student life while showing us some of the halls, chapels and galleries. We learned that during his schooldays of the 1960s, Ushaw was a wholly self-contained community, with its own farm, infirmary and even cemetery!



Ushaw is the only building where the work of 6 members of the Pugin family can be seen under one roof.

We enjoyed lunch in “The Parlour” – the professors’ exclusive dining room before heading to the “Big Library” for our afternoon session led by the librarian.

The library holds an astonishing array of ancient



books, many first editions and unique ancient texts, which are still in demand by scholars from all over the world. The librarian had chosen a number of items to show us, including a letter written in code by King John of Portugal, concerning the arrangement for his daughter Catherine of Braganza to marry Charles II. A personal favourite

was a goatskin bound volume of the Bible from 1510, printed in Hebrew, Latin and Greek – the whole Bible required 6 volumes. We were also shown not only a first edition of Galileus’ *Systeme of the World* but also the volume of *Index Librorum Prohibitorum* in which the same Galileus book was listed as banned!

Ushaw is now a fascinating visitor centre with attractive gardens, historic buildings to explore, a hub for arts and musical activities and a venue for a wide range of events from concerts to classic car rallies! During our visit we were able to see some of the display of 100 years of wedding dresses.

Ushaw charged us £29.50 per head for the day which included a soup, sandwich, and cake lunch. We started our tour at 11.00 am and left at 3.00pm but we could have stayed longer as there was much to see. They are interested in attracting more u3a groups and are prepared to negotiate on annual membership.

Wendy Dale – Tynedale u3a

## Northumbria Region u3a Creative Writers



Northumbria Region u3a Creative Writers normally meet on Zoom every month, as members are from every part of the Region from Alnwick to Saltburn. However, twice a year we meet face to face to learn about something new, but also to have lunch and a few laughs.

At the end of May 2024 several members met in Durham to visit the Palace Green Library, which is very near to Durham Cathedral and part of the UNESCO site. What an

adventure we had. I'll tell you all about the story later.

The Palace Green Library consists of several different entities. The Cosin's Library is the earliest surviving public library in the North East of England. The library was built for John Cosin (1594 – 1672). He was Bishop of Durham from 1660 – 1672 and he filled the shelves with theological works written in Latin, Greek, French and English.



There is also the Barker Research Library (picture on the left) and several bespoke exhibitions, one of which is called 'Penned and Printed'. This exhibition tells hidden stories from the Palace Green Library's shelves and strong rooms. Durham University's archives are home to millions of documents dating back more than



2,000 years, including three Magna Cartas. One such exhibit is to the left. These books are from the library of the Canoness of the Holy Sepulchre. This was a female religious community established in France in the 1640s. In the 1790s they fled England to escape war taking their whole library with them.

Now back to my story.

First, the weather was cold and the rain tipping it down ... couldn't believe it. It's the end of May - it's supposed to be nearly summer. Second, on entering the Barker Research Library (picture

above) one of the members set the alarm off. Members of staff came and asked if she'd 'pinched' one of their books, of course No! u3a members wouldn't do such a thing. She then remembered she had a Gateshead Library book in her bag!! This at least proves the security system works. Third, a table had been booked at a recommended restaurant, but when we got there it said CLOSED. We were told the majority of Durham City had experienced a power cut. We eventually did find an eatery that would accommodate us all. Whew!!

It was so good to meet up and have a chin- wag.

The Northumbria Region u3a Creative Writers are in the process of judging the 'Short Story Competition'. This competition is based on similar lines to the National u3a Short Story Competition. The response has been amazing with over 20 entries throughout the Northumbria Region. The judges are in the process of deciding who the winner and two runner ups will be. All members who have entered a short story will be contacted at the beginning of August 2024 with the results.

By Cecilia Coulson, Chair Northumbria Region u3a

*Editors Note:* Towards the end of this magazine there are details of a Newsletter Workshop.

