



SOUTH LAKES

u3a

ANNUAL HANDBOOK

September 2023



Ramblers plus 'On top of the World' at the summit of 'The Old Man of Coniston'

learn, laugh, live

Website: <https://u3asites.org.uk/south-lakes>

Registered charity no. 1030281

Welcome to the 2023 edition of the South Lakes u3a Handbook.

It is pleasing to report that our u3a continues to flourish in our new administrative County of Furness and WESTMORLAND. It is so good to have a historic place name back.

We should thank our committee, as well as the more than 100 group coordinators, for helping us through the last year. Our finances remain healthy, and our membership is at similar levels as before the pandemic, at around 1300. We have 74 interest groups currently and this handbook includes details of what is on offer.

The U3A is a members' organisation that is structured around the volunteers who co-ordinate the groups. As such, each group is a collection of its members and is reliant on one or two of these to co-ordinate group activities. It would be useful if groups could identify and encourage, well in advance, those members who might volunteer to co-ordinate activities. At the time I write this, three of our largest and most established groups are needing volunteers to co-ordinate so that they can continue into the autumn season.

Another way that people can help is to notify coordinators if their interest in the group wanes. Quite a few groups have large address lists and some of them are closed to new members, but group activities are supported by only a minority. It may be that some people are still cautious about attending indoor meetings but my personal experience is that attendance at activities is a little lower than it used to be.

Overall though, your U3A remains an active and vibrant organisation. The variety of activities offered is wide and often reflects the beauty and healthy environment in which we are so fortunate to live.

New groups are still starting, and people continue to put themselves forward to help. This is true of the U3A organising committee, which has most roles currently filled, but would welcome more support from members. Your editor, Ann Quintilla, has done a splendid job of putting this publication together for us again and we value her experience in producing our newsflashes also.

Mindful of the current cost of living situation we continue to try and minimise membership and meeting fees and I'm sure you all will see U3A activities as value for money.

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If you are new to our organisation we hope you will find an interest amongst our groups. If you are passionate about something that isn't here, then start your own group and share your passion.

Our health and well-being are greatly assisted by physical and mental interaction with others and many of us greatly benefit from the fellowship that the U3A provides.

I hope you enjoy this handbook and find things you can get interested in.

Martin Douglas OBE,
Chair South Lakes u3a

INCREASE IN MEETING FEES

At its July meeting your committee was informed of large increases in the cost of hiring rooms at all venues.

These increases cannot be sustained from existing funds and the decision was taken to **increase the fee charged for attendance at meetings in hired premises from £1.50 to £2.00 from 1 September.**



Springtime in Endmoor by Margaret Wardle

GROUP ATTENDANCE

If a member wishes to join a group, or try it out, they must first contact the co-ordinator to ensure there is space available. Some groups are limited, for a variety of reasons, to the number of members they can accommodate. Please do not just turn up. **The only exception to this is the MONTHLY MEETINGS which all members are welcome to attend.**

Due to revisions to the Data Protection Act no personal contact information is provided in this publication but co-ordinators can be contacted via the South Lakes u3a website (address on front cover).

Go to the website, click on 'Groups', click on the one you are interested in and then click on the Eagle (top right) which will enable you to email the co-ordinator.

Alternatively you can email: info@southlakesu3a.org.uk or tel. 07949878523 if you have a more general question about membership.

INFORMATION ABOUT THE GROUPS

AMERICAN HISTORY

Co-ordinator: Terry Lambert

Meetings: *Monthly, 3rd Thursday, 2.00 - 3.00 p.m.,* Abbot Hall Social Centre

We are a friendly group of members who have varied interests in and experiences of things American.

Topics vary from Travel, Music, Presidents, Art, and anything which piques your imagination. Do join us and explain.

ART

Co-ordinator: Nancy Huck

Meetings: *Weekly, Friday, 10.00 a.m. – 12.30 p.m.,*

Abbot Hall Social Centre

We are a very friendly group with artists of mixed abilities. We are not tutor led but the group members are willing to help each other.

You will be made most welcome.

ART APPRECIATION

Co-ordinators: Lynne Robbins and Chris Alcock

Meetings: *Monthly, 3rd Tuesday, 2.00 p.m.,* Abbot Hall Social Centre

The group aims to discuss art from any, and all media, and from all periods. Topics covered to date include Picasso, the Pre-Raphaelites, portraits, and pictures of babies. We aim to be participative, thus meetings so far have included both

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Art Appreciation cont'd from p.4

presentations and discussions.

Topics are chosen by the group and all offers to lead on a subject are gratefully received.

We currently have a full membership, but this is under review.

ARTISTIC LICENSE

Co-ordinators: Bern Haigh and Trude Hey

Meetings: *Weekly, Friday, 10.00 a.m. – 12.00 noon*, Castle Street Centre
No meetings on Bank Holidays.

Members have space providing practical access to all genres of art at any level.

The group encourages anyone to enjoy any form of art in a relaxed and friendly environment.

Easels are provided but members bring their own art materials.

BADMINTON

Co-ordinator: Malcolm Scott

Meetings: *Weekly, Wednesday, 4.00—5.30 p.m.*, Natland Village Hall

No information received from this group.

BALLROOM DANCING

Co-ordinators: Ann and Keith Robinson

Meetings: *Weekly, Wednesday, 2.00 – 3.00 p.m.*, Castle Street Centre
(October – March no meetings on 2nd Wednesday)

We enjoy modern ballroom and Latin dancing in a relaxed social setting.

Members learn enough basic steps in modern ballroom and Latin dance to get around the ballroom and have an opportunity to learn some extra moves and sequences from our ballroom dance expert and from other members of the group.

