

Here are 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?

If so contact Chris Mills - e-mail - vicechairmanpockdu3a@gmail.com

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 ●

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 ... ●

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 ●

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 ●

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 ●

Photography

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

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 ●

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 ●

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 ●