## Poetry for Anyone?

I think we all have those “special things” in our lives which matter to us in a very particular way: it could be almost anything, from devotion to a sport or a team to a passion for music or gardening or cycling or knitting or crosswords or (the list goes on!) Well, my “thing” has always been poetry: a blank sheet of paper, add a half decent pen (and a cuppa and a biccie), and there you have it : my recipe for bliss.

Of course, once the poem is there you want to share it, and I have been lucky enough over the years to have many of my pieces published. Many are in anthologies; however, before coming to Durham I was asked to be the Poet in Residence for Stirling and to produce a book of poems about the City. *Faces of the Rock* was published in 2019.

My most recent book, *Thoughts in a Green Shade*, is a collection of poems about my home country in Ireland. I feel that poems can indeed be about places we know and love, but most of all they are at their best when they are in the end about people.

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In my latest poems you encounter very different folk : people stroking a donkey by the road in Connemara, a man walking nervously to his own wedding, a young soldier lying wounded on the beach at Gallipoli, a middle aged woman arranging flowers in her front room, a mother briskly brushing her son’s Sunday best, an old man on a last day out to the Summer fair, a little lad stealing a first kiss at an Irish dance - and others besides.

Always remember, poems are there for everyone: wonderful to read but also of course, a pleasure to write. You don’t have to be in a group, and you certainly need to write a book of them! Even one single poem is a precious thing, in fact a little work of art in words.

So, if your fingers itch just a little to put pen to paper, then whatever you do, don’t resist, just take your pen - and scratch!

Clive Wright – Durham and District u3a

## Busy Bees. So much to write about!



In well over a decade as a u3a member, always I have found that u3as are a positive hive of activity. Every Group has several 'stories' to tell, each time it meets. Often, there are lively engaging photos to take – and these days, just about everyone seems to have a photo-ready smartphone!

Not only that, but the range of opportunities for getting our u3a stories seen and heard seems to grow by the day.

Although in many places, local newspapers are teetering on the brink of extinction. In others, long established titles are surviving and prospering – and are well-read by many people. In print media, generally, there has been a growth in local community or church or cause-based or local authority newsletters and magazines.

Of course, following the talk by Brian Aitken at the AGM and a subsequent meeting with Cecilia Coulson and Jean Gubbin, The QT is enthusiastic for all u3a members to subscribe to their three free newsletters ([theqt.online/free](http://theqt.online/free)) and, more importantly, anxious to receive stories and photos from our u3as. Please remember that The QT is the only weekly news which covers the whole of the North East, from Guisborough in the far South to Berwick in the far North!

Of course, lively interesting u3a websites and eye-catching u3a social media posts have become the way ahead for publicity-conscious activists.



The rewards of the work are clear; newts and red damselflies with their exuvia (cast of skin of an arthropod) were seen at a thriving pond, hares in grass and scrubland, a variety of birds including siskin, coal and great tits, chaffinch and goldfinch at feeders, bullfinches near the orchard and a yellow hammer singing from his regular perch, a variety of warblers were also heard throughout the site, buzzards and martins were overhead.

We were a little early for most flowers other than bluebells and wild garlic in the woods but plants in the meadow included yellow rattle, fleabane, cranesbill, bistort, lady's mantle varieties, the tiny and elusive adder's-tongue fern and the promise of orchids to come amongst a variety of grasses. Commemorative trees have been planted, seating glades and a small meeting hut established.

John and Clare are happy to welcome other groups, and not just u3a, to visit Liddells. Our members thought of the Bird Watchers, and the Landscape Group to look at landforms and evidence of historic, industrial and other former uses of the area. Musical and choral groups and storytellers have held events there. The splendid views over Northumberland may be good for stargazers ... not even the sky limits opportunity! They are also willing to tell the story of their 10-year journey which they did at for us earlier in the year at our usual meeting place.

Donations toward the management of the reserve are invited from visitors.

Find out more and contact John & Clare via their website <https://www.liddells/>

Wendy Dale - Tynedale u3a

### **Poem**

Life is like a camera  
Focus on what's important  
Capture the good times  
Develop from the negatives  
And if things don't work out  
Take another shot.

