U3AC

Inspiring, Educational, Sociable.



Programme 2026-2027















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University of the Third Age in Cambridge (CIO)

Registered Charity No. 1180769 Company Registration No. CE015658

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Office hours: Monday to Friday 10.00 am to 2.00 pm
The Office is closed on bank holidays and during the period between Christmas and New Year.

Access: The entrance to 27-28 Bridge Street is between the (now closed) Wildwood restaurant and Typically British gift shop. There are two steps up to the entrance and a wheelchair ramp is available. For assistance, ring the bell near the step to the left of the entrance. The building has a wide lift which services both floors of the premises.

Term dates 2026 - 2027

Autumn Term: 5 October - 11 December 2026
Spring Term: 11 January - 19 March 2027
Summer Term: 12 April - 11 June 2027

Annual General Meeting: Wednesday 24 March 2027 at 2.15 pm

Cover design by Rebecca Birkett-Smith with photos supplied by members.
Please note: This programme was printed in June; subsequent amendments are inevitable. Details of courses arranged after publication will be on the U3AC website which contains the most up-to-date information.

Contents

General information 4
Art 6
Art History 9
Arts & Crafts 12
Computing & AI 14
Current Affairs 15
Economics 17
Environment 18
Film 18
Fitness 19
Gardens & Gardening 28
Geography 29
History 30
Investment 40
Languages - Ancient & Classical 40
Languages - Modern 42
Leisure 53
Linguistics 60
Literature 60
Mathematics 72
Music 73
Philosophy & Religion 76
Photography 79
Politics 80
Science 80
Wellbeing 87
World 91
Writing 92
eXtra groups 92
Lectures 94
Course venues 95
Courses and activities by day of the week 97
List of tutors/course leaders 100

Tutors' contact details are on the U3AC website, along with the address if the course is held in their home

General information

Welcome to U3AC

The University of the Third Age in Cambridge (U3AC) is a Charitable Incorporated Organisation (CIO) providing educational, social, and fitness activities for those no longer in full-time employment. There are no age restrictions – everyone is welcome to join our community of lifelong learners. Detailed information regarding our constitution, annual reports, and full policies can be found at www.u3ac.org.uk

The annual subscription

The subscription covers our administration and building costs; it is not a 'per-class' fee and is non-refundable. To participate in our activities, you must become a member.

- **Annual subscription:** (2026–2027): £120.
- **New member fee:** A one-off £5 enrolment fee applies to first-time members.
- **Programme / postage fee:** £5.
- **Reduced rates:** A limited number of reduced rate subscriptions are available for members in receipt of Pension Credit or Universal Credit. Members already receiving a concession will continue their current arrangements. If you believe you may be eligible, please contact the Office with evidence of your entitlement before making payment.

How to apply for courses

Our academic year revolves around an automatic allocation process. To ensure you are included in this first round of placements, please submit your application and choices by **1 August**.
Please note: If you apply for only one course, and that course has a limited number of places, we cannot guarantee that you will be allocated a place. It is therefore advisable to list an alternative.
If you apply after the August allocation process, some courses will be full, so it is best to check first with the Office.

For new members

1. Visit our website and click '**Join U3AC**'.
2. Complete the two-part registration: '**Your Info**' and '**Additional Information**'. Don't forget to click the Submit 'button' at the bottom of the Additional Information form.
3. Once registered, follow the steps for existing members below.

For all members (step-by-step)

1. **Log in:** Access your account at www.u3ac.org.uk
2. **Pay:** Use a credit or debit card to pay your annual subscription.
3. **Select courses:** Navigate to '**Your Course Selection**' > '**Apply for Courses**'.
4. **Rank your choices:** You can pick up to **6** courses. Use the 'drag and drop' feature to put your courses in **your order of preference** with your 1st choice at the top.
5. **Check for clashes:** Ensure you have enough time to get between classes and activities!
6. **The 'Alternative' option:** You can provide an alternative for any of your choices. This does *not* count toward your 6-course limit, **but you cannot be allocated a place on both**.

Help is available: If you are not online or need guidance, call us at 01223 321587. We can talk you through the form or send you a paper copy.

How places are allocated

Because many courses are popular, places are allocated using a fair computer algorithm which works as follows:

1. It identifies all members who have placed a particular course as their first choice.
   If first choice applications exceed available places, participants are selected at random from this list.
2. If places remain, applicants who listed the course as their second, third, etc. choice are considered.
3. If you are not allocated a place, you are added to the waiting list unless you listed an alternative course. In this case, the algorithm will try to allocate you a place on the alternative. If not

successful, you will be placed on both waiting lists. If you are allocated a place on one, you will no longer be on the waiting list for the other; you cannot be allocated both courses.

4. To make the course allocation more evenly balanced, the algorithm holds a 'success number' for each member. This is initially set to zero. Each time a member is allocated a place on a course, their success number increases by 1. Members who have a lower success number (i.e. have not been allocated their first choice of course, or their alternative first choice) are given priority in the allocation of second choice courses, and so are more likely to get these.

In September, you will receive your membership card and an allocation letter confirming your courses and activities. If you did not get all your courses, you can apply for a course from our Courses with Vacancies list (published in September). You can also join – at any time – one of our 'eXtra' groups such as Cycling, Environment, Film, Lunch Club and Walking Football. New courses, one-off talks, trips, visits and social events are published in our quarterly Newsletter and weekly e-Bulletin.

Please note: The Courses Committee reserves the right to cancel courses whose enrolments fail to reach 50% of the allocated capacity.

Attending classes and your safety

Once you have received your allocation letter and membership card you may start to attend courses.

- **Health:** Participation is at your own risk. Please consult your GP before attending fitness courses. If you have a health concern or need help with emergency evacuations, please notify the tutor or Office in advance of your courses starting.
- **Tutor/course leader contact:** For privacy, tutor details are not in the printed Programme. Log in to the website and view the course description to see their contact information.
- **Withdrawals:** If you find a course isn't right for you, let us know immediately so we can offer the place to someone on the waiting list. Spaces permitting you can then be added to a different course or activity.

Privacy, insurance and accessibility

- **Accessibility:** Venue details are listed at the back of the Programme. Many courses can be adapted for visual or hearing impairments – please discuss your needs with the course tutor or Office.
- **Privacy:** We use your data only to manage your membership. You can view your data at any time via your online account. For further information see the full Privacy Notice on our website or contact the U3AC Office: office@u3ac.org.uk
- **Insurance:** Members are covered by our Public Liability insurance at U3AC premises and hired venues. Our public liability also extends to excursions and trips organised by U3AC's Social and Cultural Activities Committee and to any trip forming part of a course description.

Note that our public liability insurance covers only activities formally provided by U3AC and accepted by our insurer. If you participate in informal activities or trips abroad, please ensure you have appropriate household or travel insurance.

Tutors and organisers may arrange informal activities, trips, and holidays for people who are in a class or a programme. However, these do not constitute part of the U3AC programme, and they are organised independently of the U3AC. The U3AC can take no responsibility for the arrangements made or for any issues arising from the activity. It is thus vital you ensure that the appropriate household/travel/legal/ indemnity insurance is in place for the activity. Such arrangements are made between individuals who may be members of a class but the arrangements are not an element of that class nor part of the U3AC programme. Further information can be found on our website at www.u3ac.org.uk

Volunteering - run by members for its members

Want to get more out of your U3AC membership? Volunteering offers a fantastic way to connect, learn new skills, and directly contribute to your organisation. Whether it's working on the reception desk; Zoom hosting; running a course or leading an activity; joining the Cultural and Social Activities Committee to arrange trips and visits; or joining the Catering team who prepare food for our various events – there's a role for everyone. And established members might find shaping U3AC's direction as a Trustee deeply rewarding. Please tick the relevant box on your application if you would like to volunteer.

Art

ART 01: Abstract art

Coordinator: Marilyn Hampton
Tutors: Tom Cochrane, Gregor Alvey, Norman Nicolson & Maggie Balshaw
Day and time: Friday 10:30 - 12:30
Venue: Castle Street Methodist Church (Hall)
Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)
Places: 24
Start date: 09 Oct
We explore and experiment with a wide range of approaches to make abstract art. Each term there are different themes, lasting for one or two weeks, led by a coordinator, guest artist or a course member. A theme may cover the work of a chosen artist or an abstract style. There is no formal tuition, but guidance and suggestions are given, including details of materials you may wish to use. You can work in any medium except oils. Group members include all levels, from beginners to established artists, and you are free to explore your own responses. A highlight of ART 01 is the ethos of collaboration, open mindedness and mutual support; we encourage everyone to learn from each other in a sociable and enjoyable way. We have established an annual exhibition at U3AC's Bridge Street premises, open to all who wish to display.
Format: Course or activity without teaching
About me: (Marilyn) I enjoy visiting art exhibitions and learning about art history, but started abstract art in 2022 without any practical experience; it has been a joy and enhanced my appreciation.

ART 02: Anything Goes: exploring representational and abstract forms

Tutor: Maggie Balshaw
Day and time: Tuesday 13:30 - 15:30
Venue: Arbury Community Centre (Small hall)
Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)
Places: 15
Start date: 06 Oct
This course will offer a loose structure for members to explore and develop their favourite mediums and art forms. The choice of materials used will be that of members, not the tutor (anything goes except oil paints). Advice will be offered about suitable mediums for chosen subjects. Words/music/themes/existing works of art and art movements will be used to stimulate creative artwork. The course will be most suited to previous participants in 'Anything Goes', but others are also welcome. Course members will be expected to reflect on their work and the processes that go into producing it in joint discussion and critique.
Format: Practical art activities and discussions
About me: I have been tutoring art courses at U3AC for 17 years. During school and college I studied art to advanced level.

ART 03: Art and ideas

Tutor: David Garcia
Day and time: Alternate Mondays, 09:45 - 10:45
Venue: U3AC (Yellow room)
Length of course: 2 terms. Autumn (5 weeks), Spring (5 weeks)
Places: 15
Start date: 12 Oct
Although enjoyment of art involves aesthetic appreciation, the best art is also about ideas that challenge the way we think about the world. These ideas are often accessible through the writing of the best art historians and critics. This course will examine individual art works through the ideas of a number of influential thinkers and critics. The course will range from traditional thinkers such as Kenneth Clark, and Roger Scruton through to the more radical approaches of Iris Murdoch, Susan Sontag, Stuart Hall and John Berger. Each session will use a key essay or book chapter as a stepping off point for stimulating dialogue and debate.
Format: Seminar
About me: I am Professor Emeritus, Bournemouth University, where I directed a research centre. Previously Dean of Chelsea College of art, I am still active as an international curator.

ART 04: Arts forum

Secretary: Dave Pescod
Convenor: Chris Kington
Coordinator: Moyra Tourlamain
Day and time: Wednesday 10:00 - 11:15
Venue: U3AC (Red room)
Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)
Places: 14
Start date: 07 Oct
We are a fully participatory forum which aims to cover a wide range of the arts - visual, literature, music, dance, architecture, film/tv etc. Discussion is the essential part of the forum, and the nature of the group is defined by its members. Each session will be introduced by a group member to provide stimulus with their chosen topic as a starting point for wider discussion. Presentations of about 15 minutes can take any form, and we hope it will generate a lively exchange of information and views, to develop a diverse and evolving forum. It is essential that all members are prepared to present at least one topic during the two terms; enthusiasm and raising questions is more important than expertise and professional experience, although those are always welcome. Sessions will also include notices on the local arts scene.
Format: Discussion
About us: Dave has been secretary to this course for the last year, and previously ran degree courses in various art colleges.
Chris is a facilitator and former publisher who has convened various U3AC classes including Contemporary poetry.

ART 05: Back to basics 1. An introduction to drawing and painting

Tutor: Samara Philpott
Day and time: Tuesday 10:30 - 12:30
Venue: Arbury Community Centre (Meeting room)
Length of course: 1 term. Autumn (10 weeks)
Places: 10
Start date: 06 Oct
Have you ever wanted to draw or paint but don't know how to start? Here is your chance to learn and practise some basic techniques in a relaxed and supportive way. The course is designed for beginners. This is a progressive course with each week building on the previous one. We will start by drawing objects from home and garden in pencil, pen and charcoal. Then we will use paint, watercolour or acrylic, to create colourful pictures. You will need to provide your own materials; advice will be given on what to bring to each session.
Format: Practical activities with guidance
About me: I have taught or attended many art classes with the U3AC and other organisations and enjoy sharing my experience and enthusiasm of art with other people.

ART 06: Back to basics 2. An introduction to drawing and painting (Spring term)

Tutor: Samara Philpott
Day and time: Tuesday 10:30 - 12:30
Venue: Arbury Community Centre (Meeting room)
Length of course: 1 term. Spring (10 weeks)
Places: 10
Start date: 12 Jan
Repeat of Back to basics 1.
Format: Practical activities with guidance
About me: I have taught or attended many art classes with the U3AC and other organisations and enjoy sharing my experience and enthusiasm of art with other people.

ART 07: Barnwell art group

Coordinators: Ian (Mac) Macpherson & Sue Howell
Secretary: Liz Crow
Day and time: Friday 10:00 - 12:00
Venue: East Barnwell Scout Centre
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 20
Start date: 09 Oct
This is an ongoing course with the aim of continuing to develop and practise drawing and painting skills in an atmosphere of mutual support. Occasionally we engage the help of skilled artists and models for classes. Members of the class are welcome to suggest topics and lead a class if they wish. Participants will provide their own materials and there is a cost of at least £10 on an ad hoc basis, which includes tea, coffee, biscuits and any visiting experts/models. We organise an outing each term plus a couple of outings in the summer break to paint, draw and lunch in attractive locations. Returners and new members with some experience are welcome. There is free parking at the Scout Centre. The Barnwell art group website is www.barnwellartgroup.wordpress.com
Format: Course or activity without teaching
About us: We have been involved with this class since it first began in 2013 as a 2-year tutored art course (under Alan Chadwick).

ART 08: Conversations about art

Coordinator: Adrian French
Day and time: 2nd Thursday of the month 15:00 - 16:30
Venue: St Clement's Church (Upper Room, NB: First Floor - no lift)
Length of course: 3 terms. Autumn (3 weeks), Spring (3 weeks), Summer (3 weeks)
Places: 12
Start date: 08 Oct
This will be the third year of this course. It is not an art history class. Each month we visit one of the wonderful free and easily accessible exhibition spaces - both large and small - in Cambridge in our own time. We then meet to talk about our responses - a bit like a book club. If members wish, we arrange to view exhibitions together informally. We continue the discussion by sharing understanding and resources online. Over time we expand the ways that we learn to look at and reflect upon art and the way it enriches our daily lives. Our first discussion will be about this exhibition which runs until 12 September: https://www.magd.cam.ac.uk/visitors-and-conferencing/robert-cripps-gallery/upcoming-exhibition and this one that starts on 19 Sept: https://www.kettlesyard.cam.ac.uk/whats-on/sunil-gupta-life-with-a-camera-1970-now/.
Come and share your enjoyment and ideas with us.
Format: Course or activity without teaching
About me: I am an experienced facilitator of adult self-directed group learning and enjoy sharing conversation with others.

ART 09: Drawing for pleasure

Coordinator: Elizabeth May
Secretary: Anne Janowski
Day and time: Friday 10:15 - 12:00
Venue: Arbury Community Centre (Meeting room)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)
Places: 12
Start date: 09 Oct
The group will meet to enjoy its interest in drawing/art. Each person in turn suggests and brings a still-life subject. Occasionally we attempt to draw a clothed human. There is no tutor - we encourage one another. Please supply your own paper, pencils, etc. The intimate group is valued for its good social rapport. We occasionally go informally as a group of friends to visit art galleries, local exhibitions, etc.
Format: Self-taught course or activity
About me: (Elizabeth) I am a scientist/environmentalist but have enjoyed art throughout my life.

ART 10: Experiments in relief printing

Tutors: Kate Leslie & Carys Catrin
Day and time: Friday 13:00 - 15:15
Venue: Arbury Community Centre (Small hall)
Length of course: 1 term. Autumn (5 weeks)
Places: 14
Start date: 13 Nov
In this course, participants will be introduced to the exciting possibilities of relief printing. It is a short 5-week course which is open to those with previous experience or those wanting to learn and have a go. We will be experimenting with making relief prints using card and linocuts - all printing will be done by hand. We will look at the work of well-known print-makers to provide inspiration. You might like to create Christmas cards but you could choose any final image or end product. We will send out details of equipment you will be asked to provide before the first class, although we will provide some materials and equipment and will ask for a small contribution for this. As this is a practical course some help setting up and cleaning up would be very much appreciated by the venue and the tutor!
Format: Taught course or activity
About me: (Kate) I enjoy doing print-making as a hobby, especially to create Christmas cards, have attended some courses myself and hope to encourage others to enjoy this fun and creative medium.

ART 11: Paint, draw in Cambridge (Summer term)

Coordinators: Maxine Fay & Samara Philpott
Day and time: Tuesday 13:30 - 16:00
Length of course: 1 term. Summer (8 weeks)
Places: 20
Start date: 13 Apr
Join us to discover more about Cambridge by painting and drawing in the city. Each week we will visit a different place to be inspired by what we see. Where we go may be weather dependent so we will inform you of the venue a few days before each session. There may be a small charge at some venues. You will need to provide your own art materials and equipment.
Format: Course or activity without teaching
About us: Samara and Maxine are enthusiastic art class attendees and coordinators. We look forward to visiting some new and some familiar places for another summer of art.

ART 12: Painting group - Monday

Coordinators: Ian Walls & Liz Spencer
Day and time: Monday 10:00 - 12:30
Venue: Grantchester Village Hall (Village Hall)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 22
Start date: 05 Oct
This is not a taught class. We are a group of friendly painting enthusiasts who work individually, but take an interest in each other's work and learn from this. The sessions are very informal. We use a variety of media, and welcome beginners as well as more experienced artists. Grantchester Village Hall is a very pleasant environment for painting with excellent facilities, and there is parking available in the street adjoining.
Note: No classes on the two Bank Holidays 3 & 31 May, replacement classes will be held on 14 & 21 June.
Format: Course or activity without teaching
About us: (Ian) As an architect I have had a lifelong interest in the visual arts and design and am a largely self-taught watercolourist.
(Liz) I studied Graphic Design and worked in Animation for a number of years. I enjoy painting and am drawn to watercolours by the vibrancy of the pigments.

ART 13: Painting group - Wednesday

Coordinator: Barbara Eacott
Day and time: Wednesday 10:00 - 12:30
Venue: Grantchester Village Hall (Village Hall)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 24
Start date: 07 Oct
This is a friendly self-help group working independently in watercolour, acrylic or pastels (oils can also be used provided the light-coloured wood floor is protected by the artist). Though it is an untutored session, periodically a theme is introduced that members paint producing creative and unusual results. We welcome all participants with or without a lot of experience. The group is helpful and supportive and enjoys an informal atmosphere in which to relax and enjoy their painting.
Note: Grantchester Village Hall has no dedicated parking. Please park considerately in the village. NB: If using oil paint, do not wash oily brushes, nor tip oil paint, in the sink. Thank you.
Format: Course or activity without teaching
About me: I have been interested in art all my life, either painting or through galleries and programmes, and am an avid workshop participant, in the elusive pursuit of improvement!

ART 14: Sketching, drawing and painting

Tutor: Brian Johnson
Day and time: Friday 10:00 - 12:00
Venue: Grantchester Village Hall (Village Hall)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 24
Start date: 16 Oct
This course is concerned with drawing in pencil or pen and ink and painting in watercolours. It is a continuation of work and techniques established in previous years. On the following dates meetings will be at 14:00 - 16.00: 16 Oct, 20 Nov, 15 Jan, 19 Feb, 19 Mar, 16 April, 21 May.
Format: Taught course or activity
About me: Have been teaching the course for the past 14 or 15 years.

ART 15: The human figure: life drawing

Tutor: Jim Jones
Coordinator: Tony Stevens
Day and time: Thursday 10:00 - 12:00
Venue: East Barnwell Scout Centre
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 20
Start date: 08 Oct
This is a self-help group for people with any level of ability and experience. Each week there will be an unclothed model and during each term there will be male and female models. There is a charge to cover the costs of the models which will be collected from each member of the class at the beginning of each term. No equipment or materials are provided. Members use a variety of techniques including pencil, charcoal, pastel and coloured washes. There is car parking at the venue and in adjacent roads.
Format: Course or activity without teaching
About us: The organisers are keen amateur sketchers of the human figure, without professional training but with a lot of enthusiasm and ideas we like to share with others.

ART 16: The monthly draw - urban sketching in Cambridge

Leader: Jessie Nisbet
Day and time: 2nd Friday of the month. 10:30 - 12:30
Length of course: 3 terms. Autumn (3 weeks), Spring (3 weeks), Summer (3 weeks)
Places: 10
Start date: 09 Oct
An untutored group activity, meeting once a month in the city to sketch buildings, landmarks, museum exhibits, people etc. Monthly meeting points will be sent out in advance, bearing in mind predicted weather conditions. On the day, we will gather to say hello, then sketch - either near to others in the group, or more spread out - according to individuals' preferences and the particular area. Afterwards, we can go for a cuppa nearby to swap stories, compare and admire drawings (optional) and pool ideas about future locations, materials used etc. I find sketching away from home more motivating and supportive when with others. This group is for anyone who likes to draw, of whatever standard/experience. Drawing/painting materials need to be portable. The art shop in King Street gives 10% discount to U3AC members. Wear weather appropriate clothes. A small portable stool might be useful.
Format: Course or activity without teaching
About me: I belong to a U3AC art group and the local Urban Sketchers, although this group would be for anyone who likes to draw/paint, of whatever standard or experience.

Art History

ARTH 01: Ancient Greek vase paintings at the Fitzwilliam Museum (Summer term)

Tutor: Chris Jones
Day and time: Wednesday 15:00 - 16:30
Venue: Fitzwilliam Museum
Length of course: 1 term. Summer (9 weeks)
Places: 12
Start date: 14 Apr
We shall explore the beautiful paintings on Greek vases in the Fitzwilliam Museum. (Really, they are drawings, as line is more important in them than colour.) I shall analyse changes in style over the centuries - the respective Geometrical, Archaic and Classical periods; their subject matter (i.e. both mythological and genre - that is, everyday scenes); and the form and patterning of the lovely pictures depicted. I shall relate the images (and the differing vase shapes) to the society they were from, and the tumultuous history of Ancient Greece, the fount of Western culture.
Format: Seminar
About me: I have spent decades of holidays in museums throughout Europe, especially in Greece, marvelling at Greek vase paintings.

ARTH 02: Art History Discussion Group

Tutor: Chris Owen
Day and time: Alternate Mondays, 09:45 - 10:45
Venue: U3AC (Yellow room)
Length of course: 2 terms. Autumn (5 weeks), Spring (5 weeks)
Places: 16
Start date: 05 Oct
A series of fortnightly conversations about ideas and issues relating to the history of the visual arts. Topics covered might range from the validity of a contentious artwork, to the dramas of the art market, the rise of feminist art, or reviewing a current local exhibition. Each session will include one or two provocations, in the form of short talks or films, but discussion will go wherever the group chooses to take it. Topics will be different to those covered during this course in the autumn 2025 semester. As the two terms progress, it is hoped that members of the class will propose and/or lead topics themselves. An interest in (but no in-depth knowledge of) art history is necessary. The course will be face-to-face only, and all group members will be encouraged to express their views.
Format: Discussion
About me: I taught Art History in universities and art schools, becoming Head of Cambridge School of Art, Anglia Ruskin University, before retiring in 2019. My research specialism is British Modern Art.

ARTH 03: British architecture 1900 to the present (Summer term)

Tutor: John McGill
Day and time: Wednesday 10:00 - 11:00
Venue: U3AC (Pink room)
Length of course: 1 term. Summer (8 weeks)
Places: 25
Start date: 14 Apr
British architecture - ranging from the domestic to the monumental - has gone through multiple changes over time reflecting varying social, economic and technological conditions. Unique in the world in so many ways, its design and function has been subject to continual assessment and revision. This course intends to look into these changes, what motivated them, and possibly peek into the future.
Format: Seminar
About me: I am not an architect, though I've been active in the assessment and planning of architecture, and maintain a keen interest in its development.

ARTH 04: Cultures of Japan (Spring term)

Tutor: Paul Hartle
Day and time: Tuesday 15:35 - 16:50
Venue: U3AC (Red room)
Length of course: 1 term. Spring (9 weeks)
Places: 20
Start date: 19 Jan
The course covers several - but far from all - aspects of Japanese art and culture. I plan to discuss - with the use of many illustrative images and objects:
1: Heian Period Culture: Calligraphy; 'The Tale of Genji';
2: Dress: Kimono, Obi and Accessories;
3: Ceramics, Cloisonné and Lacquer;
4: Inro and Netsuke;
5: Samurai Arts;
6: Painting and Woodblock Prints;
7: Theatre: Noh, Kyogen, Kabuki, Bunraku;
8: Gardens and Ikebana (Flower Arrangement);
9: Tea and Saké. The aim of the course is to introduce these various aspects of Japanese culture to those who are interested, leading perhaps to a broader understanding of Japanese aesthetics. Our cultures first encountered one another more than four centuries ago and the course will explore the arts of Japan through their reception in the West. I hope those who attend will enjoy the continuing conversation.
Format: Lecture/seminar
About me: I am fascinated by Japan, and spent two semesters teaching Shakespeare in Kyoto. I have published articles on 17th century Britain and Japan and continue to struggle to learn Japanese.

ARTH 05: Greek sculpture at the Museum of Classical Archaeology

CANCELLED

Tutor: Chris Jones
Day and time: Wednesday 15:00 - 16:30
Venue: Museum of Classical Archaeology
Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)
Places: 12
Start date: 07 Oct
We shall explore Late Greek and Roman sculpture at the Museum of Classical Archaeology, via their wonderful collection of copies of many ancient masterpieces. The originals are in a dozen museums in Europe and America. I shall provide an analysis and facilitate group discussion, and one member of the course will each week give a on a selected sculpture.
Format: Seminar
About me: I have been presenting analyses of art at the Fitzwilliam and Museum of Classical Archaeology for some years. Classical, medieval and Renaissance art is an enormous joy and spiritual sustenance.

ARTH 06: History of art for absolute beginners

Tutors: Caroline Bailey & Delyth Turner-Harriss
Day and time: Thursday 14:30 - 15:45
Venue: U3AC (Red room)
Length of course: 1 term. Autumn (5 weeks)
Places: 20
Start date: 29 Oct
Unlock the fascinating world of art. Designed for curious beginners, this taster course will provide an introduction to 'reading' paintings through visual analysis, uncovering the techniques, colours, and compositions that make art so captivating. Learn about the cultural and social history behind selected works of art, exploring how images reflect the times and societies in which they were created. From decoding hidden symbols and allegories to understanding global artistic traditions, you will gain a deeper appreciation for the richness and diversity of artistic expression. This course offers a welcoming environment where you can connect with others who share your passion for art while gaining practical skills to enhance your visits to galleries and museums. To get the most from the course, you will need to be able to see detail on a screen and be prepared to join in with class discussions.
Format: Seminar
About me: (Caroline) I come from a teaching background; since retiring I have studied History of art at Cambridge University and would love to share my enthusiasm for the subject.

ARTH 07: Looking at art: Golden Age and Academies (Spring term)

Tutor: Lindsay Millington
Day and time: Thursday 11:00 - 13:00
Venue: U3AC (Pink room)
Length of course: 1 term. Spring (10 weeks)
Places: 16
Start date: 14 Jan
Using visual analysis techniques to study and discuss selected works, this course follows the story of Western European art from c.1600 to the early 1800s and considers how politics and religion and institutions shaped artists' work and how local circumstances favoured different genres, such as landscape, narrative 'histories' or portraits. This was the era of Vermeer, Rembrandt and Ruisdael in the Netherlands during the Dutch 'Golden Age'; Poussin and Claude Lorraine in Louis XIII and Louis XIV's France; and Hogarth, Reynolds, Gainsborough and Turner in the early days of the British Royal Academy. Each session includes small group exercises and everyone makes a (very) short end-of-term presentation. While experience is not required, the course builds on 'Looking at Art: Renaissance' offered last year, and the ability to clearly see detail in images projected onto a screen is very important.
Format: Taught course or activity
About me: I have taught U3AC classes for a decade, having studied Art history as a mature graduate student alongside a career in manufacturing.

ARTH 08: Raphael (Spring and Summer terms)

Tutor: Vivien Perutz
Day and time: Monday 11:20 - 12:50
Venue: U3AC (Pink room)
Length of course: 2 terms. Spring (10 weeks), Summer (6 weeks)
Places: 20
Start date: 11 Jan
Why study Raphael? He combined outstanding intelligence with a feeling for beauty of line and colour; was simultaneously meticulous, adaptable and adventurous. The course will examine how Raphael drew on the art of his older contemporaries in Umbria and Florence to hone his skills. Later lectures will be thematic: Rome and papal politics in the Renaissance; paintings in the Vatican Palace and tapestries for the Sistine Chapel; two chapels and mythological paintings for a wealthy banker; altarpieces, Madonnas and portraits. I will also touch on Raphael's architectural work. Thanks to prodigious hard work and efficient management of a large team, Raphael's output before his untimely death on his 37th birthday was prodigious.
Format: Lecture
About me: I taught History of art at Anglia Ruskin and then in semi-retirement at Cambridge University.

ARTH 08(z): Raphael (Spring and Summer terms)

Places: 40
As for ARTH 08 but attending via Zoom.

Arts & Crafts

ARTC 01: A designer-embroiderer's view of the 20th century: Lilian Dring (1908-1998)

Tutor: Matthew Dring
Day and time: Monday 11:45 - 12:45
Venue: Museum of Cambridge (previously Folk Museum) (Enid Porter room)
Length of course: 1 term. Autumn (4 weeks)
Places: 20
Start date: 16 Nov
An article in 'Embroidery Magazine' in 2023 featured Lilian Dring's 'The Patchwork of the Century' (on permanent display in London's Southbank Centre) and concluded 'Some names are well known in textile history. Dring is one whom we need to know more.' Graduating from the Royal College of Art as a poster designer in 1929, Lilian Dring produced some provocative posters, including one described in the London Transport Museum's most recent book as 'the most frustrating LT poster that never was'. Emerging into the Depression, she turned her design to domestic embroidery items, such as cushions and hangings, and later to ecclesiastical vestments and embroidered portraits of houses. Throughout her career, her designs were remarkably innovative, and still seem fresh and modern. Slides and pieces from her own collection will illustrate the wide range of her work, reflecting the events of her time, and carrying still relevant social and environmental messages.
Format: Lecture
About me: I am an academic scientist but, following retirement, I give talks to embroidery and women's groups about my mother's work, and aim to bring her work to a wider audience.

ARTC 02: Christmas light-hearted crafting

Tutor: Vanessa Blake
Day and time: Monday 11:00 - 12:30
Venue: Castle Street Methodist Church (Epworth room, NB: First Floor - no lift)
Length of course: 1 term. Autumn (5 weeks)
Places: 8
Start date: 02 Nov
Making with the hands is stimulating to the brain, relaxing and improves wellbeing. This class is for anyone wishing to spend time in a friendly group situation with the shared aim of experiencing these benefits. Each session will be led by the tutor and all materials will be provided, so you don't need to come with anything but yourself! No previous crafting skills are necessary and all abilities are welcome. The full 20 week light-hearted crafting course will not run this year. This course will be just 5 weeks and all the crafts will be Christmas related. If you have previously done the full course, you will have already done these crafts. Chatting and laughing while you make your item is actively encouraged.
Format: Taught course or activity
About me: I have been crafting for many years.

ARTC 03: Knitting

Coordinators: Gill Lintott & Jackie Beavis
Day and time: Friday 14:45 - 16:15
Venue: U3AC (Yellow room)
Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)
Places: 9
Start date: 09 Oct
Knitting is therapeutic and can help with physical and mental health. We welcome knitters of all abilities from beginners to experts to this friendly and welcoming group. Please bring your own project and we will help and learn from each other.
Format: Self-taught course or activity
About us: Gill and Jackie are lifelong knitters.

ARTC 04: Making and flying a radio control model aeroplane (Spring term)

Tutor: James Fawcett
Day and time: Monday 12:30 - 14:30
Venue: East Barnwell Scout Centre
Length of course: 1 term. Spring (7 weeks)
Places: 8
Start date: 01 Feb
The aim of the course is for each participant to construct one or two model aeroplanes, then be taught to fly them by members of the Impington Village College Model Aeroplane Club. The tutors will help participants to construct their model aeroplane and install its electric motor and radio control. The tutors will recommend a suitable model and equipment. Participants will bring their model and basic tools to the sessions and construct it with the help of the tutors. Members of the IVCMAC will teach flying at Impington or Girton. The first model will be a simple foamie which will take 3-4 sessions to make. If participants wish to make a further model the tutors will advise and help them. Potential applicants should contact the course organiser in advance to discuss details. Potential flyers may attend sessions of the club in Impington between June and September. Please contact the organiser.
Note: There will be no class on 15 February, a replacement session will take place on 22 March.
Format: Taught course or activity
About me: (James) The building course will be taught by three experienced aero modelers. Flying will be taught by the tutors or other members of the Impington Model Aeroplane Club.

