

u3a South Lakes



Annual Handbook September 2026

Registered Charity No. 1030281

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Annual subscriptions *payable from 1 September each year*

Standard membership £15

Associate membership (full member of another u3a) £10

Part year (joining after 1 April) £9

Reduced rate (for those receiving Pension Credit) £6

If you have a Direct Debit you don't need to do anything, your membership will be renewed automatically. If not renewing please cancel Direct Debit with your bank or the subscription fee will be taken.

Due to Data Protection Act no personal contact details are given. Coordinators can be contacted via the SLu3a website (<https://south-lakes.u3a.uk>). Alternatively you can email: info@southlakesu3a.org.uk or telephone 07949 873 523 for a more general question about membership.

From the chair – Samantha Ridgway, BA.

Welcome to everyone.

As I write, we are sweltering in the hottest temperature on record for a June day in England. Many of you may remember the 1976 heatwave. I recall being on holiday in Devon at the time and going fishing with others in a boat. We caught several fish, but unfortunately it was difficult to preserve them in the heat. Today, according to the forecast, we should get used to extreme temperatures as Global Warming continues. And we are in for a scorcher in July and beyond.

Heat also comes from the enthusiasm which our volunteers and members produce with their many activities. For those who love it, like me, enjoy it while it lasts and remember to keep cool, covered and hydrated so we can carry on the good work.

Our South Lakes u3a has begun its busiest time in promoting what we offer to our members and to others who may wish to join us. To facilitate this, our new publicity group has been prolific in designing and organising promotional materials, and events. These include business cards, leaflets, new posters, visual presentations and Facebook page. It's great to offer people a business card with the QR code so they know who we are and how to access our website to discover more.

One event was at the 'Birdcage' in Kendal. On the hottest day in June, eighteen of our members volunteered to stand in the heat for two hours each and offer information to the public. Thankfully, there was a breeze, a gazebo for shelter and plenty of cooled water. And, as Tim Farron, MP, was passing by, he stopped for a chat and was enthralled with the work we do. And the work goes on, we have talks planned, some in Kendal library. Starting in September is our open morning at the Leisure centre in Kendal, stalls at the Westmoreland Show, Age Friendly Festival and Kendal's Summer Fete. All this helps to inform a wider audience about who we are, the diversity of what we offer, and enables people to remain active, socialize and learn in supportive environments.

Of course, all this would not be possible without our 130 dedicated volunteers who have coordinated over 80 activity



and interest groups, with subjects from A to Z. Over 22,000 individual experiences have been provided for our 1,300 plus members who attended these groups. Subjects range from architecture, art, chess, cycling, family history, gardens, games, languages, music, philosophy, pickleball, science, singing, and many walking and other groups. These are led by coordinators with skills and experience that enables us to socialise, enhance our skills and knowledge, keep our minds and bodies active and prevent isolation. On a wider scale, the Third Age Trust, with whom we are associated, provide many online learning opportunities which can be accessed by their website.

Volunteers are the key to our success; these include committee members who ensure that our business is sound and that finances are viable, our group coordinators and others who help in groups, plus members who provide refreshments and who help whenever possible.

And of course, our u3a would not exist without our dedicated members who, despite the weather; heat, rain or snow, volunteer to attend our committee meetings, monthly meetings, and interest and activity groups which help us to learn, laugh, live, enjoy life and make friends. Well done to all in making sure that we still provide what our members want and need.

People say they become members of our u3a for many reasons, these include people new to the area, the loss of a loved one, or because we provide an activity or interest no one else does in the area. Some may have knowledge of subjects that we do not provide and may join us to set up new groups. Therefore, we are in a unique position to fulfil many needs by providing a plethora of interest and activities at low costs for our members.

If you are reading this handbook and are not a member of our South Lakes u3a, then flip through it and you will probably see something that interests you. You can attend on two occasions, as a taster, before becoming a member if you wish. So please visit our website for more information.

As we move into another subscription year, we aim to augment our ethos of volunteering and provide added value to our organisation. We hope to reach out to all those who need us by our increased publicity.

July 2026.

Our groups

Architecture
Appreciation
Art
Art Appreciation
Artistic Expression
Badminton
Ballroom Dancing
Books on Tuesday Bridge
Classic Films
Come Dine with Us
Country Dancing
Creative Writing
Cribbage
Crown Green Bowling
Cycling (Social) (2 groups)
Digital Photography
Discussion Group
Easy Singing
E-bikers and Friends
European History
Family History
Folk Music and Song
French - Basic
French - Intermediate
Gardens (2 groups)
German Conversation
Greek Conversation
Hanoverians/Georgians
Indoor Bowling
Instrumental Music
Italian Conversation
Literary Studies
Mah Jong
Mindfulness Meditation

Monthly Meeting (various speakers)
Moving to Music (Monday/Weds)
Music for All
Natural History
Non-Fiction Books
Norwegian
Patchwork, Quilting and Embroidery
Philosophy
Pickleball (6 groups)
Poetry and Prose
Political Economy
Psychology in the News
Recorder Ensemble
Science and Technology
Scottish Dancing
Scrabble (2 groups)
Shakespeare's Plays
Singing for Fun
Table Tennis (Singles and Doubles)
Tabletop Games
Tai Chi (Intermediate/Advanced)
Themes in World History
Wine Appreciation (2 groups)
Yoga

Walking (Gentle Strollers and Strollers)
Walking (Amblers - 4 groups)
Walking (Amblers Plus)
Walking (Ramblers)
Walking (Over the Hill)
Walking (Tuesday Walkers)
Walking (Fellwanderers)
Walking Fellwanderers Plus)

Our week

Key: AHSC=Abbot Hall Social Centre - BCC=Beck Comm Centre CSC=Castle St Centre -
 MH= Members home – NVH=Natland Village Hall - KL=Kendal Library - KURC=Kendal United
 Reformed Church - LCCC=Lakes Centre (Cancer Care) – NBC=Netherfield Bowling - TS=The Space