Sandra Davison - Newcastle u3a

**Just a brief description of holidays in Hungary  
apart from the Birdwatching. (which was very good)**

We twice visited wine cellars and had conducted tours with bottles at a discount at the end. It should satisfy the paletes of wine connoisseurs.



The photo has bird watchers on holiday in Hungary from South Tyneside, Boldon, Newcastle and Cockermouth u3as plus the local guide Balazs Szigetti.

We also saw a sleeping Bat next to a footpath, various dragonflies, butterflies including a Camberwell Beauty, and a swimming Grass Snake.

The guide knew the best places to eat and the best hotels to stay at moderate prices.

He was friendly with a great sense of humour and the ability to imitate bird calls like the late Percy Edwards who used to broadcast on the radio many years ago.

He also ran Birds and Music holidays at my suggestion, with visits to the Budapest Concert Hall in the evenings.

Colin Freeman – South Tyneside u3a



## NORTH NORTHUMBRIA REGION QUIZ



In November 2023 the above quiz was announced to all u3as in the region. It was to be held on 20<sup>th</sup> March at Sunnyside Social Club, an excellent venue. Hosted by Bob Pullen and Cecelia Coulson. Hashtag ... Refreshments, Prizes, Laughter, Please bring a cake ... who could resist?

The big day arrived, it was rainy, the car park was full, but the cakes looked delightful! The Cestria team (our team) were surprised to find that 29 teams had entered, from as far as Berwick on Tweed to Guisborough. Some u3a groups had entered as many as 3 teams. There was a very pleasant atmosphere in the room, and enough seats for everyone, cuppas were available, and the bar was open.



Then down to business: there were rounds on general knowledge, UK bridges, capital cities, music, and abbreviations, mixed in with Bob's jokes. Our team was relieved that there were Quiz Sheets and not individual questions. We did take a halfway break, for more tea and to try the luscious cakes that made a beautiful display. Everyone was well behaved and waited in turn for their cake, and there was plenty for everyone and even some left over! Cestria team were grateful to Steve Willan, for baking our cake contribution, it was delightful.

The second half, and the reading of the answers passed quickly, and the winners were found to be a team from Newcastle u3a ... well done!

The best news was that will be another quiz in six months' time ... maybe you'll give it a try!

Christine Logan

### **'Threads through Creation' at Hexham Abbey on 7<sup>th</sup> November**



Hexham Abbey is delighted to be one of the venues chosen for the exhibition of 'Threads Through Creation' a spectacular sequence of twelve huge textile panels. It's an exuberant retelling of the creation story in the book of Genesis, a retelling which many visitors will find both moving and breathtaking.

The exhibition is one of the largest textile projects by a single artist, ever. It has taken Jacqui Parkinson nearly three years. It follows on from 'Threads through Revelation', her first huge exhibition which visited 14 cathedrals from 2016 to 2018 and was seen by more than 500,000 visitors.

On 7<sup>th</sup> November, Hexham Abbey will be pleased to welcome a Northumbria regional u3a visit and included in the visit will be an opportunity to listen to an organ recital, have a sandwich lunch in the Great Hall and a guided tour of the Abbey.

The suggested itinerary

- 11.00am Arrive to enjoy the Tapestry
- 12.15 Sandwich lunch in the Great Hall £7.50pp
- 1-1.45 Organ recital in the Abbey
- 2.00pm A guided tour of approx. one hour's duration at a cost of £7.50pp

Please register your interest with Wendy Dale of Tynedale u3a [w.dale381@btinternet.com](mailto:w.dale381@btinternet.com) as early as you can so we get some idea of the numbers to expect.



## The Discovery Award

### An achievement award for people over 50

Is it time we had a Northumbria Region Network?

Do you like a personal challenge?

I do and that is why I signed up for the Discovery Award. I am currently working on my bronze award. I had to identify four challenges for myself under the themes below

Service in the community

Hobby or Interest

Recreational Pursuit

Journey or discovery

They must be things that you are not currently doing. They need to be done over a period of not less than 26 weeks and include 50-60 hours.

