

Interest Groups 2026

Updated
March 2026



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 Glyn Hill at groups thrapstonu3a@gmail.com, 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	French Encore	Table Tennis 2
Board Games	Gardening	Tai Chi 1
Book Club	Line Dancing	Tai Chi/Sabre
Bridge	Local History	Ten Pin Bowling
Butterfly & Bird Watching	Lunches	Ukulele
Cake & Bake	Makin' Music	Wellbeing with Nature
Canasta	Nordic Short Walks	Yoga
Creative Writing	Photography	
Cycling	Science & Technology	
Desert Island Discs	Singing for Fun	
Flower Bunch	Stitchers	
French Revivers	Table Tennis 1	

ART		
Leader	Ann Thantrey	CONTACT: 01234 709 836
When/Where	Wednesday, fortnightly, 10 am to noon	Thrapston Community Library
Cost		
Comments		

BOARD GAMES		
Leader	Ken Broadhurst	CONTACT: 07857 393 935
When/Where	2 nd & 4 th Wednesday, 2 pm to 4 pm	Thrapston Community Library
Cost		
Comments		

BOOK CLUB		
Leader	Theresa Wood	CONTACT: Theresawood634@gmail.com
When/Where	4 th Friday 10 am	Various venues
Cost	The price of the book and coffee	
Comments		

BRIDGE		
Leader	Gordon Campbell	CONTACT: 07846 611 748
When/Where	2 nd 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.	
Comments	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 & BIRDWATCHING		
Leader	Bob Simpson	CONTACT: 07904 377 258 simpson.robert@sky.com
When/Where	1st Wednesday, 10 am	Thrapston Co-op Car Park
Cost	Only costs are car parking fees.	
Comments	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 824 457
When/Where	2 nd Friday, afternoon	Member's House
Cost		
Comments	Bake your pastries and cakes at home, bring them to be shared at the monthly meeting.	

CANASTA		
Leader	Jean Mole	CONTACT: 07736 445 658
When/Where	1 st & 3 rd Thursdays, AM	Member's House
Cost		
Comments		

CREATIVE WRITING		
Leader	David Green	CONTACT: 01832 720 269
When/Where	2 nd Wednesday, afternoon, 2.00 pm to 4.00 pm	Member's House
Cost	Members are invited to by copies of 'Pick 'n' Mix' either to give as gifts or to sell on	
Comments	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 747 840
When/Where	Every Monday, morning, 10 am	From Sackville Street Car Park outside Co-op
Cost		
Comments	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 969 096
When/Where	3 rd Wednesday Afternoon, 2.30 pm to 4.30 pm	Member's House
Cost		
Comments	Each month either a member of the group, or an invited 'discer' chooses 8 pieces of music of any genre that has meaning for them. They explain their choices, usually with reference to their life from childhood to now. We have had an amazing range of beautiful music and many quirky tracks.	

FLOWER BUNCH		
Leader	Linda Vickerman	CONTACT: linannvic2000@yahoo.co.uk
When/Where	Last Friday of the month, morning	Cole Court, Brook Street, Raunds
Cost		
Comments	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: 01933 623 047
When/Where	2 nd & 4 th Wednesdays, Afternoon	Member's House
Cost		
Comments	French conversation, topic based, with the aim of extending vocabulary, fluency and grammatical knowledge	

FRENCH ENCORE		
Leader	Jan Pacey	CONTACT: 07928 747 840
When/Where	1 st & 3 rd Thursday, Mornings, 10.15 am to 12.15 pm	Thrapston Community Library
Cost		
Comments	For anyone seeking further information telephone Jan. Intermediate level, not suitable for complete beginners.	