Monday	Weeks	Venue	Times	No mtgs
Country Dancing	1 st 3 rd 5 th	AHSC	9:00-10:30	Aug
Scottish Dancing	2 nd 4 th	AHSC	9:00-10:30	
Instrumental Music	Weekly	MH	10:00-12:00	
Monday Garden Club	1 st or 2 nd	Varies	10:00-12:00	
Cycling (Social)	Weekly	Varies	10:00-1:00	Nov-Mar
Shakespeare's Plays	1 st 3 rd	MH	10:00-12:00	
Discussion	2 nd	AHSC	10:30-12:00	Aug
Moving to Music 1 (+Weds)	Weekly	AHSC	10:45-12:00	June-Aug
Pickleball 4+5 (+ Tues +Fri)	Weekly	NVH	12:15-2:15 2:15-4:15	
French - Basic	2 nd 4 th	CSC	1:30-3:30	July-Aug
French Conversation	2 nd 4 th	CSC	1:30-3:00	July-Aug
Cribbage	Weekly	LCCC	2:00-4:00	
Folk Music & Song	Weekly	AHSC	2:00-4:00	Aug
Psychology in News	3 rd	AHSC	2:00-4:00	
Scrabble 1 Fortnightly, but check dates with coordinator - LCCC 2:00-4:00				
Themes in World History	2 nd	AHSC	2:00-4:00 Open to all	July-Aug

Tuesday	Weeks	Venue	Times	No mtgs
Crown Green Bowling	Weekly	NBC	9:30-11:30	Oct-Feb
Books on Tuesday	2 nd	CSC	10:00-11:30	
Architecture Appreciation	1 st	AHSC	10:00-12:00	
Mindfulness Meditation	Weekly	CSC	10:00-11:30	
Music for All	1 st or 2 nd	AHSC	10:30-12:00	
Singing for Fun	Fortnightly	KURC	10:30-12:00	Aug
Pickleball 6 (+Mon +Fri)	Weekly	NVH	10:45-12:45	
Patchwork & Quilting	1 st 3 rd	CSC	1:30-3:30	
Art Appreciation Open to all, just come	3 rd	AHSC	2:00-4:00 Refreshments 1:45	Jul-Aug
Indoor Bowling	Weekly	BCC	2:00-4:00	
Scrabble 2	2 nd 4 th	MH	2:00-4:30	Aug
Table Tennis Doubles	Weekly	NVH	1:30-3:00	Aug
The Hanoverians	4 th	CSC	10:00-11:30	School hols
Tuesday Walkers main	1 st 3 rd	Varies		
Tuesday Walkers Explorers	2 nd 4 th 5 th	Varies		

Wednesday	Weeks	Venue	Times	No mtgs
Norwegian	Alt weeks	MH	9:45-11:45	
Philosophy	1 st	AHSC	10:00-11:30	Aug
Digital Photography	2 nd	Varies	10:00-12:00	
Italian Conversation	Weekly	CSC	10:00-12:00	
Recorder Ensemble	Weekly	CSC	10:00-12:00	
Monthly Meets	3 rd	CSC	10:30-12:00	Jun-Aug, Dec
Gentle Strollers	1 st 3 rd	Varies	11:00 but check	Aug-1 st Sept
Moving to Music 2 (+Mon)	Weekly	CSC	12:15-1:15	June-Aug
Ballroom Dancing	Weekly	CSC	2:00-3:00	Aug
Table Tennis (Singles)	Weekly	NVH	2:00-3:30	
Table Top Games	1 st 3 rd	AHSC	2:00-4:00	April-Aug
Literary Studies	3 rd	CSC	2:00-3:30	
Non-Fiction Books	1 st	CSC	2:30-4:00	
Natural History	2 nd	CSC	2:30-3:45	
Open to all, just come Oct-March: Summer is members only				
Badminton	Weekly	NVH	3:45-5:15	July-Aug

Thursday	Weeks	Venue	Times	No mtgs
Over the Hill	2 nd 4 th	Varies	8:30-4:30	
Fellwanderers	1 st occ 3 rd	Varies	9:30	
Fellwanderers Plus	1 st occ 3 rd	Varies	9:30	
Family History	2 nd	CSC	10:00-12:00	June-Sept
Ambler 3	1 st 3 rd 5 th	Varies	10:00-1:00	
Ambler 4	3 rd	Varies	10:00-1:00	
Ambler Plus 2	4 th	Varies	10:00	
E Bikers & Friends	Weekly	Varies	9:45-4:00	Dec-Feb
Ramblers	2 nd occ 5 th	Varies	10:00-3:30	
Ambler 1	1 st 3 rd	Varies	10:15	
Strollers	2 nd 4 th	Varies	10:30-12:30	
Ambler 2	1 st 3 rd	Varies	10:30-2:30	
Poetry and Prose	Last	CSC	1:30-3:30	Dec
Classic Films Open to all	1 st	AHSC	2:00-4:00 (doors open 1:30)	
Creative Writing	1 st	CSC	2:00-4:00	Dec-Jan, Jul-Aug
Wine Appreciation 1	2 nd	AHSC	2:00-4:00	June-Aug
Yoga	Weekly	BCC	5:00-6:30	

Friday	Weeks	Venue	Times	No mtgs
Easy Singing	2 nd 4 th	TS	10:00-11:00	Aug
Art	Weekly	AHSC	10:00-12:30	Aug
Artistic Expression	Weekly	CSC	10:00-12:00	GFri, C'mas, NY
European History	1 st	AHSC	10:00-12:00	July-Aug
Friday Gardens	3 rd	Varies	10:00-12:00	Jan
German Conversation	1 st 3 rd	MH	10:00-12:00:	
Pickleball 1 (+Mon Pickleball 2 +Tues) Pickleball 3	Weekly	NVH	10:00-12:00 12:00-2:00 2:00-4:00	
Political Economy	1 st	Varies	10:00-12:00	Aug
Tai Chi Intermediate Tai Chi Advanced	Weekly	CSC	10:00-11:15 11:45-1:00	
Mah Jong	1 st 3 rd 5 th	CSC	1:30-3:30	
Bridge	Weekly	AHSC	1:15-4:30	
Wine Appreciation 3	1 st	CSC	1:45-4:00	July-Aug
Literary Studies	3 rd	CSC	2:00-3:30	
Science & Technology	Last/varies	CSC	2:00-3:30	July-Aug

Unspecified	Weeks	Venue	Times	No mtgs
Contact coordinators via website for details of these groups				
Cycling (Social)	Weekly	Varies	10:00	Nov-Mar
Come Dine with Us	Monthly, various days, locations			
Greek Conversation	Variable, Mondays – check with coordinator			

New groups

Easy Singing

Greek Conversation

Pickleball extras

Closed groups

Tennis

Chess

American History

A few groups we don't have - fancy starting one or anything else you in which you are interested?

