

**Cambourne & District u3a
Bulletin April 2023
Issue No. 52**



Spring at last in Great Cambourne

**21st April at 11.00
The Hub Community Centre
How do Vaccines Work?
(For the Layman)**



Message from the Chair



I recently attended a Contingency Planning training workshop run online by the Trust. Since the beginning of Covid I have attended many such events mainly put on by Barbara Cordina and the East of England team. It's worth saying there is support out there for individual u3a's.

As I'm listening to the succession planning aimed at the replacement of committee members, my mind is turning to the much acclaimed drama Succession. I wonder if out there in the membership there are various factions vying to put their candidate forward for the Treasurer's post. And if I may cross my literary reference on to Hogwarts, I envision a kind of Gryffindor V Slytherin. Maybe the suggested 'shadowing' of a role has more to offer than you think.

Anyway back in Cambourne we await the applications - sorting hat in hand.

Best wishes
Kath

Ian Cameron, who has Nursing and Paramedic qualifications, has had a lifelong interest in vaccines and the immune system.

After training at a Royal Naval Hospital, he spent the rest of his service career with the Royal Marine Commandos, in which time he gave thousands of vaccinations for different diseases.

After leaving the service, the majority of Ian's working life was spent in the Pharmaceutical industry. Throughout his years in the industry, he constantly worked with products related to the immune system.

He currently works part time at a Care College where one of his duties is infection control within his area of responsibility.

Vaccination is also vital for those often-vulnerable students who attend the College.

His talk will give insight of what happens in the body after a vaccination and will clarify the role of anti-bodies and T Cells while touching briefly on other aspects of the immune system.

While not wishing to portray himself as an immunologist, Ian has given this talk to lay groups before, and it has been well received.



Spring and Summer Walks

Friday 14 Barton. Leader Diane
April. At 10.15 Norman. Meet at Barton
recreation ground. CB23
7BG approximately 5 miles.
This is the walk we had to
cancel back in March.

Thank you to all those who have led Friday
walks while Fran and I have been indisposed.

**The dates for the term are April 28, May 12
and 26, June 9 and 23 and July 14.**

**Please let me know if you are able to lead a
walk on any of these dates and I'll put a
programme together.**

Wednesday strolls take place on the first and
third Wednesdays in the month. We meet at
the Hub at 10.00 am and walk around 2 miles
at a reasonable pace which takes about an
hour - and usually finish with a coffee. Next
Wednesday walk is on 19 April.

Ann Mead

U3AC Cambourne Walking Group: Notes on Walking Etiquette

SAFETY (RISK ASSESSMENT)

a) Registration Please ensure that your
name is registered by the walk leader

b) Road Safety

As a general rule please walk on the right-
hand side of the road facing the on-
coming traffic. There are occasions when
this is neither possible nor the safest
position on the road: in these instances,
keep alert. This is particularly necessary in
country lanes.

c) Keeping Contact

During a walk, remember to let the leader
lead.

it is also important that you keep visual
contact with those immediately BEHIND
and IN FRONT OF you. This discipline
ensures that no one gets detached from
the group when there are a number of
changes of direction within a short
distance. If necessary, call forward to halt
the group until the leader is informed and
the group can close up.

d) Terrain/Environment

- Pay attention to the terrain.
Country footpaths, and even
suburban pavements can be
uneven, and the majority of injuries
on walks is caused by "slips, trips
& falls".
- In muddy/slippery conditions, the
use of sticks or walking/trekking

poles can be beneficial, but do not
wave them around: keep the points
out of harm's way.

- Stiles/footbridges can be especially
slippery – take great care when
crossing them, and accept help
where it is offered.
- On the rare occasion that livestock
are in fields through which we walk
they are best given a wide berth.
- Beware tree branches at eye-
height, and wear suitable, thorn-
proof clothing against brambles,
nettles etc.
- In warm/hot weather please carry
extra water to counteract the
effects of dehydration.
- Please ensure that gates to fields
are in the correct position (shut or
open) after passing through.

e) First Aid

Individuals are encouraged to carry
something for blisters and sun lotion if you
use it.

f) Clothing/Weather

- Walking boots/shoes are
necessary in winter. In summer,
"walking" sandals/light walking
shoes/trainers can be adequate.
- We walk in all weathers, except
when there is a hazardous weather
forecast: heat (~>30 deg C),
severe rain, snow or ice. Please
wear appropriate clothing.

CAFES

- Do not enter a pub or café wearing muddy
boots.

REFRESHMENT

There will sometimes be a break for
refreshment at about half-way. It is sensible to
carry a drink at least, in keeping with the weather.



Walkers at Caxton churchyard

Committee Role Opportunities

Dear Members,

We urgently need volunteers to fill the roles of Treasurer, Secretary, Speaker Secretary and Newsletter Editor.

Help and advice of course will be provided.

Without a treasurer and secretary we cannot form the essential quorate that u3a rules demand. This would mean sadly having to disband our u3a in Cambourne.

Please get in touch with any member of the Committee through the website to enquire further.

<https://u3asites.org.uk/cambourne>

Forthcoming Talks

19 May	Britain's traditional feasts and seasons by Joanna Bogle, author and historian.
16 June	Weather in Space by Emma Kavanagh. Cambridge University space weather researcher.
21 July	*Annual General Meeting followed immediately by:-
21 July	18 th Century civilian Re-enactment by Archie Black, C&D u3a member and 18 th century history aficionado.
18 August	No meeting
15 September	Ernest Shackleton's Epic Antarctic Rescue Voyage by David Horan.
20 October	My great Aunt Constance, an account of her life in Burma before and during WW2 involving a perilous trek to freedom by Jenny Malin.

