

Cambourne & District u3a



NEWSLETTER

SEPT 2026 Issue 89

From your new Chair

As your new chair I thought I would introduce myself and tell you how I came to take on the role.

I have lived in Cambourne since November 2019. I lost my husband two years before and had been rattling around in the family home on my own. At the time I was still working and wanted to retire earlier than the government decreed I should. Cambourne offered the size and type of house I wanted and it was the side of Cambridge I wanted to live.



I was out litter picking one day and I started chatting to someone, who I now count as a good friend. She mentioned that the u3a walking group was going on a walk the next Friday. Not really knowing what the u3a was a quick search revealed that there was a monthly meeting and an array of different groups and interests to join in with. From then the rest, as they say, is history. I now lead the Friday walking group, have joined the French group and Art Appreciation and more importantly made many new friends along the way.

The u3a for me has lived up to its main aims to encourage lifelong learning, social connection, and active living for people no longer in full-time work. I have become your Chair as it would have been devastating for current, and potential new members, if our Cambourne u3a had not existed or was forced to close due to a lack of a Chair.

Unfortunately I will not be at the first Monthly meeting as I will be in Canada! However I hope to meet as many of you as possible at a future meeting.

Best wishes

Janet Rogers

From the Editor

I would like to say thanks, yet again, to those Members who have contributed to the last 5 Newsletters - it really is very much appreciated.

As you know, and as I have said before, this Newsletter succeeds or fails by Members input. So please continue to send me articles and photos about your news, interests, passions and hobbies. Share with us. Keep the Newsletter relevant and interesting. Now it's your turn again, so please get out that keyboard! Thanks in anticipation.

Feedback on the Group activities with photographs is always a pleasure to read, so can we have more of those please?

As a reminder send your articles, news and/or anything else to me at:

u3a.newsletter.and.publicity@cambourne.org

Paul Middleton

Thanks

A huge thank you to everyone who has kindly volunteered their time to provide refreshments at the monthly talks. Your support and company is very much appreciated

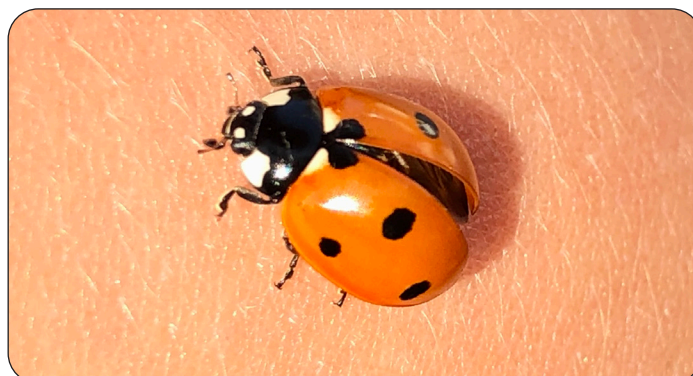
Pauline Lapish and Tish Cracknell

CONCERT

There was to be a concert at Saffron Hall, Saffron Walden on Sat Oct 3rd, 7.30pm with Milos on guitar and Ksenija Sidorova on accordion. Unfortunately this has been cancelled due to Milos having medical problems. Let's hope he will be able to treat us in 2027.

<https://www.saffronhall.com/whats-on>

Fran Panrucker



'One of our garden friends'

What's On

Charity Walk around Cambridge colleges

Join Arthur Rank Hospice Charity and Romsey Mill on Sunday 13 September for the 'Bridge the Gap' Walk around Cambridge colleges. With a brand new route for 2026, starting from Parkers Piece in Cambridge you can visit colleges - Jesus, St Johns, Trinity, Gonville and Caius, Queens and Downing. The Society of Cambridge Tourist Guides will also be on route ready to answer your questions and entertain you with fascinating facts and stories along the way. Book now at arhc.org.uk/btg or telephone 01223 676888. Up to three under 16's are free with every paying adult.

A reminder to those who have not yet renewed their Membership

I have recently sent you an email,
if you have not yet renewed
your u3a membership for 2026/2027.
Thank you to those who have replied.