Local History

Archery

Birdwatching

Climbing

Spanish Conversation

Drama

Ukelele

Crosswords

Disclaimers

All recognised u3a groups have Public Liability Insurance but ***we do not provide personal accident insurance.***

There is a degree of risk with any physical activity, members ***must*** take responsibility for their personal safety and of their possessions. They should not undertake activities considered unsafe for them as individuals and ***must not endanger other members of the group.***

Walking is one of the healthiest of outdoor activities. However, neither SLu3a or the walk leader/organiser has control of the environment, the weather or animals. Whilst taking normal precautions, providing reasonable help as necessary, they cannot accept responsibility for any circumstances affecting the health and safety of the walkers.

Occasionally photographs may be taken and used in SLu3a publications and website. If you object to this please inform the coordinators.

Attendance fees

Only groups using rented premises pay a fee of around £2 per meeting. Most walking groups have a donation box to support Mountain Rescue.

Attendance at groups

If you wish to join a group, or try it out, you must first contact the coordinator to ensure there is space available. Some group numbers are limited, for a variety of reasons. Please do not just turn up. **The only exceptions to this are the monthly meetings and the 'open group' meetings (as listed in the monthly Newsflash). All members are welcome to attend them without notice.**

learn, laugh, live with SLu3a

Groups – detailed information

ARCHITECTURE APPRECIATION

Coordinators: Richard Pealing, Mark Miller

Meetings: *Monthly, First Tuesday, 10:00-12:00. Abbot Hall Social Centre*

A varied programme of talks and presentations on e.g an architect, a building or a development. Occasionally a meeting with shorter contributions and discussion. Recent programmes have included Barcelona and Gaudi, Controversial Buildings, Bilbao: The Guggenheim Effect, The Buildings of Helsinki. Talks are not particularly technical, and are suitable for anyone who is, or could be, interested. No meetings in July or August.

ART

Coordinators: Nancy Huck

Meetings: *Weekly, Friday, 10:00-12:30. Abbot Hall Social Centre*

We meet from the beginning of September until July.

ART APPRECIATION

Coordinators: Chris Alcock, Mark Miller, Lynne Robbins

Meetings: *Monthly, Third Tuesday, 2:00-4:00. Abbot Hall Social Centre*

Talks and discussions on all aspects of art and artists.

ARTISTIC EXPRESSION

Coordinators: Trude Hey, Lynn Ali

Meetings: *Weekly, Friday, 10:00-12:00. Castle Street Centre*

We welcome anybody who wants to explore different styles and mediums of expression in a supportive and friendly environment. All abilities are welcome. Easels are provided. No meeting Friday 1st of January 2027, Good Friday, and between Christmas and New Year.

BADMINTON

Coordinators: Malcolm Scott, Maura Machin

Meetings: *Weekly, Wednesday, 3:45-5:15. Natland Village Hall*

We only play doubles and are a mixed ability group, some experience is necessary.

BALLROOM DANCING

Coordinators: Ann Robinson, Keith Robinson

Meetings: *Weekly, Wednesday, 2:00-3:00. Castle Street Centre*

Since we started in 2019, we have had a good response to our weekly meetings, sufficient to fill the large hall at the Castle Street Centre. It's a very informal and friendly group.

We don't provide formal lessons, however, we have an experienced ballroom dancer who shows us basic steps and moves in modern ballroom and latin, as well as some of the popular sequence dances.

The group comprises couples and singles with a range of abilities from beginners to more experienced dancers and we all help each other.

Ballroom dancing is great exercise for mind and body and most importantly a lot of fun.

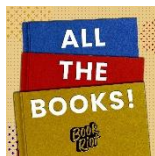
BOOKS ON TUESDAY

Coordinators: Heather Hanna

Meetings: *Monthly, Second Tuesday, 10:00-11:30. Castle Street Centre*

We read a varied selection of books, chosen in advance, which reflect the diversity of our group members. Mainly we read novels, but occasionally biographies or poetry collections. The group chooses books at the January meeting for the following year.

Places are limited so please contact the coordinator via the group email link to check availability. We meet September to July.



BRIDGE

Coordinators: Mary Simm

Meetings: *Weekly, Friday, 1:15-4:30. Abbot Hall Social Centre*

We meet weekly throughout the year. Doors open at 1.15, play starts at 1.30. Players need to have some knowledge of the game as no teaching is provided. We play Chicago Bridge with Teams on the last Friday of the month. Average 5 tables of mixed ability. A very friendly, relaxed group with tea and biscuits provided at half time.

CLASSIC FILMS

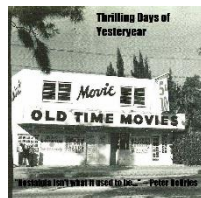
Coordinators: Mark Miller

Meetings: *Monthly, First Thursday, 1:30-4:00. Abbot Hall Social Centre*

Doors open 1.30; please arrive by 1.45 for a prompt 2.00 start. We show all films with subtitles, as quite a few people need them or find them helpful.

We show a wide range and variety of films that are distinctive and particularly excellent.

There is no group as such; any u3a member is welcome. Just turn up. To be on an emailing list, for fuller information for each film, contact the coordinator.



COME DINE WITH US

Coordinators: Angie Leonard

Meetings: *Various locations/venues*

A social group for foodies! The 'Come Dine with Us' group enjoys a range of good eating experiences at some of our best local restaurants, with occasional fine dining in South Lakes and beyond.

The group is friendly and welcoming to new members and offers the chance to enjoy an excellent lunch or afternoon tea in good company and perhaps to make some new friends. Car sharing is encouraged but some venues allow you to hop on the 555.

Dining is usually arranged three times each term between September and July. Each lunch typically hosts 30-40 people and places get booked up very quickly. Costs vary between £35-£45 per person, although tasting menus at very good restaurants can cost more.

Our events are advertised via email to our 170+ members.

You can contact the coordinator by the group email link above or by phone 07775852550

COUNTRY DANCING

Coordinators: Alison Jones

Meetings: *Fortnightly, First;Third;Fifth Monday, 9:00-10:30. Abbot Hall Social Centre*

We meet throughout the year.

