



CHATTERBOX

Official Newsletter of the Chatteris u3a
Registered Charity No 1196841

OPEN MEETINGS 2025

**Open Meeting: Friday 18th July
KEC 10:30am**

Speaker: MAUREEN JAMES – William Wilberforce (Heroes and Abolition)



An exploration of how the need for a Hero led to the rewriting of history.
In Part One of the talk, Maureen James will look at Joseph Campbell’s theory of how a hero goes through stages on his journey or ‘quest’ and relate these stages to the historical accounts of both Thomas Clarkson and William Wilberforce. In Part Two, she will explore how Clarkson was totally eclipsed by Wilberforce, laying the foundation for the view that is still with us today.
If you cannot make the meeting, you can follow it on the day at https://www.youtube.com/live/O_ISaXoYiGA

15th August	Charlotte Paton – Victorian Rural Women
19th September	Lucy Allen – From Titanic to Rocketman – a Stuntwomen’s Life

For more information, and the dates of the forthcoming Open Meetings, click on the [Open Meetings](#) link.

IF YOU HAVE NOT YET PAID YOUR MEMBERSHIP FEE (£20), PLEASE DO SO BY THE END OF JULY. CHECK THE WEBSITE FOR WAYS YOU CAN PAY IF YOU CANNOT ATTEND THE OPEN MEETING.

THANKS 😊

NOTES FROM THE CHAIR

I decided that instead of writing something profound, I would celebrate summer with a picture of a picture of the view from my garden. Enjoy the summer.



Regards
Peter

TRIPS / THEATRE VISIT



WEDNESDAY 10TH SEPTEMBER

CROMER AND PIER SHOW

- Cost £55.
- Payment is due this month

Remember that trips using a coach can only go ahead if we get a minimum of 30 people signing up.

- *The latest news and information about these and proposed outings can be found on the [Trips/Theatre](#) webpage.*
- *For tickets and information, please email the Trips/Theatre Team via their link on the [Contact Us](#) webpage.*

Quote of the Month

"In July, time slows down, allowing us to savour the simple pleasures of life"

Anon

Who said...

"Walking with a friend in the dark is better than walking alone in the light"

Answer on page 7

INTEREST GROUP

National Theatre "Innings"



Hedda Gabler dramatizes the experiences of the title character, Hedda, the daughter of a general, who is trapped in a marriage and a house that she does not want.

Crafts, Arts and Things Group

Next Meeting Saturday 19th
July
2-4pm at the Library.
Jewellery Making
Please let Jan know if you are
going to attend.

June Meeting - Due to various reasons there was a select number at the last Craft group, nevertheless we all enjoyed our time learning how to paint a picture with Peter Leeson talking us through the process.

Living Well Group Speakers for 2025

25th July – Parish Nurse – Janet Mandley

August – **NO MEETING**

September – Harrison Coley – Optician

October – Denise and Margery – Spiritualism

November – Tai Chi – Marion Bickham

December – **NO MEETING**

Quiz – answers on page 7

- 1) What is the name for Stingray offspring?
- 2) Who was the first player to be sent off in an FA Cup Final?
- 3) Who released the song "Groovin" in 1967?
- 4) Who was the first non-royal to appear on a Royal Mail stamp pack?
- 5) What part of the human body is known as the Cilium?

Thanks to Clive for providing the quiz questions and "Who Said"

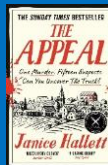
READ ALL ABOUT IT.....

Book Discussion Group – *Mr. A Reader*

I'd never really considered joining a book group before for two reasons. Firstly, everyone is usually obliged to read the same selected book and then review it at next month's meeting. Secondly, and please don't tell anyone, I was worried that the chosen books might be a little bit too "highbrow" for me. However, when this "book discussion" group was started its format seemed to be different, so I decided to give it a try, and I was glad that I did.

We gently discuss with each other such things as the types of books we like and maybe what we've read in the past or are reading at the moment. Already, after just three sessions, I've been inspired to read and enjoy a couple of books that were spoken about by other group members which were completely different from my normal diet of "cosy" crime novels. Conversely, two people confessed that they had read a book* that I had introduced to the group (* see picture).

It's a friendly group plus you get a cuppa and a biscuit at half time so if you're interested then why not pop along to a session and see what you think. More information is available on the [Book Discussion](#) webpage.



Living Well Group

The speaker in May was Sue Hemstead, a Reiki Master from Doddington. We were told about the history of Reiki and the fact that each Reiki Master can trace their lineage in the subject back to Mikao Usui a Japanese Buddhist monk in the early 1900s.

Sue went through what to expect at a reiki session and reiterated there is no physical contact with the client during the session.

We were shown different types of incense sticks, oils, and sound bowls.

Lesley had a short Reiki treatment which included two sound bowls. She said it was very restful and warm.

We finished the meeting with our usual seated exercises.

