

Some ideas for groups

Here's what some other U3A groups are currently doing in the UK.
Do any of these ideas inspire you to start a new group?

Ageing

- Active Ageing
- End of life Choices
- Hearing Loss
- Mastering Ageing
- Memory Awareness Course
- Octogenarians Plus
- Silver Surfers

Arts & Crafts

- Art Creators
- Art History
- Artists' Profiles
- Art Galleries
- Art Visits
- Beading
- Bobbin Lace
- Bonsai
- Bookbinding
- Canvas Work
- Cartooning
- Craft for Charity
- Tatting
- Creative Sculpture
- Crochet
- Cross Stitch
- Digital painting
- Drawing
- Dressmaking
- Encaustic Art
- Glass Engraving
- Handicrafts
- Jewellery Making
- Making Miniatures
- Ming and Qing ceramics
- Model Making
- 3D Printing
- Mosaics
- Origami
- Parchment Craft
- Patchwork & Quilting
- Pottery
- Quilling
- Quilting
- Rag Rugging
- Scrapbooking
- Scratchboard Art
- Sketching
- Spinning
- Premature baby Quilt making
- Tapestry Weaving
- Watercolour
- Wire Sculpture
- Wood Carving
- Wood Turning

Birds

- Bird Study
- Birds on the Wing
- Bird Watching
- Short Walks with Birds

Books / Literature

- Autobiography and Memoirs ● **Biography – Remarkable Lives** ● Book Swap ● **Bookworms** ● Children's Books ● **Crime Fiction** ● Dickens Appreciation ● **English Literature** ● Epic Poetry ● **Play Reading** ● Poetry & Prose for Pleasure ● **Poetry from around the World** ● Poetry Reading ● **Read the Bard** ● Reading Circle ● **Second Hand Book Stall** ● Shakespeare Playreading ● **Short Story Group** ●

Computer & Technology

- Android Users ● **Computers and Tablets** ● Computers & Technology ● **Computer Basics** ● Computer Buddies ● **Computer Mentoring** ● Computing for the Terrified ● **Photoshop Beginners** ● Computer Share and Learn Group ● **eBuddy project** ● Facebook & Beyond ● **I-pad users self-help** ● Computer Support Network ● **Networking** ● Programming ● **Raspberry Pi & Peripherals** ● Tab's, Laptops, Phones ● **Web Design** ●

Culture

Substitute a specific region for one of your liking.

- All things Welsh ● **China – It's Life & Culture** ● Cornish Culture ● **Cultural Anthropology** ● Culture Club ● **Culture Vultures** ● Egyptology ● **Russian Language & Culture** ● World Cultures & Beliefs ●

Drama

- Amdram (Shoestring Players) ● **Behind the Scenes** ● Drama ● **Perform** ●

Eating Out

- Afternoon Tea ● **Around the World Dining** ● Best of Taste Lunch Club ● **Brunch Club** ● Cake and Conversation
- **Club 55 Lunches** ● Coffee House ● **Coffee Morning** ● Cosmopolitan Lunch ● **Curry Nights** ● Discussion Lunch
- Group ● **Drop in for Coffee ASDA Café** ● Eat you way around the World ● **Ethnic Dining** ● Fish & Chip Lunches
- International Lunches ● **Les Gourmets** ● Newcomers Lunch ● **Pub Lunches** ● Singles Sunday Lunch ● **Super Soup Suppers** ● Tea at Three ● **The Edwardian Tea Group** ● The Tea Set ●

Films, Cinema & Theatre

- Armchair Travel ● **Cinema Dates** ● Classic Movies ● **Film Buffs** ● Film Stars 1940 – 1970 ● **Film – The Musicals**
- Flix at Six ● **Hollywood Films** ● Language of Film ● **Live Screenings** ● Movie Making ● **Old Movies** ● Concert
- **Theatre Studies** ● Theatre Trips Local Amateur Theatre ● **World Cinema** ●