CREATIVE WRITING

Coordinators: Samantha Ridgway

Meetings: *Monthly, First Thursday, 2:00-4:00. Castle Street Centre*

Our aim is to help members to achieve their writing ambition, whether writing for pleasure or something more ambitious. Themes are agreed by the group. On occasions, we have external published authors who share their writing journey with us.

Members bring any work they have written, maybe a short story, poem, play, flash fiction etc. (max 750 words) and read them to the group. Following this, members receive feedback and suggestions from other group members. This year we are developing an anthology, written by members of the group. No meeting in January, August or December.

CRIBBAGE

Coordinators: Alan Hill

Meetings: *Weekly, Monday, 2.00-4.00. Lakes Centre (Cancer Care)*

Both beginners and experienced players are welcomed and some spaces are available. On alternate weeks we meet jointly with Scrabble players. We meet throughout the year.

CROWN GREEN BOWLING

Coordinators: Malcolm Booker

Meetings: *Weekly, Tuesday, 9:30-11:30. Netherfield Bowling Club*

The group will introduce members to Crown Green Bowling and provide the opportunity for competitive play. Some coaching is available for those who are new to the sport.

The only equipment needed are flat soled shoes (no open toes 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.

We only bowl during the bowls season which runs from Late March/early April until late August/early September (weather and green condition dependant)

**South Lakes u3a has nearly 1400
members and around 80 interest groups.
If you know anyone 'at a loose end'
Tell them about us**

<https://south-lakes.u3asite.uk>

CYCLING (SOCIAL)

Coordinators: Peter Deaville, Phil Gordon

Meetings: *Weekly, Monday, 10:00-1:00. Various locations/venues*

The group offers regular rides in and around the South Lakes and Eden Valley, North Lancashire and Western Dales with many rides starting in Kendal. Rides are of varying length and challenge as described below, exploring the quieter roads and lanes of our area, with occasional off-road routes. We are definitely not Tour de France riders although we do offer a few strenuous rides as part of the programme. Rather, we offer what we call 'Social Cycling'; enjoyable, inclusive and safe, whatever bike you ride, with time for chat and refreshment stops. Our two Groups offer rides ranging from 'gentle/casual' (Group 1) to 'moderate/strenuous' (Group 2). All are led by an experienced cyclist and new members are welcome. We can offer help and advice on any aspect of cycling - if that is what you need, do ask. Our regulars ride a variety of bikes (hybrids, e-bikes, tourers, road bikes). We meet April to October.



DIGITAL PHOTOGRAPHY

Coordinators: Alistair Shearin

Meetings: *Monthly, Second Wednesday, 10:00-12:00. Abbot Hall Social Centre*



We are an inclusive group of photographers and welcome members of all abilities. Members use a wide range of equipment and mobile phone photography is increasingly popular. Our indoor meetings usually begin by sharing photographs taken by members, often on a specific theme.

This is followed by a short presentation or discussion, the programme for which is set quarterly. We do not meet in the Abbot Hall during the summer months (June to September) and instead go out on location.

DISCUSSION

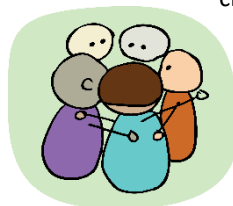
Coordinators: Mark Aldridge, John Nash

Meetings: *Monthly, Second Monday, 10:30-12:00. Abbot Hall Social Centre*

We have lively and interesting discussions around topics at the previous meeting. Topics are varied and have included education, fiction, culture, technology and the truth!

Sometimes members will bring photographs, or poetry or items which illustrate the topic. More research is usually carried out by the person/s who chose the topic. Usually there are around 12 people present.

We meet in the Betty Limb room at the Abbot Hall Social Centre, Kendal and we hold our meetings from September until the beginning of July each year with August as a holiday.



chosen

EASY SINGING

Coordinators: Nick Morrice

Meetings: Fortnightly, Second/Fourth Friday, 10:00-11:00. The Space

This new group is for those wishing to sing new songs from home and abroad, some in two parts, but nothing too challenging. Reading music is not needed. I hope we may be able to prepare an entertaining set to sing to residents in a local nursing home in due course.

E-BIKERS AND FRIENDS

Coordinators: Chris Shearin

Meetings: Thursday, 9:45-4:00.

March to November we cycle in various locations, including Arnside, Silverdale, Kendal areas. Lune Valley, Trough of Bowland, Lake District National Park, Yorkshire Dales and Eden Valley. A few winter rides are also offered. We stop at view points and other sites of interest along the routes.

Maximum numbers are 8-10 people per ride and u3a members with good E-Bike experience are welcome to join us. We aim to run 1:3 rides from Kendal. Rides further afield will require transport to the start and back from the finish.

The group stops for coffee and lunch at local cafes, but occasionally participants will need to bring a packed lunch. Distances are 25- 35 miles with shorter rides at the beginning and end of the season. Ascents vary from 1-3000 feet depending on the terrain.

We expect all E-Bikers to cycle safely and follow the Highway Code. While support for technical issues is willingly offered to participants on rides, individuals are expected to carry spares and be familiar with basic repair tasks.

EUROPEAN HISTORY

Coordinators: Stephen Baker

Meetings: Monthly, First Friday, 10:00-12:00. Abbot Hall Social Centre

In 26/27 we are studying the history of Spain



FAMILY HISTORY

Coordinators: Chris Jones (Admin), Rowan Purkis (Programme)

Meetings: Monthly, Second Thursday, 10:00-12:00. Castle Street Centre

We meet every month October through May. We try to hold informal sessions over the summer. Members share expertise and experience of searching for details about their ancestors. Beginners and experienced family history researchers are welcome. We learn from each other and occasionally have outside speakers.

FOLK MUSIC & SONG

Coordinators: John Brown, Pamela Brown

Meetings: *Weekly, Monday, 2:00-4:00. Abbot Hall Social Centre*

Sessions cover a wide variety of music and song, with a refreshment break. Come and join our friendly group, you don't have to play or sing, just come along and enjoy the music.

FRENCH BASIC LEVEL

Coordinators: Ginny March

Meetings: *Fortnightly, Second;Fourth Monday, 1:00-3:30. Castle Street Centre*

This 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.