INTEREST GROUPS

July				
Group	Date	Time	Venue	Leader
ART GROUP	Fri 4th	2.30-4.30pm	King Edward Centre	Thelma Millard
BOOK DISCUSSION GROUP	Thurs 17th	10.00-11.30am	Chatteris Library	Peter Leeson
BRITISH SIGN LANGUAGE	Weds 2nd	1.45-4.00pm	Member's Home	Sally Harper
CRAFTS, ARTS & THINGS	Sat 19th	2.00-4.00pm	Chatteris Library	Jan Fieldhouse
DARTS	Tues 22nd	1.00-3.00pm	Joe Perry's Snooker Club	Caroline Hooper
FAMILY HISTORY	Thurs 3rd	10.00-12.00pm	Chatteris Library	Georgina Plumb
FRENCH CONVERSATION	2 nd & 4 th Fri	3.30-4.30pm	King Edward Centre	Peter Leeson
GOLF	1 st & 3 rd Weds	Morning	The Old Nene Golf Club	Stuart Newman
JEWELLERY FOR FUN	Fri 11th	2.00-4.00pm	King Edward Centre	Caroline Hooper
JIGSAW CLUB	Will start again in September	2.00-4.00pm	Chatteris Library	Lesley Gibbs
LIVING WELL	Fri 25th	2.00-3.30pm	King Edward Centre	Lesley Pomfrett
NATIONAL THEATRE	Sat 26th	2.00-4.00pm	King Edward Centre	Peter Leeson
NATURE GROUP	Contact Graham for details.			Graham Cole
QUIZ EVENING	Mon 28th	7.00-9.00pm	King Edward Centre	Jeanette Hipkins
SCRABBLE	Mon 14th	2.00-4.00pm	Member's Home	Judith Bradshaw
SINGING FOR PLEASURE	Mon 21st	2.30-4.00pm	Emmanuel Church	Graham Marsden
WALKING HERE A	Fri 11th	10.00-12.00pm	King Edward Centre	Phil Green
WALKING HERE B	Tues 8th	10.00-12.00pm	Furrowfields Car Park	Brian Windsor
WALKING THERE	Weds 16th	As Arranged	Furrowfields Car Park	John Parry Brian Windsor
WHIST	Tues 8th	2.00-4.00pm	Member's Home	John Parry
WINE APPRECIATION	Tues 1st	6.30-9.00pm	Member's Home	Barry Ransley
LUNCH ON WEDNESDAY	Weds 23rd	As Arranged	As Arranged	Dorinda Franklin
LUNCH ON THURSDAY	Thurs 17th	As Arranged	As Arranged	Lesley Gibbs
COMPUTING HELP	BY ARRANGEMENT			Neil Shepherd

- This [Groups](#) link will take you to our list of Interest Groups.
- You can email our Groups Coordinator via her link on the [Contact Us](#) webpage.

WEBPAGE NEWS

Click on the links below to see some recently updated **Interest Group** webpages:

- [Book Discussion](#) – See which books were the topic of conversation in June
- [CATs](#) (Crafts, Arts and Things) – Learning how to paint a picture (incl. picture)
- [Living Well](#) – Read about our introduction to *Reiki* (incl. picture)
- [Walking Here A](#) – A report about our latest adventure (incl. pictures)

Click this [Latest Notices](#) webpage link to see what's in the news at **Chatteris u3a**.

At the moment, there are no less than four notices concerning volunteers:

- *Current Volunteers* – The make-up of our New Committee elected at the AGM in May
- *Appeals for Volunteers* – Needed for Artificial Intelligence, Meet & Greet and Tech Team

Quiz Answers

- 1) Pups
- 2) Kevin Moran of Manchester United
- 3) The Rascals
- 4) William Shakespeare
- 5) Eyelash

Who said.....
Helen Keller

For General Enquiries email us at u3achatteris@gmail.com or Phone 07873537717

Visit our Web site for the latest Chatteris u3a news chatteris.u3asite.uk



Study into the health and wellbeing of adults who grew up in foster or residential care



Why is the research being conducted?

Research has shown that care-experienced adults face a greater risk of negative health outcomes compared to the general population, including higher rates of physical and mental health issues. These issues have been linked to experiences before and during care, as well as insufficient support during and after their care experience.

While research is underway to explore how to improve the health and wellbeing of younger care leavers, the health and wellbeing priorities of older care leavers in England are very poorly understood. Research conducted in Australia, however, suggests that older care experienced adults have unique health needs, many of which relate to issues arising from their care experience. This study aims to understand the health and wellbeing concerns of older care experienced adults and explore the types of support they would like to receive from health and social care services.

How to take part:

Researchers, at the University of Oxford, are holding focus groups to understand the health and wellbeing concerns of older care experienced adults and explore the types of support they would like to receive from health and social care services.

Who can take part?

Focus group attendees should:

- Have experienced being in care, in England, while under the age of 18
- Be Over 50 years old
- Currently living in England

Who is running the project?

The project is being conducted by researchers in the Nuffield Department of Population Health at the University of Oxford. Led by Dr. Jonathan Taylor, with Dr. Michele Peters, Dr. Anna Scott and Dr. Rosie Canning, an independent researcher with experience of growing up in care.

If you, or someone you know, would like to learn more, please contact:

Jono on Jonathan.Taylor@ndph.ox.ac.uk or telephone 01865 617912.