Couples and singles are welcome, from beginners to more experienced dancers.

No special clothing is required but shoes and clothing should be comfortable enough to dance in.

BOOKS ON TUESDAY

Co-ordinator: Catherine Chatterjee

Meetings: *2nd Tuesday, 10.00 a.m.*, Castle Street Centre

The group chooses the books at the January meeting for the following year.

We mainly tend to read novels, but occasional biographies and poetry collections may be included.

BRIDGE

Co-ordinator: Mary Simm **Assistant:** Brian Jackman

Meetings: *Weekly, Friday, 1.30 – 4.30 p.m.,* Abbot Hall Social Centre

On average we have 5 or 6 tables. You do not need to come with a partner.

This is not a Beginners' Group. Players need to have some knowledge of the game. It is very sociable as we partner different people during the afternoon. Usually, we play Chicago but occasionally we run Teams.

Tea and biscuits are supplied half way through the session allowing the chance to have a good chat.

Table money from September will be £2.50

Do join us and give your brain a work out!

CHESS

Co-ordinator: John Burrows

Meetings: *Weekly, Wednesday, 10.00 a.m. – 12.00 noon,* Kendal Library

We aim at people who would like to play chess in the daytime or might find joining a Club daunting. The atmosphere is lighthearted and we are allowed to talk. Boards and sets are provided. We will happily teach beginners how to play and can introduce you to online play sites, computer program sources and books if you would like them.

We are a small group so check with the co-ordinator before first attending to be sure someone will be in attendance. The library is being refurbished so look around to find us but normally we are on the upper floor. There is disabled access and a lift.

CLASSIC FILMS

Co-ordinator: Mark Miller

Meetings: *Monthly, 1st Thursdays, start 2.00 p.m.,* Abbot Hall Social Centre.

Please arrive in good time.

The films are available for all members. No advance notice needed; just turn up. There is no group.

If you want fuller advance information for each film, contact the co-ordinator to be put on an emailing list.

We show excellent and distinctive films; some are more "classic" than others. It's an opportunity to watch films with an audience, uninterrupted, on a large screen.

Autumn programme:

7 Sep. - *The Taking of Pelham 123 (1974)*

5 Oct. - *The Invisible Man (1933) & Why Man Creates (1968)*

2 Nov. - *Spirited Away (2001)*

7 Dec. - *The Crimson Pirate (1952).*

COME DINE WITH US

Co-ordinator: Pat Dalzell

Meetings: *Monthly*, Various dates and locations

A warm welcome to all new members of 'Come Dine with Us'. We are a Fine Dining group, meeting each month in various restaurants and hotels throughout South Lakes.

Our events are advertised via email to our 160+ members.

Each lunch typically hosts 35 - 45 people and places get booked up very quickly. Costs vary between £30-£45 per person although Tasting menus at very good restaurants can cost more.

The events are friendly and informal and are a great way to meet new people and make new friends.

COMPUTING

Although this group no longer exists, I have, during the last twelve months, been able to help a number of individuals in a variety of ways so if you need help with a laptop, tablet or phone do get in touch and I will do my best to help you.

Susan Heyes

CONTEMPORARY HISTORY & POLITICS

Co-ordinator: Ed Mason

Meetings: *Monthly, 1st Friday, 10.00 a.m.*, Castle Street Centre

Members take turns to lead a discussion on a topic of contemporary relevance in a historical and political context, selecting a book or articles for members to read in preparation for the meeting.

Recent discussions have explored the notion of *Meritocracy, UK Culture Wars, the War in Ukraine, Information Overload in the Digital Age, the Social Care Crisis, and Equal Pay.*

We have limited space for new members.

COUNTRY DANCING

Co-ordinator : Alison Jones

Meetings: *Alternate Mondays, 9.00 a.m.*, Abbot Hall Social Centre

The Country Dancing group meets throughout the year.

9.00 a.m. on a Monday morning means it is a group for early birds who enjoy starting the week with exercise, learning new dances and having a laugh!

Our callers are all amateurs and we learn together though we would welcome new members with calling experience.

We do have a short waiting list but if you are interested, please contact the co-ordinator.

CRIBBAGE

Co-ordinator: Alan Hill

Meetings: *Fortnightly, Monday, 2.00 – 4.00 p.m.*, Cancer Care Centre,
Blackhall Road, Kendal

The 2023 – 2024 sessions start on 4 Sept.

Members of the group continue to enjoy playing in the Cancer Care Centre in Kendal.

We have a good nucleus of regular members but new players (or beginners) are always welcome.

CROWN GREEN BOWLING

Co-ordinator: Malcolm Booker

Meetings: *Weekly, Tuesday, 10.00 a.m. – 12.00 noon*, Netherfield Bowling Club,
Parkside Road, Kendal

The Crown Green Bowling Group was new in 2023. It has proved to be a success as it was oversubscribed at the beginning of the season, and despite one or two who dropped out during the season there is still a short waiting list.

Its purpose is to introduce members to Crown Green Bowling and provide the opportunity for competitive play. Some coaching was available for those who were new to the sport.

We only bowl during the bowls season which runs from early April until late August/early September.

The only equipment needed are flat soled shoes (no open toes like sandals for safety's sake), waterproofs (if it is raining), and a small towel (like a bar towel) to dry bowls if it is wet.

The club has a limited supply of bowls and the club volunteers make theirs available for the meetings, if required.

CYCLING

Co-ordinators: Peter Deaville and Phil Gordon

Meetings: *Usually weekly*

Our rides are suitable for pedal cyclists and E-bikers.