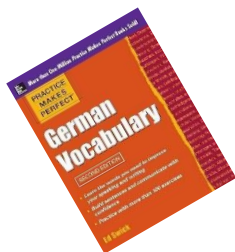
Our main aim is to try to improve by enjoying some conversation, reading, listening and learning a little about how the language works - all in a very informal atmosphere. So if you are someone who wants to bring your forgotten school French back to life, or you want to acquire some useful language to use on visits to France, this could be the group for you. We normally meet from late September to June. Our first autumn session will be on Monday 28th September.

FRENCH INTERMEDIATE CONVERSATION

Coordinators: Stephanie Lomascolo, Joyce Hallam

Meetings: *Fortnightly, Second;Fourth Monday, 1:30-3:00. Castle Street Centre*

We meet from September to first Monday in June



GARDENS FRIDAY 2

Coordinators: Kay Loch

Meetings: *Monthly, Third Friday, 10:00. Various locations/venues*

This lovely group visits Cumbrian and North Lancs gardens of interest with talks or activities during the winter months. Group members are expected to arrange monthly visits to gardens they wish to visit.

GARDENS MONDAY

Coordinators: Paulene Byard

Meetings: *Monthly, First Monday, 10:00. Members' gardens or visits*

Our programme is a combination of member's garden visits and further afield. We have a few spaces for new members. On Bank Holidays we meet on the second Monday.

GERMAN CONVERSATION

Coordinators: John Inglesfield

Meetings: *Fortnightly, First/Third Friday, 10:00-12:00. Various locations/venues*

We meet in members' homes for a morning of conversation entirely in German.

GREEK CONVERSATION

Coordinators: Chris Brooksbank, Mark Miller

Meetings: *Weekly, Monday, 10:00. Castle Street Centre*

It's all Greek... but as beginners, and like in most of Greece, we often speak in English!!

We started have a mixture of in person and online (zoom/whatsapp) meetings and chat, currently on Monday mornings.

With a range of expertise this is a member-led self-help group. We practice basic phrases, share resources and ideas. We hope to have some sessions sharing knowledge of Greece's culture and history. There is so much technology now that we can use. Anyone who might want to join please contact chrisbrooksbank@sky.com or call or text 07814393311.

INDOOR BOWLING

Coordinators: Linda Fisk

Meetings: *Weekly, Tuesday, 2:00-4:00. Beck Community Centre*

We meet from September to March



INSTRUMENTAL MUSIC

Coordinators: Gay Soane

Meetings: *Weekly, Monday, 10:00-12:00. Member's home*

We provide an opportunity for players of orchestral string and wind instruments to get together to play a wide variety of mainly classical music. This is selected or arranged to cater for the range of instruments represented at any particular time. We play for our own enjoyment and do not perform to a wider audience.

Meetings tend to take place continuously throughout the year as long as enough members indicate that they are available and so that programmes of music can be arranged in advance. Since our numbers are low at present, meetings take place in the various members' homes.

We are always ready to welcome new players who are around or above the equivalent of Grade 5/6 standard and are not daunted by occasional sight reading. If you are interested please contact the group coordinator via our website for further information.

ITALIAN CONVERSATION

Coordinators: Ian Hatwell

Meetings: *Weekly, Wednesday, 10:00-12:00. Castle Street Centre*

Group for those who already speak some Italian, not for absolute beginners; and wish to improve/practice. Conversation is in small groups or all together. It is not a taught group, but the co-ordinator can clarify grammar, common usage, and any other queries.

Ideally you should be able to express simple ideas in present and past tenses but there is a wide range of ability and the atmosphere is informal, friendly, and fun!

The format varies, occasionally a whole group discussion on a topic; more often we take turns to talk about something of interest (prepared or improvised), then we will usually split into small groups of 3-4 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.

LITERARY STUDIES

Coordinators: Ed Mason

Meetings: *Monthly, Third Wednesday, 2:00-3:30. Castle Street Centre*

We have been meeting for over 20 years to discuss books chosen, in turn, by members.

Generally novels, although occasionally, plays, poetry, or non-fiction works. Topics range from 'classics' (Austen, Dickens etc) to new releases. We have space for new members.

Like all reading groups this works best if members can commit to attending regularly.

MAH JONG

Coordinators: John Broadhead

Meetings: *Fortnightly, First/Third/Fifth Friday, 1:30-3:30. Castle Street Centre*

We welcome new members - we don't take things too seriously! Our group continues to grow with members appreciating the fascinating aspects of the game. No previous experience is necessary as all our players are willing to help you understand the rules. Meetings continue throughout the year.



MINDFULNESS MEDITATION (With Breathwork and Movement)

Coordinators: Michael Venet

Meetings: *Weekly, Tuesday, 10:00-11:30. Castle Street Centre*

Want to feel calmer, relaxed and more in control? Come and learn some simple tools that will help you promote your well being. Learn to deal positively with the stresses of day to day living on our course. Why not take some time to care for yourself?

We will be looking at breathing exercises, learning to meditate, apply mindfulness to our every day 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.

From October we meet weekly for 8 weeks with a break at half term. It is hoped to add a further meeting for those who have completed the second level course, 'Going Deeper'. More information at the Open Morning in September.

MONTHLY MEETING

Coordinators: Nick Morrice and team - meets Monthly, Third Wednesday, 10:30-12:00. Castle St Centre

All South Lakes u3a members are invited to these events, tea/coffee, chat and a guest speaker. The AGM takes place at the May meeting. No meetings December, June- August.

MOVING TO MUSIC 1 & 2

Coordinators: Margot Harvey

Meetings: Weekly, Monday, 10:45-12:00. Abbot Hall Social Centre

Weekly, Wednesday, 12:15-1:15. Castle Street Centre

In September we begin another year of simple exercise and dance. The aim is keeping our muscles, joints, cardio-vascular system, and memories, in reasonable working order. It is helped by good music and a lot of laughter as the endorphins flow!! We all do what we are comfortable with and the only compulsory thing is safe footwear. Both groups are full so it is vital that you let me know if you wish to drop out so I can offer a place to anyone waiting to join us.



MUSIC FOR ALL

Coordinators: John Harper

Meetings: Monthly, Second Tuesday, 10:30-12:00. Abbot Hall Social Centre

New venue from September. We enjoy listening to all types of music on cds, brought in and introduced by the members themselves, played on quality hi fi equipment. From classical to pop, from show tunes to jazz and folk music, sometimes with a selected theme, you'll hear a good mixture of old favourites alongside the less familiar, and a chance to share and discover new sounds. New members most welcome.