ARTC 05: Patchwork and machine quilting

Coordinator: Lesley Kiln
Leader: Jane James
Day and time: Wednesday 14:00 - 16:00
Venue: East Barnwell Community Centre
Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)
Places: 14
Start date: 07 Oct
We are a mixed ability group who enjoy sewing using patchwork and machine quilting techniques. We make things like bags, place mats, coasters, wall hangings, table runners and of course quilts of all sizes. We are a self-help group. We choose a project each term and you can make your own version of it, sharing your ideas and experiences with others. Alternatively, you are welcome to work on your own project. You will need to bring your own sewing machine, fabric and threads. Please get in touch if you would like further details. In addition to the 2 terms we like to have a workshop day (6 hours, picnic lunch) likely to be Wed 21 April 2027.
Format: Self-taught course or activity
About us: (Lesley) I have been sewing for quite a number of years, started with the grandmother on a singer treadle machine. I've only been doing patchwork and quilting for about 5 years.
(Jane) My love of fabric and sewing started before I could read! I enjoy making clothes, embroidery and needlepoint. I started learning about patchwork and quilting eight years ago.

ARTC 06: Patterns and how to make them (Spring term)

Tutor: Jo Edkins
Day and time: Thursday 13:00 - 14:00
Venue: U3AC (Yellow room)
Length of course: 1 term. Spring (10 weeks)
Places: 10
Start date: 14 Jan
Learn to draw spirals, Greek keys, mazes, Celtic knots and other patterns. This is a practical course, but there will also be some discussion of the history of the designs. You will make your own designs within each session of the course. No artistic skill required, no mathematical knowledge needed. You will be surprised how easy it is! Paper and colouring pens will be provided, although if you can bring your own paper (a few sheets of plain paper) and/or pens or other colouring material, that would be appreciated.
Format: Taught course or activity
About me: Enthusiastic amateur.

ARTC 07: Stitching

Coordinators: Mary Richards & Judy Tillotson
Day and time: Wednesday 11:15 - 12:45
Venue: U3AC (Blue room)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 12
Start date: 07 Oct
This is a friendly group who enjoy all forms of needlework: embroidery, tapestry, patchwork, quilting, needlepoint, crochet, knitting and other related crafts. Everyone is welcome to work on their own projects in good company. We enjoy sharing our skills with each other and gaining inspiration from the designs of other stitchers. Manual tasks are really good for the brain (as well as being fun) and reduce stress and anxiety levels.
Format: Self-taught course or activity
About us: We are both enthusiastic amateur stitchers, who enjoy hand patchwork, knitting and crochet, embroidery and tapestry.

ARTC 08: Time with textiles

Coordinators: Hilary Clark & Jackie Covill
Day and time: Monday 13:30 - 15:30
Venue: Cambridge Victoria Homes (The Pavilion)
Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)
Places: 18
Start date: 05 Oct
2026/7 will be our third year and the group has been such fun! We are for all those who like working with textiles whether you are experienced or are just starting. Last year the group included machine and hand sewers, knitters, people doing crochet, rag rugging, tapestry, cross stitch, weaving and all things textile. We share our skills, help each other, maybe try out new things, have fun together and enjoy a cuppa! You will need to bring your own materials and equipment - there are plenty of tables, chairs and sockets at the venue which also has kitchen and toilet facilities. There is parking in the grounds. This is not a formally taught course but an opportunity for us to meet, share and learn together. Do come and join us!
Format: Course or activity without teaching
About us: We are not experts, but love working with textiles and look forward to sharing with fellow enthusiasts!

Computing & AI

CMP 01: Exploring and making digital maps using QGIS

Coordinator: Helen Wilson
Day and time: Alternate Fridays, 10:00 - 11:30
Venue: U3AC (Green room)
Length of course: 2 terms. Autumn (5 weeks), Spring (5 weeks)
Places: 12
Start date: 09 Oct
QGIS - the Quantum Geographical Information System - is a constantly updated freeware package used widely for producing good quality digital maps covering a wide range of activities. Over the last four years, members of the QGIS classes have produced maps for village walks, noticeboards and recording the local natural environment. Also detailed maps for local archaeology and three-dimensional images showing the impact of proposed planning decisions on the local landscape. Further maps have shown both historic and newly proposed railways. New members with some basic experience of computers will be welcome. They will be mentored by experienced members of the class and all are encouraged to choose and present their own projects, enabling mutual help and discussion. The classes are all practical sessions. Please bring a fully charged laptop with an external mouse.
Format: Seminar
About me: I have always loved maps and joined the QGIS group three years ago to learn about digital mapping and the resources available to make our own maps.

CMP 02: History of programming languages (Summer term)

Tutor: Peter Burkinshaw
Day and time: Tuesday 14:15 - 15:15
Venue: U3AC (Orange room)
Length of course: 1 term. Summer (7 weeks)
Places: 8
Start date: 13 Apr
This course will review the development of general purpose programming languages starting with machine code up to the end of the 20th century.
Format: Lecture
About me: I spent over 40 years designing and developing software for several multinational companies including IBM, Rolls-Royce, Rank-Xerox and Telenova.

CMP 03(z): How to use AI in our daily lives

Coordinator: Jo Whitehead
Tutor: Tim Ewbank
Day and time: Wednesday 13:30 - 14:45
Venue: Zoom
Length of course: 1 term. Autumn (10 weeks)
Places: 97
Start date: 07 Oct
This online course teaches the practical ways in which participants can use AI in their daily lives. This will include day-to-day applications such as creating a holiday itinerary, proofing your emails, sorting your photos or summarising the results of a Zoom call. We will also review the different AI tools available, which are suitable for what tasks, and how to use them. A secondary goal is to demystify AI so that participants can keep up with this rapidly evolving world. Optional exercises will be suggested, to help participants practise what is covered in each session. Sessions will be recorded and made available to those who are unable to make any of the sessions.
Format: Taught course or activity
About me: (Jo) I have begun using ChatGPT and am keen to learn more. I will facilitate the discussions and be assisted by guest speakers with more in-depth knowledge.

CMP 04: Staying safe online (Spring term)

Tutor: Derek Morris
Day and time: Monday 13:15 - 14:30
Venue: U3AC (Pink room)
Length of course: 1 term. Spring (6 weeks)
Places: 30
Start date: 11 Jan
Staying Safe Online is a practical course that explains how the internet, websites, and the Cloud work - using clearly explained technical terms only when necessary. You'll learn how to create and manage strong passwords, explore newer alternatives like passkeys, and spot scams and phishing attempts before they catch you out.
The course also covers how to keep your devices secure with updates, backups, and security software, along with managing privacy settings, understanding data breaches, and avoiding common social media pitfalls. We'll look at safe online shopping and the growing risks from AI-generated fakes in emails, images, video, and voice.
Each session is built around realistic examples and simple, practical steps you can take to stay safer online every day.
Format: Lecture
About me: I have been using and developing computers for 50 years. I hold a computer science degree, and have spent all of my career working in the computer industry.

CMP 04(z): Staying safe online (Spring term)

Places: 50
As for CMP 04 but attending via Zoom.

Current Affairs

CUR 01: Current affairs 1

Leader: Ian Hunter
Coordinator: John Tyson
Day and time: Friday 13:15 - 14:30
Venue: U3AC (Red room)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 20
Start date: 09 Oct
A discussion group, mainly concerning topics in the news.
Format: Taught course or activity
About me: (Ian) Retired Further Education Lecturer/Manager.

CUR 02: Current affairs 2

Tutor: Nicholas Russell
Day and time: Friday 13:00 - 14:30
Venue: U3AC (Yellow room)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 16
Start date: 09 Oct
Most of us listen to the news on radio and television to help us build an understanding of what is happening in the world around us. The group aims to have a discussion, humorous where appropriate, listening to the perceptions of others in the group, so that our understanding is enriched by their insights. Members who have lived or worked abroad can often add a further dimension to our understanding. We see it not as a forum for 'imported experts' but as an opportunity to spend a pleasant hour or so listening to the experience and insights of others in the group and sharing our thoughts and understandings of world events.
Format: Discussion
About me: This will be my eleventh year doing this activity. Members seem to enjoy the format. Many topics are suggested prior to the session by email.

CUR 02(z): Current affairs 2

Places: 8
As for CUR 02 but attending via Zoom.

CUR 03: Cornucopia or crisis: the geopolitics of hydrocarbons, rare earths and other resources

Tutors: Jo Whitehead & John Cook
Day and time: Thursday 09:45 - 11:00
Venue: U3AC (Pink room)
Length of course: 1 term. Autumn (10 weeks)
Places: 30
Start date: 08 Oct
Food, energy and minerals of many types are vital to our survival. Some of these 'commodities' are readily available, but some are scarce and expensive. What distinguishes the one from the other? How is geopolitics shaping the supply and shortages of the basics we need to maintain our civilisation? This course will describe the underlying principles that drive the answer to these questions, using case studies such as hydrocarbons, rare earths, lithium, wheat, cocoa and other examples. The tutors have deep experience in evaluating a range of commodity industries, and how they are influenced by large companies, local politics and geopolitics.
Format: Taught course or activity
About me: (Jo) I worked for the Boston Consulting Group's Energy Practice and have always had an interest in commodity businesses.

CUR 04: Migration - much more than small boats crossings

Tutor: Tim Ewbank
Day and time: Friday 13:40 - 14:40
Venue: U3AC (Pink room)
Length of course: 1 term. Autumn (5 weeks)
Places: 30
Start date: 09 Oct
Migration has become such a politically charged issue that it is difficult to have a sensible conversation about it. Although it's a global issue, noise about 'small boats' crossing the English Channel drowns out the broader narrative in the press. This course will look at the bigger picture: Historic and geographic patterns of migration. The impact on their destination countries. Motivation of migrants to relocate (forced and voluntary), often in difficult circumstances. The migrant experience in their country of arrival. Different legislative frameworks adopted to manage the flows of people across the world. We'll look at the US, Europe, the UK and Australia. The format of the course will be mostly lectures, but I welcome discussion and to hear members' experiences of migration.
Format: Lecture
About me: I've been a U3AC tutor for over ten years. The course will go beyond the sound bites and political dog whistles to consider the whole subject of migration more rationally.

CUR 05: Theories of empire and their current implications

Tutor: Jo Whitehead
Assistant: Monica Chambers
Day and time: Tuesday 09:45 - 11:15
Venue: U3AC (Pink room)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 30
Start date: 06 Oct
We will explore different theories of empire, exploring questions such as: What is an empire, what drives their development, how do they rise and fall, what are their impacts, and what makes them succeed or fail? We will look at selective examples and discuss current 'empires' such as the US, China, Russia, and the EU. We will discuss what history and theory suggest about how these empires might develop in the future. I use a mixture of lecture and discussion and short video clips. I will likely have to cancel some weeks due to (difficult to predict) personal and work commitments. However, we will have enough weeks over three terms to cover the topic. Sessions will be recorded for participants to review if they miss a session.
Format: Mix of lecture, video and discussion
About me: (Jo) I have been giving courses on the Cold War and the history of the Middle East and this topic is a natural extension in both its content and style

CUR 05(z): Theories of empire and their current implications

Places: 50
As for CUR 05 but attending via Zoom.

CUR 06(z): Transatlantic Discussion Forum

Coordinator: John Kaye
Day and time: Last Monday of the month, repeated on following first Monday of the month, throughout the year 14:30 - 16:00
Venue: Zoom
Places: 16
Start date: 26 Oct
This class is hosted by a group of third-age learners in Toronto, Canada. It meets on the last Monday of every month and is repeated to an overflow audience on the following first Monday of the following month both in and out of term time throughout the year. Participation is by Zoom from your home computer. All that's needed to join in is a computer equipped with a webcam, tablet or mobile phone and Internet access. The eight dozen plus members are third-age learners from the U3AC, UK-based U3As and similar organisations in Canada, the USA and Ireland. At a typical session, a member or guest speaker kicks off the discussion with a 30-minute presentation on a current topic of international interest. This is followed by an hour or so of round-the-table discussion, with a range of perspectives represented. There are usually about 11 meetings a year.
Format: Discussion
About me: I am the UK coordinator.

CUR 07(z): Transatlantic Economist Readers group

Coordinator: John Kaye
Day and time: 2nd Monday of the month throughout the year 14:30 - 16:00
Venue: Zoom
Places: 6
Start date: 12 Oct
This class is hosted by a group of third-age learners in Toronto, Canada. It meets on the second Monday of every month both in and out of term time throughout the year. Participation is by Zoom from your home computer. All that's needed to join in is a computer equipped with a webcam, a tablet or mobile phone and Internet access. The two dozen participants are regular readers of The Economist from the U3AC, UK-based U3As and 'sister' organisations in Canada, Ireland and the USA. At a typical session, the magazine's cover article is discussed first. The round-the-table discussion then moves on to other articles, with a range of perspectives represented. There are about 11 meetings a year.
Format: Discussion
About me: I am the UK coordinator.

CUR 08: Understanding sexual orientation and gender identity

Tutor: Mia R
Coordinator: Stevie R
Day and time: Tuesday 14:00 - 15:30
Venue: Museum of Cambridge (previously Folk Museum) (Enid Porter room)
Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)
Places: 15
Start date: 06 Oct
We're in the midst of yet another 'moral panic' about LGBT people. In 2025, the UK press published 6,450+ mostly hostile articles about trans people. The underlying themes are similar to those used to attack Gay men in the '60s and '70s: 'indoctrinating children, a mental illness, it's unnatural, undermining society's moral fabric', etc. Just as life for many Gay men actually significantly worsened after the relaxation of anti-homosexuality laws in 1967, the last 5 years have seen a marked and rapid deterioration in the quality-of-life of trans people. This is 'Current Affairs' on steroids! A weekly, affirmative discussion, based around a themed presentation with relevant topical news thrown in. Be warned, we will cover sometimes sensitive and contentious topics including politics, religion, sex, genitalia, etc. The presentations will cover a range of disciplines including Philosophy, Biology, Sociology, Law and History. (There will also be 'homework'.)
Note: no class on 16 Feb; replacement class on 23 Mar.
Format: Seminar
About me: (Mia) I began researching sexual orientation and gender identity after retiring. I now want to share my understanding of the evolving discourse, science and politics relating to this highly topical subject.

Economics

ECN 01: Bitcoin and cryptocurrencies

Tutor: Anthony Willoughby
Day and time: Alternate Tuesdays, 14:45 - 15:45
Venue: U3AC (Pink room)
Length of course: 1 term. Autumn (5 weeks)
Places: 20
Start date: 06 Oct
Since the arrival of the Internet there have been numerous attempts to create digital money. However, none was successful until Bitcoin appeared in 2009. This has resulted in an explosion of innovation, both in Bitcoin itself, its emulators, and in more functionally rich forms of cryptocurrency. Many such 'coins' will disappear, but a few, most notably Bitcoin, Ethereum and Solana, are likely to survive and even thrive. We will describe how Bitcoin enables electronic transfer of value directly between peers. We also discuss 'smart' cryptos such as Ethereum, which enable much richer functionality such as stablecoins and decentralised finance. Crypto has its drawbacks, such as energy usage, volatility, money laundering and scams. Is crypto really 'Rat poison squared' (Warren Buffet, 2018), a Ponzi scheme, or the future of digital money? No intrinsic knowledge is assumed, just an interest in the burgeoning digital economy. No investment recommendations will be made.
Format: Lecture
About me: I previously worked in engineering and IT, while managing my own investments, and became interested in Bitcoin and all things related to crypto 10 years ago.

ECN 02: Economics discussion group

Leader: Ian Hunter
Convenor: John Tyson
Day and time: Friday 09:45 - 11:15
Venue: U3AC (Red room)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 20
Start date: 09 Oct
This group is for those who do not necessarily have a background in Economics and for those who do. We have a broad definition of the subject matter, try not to take ourselves too seriously and welcome new and existing U3AC members to join us and contribute to wide ranging discussions with an 'Economics' bias.
Format: Discussion
About me: (Ian) Retired Further Education Lecturer and Manager.

ECN 03: Land, finance and economics

Tutor: John De Val
Day and time: Wednesday 09:45 - 11:10
Venue: U3AC (Yellow room)
Length of course: 1 term. Autumn (10 weeks)
Places: 15
Start date: 07 Oct
Land has always been an important factor in the economic fortunes of countries, but its continuing importance can be obscured by the complex financial features of our present economic landscape. This course will explore how the world beneath our feet and access to it is still an important factor in our lives and others across the globe. No previous knowledge of economics is necessary.
Format: Lecture
About me: I graduated with a degree in economics and for most of my working life was involved with economic and financial issues in both the public and private sectors.

ECN 03(z): Land, finance and economics

Places: 6
As for ECN 03 but attending via Zoom.

ECN 04: Reading Ha-Joon Chang's 'Edible Economics' - The world in 17 dishes

Leader: Richard Lewney
Day and time: Monday 13:10 - 14:10
Venue: U3AC (Pink room)
Length of course: 1 term. Autumn (10 weeks)
Places: 10
Start date: 05 Oct
'Edible Economics' is a witty, very readable tour of key ideas in Economics, using food items as a jumping-off point. Ha-Joon Chang is an academic who has written several books making economics accessible to non-economists. To quote the review on Blackwell's website: 'In Edible Economics, Chang makes challenging economic ideas more palatable by plating them alongside stories about food from around the world. He uses histories behind familiar food items - where they come from, how they are cooked and consumed, what they mean to different cultures - to explore economic theory. Ha-Joon Chang serves up an easy-to-digest feast of bold ideas.' We'll read 1 or 2 chapters per week (they're 8-10 pages long) and take it in turns to start off the discussion. We're looking for a light, friendly and illuminating conversation, not dogma and dense theory: more tapas than buckwheat porridge, say.
Format: Discussion
About me: I worked for a Cambridge economics spin-off on policy issues such as climate change mitigation. I like to try to make economics ideas accessible to all.

ECN 04(z): Reading Ha-Joon Chang's 'Edible Economics' - The world in 17 dishes

Places: 6
As for ECN 04 but attending via Zoom.

ECN 05: The Armchair Economist

Leader: John Hall
Deputy: Robert Haining
Day and time: Tuesday 14:00 - 15:30
Venue: Castle Street Methodist Church (Epworth room, NB: First Floor - no lift)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (5 weeks)
Places: 12
Start date: 06 Oct
This is a discussion group for those of you who either already enjoy reading The Economist, or who are looking for great insights about the way politics, economics, finance, demographics, culture, science and technology might shape life in Britain, and the rest of the world. The Economist is a wide ranging magazine, with a very readable house style. If you don't know it, it is a discovery worth making. As a group, we focus, in a highly participative way, on the Leaders each week. You will be debating The Economist's interpretations and its solutions. Where time permits, you can also share knowledge of other articles you may have found of interest. We set out to enjoy our sessions. Join us, and you will find yourself naturally involved, better informed, and awaiting the next session with interest!
Format: Discussion
About me: (John) Your facilitator has been reading The Economist for many years and is passionate about its ability to educate and inform although sometimes quarrels with its stance.

ECN 06: The economy and society 2.0 (Spring term)

Leaders: Richard Lewney & Paul Bullen-Smith
Day and time: Tuesday 12:35 - 13:50
Venue: U3AC (Pink room)
Length of course: 1 term. Spring (10 weeks)
Places: 20
Start date: 12 Jan
We will continue to look at key issues that flow across economics, politics and society, reviewing ideas, policies and evidence. We expect this year's topics to include the economics of innovation, health, energy and financial crises, for example. We believe that economics is too important to be left to economists and aim to combine presentation of material with lively group discussion, even fun! The course is suitable for previous attendees (we're covering different themes from those we covered before) and people joining for the first time.
Format: Discussion
About us: Paul taught, examined and developed syllabuses in Economics. Richard worked as a professional economist for a Cambridge spin-off. We're fascinated by how Economics helps us understand the world and society.

Environment

ENV 01: Nature of Plants

Leader: Roz Mays
Day and time: Alternate Mondays, 14:15 - 16:00
Venue: Comberton Village Hall
Length of course: 3 terms. Autumn (4 weeks), Spring (3 weeks), Summer (5 weeks)
Places: 60
Start date: 05 Oct
We will examine the world of plants from flowering plants to fungi and algae. We will continue to study the local approach to restoring the natural environment, as we have this year with for instance, Guy Belcher and the Logan's Meadow project, Rob Marter on chalk streams. No prior knowledge is required but, we expect to recruit students with a wide range of expertise. People will be encouraged to share their knowledge with one another, especially during the summer field trips. We will recommend appropriate identification guides and apps. A good x10 hand lens will be useful. We will collect a voluntary contribution at the beginning of the year to pay speakers' expenses and for donation to trust sites that we visit. Dates for 2026-27 meetings are: 5 & 19 October, 9 November, 7 December. Spring term dates 11 January, 8 February, 8 March. This is followed in the summer by a programme of field trips.
Format: Lectures and field trips
About me: I am a long term member of the previous Botany group and a keen botanist who is backed by a small group of similar ex Botany members.

Film

FLM 01: Moviemaking

Coordinator: Laura Sims
Day and time: Thursdays: 15:00 - 17:00 - see dates in description
Venue: Arbury Community Centre (Meeting room)
Length of course: 3 terms. Autumn (5 weeks), Spring (3 weeks), Summer (3 weeks)
Places: 10
Start date: 08 Oct
This moviemakers group intends to bring together people interested in making short drama or documentary films. This will not be a taught course, but more like a club to share ideas and to make some short films together. There may be some short skills sessions depending on the group. Participants are not expected to have their own equipment, nor knowledge of film-making as that can be shared by other group members and the group leader. We all help out on each other's films covering roles such as camera, sound, lighting, interviewer. Films from previous years can be viewed on our Cambridge Moviemakers YouTube channel. Meetings will be held on the following dates: 8 & 22 Oct, 5 & 19 Nov, 3 Dec, 14 Jan, 11 Feb, 11 Mar, 15 Apr, 13 May, 10 June. There may also be other meetings arranged by the group when we are filming.
Format: Course or activity without teaching
About me: I have been involved in making films all my life both as an amateur, and professionally as a TV drama director and university lecturer in Film production.

Fitness

FIT 01: Badminton for softies

Coordinators: Sarah Oliver & Leslie Miller-Bernal
Day and time: Wednesday 12:00 - 13:00
Venue: Kelsey Kerridge Sports Centre (Sports Hall)
Places: 22
Start date: 07 Oct
Are you looking to return to badminton after years off the court or are you a beginner, keen to start playing in a friendly, supportive group? The emphasis in this course is on having fun and helping each other. We all learn by having a go without any formal teaching but the coordinators and those who have played before will be able to inform on rules and help beginners get started. A fee of £3.20 per session is paid to the venue but this is likely to be increased slightly for 2027. This same price is valid out of U3AC term times and many of us continue playing throughout the year when we are free. Shuttles are provided for a small annual charge. Most buy their own racquets but they can also be borrowed from the venue.
Format: Course or activity without teaching
About me: (Sarah) I started badminton 6 years ago, with U3AC. Still (and probably always!) a softie, I've come to love the game and I'm keen to help others enjoy it too.

FIT 02: Badminton (Wednesday)

Coordinators: Richard Latham, Viv Fleet & Lizanne van Essen
Day and time: Wednesdays throughout the year 10:00 - 12:00
Venue: Kelsey Kerridge Sports Centre (Sports Hall)
Places: 25
Start date: 07 Oct
A friendly session of doubles badminton, playing almost every Wednesday morning regardless of U3AC term dates. There is no coaching or tuition. The group is not suitable for beginners, and a reasonable level of fitness is required. However, we are a mixed ability group, and believe in having fun while we play. If you would like to find out more about the required standard, or to arrange a taster session, please contact the organiser. The cost is £3.20 per session, paid to the venue. Shuttles are provided for a modest, infrequent charge.
Format: Self-taught course or activity
About me: (Richard) I love playing badminton.

FIT 03: Badminton (Thursday pm)

Coordinator: Jon Elphick
Day and time: Thursday 14:00 - 16:00
Venue: University of Cambridge Sports Centre (Badminton Courts)
Length of course: 3 terms. Autumn (12 weeks), Spring (12 weeks), Summer (4 weeks)
Places: 30
Start date: 24 Sept
This social badminton session on a Thursday afternoon is open to U3AC members to play this popular and enjoyable game. The session is for players of mixed ability. There is no formal coaching or tuition but we are happy to introduce new players to the game. We play at the superb Cambridge University Sports Centre in Cambridge West (off Madingley Road). Availability of the courts is low during summer term (May), so dates differ from the normal U3AC terms.
Note: There is an additional one-off fee of £25 for the year, payable on application, and there are no weekly charges for play.
Format: Course or activity without teaching
About me: I love playing badminton!

FIT 04: Badminton (Friday)

Coordinators: Richard Colledge & Richard Latham
Day and time: Fridays throughout the year 10:00 - 12:00
Venue: Kelsey Kerridge Sports Centre (Sports Hall)
Places: 26
Start date: 09 Oct
Badminton is excellent exercise and also great fun. The session has been running for over twenty years with a core of regular players. There is no coaching or tuition. There is a range of ability but the course is best suited to players who have badminton experience. A reasonable fitness level is essential. We play every week throughout the year unless Kelsey Kerridge is not available. The cost is currently £3.20 per session levied by Kelsey Kerridge, who can provide racquets. A modest fee is collected from time-to-time to provide shuttles.
Format: Course or activity without teaching
About me: (Richard C) I have participated in this course with more energy than skill for the past 6 years, and helped to organise it since 2022.

FIT 05: Ballet beginners and improvers

Tutor: Anne Saucier
Coordinator: Frances Pink
Day and time: Wednesday 10:30 - 12:00
Venue: St Andrew's Street Baptist Church (Upper Hall)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 25
Start date: 07 Oct
This popular course is open to all who want to learn to dance and/or improve their ballet technique in a friendly, positive environment. We learn a new class routine each half of the term and classes are structured to enable very mixed abilities to build their skills to improve and enjoy the expression of this art form. There is no set uniform, but you will need ballet shoes, tights or leggings, t-shirt or leotard with or without skirt. I am an ex-dancer and experienced teacher who loves to teach and share my passion for dance. I have thoroughly enjoyed my first year teaching this U3AC ballet class.
Note: There is an additional fee of £78.30 to pay for the tutor, payable on application.
Format: Taught course or activity
About us: (Anne) I have trained professional dancers, students of all ages, students with special needs and in comprehensive schools.
(Frances) I never danced as a child and I'm relatively new to it as an adult, but fitness has always been important to me. As we grow older, it's important to keep fit both physically and mentally and ballet is a fantastic workout for both the mind and body.

FIT 06: Circle dancing

Leader: Ursula Stubbings
Day and time: Monday 13:30 - 15:00
Venue: Friends Meeting House, Jesus Lane (Ann Docwra room)
Length of course: 2 terms. Autumn (10 weeks), Spring (9 weeks)
Places: 20
Start date: 05 Oct
Moving to beautiful music in a circle without partners. Barefoot or soft flat shoes.
Note: This course is not covered by U3AC insurance as the leader has her own insurance policy, for which there is an additional fee of £5.00 payable on application.
Note: There will be no meetings on 26 Oct & 15 Feb. The last session in the Autumn term will be on 14 December.
Format: Taught course or activity
About me: I have been leading this course for many years.

FIT 07: Contemporary dance workshop

Tutor: Cathy Middleton
Day and time: Thursday 10:30 - 11:30
Venue: St Andrew's Street Baptist Church (Upper Hall)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 25
Start date: 08 Oct
This course is suitable for people with a wide range of dance experience from the absolute beginner to those experienced in other dance forms or people who have done contemporary dance before. Each class will include structured dance technique and exercises to stretch and strengthen the whole body with an emphasis on movement flow, balance, co-ordination, sequencing and effort. Although much of the movement vocabulary has its roots in ballet, contemporary dance is an expressive natural dance form that is particularly suitable for all ages and abilities. It is hoped to develop choreographic themes over the course with some creative input from the class members if appropriate. Please wear comfortable clothing and bare feet or soft dance shoes.
Format: Taught course or activity
About me: I'm delighted to bring my many years' experience of teaching and performing contemporary dance to U3AC members again for another year.

FIT 08: Dance and exercise to Zumba

Tutor: Cecilia Douglas
Day and time: Wednesday 14:00 - 14:45
Venue: St Andrew's Street Baptist Church (Upper Hall)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 20
Start date: 07 Oct
This fitness course helps to improve posture mobility and coordination, using a range of traditional Latin rhythms with slow and fast tempos. The class will adjust to the different levels of fitness among participants, and will include routines that target toning for abs, thighs, arms and other muscles throughout the body. Come and enjoy the rhythm and atmosphere.
Format: Taught course or activity
About me: I have been teaching this class for many years and I love sharing my interest in dancing with everyone.

FIT 09: Tap dance

Coordinator: Lynn Campbell
Tutor: Hannah Sharman
Day and time: Tuesday 13:30 - 14:30
Venue: Colours of Dance (Studio 1)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 15
Start date: 06 Oct
This is a tap class for people at all levels including beginners. A typical class includes a warm up, technical exercises and a group dance. Tap dance is great exercise for body and brain. Students will need tap shoes and a reasonable level of fitness. A professional tutor is employed to teach the class, for which there is an additional fee of £98 for the year, payable on application.
Note: On 27 Oct & 16 Feb the sessions will be pre-recorded video sessions, sent by the tutor. There will be no class on 1 Jun; a replacement session will be held on 15 Jun.
Format: Taught course or activity
About us: (Lynn) I've attended the Tap Dancing class for 5 years. It's fun and good exercise for the body and brain. Please do email me if you have any questions. Hannah is a fully qualified ISTD teacher with 16 years' experience and runs her own dance and theatre school, On Stage Performing Arts, in the local area.

FIT 10: Wise wild dance - plus (Spring term)

Tutor: Hazel Francomb
Day and time: Monday 13:30 - 15:00
Venue: St Andrew's Street Baptist Church (Upper Hall)
Length of course: 1 term. Spring (10 weeks)
Places: 22
Start date: 11 Jan
This course is perfect for mature movers who love dancing and are interested in choreography. I emphasise creativity rather than exercises and sessions are structured to suit the group's ability and physical fitness. They are lively, friendly and fun. I offer a variety of movement ideas to inspire our dances, often using Rudolf Laban's movement analysis. Sessions include safe body preparation, structured improvisations and supported choreographic tasks. I will also be using artistic ideas and creative processes from the professional dance theatre. This year our sessions included sampling a wide range of choreographers' works - ranging from Fokine to Cristal Pite! Some workshops in '27 may be repeats from previous courses. New members are particularly welcome. Please come prepared to dance in bare feet or soft shoes and wear loose comfortable layers.
Format: Taught course or activity
About me: I have been lucky enough to be a dance teacher for most of my adult life. It is wonderful to still be exploring the life affirming creative joy in dance.

FIT 11: Exercise to music 1

Coordinator: Christine Russell
Tutor: Sabrina Marenghi
Day and time: Monday 10:00 - 11:00
Venue: Kelsey Kerridge Sports Centre (Fitness Studio)
Length of course: 3 terms. Autumn (13 weeks), Spring (10 weeks), Summer (12 weeks)
Places: 22
Start date: 14 Sep
The exercise to music group is taught by a fully qualified instructor and aims to improve fitness, flexibility, strength and balance. Music is used to enhance aerobic sequences and as a background to arm, balance and floor exercises. The class is suitable for all ages. It includes alternative forms of exercise to accommodate all levels of fitness or health issues. Comfortable clothing and trainers to change into required. Please also bring a bottle of water. Mats and weights are available in the studio. The class runs throughout the year, except August, for a total of 35 weeks and regular attendance is essential. Please make a note of dates: 14 Sep-14 Dec (not 26 Oct), 4 Jan-15 Mar (not 15 Feb), 12 Apr-12 Jul (not 3 or 31 May).
Note: There is an additional fee of £59 to pay for the tutor to be paid in advance on application.
Format: Taught course or activity
About us: Christine is a member of one of the classes. Sabrina is a Rehab Specialist, Personal Trainer and a Yoga and Fitness Instructor.

FIT 12: Exercise to music 2

Coordinator: Christine Russell
Tutor: Sabrina Marenghi
Day and time: Monday 11:00 - 12:00
Venue: Kelsey Kerridge Sports Centre (Fitness Studio)
Length of course: 3 terms. Autumn (13 weeks), Spring (10 weeks), Summer (12 weeks)
Places: 22
Start date: 14 Sep
Repeat of Exercise to music 1. See FIT 11 for dates.
Note: There is an additional fee of £59 to pay for the tutor to be paid in advance on application.
Format: Taught course or activity
About us: Christine is a member of one of the classes. Sabrina is a Rehab Specialist, Personal Trainer and a Yoga and Fitness Instructor.