We have two sections offering regular rides (usually weekly) in and around the South Lakes, North Lancashire, Western Dales, Eden Valley and 2 ride levels: 'Gentle/Casual' and 'Moderate/Strenuous'. We aim for quieter roads with occasional off-road routes.

Rides are led by experienced members.

We can offer help and advice about any aspect of cycling.

Our members ride a variety of bikes: Hybrids, Tourers, Road bikes and E-bikes.

New members are always welcome

DIGITAL PHOTOGRAPHY

Co-ordinator: Alistair Shearin

Meetings: *Monthly, 3rd Wednesday, 10.00 a.m. – 12.00 noon,*
Abbot Hall Social Centre

The group aims to support and encourage photographers of all abilities.

In addition to the usual meetings there may be ad hoc field trips particularly during the summer months.

No special equipment is needed other than a device capable of taking digital images – mobile phones are as valid as digital cameras.

Please be prepared to help as necessary. Offers to lead group sessions or outside events are welcomed.

DISCUSSION

Co-ordinators: Pam Hardman and John Pruce

Meetings: *Fortnightly, Monday, 10.30 – 11.30 a.m.,* Abbot Hall Social Centre.

We discuss a wide range of topics chosen by the members.

We break for the Summer at the beginning of July and recommence on the 2nd Monday in September.

E-BIKERS & FRIENDS

Co-ordinators: Martin Douglas and Chris Shearin

Meetings: *Thursday, Weekly,* Spring, Summer and Autumn.

Rides are scheduled around the South Lakes area and at least two each month commence at Kendal Leisure Centre. The others sometimes requiring bike transport from Kendal to start points.

Rides have a duration of between 20-35 miles and generally untaxing terrain. Generally, rides get a little longer as the season progresses.

Weekly routes and leaders schedule around a week in advance and a party of 8-10 cyclists is generally our maximum, though two groups might go out if there are willing leaders.

Our intent is leisure cycling with stops for viewpoints of interest, refreshments and the loo.

Although the group is intended for ebikers, friends on normal bikes are welcome to come along.

Most rides commence around 10.00 a.m. and conclude by mid-afternoon.

Although friendly help is always available, members are expected to be self-supporting and comply with good cycling practice.

EUROPEAN HISTORY

Co-ordinators: Philip Heyes and Kathy Webster

Meetings: *Monthly, Sep. – Jul., 1st Friday, 10.00 a.m. – 12.00 noon.*

Abbot Hall Social Centre

This group studies the history of European countries. Over the past 12 months we have studied the history of the Netherlands from early times up to and including the Second World War.

Starting on 1 Sept. and continuing to 6 Oct. we shall complete the history of the Netherlands in the post-war era and up to recent times.

Beginning in November we shall be exploring the history of our closest neighbour, Scotland, beginning in Roman times, then through the Middle Ages to the House of Stuart and on to the union of the Crowns in 1603 and eventually the present United Kingdom.

Be assured that this won't all be about dates, kings and personalities, we also have talks on sport, food and music, given by group members with particular interest in those areas.

Come and meet us at the SLu3a Open Morning on 6 September.

FAMILY HISTORY

Co-ordinators: Rowan Purkis and Sue Wakeford

Meetings: *Monthly, 2nd Thursday, Oct. – May, 10.00 a.m. – 12.00 noon.*

Castle Street Centre

Informal meetings in the summer.

Who were our ancestors? Where did they live and what did they do?

We help each other discover where records exist, how to access them, how to overcome the difficulties and how to record our information in order to build up a picture of our ancestors for future generations.

We regret we do not conduct research for members. We help members do the research themselves. Much of it is done on the internet.

Please contact us via the enquiry button on the Family History page on the SLu3a website.

FOLK MUSIC & SONG

Co-ordinators: John and Pamela Brown

Meetings: *Weekly, Monday, 2.00 – 4.00 p.m., Abbot Hall Social Centre*

We are currently on our summer break; we start back on Monday 4th September. We welcome back existing members and look forward to seeing any new members who wish to join us. Look forward to seeing you all in September.

FRENCH (BASIC/BEGINNERS)

Co-ordinator: Ginny March

Meetings: *Fortnightly, 2nd & 4th Monday, 1.30 – 3.30 p.m.*, Castle Street Centre

The basic level French group has normally included those who have already studied French, albeit at a basic level, but complete beginners are welcome to come and see how they get on.

Our main aim is to try to improve by enjoying some conversation, reading, listening and learning a little about how the language works - all in a very informal atmosphere.

So, if you are someone who wants to bring your forgotten school French back to life, or you want to acquire some useful language to use on visits to France, this could be the group for you.

Our first autumn session will be on Monday 9th October.

FRENCH (INTERMEDIATE/ADVANCED)

Co-ordinator: Stephanie Lomascolo

Meetings: *Fortnightly, 2nd and 4th Monday, 1.30 – 3.30 p.m.* Castle Street Centre

We use articles and short discussion topics which can be read/prepared in advance and work in groups to facilitate conversation.

GARDENS MONDAY

Co-ordinators: Dorothy Holladay and Paulene Byard

Meetings: *Monthly, 1st Monday, 10.00 a.m. – 12.00 noon*, various venues

We visit local gardens or meet in members' gardens.

In November we have an open meeting at Castle Street with a guest speaker, to which all are welcome.

GARDENS WEDNESDAY

Co-ordinator: Betty Wood

No information received.

GARDENS FRIDAY 1

Co-ordinator: Kath Edwards

Meetings: *Monthly, 3rd Friday*. Various locations.

Our group comprises members with an interest in plants, gardens and gardening. We meet at **Castle Street Community Centre for some of the winter months**, where we invite speakers, show DVDs related to Gardening and the History of Gardening, or some members will take part in presentations on a chosen theme.