NATURAL HISTORY

Coordinators: Sarah Harvey

Meetings: Monthly, Second Wednesday, 2:30-3:45. Castle Street Centre

Six winter talks then 5/6 summer outings to local reserves. This group is closed to new membership but we have a waiting list. Contact Sarah via our website.

NON-FICTION BOOKS

Coordinators: Ed Mason

Meetings: Monthly, First Wednesday, 2:30-4:00. Castle Street Centre



Each month we discuss a non-fiction book selected and introduced by one of our members. Members take turns in selecting and introducing books. Choice of book, style, and subject matter are entirely at members' discretion, so the programme is as broad as members interests and enthusiasms, but might be expected to include history, travel, environment, politics, biography, science, psychology, art and more. Members are expected to have read the selected book before the meeting to enable an informed discussion, which is informal, and, usually, lively. We try to select books which are inexpensive and/or readily available second hand.

NORWEGIAN

Coordinators: Tony Miley

Meetings: *Fortnightly, Wednesday, 9:45-11:45. Various locations/venues*

Regular attendance is ten when everyone is available. If everyone is going to be able to contribute that is as many as we can cope with. So for the time being the group is full. Unfortunately we are all at the age when the future is unpredictable so it is possible that vacancies may arise. Contact the co-ordinator via our website if you are interested.

PATCHWORK, QUILTING AND NEEDLEWORK

Coordinators: Susan Dixon

Meetings: *Fortnightly, First/Third Tuesday, 1:30-3:30. Castle Street Centre*



Patchwork and Quilting: Learn new techniques. Make Linus quilts for terminally ill or needy children. Also for refugees helping refugees fleeing homes and Care for Leavers. *Knitting & Crochet:* Boxes of items going to Ukraine, including jumpers, hats, scarves.

PHILOSOPHY

Coordinators: Lynne Robbins, Sue Venfield

Meetings: *Monthly, First Wednesday, 10:00-11:30. Abbot Hall Social Centre*

Meetings (September to July) usually consist of a talk, small group discussions and feedback. Speakers often provide a preliminary handout so we know what we're in for! Subjects range from the viewpoints of individual philosophers to philosophical take on contemporary issues. Rousseau, Everything Flows and Living in a Post-Truth World have been recent topics. No knowledge of philosophy needed but an open mind helps!

PICKLEBALL

Coordinators: Hilary Hutchinson

Meetings: *Weekly, Natland Village Hall.*

Group 1 Friday, 10.00-12.00 - Group 2 Friday, 12.00-2.00

Group 3 Friday, 2.00-4.00

Group 4 Monday, 12.15-2.15 - Group 5 Monday, 2.15-4.15

Group 6 Tuesday, 10.45-12.45



These friendly groups have both fun and exercise. We sometimes meet up with other u3s for a match and have an internal competition around the year end.

POETRY AND PROSE

Coordinators: Stella Canwell

Meetings: *Monthly, Last Thursday, 1:30-3:30. Castle Street Centre*

We meet all months except December

POLITICAL ECONOMY

Coordinators: Eric Hookway

Meetings: *Monthly, First Friday, 10:00-11:30. Various locations/venues*

Meet September to July

PSYCHOLOGY IN THE NEWS

Coordinators: Brenda Maciejkowicz

Meetings: *Monthly, Third Monday, 2:00-4:00. Abbot Hall Social Centre*



We meet to discuss topics relevant to psychology which have appeared in recent media. This year, topics have included: mindfulness, stress, "the trouble with boys", the rise of AI and parenting styles. Members are encouraged to suggest topics or to aid in the presentation of topics.

RECORDER ENSEMBLE

Coordinators: Jan Tawn, George Thorp

Meetings: *Weekly, Wednesday, 10:00-12:00. 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.

SCIENCE & TECHNOLOGY

Coordinators: Ed Tipping, Helen Hickin

Meetings: *Monthly, Last Friday, 2:00-3:30. Castle Street Centre*

NB. Due to prior bookings at Castle Street our autumn meeting dates will not always be on the last Friday of the month. Our meetings usually consist of a talk by a group member or guest speaker followed by questions and discussion. Occasionally we visit places of technological or scientific interest. Last year we covered a range of topics including space telescopes, digital audio, swift calling boxes, language learning, geology of arnside, wind power and the eye as a window to the brain. New members are very welcome, especially if they can offer a suitable talk!



SCOTTISH DANCING

Coordinators: Angela Davenport

Meetings: *Fortnightly, Second/Fourth Monday, 9:00-10:30. Abbot Hall Social Centre*

We meet all year round. Please contact the coordinator if you are thinking of joining us as we occasionally have space for new members, preferably with a little bit of experience of either Scottish or English country dancing.

SCRABBLE

Coordinators: Alan Hill

Meetings: *Fortnightly, contact coord, Monday, 2.00-4.00. Lakes Centre (Cancer Care)*



Both beginners and experienced players are welcomed and some spaces are available. On alternate weeks we meet jointly with Cribbage players. Please contact the coordinator via the group email link for exact dates. We meet throughout the year.

SCRABBLE 2

Coordinators: Jean Reynolds

Meetings: *Fortnightly, Tuesday, 2:00-4:30. Member'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 .

SHAKESPEARE'S PLAYS

Coordinators: Nick Morrice

Meetings: *Fortnightly, First;Third Monday, 10:00-12:00. Member's home*

This group is for those who have a general interest in Shakespeare but perhaps have not read one of his plays for several years. It is neither academic or intellectual, but hopefully stimulating and enjoyable. We are currently reading Richard II, then will move on to Henry IV Parts One and Two, then Henry V. We meet from September to June.

SINGING FOR FUN

Coordinators: Angela Burley, Kathy Webster

Meetings: *Fortnightly, Second;Fourth Tuesday, 10:30-12:00. K United Reformed Church*

We are a friendly, sociable group enjoying singing a wide range of songs. These include traditional, popular, comic and well-known Show songs etc. We also uncover their diverse background history. New members will be very welcome. We do not meet in August.