FIT 13(z): Exercise to music 3

Coordinator: Christine Russell
Tutor: Sabrina Marenghi
Day and time: Thursday 10:30 - 11:30
Venue: Zoom
Length of course: 3 terms. Autumn (13 weeks), Spring (10 weeks), Summer (12 weeks)
Places: 20
Start date: 17 Sep
This is a repeat of Exercise to music 1 and will run by Zoom. New members will need a mat for floorwork and hand weights or makeshift alternative for arm work. All members take part at their own risk and are responsible for their own safety. For legal and insurance requirements, cameras and microphones need to be on in order for the instructor to observe members throughout the class to ensure exercises are performed correctly and safely. Microphones will be muted when the class starts. Please make a note of dates: 17 Sep-17 Dec (not 29 Oct), 07 Jan-18 Mar (not 18 Feb), 15 Apr-08 Jul (not 03 June).
Note: There is an additional fee of £64 to pay for the tutor to be paid in advance on application.
Format: Taught course or activity
About us: Christine is a member of one of the classes. Sabrina is a Rehab Specialist, Personal Trainer and a Yoga and Fitness Instructor.

FIT 14: Introduction to Pickleball

Coordinator: Helene Judge
Day and time: Friday 10:00 - 12:00
Venue: University of Cambridge Sports Centre (Badminton Courts)
Length of course: 1 term. Autumn (9 weeks)
Places: 12
Start date: 16 Oct
Pickleball is one of the UK's fastest growing sports. The game is one of accuracy, tactics and strategy, rather than pure physical force. For the first two sessions (it is essential that you attend these), we'll begin with an introduction to the different strokes, the rules and scoring system and a general explanation of strategy. After that, I will attend for one hour each session to coach, but you will be able to stay on for the extra hour for open play. A few paddles are available on loan from the sports centre, but you are advised to buy your own. Balls are provided by the sports centre. Please ensure you have suitable sports footwear. After Christmas, you will be able to join the 'Play Pickleball' group for the Spring term.
Format: Taught course or activity
About me: I started playing pickleball a few years ago and have represented Cambridge at many international competitions. I have completed training with Pickleball England allowing me to run courses for beginners.

FIT 15: Play Pickleball

Coordinator: Ann Wilkinson
Day and time: Friday 10:00 - 12:00
Venue: University of Cambridge Sports Centre (Badminton Courts)
Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)
Places: 36
Start date: 09 Oct
Social Pickleball session for those who have completed the Beginners' course. A mixed ability group who enjoy playing this engaging game. There is no coaching or tuition.
Format: Course or activity without teaching
About me: Having completed the Beginners' course, I was keen to establish a group that could continue to play and develop their skills.

FIT 16: Rock climbing group

Organiser and tutor: Ian Steen
Day and time: Wednesday 10:30 - 16:00
Venue: Big Rock Climbing Centre
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 20
Start date: 07 Oct
The Rock climbing group has run successfully since 2010. We climb at one of two Big Rock indoor climbing centres in Milton Keynes. These are brilliant for both beginners and experienced. Occasionally, we also climb outdoors. We car share for the 45 minute drive from Cambridge to Milton Keynes, and share travel costs. You will pay Big Rock entry charges. We are a friendly open group, working together and helping each other. We welcome newcomers with basic fitness and run coaching sessions. Some of us started to climb recently and others climbed when younger and have come back to it. We find that most people can learn to climb safely, but we reserve the right to exclude people if, after tuition, we are not confident that they can climb safely. A condition of membership is that you should have a smart phone for travel coordination.
Format: We offer tuition and coaching if required, but mostly we climb independently taking responsibility for our own safety
About me: Ian Steen is a Rock Climbing Instructor, Climbing Wall Instructor and Summer Mountain Leader.

FIT 17: Short tennis

Coordinators: BarbaraAnn Patterson, Pauline Howell & Michael Priestley
Day and time: Thursday 10:00 - 12:00
Venue: Kelsey Kerridge Sports Centre (Sports Hall)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 22
Start date: 08 Oct
Short tennis is a smaller indoor version of tennis played with junior rackets and foam balls. The game is very easy to pick up and ideal for the active older player. The serve is under arm and we play doubles so you always have help and support. You will need your own junior racket (Kelsey Kerridge (KK) have a couple of small rackets for hire if required). Come and play - I am sure you will enjoy it - it is a great game!
Note: There is an additional fee of £37 payable on application. There is also a £1.50 fee payable on entry to the venue or you can join KK for approx. £21.00 per annum at the desk on your arrival.
Format: Course or activity without teaching
About me: (BarbaraAnn) I have enjoyed playing Short Tennis for many years. It involves skill, camaraderie and it is great fun. I would like to introduce it for the enjoyment of others.

FIT 18: Swimming

Leader: Michael McCretton
Coordinator: Robert Turner
Day and time: Tuesday 12:45 - 13:45
Venue: Leys School (Pool)
Length of course: 3 terms. Autumn (9 weeks), Spring (9 weeks), Summer (8 weeks)
Places: 23
Start date: 06 Oct
The Leys pool is a traditional 25m school pool, with 1m and 2m depths at the shallow and deep ends, and with no lane divisions. There are communal changing rooms with showers. Car parking is no longer available at the school. The session is supervised by trained lifeguards. There is no tuition or organised activity. For anyone with restricted mobility, the lifeguards can help with entry to the pool, and with exit. Most people swim lengths but how you swim is up to you. We are a friendly group and sometimes organise social get togethers. A free trial swim can be arranged. There will be no sessions in school half terms: - 26 Oct, 16 Feb, 1 Jun.
Note: A fee of £76 is payable with your course application; this covers the hire of the pool and lifeguards.
Format: Course or activity without teaching
About me: (Michael) It is a great pleasure to swim in the Leys School's pool. We have it to ourselves and I find it a gentle and refreshing exercise which is particularly beneficial.

FIT 19: Table tennis (Monday am)

Coordinators: Hywel Griffiths, Helen Phillips & Ray Turney
Day and time: Mondays throughout the year 10:00 - 12:00
Venue: Kelsey Kerridge Sports Centre (Fenners Gallery)
Places: 31
Start date: 05 Oct
Table tennis is great fun and helps to improve hand-eye co-ordination and fitness, as it can be energetic. Some prior experience is required - however long ago. We are a friendly mixed-ability group which plays throughout the year, and those interested go for lunch together after the session on the first Monday of each month. Bats are provided by the venue, though most people bring their own. We supply balls, and request an annual donation of £1, payable to the coordinators. The venue charges a session fee (currently £3.20 per person), payable at the desk.
Format: Course or activity without teaching
About us: Helen, Ray and Hywel jointly act as coordinators and are all keen table tennis players, though by no means experts. We have been members of this group since it began.

FIT 20: Table tennis (Monday pm)

Coordinators: Roy Jackson, Jenny Macmillan & Toby Lumsden
Day and time: Monday 14:30 - 16:30
Venue: University of Cambridge Sports Centre (Studio 2)
Length of course: 3 terms. Autumn (10 weeks), Spring (11 weeks), Summer (6 weeks)
Places: 24
Start date: 05 Oct
This course is intended for intermediate level players and above. All players should have played the game before and be able to maintain a rally of at least 10 shots, be able to serve and to understand the rudiments of the game. There is no coaching available for this course. We play mainly doubles. Although the Centre has a limited number of bats available, most members bring their own. Balls will be provided. The Summer term dates will be amended to avoid the University exam period - to be confirmed nearer the time.
Format: Course or activity without teaching
About us: The Course Coordinators have been playing table tennis and coordinating this course for a number of years.

FIT 21: Table tennis (Tuesday am)

Leader: Alistair Lovegrove
Day and time: Tuesday 10:00 - 12:00
Venue: Kelsey Kerridge Sports Centre (Fenners Gallery)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 28
Start date: 06 Oct
Table tennis is good exercise and beneficial for hand-eye coordination, but the main objective is simply to have fun. The group encompasses a wide range of ability. Don't worry if you haven't played for many years as you'll soon pick it up again. Although the Sports Centre has a limited number of bats available, most members bring their own. Balls will be provided, but you will be asked for a small donation of £2.00 per person (payable to the course organiser) in October to cover the cost of these for the year. Kelsey Kerridge charge is £3.20 per session. We play every Tuesday morning except the odd date when the Sports Centre needs the room for other activities.
Format: Course or activity without teaching
About me: I have been playing table tennis with U3AC for the past 10 years and strive to arrange the session so that everyone has a good time.

FIT 22: Table tennis (Tuesday pm)

Leader: Jonathan Myer
Day and time: Tuesday 14:00 - 16:00
Venue: Kelsey Kerridge Sports Centre (Fenners Gallery)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 30
Start date: 06 Oct
Do come and join this cheerful group of mixed ability players. We play mainly doubles and are happy to have players who haven't played for some time come and join us. Bats and balls are provided by the venue and the cost is £3.20 per session. Continues until first week of June then merges with FIT 21 Table tennis (Tuesday am).
Format: Course or activity without teaching
About me: I joined this group some time ago after not playing for many years. It's great exercise.

FIT 23: Table tennis (Friday)

Coordinators: Jonathan Clough, Deborah Clough, Simon Pearl & Sue Purseglove
Day and time: Friday 14:30 - 16:30
Venue: St George's Church Hall (Community room)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 28
Start date: 09 Oct
Have fun, make friends and get fit playing table tennis. All levels of play welcome as we try to pair off newcomers with more skilful players. We play doubles which can be fast and furious! It is also possible to play singles games when tables are free. Your skills will soon improve and there will be lots of laughs. You will need your own bat (although we have a few spare which you are welcome to use while working out what you want to get) and white balls only are provided so if you prefer colour bring your own. Wear loose sports clothes and non-slip shoes/trainers. We ask members to contribute to a kitty for tea and biscuits for our mid game break - this amounts to no more than £1 a term each.
Format: Course or activity without teaching
About us: We're not fiercely competitive, so if you've always fancied having a go at table tennis we look forward to seeing you. We are a friendly bunch.

FIT 24: T'ai Chi Chuan 24 Step Beginners

Tutor: Mike Tabrett
Day and time: Wednesday 09:30 - 10:30
Venue: Kelsey Kerridge Sports Centre
Length of course: 3 terms. Autumn (9 weeks), Spring (10 weeks), Summer (10 weeks)
Places: 25
Start date: 07 Oct
This class focusses on the learning of an 8 minute sequence (form) of movements. There will be extensive revision of the foundation exercises and first part of this sequence to allow existing students time to recall the set and new students the opportunity to learn the basic movements. There will also be the opportunity for students to progress to the end of the form. These arts, based on the healing, meditative and martial traditions of China, are becoming increasingly recognised as ideal practices to enhance health and well-being accessible to all ages. We will work with posture, breath and movement to develop individual exercises and a flowing sequence that can be practised regularly. We will work at a gentle pace, with the emphasis on slow individual development to enable each student to come to their own understanding of these arts.
Note: There is an additional fee of £42 to pay for the tutor payable on application.
Dates: 7 Oct - 9 Dec (not 28 Oct) 13 Jan - 24 Mar (not 17 Feb) 14 Apr - 23 Jun (not 2 Jun).
Format: Taught course or activity
About me: I have been practising these arts since 1983, developing by working with a variety of teachers in both T'ai Chi and related arts and by teaching at U3AC since 1990.

FIT 25: T'ai Chi Chuan 24 Step intermediate

Tutor: Mike Tabrett
Day and time: Wednesday 10:40 - 11:40
Venue: Kelsey Kerridge Sports Centre
Length of course: 3 terms. Autumn (9 weeks), Spring (10 weeks), Summer (10 weeks)
Places: 28
Start date: 07 Oct
This course will begin with a detailed review of the latter stages of the form and continue to work with the whole of the short form and exercise programme to enable students to develop and deepen their practice. You will need to have completed a beginners course, although enthusiasm is more important than skill! For dates see FIT 24.
Note: There is an additional fee of £42 to pay for the tutor payable on application.
Format: Taught course or activity
About me: I have been practising these arts since 1983, developing by working with a variety of teachers in both T'ai Chi and related arts and by teaching at U3AC since 1990.

FIT 26: Integrated T'ai Chi and Chi Kung exercises

Tutor: Mike Tabrett
Day and time: Wednesday 11:50 - 12:50
Venue: Kelsey Kerridge Sports Centre
Length of course: 3 terms. Autumn (9 weeks), Spring (10 weeks), Summer (10 weeks)
Places: 20
Start date: 07 Oct
This class will concentrate on individual seated and standing exercises and is suitable for all levels. They are an excellent standalone practice for health and wellbeing. We work with the natural structures and movements of the body according to well established basic principles that allow for a great deal of flexibility in their expression. In addition the mind is encouraged to quieten and focus through the movements. They have proven to be effective in helping to manage a wide range of chronic health conditions including: stress related conditions; diabetes; MS; respiratory and cardiac problems; long term consequences of stroke and head injury; balance and mobility problems; arthritis; poor flexibility and high blood pressure. For dates see FIT 24.
Note: There is an additional fee of £42 to pay for the tutor payable on application.
Format: Taught course or activity
About me: I have been practising these arts since 1983, developing by working with a variety of teachers in both T'ai Chi and related arts and by teaching at U3AC since 1990.

FIT 27: Walking 6 miles - Monday (weekly)

Coordinator: Lorna Brown
Organiser: Martin Herrick
Day and time: Monday 10:00 - 12:30
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 28
Start date: 05 Oct
Monday: 6 miles - 3 terms. The walks will be led by members of the group and take about 2.5 hours including a short break. The walks are for those who are prepared to walk in all seasons; walking boots and waterproof clothing are essential. We are a friendly group who enjoy talking while walking. We meet at a car park within approx. 15 miles of Cambridge. To reduce the number of cars, we encourage members to share lifts. Although not always possible on Mondays, we try to lunch in pubs or cafés after the walk. Communication is by email so please provide an email address when applying for the group. This is not a walk for accompanying dogs (but exceptions may occasionally be possible, although the dog must be on a short lead for the entire walk.)
Note: We walk on the two May bank holidays.
Format: Course or activity without teaching
About us: We took over the co-ordination of this group in October 2022. All the leaders have experience of leading walks with the group and contributing to its ethos. Both organiser and administrator have walked regularly with this group for some years.

FIT 28: Rambling 4 miles - Monday (fortnightly)

Leader: Di Barton
Assistants: Catherine Eden-Green & Helen Hills
Day and time: Alternate Mondays, 10:15 - 12:15
Length of course: 3 terms. Autumn (5 weeks), Spring (5 weeks), Summer (5 weeks)
Places: 32
Start date: 12 Oct
Monday: Up to 4 miles - 3 terms. If you are new to walking or just prefer a walk up to 4 miles, join us for some pleasant two-hour rambles through the countryside at a pace to suit the group. You'll need your own transport as walks can start up to 15 miles from Cambridge, usually from a pub or café where lunch is available. Over the previous 3 years the group has walked from Toft, Horseheath, Wandlebury, Coton, Shepreth, Babraham, Burrough Green, Ickleton, Cambourne, Horningsea and Wicken Fen.
Format: Walking in the countryside
About us: Di, Catherine and Helen are experienced in planning and leading walks.

FIT 29: All-year walking - Tuesday (weekly)

Secretary: John Smith
Coordinators: Judith Samuel, Tony Harbottle, Gerald Maguire & Steven Goldthorp
Day and time: Tuesdays throughout the year 10:00 - 12:30
Places: 100
Start date: 06 Oct
Tuesday: 6.5 to 7.5 miles - 52 weeks. We operate on a weekly basis as two groups (Blues and Greens). Greens typically walk at an average speed of 3.0mph over the length of the walk while the Blue group is about 10% quicker. These are averages so some walking will be faster in parts and slower in others depending on conditions on the day. Members are free to switch colour at will so long as they can walk at that Group's pace. Both groups visit the same range of walks and pubs, one week apart. Walks start at 10.00 and finish around 12.30 including a 10-minute midway comfort break. Almost all walks are within 20 miles of Cambridge. Dogs are welcome but owners are responsible for their behaviour. We use pubs for lunch and parking. Car sharing is encouraged and communication by email is essential.
Format: Course or activity without teaching
About us: The group has been operating for many years and is led by committed and experienced walkers.

FIT 30: 4 Mile walking group - Tuesday (fortnightly)

Leader: Yvette Maxted
Secretary: Barry Desmond
Day and time: Alternate Tuesdays, 10:00 - 12:30
Length of course: 3 terms. Autumn (5 weeks), Spring (5 weeks), Summer (5 weeks)
Places: 40
Start date: 13 Oct
Tuesday: Around 4 miles - 3 terms. These walks on alternate Tuesdays are for committed walkers who enjoy walking in all weather. We try to do walks of around 4 miles within a radius of 15 miles of Cambridge, and at a speed of 2 mph or more unaided. Walks will mostly start at a pub so that lunch may be had after the walk. Members are encouraged to lead and to do a recce of a chosen walk prior to the walk day. Stout footwear and suitable waterproof clothing are essential, and a walking pole or two is advisable. Car sharing is encouraged. The next walk and lunch details are communicated by email.
Format: Course or activity without teaching
About us: Yvette and Barry have been members of this group for many years.

FIT 31: Walking for pleasure - Tuesday (fortnightly)

Leader: Yvette Maxted
Secretary: Carolyn Plant
Day and time: Alternate Tuesdays, 10:00 - 12:30
Length of course: 3 terms. Autumn (5 weeks), Spring (5 weeks), Summer (5 weeks)
Places: 40
Start date: 06 Oct
Tuesday: 5-6 miles - throughout the year. This friendly, fortnightly walking group usually meets at a pub or sometimes a café up to about 15 miles from Cambridge. We set off at 10:00 and the walks are between 5 to around 6 miles. We walk at a moderate pace for 2.5 hours with a short rest. We walk throughout the year. There is usually the option at the end of the walk to take lunch at the pub or café. Members are encouraged to contribute to leading a walk if they are happy to do so. The next walk and lunch details are communicated by email.
Format: Course or activity without teaching
About me: (Yvette) I have many years' experience of walking with friends and with the U3AC. I joined this group a few years ago.

FIT 32: Walks around Cambridge - Tuesday

Leader: Jo Edkins
Day and time: Tuesday 14:00 - 15:00
Length of course: 1 term. Autumn (10 weeks)
Places: 10
Start date: 06 Oct
Tuesday: 2 miles - 1 term. Each week, we will walk around Cambridge for an hour (so about 2 miles). We will look at interesting architecture, or talk about history, or walk through green spaces. I will provide snippets of facts but this won't be a guided tour. We will go somewhere different each week, mostly starting at Quayside (near U3AC entrance), but one week starting outside King's College. The pace will be gentle rather than brisk walking. Wear comfortable shoes! I have set up a website for these walks, giving the routes, and more information about what we will see: https://www.theedkins.co.uk/jo/walks/u3ac.htm
Format: Taught course or activity
About me: I like Cambridge! And I like walking round looking at interesting places.

FIT 33: The Wednesday walkers (weekly)

Leaders: David Robinson & Rosemary Lass
Day and time: Wednesday 10:00 - 12:30
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (8 weeks)
Places: 40
Start date: 07 Oct
Wednesday: 5-6 miles - 3 terms. Our walks are typically 5 to 6 miles and last about 2 hrs 30 mins. Where they feel able to do so members are encouraged and supported to contribute to the group by leading a walk. However, there is no obligation to do so, and it is fine to join the group just for the walks, to discover the countryside around Cambridge and enjoy the company. The group normally meets at a pub where there is an opportunity to take lunch afterwards. Start points are within about 20 miles of Cambridge and most nearer.
Format: Course or activity without teaching
About us: We have walked the paths and byways of Cambridgeshire and beyond for some years now and there is always something new to discover.

FIT 34: Rambling - Thursday (weekly)

Secretary: Lesley Dickinson
Day and time: Thursdays 09:30 - 13:00 throughout the year
Places: 80
Start date: 08 Oct
Thursday: 10-11 miles - 51 weeks of the year. The majority of the walks are within 30 miles of Cambridge, all of them starting outside the city. Whilst several walks are relatively flat we have some more challenging ones especially when muddy or ploughed fields need crossing. We walk at an average pace of 3.4-3.5 mph with a coffee stop without facilities about half way round. New members wanting to join the group need to be able to walk that distance and pace or to acquire that ability very quickly (within 2 weeks). Appropriate footwear and clothing are essential. Car sharing for individuals to arrange. We use pubs for lunch. The walk programme is issued in advance by email.
Format: Course or activity without teaching
About me: I have walked with this group for several years.

FIT 35: Easy rambling - Thursday (fortnightly)

Leader: Roderick Hill
Organisers: Len Freeman, Jaspaul Hill & Anne Fleming
Day and time: Alternate Thursdays, 10:00 - 12:30
Length of course: 3 terms. Autumn (5 weeks), Spring (5 weeks), Summer (5 weeks)
Places: 70
Start date: 08 Oct
Thursday: 5-6 miles - 3 terms. We aim to walk up to 6 miles in 2.5 hours, including a 15 min break. Walking is on alternate Thursdays with members divided into two groups, Green and Yellow. This year Yellow will start on the first Thursday of each term and Green on the second Thursday. Walks start at a pub within 15 miles of Cambridge. Toilets are normally available and there is the opportunity to pre-order a lunch for our return, optional but enjoyable. The groups walk in all weathers. Stout footwear and outdoor clothing are essential and a stick is advisable. Communication is by email, including any last minute changes. Group allocation and walk programmes are emailed to members beforehand. We will try to accommodate new members' preferences for group allocation. We hope to also organise an optional three day spring walking break, open to members of both groups.
Format: Course or activity without teaching
About us: (Roderick) I have experience of leading walking groups.
Len Freeman has been an organiser for this course for a number of years and welcomes new members to our convivial walks!

FIT 36: 3 mile walking group - Friday (fortnightly)

Leaders: Bill Peters, Dieter Benziger & Malcolm Dee
Day and time: Alternate Fridays, 10:00 - 12:30
Length of course: 3 terms. Autumn (5 weeks), Spring (5 weeks), Summer (5 weeks)
Places: 25
Start date: 09 Oct
Friday: 3 miles - 3 terms. These walks, on alternate Fridays, are for committed walkers who enjoy walking in all weathers. We try to do walks of 3 miles within a 10-mile radius of Cambridge, at a speed of 2 mph maximum. Walks often start at a pub so that lunch may be had afterwards. Members are encouraged to take a turn at leading and to do a recce of a chosen walk prior to the walk day. Stout footwear and waterproof clothing are essential and a walking pole or two is/are advisable. Car sharing is encouraged. Communication is by email.
Format: Activity without teaching
About us: Bill, Dieter and Malcolm are octogenarians and have many years of walking experience and have run a similar course for 5 years.

FIT 37: Eco-friendly walks using public transport - Friday (Summer term)

Leader: Bob Turner
Day and time: Friday 09:30 - 14:30
Length of course: 1 term. Summer (9 weeks)
Places: 24
Start date: 16 Apr
Friday: 5-7 miles - 1 term. This group was originally aimed at members who do not drive or have no car. However, it may also interest car drivers who enjoy country walking, but who prefer to leave their car at home. It may similarly interest car drivers as an engaging and enjoyable way to learn about Cambridge's public transport network. The walks start and finish at locations easily reached by bus or train from central Cambridge. Some members often visit a pub or café for lunch after the walk, where one is conveniently located. Walks are led by the Course Leader and volunteers from the group. Leaders provide walk details, including bus and train times each week. We walk at a reasonable pace, with walks varying from 5 to 7 miles in length. The Course Leader will contact members after Christmas to plan for the Summer term.
Format: Course or activity without teaching
About me: I'm an experienced countryside walker with a particular fondness for Cambridgeshire landscapes, and a delight in their accessibility by public transport.

FIT 38: Walks in Cambridge city - Saturday (Autumn and Summer terms)

Leader: Jacqueline Radford
Co-Leader: Heather Chisholm
Day and time: Alternate Saturdays, 10:30 - 12:00
Length of course: 2 terms. Autumn (5 weeks), Summer (5 weeks)
Places: 10
Start date: 17 Oct
Saturday: 1-2 miles - 2 terms. We will walk around Cambridge for one to two hours (2 miles or less) looking at architecture and other items of interest. Each walk will be different and at a gentle pace. We will provide information about things we see, and members of the group are encouraged to share their knowledge/information. Walks are fortnightly on Saturday mornings.
Format: Course or activity without teaching
About us: We both enjoy walking, looking at interesting buildings in Cambridge and learning interesting items of local history.

FIT 39: Yoga - self-help

Coordinator: Janet Scally
Day and time: Wednesday 11:30 - 12:30
Venue: Friends Meeting House, Hartington Grove (Meeting room)
Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)
Places: 16
Start date: 07 Oct
This is a self-help group and each member suggests a pose. We practise a wide range of yoga poses including stretching, balancing and relaxation to increase suppleness and flexibility. You will need to wear loose clothing and bring a non-slip mat. It is only open to experienced practitioners who are willing and able to suggest and carry out different poses.
Format: Course or activity without teaching
About me: I have been a member of this self-help group for several years.

Gardens & Gardening

GDN 01: Botanic Garden group (Morning)

Coordinator: Rose Desmond
Day and time: 2nd Friday of the month 10:00 - 12:00 (see dates below)
Venue: Cambridge University Botanic Garden
Length of course: 3 terms. Autumn (3 weeks), Spring (4 weeks), Summer (6 weeks)
Places: 60
Start date: 09 Oct
This group visits the Botanic Garden every month throughout the year, sharing our interest, knowledge and pleasure as we observe the calendar changes. On each visit we will divide into smaller groups, led by monitors who are also members of the group. The programme will ensure that we visit all parts of the Garden. Before each walk a route map will be circulated by email, as is all other communication. Walk notes will be sent after the walk has taken place.
Note: Entry to the Garden is subject to payment of an entry fee, so if you join this group it makes economic sense to become a Friend. Due to the demand for places, we have set up an afternoon group but you may only join one of these groups.
Dates: 9 Oct, 13 Nov, 11 Dec 2026; 8 Jan, 12 Feb, 12 Mar, 9 Apr, 14 May, 11 June, 9 Jul, 13 Aug & 10 Sept 2027.
Format: Discussion
About me: I'm not an expert but a keen gardener and I enjoy visiting the Botanic Garden, drawing on the interests and experiences with other members of the group.

GDN 02: Botanic Garden group (Afternoon)

Tutor: Teri Bartlett
Day and time: 2nd Friday of every month throughout the year 13:00 - 15:00
Venue: Cambridge University Botanic Garden
Length of course: 3 terms. Autumn (3 weeks), Spring (3 weeks), Summer (6 weeks)
Places: 60
Start date: 09 Oct
This group visits the Botanic Garden every month throughout the year, sharing knowledge and observing the calendar changes. On each visit we will break up into smaller groups, led by monitors who are members of the group, and the programme will ensure that we visit all parts of the garden. Before each walk a route map will be circulated by email, as is all other communication. Walk notes will be sent after the walk.
Dates: 9 Oct, 13 Nov, 11 Dec 2026, 8 Jan,12 Feb, 12 Mar, 9 Apr, 14 May, 11 Jun, 9 Jul, 13 Aug, 10 Sep 2027.
Note: Entry to the Garden is subject to the normal fee, so if you join this group it makes economic sense to become a Friend of the Garden.
Format: Discussion
About me: I'm not an expert but enjoy gardening. I love visiting the Botanic Garden throughout the year, and meeting up with other members and sharing knowledge and experience.

GDN 03: Passionate gardeners

Leader: Rosie Wilson
Coordinator: Bunty Akister-Rawlings
Day and time: 2nd Wednesday of the month 10:30 - 12:30
Venue: Member's home (First meeting: CB1 3AL)
Length of course: 3 terms. Autumn (3 weeks), Spring (3 weeks), Summer (5 weeks)
Places: 8
Start date: 14 Oct
This course is about sharing our love of gardening: visiting one another's gardens. We will share tips, plants seeds and inspiration. We will also arrange visits to other well-known gardens, Spring/Summer plant fairs and RHS garden shows. The only course requirement is a love of gardening. Meetings will take place out of term-time during April and July, i.e. on 7 April & 7 July.
Format: Garden visits, sharing tips
About us: We are passionate, self-taught gardeners, who love to share tips, plants and ideas.

GDN 04: Practical gardening

Leader: Gillian Perkins
Coordinators: Anne Kent, Kay Green, Katherine Copley
Day and time: 3rd Friday of the month 10:30 - 12:15
Venue: Member's home (Different homes)
Length of course: 3 terms. Autumn (3 weeks), Spring (3 weeks), Summer (7 weeks)
Places: 40
Start date: 25 Sep
Whether you are experienced or new to gardening, this group is for keen gardeners. We meet monthly usually on the third Friday from September, then fortnightly from May to July. We visit each other's gardens, share our experiences, discuss current jobs and any other perennial problems. Quite a few of these gardens may be in villages outside Cambridge. We share cars where possible. It does not matter how large/small your garden is, how developed, or how blank a canvas. You don't have to host a meeting if you don't want to. We shall again be dividing the class into four sub-groups; we will allocate these early in September and then send you the relevant information, and where the first meeting will be. This first session will be on Friday 25 September when we will lay a plan for the rest of season.
Format: Discussion
About us: We are four plantaholics, or more politely, committed untrained gardeners who love to share ideas with others and constantly strive to improve our gardens.

Geography

GEO 01: Accessing the countryside: rights of way, permissive paths and access land in England and Wales

Tutor: Jill Tuffnell
Day and time: Tuesday 15:35 - 16:35
Venue: U3AC (Red room)
Length of course: 1 term. Autumn (5 weeks)
Places: 20
Start date: 13 Oct
Rights and responsibilities of users, landowners and the Highways Authority - history, legislation, maps and reporting issues. A useful guide to anyone exploring the countryside off the metalled road. Examples from around the country, but primarily focused on Cambridgeshire.
Dates: 13, 20 Oct; 3, 10 & 17 Nov.
Format: Taught course or activity
About me: A keen walker and occasional cyclist, a long-standing member of the Ramblers and Vice-chair of the Cambridgeshire Local Access Forum.

GEO 02: Hobson's Conduit - A Chalk Stream for the 21st century (Summer term)

Tutors: Max Field & Timothy Johnson
Day and time: Friday 11:00 - 12:00
Venue: U3AC (Pink room)
Length of course: 1 term. Summer (9 weeks)
Places: 20
Start date: 16 Apr
In 1631 Thomas Hobson left funds in his will to establish a Trust that would ensure that freshwater flowed into Cambridge for 1000 years. The Chalk stream that now bears his name is the subject of this programme of nine sessions using lectures, film and walks (NB over very uneven and slippery ground) along the course of Hobson's Brook. We will examine the history and national context behind this historic monument and will explore the role of the Hobson's Conduit Trust in managing the Chalk stream and its environs. We will consider the recent conservation and proposed restoration projects which aim to develop Hobson's Brook as an exemplar urban Chalk stream for the 21st century.
Format: Lecture
About us: The course will be delivered by Trustees of Hobson's Conduit and their advisors.

GEO 03: Yorkshire Dales (Summer term)

Tutor: Alan Winfield
Day and time: Monday 13:20 - 14:20
Venue: U3AC (Pink room)
Length of course: 1 term. Summer (4 weeks)
Places: 30
Start date: 12 Apr
This brief course will look at the geology, landscape and culture of the Yorkshire Dales and present a picture tour of individual dales.
Format: Lecture
About me: I grew up on the edge of the Yorkshire Dales. I have led walking holidays in the dales for 35 years.

GEO 03(z): Yorkshire Dales (Summer term)

Places: 50
As for GEO 03 but attending via Zoom.

History

HIS 01: A quick dive into British (and some Irish) prehistory (approx. 9650 BC - AD 43) (Spring term)

Tutor: Rachel Thomas
Day and time: Tuesday 09:45 - 10:45
Venue: U3AC (Red room)
Length of course: 1 term. Spring (10 weeks)
Places: 25
Start date: 12 Jan
Taking an iconic object or site as a starting point each week, we will investigate how the object / site is representative of the period under discussion, and its place in the wider context. Some lectures may involve discussion of human remains. This is not intended to be a comprehensive outline of British prehistory, but rather an exploration of the wonders of prehistoric life at certain points in the past. It is open to everyone; no previous knowledge is necessary, and hopefully the objects and sites will lead to open discussions in the class. There are three good books, any of which provide a good overview: Pryor, F. (2003) 'Britain BC', Harper International (quite old but still very interesting) Cunliffe, B. (2012) 'Britain Begins', OUP (an excellent introduction by an outstanding prehistorian) Cummings, V. & Driscoll, S. (eds) (2026) 'The Archaeology of Britain', 3rd ed., Routledge (up to date).
Format: Lecture
About me: I spent the last 8 years of my working life as a field archaeologist in commercial archaeology units - an enjoyable conclusion to a lifelong passion for British archaeology!