- My service in the community was the organisation of Tynedale u3a's 40-year anniversary celebrations.
- My Recreational Pursuit was the planning, preparation for and walking the Isaacs Tea Trail (36 miles over 4 days)
- My Interest was researching the history of my home. This is ongoing.
- My Journey of Discovery was a visit to Southampton.

The Award is aimed at all people over 50 years of age, to help promote an active and healthy lifestyle by offering challenges to both stimulate and motivate.

The Discovery Award is a personal challenge, through a programme of your chosen leisure activities with no exam at the end. You need no special qualifications, just a willingness to have a go and the determination to do the very best that you personally achieve. To find out more use the link [The Discovery Award: Welcome to the Discovery Award](#)

The reason I am sharing this is that I have found that there are networks in the country, particularly Norwich and Nottingham, where there is group support for people undertaking the award. I thought it would be lovely if we had a group in the North-East. In Tynedale u3a we have a member who has completed her gold award, and she has been my mentor. Working towards the award is a personal activity, but it is necessary to have help with assessment. When I say group, I am not envisaging a regular face to face meeting but a network where ideas can be shared, and support offered. If you are interested or would like to hear more, please email [w.dale381@btinternet.com](mailto:w.dale381@btinternet.com)

## **Northumbria Region u3a Treasurers' Network**

Come along to the next Treasurers' Network Meeting for a unique opportunity to connect with fellow u3a Treasurers, share insights and stay at the forefront of the latest trends in treasury management. Enhance your skills, exchange best practices and forge valuable connections in an engaging environment.

Why not come to a meeting to discuss any issues on which you'd like some support and ideas? Don't miss this chance to contribute to the success of your u3as.

## **S.E. Northumberland and Coast Chairs' and Business Secretaries' Network**

Join our SE Northumberland and Coast u3a Chairs' and Business Secretaries' Network for a gathering of like-minded u3a members. This unique platform offers a dynamic space to share strategic insights, navigate governance challenges and foster peer-to-peer collaboration. Connect with fellow Chairs and Business Secretaries, stay informed and gain valuable tools to support your u3as.

Come along to a meeting to discuss your challenges and successes. This network is open to members from all parts of the region.

## **Northumbria Region u3a Art Appreciation Network**

Join a vibrant community of art enthusiasts eager to explore the diverse world of visual expression. Immerse yourself in lively discussions, uncover the stories behind masterpieces and connect with fellow art lovers. Learn more about how to enhance art group meetings and keep the members interested and wanting to participate.

Whether you have a vast knowledge or are just starting your artistic journey, our network provides a welcoming space to share, learn and be inspired.

For all of the above informal networks, please contact:  
Catherine Stevenson: [intoto444@hotmail.com](mailto:intoto444@hotmail.com)

## Newsletter 'Informal' Workshop



Are you the Newsletter Editor for your u3a or would like to be?

Would you like to share your skills with other members, who may have limited knowledge about organising a Newsletter?

Would you like to improve your skills?

Do you use Microsoft 'Word' or a template or anything else?

There are loads of websites giving advice, but it's always good to learn from others with hands on skills.

**Date:** Thursday September 19<sup>th</sup> 2024.

**Time:** 10am - 1pm

**Venue:** Wailes Room, Gateshead Library, Gateshead NE8 4LN (ample parking and on a bus route from Gateshead.)

**Cost:** Free - includes refreshments.

Bring your iPad, laptop, tablet, whatever you use to create your Newsletter.

Contact Cecilia Coulson [cecu3a@gmail.com](mailto:cecu3a@gmail.com) /  
07881768301 to reserve a place.

**Northumbria Regional Events Team**

**The Events Team invite you to experience the Heritage of Sunderland.  
Visit Donnison School Heritage Hub, The Sunderland Maritime Museum and  
the Holy Trinity Church**



**Donnison School Heritage**



**Sunderland Maritime Museum**



**The Holy Trinity**

**Each venue is within easy walking distance of each other.**

**Date:** Wednesday 18<sup>th</sup> September 2024.

**Time:** 11am - 12.30 visit to the Maritime Museum, afternoon tea to be served in the Donnison Heritage Hub at 1pm, followed by a talk about Donnison's history. The Trinity Church will be open.