Food & Drink / Cookery

- Adventurous Cookery ● All about Herbs ● Beer Investigation ● Bread Making ● Cake Decorating ● Cookery: Dinner for Two ● Cooking ● Cooking by Men ● Cooking for One ● Cooktalk ● Cottage Cookery ● Culinary Capers ● Food and Drink Appreciation ● Food for thought ● Foods of the World ● Food Visits ● Food we Eat ● Healthy Eating ● Home Brew ● Homeopathy and Nutrition ● Macrobiotic Cooking ● Nutrition & Food Science ● Pudding Group ● Real Ale Appreciation Group ● Starters & Puddings ● Sugar Craft ● Vegetarian Cookery ● Vine to Wine ● Whiskey Appreciation ● Wine Uncorked ● World of Wine ●

Games & Pastimes

- Antiques Appreciation ● Backgammon ● Bezique ● Board & Card Games ● Kalooki (Jamaican Rummy) ● Canasta ● Chess for Beginners ● Chicago Bridge ● Compendium ● Cribbage ● Cribbage, Skat & similar ● Crosswords ● Cryptic Crosswords – Beginners ● Darts ● Dominoes ● Dowsing ● Fishing ● Jigsaw Swap ● Kite Group ● Metal Detecting ● Mexican Dominoes ● Mini Museums ● Model Railways ● Monopoly ● Not too serious Scrabble group ● Online Chess ● Parlour Games ● Pétanque ● Poker for Fun ● Pool ● Pub Games ● Puzzles & Mind Games ● Rummikub ● Scalextric ● Scrabble ● Skittles ● Snooker ● Solo ● Stamp Collecting ● Table top games ● Trivial Pursuit ● Whist ● Word Games ●

Gardening & Plants

- Allotment ● **Amazing Plants & Herbs** ● Botany ● **Floristry** ● Fruit and Veg ● **Fun with Foliage** ● Gardens & Gardening ● **Gardening – Seedlings** ● Gardening – Past & Present ● **Garden Lovers: Plant Swap** ● Garden Visits ● **Green fingers** ● Grow 2 Eat ● **Grow your own** ● Horticulture ● **In my Back yard** ● Local Flora ● **Organic Vegetable Gardening** ● Vegetable Growers ● **Wildflower** ●

Genealogy

- Family & Social History ● **Family History (Beginners/Intermediate/Advanced)** ● Family Tree Enquiry ● **Genealogy & Family History** ● Genealogy using the Internet ●

Geography & Geology

Substitute a specific country for one of your liking.

- An introduction to Italy ● **Around the World** ● Canals & Waterways ● **China** ● Geography ● **Geography & Travel** ● Geology & Landscape ● **Map Reading** ● Maps ● **Weather & Climate** ●

History /Archaeology

Substitute a specific region for one of your liking.

- Ancient History ● **Archaeology** ● Aspects of History ● **Britain in the 20th Century** ● British Home Front ● **Classical Civilisations** ● Early Man ● **English History** ● European Garden History ● **European History** ● Exploring the Past ● **Famous Lives** ● Global History ● **Historic Pubs** ● History – Europe & WW1 ● **History in the Landscape** ● History of Medicine ● **History with a Twist** ● Historic Houses ● **Historic Gardens** ● Historic Villages ● **History of European Art** ● History of Public buildings ● **Living History** ● Life Story ● **Local History** ● Local History Projects ● **Local History through People** ● Makers of History ● **Medieval History** ● Naval and Military History ● **Scottish History** ● Social History ● **Social History through Literature** ● Sussex History ● **The Ancient Romans** ● The Victorians ● **Tudor History** ● World History ●