If you do not wish to renew, please email me at
u3a.membership@cambourne.org.

I can then remove you from the membership list
and you will not be 'pestered' by future u3a emails.

If you do wish to renew and need help,
you can also email me
or see me at the Hub Meeting on 18th September.

Thank you

Jan Nuttycombe, Membership Secretary

September Points to ponder

Answers at end of Newsletter

1. When was the Wimbledon tennis tournament first televised?
2. Which country has won the most FIFA world cups?
3. Which country won the first ever Cricket World Cup and which year was it?
4. In which year did the modern Olympic Games start?
5. Who was GB's first Formula One champion?
6. The Ryder cup is named after Samuel Ryder. How did he make his money?
7. Which famous racehorse was the subject of a 2003 movie starring Toby Maguire?
8. Who was the first man to run a mile under four minutes?
9. Who was the first British footballer to be signed for £1,000,000 and what year was it?
10. Amy Hunt has just won four golds in the European championships. Which races?

Quick question before you skip to the next article



Given the choice, would you prefer to receive important U3A information in a different format? Your committee is considering the creation of a Facebook page that some of you might find more accessible. For example, it could include bite-size summaries of longer pieces in this Newsletter.

Before we decide whether to proceed though, we'd like to hear from you, our members. Let us know whether you use Facebook and whether you'd welcome a dedicated Facebook page providing you with a quick and easy way to interact with your fellow members.

OUR GROUPS

A reminder of the Groups in Cambourne & District u3a

<i>Group</i>	<i>When</i>	<i>Leader</i>
Allsorts	monthly or occasional	Fran Panrucker
Anyone for Coffee	various times	Fran Panrucker
Art Appreciation	2nd Wednesday of month	Stephen Attwood
Board Games	1st Friday of month	David Kay
Book Club 1	2nd Tuesday of month	Lois Kershaw
Book Club 2	last Thursday of month	Fran Panrucker
Book Club 3	1st Tuesday of month	Janet Leonard
Bridge Club	Wednesdays	Colin Norman
Classical Music	Wednesday pm fortnightly	Jo Darlington John Thornton
Dance Fitness	Wednesday 12.30-13.15	Fran Panrucker
Darts & Pool	Monday fortnightly	Lucy Purvey
French Intermediate	alternate Tuesdays	Christine Tyler
Genealogy	approx every 4 months	Jeff Jones
Getting to Know Your iPad	approx every 3-4 weeks	Anne Jones
Out to Lunch	monthly usually Thursdays	Janet Leonard
Pilates & Mobility	Monday 10.45-11.30	Jan Nuttycombe
Table Tennis	Monday 3-4 fortnightly	Lucy Purvey
Theatre	varies	Sandra Davies
Walking	last Friday of month	Janet Rogers
World War 2	last Friday pm of month	Archie Black

Singing Group

We now have a u3a singing group which sadly was not well attended for its first session. I have been told that some people would be interested in joining but don't think they can sing! Not having a singing voice (in your own opinion) is not a barrier. Wanting to sing songs you enjoy is all that matters, as this group is for fun, with the emphasis being on wellbeing and joy. Please get in touch if you are now interested in joining this group: u3a.singing.group@cambourne.org.

All the best

Fran Panrucker

Table Tennis Group

The table tennis group meets at Everyone Active in Cambourne on alternate Mondays. If there is enough interest, either badminton or pickleball can be added. Of course we play to win but it is also about meeting friends, having a chat and having fun. If you wish to join please contact me and once you are added to the list, you will receive alerts about dates and times. Please note that there is a small charge for the hire of the court. I look forward to seeing you there.

Lucy Purvey



Board Games Group

We meet on the first Friday of the month at the Holiday Inn Express Cambourne at 2.00 pm (they do not charge but we do order a drink during the afternoon). We play Scrabble and Rummikub.

Interested? Contact Karen on
u3a.boardgames.group@cambourne.org

Out for Lunch Club

Well, we certainly know how to enjoy ourselves! Our most recent monthly Out-For-Lunch group brought together 15 members at Shilpa Indian Restaurant in Papworth Everard, where we enjoyed a very pleasant afternoon of good food, great company and plenty of conversation.

