

Interest Groups 2023

Updated
3rd November 2023



Registered Charity: 1179593

STD Code for Thrapston is 01832 but numbers with “R” need the Raunds code 01933

Suggested cost for REFRESHMENTS when available in a member’s home is 50p

U3A members should take their Membership Cards to the next group meeting.

Group Leaders are requested to contact Roger, Group Co-ordinator, with any changes to group details.

This list will be updated as and when changes are reported

List of Groups currently running

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| Art
Bridge
Butterfly & Bird Watching
Cake & Bake
Classical Music
Creative Writing
Cycling
English
Family History
Flower Bunch
French Revivers | French Encore
Local History
Local History Walks
Lunches
Makin’ Music
Nordic Short Walks
Nordic Walks
Photography
Play Reading
Science & Technology
Singing for Fun | Spanish
Stitches
Tai Chi (2 groups)
Table Tennis
Table Tennis 2
Ten Pin Bowling
Theatre Visits & Outings
Ukulele
Wellbeing with Nature |
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ART	
Leader	Ann Thantrey CONTACT 01234 709 836
When/Where	Wednesday, fortnightly, 10 am to Noon Thrapston Community Library
BRIDGE	
Leader	Gordon Campbell CONTACT 0784 6611748
When/Where	Thursday, afternoon, 2 pm Member’s House
Cost	There are no costs involved except the price of books which are not essential.
	The aim of the group is for Bridge players to meet to play and help those who would like to learn, so we welcome absolute beginners to experienced players
BUTTERFLY & BIRD WATCHING	
Leader	Bob Simpson CONTACT simpson.robert@sky.com
When/Where	1 st Wednesday, 9.30 am From Thrapston Co-op Car Park
Cost	Only costs are car-parking fees.
	Maximum of 10 members, visiting local butterfly sites and bird watching venues. Duration, 2 to 3 hours. Car-sharing would help.
CAKE AND BAKE	
Leader	Viv Tunstall CONTACT 07759 824457
When/Where	2 nd Friday, afternoon Member’s House
	Bake your pastries and cakes at home, bring them to be shared at the monthly meeting.

CLASSICAL MUSIC (PM)	
Leader	Glyn Hill CONTACT 735 797
When/Where	3 rd Wednesday Afternoon 2 to 4 pm Member's House
Cost	Optional concerts and prices vary according to the venue
	Listening to one or more pieces from a chosen composer together with a brief biography and background information on setting for the music. We also attend concerts and ballets using our own transport, mostly at Derngate, The Castle at Wellingborough and Oundle, and mostly at lunchtimes.
CREATIVE WRITING	
Leader	David Green CONTACT 720 269
When/Where	2 nd Wednesday, afternoon, 2 pm to 4 pm Member's House
Cost	Members are invited to buy copies of "Pick 'n' Mix" either to give as presents or to sell on.
	The Group's purpose is to improve members' skills in writing fiction, non-fiction, prose, poetry and short drama pieces using varied genre. A different theme is chosen for each month and members read their own work, in turn, to the rest of the group. Criticism is intended to be constructive. The Group publishes a selection of its writings twice annually in a booklet titled Pick 'n' Mix, sales of which contributes to future publications and worthy local causes. Some members have published their own work independently.
CYCLING	
Leader	Frank Boydell CONTACT 735 797
When/Where	Every Monday, morning, 10 am From Sackville Street car park outside the Co-op
	Aims: - Social interaction and fun, Enjoy the beautiful countryside in which we live, and Promote Health. We are a relaxed social cycling group, not a racing group. Rides are on quiet roads or tracks and enjoy a cafe stop halfway round for refreshments and good humour. Everyone is welcome, all you need is a bike. The leader offers a full check out of your bike before you start, if requested.
ENGLISH	
Leader	Glyn James CONTACT 733 792
When/Where	1 st Wednesday afternoon Member's House
	After a brief look at the history and structure of our own language and all the events that have influenced it; from the arrival of the Anglo-Saxons, to the invention of print, we have now begun to look at literature too, working through the most important influences from Chaucer onwards. For most of the time however we engage in lively discussion about modern English, how it has changed in our lifetimes and whether it is unduly pedantic to disapprove of the changes. There are no exercises and no homework; the objective is purely to enjoy looking at fascinating aspects of our language.