HIS 02: A slice of time in miniature - Aspects of British Social History reflected in Dolls' Houses from 1890-1960

Tutor: Jacqui Watkins
Day and time: Wednesday 10:30 - 11:45
Venue: Castle Street Methodist Church (Aldersgate room)
Length of course: 1 term. Autumn (8 weeks)
Places: 18
Start date: 21 Oct
In her book, 'The Vivien Greene Dolls' House Collection', Margaret Towner writes: 'In her writings (Vivien Greene) ... always conveyed very clearly the message that the early (dolls') houses need to be seen not only as ...antique objects but also as microcosms of social history, preserving, sometimes untouched, aspects of domestic life that have been totally overlaid in real old houses by the changes inevitably introduced by centuries of human occupation.' This course will look at seven decades of British Social History (1890 - 1960) through period dolls' houses together with the furniture and accessories they contain. The course will chart changes in domestic life, considering the impact of political, economic and social events on the daily life of families in Britain.
Format: Seminar
About me: I am an ex-primary teacher and teacher-trainer with an interest in History. I have a collection of dolls' houses which reflect different eras of British social history in miniature.

HIS 03: Ancient Egyptian religion (Spring term)

Tutor: Corinne Duhig
Day and time: Thursday 14:40 - 15:40
Venue: U3AC (Pink room)
Length of course: 1 term. Spring (9 weeks)
Places: 30
Start date: 21 Jan
The religion of ancient Egypt seems mind-boggling: all those gods, all those temples; captivating but incomprehensible images and hieroglyphic inscriptions. We will look closely at religious belief and practice and see how it was a key feature of society and the economy and a major factor in the unity and stability of this civilisation. Deities, temples, afterlives, tombs, priests, kings, sacred animals, the festival calendar and many beautiful paintings and art objects - all these plus mummies! No background is required, although this course links to Ancient Egypt for Beginners, my previous course. Resources will include maps, a detailed chronology, texts and a further-reading list. To begin with, try Emily Teeter, 'Religion and ritual in ancient Egypt', Donald B. Redford, 'The ancient gods speak. A guide to Egyptian religion' or (quickest) Stephen Quirke and Jeffrey Spencer 'The British Museum book of ancient Egypt', religion chapter.
Format: Lecture
About me: Archaeologist specialising in ancient Egypt, bioarchaeology (the study of ancient human remains) and forensic archaeology/anthropology.

HIS 04: Ancient past - Ancient wisdom (Summer term)

Tutor: Tanya Bagrij
Day and time: Thursday 14:00 - 15:00
Venue: U3AC (Pink room)
Length of course: 1 term. Summer (9 weeks)
Places: 30
Start date: 15 Apr
Can we learn from our remote ancestors? This course will be an extension of the introductory lecture series titled 'The Old European Civilisation' from 2025 Autumn Term. Contrary to popular belief, civilisation did not start at Sumer with its patriarchal hierarchy and beliefs. Instead, Old Europe represents a very different but just as authentic form of civilisation, one with a highly developed egalitarian social structure based on a harmonious, artistic and agricultural economy. These ancient peoples were not simply governed by the principle of the survival of the fittest; they were peaceful and nature-centred. Topics will include Old European social structure, beliefs, ceramics, metal work, sacred sites, caves, temples, monuments, and some ancient signs and writings. During this course, we will also learn more about different areas of archaeology such as archaeo-mythology, archaeo-genetics, archaeo-astronomy, and archaeo-acoustics. No background training is required except your curiosity, enthusiasm and open mind.
Format: Lecture
About me: I am a researcher and a qualified teacher in Natural Sciences for higher education, and have a life-long interest in anthropology and history of humanity.

HIS 05: Belize - A small country with a long history

Tutor: Tim Bartlett
Day and time: Tuesday 12:45 - 13:45
Venue: U3AC (Red room)
Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)
Places: 20
Start date: 06 Oct
One of the smallest countries in the Americas, Belize has been ruled by three empires. We shall explore its rich history from the first inhabitants and the Maya, the Conquistadores and the British Empire, from Pirate Haven, Slavery and progression to independence. We will also cover its geography and environment, the ethnic and linguistic diversity, the regional differences and its rich, but endangered flora and fauna, and the conservation efforts to counter the threat.
Format: Lecture
About me: Served in Belize for three years and have family there.

HIS 06: Biographies

Coordinator: Vivien Perutz
Technical support: Mike Day
Day and time: Friday 10:45 - 12:00
Venue: Friends Meeting House, Jesus Lane (Aldren Wright room)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)
Places: 25
Start date: 09 Oct
We have a biographical talk every week. Each member of the class commits to giving one talk of approximately 50 minutes.
Format: Seminar
About me: (Vivien) I took over as coordinator in 2025.

HIS 07: More Biographies

Coordinator: Sally Smith
Day and time: Friday 14:45 - 16:15
Venue: U3AC (Red room)
Length of course: 2 terms. Autumn (9 weeks), Spring (3 weeks)
Places: 12
Start date: 09 Oct
This class is based on the same pattern as HIS 06. Each week a member of the class gives a talk lasting 30 - 45 minutes about someone that they think has had an interesting life. This can be with the use of PowerPoint or with pictures handed round. There is time for questions and discussion after this. The aim is to have a friendly and informative class.
Format: Course or activity without teaching
About me: I enjoyed arranging weekly talks by members of this group last year and I look forward to doing this again.

HIS 08: Christianity and the Roman Empire (Spring term)

Tutor: Ralph Ecclestone
Day and time: Friday 13:20 - 14:20
Venue: U3AC (Pink room)
Length of course: 1 term. Spring (10 weeks)
Places: 30
Start date: 15 Jan
This course will illustrate the many connections between Christianity and the Roman Empire, which were highly important and occasionally dramatic, with Emperors determining religious dogma, Popes leading armies into war, and various reciprocal humiliations, kidnappings and possible murders. In addition, the course will outline the events that led to the triumph of Catholicism. This is an introductory course. I am not an expert in the subject (nor even a historian), but I have long been fascinated by this story, and have researched it extensively over many years. I believe that many commonly-held views of both Christianity and the Roman Empire are distortions of the proper perspectives, and one of my objectives is to correct these. Please note that this course contains some speculations and opinions that may offend sincere Christians and also contains, of course, references to some violent events.
Format: Lecture
About me: I have been a member of U3AC for over five years now. Although originally a physicist by training, I have a long-standing interest in history.

HIS 08(z): Christianity and the Roman Empire (Spring term)

Places: 30
As for HIS 08 but attending via Zoom.

HIS 09: Democracy in ancient Athens

Tutor: Michael Gray
Day and time: Monday 14:15 - 15:15
Venue: U3AC (Red room)
Length of course: 1 term. Autumn (10 weeks)
Places: 20
Start date: 05 Oct
For nearly two centuries, Athens was a democracy, deciding most matters by popular vote. Hardly any text surviving from the time had a good word to say for this! I propose to explore how they got there, what the arrangements were (in theory and practice), and the views of various Athenians at the time such as Thucydides (unsuccessful general and historian), Aristophanes (comic dramatist), the 'Old Oligarch' (whatever he was), Alcibiades (general, probably blasphemer, and sometimes traitor), Plato and Aristotle (philosophers), and Pericles (general and in practice one-man ruler, who is our main source for a positive view). Unfortunately, we know little about the motivations of the creators of the democracy (apart from Solon). There will be a glance at Socrates, and also a summary of other systems (Corinth and Sparta). No knowledge of ancient Greek will be required.
Format: Lecture
About me: My first degree (Oxford Lit. Hum.) included Greek history for the period and some political philosophy.

HIS 10: Discovering lives in Georgian England through newspapers

Tutor: Glenda Ferneyhough
Day and time: Alternate Tuesdays, 12:30 - 13:30
Venue: U3AC (Yellow room)
Length of course: 1 term. Autumn (5 weeks)
Places: 15
Start date: 13 Oct
This course will provide glimpses into Georgian lives in the columns of provincial newspapers published after 1750. Many newspapers survive from the period and are now digitised. We will visit Bristol, Norwich, Manchester, Birmingham, and Newcastle-upon-Tyne and read the news. At each session I will tell you a little about the selected location and the newspaper proprietor. There will be plenty of sensationalism as the Georgians relished tales of crime and executions. Selected extracts from each newspaper will be supplied in advance which you will be expected to read and consider. Your conclusions and any research you have done will be discussed in class. I will make a nominal charge (£5) for supplying digitised copy at A3. If you have only sketchy knowledge of the period then some prior reading would be useful, available on request. This course may be unsuitable for anyone whose eyesight is poor.
Format: Seminar
About me: Diploma in English Social and Local History which I completed in 2022. I have previously given two short courses about life in Georgian England using contemporary sources.

HIS 11: Early Irish History (Summer term)

Tutor: Michael J Murphy
Day and time: Thursday 15:20 - 16:20
Venue: U3AC (Pink room)
Length of course: 1 term. Summer (9 weeks)
Places: 30
Start date: 15 Apr
The philosophy behind this outline course of Irish History is: interest - pure and simple. Who are the Irish? What does it mean to be Irish? What is their early history, culture, language and geography and how have these shaped later Irish people and society. This course will examine Irish history from the earliest times - the era of the Celts, through their artefacts, language and Sagas to the coming of Christianity with St Patrick, then, through the invasions of the Vikings, and later the Normans, to the Gaelic medieval world, and will end with its attempted destruction and subjugation under the Tudors.
Format: Lecture
About me: Former Principal lecturer in British and Irish History at Anglia Ruskin University.

HIS 12: England in the Twenties and Thirties

Tutor: Michael J Murphy
Day and time: Thursday 15:20 - 16:20
Venue: U3AC (Pink room)
Length of course: 1 term. Autumn (10 weeks)
Places: 30
Start date: 08 Oct
An historical and literary look at the social history of the 1920s and 1930s in England - while casting an eye on how the similar pattern of boom and depression affected the USA. Apart from the historical background to the period, the course will examine the varied social changes brought about by Modernism - as illustrated by the Bloomsbury Group and Scott Fitzgerald, George Orwell and John Steinbeck. The course will also include popular music - jazz, and song and dance from the Charleston in the Twenties to Fred Astaire and Ginger Rogers in the years leading up to the Second World War.
Format: Lecture
About me: Former Principal Lecturer in British History at A.R.U.

HIS 13: Evangelical Christianity: the good, the bad and the history (Spring term)

Tutor: David Carter
Day and time: Wednesday 16:00 - 17:00
Venue: U3AC (Red room)
Length of course: 1 term. Spring (10 weeks)
Places: 20
Start date: 13 Jan
This course will trace the changing nature of evangelical Christianity in the English-speaking world, from its origins in the Reformation, via the Wesleys, the Victorian reformers, fundamentalism and Pentecostalism, to the reasons for its very different characteristics today in the USA and the UK. We will cover the nature of evangelical belief and practice, how these have been influenced by changes in culture, and the effects the movement has had on individuals and society. The focus will be on understanding the nature and dynamics of the movement, rather than evaluating its truth claims. There will be plenty of time for discussion. All are welcome, regardless of your beliefs and previous exposure, if any, to evangelicalism; the only requirement is a willingness to listen and learn.
Format: Seminar
About me: I am not a historian, but I am fascinated by the development of ideas and beliefs and was an evangelical Christian myself for about twenty years.

HIS 13(z): Evangelical Christianity: the good, the bad and the history (Spring term)

Places: 50
As for HIS 13 but attending via Zoom.

HIS 14: Heraldry: Exploring the colourful arms of England's colourful gentry

Tutor: David Oates
Day and time: Tuesday 13:45 - 14:45
Venue: U3AC (Yellow room)
Length of course: 1 term. Autumn (9 weeks)
Places: 16
Start date: 06 Oct
Coats of arms have been part of our national heritage for centuries. We will explore the science of Heraldry from its beginnings to the present day - learning the fascinating Norman-French terms used by the heralds of old to describe each knight's coat of arms and meeting the menagerie of fierce and mythical beasts that appear on them, giving an insight into some of the colourful historic characters whose arms they were. We will discuss the entitlement to bear or inherit arms and how to identify the coats of arms that we see on our travels. The wealth of heraldry in the churches and colleges of Cambridgeshire will be a fruitful hunting ground. Sessions will incorporate practical work on describing and drawing coats of arms and discussion of photographs of local heraldry sent in by members. Coloured pencils required!
Format: Seminar
About me: I have been interested in heraldry since my schooldays and now write and lecture about it. I have given similar courses before.

HIS 15: Ho Chi Minh and the achievement of Vietnamese independence

Tutor: Peter Neville
Day and time: Tuesday 11:35 - 12:35
Venue: U3AC (Pink room)
Length of course: 1 term. Autumn (4 weeks)
Places: 20
Start date: 06 Oct
The course will examine Ho's life from the moment he left Vietnam in 1911 until his return in 1941. And his subsequent career as leader of the Viet Minh movement against the French colonisers, culminating in the great victory over France at Dien Bien Phu in 1954. Finally, it will look at Ho's last years as Father of the Nation and analyse the legacy he has left to modern Vietnam. Appropriate reference will be made to the roles of France, Britain, China, the Soviet Union and the U.S. in Ho's life story, and to domestic themes.
Format: Lecture
About me: I am a very experienced adult education and university tutor. I have visited Vietnam twice, and am the author of a biography of Ho Chi Minh (Routledge 2018).

HIS 16: Horses: Their role in the history of man (Summer term)

Tutor: Elizabeth Salmon
Day and time: Friday 12:30 - 14:00
Venue: U3AC (Pink room)
Length of course: 1 term. Summer (9 weeks)
Places: 30
Start date: 16 Apr
Man's development over the last several thousand years has, to a large extent, depended on the use and exploitation of the horse. Our ancestors hunted horses and then in the steppes of Asia started to ride them. The earliest horse cultures were nomads with herds of livestock - for them horsepower changed everything. The course will start with the evolution of the horse and then goes on to consider various aspects of the way in which the horse has assisted man, such as in war and conquest, economically in agriculture and industry and even in the development of new nations such as the United States. No previous knowledge of the horse is assumed.
Format: Lecture
About me: I have been interested in horses since I was seven years old and would like to share their fascinating history with those of like-minded interest.

HIS 17: Interesting people

Tutor: Jim Henry
Day and time: Thursday 12:15 - 13:30
Venue: U3AC (Green room)
Length of course: 1 term. Autumn (10 weeks)
Places: 13
Start date: 08 Oct
In leading several courses at U3AC over the past 12 years I have collected a variety of lectures about 'interesting people' and hope others will find them so. They include the Australian Aborigines to 1788; the Australian Aborigines from 1788 to the present day; the Historical Jesus; the Virgin Mary; King Arthur; The Emperor Constantine; Lachlan Macquarie; Pope Pius XII, John Monash; the first thousand years of popes.
Format: Lecture
About me: I read Medieval History at Birmingham Uni and was a history teacher.

HIS 18: Irish history - Cromwell to Parnell (Spring term)

Tutor: Mike Murphy
Day and time: Thursday 16:00 - 17:00
Venue: U3AC (Pink room)
Length of course: 1 term. Spring (10 weeks)
Places: 30
Start date: 14 Jan
The aim of this course is to analyse Anglo-Irish relations from the seventeenth to the nineteenth centuries. Consideration will be given to the emergence of Irish nationalism during this period and the challenges it posed to the Union with England. Particular attention will be paid to Cromwell's Irish campaign in the 1650s, the growth of Dublin in the eighteenth century and the emergence of aggressive nationalism from the French Revolution to O'Connell, the Fenians and Parnell. Central to all this will be an analysis of the Great Famine of the 1840s, the resultant loss of the Irish language and mass emigration in the years that followed. Historical videos, music and nationalist ballads will be included.
Format: Lecture
About me: Principal Lecturer in British and Irish History at A.R.U.

HIS 19(z): Language labyrinth

Tutor: Jenny Knight
Day and time: Tuesday 11:30 - 12:45
Venue: Zoom
Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)
Places: 12
Start date: 06 Oct
The English language is a labyrinth with Proto-Indo-European at its centre and paths in from other ancient languages. It retains words from Celtic, tribal dialects, Anglo-Saxon, Old Norse, Norman-French and more, that we all use from time to time. This exploration of it takes in anthropology, genetics, history, literature, religions and social history. Alongside a broadly chronological account beginning with prehistory and continuing to the present day are analyses of specific words; study of place-names, personal names and surnames; punctuation; regional dialects; acquisitions from modern languages; and the global significance of English. Members are set oral and written tasks and will be expected to read scripts in class that are displayed on screen. General knowledge of English history and literature is required. Some handouts are sent in advance; ideally you should be able to print these. Please do not apply if you cannot take part in both terms.
Format: Lecture with some class activities
About me: A long career in publishing has led to my interest in the evolution of our language. I enjoy sharing what I have learned.

HIS 20(z): Leading Lights of 19th Century France (Spring term)

Tutor: Frank Nicholson
Day and time: Tuesday 14:30 - 16:00
Venue: Zoom
Length of course: 1 term. Spring (10 weeks)
Places: 20
Start date: 12 Jan
This study group will delve into the history of France from Emperor Napoleon I's abdication in 1814 to the outbreak of WW1 a century later, during which time the country saw repeated violent uprisings as it moved from autocratic government to a democratic republic, and Paris served as the world's cultural capital. We'll together learn about the revolutions of 1830 and 1848, the Franco-Prussian War and 1871 Commune and Dreyfus Affair of the 1890s. Each meeting will start with a presentation on the life of one prominent figure and the historical context in which he or she operated, followed by round-the-table Q&A and discussion. The celebrities discussed will come from French politics, literature, art, music, science, medicine, business, philosophy, cuisine, fashion, entertainment and crime. While members will be encouraged to do a presentation, this will be strictly voluntary, with schedule gaps being filled by the facilitator and guests.
Format: Seminar
About me: I have a PhD in history and a long-time interest in France and its modern history and have led the course at U3AC and elsewhere before.

HIS 21: Let's talk about men (and women) (Spring term)

Coordinator: Carole Pook
Day and time: Thursday 12:30 - 13:30
Venue: U3AC (Green room)
Length of course: 1 term. Spring (10 weeks)
Places: 12
Start date: 14 Jan
We will discuss historical changes in relationships between men and women. A starting point will be the relationships between fathers and daughters. Other relationships to discuss could be husbands and wives, politicians and electorate, artists and muses, doctors and patients, authors and their heroines, employers and workers, teachers and students and sons and mothers.
Format: Discussion
About me: I have for several years enjoyed sharing with people at U3AC courses the lives and achievements of women in the past.

HIS 22: Life in Georgian England - Wealth and poverty (Spring term)

Tutor: Glenda Ferneyhough
Day and time: Alternate Tuesdays, 12:30 - 13:30
Venue: U3AC (Yellow room)
Length of course: 1 term. Spring (5 weeks)
Places: 15
Start date: 19 Jan
This course is a sequel to last year's 'A brief introduction to.....'. What was life like for ordinary people after 1700 and before the Victorian era? I will expand upon broad themes of work, leisure, marriage, poverty and wealth touched upon in my introductory course. How did men and women respond to the opportunities created by the revolutions in agriculture, industry and transport? We will consider the lives of some individuals by reference to contemporary sources. This is a course in social history for which no prior reading is required, but for those whose knowledge of the period is hazy I can on request suggest some suitable reading material. As the sessions progress I will suggest further reading and offer attendees an opportunity to give a five-minute presentation to the class on a topic that may be of interest to the other group members.
Format: Lecture
About me: Diploma in English Social and Local History. This course is a repeat of last year's course.

HIS 23: Medieval times and people (Summer term)

Tutor: Jim Henry
Day and time: Thursday 12:30 - 14:00
Venue: U3AC (Red room)
Length of course: 1 term. Summer (9 weeks)
Places: 16
Start date: 15 Apr
This is similar to last year's course. The emphasis is on the Early Medieval period and will include lectures on the Church, Byzantium, Islam, the First Crusade, Hastings and its circumstances, the Feudal system. The format is relaxed and discussion encouraged.
Format: Lecture
About me: I read Medieval History at Birmingham Uni and was a history teacher.

HIS 24(z): Military History Group

Coordinators: Justin Hiscock & Rod Hill
Day and time: First and third Wednesdays of each month through the year 10:30 - 12:00
Venue: Zoom
Places: 45
Start date: 07 Oct
The Military History Group is now in its 30th year. During the Pandemic we moved online successfully and then made the decision to stay there. Members are encouraged to give talks on aspects of Military History in which they are interested. Subjects, chosen by individual members, have come from a wide range of history and geography. They have included discussion of conflicts and battles, and unusual or unlikely events or military items. We have discussed distinguished military figures as well as the military experiences of family members. Presentations are followed by discussion. There is no compulsion for members to make a presentation, and no qualification is needed other than enthusiasm and an interest in Military History.
Format: Lectures and discussion
About me: (Justin) I have been a member for 8 years and the coordinator for one year.

HIS 25: Minervas of Science, 1700-1950

Tutor: Patricia Fara
Day and time: Alternate Tuesdays 14:45 - 16:00
Venue: U3AC (Pink room)
Length of course: 1 term. Autumn (5 weeks)
Places: 30
Start date: 13 Oct
Women have largely been excluded from conventional versions of science's history, but they often played important roles. This series of five lectures features examples drawn from the last quarter of a millennium to illustrate how some women successfully negotiated the obstacles confronting them. Through examining the contextualised lives and careers of particular individuals, these talks - which stand independently but are inter-related - explore the concealed prejudices and unstated assumptions that still pervade modern society. For me, one of the main purposes of studying the past is to understand how we have reached the present - and the whole point of doing that is to improve the future.
Format: Lecture
About me: I am a historian of science with extensive lecturing and writing experience. By exploring the past, I aim to improve the future.

HIS 26: Napoleon Bonaparte (Spring term)

Tutor: Adrian Roberts
Day and time: Monday 11:15 - 12:30
Venue: U3AC (Blue room)
Length of course: 1 term. Spring (10 weeks)
Places: 12
Start date: 11 Jan
Napoleon Bonaparte is one of the most instantly recognisable and controversial individuals in European history. Praised as an enlightened reformer and promoter of economic progress and reviled as a megalomaniac tyrant and warlord, Napoleon's reputation is as much debated today as it was in his lifetime. This course will examine his impact on France, Europe and the world. It will include his rise to power and relationship with the French Revolution, his methods of governing France, his attempts to defeat Britain, his military and political domination of Europe, resistance to his rule and the reasons for his eventual downfall. Sessions will make use of Napoleon's own speeches and writings, the views of his contemporaries and of historians and works of art from the period. No previous knowledge is required.
Format: Lecture and discussion
About me: I am a History teacher by profession and have been running courses for U3AC for the past nine years.

HIS 27: Origins of the Second World War (Spring term)

Tutor: Gerald Goldstone
Day and time: Tuesday 10:30 - 11:45
Venue: Member's home (CB1 8RW)
Length of course: 1 term. Spring (8 weeks)
Places: 10
Start date: 26 Jan
This course will look at the causes and effects of the coming of the Second World War. The war was not a single event but a series of clashes which interacted with each other. We will look at some of the long-term causes of the conflicts as well as the more immediate factors. We will look at the domestic issues which helped shaped countries' foreign policies and at the domestic consequences of foreign policy.
Format: Talk and discussion
About me: Retired school history teacher with over 20 years' tutoring experience in U3AC.

HIS 28: Sport and play in Cambridge: a 1,000 year history

Tutor: Nigel Fenner
Day and time: Wednesday 10:00 - 11:30
Venue: Fenner's Cricket Ground Pavilion
Length of course: 1 term. Autumn (10 weeks)
Places: 20
Start date: 07 Oct
Over the centuries play and sports have been considered sacred, valiant, and noble, often viewed as a key rite of passage, and yet at other times they've been pagan, profane and heathenish. For those women bold enough to play, they attracted a mix of moral, social, and gendered insults, for example Amazonian, or unseemly. Whilst Nelson Mandela believed 'sport has the power to change the world…..to unite people in a way that little else does', recent events, such as Russia being frozen out of international sport, and the politicisation of the 2026 World Cup, would suggest that Mandela's vision is today no more than a pipe-dream. This 10 x classroom-based seminar programme explores the ups and downs of play and sport in Cambridge, from its Anglo-Saxon origins, to local Fairs, the Reformation, through to the Industrial Revolution and the Victorians - and what the future might look like.
Format: Seminar
About me: I have an interest in the social history of local play and sport since writing a book on my relative Frank Fenner, a local tobacconist, who founded a cricket ground.

HIS 29: Ten Turning Points in European History

Tutor: Adrian Roberts
Day and time: Monday 11:15 - 12:30
Venue: U3AC (Blue room)
Length of course: 1 term. Autumn (10 weeks)
Places: 12
Start date: 05 Oct
This course will examine ten key events in European history from the 15th century to the 19th century. Some of these may be known to course participants, others will be less familiar. Studying these events will allow us to explore themes such as the Age of European Exploration, the Reformation, the struggle between Christendom and Islam, great power rivalry and the rise of nationalism and liberalism. Evidence will include extracts from contemporary literature, letters and speeches and works of art. No previous knowledge is required.
Format: Lecture and discussion
About me: I am a History teacher by profession and have run courses for U3AC for the past nine years.

HIS 30: The Civil War and the British Republic, 1625-1660

Tutor: Anne Stott
Day and time: Friday 10:00 - 11:30
Venue: U3AC (Pink room)
Length of course: 1 term. Autumn (10 weeks)
Places: 30
Start date: 09 Oct
This course will examine the history of Britain in one of the most significant centuries in its history. It will show how religious and political grievances came together to create tensions that erupted into civil war. During the war new religious movements sprang up and revolutionary ideas about the rights of the people were debated as never before. The execution of Charles I was followed by the setting up of a republic. The British republic was a failed political experiment, but even though the monarchy was restored in 1660, some of the changes brought about by the Civil War proved irreversible. No previous knowledge is required and relevant books will be recommended throughout the course.
Format: Lecture
About me: I am an experienced History tutor and have taught for the Open University and Birkbeck, University of London. I have a special interest in religious and constitutional issues.

HIS 31: The Great War 1914-19

Leader: Adrian Roberts
Day and time: Tuesday 11:30 - 12:45
Venue: U3AC (Blue room)
Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)
Places: 12
Start date: 06 Oct
This course is for members who would like to learn more about the worldwide conflict which began in August 1914. Topics covered will include the origins of the war, the major campaigns on all fronts, the war at sea and in the air, propaganda, the impact on civilian populations, the peace settlements, the results of the war and how the casualties have been commemorated. Commonly-held views on issues such as military leadership will be examined and questioned. Study of written sources, images and artefacts from the period will form a significant part of the course. Participants will have the opportunity to talk to the group about the experiences of members of their own families in the war. This course is intended for those with a general interest in the Great War rather than for specialist military historians.
Format: Lecture and discussion
About me: I am a History teacher by profession and have led groups to study the battlefields of the Western Front for over 20 years.

HIS 32(z): The history of England AD 410 to 1066

Tutor: Peter Camilletti
Day and time: Wednesday 11:15 - 12:25
Venue: Zoom
Length of course: 3 terms. Autumn (10 weeks), Spring (8 weeks), Summer (2 weeks)
Places: 30
Start date: 07 Oct
After the departure of the Romans from Britain, the course will cover the 'Dark Ages' and the various theories of how the people we call the Anglo-Saxons arrived, gradually dominated England, and formed kingdoms. As the course progresses, the written and archaeological evidence becomes more certain, giving us a view of how the development of the powerful kingdoms of Northumbria, Mercia, and eventually the superpower of Wessex took place. We will meet the kings that ruled these new great kingdoms. The era of the Viking raids, developed from seasonal raids into outright invasions, then to settlements. The course concludes with the Battle of Hastings, the death of King Harold, and the coronation of Duke William of Normandy as William I of England.
Format: Lecture
About me: I am an enthusiastic amateur historian. This will be the fifth course I have run on this subject.

HIS 33: The Later Stuarts: From the Restoration to the Glorious Revolution, 1660-1689 (Spring term)

Tutor: Anne Stott
Day and time: Friday 10:00 - 11:30
Venue: U3AC (Pink room)
Length of course: 1 term. Spring (10 weeks)
Places: 30
Start date: 15 Jan
After a devastating civil war and a period of republican government, the monarchy was restored in 1660, but it wasn't clear what exactly was being restored. Would Charles II be able to put the clock back and return to the situation before the war, or had some changes been irreversible? Twenty years into the king's reign, the monarchy was plunged into further crisis as parliament threatened to overthrow the rightful succession. The flight of the Catholic monarch, James II, and the Glorious Revolution of 1688-9 established a parliamentary monarchy and the wars of William III and Anne showed that Britain had become a major European power.
Format: Lecture
About me: I am an experienced History tutor and have taught for the Open University and Birkbeck, University of London.

HIS 34: The Neolithic Revolution (Spring term)

Tutor: Stephen Jones
Day and time: Monday 15:00 - 16:30
Venue: U3AC (Pink room)
Length of course: 1 term. Spring (6 weeks)
Places: 24
Start date: 11 Jan
This course traces the development of human society in Europe from the disappearance of the Neanderthals c 40,000 years ago to the start of the bronze age c 5,000 years ago. At this time, Homo sapiens was the last remaining hominin in Europe. We will examine changes in hunter-gatherer societies over this period (including the 'creative explosion' that resulted in sophisticated cave paintings and portable sculptures); the impact of the Last Glacial Maximum (25-20,000 years ago) and associated climate change on human development; and will focus in detail on the Neolithic Revolution, which took place between 12,000 and 7,000 years ago and involved a rapid transition to settled agriculture, new forms of social organisation and construction of monumental architecture such as Göbekli Tepe (Turkey), temples in Malta and megaliths such as Stonehenge in northwest Europe.
Format: Lecture
About me: A sometime social scientist fascinated by prehistory.

HIS 35(z): The Neolithic Revolution (Spring term)

Tutor: Stephen Jones
Day and time: Tuesday 10:00 - 11:15
Venue: Zoom
Length of course: 1 term. Spring (6 weeks)
Places: 50
Start date: 12 Jan
This course is a repeat of HIS 34 but attending via Zoom.
Format: Lecture
About me: Sometime social scientist fascinated by prehistory.

HIS 36: The Old Lady of Threadneedle Street: The Bank of England 1694-1946

Tutor: John Keyworth
Day and time: Wednesday 10:00 - 11:00
Venue: U3AC (Pink room)
Length of course: 1 term. Autumn (9 weeks)
Places: 24
Start date: 07 Oct
Beginning with the founding of the Bank in the aftermath of the Glorious Revolution, we shall examine the high and low spots in the development of the institution over 250 years until 1946 when it was taken into public ownership. We shall also look at the evolution of the bank note, forgery and counterfeiting, the Gold Standard, the buildings on the Threadneedle Street site, the employment of women in 1894, personalities associated with or with connections to the Bank including Kenneth Grahame, T.E. Lawrence and Montagu Norman and end with some delightfully scurrilous cartoons of the institution and its denizens from the 18th to the 21st centuries.
Format: Lecture
About me: I was Curator of the Bank of England Museum from 1986 until I retired in 2013.

HIS 37: The Papacy in crisis 1846-1903

Tutor: Peter Neville
Day and time: Friday 11:30 - 12:30
Venue: U3AC (Red room)
Length of course: 1 term. Autumn (4 weeks)
Places: 20
Start date: 09 Oct
The course will examine the pontificates of Pius IX and Leo XIII in a crucial period of Papal and European history. It will try to explain why from being the most popular man in Europe in 1846, Pius became derided and had lost the Papal lands forever in Central Italy. He faced a ferocious attack on Catholicism by Bismarck, while putting forward the controversial Decree on Papal infallibility in 1870. Pius's successor Leo XIII the 'Workers Pope' put forward the key encyclical 'New Things', and we will analyse how this document influenced Catholic social doctrine and led to the establishment of Christian Democracy in Europe. Finally the course will look at how Leo dealt with the German problem and the Dreyfus case in France, while looking at the Church's role in the eras of Marxism and Imperialism.
Format: Lecture
About me: I am a very experienced university lecturer and adult education tutor. This has included being a U3AC tutor for a decade.

HIS 38: The Three Kingdoms under the Stuart Monarchy 1603-1714

Tutor: Adrian Roberts
Day and time: Monday 09:45 - 11:00
Venue: U3AC (Blue room)
Length of course: 1 term. Autumn (10 weeks)
Places: 12
Start date: 05 Oct
This course will examine the history of the British kingdoms in the 17th and early 18th centuries. Topics covered will include the personality and policies of the Stuart monarchs, religious conformity and division, rebellion and civil war, the short-lived republic and relations with European states. Traditional study of this period has concentrated on events in England but developments in Scotland and Ireland will also be covered. The course will include examination of contemporary sources such as speeches, letters, diaries, pamphlets, art and architecture. No previous knowledge is required.
Format: Lecture and discussion
About me: I am a History teacher by profession and run three other courses for U3AC.

HIS 39: Traversing the Himalaya on foot: a personal journey through its culture and history

Tutor: Henry Edmundson
Day and time: Tuesday 11:35 - 12:35
Venue: U3AC (Pink room)
Length of course: 1 term. Autumn (4 weeks)
Places: 30
Start date: 10 Nov
During the last ten years, Henry Edmundson and his wife Connie have traversed the entire Himalayan chain on foot from Pakistan through Kashmir, India, Nepal, Sikkim, to Bhutan and beyond. Henry Edmundson will describe these adventures, weaving in the complex story of the region's geography, history, religions, and culture. You will be transported to areas which even today are seldom visited and introduced to the harsh realities of life among the world's highest mountains and the challenges the Himalayan peoples face both politically and environmentally.
Format: Lecture
About me: Henry Edmundson has climbed and trekked in the wider Himalaya and Afghanistan since 1965. He is a Fellow of the Royal Geographical Society and a member of the Alpine Club.