The food was delicious and thoroughly enjoyed by everyone. The restaurant provided a warm and inviting setting, and with temperatures soaring to 36-degrees, the air conditioning was very much appreciated. Service throughout was attentive and efficient, contributing to an all-round enjoyable experience. But, as always, it was the wonderful company that truly made the afternoon shine.

A special note of thanks goes to Janet, our amazing organiser, for all the time, care and effort you put into arranging our monthly lunches and bringing us all together. We're so grateful for everything you do.

As always, it wasn't long before plans were already underway for upcoming lunches. The next dates and venues are as follows:

17 September – Giggling Squid Thai Restaurant

15 October Hobbsons Cambridge Best of British Restaurant

12 November La Margherita Italian Restaurant

17 December The Red House Traditional English Restaurant

We're already looking forward to more delicious meals, great company and the chance to catch up again over the coming months.

Sometimes you just need to get dressed up and go on a lunch date with friends and feel like yourself again.

Perlita Griffiths





**Out for Lunch Club
at the Shilpa**

Hello from your new Group Co-Ordinator!

Hi, my name is Simon Dimaline and I've volunteered to be your Group Co-ordinator. I'd like to welcome all existing and new members as we move into a new membership year.



In true u3a fashion, a few things about myself first. I've lived in Lower Cambourne since 2003, like many of us we moved with a young family who went on to attend Monkfield, Comberton and University locally. I retired last year aged 56, so I've still got a few years until the bus pass! I'm married to Lisa who still works locally. We love holidays, having recently caught the cruising bug, we've got 4 lined up for the next year already. I'm always after good recommendations of new places to visit, so if you like cruises too then please catch me at one of our meetings!

I'd like to say a huge thank you to Jan, Kath and the other members of the committee for supporting the groups in addition to their other duties. I also look forward to working with the new committee and group leaders throughout this next year.

I've been a member of Cambourne & District u3a for a year now and I really appreciate the time and effort the group leaders put in to setting up and running our group activities, a big 'Thank You' from me for your efforts.

I'm a member of a number of groups, and I get so much from attending including learning, activity and exercise, good company over a nice lunch, a chat over a coffee and cake, and visiting interesting places. We are lucky to have such variety within our groups. I'd recommend new members or those looking to widen their social circle to give a few groups a try to find out what appeals to you.

I'm always keen to listen to members views on the groups and activities we offer – for example are we missing an activity you'd like to volunteer to run? Do we have the breadth or number of groups right? - maybe we need more sport or exercise activities, more learning, more days out and social activities. Please feel free to drop me an email at via the Get In Touch link on

<https://cambourne.u3asite.uk/groups/>
or catch me at a Friday group meeting to let me know.

Finally, new for September 2026, we have some new groups with leaders who have volunteered to run them. Over the next few weeks we'll be updating the Groups page on the website <https://cambourne.u3asite.uk/groups/> so you can read all about them, when they will run, and you can apply to join and get involved:

- **Spanish Speaking** – learn everyday Spanish phrases to help you when travelling to Spanish speaking countries;
- **Gardening Group** – visits to Gardens, Garden Centres/ Nurseries and Open Gardens in the surrounding area;
- **Movie Group** – come together to watch whatever type of movie takes our fancy, with the decision about what to watch to be chosen by the members;
- **Music Group** – each meeting a different member will be able to bring their own favourite music for others to listen to, anything goes (except for Classical as we have an existing group) including rock, pop, electronic, musicals, jazz, 60s/70s/80s/90s or whatever you fancy.



'We are fed up as it's too dry! We wish it would rain'

RAIN

It came softly the first rain
Caressing the aching ground
It came softly the first rain
Sweet, gentle, a welcome sound

It came softly the first rain
Sweet balm on our endless drought
It came softly the first rain
A few droplets sprinkled all about

The wind picked up, the clouds rolled by
We looked expectantly towards the sky
But the stubborn sun continued her reign
We waited and hoped but no rain came

Rain to make the grasses grow
Rain to make the rivers flow
Rain in every corner of every shire
To nourish crops and put out fire

Come on cloud burst, do your worst
The world has built up such a thirst
We never thought that we'd complain
At this dearth, this devastating lack of rain.