In the warmer months we visit gardens of interest or other members' gardens. Our

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learning also comes from our own members' knowledge as we discuss topics of interest, and swap plants, seeds and produce.

Recent visits in 2023 have included visits to: Lower Blakebank, Underbarrow, Crumble Cottages, Cartmel, and Winton Park, Kirkby Stephen

We welcome new members and currently have no waiting list.

GARDENS FRIDAY 2

Co-ordinators: Val Parkinson and Pauline Causey

No information received.

GERMAN

Co-ordinator: Richard Moore

Meetings: *Monthly, 1st & 3rd Friday, 10.00 a.m. – 12.00 noon*, in members' homes.

This German conversation group is aimed at members who can speak and understand German to a reasonable extent. Discussion is free-flowing, spontaneous and entirely in German.

HEALTH MATTERS

Co-ordinator: Samantha Ridgway

Meetings: *Monthly, last Wednesday, 10.00 a.m. – 12.00 noon*, Castle Street Centre

A diverse range of health, and related, subjects are examined to enhance our understanding and to identify health issues and their impact on individuals, families, society, and the environment.

Health related themes from A to Z are chosen for discussion.

We identify current research and its impact on health and disease and bring issues on health, disease, and related subjects to the group for discussion.

This group considers health as all encompassing: physical, mental, psychological, social, spiritual, sexual, and environmental.

Confidentiality is honoured by the group, and members' personal issues will not be discussed outside the meetings.

INDOOR BOWLING 1

Co-ordinator: Barbara Miller

Meetings: *Weekly, Tuesday, 2.00 – 4.00 p.m.*, Natland Village Hall

No information received from this group.

INDOOR BOWLING 2

Co-ordinator: Raymond Richardson

Meetings: *Weekly, Mondays, 1.00 – 3.00 p.m.*, Natland Village Hall

Woods are provided.

Contact the co-ordinator for details.

INSTRUMENTAL MUSIC

Co-ordinator: Gay Soane

Meetings: *Weekly, Mondays, 10.00 a.m. – 12.00 noon*, Memorial Hall, Crook

This group provides an opportunity for players of orchestral string and wind instruments to get together.

We play a wide variety of mainly classical music selected or arranged for various instruments for our own enjoyment and not for wider audiences.

All members should be at grade 4/5 standard and must be committed to attend on a regular basis as music is arranged in advance.

Meetings tend to take place continuously throughout the year as long as there are enough members available. We do ask that members make a commitment to attend on a regular basis as far as possible, so that programmes of music can be arranged in advance.

ITALIAN CONVERSATION

Co-ordinator: Ian Hatwell

Meetings: *Weekly, Wednesday, 10.00 a.m. – 12.00 noon*, Castle Street Centre
Restart on 13 Sept. and break for Xmas on 13 Dec.

This is not a taught group, but the co-ordinator is on hand to clarify grammar, common usage, and any queries we may have.

The group is not suitable for absolute beginners; ideally you should be able to express simple ideas in the present and past tenses but there is a wide range of linguistic ability and the atmosphere is informal, friendly, and fun!

The format varies – occasionally a whole group discussion on a prepared topic; more often we take turns to talk about something of interest (prepared or improvised) and then we will usually split into small groups of 3 or 4 to chat. We are open to anything which helps us improve our listening and talking skills and widens our knowledge of the amazing country that is Italy.

JAZZ APPRECIATION

Co-ordinator: Dave Harrison

Meetings: *Monthly, 3rd Thursday, 2.00–4.30 p.m.*, at the co-ordinator's home.

We listen to, enjoy, and discuss jazz music. Each month we choose a theme and play jazz music from various genres.

JIVE

Co-ordinators: David Beare and Kath Twist

Meetings: *Weekly, Wednesday, 13 Sept. – 29 Mar.*, Castle Street Centre

Jiving time is from 3.15 to 4.15 p.m. Doors open at 3.00 p.m.

We dance Modern Jive which is a fusion of jive types which easily fits many styles of music. It can be as languid or furious as you wish. Jiving keeps you fit and healthy. Both singles and couples are welcome, and we normally have similar numbers of ladies and gentlemen.

Instruction is by Kath, a qualified teacher, or by other members of the group.

Come along, try it and enjoy jiving.

Talk to us at the Open Morning, 10.00 to 12.00 at the Town Hall on Wednesday, 6 September.

LITERARY STUDIES

Co-ordinator: Ed Mason

Meetings: *Monthly, 3rd Friday, 2.00 p.m.*, Castle Street Centre

The Literary Studies Group has been meeting for over 20 years to discuss books chosen, in turn, by members.

Generally, we discuss novels, although occasionally plays, poetry, or works of non-fiction, and topics range from 'the classics' (Austen, Dickens etc.) to new releases.

The group's membership has been stable for a long period, but we have some space for new members.

MAH JONGG

Co-ordinator: John Broadhead

Meetings: *1st, 3rd & 5th Friday, 1.30 – 3.30 p.m.*, Castle St Centre

Although we meet on alternate Fridays throughout the year you are not expected to attend every meeting.

Both beginners and experienced players are welcome to our friendly meetings. We don't take things too seriously.

The game is not as complicated as it looks. (Similar to Rummy in many ways). You do not need any equipment but if you have a set and wish to use it that is not a problem.

Why not come along and try it?

MINDFULNESS MEDITATION with BREATHWORK

Co-ordinator: Mike Venet

Meetings: *Weekly, Tuesdays, 10.00 - 11.30 a.m., from 19 Sept.*,
Castle Street Centre

We meet for 8 weeks with a break for half-term.