*In order to allow enough time for these two events to happen within our time slot, we intend to start the meeting at 10.15 so allowing for the Civilian Re-enactment to start at 10.45.

Allsorts Group Out for lunch diary

Dear All,

There are lots of activities planned for U3A members this year so I thought I would give you an idea of dates and venues for this group to add to your diaries.

Many thanks for your contributions. Keep them coming.

Thursday April
13th @ 5 pm

Lalbagh in Bourn

Thursday June
15th @ 12.30

Seasons at the Park, Cambridge Regional College, Kings Hedges Road, Cambridge. CB4 2QT, Where else can you get a 3 course meal for £10. Meals are prepared and served to a high standard by the students under the watchful eye of their tutors. I have made a reservation for 10 people as the venue is popular.

December Christmas Lunch/ Dinner.

Please let me know your thoughts as to whether you prefer to have a Christmas meal in the evening or lunch time.

Venues and times may vary although they are correct at the time of this e mail being sent.

Best wishes

Lesley




lesley610@hotmail.co.uk

The Park Restaurant, Cambridge Regional College

Please check the March issue of the Newsletter for more information on lunches throughout the year.

**Allsorts Group
Gardens Galore diary**

Tues 25/4	<p>Audley End House and Gardens to enjoy a riot of colour as 16,000 bedding plants and 19,000 bulbs are in bloom. Both the House and Garden are open and concessionary rates are £16.30. Hopefully, the 2 for 1 Gardeners World offer will be available again for this property.</p> 
Fri 23/6	<p>Docwra Manor and Crossing House. Two gardens down the road from one another. At Docwra Manor, an old farmyard has been converted into a series of enclosures overflowing with plants to give you new ideas. £5. Crossing House gardens are on a different scale, just a quarter of an acre, but there is not an inch of ground where nothing grows and they are free.</p>
	<p>The Gardeners World magazine for April will be doing its 2 for 1 offer on some of the gardens mentioned. More information for each trip will be e mailed approximately one month before apart from Kew Gardens as the coach needs to be booked now.</p> <p>Please check the March issue of the Newsletter for information on all the garden visits throughout the summer. As always I am open to suggestions and for new places to visit.</p> <p>Best wishes Lesley lesley610@hotmail.co.uk</p>

**Visit to the Waste Management
Centre, Waterbeach
Monday 2nd October
2-4pm**

We will go by coach from the Hub in Cambourne, leaving at 1.30pm, and the maximum group number is 30. We are investigating the cheapest coach to get us all there and you will be notified when this is finalised, but it will be around £10 per person. There is no charge for the tour. Please get in touch if you wish to go on a waiting list for this visit: fran@panrucker.co.uk

**Allsorts Group
Proposed Programme of Events in 2023**

- 18th May Shuttleworth Collection & Swiss Garden**, Biggleswade Janet Rogers – janet.rogers@btinternet.com
- 8th June British Schools Museum and lavender farm**, Hitchin Jan and David Nuttycombe – nuttycombe25@gmail.com
- August tbc Saffron Walden Maze Gardens tbc** Christine - christinetyler22@outlook.com
- 14th September Kew Gardens** 25 seater coach Caroline - c.adams1@btinternet
- 17th September Cambridge Organised Walk** Blue Badge Tour, Fran Panrucker – fran@panrucker.co.uk
- October Madingley afternoon tea** Fran fran@panrucker.co.uk
- November Cambridge Mosque** Lesley lesley610@hotmail.co.uk

Please note that the above trips are just proposals. Confirmation that the trip will be going ahead will be given closer to the dates shown.



**Bourn Windmill Visit
Sunday 16th July**

We have made this an annual event and we've all enjoyed the visit to the Mill followed by tea in Kate's garden. A £7 donation is all that's needed so if you are interested in a visit this summer please let me know on christinetyler22@outlook.com or sign up at the next meeting on 21st April.



Forthcoming recruitment day for volunteers at the Wimpole Estate

We have a volunteer recruitment day coming up at Wimpole on Friday 12th May. It takes place between 10.30am and 3pm and there is no need to book – people just turn up on the day and ask for directions at our visitor welcome centre.

Visitor Welcome

You will provide a warm welcome and help all visitors to enjoy their day. You'll also help us provide a personalised thank you, leaving people with a positive lasting impression

House Experience Volunteers

Based in Wimpole Hall, you will provide a warm welcome to visitors, answer questions, and help protect the interiors and collections through security and fire evacuation procedures. There will be opportunities to learn more about the history of the house, but this is not a requirement when you start.

Bookshop Volunteers

We are looking for volunteers who work in our profitable second-hand Bookshop. Based in the busy Stables area, near the shop and café, you will work independently but you will never feel lonely. No retail experience is required as full training will be given -you just need to be interested in books and enjoy working with the public.

Food and Beverage

We are looking for additional volunteers to support with hosting and table clearing. If you are an individual who loves to be outside and delights in engaging with our visitors, we would love to hear from you.

Visitor Operations Volunteers

Based 'on the ground' with Visitor Experience at the forefront of your mind, you will be looking at all aspects of the visitor journey, whether that be ensuring that bins are emptied or standing at a busy junction giving directions and answering questions.

To enquire about any of these opportunities, or to express an interest please visit our website [Join the Wimpole team | National Trust](#) or email wimpolehall@nationaltrust.org.uk

Anne French

Senior Volunteering and
Community Officer

01223 206044



National
Trust

National Trust Wimpole Estate
Wimpole Estate, Old Wimpole
Road, Arrington, SG8 0BW



I would love to receive photos/reports of walks and trips to show what pleasant times are being enjoyed in our u3a. In fact anything that you think would be of interest would be much appreciated. Please send them to me at the address below.

Thanking you in advance & wishing you a beautiful Easter,
Christine

christinetyler22@outlook.com