Lucy Purvey



Patient Participation

Hello,

The Monkfield Medical practice holds a regular Patient Participation group meeting at the practice where you can bring up any issues or concerns you may have. The meetings take place in the practice at 5.45 for an hour, and more members would be very welcome. The next meeting is on Sept 8th. Previous minutes can be found here [Patient Group - Monkfield Medical Practice](#)

Fran Panrucker

Reminder

If you make any payments into our u3a bank - METRO - for any reason, e.g. Membership, Visits, Events, Reimbursements etc, PLEASE indicate what the payment is going to be used for.

Colin Norman

Another vital Reminder

The role of Treasure, needs to renewed by next July - 2027.

Colin, the present Treasurer, will have done his 6 years in the post and cannot continue according to u3a Rules and Regulations.

This roll is one of the 3 compulsory committee members and if we don't have one, our U3A, would have to close.

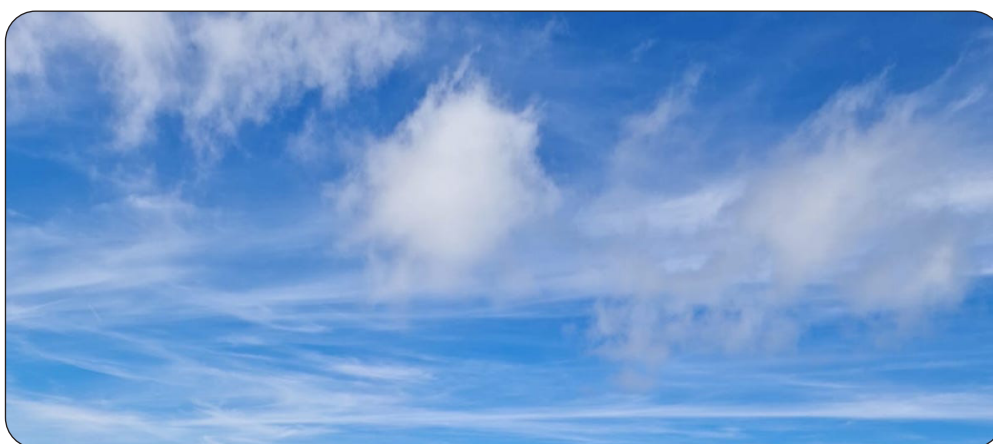
This really needs to stressed to all u3a Members as early a time as possible, hence this Reminder. This will give all Members an opportunity to think of the consequences.

Please let anyone on the Committee know if you are interested in finding out what is involved in this Committee post.

Thanks from the Committee in anticipation!

SPEAKERS FOR 2026/2027

<i>DATE</i>	<i>SPEAKER</i>	<i>SUBJECT</i>
<i>SUMMER HOLIDAY - NO MEETING</i>		
18-Sep-26	Jenny Malin	Behind the scenes at the BBC Broadcasting House
16-Oct-26	Fiona Rose	Uncompromising genius - The Life and Work of Frank Lloyd Wright
20-Nov-26	Hemant Jariwala	Flowers through my Viewfinder
18-Dec-26	<i>CHRISTMAS CELEBRATION TBA</i>	
	<i>2027</i>	
15-Jan-27	Anne Lawrence	Anti-Terrorism
19-Feb-27	TBA	
19-Mar-27	TBA	
16-Apr-27	Bruce Keith	Bridgecapes
21-May-27	TBA	
18-Jun-27	TBA	
16-Jul-27	TBA	
All meetings are held on the third Friday of each month starting at 10.30 with tea and coffee being served. The talks start at 11.00 and usually finish at 11.45 - 12.00		