TABLE TENNIS (DOUBLES)

Coordinators: Marian Francis

Meetings: *Weekly, Tuesday, 1:30-3:00. Natland Village Hall*

We are a friendly group of all abilities from beginners to the more experienced. There are four tables available and everyone is welcome to join us as there is no waiting list.

TABLE TENNIS (SINGLES)

Coordinators: Catherine Sharpe

Meetings: *Weekly, Wednesday, 2:00-3:30. Natland Village Hall*



We have four tables and welcome players from beginners to more experienced folk. Accent is on a bit of fun and exercise and chat. A fun tourney at Xmas and very 'friendly' match versus Grange u3a once a year. All part of usual sessions. No meetings June-August. Old and new members welcomed, no waiting list.

Learn, laugh, live with South Lakes u3a

<https://south-lakes.u3asite.uk>

TABLE TOP GAMES

Coordinators: David Atkinson

Meetings: *Fortnightly, First/Third Wednesday, 2:00-4:00. Abbot Hall Social Centre*

Our Games group continues to grow, we have many classic board games, plus some modern ones. We have various types of tile/domino sets and different packs of cards. A couple of things to mention, to allay any concerns about joining in. Firstly, prior knowledge of any game is not necessary. Secondly, all games are non-electronic, I have always said, our games need only 5-10 minutes to learn, then, just play, it's so easy.

Come along and join in with an old favourite or learn something new, or perhaps you could bring along a favourite from home and introduce us to something new.

We meet September until March inclusive, refreshments mid way in each session are available. We have loads of fun and quite a few laughs on the way.

TAI CHI ADVANCED

Coordinators: Jane Willis, Angela Lovett

Meetings: *Weekly, Friday, 11:45-1.00. Castle Street Centre*

We play both a short and a long Form (originally developed by Chen Man-ching and adapted by Dr Chi) and we know a range of Qi Gong Sets. Most of us have been together for many years, and we continually strive to deepen and refine our practice.

If you are an experienced player and have played a similar Long Form in the past, you are welcome to visit us and see whether it would be suitable for you. Both groups meet September-July, during holidays we meet in Fletcher Park at 9.30, weather permitting.

TAI CHI INTERMEDIATE

Coordinators: Jane Willis

Meetings: *Weekly, Friday, 10:00-11:15. Castle Street Centre*

We have been learning a Tai Chi Short Form for well over three years now and are still refining and deepening our practice! It is the form originally developed by Cheng Man-Ching (known as the 37 step sequence) and later adapted by Dr Chi to make a 47 step sequence. We always begin our class with some Qi Gong to loosen up.

If you have played a similar form before, you would be most welcome to join our group. There is a video to help you catch up.



VOLUNTEER

South Lakes u3a needs you!

Join the Committee

Start/coordinate a group

Make refreshments

Tell people about us

Help on publicity stalls

Deliver documents

THE HANOVERIANS & GEORGIANS

Coordinators: Pauline Hare, Georgina McLennan

Meetings: *Monthly, Fourth Tuesday, 10:00-11:30. Castle Street Centre*

The group has grown steadily and most of the members admit to having initially known nothing about the Hanoverian (or Georgian) period before they joined. We've covered so many fascinating topics, thanks to the fabulous speaking team who have been persuaded to help present talks to this very friendly and welcoming group of people. Just a few of those topics this year: Smuggling; The Luddites; Theatre; Thomas Telford; Pedestrianism and more. Very few of the speakers are specialists - we just do the 'u3a thing' of volunteering to share with others the topics that we've enjoyed. If this sounds like something you might enjoy (you won't have to present a talk, just sit and enjoy what's on offer) we do have a few places available. We don't meet in December, July, or August.

THEMES IN WORLD HISTORY

Coordinators: Chris Alcock

Meetings: *Monthly, Second Monday, 2:00-4:00. 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 cover either narrow or wide timespans

Topics covered to date include:

The rise and decline of empires; British atrocities; Slavery; Scottish Clearances; Water security; The Cold War; The impact of enclosures; The Darien Scheme; The Quakers; The cognitive revolution; The historical development of mental health legislation; The rise and spread of Islam; the Vietnam War; The Silk Roads; the Eastern Roman Empire.

WINE APPRECIATION 1

Coordinators: Audrey Stainton, John Nicholls

Meetings: *Monthly, Second Thursday, 2:00-4:00. Abbot Hall Social Centre*

We meet September-May. We enjoy tasting sessions presented by members or guest speakers, covering a wide variety of wines and methods of production. We encourage lively discussion in a friendly, informal setting. If you feel this may be for you, a warm welcome awaits. Please contact the coordinator via the group email link on the website.

WINE APPRECIATION 3

Coordinators: Allan Sharples

Meetings: *Weekly, Friday, 1:45-3:45. Castle Street Centre*

The group is presently full, but interested persons should contact the Coordinator via the website. No meetings July-August.

YOGA

Coordinators: Gill Green

Meetings: *Weekly, Thursday, 5:00-6:30. Beck Community Centre*

We are all experienced in yoga and we meet to practise asana, pranayama, relaxation and mediation together.

Walking groups (graded easy to moderate/hard)

GENTLE STROLLERS

Coordinators: Jean Leece, Mo Ellis

Meetings: *Fortnightly, First;Third Wednesday, 11:00-12:30. Various locations/venues*

We are a friendly inclusive walking group, walks are max two miles, no stiles and as level terrain as possible, to include people with various levels of ability.

Our aim is to allow members maintain, or increase their level of activity through gentle exercise with emphasis on social interaction. We usually end with a refreshment stop.

We walk Sept-July with specific details prior to each walk. You are welcome to try us out.

STROLLERS

Coordinators: Rob Kojder

Meetings: *Fortnightly, Second;Fourth Thursday, 10:30-12:30. Various locations/venues*

If you are happy to walk 3-4 miles on footpaths, tracks and lanes, with gentle ups and downs and occasionally a number of stiles, why not join our friendly Strollers group?

We stop approximately halfway for 'flask coffee stop'/snack and afterwards for those who wish, head to a nearby café or pub.

Strong shoe/ boots, a waterproof seat mat and walking poles are often useful.

We encourage and support members to lead walks within a 20 mile radius of Kendal but if you just prefer to come and walk as part of the group that is also fine. We go to some lovely places and you would be most welcome.

A small donation to Kendal Mountain Search & Rescue each walk is much appreciated.