Languages

Various combinations of Language, level and purpose

- Language: e.g. **Ancient Greek** ● Chinese ● **Dutch** ● English ● **French** ● Gaelic ● **German** ● Greek ● **Italian** ● Latin ● **Norwegian** ● Russian ● **Spanish** ● Turkish ● **Welsh** ●
- Level: e.g. **Absolute Beginners** ● Beginners Plus ● **Improvers** ● Basic ● **Advanced beginners** ● Intermediate ● **Further** ● Advanced ● **Fluent** ●
- Purpose: e.g. **...conversation** ● ...for holidays ● **...grammar** ● ...discussion ● **...for the rusty** ● ...for fun ● **...refresher** ● Exploring ... ● **Appreciation of ...** ● A little more ... ● **Get by in ...** ● Get going in ... ● **Polish up your ...** ●

Meditation

- Calmer Living ● **Meditation** ● Meditation and Mindfulness ● **Relaxation** ● Meditation with Healing ●

Music & Singing

- 33s Music ● **60s Music Appreciation** ● Accordion ● **Acoustic Guitar** ● Adventures in (Good) Music ● **And all that Jazz** ● Andre Rieu & his Orchestra ● **Bamboo Pipes** ● Barbershop Chorus ● **Bell Ringing** ● Big Bands Singers ● **Chamber Music** ● Choral ● **Church Bell Ringing** ● Classical Music ● **Come and Sing** ● Con Brio Choir ● **Contemporary Music** ● Concerts ● **Desert Island Discs** ● Desert Island Jazz ● **Exploring Classical Music** ● **Enjoying Music** ● Enjoying Opera ● **Exploring Opera** ● Exploring the Musicals ● **Folk Band** ● Folk Song Group ● **French Chanson** ● Gilbert & Sullivan ● **Guitar Chords** ● Guitar for Beginners ● **Handbell ringing** ● Imperfect pitch – instrumental ● **Jazz and Blues** ● Keyboard ● **Live Music** ● Making Music ● **Music Ensemble** ● Music Explored ● **Music for Pleasure** ● Music – Jazz ensemble ● **Music: Let's make a band** ● Music Matinee ● **Music – Mozart & his Legacy** ● Music Performing ● **Music of the 30s 40s** ● Music of your Choice ● **Musical Discoveries** ● Musicality ● **Opera for All** ● Operettas and Musicals ● **Orchestra** ● Orchestra- Any Instrument ● **Penny Whistle** ● Playing Music in a Group ● **Playing Folk Music** ● Practical Music Making ● **Recorded Music** ● Recorder ensemble ● **Recorder Players – All Levels** ● Returning to the Piano ● **Rhythm** ● Rock Music Appreciation ● **Singing for Pleasure** ● Singing for the Terrified ● **Singing in Harmony** ● Singing Madrigals ● **Singing Together** ● Structure in Music ● **Tambourines** ● The Blues ● **Third Age Singers** ● U3A Choir ● **Ukelele** ● Wind Instruments ● **World Music** ●

Photography

- Basic Photo Editing Course
- **Camera Club**
- Digital Photography
- **Digital Photography Management**
- DSLR Photography
- **In Focus Photography**
- Photo Gifts & Books
- **Photoshop**
- Practical Photography Group

Quiz

- Amusing Quiz
- **Quiz Practice**
- Quiz Nights
- **Quizzical**
- Quizmasters

Rambling & Walking

- Ad Hoc Wanderers
- **Ambles with Interest**
- Dog Friendly Walking Group
- **Country Walks**
- Exploring London – Walks
- **Five Mile Walk**
- Gadabouts
- **Gentle Walking**
- High Fells & Scrambles
- **Hill walking**
- Historical Walks
- **Hot Footer Walks**
- Intermediate Walks
- **Mountain a month**
- Nordic Walking
- **Rambling**
- Ride and Stride
- **Ride & Amble Walking Group**
- Saturday Ramblers
- **Short Walks**
- Social Walking
- **Walkabout**
- Walking Football
- **Walking / Bus Rides**
- Walking with Dogs
- **Walks – Waterside**