Do you want to feel calmer, more relaxed and more in control? Come and learn some simple tools which will help you promote your wellbeing. You'll learn to deal positively with the stress of day-to-day living on our 8-week course. Why not take some time to care for yourself?

In the sessions we will be looking at breathing exercises, learning to meditate, apply mindfulness to our everyday life; develop a greater awareness of the body including gentle movement exercises; actively listening to music and poetry as well as sharing our experiences in a warm and supportive environment.

MONTHLY MEETINGS

Co-ordinator: Derek Ridgway

Meetings: 3rd **Wednesday, 10.30 a.m.**, Castle Street Centre

Refreshments are available from 9.45 a.m.

This group is open to all members.

Programme:

20 Sep: *Ambleside Oral History Group.* 'Those were the Days' - school days in the 1950 & 60's

18 Oct: Kevin Simpson, *Science based practices to boost happiness & wellbeing.*

15 Nov: Tim Forman, *My wife & other stories.*

No meeting in December.

Subjects and speakers for Jan., Feb., Mar., April, May, to be confirmed.

MOVING TO MUSIC (2 Groups)

Co-ordinator: Margot Harvey

Meetings: Group 1 - *Weekly, Monday, 10.45 – 12.00 noon*, Abbot Hall Social Centre

Group 2 – *Weekly, Wednesday, 12.15 – 1.15 p.m.*, Castle Street Centre

No meetings June, July and August

Twenty three years ago I thought it might be worthwhile setting up a group for those of us who enjoy the buzz of jiggling around to lively music. So here we are looking ahead to September when, all being well, we will get together again to enjoy simple exercises and dance, hoping (!) to keep our muscles, joints, cardio-vascular system, and memory in reasonable working order, helped by good music and a lot of laughter.

Nothing is compulsory (except safe footwear) and the aim is that everyone feels better at the end of a session than they did at the start!

Both groups are full and with waiting lists, but if you are interested in joining us do get in touch as the waiting list does decrease.

NB If you no longer wish to remain in the group PLEASE do let me know – thanks!

MUSIC APPRECIATION

Co-ordinator: Kathy Webster

Meetings: *Monthly, Tuesday, 10.30 – 12.00 noon.*

Kendal United Reformed Church, Highgate

Due to the situation at the Unitarian Chapel, where we can no longer hold our meetings, we have arranged to use the facilities available at **Kendal United Reformed Church from 12 September.**

We listen to, learn about, and discuss music. We bring our own diverse selection of CDs to the meetings and share the music on them with other members.

NATURAL HISTORY

Co-ordinator: Sarah Harvey

Meetings: *Monthly, 2nd Wednesday, 2.00 p.m.*

Oct. – Mar., Castle Street Centre

Apr. – Sept., Outings to Cumbrian nature reserves.

We learn from each other about the natural world surrounding us and cover a wide range of wildlife subjects.

In the summer we go on informative walks and in the winter invited speakers cover a variety of natural history subjects.

The co-ordinator welcomes help from the members.

NORWEGIAN

Co-ordinator: Tony Miley

Meetings: *Alternate Wednesday mornings,* in a member's home

We try to speak, listen to, read and write Norwegian with a bias towards Norway and its people, history and culture. Everybody tries and seems to get something out of the group.

The group started in 2006 and one of the founder members as well as the co-ordinator/leader still come. Our newest member started from scratch a couple of years ago.

We use a mixture of newspapers and the internet for learning material as well as tourist brochures etc. Anyone who travels to Norway is asked to try to bring literature back – and that usually works

At our age there is no point in doing anything which isn't fun, so we try to work to that.

PATCHWORK/ QUILTING/NEEDLECRAFT

Co-ordinator: Susan Dixon

Meetings: *1st and 3rd Tuesday, 1.30 – 3.30 p.m.,* Castle Street Centre

Information about this group received too late to be included..

PHILOSOPHY

Co-ordinators: Liz Kelly and Sue Venfield

Meetings: *Monthly, 1st Wednesday, 10.00 – 11.30 a.m.*, Abbot Hall Social Centre

No information received from this group.

PICKLEBALL 1 & 2

Co-ordinator: Hilary Hutchison

Meetings: *Weekly, Fridays, 10.00 a.m. – 12.00 noon and 12.15 – 2.15 p.m.*,
Natland Village Hall

Pickleball is fast becoming a new sport in the UK. Originating in America in 1965 the game quickly gained in popularity and is now played Worldwide.

It is a mix of badminton, table tennis and tennis, and can be enjoyed by all age groups.

POETRY & PROSE

Co-ordinator: Stella Canwell

Meetings: *Monthly, last Thursday, 1.30 p.m.*, Castle Street Centre.

Each meeting has a theme (chosen in advance by the group) and we each bring poetry and/or prose on the theme to read out and share with the others.

If you wish you can attend and simply listen.

PSYCHOLOGY

Co-ordinator: Margaret Sutherland

Meetings: *Monthly, last Friday, from 9.30 with 10.00 a.m. start*,
Abbot Hall Social Centre

No meetings in December, June, July and August.

This group investigates human thought and behaviour and is open to everyone who is interested in finding out more about psychology.

Members give talks on a chosen subject providing an opportunity for group discussion on the ideas presented.

RECORDER ENSEMBLE

Co-ordinators: Jan Tawn and George Thorpe

Meetings: *Weekly, Wednesday, 10.00 a.m. – 12.00 noon*, Castle Street Centre

We are a friendly group of recorder players of intermediate standard and beyond.