HIS 40: Ulster - A divided province (Spring term)

Tutor: Richard McMullan
Day and time: Wednesday 09:40 - 10:40
Venue: U3AC (Pink room)
Length of course: 1 term. Spring (10 weeks)
Places: 30
Start date: 13 Jan
In 1610 the 4 provinces of Ireland were permanently established, with Ulster covering the northern part of the island. Now, and for over the past 100 years, 3 of its 9 counties have been governed by The Republic of Ireland; the other 6 counties are part of The United Kingdom of Great Britain and Northern Ireland. How has this come about? In this course we will explore a history of the province from the arrival of St. Patrick in County Down (c 432AD). We will touch upon the arrival of the Normans on the island and the growing influence of England from Tudor times. Numerous rebellions, the Plantation of Ulster, the 1801 Act of Union, Home Rule, the establishment of Northen Ireland as a new political entity will all feature. More recently, the 'Troubles' and the Good Friday Agreement will be discussed.
Format: Seminar
About me: Educated in NI, I left post graduation in 71. I am not an academic historian.

HIS 41: 'We are Making New Worlds': British painting in the Great War era

Tutor: Colin Hurst
Day and time: Friday 11:30 - 13:00
Venue: U3AC (Red room)
Length of course: 1 term. Autumn (4 weeks)
Places: 20
Start date: 20 Nov
This four-session course begins by examining the work of war artists in their cultural setting and as part of a government-led propaganda effort. Individual sessions will focus on the work of William Orpen and Paul Nash, and others who experienced the front line. Depictions of the War away from the Western front will be considered, with an emphasis on women artists such as Flora Lion and Anna Airy. It will conclude by examining the part paintings played in the process of remembering and honouring, exemplified by the work of John Singer Sargent and Stanley Spencer.
Format: Lecture
About me: I am a retired parish priest with a life-long interest in history. I enjoy teaching adults and have run courses at Peterborough City College and recently at U3AC.

HIS 42: Women with a purpose

Tutor: Carole Pook
Day and time: Monday 14:30 - 15:30
Venue: U3AC (Pink room)
Length of course: 1 term. Autumn (10 weeks)
Places: 30
Start date: 05 Oct
We will be looking at the lives of ten women from history who perceived an injustice they wanted to change and who were prepared to defy contemporary opinion on the proper role of women in order to effect change.
Format: Lecture
About me: I am very interested in the lives of women in the past and want to present them to you in a stimulating and interesting format.

HIS 43: Your family genealogy and history

Leader: Michael Gibbs
Day and time: Tuesday 13:00 - 14:15
Venue: U3AC (Pink room)
Length of course: 1 term. Autumn (10 weeks)
Places: 30
Start date: 06 Oct
I will share my personal journey and experience of exploring my family genealogy and history: researching, recording and sharing with family and interested parties. I hope that some participants will be willing to share your own family history journeys, so that we all learn together, though no prior experience is required for the course, just a strong interest in discovering your past.
Format: Discussion
About me: I do not have any formal qualifications or teaching experience in genealogy, just a strong practical interest from researching and running my own family history website.

HIS 43(z): Your family genealogy and history

Places: 48
As for HIS 43 but attending via Zoom.

Investment

INV 01: Integrating strategies into portfolio design

Tutor: John Hall
Day and time: Thursday 15:30 - 16:50
Venue: U3AC (Green room)
Length of course: 1 term. Autumn (10 weeks)
Places: 8
Start date: 08 Oct
This is a small class for graduates of the classical strategies class last year. It seeks to answer the question 'How can we embrace what we learnt last year into a workable portfolio structure?' At the start, we will review how portfolio design has changed over the last 50 years and how it continues to evolve. Different portfolio structures will be reviewed before we move onto fitting both classical and modern strategies into a robust portfolio design. The tutor will also introduce a design framework based on his research, and show how this can be flexed to meet individual requirements. The class will embrace significant discussion on how to fit (if they do) different investments / strategies previously covered, e.g. Turbo bonds, and how to produce synergy between a range of investments, whilst avoiding the pitfalls of older design approaches.
Format: Taught course or activity
About me: In addition to teaching investment classes last decade for the U3AC, I currently co-chair an Investment group where I discuss my recent research.

Languages - Ancient & Classical

GRC 01(z): New Testament Greek

Tutor: Hilary Goy
Day and time: Friday 10:00 - 11:30
Venue: Zoom
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 15
Start date: 09 Oct
We shall read and explore the content and language of a selection of texts from the New Testament and other related authors. The aim is to enjoy, appreciate and expand our knowledge of this seminal literature. There is a grammar session for half an hour before the session for anyone who would like to come. Everyone in the group is an equal, no matter how much or how little Greek they have. We have lively discussions about theology and grammar.
Level: Any
Format: Seminar
About me: I am an old school teacher who can't stop!

GRC 02: Classical Greek self-help reading group

Coordinator: Mike Fay
Day and time: Monday 11:15 - 12:15
Venue: U3AC (Orange room)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)
Places: 9
Start date: 05 Oct
This course offers enjoyable, collaborative sessions reading and orally translating the Odyssey with Books 22, 23 and 24 on this year's agenda. Newcomers are welcome; previous participants have studied Classical Greek for several years. A key text will be 'Homer: Odyssey XIII-XXIV', edited by W B Stanford (Bristol Classical Press). Dictionaries used include the Cambridge Greek Lexicon, Liddell and Scott's Greek-English Lexicon, Cunliffe's Lexicon of the Homeric Dialect and Autenrieth's Homeric Dictionary. Internet sources, e.g. the Perseus Digital Library, offer help with lexis (links to online dictionaries) and even parsing. AI sources such as Anthropic Claude or Mistral Le Chat can also help. To extend existing knowledge or revive dormant skills one might try 'Greek Beyond GCSE' by John Taylor (Bristol Classical Press). Prospective newcomers are welcome to contact me by phone or email before classes start.
Level: A Level or above reading skills
Format: Self-taught course or activity
About me: I am a former teacher and translator of French and Spanish and have been studying Greek at U3AC since 2015.

GRC 02(z): Classical Greek self-help reading group

Places: 8
As for GRC 02 but attending via Zoom.

GRC 03: Classical Greek

Coordinator: Elizabeth Tavner
Day and time: Friday 10:45 - 11:45
Venue: Member's home (CB1 7UF)
Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)
Places: 7
Start date: 09 Oct
This year we shall start by reading Euripides' play 'Ion', which is to be produced, in Greek, at Cambridge Arts Theatre in early October. When we finish this, we shall decide on our next task.
Level: Advanced - but please don't let this put you off. We all find it difficult some of the time!
Format: Course or activity without teaching
About me: I am a Classics graduate, and joined this group several years ago when I retired.

LAT 01(z): Latin beginners

Tutor: Hilary Goy
Day and time: Monday 11:00 - 12:00
Venue: Zoom
Length of course: 3 terms. Autumn (9 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 15
Start date: 12 Oct
We shall start from point zero with the language and build up proficiency and understanding to read real Latin. You will be surprised how many words derive from Latin and you will find you already have a headstart. I intend to use a variety of methods and give those who participate in the class a chance to consider different possibilities - intrigued? Give it a try! We can be flexible with days and times, if Monday is not convenient.
Level: Beginner
Format: Taught course or activity
About me: Old Classics teacher who stills feels the magic!

LAT 02: First year Latin

Tutor: Marian Cleaver
Day and time: Thursday 15:30 - 16:45
Venue: U3AC (Orange room)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 10
Start date: 08 Oct
This course is designed for those wanting to start Latin or to refresh what they learnt years ago. We will work from the Cambridge Latin Course, books 1&2. The course, a gentle introduction to the language, is based on the philosophy that language is closely allied to those who spoke and wrote it, and that culture is as important as the grammar. These books are based on Roman life in Pompeii, Roman Britain and Egypt. We follow the life of a young man caught up in the disaster of Pompeii. As far as possible the stories are based on real events and people
Level: Beginner or basic refreshment
Format: Seminar
About me: I am a Classics Graduate and have taught Latin in schools around Cambridge. I have always enjoyed using the Cambridge Latin Course with groups of all ages.

LAT 03: Latin Year 2

Tutor: Ruth Yule
Day and time: Tuesday 13:00 - 14:00
Venue: U3AC (Orange room)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 12
Start date: 06 Oct
This course is aimed mainly at those who attended last year's Latin course for beginners. We will be using Book 2 of the Cambridge Latin Course 4th edition, ISBN 978-0521644686, and also referring to the Cambridge Latin Grammar, ISBN 978-0521385886. Book 2 continues to look at Roman language and culture, focussing now on life in Britain and Egypt. Others are welcome to join the class, but will need to know (or learn) some Latin beforehand. The CLC 4th edition textbooks are online at https://www.clc.cambridgescp.com/Array/online-textbooks. Looking at Book 1 may help you to judge the starting level, but contact the tutor if in any doubt. The plan is to cover the textbook in two terms; the group may continue into the summer term, but on a more informal basis. Please be prepared to spend 1-2 hours each week reviewing the previous session and preparing for the next one.
Level: Near beginners
Format: Taught course or activity
About me: Once upon a time, I studied Classics to degree level, but have hardly used the languages since, until I joined U3AC Latin and Greek classes a few years back.

LAT 04(z): A fourth year of Latin

Tutor: Mike Fay
Day and time: Wednesday 09:30 - 11:00
Venue: Zoom
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 8
Start date: 07 Oct
This class is based on Latin to GCSE Book 2 by Henry Cullen and John Taylor, supplemented by the Cambridge Latin Course Book IV, and also making use of online media. We shall work towards a good GCSE or O Level standard, with a view to further study. Participants will probably have had about three or four years of Latin or equivalent. There will be listening and reading, pronunciation and speaking, explicit grammar work, translation practice, a few looks at 'authentic' Latin over the centuries, and perhaps more! 1-2 hours prep/research between classes expected. Optional print resources: a reference grammar such as James Morwood's Latin Grammar or Kennedy's Revised Latin Primer, and a good dictionary, such as Cassell's Latin-English English-Latin Dictionary. If you wish to revise or update your Latin before the course starts, feel free to contact me by email for guidance and support.
Level: GCSE equivalent
Format: Taught course or activity
About me: A former teacher and translator of French and Spanish, I have been studying and tutoring Latin at U3AC since 2014.

LAT 05: Continuing to read Latin together

Tutor: Marian Cleaver
Day and time: Thursday 13:45 - 15:15
Venue: U3AC (Orange room)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 10
Start date: 08 Oct
The course is aimed at those who reached O Level standard and would like to progress to longer extracts of prose and poetry from Roman authors. We will start with a further selection of Pliny's Letters and parts of Virgil's Aeneid Book VI, the story of Aeneas' visit to the Underworld. We will also read passages from other authors in the Cambridge Anthology, Tacitus, Cicero, Ovid, Horace, and Catullus. We will continue to study the use of grammatical constructions, variations of vocabulary and style as they arise in our reading. In a friendly, lively atmosphere, our knowledge and understanding of Roman life and attitudes will be explored in discussion of topics we meet in our translations. Newcomers wishing to refresh their knowledge of Latin and the Roman world, would be welcome.
Level: Senior
Format: Seminar
About me: I have always enjoyed the Cambridge Latin Course philosophy of integrating knowledge of the culture and life of Romans with the learning of Latin.

LAT 06: Latin (re-)discovered

Tutor: Tom Dyson
Day and time: Monday 10:00 - 11:00
Venue: U3AC (Orange room)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)
Places: 8
Start date: 05 Oct
We will continue our reading from some of the great authors of classical Roman literature, both verse and prose. Last year we read from Virgil, Plautus, Cicero and Sallust. Planned future reading includes Tacitus, the beautiful poetry of Ovid and of the lyric poets. We usually take turns to read and translate, but it's not compulsory, you can just join in the discussion if you prefer. Texts and translations are provided. You should have studied Latin at A Level standard (or above) to get the best from your reading.
Level: A Level onwards
Format: Course or activity without teaching
About me: Tom read Classics at school and Cambridge. In retirement he has much enjoyed re-visiting and sharing the authors of Ancient Greece and Rome, and their world.

LAT 07: A taste of the Latin Classics (and some helpful grammar)

Coordinator: John Foulkes
Day and time: Monday 15:00 - 16:30
Venue: U3AC (Blue room)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)
Places: 14
Start date: 05 Oct
We take it in turns to read and translate extracts from authors such as Virgil, Cicero, Horace, Ovid, Pliny and Seneca and we try also to include some earlier or later writers. We intend that class members will be able to participate according to their level of confidence and ability and we welcome new members, including those who have studied at a lower level with U3AC and are ready to move on. Where possible, we use online resources or copyright-free pdf documents with the texts, vocabulary, notes and translations so that class members are not put to great expense in purchasing books. Grammar is discussed where helpful in elucidating our Latin readings. Optionally, the final part of each class features English to Latin translation, with answer keys provided. 1-2 hours prep between sessions recommended.
Level: Advanced (A Level or beyond)
Format: Self-taught course or activity
About me: John has been building on his indifferent O Level Latin at U3AC since 2019.

LAT 07(z): A taste of the Latin Classics (and some helpful grammar)

Places: 8
As for LAT 07 but attending via Zoom.

Languages - Modern

ARB 01: Arabic language

Coordinator: Kim Wallis
Tutor: Eman Hassan
Day and time: Friday 11:00 - 12:30
Venue: U3AC (Orange room)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 8
Start date: 09 Oct
We are a small group of Arabic language students with mixed intermediate levels of experience. We welcome new class members, and having a basic level of Arabic is advisable. We cover general conversation as well as written, listening and reading exercises.
Note: There will be an additional fee of £55 per term for our Arabic tutor Eman's time, and this is payable on application and at the beginning of each term.
Level: Intermediate
Format: Taught course or activity
About me: (Kim) I am one of the students in our Arabic group, as well as the class coordinator.

ARB 01(z): Arabic language

Places: 6
As for ARB 01 but attending via Zoom.

DUT 01: Dutch improvers

Coordinator: Peter Rice
Tutor: Allan Davies
Day and time: Thursday 12:00 - 13:30
Venue: U3AC (Orange room)
Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)
Places: 9
Start date: 08 Oct
This course is for people who have some basic to moderate knowledge of the Dutch language, and would like to improve it by reading (Dutch is not formally taught in this course). There's also some time for speaking. Reading: we read free to download online short stories/novellas/news articles, etc. I send these by link or attachments, so please bear in mind you will need an electronic device of some kind; you can then either read from your device in the classroom, or you can print out the texts. We prepare a few pages at home, and take turns on the day to read and translate a couple of paragraphs. Help with pronunciation will be available throughout. All comments are very welcome and are in English. Speaking: for about half an hour, we take turns to talk about a given subject. Material: dictionary - device.
Level: Basic to medium
Format: Course or activity without teaching
About me: (Peter) I have family in the Netherlands and a keen interest in Dutch and related languages.

ENG 01: Improve your English (for non-native speakers)

Tutor: Chloe Brown
Day and time: Monday 13:00 - 14:15
Venue: U3AC (Green room)
Length of course: 2 terms. Autumn (10 weeks), Spring (8 weeks)
Places: 8
Start date: 05 Oct
This is a new course and the format may be adapted to suit the needs of enrolled students. The objective is to increase fluency, widen vocabulary and use of idioms, reduce grammar errors and improve pronunciation when speaking English. We will use a mix of activities during each class, including discussion of materials read or listened to in advance of the class. (Preparation should not take more than 1 hour each week.) Materials used will include modern or classic English or American short stories, and I am proposing to start with ‘The Pearl’ by John Steinbeck. We may also listen to podcasts available on the BBC Sounds app. Grammar will be addressed through practical exercises rather than theory. These will depend on the needs of enrolled students but could include how to answer closed questions in the affirmative and negative, phrasal verbs and modal verbs.
Level: Non-native English speakers with (upper) intermediate level of English.
Format: Tutor-led interactive discussion and activities
About me: I have no formal ESL qualification but have enjoyed helping colleagues and international graduate students in Cambridge with their written and spoken English over many years.

FRE 01: French, the very beginning

Tutor: Brigitte Grimshaw
Day and time: Wednesday 09:30 - 11:00
Venue: U3AC (Green room)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 13
Start date: 07 Oct
The best way to understand the culture of a country is to learn its language. This course covers greetings and introductions, ordering drinks and snacks, booking a room at a hotel, finding your way around, shopping, enquiring about transport and health. We will work on grammar as well so that you can structure sentences and use the right tenses. The main aim of this course is to give you confidence in speaking French at beginners' level which you can work on later on. It is a gate opening onto possibilities. A friendly and fun atmosphere is very much a part of the course. We will work with 'Façon de Parler 1' by Angela Aries and Dominique Debney, sixth edition, ISBN: 978-1529374223.
Level: Beginners
Format: Taught course or activity
About me: I have taught French for many years at different levels including secondary schools, university level, and just cannot stop. Teaching my mother tongue at the U3AC is hugely enjoyable.

FRE 02: Sept jours pour une éternité

Tutor: Jill Tatham
Day and time: Friday 10:00 - 11:00
Venue: U3AC (Blue room)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 16
Start date: 09 Oct
We will continue 'Sept jours pour une éternité' by Marc Levy - probably about page 70, but I will let everyone know exactly near the beginning of October. The book is modern, popular and great fun - the devil and God have challenged each other to put an end to their age-old rivalry, each using their best agent, Lucas and Zofia. We pick up points of grammar as we read, using 'La grammaire en clair' (out of print, available online) Paul Rogers and Jeremy Long. We read and translate a sentence each, with help where needed. We speak English in class, so no pressure. Roughly the old 'O' Level standard would be suitable - it is a fun way of brushing up on rusty grammar and vocabulary We watch a short French Experience film occasionally. This is a friendly, relaxed group - we have fun and learn at the same time.
Level: O Level, rusty would be fine
Format: Taught course or activity
About me: I have taught French for many years, and particularly love reading and translation.

FRE 03: Express yourself in French

Tutor: Sylvia Hearn
Assistant: Diana Cook
Day and time: Thursday 10:00 - 11:15
Venue: U3AC (Blue room)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 15
Start date: 15 Oct
The aim of the class is to help you put aside your inhibitions and speak French more freely. You will be encouraged to talk briefly to the class in French on any subject you choose, which may lead to questions and discussion. You will be gently corrected for grammatical and pronunciation errors, so that you can make your meaning clear. There will be some teaching about these aspects of language, time for informal conversation, as well as a chance to dip into our library of condensed novels and short stories.
Level: Post GCE
Format: Taught course or activity
About me: (Sylvia) I enjoy helping people to contact their buried French and let it see the light of day in varied conversation, with some grammar and pronunciation tips.

FRE 04: Lisons 'Rendez-vous' - Monday

Coordinator: Margaret Provis
Day and time: Monday 15:15 - 16:30
Venue: U3AC (Yellow room)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)
Places: 10
Start date: 05 Oct
This is a continuation of last year's course, but new members are also welcome. There will sometimes be a little grammar work, but we will spend most of the time reading (aloud), translating and discussing articles in the French language magazine 'Rendez-vous', which contains 'faits divers' (short topical news items), as well as feature-length articles on culture, history, and social issues. Please note that we will be covering the same material as the Wednesday afternoon 'Rendez-vous' class (FRE 05) - so don't apply for both. You will need to take out a year's subscription to the magazine, which comes out every other month. Please email the tutor for further information about getting a (very small!) discount.
Level: Intermediate
Format: Part taught, part self-taught
About me: BA Hons in French and English literature. Worked in France for two years in the 1970s.

FRE 04(z): Lisons 'Rendez-vous' - Monday

Places: 4
As for FRE 04 but attending via Zoom.

FRE 05: Continuons 'Rendez-vous' - Wednesday

Coordinator: Margaret Provis
Day and time: Wednesday 14:45 - 16:00
Venue: U3AC (Green room)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 10
Start date: 07 Oct
This is a continuation of last year's course, but new members are also welcome. There will sometimes be a little grammar work, but we will spend most of the time reading (aloud), translating and discussing articles in the French language magazine 'Rendez-vous', which contains 'faits divers' (short topical news items), as well as feature-length articles on culture, history, and social issues. Please note that we will be covering the same material as the Monday afternoon 'Rendez-vous' class (FRE 04) - so don't apply for both. You will need to take out a year's subscription to the magazine, which comes out every other month. Please email the tutor for further information about getting a (very small!) discount.
Level: Intermediate
Format: Part taught, part self-taught
About me: BA Hons in French and English literature. Worked in France for two years in the 1970s.

FRE 05(z): Continuons 'Rendez-vous' - Wednesday

Places: 4
As for FRE 05 but attending via Zoom.

FRE 06: Parlons encore

Tutor: Brigitte Grimshaw
Day and time: Thursday 09:30 - 11:00
Venue: U3AC (Orange room)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 13
Start date: 08 Oct
This course is the opportunity to discuss French novels, plays, or films to give you an insight into the French culture. I will have a few novels on offer and will email you the title of the novel we will start with near the time. Marc Levy is definitely in my list of authors. Film wise I would like to start with 'Au revoir les enfants' et peut-être 'Lupin' with Omar Sy as one of the main actors. But this is also up for discussion of course. Grammar will come to the rescue when needed. I will aim to speak French at all times but will revert to English when necessary. I am still an Open University tutor and tutoring with the U3AC is a most welcome complement to my work.
Level: Intermediate to advanced
Format: Taught course or activity
About me: Still working with the Open University, teaching my mother tongue is an absolute pleasure and U3AC students are a delight to teach.

FRE 07(z): En route!

Tutor: Brigitte Grimshaw
Day and time: Wednesday 14:00 - 15:30
Venue: Zoom
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 18
Start date: 07 Oct
If you have done a beginners' course already, this course is for you. I am hoping to take you one step further and build on your confidence. We will be working on ordering meals, stating preferences and making complaints, making enquiries about facilities available, planning the future and making simple comparisons, coping with difficulties over accommodation, narrating what has happened, sampling French literature with 'Maigret et son mort', by Georges Simenon, but just a short extract. Grammar will be there as a necessary tool for good communication. We will be working with 'Façon de Parler 2' by Angela Aries and Dominique Debney, fifth edition, ISBN: 978-1444181227.
Level: Intermediate
Format: Taught course or activity
About me: Still working with the Open University, teaching my mother tongue with the U3AC is an absolute pleasure.

FRE 08: French conversation

Leader: Elizabeth Thorn
Day and time: Thursday 11:00 - 12:30
Venue: Member's home (Cottenham, CB24 8QU)
Length of course: 3 terms. Autumn (8 weeks), Spring (8 weeks), Summer (8 weeks)
Places: 6
Start date: 08 Oct
People wanting to converse and are able to discuss a variety of subjects with relevant fluency.
Level: Intermediate
Format: Discussion
About me: I have spent 37 years in France and taught English there for 28 years.

FRE 09: Modern French novels

Coordinator: Margaret Provis
Day and time: Wednesday 10:00 - 11:00
Venue: U3AC (Blue room)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 10
Start date: 07 Oct
Nous lisons des romans à haute voix, à tour de rôle, et faisons des réflexions tantôt littéraires, tantôt personnelles. Veuillez consulter le site web pour voir quel roman nous lirons en premier.
Level: Good intermediate
Format: Reading (aloud) around the room, and discussion
About me: BA Hons in French and English literature. Worked in France for two years in the 1970s.

FRE 09(z): Modern French novels

Places: 4
As for FRE 09 but attending via Zoom.

FRE 10: La geisha et le joueur de banjo

Tutor: Jill Tatham
Day and time: Friday 11:15 - 12:15
Venue: U3AC (Blue room)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 16
Start date: 09 Oct
For this class you need a good working level of French, roughly the old 'A' Level, but rusty would do. It is a fun way to brush up rusty language, get to grips with varying constructions and expand vocabulary. We read a sentence each (with help if necessary) and translate it into English. We speak English apart from reading the text. We are reading 'La geisha et le joueur de banjo' by Jérôme Hallier - it is a modern, well-written novel about - well guess what! taking in Japan, USA and Paris, geishas and music. We will probably be about chapter 4, so newcomers would find it reasonably easy to catch up, and would be very welcome. We are a relaxed, friendly group, no pressure.
Level: Roughly A Level, but rusty would do
Format: Taught course or activity
About me: I have taught French for many years and particularly love reading and translation.

FRE 11: Cercle français

Coordinator: Alan Birch
Day and time: Tuesday 14:00 - 15:20
Venue: U3AC (Red room)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 18
Start date: 06 Oct
Nous parlons français tout le long des cours, il faut donc savoir parler assez couramment. Les activités sont variées et peuvent couvrir des discussions sur les actualités, des exercices, et des débats. À chaque session, deux membres du groupe à tour de rôle choisissent et mènent les activités. Il est donc demandé un peu de préparation préalable à ce moment là, mais rien d'autre.
Level: Advanced
Format: Course or activity without teaching
About me: I have coordinated the Cercle français for some years.

FRE 12: Gagnez vos places, le rideau va se lever, on frappe les trois coups

Tutor: Arlette Kendall
Day and time: Tuesday 11:00 - 12:30
Venue: U3AC (Red room)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (5 weeks tbc)
Places: 20
Start date: 06 Oct
Les trois coups retentissent, le rideau se replie lentement sur lui-même. Nous allons suivre la Compagnie Renaud-Barrault. Jean-Louis Barrault (célèbre Baptiste dans le film de Carné, Les Enfants du Paradis) par ses collaborations et ses réflexions sur la dramaturgie théâtrale eut un apport considérable aux arts de la scène. À travers lui et la Compagnie, nous allons découvrir un programme théâtral éclectique qui défend les grands auteurs traditionnels (Musset, Molière, Racine, Beaumarchais…) et contemporains allant de l'étincelante splendeur de Claudel (Le Soulier de satin, Partage de midi…), passant par l'ironie de Ionesco (Rhinocéros), sans oublier le scandale de Genêt (Les Paravents) ou de Jarry (Ubu), jusqu'au pétillement de Giraudoux (Intermezzo, La guerre de Troie n'aura pas lieu) ou de la Vie Parisienne. Habités par le goût du théâtre nous allons rendre hommage à ces œuvres aussi emblématiques qu'audacieuses et finir par l'injonction 'Le rideau est levé, allez au théâtre'!
Level: Advanced
Format: Lecture
About me: A tutor for many years, every year a pleasure to share my passion for French culture, society and literature.

GER 01: German beginners

Tutor: Ruth Yule
Day and time: Wednesday 13:00 - 14:00
Venue: U3AC (Yellow room)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 12
Start date: 07 Oct
This course aims to introduce complete beginners to the German language, equipping them with language skills to communicate in everyday situations and to understand something of what they see and hear when visiting German-speaking countries. We will base our work on the BBC language course Deutsch Plus, augmented by various German-origin language learning materials. You will require a copy of the Deutsch Plus book (ISBN 978-0563519157), but there is no need to buy the CDs, which we will listen to in class. Please be prepared to spend an hour or two each week reviewing the previous session and preparing for the next one. The group may continue into the summer term, but on a more informal basis. The Zoom version of this course (GER 02(z)) will run in parallel, covering the same material at the same time.
Level: Beginner
Format: Taught course or activity
About me: I am a competent non-native user of German; I read and speak the language fluently, and enjoy introducing others to its pleasures and pitfalls.

GER 02(z): German beginners by Zoom

Tutor: Ruth Yule
Day and time: Thursday 11:00 - 12:00
Venue: Zoom
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 10
Start date: 08 Oct
This is a Zoom-only version of the in-person GER 01 German beginners' course, with the same syllabus and requirements.
Level: Beginner
Format: Taught course or activity
About me: I am a competent non-native user of German; I read and speak the language fluently, and enjoy introducing others to its pleasures and pitfalls.

GER 03: German beginners year 2

Tutor: Christine Stapleton
Day and time: Wednesday 14:15 - 15:15
Venue: U3AC (Blue room)
Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)
Places: 10
Start date: 07 Oct
This course is a continuation of last year's German beginners, which was based on the BBC language course Deutsch Plus (2004, ISBN 978-0563519157), and we will continue to use this course book in the second year. This class would also be suitable for new members with some knowledge of German. Please contact the tutor if in doubt about level required.
Level: Second year beginners
Format: Taught course or activity
About me: I was brought up and educated in Germany and have been teaching German at the U3AC for a number of years.

GER 03(z): German beginners year 2

Places: 5
As for GER 03 but attending via Zoom.

GER 04: German year 3

Tutor: Christine Stapleton
Day and time: Wednesday 13:00 - 14:00
Venue: U3AC (Blue room)
Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)
Places: 10
Start date: 07 Oct
This course is a continuation of the course 'German beginners year 2' which is based on the BBC language course Deutsch Plus (2004, ISBN 978-0563519157). We will continue to use this course book and supplement it with other materials to develop listening and reading skills, to consolidate grammar and build up confidence in conversation. New members, who would like to join the class, should contact the tutor before applying.
Level: Third year beginners
Format: Taught course or activity
About me: I was brought up and educated in Germany and have been teaching German at the U3AC for a few years.

GER 04(z): German year 3

Places: 5
As for GER 04 but attending via Zoom.

GER 05: Brush up your German

Tutors: Peter Rice & Peter Stutz
Day and time: Friday 14:45 - 15:45
Venue: U3AC (Blue room)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 14
Start date: 09 Oct
A course for those who have a very basic knowledge of German and would like a ‘brush up’. The course will comprise some grammar, reading in German, translating, a modicum of conversation and some audio/visual. We aim to help everyone, whatever their starting level may be. Sessions are quite informal, and suggestions for topics and areas most in need of brushing up can all be catered for.
Level: GCSE/O Level
Format: Lecture / discussion
About us: Peter Rice lived 7 years in Germany, Peter Stutz did German A Level and loves the German language.

GER 06: Translation: Warten bis der Frieden kommt

Tutor: Jill Tatham
Day and time: Monday 12:45 - 13:45
Venue: U3AC (Yellow room)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)
Places: 16
Start date: 05 Oct
We will continue reading and translating 'Warten bis der Frieden kommt' by Judith Kerr, the second book in her trilogy 'Als Hitler das rosa Kaninchen stahl'. We will probably be starting about half-way through chapter 20 - I will email the exact place about the beginning of October. It is based on J. Kerr's life, and is episodic, so newcomers will have no problem with the plot. We read and translate a sentence each, with help, and pick up points of grammar as we read, using 'Alles Klar' by Paul Rogers and Jeremy Long. (I have a spare copy). We will watch a film from Deutsch Plus. Apart from reading aloud we speak English in class. It is a fun way of brushing up rusty German grammar and vocabulary. We are a relaxed, friendly group.
Level: Reasonable O Level, rusty is fine
Format: Taught course or activity
About me: I have taught German for many years and especially love reading, translation and grammar.

GER 07: Vorwärts zum Stammtisch

Tutor: Claire Evans
Day and time: Wednesday 11:15 - 12:45
Venue: U3AC (Green room)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 12
Start date: 07 Oct
Designed as a possible preparation for the course 'Eine Art Stammtisch', the emphasis will be on conversation in order to improve confidence and fluency in ordinary situations. You should be able to construct sentences in speaking reasonably fluently. However we will revisit grammar issues as they arise so that your accuracy and consistency will also improve. We will practise grammar points through structured speaking activities. We will also use short texts and video clips as starting points.
Level: Common European Framework of Reference for Languages (CEFR) levels B1-B2 Intermediate
Format: Taught course or activity
About me: My career was as a secondary school German teacher, then Head of MFL.

GER 08: Eine Art Stammtisch

Leader: Julia Davison
Day and time: Wednesday 10:00 - 11:30
Venue: U3AC (Orange room)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 12
Start date: 07 Oct
In the past, students of all levels have sat round the same Stammtisch. This year you are invited to join a Stammtisch for people whose knowledge of German grammar is secure and who are able to speak German with a fair degree of fluency. You will be keen to speak and share your ideas in German, as you build up your fluency even further. We will be looking at poetry and paintings and discussing current events, using online resources such as Deutsche Welle. In addition, we will be reading a story, translating short passages and discussing sections which you will have studied at home. There will also be break-out sessions and reports back on topics which might emerge from a Deutsche Welle article or be suggested by the group. Für 90 Minuten deiner Woche wird nur Deutsch gesprochen!
Level: High intermediate B2-C1
Format: Taught course or activity
About me: I have always loved speaking German and learning about Germany since schooldays, a degree and a teaching career.

GER 08(z): Eine Art Stammtisch

Places: 2
As for GER 08 but attending via Zoom.

GER 09: German poetry and prose

Coordinator: Christine Stapleton
Day and time: Alternate Tuesdays, 14:15 - 15:30
Venue: U3AC (Green room)
Length of course: 2 terms. Autumn (5 weeks), Spring (5 weeks)
Places: 10
Start date: 06 Oct
Our principal focus will continue to be a wide-ranging selection from German writing - from medieval to modern - mainly poetry but also short stories and extracts from plays. The choice of texts is made by class members with some guidance from the coordinator. Discussion is in English.
Level: Advanced - A Level equivalent or above
Format: Discussion
About me: I was brought up and educated in Germany and have had a life-long interest in German literature.