Religion / Spirituality

- Buddhist Thinkers
- **Christian Theology**
- Church History & Architecture
- **Church Mice**
- Church Visiting
- **Exploring Modern Spirituality**
- Exploring the Bible
- **Multi-Faith Discussion**
- Parish Churches
- **Questions of Belief and Doubt**
- **Spirituality**
- **World Religions and Meditation**
- World Faiths

Science

- 21st Century Biology ● **Astronomy** ● Cosmology ● **Everyday Science** ● Science & Engineering ● **Science Discussion** ● Science & Technology ● **Science in Everyday Life** ● Science in the News ● **Science Today** ● Social Science ● **Space & The Universe** ● Topical Science ●

Speaking & Writing & Discussion

- Analytical Philosophy ● **British Sign Language** ● Conversation Group ● **Discussion** ● Discussion and Debating Group ● **Discussion -Technical** ● Enjoying words ● **Etymology & Language** ● Lip Reading ● **Oral History** ● Oral Story Telling ● **Philosophical Enquiry** ● Philosophy for Fun ● **Soapbox Discussion** ● Speaking with Confidence ● **Spoken Word Reading** ● Wordsmiths ●
- Come and Write ● **Creative Writing** ● Creative Writing for Beginners ● **Poetry Writing** ● Scribblers ● **Write away** ● Write your life ● **Writing for Pleasure** ● Writing memories ● **Writing stories & poems** ●

Visits / Out & About

- Away Days ● **Bus Pass Safari** ● Bus Pass Thursday ● **Continental Travel** ● Daytrippers ● **Explore by Bus** ● Go & Do Outings ● **Homes, Gardens, Museums** ● Interesting Places to Visit ● **Museum & Gallery Visits** ● Travel & Outings ● **Traveller's Tales** ● UK Travel ● **Visits** ● Out and About ● **Outings** ● Small Group Excursions ●

Sport & Exercise & Dance

● Active Healthy Walking ● **Aerobics** ● Aqua Aerobics ● **Archery** ● Badminton ● **Bowling** ● Bowls – outdoor ● **Canoe Club** ● Carpet Bowls ● **Chair Based Exercise** ● City Rovers ● **Climbing & Scrambling** ● Cricket – County matches ● **Croquet** ● Crown Green Bowling ● **Cycling** ● Easy Cycling ● **Exercise to Music** ● Fitness for Life ● **French Boules** ● Petanque ● **Friendly Golf** ● Gentle Fitness ● **Golf** ● Gym ● **Gym & Swim** ● Indoor Bowling ● **Indoor Kurling** ● Indoor Lawn Bowls ● **Keep Fit** ● Kurling ● **Lawn Bowls** ● Men's core strength & flex ● **Pilates** ● Ping Pong ● **Qi Gong** ● Racket Ball (Racquetball) ● **Sailing** ● Scuba Diving ● **Sea Sailing** ● Short Mat Bowls ● **Short Tennis** ● Sit-Fit to Music ● **Sports Morning** ● Stretch & Balance ● **Stretch & Relax** ● Swimming Group ● **Table Tennis** ● Tai Chi ● **Tai Chigong for all** ● Tai Chi Jade Mountain ● **Ten Pin Bowling** ● Tennis – Rusty Racquets ● **Tone and Trim** ● Trim and Weight Management ● **Trout Fishing** ● White Water Rafting ● **Whole Body Workout** ● Yoga ● **Zumba Gold** ●

Argentine Tango ● **Ballroom Dancing** ● Ballroom and Latin Dancing ● **Ballroom Sequence dancing** ● Belly Dancing ● **Circle Dance** ● Country Dancing ● **Dance Appreciation** ● Dance – Fit to Music ● **Dance to Fitness** ● Jiving ● **Line Dancing** ● Modern Jive Dance Group ● **Nia Dance** ● Scottish Country Dancing ● **Sequence Dancing** ● Square Dancing ● **Tap Dancing** ● Tap and Line Dancing ● **Tea Dance** ●