

Interest Groups

2021-22

Updated
18th September
2021



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 Anna, 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

More details on the following pages

Cake & Bake
Classical Music
Creative Writing
Cycling
English
Family History
Flower Bunch
French Revivers
French Encore
Line Dancing
Lunches
Makin' Music
Nordic Short Walks

Nordic Walks
Photography
Play Reading
Singing for Fun
Spanish
Stitchers
Tai Chi (2 groups)
Table tennis
Ten Pin Bowling
Theatre Visits & Outings
Ukulele
Walks
Wellbeing with Nature

CAKE AND BAKE	
Leader	Viv Tunstall CONTACT 571 886
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	
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
From 20 th Oct	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, morning, 10 am to Noon 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 Next meeting 1 st September 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	Neil Busby CONTACT 731 047
When/Where	Varies
Cost	No cost involved
	1 to 1 Research Sessions. Beginner and experienced researchers are welcome.
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 m	
	Anyone seeking further information should telephone Jan. Intermediate level, not suitable for complete beginners.	
LINE DANCING		
Leader	Sue Thurlow	CONTACT 733 633
When/Where	2 nd & 4 th Tuesdays, 12.30 pm to 1.30 pm	St James Church Hall
Cost	£2 per session to cover the hire of the Hall.	
	All welcome, if never danced before, trouble with left from right, need some gentle exercise, come along yehaw.	
LUNCHES (Monthly)		
Leader	Jean Mole	CONTACT 01933 626 608
When/Where	2 nd 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. LUNCHES (MONTHLY) News Update The Plaza is booked for an inaugural meeting of the New Lunch Club on Monday 1st November, 10am to 11am. Tea, coffee and cakes will be provided.	
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.	
	We do what it says, for fun. All instruments are welcome. Currently we have vocalists, guitars, bass, keyboard, ukes, mandolin, harmonicas, flute, whistles, clarinet and cajon (it's a box played as a drum) 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. 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.	
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 am to 11.30 am Baptist Church Coffee Lounge
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.	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. 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. At the moment we cannot meet there until the Food Bank moves to its new "Home" so we will continue to meet via ZOOM until we can return to the venue.
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 pm to 3 pm Thrapston Baptist Church
SPANISH	
Leader	Roger Davies CONTACT "R" 623 047
When/Where	1 st and 3 rd Tuesdays, Morning 10.30 am to Noon The Woolpack Inn, Islip
	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 am to 11.30 am The Woolpack Inn, Islip
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 North CONTACT vicechair2thrapstonu3a@gmail.com
When/Where	Every Tuesday, Afternoon, 2 pm to 4pm 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.
TABLE TENNIS	
Leader	Gordon Campbell CONTACT 0784 6611 748
When/Where	Every Tuesday, Morning 10 am to 11 am Thrapston Baptist Church, upstairs lounge
Cost	£1 per session for hire of the Hall
	Vacancies. We provide the necessary equipment.
TEN PIN BOWLING	
Leader	Margaret Beston CONTACT 735 236
When/Where	2nd 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.
WALKS	
Leader	Neil Hallam CONTACT 0754 017 1973
When/Where	Last Thursday of Month, Morning Walks of between 6 and 8 miles starting at 10 am
	We have walks of between 6 and 8 miles starting at 10 am. The venue varies each month and is within a 20 mile radius of Thrapston, sometimes starting and finishing at a pub, other times we have refreshments part way round.
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.