Those balmy days of summer

September Points to ponder

Answers

1. When was the Wimbledon tennis tournament first televised? - **June 1937**
2. Which country has won the most FIFA world cups? - **Brazil**
3. Which country won the first ever Cricket World Cup and which year was it? - **West Indies. June 1975**
4. In which year did the modern Olympic Games start? - **1896**
5. Who was GB's first Formula One champion? - **Mike Hawthorn**
6. The Ryder cup is named after Samuel Ryder. How did he make his money? - **He sold mail order garden seeds called 'penny packets'.**
7. Which famous racehorse was the subject of a 2003 movie starring Toby Maguire? - **Seabiscuit**
8. Who was the first man to run a mile under four minutes? - **Roger Bannister**
9. Who was the first British footballer to be signed for £1,000,000 and what year was it? - **Trevor Francis in 1979**
10. Amy Hunt has just won four golds in the European championships. Which races? - **100 metres, 200 metres, women's sprint relay and 4x 100m mixed relay.**

Thanks to Lucy Purvey for this!



'Charlie, a beloved family friend, passed away in July'

R.I.P. Charlie

RISK ASSESSMENTS

DON'T FORGET – IF YOU ARE PLANNING AN EVENT, ORGANISING AN ACTIVITY OR A TRIP OUT, THEN A RISK ASSESSMENT MUST BE UNDERTAKEN BEFOREHAND

THE RISK ASSESSMENT FORM CAN BE FOUND ON OUR U3A WEBSITE [HERE](#) ALONG WITH [FAQs](#) TO ASSIST YOU

**ON COMPLETION OF THE FORM, PLEASE SEND TO:
U3A.SECRETARY@CAMBOURNE.ORG**

Bury St Edmunds Walking Tour Wednesday 9th September

Historic Tour with a blue badge Bury St Edmunds Tour Guide

This tour gives a general introduction to the history and development of the town with allusion to important figures from the past.

It covers Angel Hill, the Abbey Gardens, the ruins of the Benedictine Abbey, the Cathedral of St James and St Edmund, parts of the Great Churchyard with associated buildings such as St Mary's Church. As time permits, the tour continues into the town centre to study various aspects of past and present Bury St Edmunds.

Discover 1,000 years of history, from monks and martyrs to Saxon kings and Tudor queens, from talking wolves and Magna Carta to Georgian chic and Mr Pickwick – you'll find them all in Bury St Edmunds.

Tour costs £10 to £12 per person, depending on numbers

If interested please contact

u3a.newsletter.and.publicity@cambourne.org

After the sun came rain. I thought it appropriate that we should sample this well-known poem by John Keats as we gently enter the Autumn season.

Paul M

Ode to Autumn

*by John Keats
19 September 1819*

Season of mists and mellow fruitfulness,
Close bosom-friend of the maturing sun;
Conspiring with him how to load and bless
With fruit the vines that round the thatch-eves run;
To bend with apples the moss'd cottage-trees,
And fill all fruit with ripeness to the core;
To swell the gourd, and plump the hazel shells
With a sweet kernel; to set budding more,
And still more, later flowers for the bees,
Until they think warm days will never cease,
For summer has o'er-brimm'd their clammy cells.

Who hath not seen thee oft amid thy store?
Sometimes whoever seeks abroad may find
Thee sitting careless on a granary floor,
Thy hair soft-lifted by the winnowing wind;
Or on a half-reap'd furrow sound asleep,
Drows'd with the fume of poppies, while thy hook
Spares the next swath and all its twined flowers:
And sometimes like a gleaner thou dost keep
Steady thy laden head across a brook;
Or by a cyder-press, with patient look,
Thou watchest the last oozy hours by hours.

Where are the songs of spring? Ay, Where are they?
Think not of them, thou hast thy music too,—
While barred clouds bloom the soft-dying day,
And touch the stubble-plains with rosy hue;
Then in a wailful choir the small gnats mourn
Among the river sallows, borne aloft
Or sinking as the light wind lives or dies;
And full-grown lambs loud bleat from hilly bourn;
Hedge-crickets sing; and now with treble soft
The red-breast whistles from a garden-croft;
And gathering swallows twitter in the skies.