GER 10: German translation: Glennkill

Tutor: Jill Tatham
Day and time: Monday 14:00 - 15:00
Venue: U3AC (Yellow room)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)
Places: 16
Start date: 05 Oct
You need a reasonable working level of German for this class - roughly A Level - rusty would do. We read a sentence each (with help with pronunciation if appropriate) and translate into English. It is a fun way to brush up rusty language. We speak English in class. We will continue 'Glennkill' by Leonie Swann. It is a modern, well-written, quirky 'Schafskrimi' - a band of sheep have characters all their own, the cleverest being Miss Maple. There is a murder, or two, and a certain amount of entertaining sheep psychology. We will probably be reading chapter 18, but I will provide the exact place at the beginning of October. I think we may finish the book by about Christmas. Newcomers are very welcome, but would have some catching up to do. This is a very relaxed, friendly class - we have fun and learn at the same time.
Level: Roughly A Level, rusty would be fine.
Format: Taught course or activity
About me: I have taught German for many years and especially love reading and translation.

GER 11: Advanced German conversation

Tutor: Carole Trosch
Day and time: Thursday 11:00 - 12:00
Venue: U3AC (Green room)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 12
Start date: 08 Oct
This course is general conversation in German on any subject the group wishes to discuss and, in order to get the most out of it, your German needs to be at an advanced level. Participants will need to have solid speaking and listening skills. There is a brief language focus at the end of each session and we use this to highlight problems with vocabulary or grammar which have emerged during the discussion. This focus is kept short as this is a conversation class and is always general feedback; it does not include individual error correction. The aim is for relaxed conversation and for everyone to feel confident enough to contribute. Nobody will ever be put on the spot.
Level: Advanced Minimum B2 - C1 Common European Framework of Languages (CEFR)
Format: Discussion
About me: I was an EFL teacher/teacher trainer for international students and teachers. I lived and worked in Germany for many years.

GRM 01: Modern Greek conversation with some reading

Tutor: Jana Wright
Day and time: Tuesday 12:00 - 13:00
Venue: St Clement's Church (Upper Room, NB: First Floor - no lift)
Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)
Places: 10
Start date: 06 Oct
The aim of the course is to get people speaking simple everyday Greek. In the first lesson I will go over the Alphabet for sounds and after that we will start reading and speaking simple phrases. You will need to buy the BBC book 'Talk Greek'. There will sometimes be a small charge for some photocopying of my own material which I may want to present. This course would be helpful for people who may want to visit Greece and communicate a little in the local language.
Level: Beginner - intermediate
Format: Taught course or activity
About me: I lived in Greece for 47 years and speak the language fluently. I have taught language in Greece for the last 30 yrs to both children and adults.

GRM 02(z): Greek conversation

Tutor: Chris Maimaris
Day and time: Friday 14:00 - 15:00
Venue: Zoom
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 10
Start date: 09 Oct
You are on a Greek island, the sun is shining, it is Friday and you want to go to the Καφενειο 'Η Φιλοξενια' to meet friends for a chat in Greek on any topic of the day. Alas, the καφενειο is closed but you can meet your friends on Zoom, although you'll have to make the coffee yourself.
Level: Good command of Modern Greek
Format: Discussion
About me: I joined U3AC in 2019 when retired from medicine; enjoy courses in history, science, ancient culture and translation; just started tutoring modern Greek conversation to help others speak Greek with enthusiasm.

GRM 03: Modern Greek: Reading and translation

Coordinator: Elisabeth Marseglia
Day and time: Monday 12:30 - 14:00
Venue: U3AC (Orange room)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)
Places: 10
Start date: 05 Oct
Self-help reading and translation group. A novel and short stories will be studied and translated.
Level: A knowledge of basic modern Greek is assumed.
Format: Self-taught course or activity
About me: This is a self-help course and all members are welcome to contribute to the running of it.

HIN 01: Hindi for beginners

Tutor: Narinder Kumar
Day and time: Friday 09:45 - 10:45
Venue: U3AC (Orange room)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 12
Start date: 09 Oct
Learn to write and read Hindi from absolute beginners' stage. The course will include learning the alphabets, their formation, pronunciation and grammar. It is meant to be a fun project as well as an informative one.
Level: Beginners
Format: Taught course or activity
About me: I enjoy teaching.

ITA 01: Italian beginners

Tutor: Prof Ricky Selwyn
Day and time: Tuesday 12:30 - 14:00
Venue: U3AC (Green room)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks tbc)
Places: 12
Start date: 06 Oct
The tutor introduces Italian language and culture. The students will learn to converse in simple Italian; they are introduced to basic grammar and some reading. Students are stimulated through role play conversation, from time to time listening to tapes, CDs. At the end of the course students will be able to communicate in everyday situations. Course book Buongiorno Italia - new edition BBC, ISBN 978-0563519452. The course may continue into the Summer term running on a self-help basis.
Level: Beginners
Format: Lecture
About me: Semi-retired academic with more than 30 years' experience.

ITA 02: Italian self-help

Coordinator: Paul Jinman
Day and time: Tuesday 10:00 - 11:00
Venue: U3AC (Green room)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 12
Start date: 06 Oct
We are a small friendly group whose members have a fairly good knowledge of the language. Each week we relate any topics of news/interest and encourage conversation. We are currently following the website 'Easy Italian News' where we use the overhead projector to listen to the audio followed by reading aloud and translating the accompanying text.
Level: Improvers, roughly O/A Level standard.
Format: Self-taught course or activity
About me: I've been visiting Italy for many years and find that a knowledge of the language allows me to fully appreciate the Italian Lifestyle, food and culture.

ITA 03: Italian literature: reading modern novelists

Coordinator: Mary Savini
Day and time: Monday 11:15 - 12:30
Venue: U3AC (Red room)
Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)
Places: 12
Start date: 05 Oct
This course gives an opportunity to read, translate and discuss prose works of modern Italian writers. The only requirement is the ability and willingness to read texts aloud. The books will be chosen from the wide spectrum of current Italian literature.
Level: Intermediate
Format: Course or activity without teaching
About me: I lived in Rome, Italy, for over 40 years, and have only recently returned to the U.K. I enjoy sharing the discovery of new books and authors.

ITA 04: Italian intermediate

Tutor: Prof Ricky Selwyn
Day and time: Tuesday 15:00 - 16:30
Venue: U3AC (Yellow room)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks tbc)
Places: 15
Start date: 06 Oct
The class is for students who have a basic knowledge of the Italian language. They will have the opportunity to revise and reorganise what they already know to gradually learn complex structures of the language. No text book is required, the tutor will provide photocopies for which there maybe an additional fee payable directly to the tutor. The course may continue into the Summer term running on a self-help basis.
Level: Intermediate
Format: Lecture
About me: Semi-retired academic with more than 30 years' experience.

ITA 05: Italian conversation (Tuesday)

Tutor: Prof Ricky Selwyn
Day and time: Tuesday 11:15 - 12:30
Venue: U3AC (Green room)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks tbc)
Places: 12
Start date: 06 Oct
This class is for students with knowledge of the Italian language who wish to maintain and improve their fluency speaking Italian. The course may continue into the Summer term running on a self-help basis.
Level: Intermediate plus
Format: Discussion
About me: Semi-retired academic with more than 30 years' experience.

ITA 06: Italian conversation (Friday)

Tutor: Prof Ricky Selwyn
Day and time: Friday 13:45 - 15:00
Venue: U3AC (Green room)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks tbc)
Places: 12
Start date: 09 Oct
Description as for ITA 05.
Level: Intermediate plus
Format: Discussion
About me: Semi-retired academic with more than 30 years' experience.

ITA 07: Italian intermediate self-help

Coordinators: Alan Birch & Elaine Miles
Day and time: Tuesday 11:45 - 12:45
Venue: U3AC (Orange room)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 10
Start date: 06 Oct
We use all means available to improve our ability to read, understand and speak Italian. These include newspaper articles, word games, text-books and readers. We assimilate grammar and vocabulary by using the language, not through exercises. There is no tutor, so we are a genuine self-help group. We use recordings of native speakers to help with our pronunciation. There will be a small amount of homework every week.
Level: Intermediate
Format: Self-taught course or activity
About us: We have coordinated this class for some years.

MDN 01: Mandarin conversation for beginners plus (Autumn and Summer terms)

Tutor: Yongqing Ma
Day and time: Tuesday 16:00 - 17:00
Venue: U3AC (Orange room)
Length of course: 2 terms. Autumn (10 weeks), Summer (9 weeks)
Places: 6
Start date: 06 Oct
This course is for members who have basic knowledge of Mandarin and would like to practise and improve their listening, fluency, speaking and communication skills. We will continuously use the textbook: Conversational Chinese 301 by Y Kang & S Lai, ISBN 978-7561914038 (3rd ed.) /978-7301256510 (4th ed.). Then use its Volume 2, ISBN 978-7301322055. Each lesson is divided into six parts: Sentences, Conversation, Substitution & Extension, New Words, Grammar and Exercises. In addition, there will be some additional materials for particular topics such as culture, history, foods and habits, etc. Special events, e.g., traditional Chinese holidays, famous Chinese literature, etc., might also help the participants improve and master these basic conversations.
Level: Beginners plus
Format: Discussion
About me: I am a native Chinese speaker and have lived in Britain and New Zealand for over 30 years, and we will enjoy together conversing in Mandarin.

MDN 02(z): Mandarin

Coordinator: Jane Stevens
Day and time: Thursday 14:30 - 15:30
Venue: Zoom
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 10
Start date: 08 Oct
This course is a continuation of the previous year's course. It is suitable for intermediate students who have had some exposure to Mandarin, although individuals with little previous experience of Mandarin can join. Teaching covers both written and spoken Mandarin, usually with Pinyin alongside; written Mandarin will involve recognition of Chinese characters and their pronunciation. The emphasis is currently on reading, comprehension and discussions based on Chinese Short Stories for Beginners, with relevant grammar points highlighted.
Level: A reasonable basic knowledge required
Format: Taught course or activity
About me: Teachers are Chinese speakers from China currently in the UK.

RUS 01: Russian for improvers year 6

Coordinator: Rosemary Burdess
Day and time: Tuesday 13:00 - 14:00
Venue: U3AC (Blue room)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 10
Start date: 06 Oct
Russian for improvers is for those who have previously learned Russian for a couple of years or who have forgotten past learning. We shall continue learning the Russian language using the textbook 'Colloquial Russian: The complete course for beginners' by Svetlana le Fleming, Susan E. Kay and Mikhail Vodopyanov. This allows us to review the basics while developing personal strengths. Additional material is also used to improve our knowledge of vocabulary or grammar and ability to understand, speak, read and write in Russian. We are a friendly group at different stages in our learning who enjoy brushing up our language skills together.
Level: Improvers, 3rd year
Format: Taught course or activity
About me: I am an experienced language teacher.

RUS 02: Reading Russian literature

Coordinator: Jim Pateman
Day and time: Tuesday 10:15 - 11:30
Venue: U3AC (Orange room)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 10
Start date: 06 Oct
This is a mutual self-help group for those who know enough of the Russian language to enjoy reading literature. It may be useful to have an electronic device of some kind, as some of the Russian Classics are not easy to find in print, but are in the public domain and free to download. We have been reading Bulgakov's 'White Guard', and will continue with this in the Autumn term. We will then pick another text to read together. We prepare an agreed number of pages at home, and take turns on the day to read and translate a couple of paragraphs to satisfy ourselves we have understood the original text. New members are very welcome. Cost: as per book if relevant dictionary, device (U3AC has free Wi-Fi).
Level: Intermediate/Advanced
Format: Course or activity without teaching
About me: I joined the group over ten years ago and have very much enjoyed meeting and working with other fans of Russian classic 19th century literature and some more modern texts.

RUS 02(z): Reading Russian literature

Places: 4
As for RUS 02 but attending via Zoom.

SPA 01: Spanish intermediate

Tutor: Carlos Toranzos
Day and time: Thursday 09:45 - 10:45
Venue: U3AC (Green room)
Length of course: 2 terms. Autumn (8 weeks), Spring (8 weeks)
Places: 12
Start date: 08 Oct
This course is a continuation of last year's Spanish beginners SPA (01) We have covered present tense and past tense, we shall be covering actively past historic and perfect tenses. The course is based on a Spanish textbook introducing grammar and practical vocabulary. We will also use when available, video and audio materials from Instituto Cervantes. I will encourage participants to take the Cervantes Institute official language examinations. Communicative skills will be developed via role-playing and active participation. We will encourage some basic readings and also some production of Spanish in sentences and in some writing work. We will do some listening practices to familiarise the hearing of accents and speeds.
Level: At least some knowledge of basic Spanish
Format: Seminar
About me: I am originally from Bolivia, but have lived in Cambridge for over 50 years. I have lectured at ARU for more than 32.

SPA 02(z): A second year of Spanish

Tutor: Christine Stopp
Day and time: Wednesday 10:00 - 11:15
Venue: Zoom
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 15
Start date: 07 Oct
This is a follow-on course for those who did last year's 'A Year of Spanish'. We will continue our introduction to the language with vocabulary, grammar and speaking structures of use in everyday situations. As well as those who took the course last year, this may be suitable for those who learnt some Spanish ages ago and want to brush up their knowledge. Participants should know all the basic verb tenses as this year we will move to more intermediate language. I use a range of activities, including some traditional grammar as well as more 'fun' learning activities. It is helpful if students have access to a printer so they can print off worksheets, and there will be work to complete outside the class. My courses are given via Zoom, but we may also organise occasional meetings in person if convenient for all.
Level: Third year beginners (approx. GCSE)
Format: Taught course or activity
About me: I am a Cambridge language graduate and former journalist and secondary school teacher and have been teaching (and enjoying) Spanish at U3AC for the past ten years.

SPA 03(z): Read, speak and learn Spanish

Tutor: Christine Stopp
Day and time: Wednesday 11:30 - 13:00
Venue: Zoom
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 15
Start date: 07 Oct
A Spanish course via Zoom for anyone with an intermediate knowledge (GCSE/beginning A Level). It will be suitable for most of those who have attended my courses in previous years. We will read a short novel as well as practising speaking. The choice of novel is as yet undecided (Possibilities: Soldados de Salamina (Cercas); Como agua para chocolate (Esquivel); El disputado voto del señor Cayo (Delibes). Last year we read Relato de un náufrago by Gabriel García Márquez. Participants will need to prepare the text outside the class and I hope to have occasional meetings at my home (CB23) or in an agreed local venue so students can meet each other in person. It will be helpful if students have access to a printer in order to print their own copies of occasional grammar resources.
Level: GCSE/beginning A Level
Format: Taught course or activity
About me: I am a Cambridge languages graduate and a former journalist and secondary school teacher who has been teaching (and enjoying) Spanish at U3AC for the past nine years.

SPA 04: La Tertulia de la U3AC

Coordinator: Mansel Bunford
Day and time: Tuesday 15:45 - 17:00
Venue: U3AC (Green room)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 10
Start date: 06 Oct
Segun nuestra interpretation la palabra 'tertulia' significa una reunion de personas que se juntan habitualmente para conversar o recrearse. Ven y comparte nuestra Tertulia U3AC. El formato de nuestras clases consiste principalmente en la presentacion de temas eligidos por participantes, con el apoyo de accesso a recursos audiovisuales disponibles en la clase, y la lectura de textos impresos. Pero cualquier recurso o actividad que estimule la conversación es possibile. Hay que hablar español con una soltura razonable para poder participar plenamente en la clase.
Level: Advanced
Format: Discussion
About me: I have tutored language courses at U3AC for many years. My role in the Tertulia is to propose, facilitate and coordinate activities that promote conversation.

SPA 05(z): Spanish conversation via Zoom

Tutor: Maribel Yoxall
Day and time: Monday 14:00 - 15:30
Venue: Zoom
Length of course: 1 term. Autumn (10 weeks)
Places: 10
Start date: 05 Oct
A conversation class for those who have studied Spanish for a number of years and have a good knowledge of grammar and vocabulary. There will be informal discussions with the aim of improving fluency.
Level: Advanced (roughly the first year of A Level)
Format: Discussion
About me: I am a native Spaniard, fully qualified teacher, with many years of experience teaching Spanish to adults.

SPA 06: Advanced Spanish

Leader: Lucila Makin
Day and time: Monday 10:00 - 11:00
Venue: U3AC (Red room)
Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)
Places: 16
Start date: 05 Oct
For students who have a good knowledge of the language in general conversation. We will read a novel in Spanish. We will start with Señora de rojo sobre fondo gris de Miguel Delibes. The emphasis will be on discussion of chapters read in advance, to enhance communication. Some grammar and other aspects of language will be explained when necessary.
Level: Advanced
Format: Discussion
About me: I come from Buenos Aires and I have been living and teaching in the UK for many years.

SWE 01: Swedish improvers

Coordinator: Jo Wexler
Day and time: Tuesday 11:15 - 12:15
Venue: U3AC (Yellow room)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (5 weeks)
Places: 12
Start date: 06 Oct
This is a self-help course for anyone with some previous knowledge of Swedish. We are using the textbook Complete Swedish, Anneli Beronius Haake (2018 ISBN 978-1444195101. For reading we will use 'Iskalt mord' by Malin Leijon and Charlotte Müntzing (ISBN 978-3817419357). We will use a variety of other materials as well, incorporating members interests and suggestions. The aim is to improve confidence in speaking, to develop reading and listening skills, and to get in a little bit of grammar in along the way. Not everyone will be at the same level when we start, but that will be fine. We will help each other.
Level: Advanced beginners to intermediate
Format: Self-taught course or activity
About me: I've been learning Swedish for a couple of years. Learning is so much better with other people!

SWE 01(z): Swedish improvers

Places: 2
As for SWE 01 but attending via Zoom.

WLS 01: Welsh self-help study group

Coordinator: Mansel Bunford
Day and time: Monday 14:15 - 15:30
Venue: U3AC (Orange room)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)
Places: 10
Start date: 05 Oct
This is the fourth year of the course. Its aim is to give those who wish to develop their competence in the Welsh language the opportunity to do so in the company of like-minded fellow learners, who have the same enthusiasm for the language and its culture. Each year we choose a novel to read, together with contemporary texts from newspapers, magazine articles and on-line news. We also spend time practising our speaking skills - sharing thoughts about the texts we read and talking about our own daily lives. The coordinator will coordinate but members are welcome to suggest reading materials and any ideas for other activities.
Level: A reading level of roughly A Level
Format: Course or activity without teaching
About me: Previously a member of the Welsh reading group at U3AC, I am a retired teacher of foreign languages.

Leisure

LEI 01: Backgammon

Tutor: Les Bell
Day and time: Thursday 15:30 - 17:00
Venue: U3AC (Blue room)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 12
Start date: 08 Oct
The classic game of Backgammon, for players of all levels, including newcomers. I can teach you how to play, if required. Backgammon boards and playing pieces will be provided. You can also bring your own if you prefer.
Format: Course or activity without teaching
About me: I play backgammon for fun, I am not an expert.

LEI 02: Bezique

Coordinator: Matt Dring
Day and time: Friday 14:00 - 15:30
Venue: U3AC (Orange room)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 10
Start date: 09 Oct
Bezique is a card game which includes tricks and trumps, like Whist or Bridge, but some unusual twists that make it quite distinct. The basic game is for 2 players, but variants are possible for 3 or 4 players. You can quickly learn the basics, and will soon find that every game is different and enjoyable. Come and give it a try!
Format: Course or activity with learning through playing
About me: I was taught to play bezique as a teenager by my aunt, and I have always enjoyed playing - and passing on this enjoyment to others.

LEI 03: Introduction to modern board games

Tutors: Peter Campbell & Johannes Van Der Velden
Day and time: Monday 15:45 - 17:15
Venue: U3AC (Orange room)
Length of course: 1 term. Autumn (10 weeks)
Places: 8
Start date: 05 Oct
This is an informal, friendly group for learning and playing modern board games. Board games have come a long way since Monopoly and Ludo. The typical modern game involves lots of interesting, competitive-decision making over a period of 30 to 90 minutes. Above all playing modern board games is fun. In a friendly and relaxed way we'd like to introduce you to some of the classic modern Euro style board games such as Ticket to Ride, Azul, Sushi Go. Initially we will explain the rules and play specific games in groups of about 4. We will often replay games already learnt. In later classes, group members will have the opportunity to choose what they would like to play or what new games they would like to learn. We will provide the games required. Suitable for those new to modern board games.
Format: Taught course or activity
About us: We have been avid boardgamers for many years and would like others to enjoy them too.

LEI 04: Modern board games

Coordinator: Peter Campbell
Organisers: Hans Van der Velden & Michael English
Day and time: Thursday 10:00 - 12:30
Venue: Chesterton Outdoor Bowls Club (Meeting room, NB: 3 steps at entrance)
Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)
Places: 25
Start date: 08 Oct
This is an informal, friendly group for playing modern Euro style board games. Board games have evolved considerably from the days of Risk and Monopoly. Playing modern board games is great fun, good for your brain and very social. We will attempt to organise the games to play in advance via email. We will briefly explain the rules for unfamiliar games before playing. Class members are welcome to bring along their own games, and if necessary explain the rules to others. You should be familiar with at least a few modern board games such as Ticket to Ride, Istanbul, PowerGrid. If not please go on the 'Introduction to modern board games' first.
Format: Course or activity without teaching
About us: We have been avid boardgame players over many years and would like others to enjoy them too.

LEI 05: Modern board games (Summer term)

Coordinator: Peter Campbell
Organisers: Hans Van Der Velden & Michael English
Day and time: Thursday 10:00 - 12:30
Venue: U3AC (Yellow room)
Length of course: 1 term. Summer (9 weeks)
Places: 14
Start date: 15 Apr
This is a repeat of LEI 04.
Format: Course or activity without teaching
About us: We have been avid boardgame players over many years and would like others to enjoy them too.

LEI 06: Beginners' Bridge

Tutors: Ralph Ecclestone and team
Day and time: Thursday 13:30 - 16:00
Venue: St Mark's Community Centre (Large Hall)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 48
Start date: 08 Oct
This course is aimed at beginners - those who are interested in playing but have not yet learned the basics of bridge. Players with some experience are also welcome but will need to start at the beginning and move at the same pace as everyone else. Regular attendance is important, as each week builds on the previous week. We start by learning how to play a more basic form of the game, and then gradually learn the bidding and playing of the game of bridge, using Acol, which is the main bidding system used in the UK. In each session there will be a short lecture, followed by tutored play. Bridge is a challenging game, but is great fun and quite addictive! There is bike parking and limited car parking at the venue. There are other parking places nearby but please do not park in Millington Road, which is private.
Format: Taught course or activity
About us: We are all moderately experienced bridge players who have played with U3AC for some years. We all love playing bridge, and would like to share our love of the game.

LEI 07: Bridge Street Bridge group

Co-Leaders: Colin Simpson & Katherine Cutmore
Day and time: Thursday 11:30 - 13:30
Venue: U3AC (Blue room)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 16
Start date: 08 Oct
To join our relaxed Bridge playing group, all you need is to be competent with the standard ACOL bidding system. We do not play rubber or duplicate Bridge - each game is complete in itself - but we do aim to bid our hands as accurately as possible! We have fun, but equally, strive to improve as time goes on. Partners are chosen on the day, by selecting cards, but we may also change partners during each session.
Format: Course or activity without teaching
About us: We have each played Bridge for many years and, though we say it ourselves, are reasonably proficient!

LEI 08: Duplicate Bridge club

Leader: Anne Swinney
Secretary: Kenneth Coutts
Day and time: Tuesday 13:15 - 16:00
Venue: St Mark's Community Centre (Large Hall)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 45
Start date: 06 Oct
This club is intended for any Bridge players who want to play duplicate. It is not a teaching class and members will need to be experienced players. We will vote at the start of the year to decide how often to play with our partners and how often to select partners randomly. We will need to set up a host system to ensure everyone has a partner. All players are required to play standard ACOL with weak No-Trumps. Play should be friendly and fun, as well as competitive. There is a small amount of car parking. Please do not park in Millington Road. Those that can, help to set up at the start and clear at the end.
Note: There is a charge of £3 paid to U3AC on application to cover the cost of cards and stationery.
Format: Course or activity without teaching
About me: (Anne) I've enjoyed playing duplicate bridge for over 10 years and want to encourage more U3AC members to play this wonderful game.

LEI 09: Fledgling Bridge

Co-Leaders: Chris Bowler & Eric Barber
Day and time: Friday 13:45 - 16:00
Venue: St Mark's Community Centre (Large Hall)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 64
Start date: 09 Oct
This is NOT a teaching class. Knowledge and use of basic ACOL (weak NT, weak twos) are essential (there is a cribsheet for ACOL at https://www.nofearbridge.co.uk/crib_sheet.php. If you are out of practice, or are relatively inexperienced, then this is the class for you. We enjoy playing Rubber Bridge in a relaxed and friendly environment where questions can be asked and notes consulted. Our only golden rule is that no player shall ever chide another. If you arrive on your own you can be sure of a welcome and a table to join. Please do not park in Millington Road.
Format: Course or activity without teaching
About us: The co-leaders have been members of the Fledgling Bridge Group for several years and continue to enjoy the company and stimulus of playing bridge in this gathering.

LEI 10: Online Bridge league (BBO)

Coordinator: Barrie Hunt
Day and time: Thursday afternoons (no specific time)
Venue: Online
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 48
Start date: 08 Oct
Matches are played on Bridge Base Online (BBO), a readily accessible online platform. Each week, you'll face a different pair, with matches consisting of 12 Chicago-format hands that usually take about 90 minutes to complete. Anyone familiar with standard ACOL can participate. You can join as a pair or as an individual - in the latter case I will try to find you a partner, but this can't be guaranteed. You will schedule each match directly with your opponents, preferably on Thursday afternoons, but there is limited flexibility to allow for sickness and holidays. Both BBO and Chicago are straightforward, and supporting sheets are provided. The league aspect is relaxed and mainly for fun, with pairs listed under letters known only to themselves in the final tables.
Format: Course or activity without teaching
About me: I'm an average social player who started the league during Covid. The model works for both those who cannot easily travel and those who want some online bridge.

LEI 11: Rubber Bridge club

Coordinator: Robert Hay
Day and time: Monday 13:30 - 15:30
Venue: St Mark's Community Centre (Large Hall)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 40
Start date: 05 Oct
Members play Rubber Bridge throughout the afternoon with tables and partnerships being made up on arrival and often changing after each rubber. There are no regular partnerships. There is a wide range of experience and expertise in the group, with the emphasis being on enjoyment and good manners, and less experienced players are very welcome. The class continues to meet on Bank Holidays. Please do not park in Millington Road.
Format: Course or activity without teaching.
About me: I joined this group 6 years ago and took over as coordinator 2 years ago. I enjoy playing social bridge with this friendly group.

LEI 12: Camsail

Coordinator: Malcolm Dee
Day and time: 2nd Wednesday of the month from October to March 19:30 - 21:00
Venue: Cambridge and County Bowling Club
Length of course: 2 terms. Autumn (3 weeks), Spring (3 weeks)
Places: 40
Start date: 14 Oct
An informal group which meets once a month from October to March for presentations by invited speakers or by members. Our subject is all aspects of sailing which includes cruising, racing, or pottering in sailing boats of all types, ages and sizes. Matters of interest will also include: meteorology, navigation, the marine environment and history. All are welcome, though at the second meeting which you attend, we hope that you will join the Camsail club and pay the annual £20 subscription. There is parking, the venue is licensed and there is a friendly convivial atmosphere. For examples of these talks please see our website Camsail.org.uk. During the Summer term there will be visits to various events of interest.
Format: Lecture
About me: During many years of sailing, I have learnt a lot by listening and reading about the marine environment and other people's experiences on inland and ocean sailing.

LEI 13: Canasta club

Tutor: Don Kelly
Day and time: Wednesday 14:15 - 16:15
Venue: U3AC (Yellow room)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 16
Start date: 07 Oct
Play this exciting card game in a relaxed and welcoming atmosphere. Far simpler than Bridge, with none of that game's formality, Canasta, deriving from South America, is usually played with up to four participants and two packs of cards. In the Summer term, we plan to graduate to a more complex version called Samba. Those without any experience of the game are very welcome, with ample opportunity in the early sessions to pick up the basic rules. Come along and have fun.
Format: Taught course or activity
About me: I used to play the game as a child and have a renewed enthusiasm having attended this course for a few years now.

LEI 14: Samba (Canasta)

Tutor: Tony Harper
Day and time: Tuesday 14:00 - 16:00
Venue: St Clement's Church (Upper Room, NB: First Floor - no lift)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 16
Start date: 06 Oct
Samba is a variation of the game Canasta with the addition of being able to play runs of cards of the same suit. This class is a development of the successful Canasta club (LEI 13) and it is aimed at people who have attended that course or who are otherwise experienced Canasta players. A knowledge of Canasta is therefore expected, but full tuition in Samba will be given. The primary objective is to socialise, but Samba also sharpens: your mental arithmetic (scoring); your memory (for cards played and the rules); and your manual dexterity (shuffling and dealing). There is the option to explore Bolivia (a card game based on Samba, with Canastas of wild cards) in the Summer term.
Format: Taught course or activity
About me: I have enjoyed playing Canasta regularly for several years, and Samba Canasta is a natural development of that game.

LEI 15: Chess appreciation

Tutor: Bob Walker
Day and time: Thursday 10:00 - 11:15
Venue: Member's home (CB4 1LL)
Length of course: 1 term. Autumn (9 weeks)
Places: 6
Start date: 08 Oct
The course is not really suitable for good chess players, or even average ones, wanting to add to their belts the scalps of weaker players than themselves. Rather, its aim is to teach anyone who may know nothing about chess enough about how to play to appreciate the rich intellectual arena that it has been for over 1500 years. There may be a little tournament among participants towards the end of the course, but apart from learning how to play and the tactics and strategies needed to play well, the course will consist of interactive instruction and discussion on such chess-related topics as historical change, religion, human intelligence, gender inequality, problem-solving, personalities, chess-set design, advertising, sport, literature, film, war, science and computing.
Note: There will be no class on 5 November.
Format: Taught course or activity
About me: I coached chess in schools as a parent - we beat Eton: however, I'm as interested in the history, culture and significance of chess and - I've only beaten a grandmaster once.

LEI 16: Chess Gym

Tutor: Bob Walker
Day and time: Thursday 11:30 - 12:45
Venue: Member's home (CB4 1LL)
Length of course: 1 term. Autumn (9 weeks)
Places: 6
Start date: 08 Oct
'It's Chess Gym (but not as we know it)'. Apologies to Mr. Spock. 'Gym' as something more formal than a chess club is intended. Basically a training regime aimed at improving practical play. Improvement, rather than play at a particular level, so anyone who knows the rules could participate. We will look at winning combinations, opening setups, middlegame strategies and endgame technique. We will also study master games to learn from and play each other in various formats. Whilst the culture and history of chess will, inevitably, not be absent, participants whose main interest is this rather than the over-the-board struggle will find the 'Chess appreciation' course more appropriate.
Note: There will be no class on 5 November.
Format: Taught course or activity
About me: Although I do not play competitively nowadays, I played in the top division of the Birmingham league for many years and won national championships with Staffordshire and Warwickshire.

LEI 17: Cooking: the books

Coordinators: Arthur Norman & Rosemary Tate
Day and time: Alternate Fridays, 14:15 - 15:45
Venue: Member's home (TBC)
Length of course: 2 terms. Autumn (5 weeks), Spring (5 weeks)
Places: 10
Start date: 09 Oct
At each session one of the members presents cooking concepts or resources (interpreted very broadly) following a pre-arranged theme. Anyone enthusiastic about food should find something to join in with and enjoy. Meetings rotate between participants' houses, and following an exposition of the week's topic there is discussion over cups of tea or coffee. Sometimes the recipes introduced are illustrated with nibbles. The style is informal and it is not necessary to make your house available. Because sessions are led by different members, the areas covered vary widely: from quick and easy recipes to more grand offerings. Previous sessions have covered food from a range of lands, cultures and traditions, ideas for family gatherings, picnics, and insights that come from science and from history. New ideas for topics always are welcome. Often several members have additional knowledge of the topic, leading to discussions from which all can collect new ideas.
Format: Discussion
About me: (Arthur) Keen on cooking (and eating) and the group ends up really good with a wide range of background and styles and a shared interest in sharing and discovering food ideas.

LEI 18: Croquet for beginners (Summer term)

Coordinators: Dieter Benziger & Mike Bithell
Day and time: Monday 14:00 - 16:00
Venue: Histon & Impington Recreation Ground
Length of course: 1 term. Summer (6 weeks)
Places: 12
Start date: 10 May
Croquet is a great way to combine fresh air, fun and a social activity. We will introduce course members gradually to all they need to know for spending an enjoyable afternoon playing Association Croquet and Golf Croquet. The course is intended primarily for beginners, but also for those who have played a little before and would like a refresher course. The main objective of the course is to introduce members to the basic techniques and strategies of the game. After the course finishes, members are encouraged to continue playing on into the summer by joining the Histon & Impington Croquet Club.
Format: Taught course or activity
About us: Mike and Dieter have been playing the game for several years, and particularly enjoy its strategic and social aspects.

