



Registered Charity No 1196841

All the links in this month's newsletter will take you to a relevant page on the [Chatteris u3a website](#).

A NOTE FROM THE CHAIR

In August, we were treated to an interesting talk by one of our own at the open meeting. Neil Rutter presented the work done by the LIONS Club International in the UK and globally. I was particularly impressed with their work for eyesight, from the 1925 talk by Helen Keller to the creation of Sight First in the 1990s and their research and support for cases of river blindness, glaucoma and more in Africa. I also got introduced in August to the book "Age Proof" by Professor Rose Anne Kenny, about her research with Trinity College Dublin on the simple changes we can make to live longer, happier, and healthier lives. According to this, about 80% of our ageing biology is within our control. She recommends active lifestyles, social activities, friendship, volunteering, laughing, learning new things, exercise and getting a good night's sleep. Most of these activities can be performed through the u3a. Finally, a word about the newsletter: we have tried changing the periodicity of Chatterbox over the past few issues but have concluded that it is best if it can be published at the end of the month, as some have found it confusing to have the calendar published a month in advance.

... Peter

Previous "A Note from the Chair" messages are available via this [CHAIR NOTES](#) link

OPEN MEETINGS 2023/4

15 th Sept	SEPTEMBER OPEN MEETING 10.30am in the KEC Speaker: Dr Mark Carroll - <i>DNA And You</i>
20 th Oct	OCTOBER OPEN MEETING 10.30am in the KEC Speaker: To Be Confirmed - <i>Tax, Care And Toy Boys</i>
17 th Nov	NOVEMBER OPEN MEETING 10.30am in the KEC Speaker: Charlotte Paton - <i>The History Of The Romany People</i>
22 nd Dec Please note change of date.	DECEMBER OPEN MEETING 10.30am in the KEC Speaker: Melody Flyte - <i>Singing For Victory - Forces Sweethearts Of WW2</i> Followed by Refreshments
19 th Jan 2024	JANUARY OPEN MEETING 10.30am in the KEC Exhibition on Safety and Security by the Fenland District Council
16 th Feb 2024	FEBRUARY OPEN MEETING 10.30am in the KEC

For more information, click on the [Diary](#) link

TRIPS / THEATRE VISITS

Burghley House Christmas Market - Saturday 25th November, leaving Furrowfields Car park at 9.30am, Ticket £25.00 per person - ONLY 7 SEATS LEFT. Payment will be needed at the September meeting please.

To gauge interest, we plan to have a sign-up sheet for **Thursford Christmas Spectacular 2024**, this is just to see if enough members want to go. We must pre book tickets in January 2024.

More details about these outings can be found on the [TRIPS](#) webpage.

For tickets and information, please get in touch with **Jan Fieldhouse** via this [email contact](#) link.

INTEREST GROUPS SEPTEMBER CALENDAR				
GROUP	DATE	TIME	VENUE	LEADER
ART AND GRAPHICS	Fri 15th	2.00pm – 4.00pm	Chatteris Library	Peter Leeson
BANNED BOOK CLUB	Thu 14th	2.30pm – 3.30pm	Chatteris Library	Peter Leeson
BRITISH SIGN LANGUAGE	Wed 6th	1.45pm- 3.45pm	King Edward Centre	Sally Harper
CRAFTS	Wed 20th	2.00pm – 4.00pm	King Edward Centre	Barbara Righelato Lindsey Marsden
CREATIVE WRITING	Mon 4th	2.00pm – 4.00pm	Member's Home	Polly Howat
FAMILY HISTORY	Thu 7th	10.00am – 12.00pm	King Edward Centre	Georgina Plumb
GAMES AFTERNOON	Thu 28th	2.00pm – 4.00pm	King Edward Centre	Georgina Plumb
GOLF	Wed 6 th and 20th	A Morning Round	The Old Nene Golf Club	Stuart Newman
GUITAR	Thu 28th	1.00pm – 3.00pm	Member's Home	Steve Wright
JEWELLERY FOR FUN	Fri 8th	2.00pm – 4.00pm	King Edward Centre	Caroline Hopper
LIVING WELL WITH ARTHRITIS	Fri 22nd	2.00pm – 4.00pm	King Edward Centre	Lesley Pomfrett
QUIZ EVENING	Mon 25th	7.00pm – 9.00pm	King Edward Centre	Jeanette Hipkins
SCRABBLE	Mon 11th	2.00pm- 4.00pm	Member's Home	Jan Fieldhouse
SINGING FOR PLEASURE	Mon 18th	2.30pm – 4.00pm	Emmanuel Church	Joan Deller
TABLE TENNIS	Every Tuesday	10.00am – 12.00pm	King Edward Centre	Ken Robson
WALKING HERE A	Fri 8th	10.00am – 12.00pm	King Edward Centre	Phil Green
WALKING HERE B	Tue 12th	10.00am – 12.00pm	Furrowfields Car Park	Brian Windsor
WALKING THERE	Wed 20th	As Arranged	Furrowfields Car Park	John Parry Brian Windsor
WHIST	Tue 12th	2.00pm – 4.00pm	Member's Home	John Parry
WINE APPRECIATION	Tue 5th	6.30pm – 9.00pm	Member's Home	Barry Ransley
LUNCH ON WEDNESDAY	When arranged	As arranged	As arranged	Jan Fieldhouse
LUNCH ON THURSDAY	When arranged	As arranged	As arranged	Lesley Gibbs
COMPUTING HELP	By arrangement	By arrangement	By arrangement	Neil Shepherd

- Click this [A-Z GROUPS LIST](#) link to see a list of all our Interest Groups and links to their individual webpages.
- Click this [email contact](#) link to enable you to email Georgina Plumb, our Groups Coordinator.

INTEREST GROUP NEWS

The **British Sign Language** Group are extending their meeting time by 30 minutes. The next meeting takes place at the KEC on 6 September from 1.45pm until 3.45pm.

Interested in playing table tennis on a Monday afternoon? Please contact Pat for more details. This will be in addition to the Tuesday club.

A new **Art Group** is starting on Friday 15 September at the library from 2.00pm until 4.00pm. This is in the afternoon of the Open Meeting at the KEC. For further details, follow this link [Art & Graphic](#). All are welcome; no talent or experience is required.

Banned Book Club meetings at Chatteris Libra.

- 14th September: Madhouse at the End of the Earth (Julian Sancton)
- 12th October: The Boy in the Striped Pyjamas (John Boyne)

WEBPAGE WATCH

I SPY in Chatteris – 01. To find out what, click [my little eye](#)

Here are some **recently updated** webpages: [SOCIAL](#); [THEATRE](#); [Banned Book Club](#) and [Walking Here A](#).

August Committee Meeting – Some brief notes:

1. The Membership Secretary said that our membership had now reached 150 and that 87 people had attended the July Open Meeting.
 2. It was confirmed that a room had been booked in September at the KEC to host a convivial gathering of Group Leaders and Volunteers as a *Thank You* for all their efforts and provide an opportunity for them, should they wish, to discuss their thoughts, ideas, or concerns about Chatteris u3a.
- Click this [Executive Committee](#) link to see a list of your *Trustees' Names and Roles*.
 - Click this [Committee Minutes](#) link to see copies of the recent *Committee Meeting Minutes*.