# Rowlands Castle u3a

# Forthcoming Talks

Monthly meetings take place in the Parish Hall, Links Lane at 2pm on the 3rd Monday of most months. There is a different talk on an amazing range of subjects, with a chance to meet and chat over refreshments. Visitors are welcome for a £2 entrance fee. Come along, find out more and join us!

# 19th January 2026

# **Driftwood Troubadours**

Driftwood will present their unique songs as a journey through time and imagination. They will talk about local historical village events and then play their own composition based on that event with back projected images relevant to the song they are singing.

# 16th February 2026

# The P&O Story

Steve Herra is third generation of Cunard seafarer; his last ship was QE2 where he was one of the pursers. On leaving Cunard he served in the Royal Naval Reserve. The P&O Story from 1837 to today will include the Ten Pound Pom tickets to Australia in the 1950's and Falklands service in 1982.

#### 16th March 2026

# 'The Man Who Wore a Wig' The Times of a Town Clerk

In 2023 Rowlands Castle resident Rodney Duggua retired after a 51-year career in local government. For the last 25 years of his service he was Town Clerk of Chichester City Council. Upon retirement the City Council conferred the Freedom of the City of Chichester on Rodney. Rodney also served for 32 years as a member of the Royal Naval Reserve.

# 20th April 2026

#### **Financial Frauds/Scams**

Roger Tristram has worked in international banking, technology and consultancy. He has travelled extensively, lived in the Middle East and Scandinavia and run his own consultancy business for 20 years. His presentation will cover the sorts of frauds and scams we are all exposed to and the steps we can take to protect ourselves.

## 18th May 2026

## **The Conquest of Diabetes**

Dr Goodall has a 1<sup>st</sup> Class Honours Degree in Biology (Queens University) and a PhD (University of Glasgow). Ian's talk on the Conquest of Diabetes will explain how, before 1920, diabetes was a fatal condition – usually killing the child. He will describe how Dr Frederick Banting battled against the odds and medical establishment, to isolate insulin and prove it could alleviate the symptoms of diabetes.

For full details go to; www.rowlandscastle.u3asite.uk or email us at; RowlandsCastleU3A@outlook.com