GARDENING		
Leader	Angela Gyves	CONTACT: 01832 279 479
When/Where	2 nd Wednesday, Times vary	
Cost		
Comments		

LINE DANCING		
Leader	Sue Pringle	CONTACT: 07484 603 936
When/Where	1 st & 3 rd Wednesday, 10.30 am to 11.30 am	St James Church Hall
Cost	Small charge for the hire of the hall	
Comments		

LOCAL HISTORY		
Leader	Eric Franklin	CONTACT: 01832 732 950
When/Where	3 rd Tuesday, Afternoon, 2 pm	Member's House
Cost		
Comments		

LUNCHES	
Leader	Jean Mole CONTACT: 01933 626 608
When/Where	3rd Wednesday, Lunchtimes Restaurants and Public Houses in Northamptonshire
Cost	Pay as you go
Comments	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 to 12.15 pm Thrapston Baptist Church
Cost	£2.00 per session to pay for hire of hall
Comments	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: 07867 573 219
When/Where	Every Tuesday Afternoon, 2 pm Meet at junction of Chancery Lane and De Vere Road
Cost	
Comments	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 out.

PHOTOGRAPHY	
Leader	Neil Underwood CONTACT: 07957 262 474
When/Where	1 st Monday, Morning, 10.30 am to 12.30 pm Thrapston Community Library
Cost	£2.00 per session to cover hire of hall and refreshments.
Comments	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 2 nd & 4 th Friday, 1.30 pm to 3 pm Thrapston Baptist Church
Cost	
Comments	

SCIENCE & TECHNOLOGY		
Leader	Sheila Underwood/Phil Cox	CONTACT: 07957 262 474 or 07411 149 678
When/Where	3 rd Mondays, 2 pm to 4 pm – from 20 March 2026	Baptist Church Lounge, Thrapston
Cost		
Comments		

STITCHERS		
Leader	Wendy Davies	CONTACT: 0787 6743 464
When/Where	Last Wednesday, Morning, 10.30 am to 12 noon	Thrapston Community Library
Cost		
Comments	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.	

THI CHI Group 1		
Leader	Linda Vickerman	CONTACT: linannvic2000@yahoo.co.uk
When/Where	Every Thursday, Afternoon, 2 pm to 3.30 pm	Islip Village Hall
Cost	£2.00 per session for hire of hall	
Comments	Gentle exercises to music to improve balance, reduce stress and promote general health. The group is currently full with a waiting list.	

THI CHI/SABRE		
Leader	Colin Northern	CONTACT: 01832 721 109
When/Where	Every Tuesday, Afternoon, 2.30 pm to 4 pm	Islip Village Hall
Cost	£2.00 per session for hire of hall	
Comments	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. From 3.30 a smaller group learn Tai Chi Sabre Form. New members are most welcome	

TABLE TENNIS 1		
Leader	Gordon Campbell	CONTACT: 07846 611 748
When/Where	Every Tuesday, Morning, 9.45 am to 11 am	Thrapston Baptist Church, Upstairs lounge
Cost	£13.00 per quarter for hire of hall	
Comments	Vacancies. We provide the necessary equipment.	

TABLE TENNIS 2		
Leader	Gordon & Sue Campbell	CONTACT: 07846 611 748
When/Where	Every Thursday, Morning, 9.45 am to 11 am	Thrapston Baptist Church, Upstairs lounge
Cost	£13.00 per quarter for hire of hall	
Comments	Vacancies. We provide the necessary equipment.	

TEN PIN BOWLING	
Leader	Margaret Beston CONTACT: 01832 735 236
When/Where	2 nd Friday, Morning 11 am Wellingborough Bowl
Cost	£6.50 for two games
Comments	

UKULELE	
Leader	Marion Healey CONTACT: 07989 985 722
When/Where	Every 3 rd & 4 th Tuesday, Morning, 10.30 am-12.30 pm Marion's House
Cost	
Comments	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 IN NATURE	
Leader	Susan Collini CONTACT: 07799 892 900
When/Where	Every Wednesday Morning Oxlip Way, Sudborough
Cost	
Comments	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 a 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. Finds out more by contacting Susan Collini. The activity is free but prospective members are requested to visit Oxlip Wood prior to joining.

YOGA	
Leader	Helen Dawson CONTACT: helen@rainbowpr.co.uk
When/Where	Every Thursday, afternoon 1 pm to 2 pm Thrapston Baptist Church
Cost	Small charge for hire of hall
Comments	