The group caters for all tastes and plays a wide range of music in four or more parts ranging from Renaissance and Baroque to folk and blues. The group chooses a series of pieces to work on each term.

SATURDAY LUNCH CLUB

Co-ordinators: Christina Jones and Mavis Fowles

Meetings: *Monthly, 1st Saturday*

We are a very friendly and welcoming group to any SLu3a member wishing to join us. We meet in various hotels, restaurants and pubs in the Kendal and South Lakes area and aim to have a reasonably priced lunch.

Anyone interested in joining us, as a regular member or perhaps just occasionally, should contact either Christina or Mavis to register their interest. Our numbers are only regulated by the size of the various venues.

Diary dates:

7 Oct. - *The Smithy Inn*, Holme

4 Nov. - *The Lamplighter*, Windermere

2 Dec. - *The Netherwood Hotel*, Grange-over-Sands

SCIENCE & TECHNOLOGY

Co-ordinator: Ed Tipping

Meetings: *Monthly, last Friday, 2.00 – 3.30 p.m.*, Castle Street Centre

Our meetings usually consist of a talk by a group member or guest speaker, followed by questions and discussion.

Occasionally we make visits to places of scientific or technological interest.

In the recent past, the talks have covered such varied topics as genetic engineering, quantum theory, Earth's formation & evolution, radiocarbon, Morecambe Bay tides, childhood leukaemia around Sellafield, and salt manufacture.

New members are very welcome, even more so if they can offer a suitable talk!

The first meeting of the 2023-2024 season is on 29 September.

SCOTTISH DANCING

Co-ordinator: Angela Davenport

Meetings: *Twice monthly, 2nd & 4th Monday, 9.00 – 10.30 a.m.*,
Abbot Hall Social Centre

Mary Howard instructs us and we have continued to improve, learning new skills and more challenging dances over the past few years.

Aside from dancing, we enjoyed a meal at Kendal college in May, along with the Country Dancing group, and hope to repeat this in the autumn.

Unfortunately, the group is basically full but we may have one or two spaces becoming available for those with some Scottish dancing experience.

SCRABBLE 1

Co-ordinator: Jane Wiseman

Meetings: *Fortnightly, Monday, 1.45 – 3.45 p.m.*

Cancer Care Centre, Blackhall Road, Kendal

Information about this group received too late to be included.

SCRABBLE 2

Co-ordinator: Jean Reynolds

Meetings: *Fortnightly, Tuesday, 2.00 - 4.30 p.m.* in the Co-ordinator's home.

Our friendly meetings involve two or three Scrabble games with a break for tea and chat. We try to improve our word scores and widen our vocabulary at each session.

We do not meet in August.

SINGING FOR FUN

Co-ordinator: Kathy Webster

Meetings: *Fortnightly, Tuesday, 10.45- 12.00 noon*, United Reformed Church

Due the situation at the Unitarian Chapel, where we can no longer hold our meetings for the foreseeable future, arrangements have been made to use the facilities available at Kendal United Reformed Church **as from 5th September.**

We meet in friendly, sociable, atmosphere and sing sea shanties, songs from musicals and other genres.

New members are always welcomed.

TABLE TENNIS (DOUBLES)

Co-ordinator: Raymond Richardson

Meetings: *Weekly, Tuesday, 1.30 – 3.00p.m.*, Natland Village Hall.

This is an informal group with all abilities playing and the emphasis on enjoyment.

A limited number of spaces are available.

TABLE TENNIS (SINGLES)

Co-ordinator: Cath Sharpe

Meetings: *Wednesday, 2.00 – 3.30 p.m.*, Natland Village Hall

Our 4 tables are busy again, after a lull during Covid, and we look forward to another active season.

All standards are welcome from beginners to the more experienced.

Accent is on a bit of exercise and chat as well as a fun Xmas tourney and annual match with Grange for those interested.

Why not give us a try when we start again on Wednesday, 6th September 2023?

TAI CHI (2 Groups)

Co-ordinator: Jane Willis

Meetings: *Friday mornings*, Castle Street Centre

We have two Tai Chi groups that have been meeting on Friday mornings at Castle Street Centre for between 2 and 15 years.

We play the Cheng Man Ching short form and Dr Chi's Long Form as well as a variety of warm-up sets and Qi Gong. We would welcome new members who have had previous experience of Yang style Tai Chi. Please see our SLu3a website for more details.

Sadly, there is no provision for beginners or near beginners at present within our u3a but there are other teachers in and around Kendal.

TENNIS

Co-ordinator: Barbara Studholme

Meetings: *Weekly, Friday, 2.00 – 3.30 p.m.*, Kendal Tennis Club

We play from the first Friday in April until the last Friday in September.

Members of all abilities are welcome to join us.

THEMES IN WORLD HISTORY

Co-ordinator: Chris Alcock

Meetings: *Monthly, 1st Monday, 2.00 p.m.*, Abbot Hall Social Centre

We aim to study and discuss a range of themes and topics which can either impact across states and regions or can be relatively specific and narrow.

Subjects can be from any period of history and can cover either very narrow or very wide timespans. Topics covered to date are the rise and decline of empires; British atrocities; slavery; historic pandemics; water security; the Cold War; the impact of enclosures; the Darien Scheme; and the rise and spread of Islam.

All offers to lead on a topic are gratefully received.

WINE APPRECIATION 1

Co-ordinator: Audrey Stainton

Meetings: *Monthly, 2nd Thursday, Sept – May, 2.00 – 4.00 p.m.*,
Abbot Hall Social Centre

“Wine cheers the sad, revives the old, inspires the young, makes weariness forget his toil” ... Lord Byron

As a group we have several members who are willing (and very knowledgeable) to present their selections of wines and therefore the group continues to enjoy and experience a very varied programme of tastings and presentation styles. However, knowledge of wine is not an essential criterion to join our group but the enjoyment

Cont'd on p. 21

Wine Appreciation 1 cont'd from p.20

of wine in good company is. Not all people will enjoy all wines, but we encourage (lively) discussion and the opportunity to learn about grape varieties and methods of production.

