**Updated**

 **11 February 2025**

Interest Groups

2025

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**

Art Board Games

Bridge

Butterfly & Bird Watching Cake & Bake

 Canasta

 Creative Writing

Cycling

 Desert Island Discs

 English

 Family History

 Flower Bunch

French Revivers French Encore Gardening Local History Lunches

Makin’ Music Move & Groove Nordic Short Walks Photography

Science & Technology Singing for Fun

 Stitchers Table Tennis 1 Table Tennis 2

Tai Chi (2 groups) (Beginners Sabre) Ten Pin Bowling 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 |
|  | **BOARD GAMES** |
| Leader | Ken Broadhurst CONTACT 07857 393935 |
| When/Where | 2nd & 4th Wednesday, 2 pm to 4 pm Thrapston Community Library |
|  | **BRIDGE** |
| Leader | Gordon Campbell CONTACT 0784 6611748 |
| When/Where | 2nd Thursday, afternoon, 1.45 pm to 3.45 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 07904 377258 simpson.robert@sky.com |
| When/Where | 1st 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. |

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|  | **CAKE AND BAKE** |
| Leader | Viv Tunstall CONTACT 07759 824457 |
| When/Where | 2nd Friday, afternoon Member’s House |
|  | Bake your pastries and cakes at home, bring them to be shared at the monthly meeting. |
|  | **CANASTA** |
| Leader | Jean Mole CONTACT 07736 445658 |
| When/Where | 1st & 3rd Thursdays am. Members house |
|  | **CREATIVE WRITING** |
| Leader | David Green CONTACT 720 269 |
| When/Where | 2nd 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 gifts 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 07928 747840 |
| 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. |
|  | **DESERT ISLAND DISCS** |
| Leader | Glyn Hill CONTACT 07742 969096 |
| When/Where | 3rd 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. |
|  | **ENGLISH** |
| Leader | Glyn James CONTACT 733 792 |
| When/Where | 1st Wednesday afternoon Member’s House |
|  | After a brief look at the history and structure of our own language and all theevents 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. |

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|  | **FAMILY HISTORY** |
| Leader | Mandy Dawkins CONTACT 07931 758783 |
| When/Where | 1st 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 |
|  | 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 | 2nd & 4th 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 | 1st & 3rd Thursday, Mornings, 10.15 am to 12.15 pm Thrapston Community Library |
|  | For anyone seeking further information telephone Jan. Intermediate level, not suitable for complete beginners. |
|  | **GARDENING** |
|  Leader | Angela Gyves CONTACT 279479 |
|  When/Where |  2nd Wednesday – Times vary |
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|  | **LOCAL HISTORY** |
| Leader | Eric Franklin CONTACT 732 950 |
| When/Where | Third Tuesdays, afternoon, 2 pm Members’ House |
|  | **LUNCHES (Monthly)** |
| Leader | Jean Mole CONTACT 01933 626 608 |
| When/Where | 3rd 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. |
|  | 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. |

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|  | **MOVE & GROOVE** |
| Leader | Janet Oldham CONTACT 07932 712056 |
| When/Where | 1st & 3rd Monday every month 10.30 am to 11.30 am Islip Village Hall |
|  | Enjoy listening to music whilst gently exercising the body and having fun. No previous experience necessary. |
|  | **NORDIC SHORT WALKS** |
| Leader | Pauline Johnson CONTACT 07867 573219 |
| 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. |
|  | **PHOTOGRAPHY** |
| Leader | Neil Underwood CONTACT 737 921 |
| When/Where | 1st 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. | 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. |
|  | **SINGING FOR FUN** |
| Leader | Marion Healey CONTACT 07989 985 722 |
| When/Where | Every 2nd and 4th 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 | 3rd Mondays, 2 to 4pm - from 20th March Baptist Church Lounge, Thrapston |
| Cost | Tba |
|  | **STITCHERS** |
| Leader | Wendy Davies CONTACT 0787 6743 464 |
| When/Where | Last Wednesday, Morning, 10.30 am to 12 noon Thrapston Community Library |
| From 29th 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. |

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|  | **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 general health The Group is currently full with a waiting list. |
|  | **TAI CHI Group 2** |
| Leader | Colin Northern CONTACT 721109 |
| When/Where | Every Tuesday, Afternoon, 2.30 pm to 4.00 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 are most welcome |
|  | **TABLE TENNIS (1)** |
| Leader | Gordon Campbell CONTACT 07846 611748 |
| 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 07846 611748 |
| When/Where | Every Thursday 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. |
|  | **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 |
|  | **UKULELE** |
| Leader | Marion Healey CONTACT 07989 985 722 |
| When | Every 2nd and 4th 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. |

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|  | **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 through; *‘slowing down to notice’*, 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 membersare requested to visit Oxlip wood prior to joining. |