LEI 19: Cryptic crosswords for real beginners only

Tutor: Mick Jump
Day and time: Wednesday 10:45 - 12:00
Venue: St Clement's Church (Upper Room, NB: First Floor - no lift)
Length of course: 1 term. Autumn (10 weeks)
Places: 12
Start date: 07 Oct
Whatever can those weird clues mean? How can you possibly work out the answers? For those who have felt too daunted to start, here's the friendly, non-critical course for you. We will be using the Telegraph Big Book of Cryptic Crosswords 1, ISBN 978-0600635192 approx. £7.99. Please obtain a copy before the course begins, but check the ISBN as there are other books with similar titles! Attendance for the first week of term is crucial as we'll be going through the basic principles together. From week 2 we'll be practising them, and we won't have the time to go back, so if you are unable to attend week one please do not apply. Please note this course is for real beginners only.
Format: Taught course or activity
About me: I'm a regular cryptic crossworder and find them a great way to keep the brain ticking over!

LEI 20: Cryptic crossword club

Coordinators: Mariel Monk & Duncan Winterborn
Day and time: Wednesday 11:30 - 12:45
Venue: U3AC (Yellow room)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 16
Start date: 07 Oct
This is a friendly club for regular cryptic crossword solvers. We work in groups, so more experienced members can help the less confident. Everyone is welcome, but beginners might struggle to keep up. Participants will need to buy a Telegraph Cryptic Crossword book. We'll let you know which one nearer the time. We'll pick a crossword at random each week, and also tackle a cryptic crossword, which will be supplied.
Format: Course or activity without teaching
About us: Keen crossword solvers and have belonged to the Crossword club for some time.

LEI 21: Introduction to Dungeons and Dragons (Summer term)

Leader: Tim Ollerenshaw
Day and time: Friday 11:00 - 13:30
Venue: U3AC (Green room)
Length of course: 1 term. Summer (9 weeks)
Places: 6
Start date: 16 Apr
In a game of Dungeons & Dragons, the players form an adventuring party who explore fantasy worlds and complete epic quests. The group plays, very informally and with lots of interaction and discussion, around a table with the aid of maps, character sheets, reference handbooks and lots of dice. The game is set in a 'Lord of the Rings' style world, with elves, dwarves, trolls and (possibly) dragons. You will role-play (through conversation) an individual character in that world, working with your team-mates to solve puzzles, defeat monsters and save the locals from impending doom. The game is an evolving story, driven by the actions and choices of the players through the characters they create. Led by the Dungeon Master - the game's referee and lead storyteller. This course will comprise a mini Dungeons & Dragons campaign for up to 6 new or less experienced players.
Format: Course or activity without teaching
About me: I have been playing D&D with friends, colleagues and family for many years; as Dungeon Master I keep things moving and encourage the group to be interactive.

LEI 22: Mah Jong group

Leader: Rosemary Mathew
Organiser: Colleen Johnston
Coordinator: Anne Sales
Day and time: Monday 12:45 - 14:45
Venue: U3AC (Blue room)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)
Places: 13
Start date: 05 Oct
From its earliest days in China, the game of Mah Jong is now played throughout the world and consequently some variations of the rules have developed in the West. We follow those specified in the book 'The Game of Mah Jong Illustrated' by Patricia A. Thompson & Betty Maloney, ISBN 978-0864173027 and you will need to have a copy of this book. (Try the many online providers where new or used copies are frequently available. Priced usually around £21) We differ from those rules only insofar as we do not waste valuable playing time in scoring every game. Somebody wins. We play again. It's fun!
Format: Course or activity without teaching
About me: (Rosemary) Having played Mah Jong as a student I found it great fun, many years later, to re-learn the game and make some new friends.

LEI 23: Middle-Earth tabletop skirmish gaming

Leader: Archie Black
Day and time: Thursday 15:30 - 17:00
Venue: U3AC (Yellow room)
Length of course: 2 terms. Autumn (9 weeks), Spring (10 weeks)
Places: 10
Start date: 15 Oct
Exciting and characterful 1 on 1 tabletop Wargaming, using painted Games Workshop miniatures, serving either the dark lord Sauron or the forces of good! Painted figures dice, tape measures, and rules which are easy to get the hang of are all provided. A campaign can be played, with development of 'warbands' week by week. All equipment provided. Points values of warbands increase as they progress, and the highest points value at end of term is the winner! (Entirely for the glory and the honour!) Don't worry if you miss a week, there are mechanisms within the game to 'balance' disadvantaged or overpowering forces! A separate campaign, starting from 'beginner' warband will be run each term, people are welcome to drop out, but should play the opposite side if they continue.
Format: Taught course or activity
About me: I have been in this hobby for decades, having run clubs for teenagers in schools and libraries, and the Middle Earth setting is my favourite!

LEI 24: Scrabble

Coordinator: Pat Bass
Day and time: Monday 15:00 - 17:00
Venue: Member's home (CB4 2AB)
Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)
Places: 8
Start date: 05 Oct
This is an informal, friendly group for people who enjoy Scrabble, without being too concerned whether they win or lose! We play in tables of four, and inexperienced players are very welcome. In the past, beginners have developed into skilled players, and watching how more advanced players play helps this. An eye for an anagram is a help! Scrabble dictionaries are useful, and lists of 2 & 3 letter words are available. No need to bring your own Scrabble set or dictionary.
Format: Course or activity without teaching
About me: Scrabble has been part of my life for sixty years: I have been running this course for more than twenty.

LEI 25: U3AC Bird Club

Coordinator: Debbie Ganz
Organiser: Clare Matthews
Secretaries: Jill and Jeremy Aldred
Day and time: Alternate Fridays, 10:00 - 15:00
Length of course: 3 terms. Autumn (5 weeks), Spring (5 weeks), Summer (5 weeks)
Places: 75
Start date: 09 Oct
We welcome novice and experienced birdwatchers on our all-day visits to reserves throughout East Anglia, and occasional Zoom lectures. Day trips take place every other Friday in term-time; we meet beforehand for coffee at, or near, the venue. Members share sightings and photos after each outing. We encourage car sharing (passengers contribute to travel costs). Sometimes overnight visits are arranged in the UK. Social events include occasional club lunches and a coffee morning for new members before the Autumn term. We are keen to share our knowledge and enthusiasm, and have a buddy scheme for new joiners. We send out our programme before the start of each term. The annual subscription (£2 per member for administration costs), must be paid on application. Some reserves charge an entry fee if you are not a member of the organisation that runs it, e.g. RSPB, and there may be parking charges.
Format: Activity with knowledge-sharing
About me: (Debbie) I'm not an expert birder but I do enjoy being outside, watching and listening to birds, and sharing knowledge with other club members.

LEI 26: U3AC Bowls Club (Summer term)

Coordinator: Peter Campbell
Organiser: Alistair Lovegrove
Day and time: Wednesday 14:00 - 16:00
Venue: Chesterton Outdoor Bowls Club
Length of course: 1 term. Summer (18 weeks)
Places: 32
Start date: 05 May
Have you ever wanted to play Bowls? Well now is your chance. U3AC Bowls Club has a mixture of experienced and novice bowlers and we are pleased to welcome new members in either category. We will meet from 5 May until 1 September. The green we use is by kind permission of the Chesterton Outdoor Bowls Club. Tuition may be available for complete beginners. Bowls are available for those who need them. Members must wear lightweight shoes with flat soles.
Note: There is an additional fee of £25 payable on application. Also, if you require bowls the organiser will collect a one off £5 which goes towards funding additional bowls.
Format: Course or activity without teaching
About us: We have been playing bowls outdoors and indoors for a number of years and are keen to introduce others to this traditional leisurely activity.

LEI 27: The Beautiful Game - Punditry, banter and general discussion

Coordinator: Richard McMullan
Day and time: Alternate Mondays, 15:30 - 16:30
Venue: U3AC (Red room)
Length of course: 3 terms. Autumn (5 weeks), Spring (5 weeks), Summer (5 weeks)
Places: 12
Start date: 05 Oct
A successor to last Spring's short course with the same title - it's a small group for those sad people who can't get enough of watching, listening and reading about football. Active participation essential - listening as well as speaking.
Format: Discussion
About me: Immersed in football since the 1956 FA cup final. A decades long Norwich fan. A below average defender as team mates at Cirencester Victoria and Mumbles Rangers (among others) would testify.

LEI 28: East Anglian Towns

Coordinator: Alan Winfield
Day and time: Alternate weeks, day tbc, 10:00 - 17:00
Length of course: 3 terms. Autumn (5 weeks), Spring (4 weeks), Summer (9 weeks)
Places: 50
Start date: 04 Oct
The aim of the group is to participate in interesting visits to East Anglian towns learning about their history, architecture, industry and other points of interest. We will have an initial meeting at Bridge Street on Monday 28 September at 11 am, to plan the year, then will have a visit once or twice each month on a day to be agreed. Transport will normally be by rail if possible, although members who wish to travel by car may do so and meet us at the venue. Our first stop will be toilets and coffee followed by a guided tour of the town. Members who have specialist local interest may wish to lead the tour. Otherwise a local guide will be arranged. Tours will be undertaken at a leisurely pace. If a guide is hired members will be asked to pay a proportionate cost. Possible towns are Ely, Kings Lynn, Newmarket, Bury St. Edmunds and Saffron Walden.
Format: Travel
About me: I enjoy travelling and visiting places. I organised and led trips for a holiday company for 35 years.

Linguistics

LIN 01: A handle on spoken English (Spring term)

Tutor: Stella Alderton
Day and time: Wednesday 10:00 - 11:15
Venue: U3AC (Yellow room)
Length of course: 1 term. Spring (10 weeks)
Places: 12
Start date: 13 Jan
'It's not what you say but the way you say it'. Do sound values, stress, rhythm, intonation and fine timing have a greater role in the process of spoken communication than the words and grammar we use? For native and non-native speakers alike, this informal course will focus on the articulation and broad phonemic notation of our spoken language and explore those features which impact on communication and intelligibility, as well as the magic that makes language memorable. We will also consider factors influencing language change and some specific language varieties and dialects. Members' contributions are very welcome and no previous knowledge of linguistics is assumed.
Format: Interactive taught course
About me: Through my background in language training I have become increasingly interested in the true criteria for effective communication.

Literature

** Also see HIS 19(z) which has connections with Literature*

LIT 01(z): Book group 1

Secretary: Mary Newton
Coordinators: Judith Judd, Sue Rhodes & Kevin Gill
Day and time: 1st Tuesday of the month 09:45 - 11:00
Venue: Zoom
Length of course: 3 terms. Autumn (3 weeks), Spring (3 weeks), Summer (4 weeks)
Places: 14
Start date: 06 Oct
Book group 1 reads 20th/21st century contemporary fiction and sometimes non-fiction. It is anticipated that each member will choose a book or books during the year and then lead the discussion but this is certainly not obligatory. New and returning members are equally welcome. The book for the first meeting in October is 'The Land in Winter' by Andrew Miller. Please bring suggestions for future reading to the first meeting of the Autumn term so we can plan ahead. The group often continues to meet during the holiday breaks and sometimes starts the week before the official start of term.
Note: The course will be held via Zoom throughout the year. We try to organise an annual face-to-face meeting.
Format: Discussion
About us: We are all current members of the book group and carrying on this year as co-coordinators. We are enthusiastic readers of a wide variety of books.

LIT 02: Book group 2

Tutor: Vanessa Connolly
Coordinator: Angela North
Day and time: 2nd Monday of the month 14:00 - 15:30
Venue: St Laurence's Roman Catholic Church (Main hall (parking requires registration))
Length of course: 3 terms. Autumn (3 weeks), Spring (3 weeks), Summer (3 weeks)
Places: 15
Start date: 12 Oct
We are a sociable and diverse group of avid readers seeking to broaden our literary experience by reading books suggested by group members. Our aim is to have discussions that are lively and stimulating and different viewpoints are welcomed from all. The books we choose are 20th and 21st paperback fiction, either written in English or translated. The first book we will discuss is 'Shy Creatures' by Clare Chambers. Group members are supported to take turns to introduce the book for each session but this is not compulsory. We normally start each session with refreshments that members of the group organise.
Format: Discussion
About me: (Vanessa) I have been helping to run this course for a few years and encourage all members to enjoy the sessions in their own way. I look forward to meeting new and returning members in October.

LIT 03: Book group 3

Convenor: Brenda Wilson
Day and time: 4th Monday of the month 14:30 - 15:45
Venue: U3AC (Green room)
Length of course: 3 terms. Autumn (2 weeks), Spring (2 weeks), Summer (2 weeks)
Places: 12
Start date: 26 Oct
Our group has no special interest; it's mostly fiction, an occasional biography - just books or authors we enjoy and want to talk about afterwards. I choose the first book of the year and the group suggests and chooses the rest of the year. The book will be decided nearer the time. If this sounds to your taste, I look forward to meeting you.
Format: Taught course or activity
About me: I've been an avid reader all my life and enjoy hearing the views and experience of others.

LIT 04: Book group 4

Leader: Ann Dewar
Organiser: Diane Phillips
Day and time: 1st Wednesday of the month (this might vary slightly) 10:30 - 12:00
Venue: Member's home (CB2 0AS)
Length of course: 3 terms. Autumn (3 weeks), Spring (3 weeks), Summer (4 weeks)
Places: 9
Start date: 07 Oct
Why do we read books? To widen our horizons and to nurture our souls! Last year we read ten novels picked by group members in turn. These ranged from 'There are Rivers in the Sky' to 'I Julian'. Your choice should be a work of literary fiction and ideally one you have already read. The main criterion is the book has to be worth reading and discussing. For our first session come along with a book you have loved reading. We will discuss these and arrange a programme for future meetings. Come for the books, stay for the company!
Format: Discussion
About us: (Ann) I would read all day if I could, wallowing in well-chosen words. I love entering other worlds, other people's heads and exploring the human condition.
(Diane) I love the opportunity to read a wide range of books and hear others' views, especially when there is a difference of opinion.

LIT 05: Book group - China 1900-1937

Tutor: Melina Heaton
Day and time: 2nd Wednesday of the month 14:30 - 16:00
Venue: St Clement's Church (Upper Room, NB: First Floor - no lift)
Length of course: 3 terms. Autumn (3 weeks), Spring (3 weeks), Summer (3 weeks)
Places: 15
Start date: 14 Oct
At the beginning of the 20th century China experienced a monumental upheaval with the fall of the Qing dynasty in 1911 followed by Sun Yat-Sen's short-lived republic and the eventual occupation by the Japanese in 1937. At the same time there was an extraordinary confluence of people from many different countries, cultures, and social classes coming together in Shanghai and Peking: the inhabitants of the international settlements and the battle between the Great Powers for influence and control; the White Russians fleeing the Bolshevik revolution; and European Jews fleeing the rise of fascism. This period has always fascinated me and I would love to explore it more with you by reading a selection of fiction and non-fiction as well as books written by both western and Chinese authors, including classic and contemporary writers.
Format: Discussion
About me: I am fascinated by the plight of the exile and want to explore this period in China's history.

LIT 06: Book group - Non-fiction

Coordinator: Mary Levy
Day and time: 1st Monday of the month 14:30 - 15:45
Venue: U3AC (Green room)
Length of course: 3 terms. Autumn (3 weeks), Spring (2 weeks), Summer (2 weeks)
Places: 12
Start date: 05 Oct
This group will read one non-fiction book per month; biography, history, geography, travel, politics, popular science, the arts, social issues - anything aimed at the general reader and available in paperback. The first book will be 'In Order to Live' by Yeonmi Park, about a girl who escaped from North Korea. Subsequent books will be chosen by agreement among the group. The format will be informal discussion and it is hoped that there will be a variety of different opinions. Please bring a suggestion for the next book to the first meeting.
Format: Discussion
About me: I have always been an avid reader and enjoy both fiction and a wide variety of non-fiction books.

LIT 07: Book group - Travel writing

Leader: John Bastable
Co-Leader: Nick Heaton
Day and time: 3rd Thursday of the month 14:30 - 16:00
Venue: St Clement's Church (Upper Room, NB: First Floor - no lift)
Length of course: 3 terms. Autumn (3 weeks), Spring (3 weeks), Summer (3 weeks)
Places: 12
Start date: 15 Oct
Whether you are an enthusiastic globe trotter or an avid armchair traveller, reading about other people's adventures is always fun and enlightening. This book group will focus on travel writing from around the world and across the centuries. The first book will be announced once the class list is established; members of the book group suggest and introduce books for the subsequent months or choose one from a provided list. We start each session with refreshments that members of the group help to organise.
Format: Discussion
About me: (John) For forty years I lived, worked and travelled abroad, becoming an avid reader of travel writing and I greatly enjoy being introduced to new books in this genre.

LIT 08: Another book group

Leader: Robert Guyton
Day and time: 2nd Wednesday of the month 15:00 - 16:30
Venue: U3AC (Orange room)
Length of course: 2 terms. Autumn (3 weeks), Spring (3 weeks)
Places: 6
Start date: 14 Oct
Having greatly enjoyed three years of this book club, I am encouraged by the group to re-convene it. We have been reading short books that stray into something more unusual in content or style. Our choice is for books of up to and no more than 200 pages, English or in translation, 20th/21st century in the main. Nothing against longer books but I'm no good at reading against the clock and these shorter books fit well into one's overall reading. Early ideas include 'Train Dreams' by Denis Johnson and 'Madonna in a Fur Coat' by Sabahattin Ali, but I am more than happy for the group members to come up with suggestions to include in the monthly schedule. I am happy to do/share introductions but hope these will be kept short to maximise discussion time.
Format: Discussion
About me: I'm a keen reader and love discussing books.

LIT 08(z): Another book group

Places: 4
As for LIT 08 but attending via Zoom.

LIT 09: Book group: 'Come for the cake - and stay for the books!'

Leaders: Jenny Bastable & Jessie Nisbet
Day and time: 3rd Monday of the month (this may sometimes fall just outside U3AC terms) 14:15 - 15:45
Venue: Arbury Road Baptist Church (Blue room)
Length of course: 3 terms. Autumn (3 weeks), Spring (3 weeks), Summer (3 weeks)
Places: 14
Start date: 19 Oct
We aim to enjoy a wide range of books and then share views and ideas about them together. We will usually read fiction, usually modern (20th and 21st century) and in English, or English translation, but members of the group will be asked for suggestions of titles they would like to read. It is anticipated that anyone suggesting a book would introduce it (briefly) but this is not compulsory. Reading books which we may never have chosen ourselves usually sparks lively and fun discussions with differing views shared. We start each session with refreshments that members of the group help to organise. We will let members of the group know which book to read for the first meeting nearer the time.
Format: Discussion
About us: We have enjoyed running this group for the past 3 years and look forward to sharing the pleasure with others once more.

LIT 10: Sustainability book group

Leader: Elizabeth May
Class Secretary: Janet Bojan
Day and time: 1st Tuesday of the month 10:15 - 11:15
Venue: U3AC (Blue room)
Length of course: 3 terms. Autumn (3 weeks), Spring (2 weeks), Summer (2 weeks)
Places: 12
Start date: 06 Oct
We will discuss books and other materials e.g. U3AC recorded lectures, podcasts and radio programmes; both fact and fiction on sustainability, and work together to consider taking appropriate actions e.g. reducing meat consumption, writing to MPs, car sharing or planting trees or a wildflower meadow. Our first book will be 'Who Owns The Wind? Climate Crisis and the hope of Renewable Energy'. The group decides its reading matter. We usually divide large books into sections to reduce workload. Books in 25/26 included 'The Serviceberry' by Robin Wall Kimmerer; Tim Jackson's 'Post Growth, Life After Capitalism; Clearing the Air' by Hannah Ritchie; 'Replenishing the Earth by Wangari Maathai; and Kim Stanley Robinson's 'The Ministry for The Future'. This course is for anyone who would like to know and do more about sustainability.
Format: Discussion
About us: (Elizabeth) A Biology/Environment ex lecturer and University Environment Manager. Janet is an environmental activist.

LIT 11: Whodunit book group

Coordinator: Marie-Claire Hiscock
Day and time: 1st Wednesday of the month 15:00 - 16:00
Venue: U3AC (Orange room)
Length of course: 2 terms. Autumn (3 weeks), Spring (3 weeks)
Places: 10
Start date: 07 Oct
Have you ever thought about joining a mystery/crime fiction book club? From Agatha Christie to Elly Griffiths, Sherlock Holmes to Cadfael, cosy mysteries or hard-boiled detective stories, come with your favourite book ideas which you would like to talk about with like-minded people. I will put forward the first book choice as Agatha Christie's 'The Mysterious Affair at Styles', introducing author and book to you, then it's up to you, with hopefully an interesting conversation taking place. The following month's book will be chosen at the end of each session so plenty of ideas please.
Format: Discussion
About me: I enjoy reading mystery/crime fiction and would like to share my enthusiasm with like-minded people.

LIT 12: Yet another book group

Co-Leaders: Helen Knowles & Marie Law
Day and time: First session 15 October, thereafter 2nd Thursday in the month 14:00 - 15:30
Venue: Member's home (Milton CB24 6YR. There is some parking in the drive and in neighbouring streets. Buses are also available with a short walk.)
Length of course: 3 terms. Autumn (3 weeks), Spring (3 weeks), Summer (3 weeks)
Places: 8
Start date: 15 Oct
We aim to enjoy and share reading books - mainly paperback fiction. We can explore stories that expand our horizons and understanding in a gentle and enjoyable way. We encourage participants to suggest books and lead discussions. We hope that our discussions will be wide ranging, looking at it from the perspectives of the author and the characters, as well as the settings and the challenges that they face. Our first book will be 'Still Life' by Sarah Winman. We aim to set out a programme for the year after the first couple of sessions.
Format: Discussion
About us: We talked in our walking group and thought that a book group would be a fun way to meet others and share different authors and titles.

LIT 13: 6 Novels from the 1930s

Leader: Colin Whitworth
Day and time: 2nd Wednesday of the month 13:30 - 14:30
Venue: U3AC (Orange room)
Length of course: 2 terms. Autumn (3 weeks), Spring (3 weeks)
Places: 12
Start date: 14 Oct
The 1930s was a decade which produced many literary landmarks, written in response to major changes which heralded the 'modern' world and brought premonitions of the future. We will begin with Pearl S Buck's Pulitzer Prize-winning 'The Good Earth'. An account of Chinese peasant life in the early 20th century, it is a reminder of older customs and attitudes which were becoming outmoded in the West. The group will then choose 5 more 1930s novels (some serious, perhaps some comic) to give a wide-ranging perspective of the time. This is a shorter course than most book groups: 2-terms, Autumn and Spring. Though we will read just 6 novels, we will discuss other books of the period, which perhaps will lead to further reading and informal dialogue by members after the course has finished.
Format: Discussion
About me: Have run various arts and literature courses in the past.

LIT 14: A tale of two rakes: Don Giovanni and The Queen of Spades

Tutor: Melina Heaton
Day and time: Thursday 13:45 - 15:15
Venue: U3AC (Blue room)
Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)
Places: 15
Start date: 08 Oct
One is a gambler, one a womaniser, both meet a sticky end at the hand of supernatural forces! Over the course of two terms we will explore two great operas and the literature that inspired them: Tchaikovsky's The Queen of Spades, based on a story by Pushkin, and Mozart's Don Giovanni, inspired by the Don Juan myth. Mozart's opera is very much grounded in the18th century, whereas Tchaikovsky is composing at the end of the 19th century; it is interesting to see how attitudes towards rakish men evolved over this time. The two operas are also connected by Tchaikovsky's great admiration of Mozart and of Don Giovanni in particular. One of these works may be more famous than the other, but these are two fascinating and beautiful operas worth exploring.
Format: Discussion
About me: I taught literature and philosophy at International Baccalaureate schools in several countries and I've been a bit of an opera fanatic my whole life.

LIT 15(z): An ancient epic of Central Asia: The Book of Dede Korkut (Summer term)

Tutor: Chris Jones
Day and time: Tuesday 15:00 - 16:30
Venue: Zoom
Length of course: 1 term. Summer (9 weeks)
Places: 25
Start date: 13 Apr
We will read together the national epic of Turkey, which has the status that Homer had in Greece or Gilgamesh in Babylon. Heroic tales (part prose, part verse) of the shamanic bard and warrior Dede Korkut originated among the Oghuz Turks, east of the Aral Sea (as was). These legends travelled with the Oghuz Turks in their migration to present-day Turkey, driven west by the expanding Mongols (just as the Danish epic 'Beowulf' accompanied the Anglo-Saxons when they migrated west to England). The dozen surviving tales about Dede Korkut tell of heroes raised by lionesses battling with one-eyed monsters, of noble warriors undaunted by vast odds, of life on horseback with bow and arrows in the trackless steppe. These stories became Islamised over the centuries, in the way that 'Beowulf' became superficially Christianised. I will provide a running commentary. You will need the Penguin translation by Geoffrey Lewis.
Format: Seminar
About me: Decades back, I used to tell traditional folk tales publicly (in an amateur capacity), and loved promoting an authentic popular culture very different to the mass- and social-media of today.

LIT 16: Classics of the twentieth century (in person)

Leader: Jenny Knight
Day and time: 3rd Monday of the month throughout the year 14:30 - 15:30
Venue: U3AC (Green room)
Length of course: 3 terms. Autumn (3 weeks), Spring (3 weeks), Summer (3 weeks)
Places: 12
Start date: 19 Oct
In this well-established group we read novels that reflect changes in the world during the twentieth century, taking turns to lead. The aim is to include literature written in (or translated into) English from a variety of genres and cultural backgrounds, and to consider their appeal today and when they were published. In October we begin with Nevil Shute's 'On the Beach'; read it in advance to join in the discussion. In November we turn to 'The Prime of Miss Jean Brodie' by Muriel Spark. Together with members of the Zoom group, we devise a programme for later sessions that is based on members' suggestions. The two groups usually read the same books, but they are separate and there may be some variations. We plan to meet throughout the year.
Format: Discussion
About me: Involvement with this group has widened my own reading and enhanced my insight into literature. Our discussions are lively and the views of all are respected.

LIT 17(z): Classics of the twentieth century (Zoom)

Leader: Jenny Knight
Day and time: 2nd Monday of the month throughout the year 14:00 - 15:00
Venue: Zoom
Length of course: 3 terms. Autumn (3 weeks), Spring (3 weeks), Summer (3 weeks)
Places: 15
Start date: 12 Oct
As for LIT 16 but attending by Zoom. The groups are separate; transfer between them is not usually possible; and in most months we read the same books. We plan to meet throughout the year, but dates and times for sessions held out of term may vary.
Format: Discussion
About me: Involvement with book groups has widened my reading and my insight into literature. Discussion is lively and the views of everyone are respected.

LIT 18: Contemporary poetry: Staying Human

Coordinators: Chris Kington & Jean Gross
Day and time: Alternate Mondays, 11:00 - 12:30
Venue: U3AC (Yellow room)
Length of course: 2 terms. Autumn (5 weeks), Spring (5 weeks)
Places: 15
Start date: 12 Oct
It is a quarter of a century since Neil Astley's 'Staying Alive - real poems for unreal times' took modern poetry from the margins to the mainstream of popular arts. It is an unrivalled series which has expanded with additional titles spanning the 20th and 21st century of international English language poetry (skewed towards recent decades). This course works through the fourth collection in this series: 'Staying Human: new poems for Staying Alive' published by Bloodaxe (ISBN 978-1780373904) in 2020. This is the set text to be studied over ten 90-minute sessions. No prior knowledge of poetry is required. The class will discuss a handful of selected poems each fortnight sharing their thoughts and opinions. This is a discussion group with no formal teaching, led by enthusiasts who have no training in poetry but rely on the combined knowledge and wisdom of the group.
Format: Discussion
About us: (Chris) Over recent years I have facilitated U3AC poetry classes with thoughtful reading and discussion of the work of many poets always in a collaborative, informal and enjoyable manner.
(Jean) I'm not an expert but have been learning from this brilliant discussion group for several years.

LIT 19: Downstairs and Upstairs

Tutor: Judith Braid
Day and time: Alternate Fridays, 10:00 - 11:15
Venue: U3AC (Green room)
Length of course: 1 term. Autumn (5 weeks)
Places: 12
Start date: 16 Oct
In this short course we will read and analyse a selection of novels in which one of the family's servants, whether cook, housekeeper, maid, governess or butler plays a significant role. The first (and by far the longest) novel for our focus will be Margaret Forster's 'Lady's Maid', a re-imagining of the life of Wilson, Elizabeth Barrett Browning's maid. Other titles will be Anne Bronte's 'Agnes Grey', Daphne du Maurier's 'Rebecca', Josephine Tey's 'The Franchise Affair' and Kazuo Ishiguro's 'The Remains of The Day'. Lucy Lethbridge's 'Servants' is useful background reading.
Format: Discussion
About me: I have run discussion classes on fiction for several years and would like to share some varied and thought-provoking titles around a theme with interested members.

LIT 20: European writing

Tutor: Adrian French
Day and time: 2nd Tuesday of the month 10:30 - 11:45
Venue: St Clement's Church (Upper Room, NB: First Floor - no lift)
Length of course: 3 terms. Autumn (3 weeks), Spring (3 weeks), Summer (3 weeks)
Places: 12
Start date: 13 Oct
This is a discussion group. We will read recent writing from or about Europe concentrating mostly but not necessarily exclusively on novels and often continue our conversations over coffee. As we hope to learn about some unfamiliar times and places, this can be challenging but aims always to be enjoyable. We will discuss what sort of writings, and from what parts of Europe, will prompt and satisfy our interests. Bring your ideas. Our first book will be 'An Armenian Sketchbook' by Vasily Grossman https://www.worldofbooks.com/en-gb/products/armenian-sketchbook-book-vasily-grossman-9781782060888?pid=9786603110673
Format: Discussion
About me: Most of what I know about fiction and poetry I have learned from U3AC groups. I enjoy doing my learning through robust but respectful dialogue.

LIT 21: Flights of amazing imagination - the worlds of Terry Pratchett and other fantasy genre authors

Coordinators: Angie McKerral & Elizabeth May
Day and time: 2nd Tuesday of the month 10:15 - 11:15
Venue: U3AC (Blue room)
Length of course: 3 terms. Autumn (3 weeks), Spring (3 weeks), Summer (3 weeks)
Places: 12
Start date: 13 Oct
Join us for a light-hearted delve into the works of today's fantasy and sci-fi authors. Each month we alternate between Terry Pratchett and other contributors to this frequently thought provoking genre. You'll be surprised at the issues raised during our sessions! After our session at U3AC we then go to a nearby restaurant for morning coffee/brunch.
Format: Discussion
About us: Elizabeth and I are scifi/fantasy book fans and enjoy co-ordinating this lively group and discussing books by familiar and new authors suggested by members.

LIT 22: Free speech and its enemies: Orwell versus Mein Kampf (Summer term)

Tutor: Chris Jones
Day and time: Wednesday 12:30 - 14:00
Venue: St Clement's Church (Upper Room, NB: First Floor - no lift)
Length of course: 1 term. Summer (9 weeks)
Places: 15
Start date: 14 Apr
We will explore the essays of George Orwell. Orwell famously read out substantial portions of Mein Kampf in his BBC radio series, in the middle of the war, discussing the dangers of Hitler's subversion of truth to the expediency of propaganda. He no less famously demonstrated how extreme right and extreme left share an identical hatred of freedom of thought, and argued that, without free speech, life was a form of slavery, or an appeasement of thugs. His essays are a continuous endeavour to think for oneself, 'outside the box'. He explores the Spanish Civil War, boys' weeklies, anti-Semitism in Britain, debasement of language, toads. You will need 'George Orwell: Essays' ISBN 978-0141183060 (Penguin). Please note that this course is not a Current Affairs class. Our focus will be on Orwell's ideas per se, both for their own sake and as ways of conceptualising how society can become unfree.
Format: Taught course or activity
About me: I was blown away by Orwell's ‘Essays’ as an 18 year old. Trying to think for oneself seemed a very good way to live.

LIT 23: Great Broadway Lyricists 1924-2015 1

Tutor: Mike Levy
Day and time: Wednesday 14:30 - 16:00
Venue: U3AC (Red room)
Length of course: 1 term. Autumn (10 weeks)
Places: 20
Start date: 07 Oct
The art of writing lyrics for musical theatre has often been overlooked in favour of the guys who wrote the music. But at their best, lyrics for music theatre are an art form in themselves. This course aims to investigate and celebrate some of the greatest lyricists including Ira Gershwin, Dorothy Fields, Lorenz Hart, Stephen Sondheim, Frank Loesser, Alan J Lerner, Sheldon Harnick, and Lin-Manuel Miranda. We will also study the lyrics of great British theatre lyricists including Lionel Bart. We will hear examples from less familiar musicals such as 'The Most Happy Fella' and 'She Loves Me'.
Format: Seminar
About me: I am an author, historian, speaker and lecturer. I have been giving talks on lyricists for many years, am passionate about music theatre. It will be a lively, participatory class.

