

Description of Courses

Creative Craft - Produce a fabric picture e.g.



Using a 20 x 20 cm frame



Using a 16.5 x 16.5 cm frame

I studied City and Guilds Patchwork and Quilting Part 1 and 2 at Hereford College of Art and Design, together with a B Tech in Textiles, part-time over a four year period. I then studied for a HND in Textiles and Surface Pattern then a BA (Hons) in Contemporary Textile Practice at the University of Wales Institute Cardiff.

Since retiring I have undertaken commissions for clients in patchwork and three dimensional textile items. I run a textile group for my local Moray Coast U3A when members can make items of their choice using skills and knowledge.

I will be showing members how to make a framed textile picture interpreting a coral reef. A number of techniques are employed in the class which will result in a finished item to keep or give as a present. Once completed if they wish the member will have the skills to undertake more items at home.

I will be providing the 10 x 10 cm aperture frames and all fabrics (ten colours) required in a pack for £10. I will be supplying pieces of silk, backing fabric and beads from my supply, free of charge.

I will be bringing all special equipment required to make and complete the picture but members are asked to bring a small sewing kit with them e.g. large and small scissors, needles etc.

Eilean MacDonald

Drawing

Synopsis- The aim of this course is to have fun whilst improving our drawing skills. If you think you can't draw, then this is the course for you! We will be drawing from life and from photographs, learning to observe form, tone and texture in a relaxed atmosphere.

Please bring the following Materials

Sketchbook (any size)

Non-spillable media - pencils, pens, coloured pencils

Eraser, pencil sharpener

Some small objects of different materials (fabric, stone, shell) and a photograph (preferably black and white).



Barbara Rimmington, Isle of Bute u3a

Drug Discovery - Where Our Medicines Come From

Synopsis: The medicines we use today come from a diverse range of sources and scientific approaches. From a historical perspective, the natural world provided early humans with a rich abundance of materials that could be explored for medical utility. Foremost amongst these have been plants, due to their prolific ability to act as chemical factories, harnessing the power of sunlight to synthesize complex molecules, many of which have proven beneficial in treating human diseases. Indeed, plant-derived compounds remain to this day the largest natural source of products used as medicines. Micro-organisms, including bacteria, fungi, and more recently viruses, constitute the second most abundant natural source. Animal products and minerals too have had an important role to play, and some continue to do so. However, rather than relying solely on nature itself, the discovery of new medicines in the modern era involves the application of a vast array of powerful techniques including synthetic chemistry, genetic engineering, and other emerging facets of biotechnology. These have resulted in new, scientifically directed approaches for rational drug design. This workshop will chart the drug discovery process from antiquity to the present day and highlight the profound impact these endeavours have had on human health.

Tutor details: **Billy Martin** is Emeritus Professor of Cardiovascular Pharmacology at the University of Glasgow. After graduating from that institution (BSc, PhD), he took up research posts in Cambridge, New York and Cardiff, before returning to Glasgow as a lecturer in 1987. On retiring, he joined Bearsden and Milngavie u3a and went on to serve for periods as Vice Chair then Chair. He is now also a member of East Renfrewshire u3a.

Play Writing

CREATING CHARACTERS: a workshop for new and experienced writers

In this workshop you'll have the opportunity to create unique and memorable new characters, working with others to tell their stories and bring them to life. Your characters may then find their way into potential new stage plays, short stories, novels or films.

No previous writing experience is necessary. All you need is a pen, paper and your imagination.

Your tutors are **Richard Peoples, Edinburgh u3a** and **Frank Ledwith, Isle of Bute u3a**. Richard has written numerous plays and run playwriting courses and workshops in Edinburgh and Cambridge. He is a former Open University arts tutor. Frank Ledwith is a social scientist with long experience in leading group learning activities with adults and a life long interest in literature and creative writing.

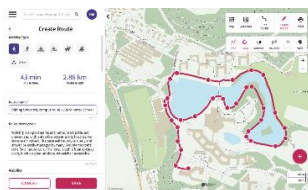


Strolling to admire Nature

This course is intended for those who enjoy and want to learn more about the fauna, flora and wildlife around us. In our home locality, a typical walk is about 4-5 Km, lasts about 2-2.5 hours and is completed at a relaxed strolling pace. If walking at a rambler's pace, you'll miss so much! Most outings are on footpaths but sometimes involves gentle hills, some uneven ground, and can usually be managed by most members.

The only equipment requirements are:

- 1) Good walking shoes, but not necessarily walking boots.
- 2) Walking poles could be useful.
- 3) Waterproofs, in case of rain.
- 4) A smartphone which can have several Apps (e.g wildflower/plant identification, bird sound identification) downloaded onto it is most useful.
- 5) Binoculars



This course is run by **Hugh Munro** and **Mamie Munro** of Penicuik u3a

Technology

Programming for beginners with the BBC micro:bit

Nowadays we are surrounded by electronic devices that we would consider to be computers – desktops, laptops, tablets and smartphones. But our houses are also full of tiny computers that few people realise are there, embedded in almost every electrical product. Come and learn how to program the BBC micro:bit, an example of the devices that act as the mind of your microwave, washing machine and other appliances.

The micro:bit is widely used to teach programming in schools in the UK and across the world. It's only half the size of a credit card but is loaded with an LED display, speaker and several sensors. We shall program it to function as a dice that 'rolls' when the computer is shaken or when you shout at it, for example. The micro:bit includes a radio that we can use to communicate between different micro:bits. The possibilities are endless!

This course is intended for those who have not written computer programs before. Programs are constructed visually by dragging blocks around the screen to produce the desired actions, not by typing obscure commands. Participants will need to buy a micro:bit at a cost of around £20 and will require a laptop or tablet for programming.

It may be possible to save costs on postage by ordering the micro:bit through the tutor.



The tutor is **John Davies**, who was a professor of electronics at Glasgow University. He introduced first year students to microcontrollers and taught several courses on programming them for over ten years, as well as running numerous projects at different levels. He is a member Bearsden and Milngavie u3a.