Our group is fully subscribed at the moment but we hold a waiting list, should you be interested in joining us .

Please note that our first meeting of the new term will take place on Thursday 14th of September.

WINE APPRECIATION 3

Coordinators: Allan Sharples and Digby Gunson

Meetings: *Monthly (not Jul. and Aug.), 1st Friday, 1.45 p.m.,* Castle Street Centre.

We cover a wide range of topics and enjoy a small sample of each wine presented.

We charge £8 per session, sometimes less.

We are a friendly, easy-going group and have retained most members for over a decade.

WRITING FOR PLEASURE

Co-ordinator: Samantha Ridgway

Meetings: *Monthly, 1st Thursday, 2.00 p.m.,* Castle Street Centre

The purpose of this group is to help members achieve their ambition, whether that is writing for pleasure or something more ambitious.

Themes and genres are agreed by the group.

Members bring something they have written, read this to the group and receive constructive comments on their writing.

Writing can be in any format including prose, short story, flash fiction, poems, chapters of novels, memoirs, non-fiction etc.

Group members do not have to give handouts of their writing unless they are requested to do so.

YOGA

Co-ordinator: Gillian Green

Meetings: *Weekly, Thursday, 5.00 – 6.30 p.m.,* Beck Community Centre.

We aim to provide people with space and a calming atmosphere in which to practice their skills with others.

Members bring their own mats, blocks and straps.

Currently this group is full.

Walking Groups Information begins on p. 22

WALKING GROUPS (12)

Listed in order of distance walked.

DISCLAIMER

There is a degree of risk with any physical activity and all members **must** take responsibility for their personal safety and the security of their clothing, equipment and possessions. They should not undertake activities considered unsafe for them as individuals and **must not endanger other members of their group**. All recognised u3a groups have Public Liability Insurance but **the organisation does not provide personal accident insurance**.

GENTLE STROLLERS

Co-ordinators: Jean Leece and Mo Ellis

Meetings: *Twice a month, 1st & 3rd Wednesday, 11.00 a.m. , Sept. - July*

There are no walks in August and in September only one walk on the third Wednesday.

The Gentle Strollers walking group welcomes members with limited mobility who wish to remain active and enjoy social exercise to benefit mental and physical well-being.

We have an average of ten walkers on each walk and meet at various locations. We have a walk leader and at least two volunteers who support the walkers on each walk.

A walk programme is produced twice a year and walk details circulated to members prior to each walk.

Please note we no longer operate a waiting list for this group.

STROLLERS

Co-ordinator: Nancy Gregory

Meetings: *Fortnightly, 2nd and 4th Thursdays*

We start at 10.30 a.m. and usually stay within five miles of Kendal for our walks which we take at a reasonable but steady pace with not too many climbs. We average about four miles with a stop for coffee and often go for refreshments afterwards.

"I can only meditate when I am walking, when I stop I cease to think; my mind only works with my legs."

Jean-Jacques Rousseau

AMBLERS 1

Co-ordinator: Carolyn Lowe

Meetings: *1st and 3rd Thursday at 10.30 a.m.*

Our remit is: 'Up to 5 miles long with not much up'.

Members take it in turns to lead a walk and we meet at a spot chosen by the Leader.

Dogs on a lead are allowed.

No subscriptions are charged and donations to Kendal Mountain Rescue or NW Air Ambulance are voluntary.

AMBLERS 2 (Dog Free)

Co-ordinators: Richard Pealing and Malcolm Scott

Meetings: *Twice a month, 1st and 3rd Thursday*

All walks start at 10.30 a.m. We walk approximately 5 miles, with no more than 500ft of ascent, with stops for our own coffee and lunch.

Unfortunately, we are not accepting any new members at the present.

AMBLERS 3

Co-ordinators: Alistair Craghill and Jeremy Caton

Meetings: *1st, 3rd and occasional 5th Thursday*

We walk about 5 miles or so with not too many ups and finish with lunch at a pub/café or perhaps a picnic if the weather is fine.

We start at 10.00 a.m. and car share if possible but may sometimes have bus based walks.

AMBLERS 4

Co-ordinators: Alison and Garnet Fishwick and Anne Urquhart

Meetings: *Monthly, 3rd Thursday morning.*

We walk at a steady pace for about 5 miles and up to 500 feet.

We start at 10.00 a.m. and aim to finish at 1.00 p.m.

Walks include one planned stop for coffee. Where possible, there are opportunities at the end of some walks for members to have lunch in a local cafe or pub if they wish.

Details of walks are usually circulated two weeks beforehand and will detail, as far as possible, a description of the ground conditions/stiles etc. Details of any car sharing opportunities for more distant walks are also included.

Members are encouraged to consider leading a walk occasionally.

We look forward to welcoming new members.

AMBLERS PLUS 2

Co-ordinator: Chris Needham and Sheila Wilson

Meetings: *Monthly 4th Thursday*

Walks are usually 5.5 - 6.5 miles with up to 1300ft of ascent. We car share where appropriate.

Unfortunately, we are unable to allow dogs on our walks.

The group is currently full.

RAMBLERS

Co-ordinator: Helen Snaith

Meetings: *2nd Thursday and 5th Thursday when applicable, 10.00 a.m. start.*

We aim to walk about 7 - 9 miles with about 700m ascent.