FAMILY HISTORY	
Leader	Mandy Dawkins CONTACT 0793 1758 783
When/Where	1 st Friday, morning, 10.30 am to 12.30 pm Member's House
	Share your research experiences, learn from others about sources and delve into the history of your family.
FLOWER BUNCH	
Leader	Linda Vickerman CONTACT "R" 380 244
When/Where	Last Friday of the Month, morning Cole Court, Brook Street, Raunds
From 27 th Sept	Members bring flowers and produce an arrangement to fit the theme of the day. We have demonstrations and visits to Floral events, share equipment and ideas, help each other, and have lots of laughs.
FRENCH REVIVERS	
Leader	Roger Davies CONTACT "R" 623 047
When/Where	2 nd & 4 th Wednesdays, Afternoon Member's House
	French conversation, topic based, with the aim of extending vocabulary, fluency and grammatical knowledge.
FRENCH ENCORE	
Leader	Jan Pacey CONTACT 07803 250 406
When/Where	1 st & 3 rd Thursday, Mornings, 10.15 am to 12.15 pm Thrapston Community Library
	Anyone seeking further information should telephone Jan. Intermediate level, not suitable for complete beginners.
LOCAL HISTORY	
Leader	Eric Franklin CONTACT 732 950
When/Where	Third Tuesdays, afternoon, 2 pm Members' House
LOCAL HISTORY WALKS	
Leader	Sheila Underwood CONTACT archivethrapstonu3a@gmail
When	Thursday mornings, 10 am to 11.30 am
	Neil Busby has kindly offered to lead 6 walks which will cover different aspects of Thrapston's history. Cost: a voluntary contribution of £2 which will go to Thrapston Heritage. First 2 walks will be on September 21st and on October 26th 2023 . Places are limited to 15.
LUNCHES (Monthly)	
Leader	Jean Mole CONTACT 01933 626 608
When/Where	3 rd Wednesday, lunchtimes. Restaurants & public houses in Northamptonshire
Cost	Pay as you go
	A social lunch group for those who like to share their lunch with friends. Emails will be sent to members prior to the date of the meal with all the information about the venue, menus, and to collect your choices for the pre-orders when required.

MAKIN' MUSIC	
Leader	Marion Healey CONTACT 07989 985 722
When/Where	Every Wednesday morning, 10.15 am - 12.15 pm Thrapston Baptist Church
Cost	£2 per session to pay for the hire of the Hall.
	<p>We do what it says, for fun. All instruments are welcome.</p> <p>Currently we have vocalists, guitars, bass, keyboard, ukes, mandolin, harmonicas, flute, whistles, clarinet and cajon (it's a box played as a drum)</p> <p>What we need: - Any more of the above - whatever you've got!! Any level of ability is fine, as long as you can play a bit. You don't have to be able to read music.</p> <p>If you sing or play any sort of instrument or used to and want to take it up again, and want to join a group having a lot of fun Makin' Music, then give it a try.</p>
NORDIC SHORT WALKS	
Leader	Pauline Johnson CONTACT "R" 625 181
When/Where	Every Tuesday Afternoons, 2 pm Meet at junction of Chancery Lane and De Vere Road
	This is a one-hour walk, with members benefitting from the use of poles. If you are new to Nordic Walking you can borrow poles to try it out.
NORDIC WALKS	
Leader	Rod Brown CONTACT 732 521
When/Where	Every Friday afternoon. Exact time and set off point decided a few days before
	This group likes to walk 5 to 6 miles and usually sets off around 2.00 pm
PHOTOGRAPHY	
Leader	Neil Underwood CONTACT 737 921
When/Where	1 st Monday, Morning, 10.30 am to 12.30 am Thrapston Community Library
Cost	£2 per session for hire of the Hall and refreshments
Anyone wishing to join should call me for date of next meeting/other information.	<p>An opportunity to practice your Photography skills. It doesn't matter if you are a complete novice (as long as you have access to a camera) or if you are nearly an expert. We will be looking at composition and the technical bits and each month we'll have a slide show of our achievements.</p> <p>We pay QUARTERLY whether you attend or not to ensure sufficient funds to pay the bills!! The charge may change to reflect any cost increase.</p>
PLAY READING	
Leader	David Green CONTACT 720 269
When/Where	2 nd Wednesday, Afternoon, 2 pm to 4 pm Member's House
SINGING FOR FUN	
Leader	Marion Healey CONTACT 07989 985 722
When/Where	Every Friday 1.30 pm to 3 pm Thrapston Baptist Church
SCIENCE & TECHNOLOGY	
Leader	Sheila Underwood / Phil Cox 735 797 or 07411 149 678
When/Where	3 rd Mondays, 2 to 4pm from 20 th March Baptist Church Lounge Thrapston
Cost	Tba