AMBLERS 1

Coordinators: Diane Coppard

Meetings: *Fortnightly, First;Third Thursday, 10:15. Various locations/venues*

Our walks are 4-5 miles with not too much ascent and with breaks for coffee and lunch (bring your own). We take turns to choose a route and lead the walks and hope all members help in this way. Well behaved dogs on leads are welcome.

We give voluntary contributions to Mountain Rescue and Air Ambulance.

New members welcome!

AMBLERS 2

Coordinators: Malcolm Scott, Richard Pealing

Meetings: *Fortnightly, First;Third Thursday, 10:30. Various locations/venues*

We walk approx 5 miles with up to 500 ft of ascent, with coffee & lunch breaks. No dogs.

AMBLERS 3

Coordinators: Alistair Craghill

Meetings: *Fortnightly, First;Third;Fifth Thursday, 10:00-. Various locations/venues*

We meet 1st 3rd and sometimes 5th Thursdays. We walk about 5 miles with not too many "ups". We hope to use a car share point but we also have bus-based walks . We usually end at a pub/café (meal not compulsory).Occasionally may picnic if weather is favourable.

AMBLERS 4

Coordinators: Anne Urquhart, Garnet Fishwick, Alison Fishwick

Meetings: *Monthly, Third Thursday, 10:00-1:00. Various locations/venues*

We walk at a steady pace for around 5 miles, with one stop for coffee/snack, and aim to be back at the start point by 13.00, where there may be a handy cafe or pub. We will happily tackle stiles, stream crossings, occasional easy scrambles and a bit of height gain, up to about 500 feet. We encourage members to consider leading a walk occasionally.

AMBLERS PLUS 2

Coordinators: Hilary Pickup, Janice Fletcher

Meetings: *Monthly, Fourth Thursday, 10:00-. Various locations/venues*

We walk 5.5-6.5 miles with up to 400m of ascent. Car sharing where appropriate. Unfortunately, we are unable to allow dogs on our walks.

OVER THE HILL

Coordinators: Nick Andrews, Alan Lovett, Angela Lovett

Meetings: *Fortnightly, Second;Fourth Thursday, 8:30-4:30. Various locations/venues*

This group is for those who still wish to walk the hills, but need a steadier pace. We undertake full day walks, mostly in the Lakes but sometimes beyond, and may or may not aim for a summit. Members plan and lead the walks, with support from the coordinators. Ascent is 400-700 metres and distance 8-12 kilometres. Communication is by email, and participants book in advance. We use public transport sometimes and car shares.

RAMBLERS

Coordinators: Helen Snaith, Bob Wells

Meetings: *, Second;Fifth Thursday, 10:00-4:00. Various locations/venues*

We meet all year round, weather permitting. Distances walked are 7 to 8 miles with a height gain of 1500 to 2000 feet. We aim to vary our routes to include the Kendal, Lakes, Sedbergh, Eden valley areas and more, depending on the time of year. We rely on the group members to lead walks and welcome new members willing to do so.

FELLWANDERERS

Coordinators: Derek Bowyer, Maggie Bowyer, Martin Evans

Meetings: *Monthly, Third Thursday. Various locations/venues*

We generally walk 7-10 miles at a modest pace with up to 3000 ft of ascent, normally but not exclusively in the Lakes. Group members plan and lead the walks, which are restricted to about 15 people on any walk.

All members receive a walk description about two weeks before the walk and book their place by email. If members fail to get a place on a walk, because it is over subscribed, they get a priority place on the next walk.

FELLWANDERERS PLUS

Coordinators: Gill Murray, Jo Birbeck, Ric Williams

Meetings: Fortnightly, First/Third Thursday, 9:30-5:00. Various locations/venues

Our group offers walks of 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 other Groups.

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

Our group is currently full so we are not taking any new members at the moment.

TUESDAY WALKERS

Coordinators: Richard Moore, Frances Thornton, Margaret Bunch

Meetings: Weekly, Tuesday.

The main group organises three walks every month: a 'regular' walk and an 'offbeat' walk on the first Tuesday, and a regular walk on the third. Regular walks are usually on the high tops of the Lake District or the surrounding area and tend to be around 8-10 miles in length with 2-3500 feet of ascent. Offbeat walks explore areas and routes that are less travelled, often in the Howgills and the Yorkshire Dales, and cover 8-10 miles, ascents of about 2000 feet. The walks are planned and led by group members and are generally recce'd in advance by the walk leaders.

The Explorers subgroup organises walks on the other Tuesdays. Explorers walks are similar to regular walks except that they are not recce'd in advance.



Photos, clockwise from top right: Amblers 3 at Christmas: passing dry stone demonstration area at Westmorland Showground: Tuesday walkers: Amblers 4.



Photos, clockwise from top right: Social cyclists: Recorder group in Kendal Parish Church: Pickleball teams: Stand in Kendal Library: Decorating Christmas tree at Kendal Parish Church: Monday Gardens group

North-West u3a, a regional organisation

S Lu3a is a member of the North West Region which stretches from Cumbria to South Cheshire, from Pennines to Isle of Man. A diverse and exciting region, it includes seaside resorts, rural villages and large metropolitan areas. Currently there are 98 u3as with around 43,000 members. Lots of useful information on their website including newsletter. <https://northwestregion.u3asite.uk/>

National u3a, a UK organisation

Unable to attend our Groups and Meetings?

Find out about online learning opportunities offered by National u3a. Interest Groups Online (IGO), an online u3a group giving an opportunity to join groups, talks and courses from your own home. Activities are run by members and are a great way to meet people from across the u3a movement. Over 100 groups range from Ad Hoc Art, Ancient Rome and Armchair Archaeology to World History, Writing and Zentangle Club. Membership (April to March) costs £12 per year.

Visit <https://u3a.org.uk> then browse to bottom of first page.

From the Editor - John Broadhead

My thanks go to the Coordinators who submitted their group details. Also, to Judith our website manager for technical help and proof readers Anne and Hilary.

Contact: editor@southlakesu3a.org.uk

Call: 07949 878523 (general enquiries)



Visit our website

The Welcome page carries regularly changed items of latest events. Scroll down to bottom of the page to see them.

If you have something you would like to see there, perhaps an event by your group contact Judith, our website manager.

<https://south-lakes.u3asite.uk>