In the summer we use bus services for linear walks, when possible, otherwise we aim to car share.

Members must wear suitable clothing and footwear and bring their own refreshments for coffee and lunch.

Membership is not restricted as there may be as few as 6 walkers and up to as many as 30 on a walk.

New leaders and members are welcome.

RAMBLERS PLUS

Co-ordinators: Nick Andrews and Angela and Alan Lovett and

Meetings: *Twice a month, 2nd and 4th Thursday*

We undertake full day walks, all year round; generally, but not always, aiming to reach the top of something; most often, but not exclusively, in the Lakes; with a walk length of about 8-10 miles, and height gain of about 700-1000 metres.

Group members plan and lead the walks, and numbers are restricted to about 15 on each walk. **These walks are on the second Thursday of the month.**

We also walk on the fourth Thursday of the month. These walks visit the fell tops, but at a gentler pace and often with less height and distance.

Details of walks on offer are circulated about 10 days in advance, and places booked by email.

We are quite a large group but will be very pleased to welcome new members.

If you would like to join the circulation list, please email to:

slu3a.ramblersplus@gmail.com

TUESDAY WALKERS

Co-ordinators: Richard Moore, Nicky Beeson and Margaret Bunch

Meetings: *1st and 3rd Tuesday*

These walks are usually to the high tops of the Lake District or the surrounding area and tend to be around 8 – 10 miles in length with between 2000 and 3500 feet of ascent. The walks are planned and led by group members and are generally recce'd in advance by the leaders.

In addition, **2 sub groups** organise walks on the other Tuesdays.

Offbeat and **Explorers** (2nd, 4th and 5th).

Offbeat walks explore areas and routes that are less travelled, often in the Howgills and the Yorkshire Dales and cover 8 – 10 miles with ascents of about 2000 feet.

Explorers walks are similar to the **Regular** walks except that they are not recce'd in advance.

FELLWANDERERS

Co-ordinators: Martin Evans and Jenny Kelly

Meetings: *Monthly, 3rd Thursday*

We generally walk around 8-10 miles at a modest pace with up to 3000 ft of ascent.

The group is currently full and has a small waiting list.

FELLWANDERERS PLUS

Co-ordinators: Jo Birkbeck and Gill Murray

Meetings: *1st Thursday*

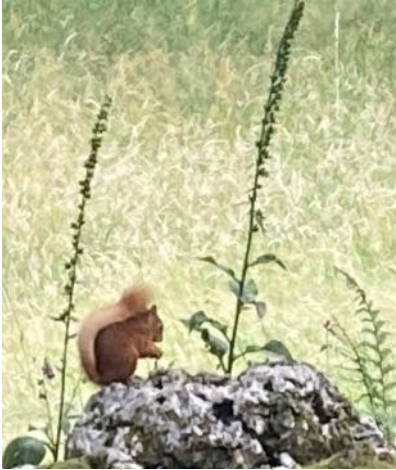
Our group offers walks of about 10 - 12 miles with up to 4000ft ascent in the Lakes and Yorkshire Dales National Parks.

It is aimed at those walkers who prefer a steady pace with fewer stops than the other Groups.

Members must be confident on rock and scree and be willing to plan and lead walks.

We are currently full but will operate a waiting list.

PHOTOS FROM THE MEMBERS



'Noisy Nibbler'.

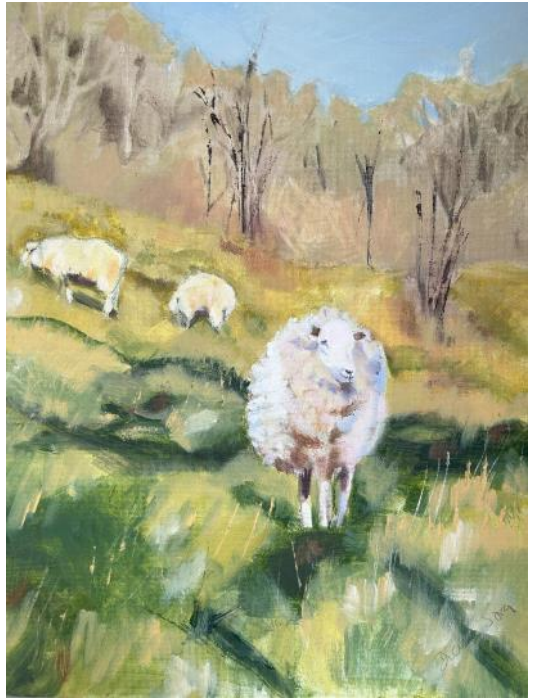
Red Squirrel from Miggy Scott



Knitted coverlet made by Mavis Crawford.



Summer flowers from Jean Till



'Curious Sheep' painted by Diane Meacock

COMMITTEE MEMBERS & OTHER CONTACTS

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To conform to the revised Data Protection Act only generic email addresses can be included in this publication.

Any member wishing to contact a committee member whose email address is not shown should go the website and click on **CONTACT**. Choose the person you wish to email, type your message and click **SEND MESSAGE** at the bottom of the page. For general enquiries email: info@southlakesu3a.org.uk or tel. **07949878523**

I am very grateful to the co-ordinators who submitted group reports by the deadline date and to everyone who responded to my appeal for photographs. I received far more photos than I can use in this Handbook but have saved the rest for use in other publications.

Sue and Keith Duncan and Anne Urquhart did a great job proof reading this edition and identifying errors. Not an easy task.

Hopefully, you will have found this Handbook informative.

Best wishes

Ann Quintilla - Editor



Swans and cygnets on river Kent in Kendal by Cath Williams

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