SPANISH	
Leader	Roger Davies CONTACT "R" 623 047
When/Where	2 nd and 4 th Tuesdays, Morning 10.30 am to Noon Thrapston Community Library
	Spanish for beginners and those with some knowledge, with the aim of building vocabulary, accent, fluency and a basic grammatical awareness.
STITCHERS	
Leader	Wendy Davies CONTACT 0787 6743 464
When/Where	Last Wednesday, Morning, 10.30 am to 12 noon Thrapston Community Library
From 29 th Sept	We work on our own projects, but also share ideas and learn new techniques. We welcome all members, from beginners to experts. These details are the current plans, dependent on replies from the members of the group.
TAI CHI Group 1	
Leader	Linda Vickerman CONTACT "R" 380 244
When/Where	Every Thursday, Afternoon, 2 pm to 3.30 pm Islip Village Hall
Cost	£2 per session for hire of the Hall
	Gentle exercises to music to improve Balance, reduce Stress and promote better General Health. Group full at the moment with a waiting list.
TAI CHI Group 2	
Leader	Colin Northern CONTACT 721109
When/Where	Every Tuesday, Afternoon, 2.30 pm to 3.30 pm Islip Village Hall
Cost	£2.50 per session for hire of the Hall
	Tai Chi is a gentle form of exercise that improves balance, reduces stress and promotes general good health. This group will be learning Tai Chi based on the Yang 108 move form. New members would be most welcome
TABLE TENNIS (1)	
Leader	Gordon Campbell CONTACT 0784 6611 748
When/Where	Every Tuesday, Morning 9.45 am to 11 am Thrapston Baptist Church, upstairs lounge
Cost	£13 per quarter for hire of the Hall
	Vacancies. We provide the necessary equipment.
TABLE TENNIS (2)	
Leader	Gordon & Sue Campbell CONTACT 0784 6611 748
When/Where	Every Thursday morning, 10 am to 11 am Thrapston Baptist Church upstairs lounge
Cost	£13 per quarter for hire of the Hall
	Vacancies. We provide the necessary equipment.
TEN PIN BOWLING	
Leader	Margaret Beston CONTACT 735 236
When/Where	2 nd Friday, Morning 11am Wellingborough Bowl
Cost	£6.50 for two games First meeting October

THEATRE VISITS & OUTINGS	
Leader	Jean Mole CONTACT 01933 626 608
When/Where	Matinee visits to various theatres. Costs depend upon coach, theatre ticket etc. costs
UKULELE	
Leader	Marion Healey CONTACT 07989 985 722
When	Every Tuesday, Morning 10.30 am to 12.30 pm Marion's House
	The group is open to all including those with no ability! We will help anyone to play. Each week we play and sing songs of all genres and have an enormous amount of fun! A Ukulele is required, but spares are available to borrow whilst having a taster session.
WELLBEING WITH NATURE	
Leader	Susan Collini CONTACT 07799 892 900
When/Where	Each Wednesday, Morning Oxlip Wood, Sudborough
	Spending time connecting with nature can deliver wellbeing benefits and there's a large body of scientific proof that it works. Engagement with nature, <i>through slowing down to 'notice'</i> , is the key to reducing stress and anxiety levels, lowering blood pressure, soothing mental distress, improving energy levels, increasing resilience, speeding recovery from illness and even boosting the immune system. Find out more by contacting Susan Collini. The activity is free but prospective members are requested to visit the wood prior to joining.