**Cost:** £13 pp including afternoon tea. Limited to 20 members, first come, first served.

**Please contact Malcolm Wilkinson to register interest before September 11<sup>th</sup> 2024 email: [gilpin1@hotmail.co.uk](mailto:gilpin1@hotmail.co.uk)**

Please pay, once registration confirmed, £13 by BACS to  
University of the Third Age, Northumbria Region u3a.

Sort Code: 20- 83- 69 Account No: 90916382 Reference: Donnison



**u3a** learn,  
laugh,  
live



**NORTH NORTHUMBRIA  
REGIONAL QUIZ**

**SUNNISIDE SOCIAL CLUB,  
SUNNISIDE, NE16 5NA**

**Wednesday 2<sup>nd</sup> October 2pm-5pm**

**Teams of Four**

Refreshments, Prizes, Laughter  
Please bake and bring a cake



**Entrance Fee: £10 per team**

Contact Bob Pullen [robertgipullen@gmail.com](mailto:robertgipullen@gmail.com) for further  
information.

## **NORTH NORTHUMBRIA REGIONAL QUIZ**

After the success of our last quiz in March, we have decided to have another one on October 2<sup>nd</sup>, 2024. It will be in the same venue of Sunnyside Club, Sunnyside Road, NE16 5NA, which has free parking and it is close to the Metro Centre in Gateshead, see below:

<https://www.google.co.uk/maps/place/Sunnyside+Social+Club/@54.9261107,-1.7064458,13z/data=!4m6!3m5!1s0x487e7835af07f715:0x240ec9c79bec7f33!8m2!3d54.9261107!4d-1.6755468!16s%2Fg%2F1hc1jfrnd?entry=ttu>

The Quiz will be similar to the last one with Prizes and Refreshments and we would also like each u3a to bring a home-baked cake to share, if possible. Any u3a can send as many teams of four (or less) as they wish, but no spectators or supporters as we would like them to also form teams and join in.

With rising costs, we will have to charge an entrance fee of £10 per team this time. This can be paid by bank transfer to the details below. It is possible the room may get full, so we still have to say 'first come, first served' for places.

Please send your payment to:

Bank: Barclays

Account name: University of the Third Age, Northumbria Region u3a

Sort code: 20-83-69

Account number: 90916382

Reference: Quiz

If you wish you can also email Bob Pullen of Prudhoe u3a if you have any questions about the event on: [robertgipullen@gmail.com](mailto:robertgipullen@gmail.com)

<b>Regional Committee April 2024 - 2025</b>	
Chair	Cecilia COULSON, Whickham and District
Vice Chairman	Vacant
Business and Minute Secretary	Mary BARLOW, Sunderland
Treasurer	Theresa MULKERRIN, Durham
Member	Ann CARR, Bishop Auckland
Member	Malcom WILKINSON, Seaham Harbour
Member	Peter BARNETT, Wessington
Member	Tedd WATT, Seaham
Member	Vacant
Trustee for the North East	Jean CUBBIN, Whitley Bay

Members of the committee can be contacted by email through the website:  
<https://u3asites.org.uk/northumbria>

### **Distribution**

Messenger is distributed electronically. Chairs and Business Secretaries of u3as receive a copy as an email attachment. They are asked to distribute this to their members.

If you would like to receive a copy directly from the region, please contact us through the website Messenger page:

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### **From the Editor**

May I thank everyone who has taken the time to provided articles and assistance for this edition of The Messenger. I do hope that you have enjoyed reading this issue and that it has given you inspiration for the future. Please forward your articles to [regnewseditor@gmail.com](mailto:regnewseditor@gmail.com) May I please have all contributions for the next edition by Friday 20<sup>th</sup> September 2024. Thank you.