LIT 24: Great Broadway Lyricists 1924-2015 2 (Spring term)

Tutor: Mike Levy
Day and time: Wednesday 14:30 - 15:45
Venue: U3AC (Red room)
Length of course: 1 term. Spring (10 weeks)
Places: 20
Start date: 13 Jan
This is a repeat of LIT 23.
Format: Seminar
About me: Mike has been running this popular course for two years. He is an author, playwright, researcher and teacher. He has a passion for music theatre which he loves to share.

LIT 25: Homer's 'The Odyssey' (in English translation)

Leader: Margaret Sakellaridis
Day and time: Thursday 10:00 - 11:30
Venue: U3AC (Yellow room)
Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)
Places: 15
Start date: 08 Oct
'The Odyssey' is one of the earliest and greatest works of Western literature. It is the story of the hero Odysseus' homeward journey after the Trojan War and in class we will read much of this poem together in order to understand why it still resonates so strongly with us today. We will discuss the perils Odysseus faced, where he may have travelled and the meaning, literal or metaphorical, of his journey. We may also reflect on what this epic reveals of the gender and social issues of that time. The translation we shall use (and all must have) is that of Robert Fagles: Homer 'The Odyssey', Penguin Classics 1996, ISBN 978-0143039952 or 978-0140268867.
Format: Seminar
About me: Since 2006 I have been giving courses at the U3AC on ancient Greek poetry/drama to bring it to those who cannot access the Greek directly.

LIT 26: Introduction to James Joyce's 'Ulysses' (Spring term)

Tutor: Maud Ellmann
Day and time: Tuesday 10:00 - 11:00
Venue: U3AC (Yellow room)
Length of course: 2 terms. Autumn (8 weeks), Spring (8 weeks)
Places: 16
Start date: 06 Oct
Who's afraid of Joyce's 'Ulysses'? This course shows how to approach this formidable novel without (much) fear and trembling. Most important is that 'Ulysses' is a funny book, and the better you get to know it, the funnier it becomes. Recommended background reading includes Homer's 'Odyssey' and Joyce's 'A Portrait of the Artist as a Young Man'. Also recommended is Harry Blamires's 'The New Bloomsday Book', which walks you through each chapter clarifying any puzzling passages. This is a continuation of last year's course, when we got through the first 6 chapters, but I will help newcomers to catch up. We used the Oxford World's Classics edition of 'Ulysses' edited by Jeri Johnson, but if you don't have it I can help you navigate other editions.
Format: Discussion
About me: I have been writing about and teaching Ulysses at UK and US universities for over forty years, and I'm always discovering new insights and pleasures, thanks to my students.

LIT 27(z): Jesus, the Jew

Tutor: Hilary Goy
Day and time: Wednesday 17:00 - 18:00
Venue: Zoom
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 10
Start date: 07 Oct
Looking at New Testament references to the Hebrew bible. We concentrate on close reading and pieces will be set to aid discussion. We have started with the Gospel of Luke. The sessions focus on discussion and interpretation. This is a high participation group.
Format: Discussion
About me: I am involved in U3AC New Testament Greek as well as Looking at the Septuagint. This topic is a natural development to explore further.

LIT 28(z): Literature and language challenge (Summer term)

Tutor: Jenny Knight
Day and time: Thursday 11:30 - 12:30
Venue: Zoom
Length of course: 1 term. Summer (9 weeks)
Places: 14
Start date: 15 Apr
Here is another opportunity to test your knowledge in the comfort of your home. Topics encompass adult and children's literature and feature aspects of the language such as spelling and expressions, plays ancient and modern, quotations and word games. In recent years activities have included changes in meaning, doctors, euphemisms, Jane Austen and Dickens characters, railways and stately homes. Some quizzes are emailed in advance (looking up the answers online will spoil the fun for you and for others). Others are issued in class, and a few are topics for discussion during the session. Most are new to U3AC; and those that have been in earlier programmes have not been aired for at least four years. The quizzes are intended for friendly rivalry, not fierce competition, and some are more challenging than others.
Format: Course or activity without teaching
About me: I enjoy devising quizzes for U3AC and other local organisations. A long career in publishing makes literature and language my favourite subjects.

LIT 29: Masters of subtlety: Henry James and Ford Maddox Ford

Tutor: Melina Heaton
Day and time: Wednesday 11:45 - 13:15
Venue: U3AC (Orange room)
Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)
Places: 10
Start date: 07 Oct
In this class we will be studying two classic novels of the Edwardian era: 'The Golden Bowl' by Henry James and 'The Good Soldier' by Ford Maddox Ford. Both novels explore the various relationships between two couples, examining the nature of consciousness as well as the fundamental unknowability of others and, ultimately, of our own selves. We will also consider these two novels in the context of the Edwardian period and the changes occurring in British and European society as they navigate the transition from the Victorian age to the eve of WWI and the true beginning of the 20th century.
Format: Discussion
About me: I studied comparative literature at university and taught literature and philosophy in International Baccalaureate schools in several countries.

LIT 30: Mid-century New York

Tutor: John Wilkinson
Day and time: Monday 10:00 - 11:30
Venue: U3AC (Green room)
Length of course: 2 terms. Autumn (8 weeks), Spring (8 weeks)
Places: 12
Start date: 12 Oct
Centred on the poet, art critic and curator Frank O'Hara, this course roams through visual art (inc. Jackson Pollock, Willem de Kooning, Joan Mitchell), poetry (inc. O'Hara, Barbara Guest, John Ashbery, Amiri Baraka), music (inc. John Cage, Miles Davis, Billie Holiday), and depending on class interest, architecture and dance. No prior knowledge is assumed, but open-mindedness and a tolerance for perplexity will assist enjoyment. Those interested in more advanced investigation can be supported. Core materials will be accessible online. Frank O'Hara's 'Selected Poems' (pref. edition edited by Mark Ford) would be good to browse in advance, as would the abstract expressionist paintings exhibited at Tate Modern. A short recommended reading list will be circulated.
Format: Seminar
About me: I'm a poet and a professor retired from the University of Chicago, and have loved the poetry and art of New York since I was a teenager.

LIT 31: Modern European novels

Coordinators: Kostadinka Grossmith & Mary MacGinley
Day and time: 3rd Tuesday of the month 10:15 - 11:15
Venue: U3AC (Blue room)
Length of course: 3 terms. Autumn (3 weeks), Spring (3 weeks), Summer (3 weeks)
Places: 12
Start date: 20 Oct
We read prize winning Modern European novels in translation, challenging our own perceived culture and making us to better reflect upon our own identity. Through masterful storytelling we develop a deeper sense of connection to another reality. Works in translation also foster a level of intercultural understanding that is even more crucial than ever in today's tumultuous world. This group has been running for ten years, deciding which novels we will read each month in advance. Together, we will be looking into the issues and merits of contemporary novels, while sharing the pleasure of reading, contributing equally and with respect for everyone's view. For the first meeting in October 2026, we will be discussing the novel 'Omer Pasha Latas, Marshall to the Sultan' (1976), the unfinished epic novel by the Nobel Prize winner, Ivo Andric, translated by Celia Hawksworth.
Format: Discussion
About us: The facilitators have been members of many reading groups over the years.

LIT 32: Modern European novels 2

Coordinator: Kostadinka Grossmith
Day and time: 3rd Tuesday of the month 12:30 - 13:30
Venue: Museum of Cambridge (previously Folk Museum) (Enid Porter room)
Length of course: 3 terms. Autumn (3 weeks), Spring (3 weeks), Summer (3 weeks)
Places: 12
Start date: 20 Oct
This course is a repeat of LIT 31 but please note that dates differ: 20 Oct., 17 Nov, 15 Dec 2026; 19 Jan, 9 Feb, 16, Mar, 20 Apr, 18 May, 15 June 2027.
Format: Discussion
About me: The facilitator has been a member of many reading literature groups over the years, and has been in reading groups since 2008.

LIT 33: Modern European Theatre

Tutor: Kerry O'Connell
Day and time: Monday 12:45 - 14:00
Venue: U3AC (Red room)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (6 weeks)
Places: 20
Start date: 05 Oct
To explore modern European theatre by looking at plays, playwrights and key theatre practitioners of the last 150 years. We will be looking at playtexts, videos of plays and hopefully a shared theatre trip. We will explore the rise of naturalism in Ibsen, Strindberg and Chekhov: Irish theatre in Synge and Beckett; Brecht and epic theatre; Pirandello and Dario Fo; Lorca; the theatre of the absurd; Peter Brook; Harold Pinter; the rise of 'physical theatre'.
Format: Lecture
About me: I've enjoyed acting as a tutor for over ten years at U3AC, Before that, I taught English and Theatre Studies for over 40 years at sixth form and secondary level.

LIT 34: Neglected women writers

Coordinator: Maxine Fay
Day and time: 2nd Monday of the month 14:30 - 15:45
Venue: U3AC (Green room)
Length of course: 3 terms. Autumn (3 weeks), Spring (3 weeks), Summer (3 weeks)
Places: 10
Start date: 12 Oct
We will again read a novel a month by women writers from the mid-twentieth century, many of whom enjoyed broad, popular appeal in their day, but are now rather neglected. In a century during which the role of women changed radically, the fictional heroines of these novels highlight women's experiences of life inside and outside the home through the first half of the 20th century. This year the source for the books will be those published by Persephone Books. For the first session we will read the first ever book published by Persephone Books - William, an Englishman by Cicely Hamilton, first published in 1919. ISBN 978-0953478002. We will decide on subsequent reads as a group, choosing from a limited number of books in the extensive Persephone books catalogue, which can be found at https://persephonebooks.co.uk/products/catalogue
Format: Discussion
About me: I have been running a book group for four years and I look forward to again discovering new novels by 20th century women authors and discussing them with the group.

LIT 35: One Quartet: 'Burnt Norton' (Spring term)

Leader: Dr Patricia Loughlan
Day and time: Monday 09:30 - 11:00
Venue: U3AC (Blue room)
Length of course: 1 term. Spring (2 weeks)
Places: 12
Start date: 08 Mar
In this brief two-week course, we will read, think and talk about TS Eliot's 'Burnt Norton', the first of the 'Four Quartets'. The course will be, I believe, enjoyable in itself, but it will also be a kind of experiment, to see if the larger poem, the 'Four Quartets' is amenable to discussion and group-based analysis and appreciation.
Format: Discussion
About me: Several years ago, I decided to engage intensely with the Western canon of poetry. 'Four Quartets' is a beautiful mountain to climb within that canon.

LIT 36: Passion, irony and social justice in Jane Austen's novels (Spring term)

Tutor: Mike Lynch
Day and time: Wednesday 13:00 - 14:15
Venue: U3AC (Green room)
Length of course: 1 term. Spring (10 weeks)
Places: 13
Start date: 13 Jan
19th century novelists such as Emily Bronte and Charles Dickens deal with profound themes of human love, suffering and social justice in a dramatic manner, while Jane Austen's novels are often regarded as a somewhat gentler form of literature. In this course we shall examine two of her novels - 'Persuasion' and 'Mansfield Park' - and consider whether Austen deals with the same major themes in ways that are different in style but just as effective in impact. For ease of page reference it would be helpful if as far as possible we used the same editions. For 'Persuasion' I will be using the Penguin Classics edition 'reissued 2015' edited by Gillian Beer, and for 'Mansfield Park' the Penguin English Library 2012 edition edited by Kathryn Sutherland with an essay by Tony Tanner. Both are available at Heffers with a 10% U3AC discount.
Format: Seminar
About me: I have a degree in English Literature and enjoy reading Jane Austen's novels.

LIT 37(z): Personal poetry

Coordinator: David Horan
Day and time: Alternate Mondays, 10:00 - 11:30
Venue: Zoom
Length of course: 3 terms. Autumn (5 weeks), Spring (5 weeks), Summer (4 weeks)
Places: 10
Start date: 05 Oct
A course for those who write poetry and want to improve their skills. We meet every two weeks on Zoom to share and discuss work we have each produced in a supportive and friendly atmosphere. The facilitator does not provide a theme for each meeting but attempts to stimulate the group with 'random' handouts of a poetic nature. This is a peer group and not a teaching workshop and we learn from each other.
Format: Self-taught course or activity
About me: Having written poetry for many years I enjoy the stimulation that other people's ideas and styles provide.

LIT 38: Playreading: comedy with a hint of black

Leader: Jenny Jump
Day and time: Thursday 11:45 - 12:45
Venue: U3AC (Yellow room)
Length of course: 1 term. Autumn (9 weeks)
Places: 8
Start date: 15 Oct
The darkly comic plays we will cover give pause for thought on the shortcomings of society, but mainly we will read for the pleasure of bringing brilliant scripts to life. We will begin with Alan Ayckbourn's 'Woman in Mind', which was recently revived. Members will need to have their own copy ISBN 978-0571145201 and will need to read ahead before each session. Other playwrights we may then consider are Alan Bennett and Yasmina Reza.
Format: Playreading aloud
About me: I have taught English and French for many years and have degrees in English and Drama.

LIT 39: Poetry of the Third Age (Summer term)

Tutor: Kerry O'Connell
Day and time: Wednesday 11:30 - 12:30
Venue: U3AC (Red room)
Length of course: 1 term. Summer (6 weeks)
Places: 20
Start date: 14 Apr
We will explore together poems that look at the experiences involved in getting old: grief, celebration, memory, reflections on mortality, and more. From the Elizabethans to contemporary poets, not in a mournful spirit but open and honest: sometimes light-hearted and sometimes serious.
Format: Discussion
About me: I have been a tutor with U3AC for over ten years. Before that I taught English and Theatre Studies at Sixth Form and secondary level for 40 years.

LIT 39(z): Poetry of the Third Age (Summer term)

Places: 12
As for LIT 39 but attending via Zoom.

LIT 40: Poetry of walking beside the sea (Summer term)

Leader: Patricia Loughlan
Co-Leader: Charmian Farmer
Day and time: Thursday 13:45 - 15:15
Venue: U3AC (Blue room)
Length of course: 1 term. Summer (6 weeks)
Places: 12
Start date: 15 Apr
Poets have engaged, often in a most beautiful way, with the common human experience of standing or walking beside the sea. Most of the poems that we will look at are prized within the canon and familiar to us, but the task of the course will be to closely read them, to seek their meaning and understand their form. We will consider, in particular, how poets have used the sea as an image of mystery, fear, death, freedom and infinity and the shore as a liminal site of both human constraint and illumination. Importantly, the sea is not a river. The poems to be discussed are usually readily available online, for reading ahead of the class meeting, but they will also be on the screen in each class. No book purchase will be necessary.
Format: Discussion
About me: (Patricia) I decided long ago to engage intensely with the Western poetic canon and the project, while nowhere close to completion, is progressing.

LIT 41: Poetry reading group

Coordinator: Jo Whitehead
Organiser: John Cook
Day and time: Tuesday 14:15 - 15:45
Venue: U3AC (Blue room)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 10
Start date: 06 Oct
Every week each member chooses a poem to be projected on screens, read aloud, and then discussed by the group. Poems are read in English; poems translated from other languages are included. The range of poems is wide and the discussion may digress, usually involving laughter. Erudite knowledge is welcome but optional. There is no learned tutor.
Format: Course or activity without teaching
About us: A group of us run the course and we all share a love of discussing a wide range of poems.

LIT 41(z): Poetry reading group

Places: 4
As for LIT 41 but attending via Zoom.

LIT 42(z): Reading the Septuagint

Tutor: Hilary Goy
Day and time: Monday 17:00 - 18:00
Venue: Zoom
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 10
Start date: 05 Oct
This is a close reading group. We study the Greek text with close reference to the Hebrew which Hellenised Jews used as their source. No expertise is required. There is an emphasis on discussion, and reading will be set. This is a high participation group.
Format: Seminar
About me: I am an old classics teacher, still captivated by 'dead' languages.

LIT 43: Red (Summer term)

Tutor: Melina Heaton
Day and time: Wednesday 11:45 - 13:15
Venue: U3AC (Orange room)
Length of course: 1 term. Summer (9 weeks)
Places: 10
Start date: 14 Apr
After two terms of more serious fare, this course is designed to be playful as well as a way to chase the winter blues away with a blast of colour. We will explore the significance of red in our culture through various media, and with a few light books to give our discussion a bit of structure.
Format: Discussion
About me: This course allows me to explore all those tangents you find in your teaching career but rarely have the luxury to indulge.

LIT 44(z): Seamus Heaney (Spring term)

Tutor: Martin Harnor
Day and time: Thursday 10:15 - 12:30
Venue: Zoom
Length of course: 1 term. Spring (10 weeks)
Places: 20
Start date: 14 Jan
Seamus Heaney (born April 1939 - died August 2013) was an important Irish poet, playwright and translator who received the 1995 Nobel Prize in Literature. Heaney was recognised as one of the principal contributors to poetry during his lifetime. He has been described as 'the most important Irish poet since Yeats'. Upon his death in 2013 the Independent described him as 'probably the best-known poet in the world'. A Professor at Harvard and also of Poetry at Oxford, he gained many other awards and prizes during his lifetime. This course is for all who like reading great poetry and would like to learn more about him. This course will feature a brief introduction to his life and some analysis of his poetry. We will then read some of his poetry in turn. Books of his Collected and Selected Poems are available online.
Format: Course or activity without teaching
About me: I have run successful poetry courses through the U3AC for several years.

LIT 45: Shakespeare, three late plays: Measure for Measure, The Winter's Tale and The Tempest

Tutor: Kerry O'Connell
Day and time: Wednesday 11:30 - 12:30
Venue: U3AC (Red room)
Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)
Places: 20
Start date: 07 Oct
We will explore together three of Shakespeare's late plays, variously called 'problem' plays or Romances: Measure for Measure, The Winter's Tale and The Tempest, looking at the context of the plays, the texts, the production histories and using video performances, sharing ideas in discussion.
Format: Lecture
About me: I've been a tutor at U3AC for over ten years. Before that I taught English and Theatre Studies at Sixth Form and Secondary Level.

LIT 46: The Cambridge Poetry of Sylvia Plath and Ted Hughes (Spring term)

Tutor: Di Beddow
Day and time: Monday 11:45 - 12:45
Venue: U3AC (Green room)
Length of course: 1 term. Spring (5 weeks)
Places: 13
Start date: 15 Feb
Sylvia Plath and Ted Hughes met at a party in Falcon Yard in Cambridge in 1956. She was already a published poet in America and he was returning to Cambridge at weekends after graduating from Pembroke two years earlier. They fell in love and married, living and writing in Cambridge until June 1957. This course moves on from last Spring's 'The Cambridge of Sylvia Plath & Ted Hughes', looking more closely now at the poetry the pair wrote whilst in Cambridge and about Cambridge. We will study and discuss Hughes's early animal poems and his very late poems looking at his relationship with Plath. Plath's Cambridge poems such as 'Watercolor of Grantchester Meadows' will also be explored.
Format: Seminar
About me: A secondary school teacher and leader for my whole career, I gained my PhD (after early retirement) with my thesis, 'The Cambridge of Ted Hughes and Sylvia Plath'.

LIT 47: The Moon in Poetry

Tutor: David Whitley
Day and time: Monday 16:00 - 17:00
Venue: U3AC (Green room)
Length of course: 1 term. Autumn (10 weeks)
Places: 10
Start date: 05 Oct
The moon, which is our nearest neighbour in space, has always fascinated human beings and has exerted a kind of spell over poets throughout history. We now understand much more about the moon scientifically, but it also remains a site of wonder, where we project many of our deepest fears and longings. This course explores what the moon has meant to us across the centuries, and how we depend on it in many ways. We'll look at varied perspectives on the moon through the medium of poetry, primarily, but also make connections to observation and knowledge of the moon in different historical periods and cultures. No special knowledge required but you are welcome to bring your own moon poems to the last session!
Format: Seminar
About me: I taught literature and film for many years in the Education Faculty and have a lifelong interest in poetry.

LIT 48: Three American Poets: Stevens, Williams, Bishop

Leader: Patricia Loughlan
Day and time: Friday 11:45 - 13:15
Venue: U3AC (Green room)
Length of course: 1 term. Autumn (6 weeks)
Places: 12
Start date: 16 Oct
Each one of these great Modernist poets took poetry in a profoundly different direction. In this course, we will closely read and discuss some of their most important poems, with a view to understanding the unique poetic charism of each poet and the meaning (what is meaning?) and form (or absence of form) of the poems which we consider. The poems to be discussed are usually readily available online, but they will also be on the screen in each class.
Format: Discussion
About me: I decided long ago to engage intensely with the Western poetic canon. The project is greatly enhanced by hearing the views and insights of other people.

LIT 49: Twentieth and early twenty-first century classics

Tutor: Robert Haining
Day and time: 4th Tuesday of the month 10:15 - 11:15
Venue: U3AC (Blue room)
Length of course: 3 terms. Autumn (3 weeks), Spring (3 weeks), Summer (3 weeks)
Places: 10
Start date: 27 Oct
Meeting once a month from October to June, group members select novels written in English during the twentieth and early twenty first century. Together we consider their significance today and at the time when they were published. The aim is to range widely through the 1900s (and up to 2010) and to include literature from a variety of cultural backgrounds. We shall start in October by discussing 'A Portrait of the Artist as a Young Man' by James Joyce (1916). Those who are allocated places should come prepared. In November we shall discuss 'Age of Iron' by J.M. Coetzee (1990). All the remaining novels for the year to June 2027 are based on members' suggestions which the group votes on in November. Voting is by category to ensure a spread across time and place. Links to other material about each selected book are provided.
Format: Discussion
About me: Reading is a pleasure, widened by discovering new authors recommended by others, deepened and enhanced by listening to the views of others.

LIT 49(z): Twentieth and early twenty-first century classics

Places: 3
As for LIT 49 but attending via Zoom.

LIT 50: W.S. Gilbert: With and without Sullivan

Tutor: Mike Levy
Day and time: Thursday 09:45 - 10:45
Venue: U3AC (Red room)
Length of course: 1 term. Autumn (10 weeks)
Places: 22
Start date: 08 Oct
The course celebrates the life and work of W.S. Gilbert: his collaboration with Arthur Sullivan on such works as The Mikado and HMS Pinafore, but also his plays and satirical verse. We will hear many excerpts from the Savoy Operas but also explore, through readings, his once famed work as a playwright.
Format: Seminar
About me: I am a lifelong devotee of G&S but keen to share an interest in Gilbert's other work as playwright, journalist and creator of light verse.

Mathematics

MTH 01: Applications of advanced mathematics in everyday life. Some insights of how 'real' maths is used in our daily activities and industry (Spring term)

Tutor: Chris Thompson
Day and time: Monday 11:45 - 12:45
Venue: U3AC (Green room)
Length of course: 1 term. Spring (5 weeks)
Places: 13
Start date: 11 Jan
Mathematics plays a fundamental role in many of our activities which is often unappreciated. The course will look at a selection of use cases where mathematics is employed in design and optimisation. We will look at the details of the mathematics: what it does, what its limitations are, why we rely on it and why an industry might fund mathematical research. The lectures will aim for a degree of rigour and avoid handwaving. The examples will cover a wide range of topics from: Fluid Flow, Cryptography, Aircraft Icing, Probability and Uncertainty. The target audience is those interested in what mathematics can really do and how it helps us all.
Format: Lecture
About me: Before retiring I was involved in the research and application of computational mathematics in academia and industry.

MTH 02: Beautiful lines and curves (Spring term)

Tutor: Charles Sealey
Day and time: Thursday 11:45 - 12:45
Venue: U3AC (Yellow room)
Length of course: 1 term. Spring (9 weeks)
Places: 10
Start date: 21 Jan
We will learn about curve plotting on squared paper (supplied). Bring pencils and ruler and (important) eraser! We are surrounded by lines which delineate shapes, rays of light .... and beautiful curves, circles, ellipses, parabolas and many others. Since antiquity we have known how to produce these shapes by construction using the simplest means - pegs, strings and so on. This will be our approach; if you wish to know the mathematical formulae for these shapes we can see them, but our activities will not involve mathematics. Newton and his contemporaries had the temerity to conjecture that gravity operates in the same ways everywhere in the universe and we will see how this determines the motion of balls, orbits of the heavenly bodies and the trajectory of Artemis 2!
Format: Taught course or activity
About me: I am a chemical engineer and, after my long career, took up tutoring mathematics at a sixth form college.

MTH 03: GCSE/O Level Maths

Tutor: Nigel Canton
Day and time: Tuesday 12:45 - 13:45
Venue: U3AC (Orange room)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 13
Start date: 06 Oct
The aim of this course is to give members a good understanding of the topics covered at GCSE level, including those at the higher end of the syllabus.
Format: Taught course or activity
About me: I retired at the end of 2021 having spent the last 10 years of my working life as a maths teacher at secondary (11-18) level.

MTH 04: Mathematical thinking

Coordinator: Ray Adams
Tutors: Alan Richardson & Chris Thompson
Day and time: Monday 11:45 - 12:45
Venue: U3AC (Green room)
Length of course: 1 term. Autumn (10 weeks)
Places: 13
Start date: 05 Oct
This course has been designed by three mathematicians for anyone with an interest in furthering their knowledge of higher mathematics. Participants will not need a mathematical background. We are aiming to achieve clarity in presentation and hope class members will relish being intellectually challenged.
We aim to cover a very wide range of topics: polynomials, complex numbers, matrices and numerical methods, all the way to string theory and Fermat's last theorem. For each topic we shall provide some introductory context, a little theoretical development and then a high-level view of the importance and further implications.
Our aim is to convey the enjoyment of insights into higher mathematics, pure and not so pure. You don't have to be a mathematician, just interested.
Format: Lecture
About us: Ray is a mathematician who has taught number theory for many years.
Alan is a Cambridge Mathematics graduate who used mathematics in system and sub-system engineering of radar and communications systems before later becoming the CEO of Cambridge Consultants.
Chris studied mathematics at Oxford and enjoyed a career involving the research and application of computational mathematics in academia and industry.

MTH 05(z): Maths can be fun 1

Tutor: Sarah Payne
Day and time: Thursday 11:10 - 12:20
Venue: Zoom
Length of course: 1 term. Autumn (10 weeks)
Places: 12
Start date: 08 Oct
This course contains topics in maths which have always intrigued and delighted me. I will not be teaching 'school maths' but instead will explore topics such as the Platonic solids, Fibonacci series, Infinity, Binary counting, Probability, the Maths of Tuning. I often get asked 'but how is this relevant' so where possible I will explain. I hope those that take up this course will eventually agree with its title 'Maths can be fun'. No previous experience is required except a basic ability in arithmetic and an interest in numbers and problem solving. Please bring paper, pen, pencil, rubber, ruler.
Format: Taught course or activity
About me: I was a sixth form Maths teacher for most of my career and enjoy this opportunity to dip into non-syllabus topics with (usually!) an eager and responsive group.

MTH 06(z): Maths can be fun 2 (Spring term)

Leader: Sarah Payne
Day and time: Wednesday 11:15 - 12:25
Venue: Zoom
Length of course: 1 term. Spring (10 weeks)
Places: 12
Start date: 13 Jan
This is a repeat of MTH 05(z) so members should not enrol for both.
Format: Taught course or activity
About me: I was a sixth form Maths teacher for most of my career and enjoy this opportunity to dip into non-syllabus topics with (usually!) an eager and responsive group.

Music

MUS 01: 'A Bundle of Time': Classical music in Britain 1900 - 1950 (Spring term)

Tutor: John Hopkins
Day and time: Tuesday 15:30 - 17:00
Venue: U3AC (Pink room)
Length of course: 1 term. Spring (10 weeks)
Places: 30
Start date: 12 Jan
The remarkable pianist Harriet Cohen (1895 - 1967) was a vital presence in the British classical music scene during the 20s, 30s and 40s. Her memoire, ‘A Bundle of Time’, reveals a close involvement with the music of the then contemporary composers, especially Arnold Bax (1883 - 1953). She introduced audiences here to the work of contemporary British, European and Russian composers, also taking the music of British composers to Europe and America. In this course, we will discuss aspects of the British music of the period 1900 - 1950, such as that of Elgar, Bantock, Bax, Bridge, Moeran, Bliss, Vaughan Williams and Walton. We will also consider Harriet Cohen's much praised performances of Bach, her revival of keyboard music from the Elizabethan period, and her connections with the literary, musical and political figures of her time. The discussion will be as free from technical terminology as possible.
Format: Lecture
About me: I am a retired university lecturer and a published composer concerned with the survival and the wider appreciation of classical music.

MUS 02: Chamber choir

Coordinator: Lorna Cox
Leader: Alison Miles
Support Pianist: Chris Hills
Day and time: Wednesday 14:45 - 16:00
Venue: Castle Street Methodist Church (Hall)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (5 weeks)
Places: 24
Start date: 07 Oct
This choir is for experienced choral singers with good sight-reading ability who are confident to sing unaccompanied. We enjoy a variety of sacred and secular music. This year the focus of the organisers will once again be 4 to 8 part Renaissance music, mainly unaccompanied, but course members who would like to suggest and lead pieces from other genres will be encouraged. We expect to use the ‘Oxford Book of Tudor Anthems’ and ‘European Sacred Music’; other books may be used during the year. Online links will be provided by email each week for those who do not have these books. Repertoire is announced in advance so that members can ensure they bring the correct music (book, printout or tablet) and can prepare in advance as necessary. We are a friendly and welcoming group who sing for our own pleasure and not to perform in public.
Format: Course or activity without teaching
About us: We have been members of this choir for many years and love sight-reading music a cappella with this group.

MUS 03: Choir

Director of Music: Lin Hetherington
Secretary: Vanessa Tilling
Accompanist: Christopher Hills
Day and time: Thursday 10:30 - 12:00
Venue: Queen Edith Chapel
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 80
Start date: 08 Oct
Our well-established, friendly and enthusiastic SATB group enjoys singing a wide range of music, both sacred and secular, traditional and modern. Each term we sing a variety of smaller arrangements, madrigals, motets, extracts from operas/musicals and other lighter pieces, as well as tackling a more challenging, substantial choral work. Recently we have performed works by Handel, Fauré, Gershwin, Bernstein, Saint-Saëns, Borodin and Bacharach, and some rarely performed works by Stanford and Coleridge-Taylor. Music is provided but we occasionally request a small contribution to offset costs. We welcome new members, and while the ability to read music is not essential, you should be willing to practise your part between rehearsals using the practice aids that will be provided, so that you can sing confidently and in tune. Regular attendance is important as we aim to perform a concert to a very supportive audience at the end of each term.
Format: Participation in rehearsal with teaching and encouragement, with a view to a performance at the end of each term.
About us: (Lin) I have been encouraging and inspiring people, of all ages and abilities, directing music for many years, through a wide range of projects and ensembles. (Vanessa) I act as the day-to-day administrative support between the musical director and the choir members.

MUS 04: It's not only Rock 'n' Roll - But we like it

Leader: John Blandford
Organiser: Richard Medland
Day and time: Thursday 10:45 - 12:00
Venue: Friends Meeting House, Jesus Lane (Meeting room)
Length of course: 1 term. Autumn (10 weeks)
Places: 60
Start date: 08 Oct
This course features quality Rock 'n' Roll, Rhythm 'n' Blues, Soul, some World Music and Pop Music, mainly from the 1950s and 1960s, but with a few detours into earlier and later decades. Many of the tracks selected were big hits in their time, others are less well known but authentic examples of their genre. The course is the successor to 'It's Only Rock 'n' Roll, But I Like It', which ran very successfully for several years. The music will be chosen and presented by course members. Join us to hear some of the best recordings of this - or indeed any - era. Please note this will be a sound only course, the music will be played from sources such as CD, iTunes or vinyl.
Format: Course or activity without teaching
About me: (John) I am a lifelong fan of popular music and jazz, with a particular interest in music of the 1950s and 1960s and its sources.

MUS 05: Jazz on a Monday afternoon

Coordinators: Alan Murphy & Alan Bird
Day and time: Monday 14:00 - 15:30
Venue: Friends Meeting House, Jesus Lane (Meeting room)
Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)
Places: 100
Start date: 05 Oct
Jazz was born in the early 20th century in and around New Orleans. It then spread North and West coming to Europe in the 1920s. In the Autumn term we will illustrate this history through the music and accompanying commentary. In addition, we will use the Penguin Guide to help members build a collection of the best jazz recordings. In the Spring term we will freewheel but will include one session of bring your own favourite recording. Live sessions are currently used in both terms. We aim to give programmes that are enjoyable and entertaining for the new and experienced listener. Our website gives the term programme, individual playlists and links to YouTube performances. Suggestions for reading include 'The Rough Guide to Jazz: The History of Jazz' by Ted Gioia and 'A New History of Jazz' by Alyn Shipton. Website http://jazzoama.blogspot.co.uk
Format: Series of presentations by different members
About me: (Alan M) Listener to jazz for over 70 years.

MUS 06: Lunchtime concert series

Coordinator: Jo Whitehead
Day and time: Tuesday 12:50 - 14:00
Venue: West Road Concert Hall
Length of course: 3 terms. Autumn (8 weeks), Spring (8 weeks), Summer (4 weeks)
Places: 300
Start date: 13 Oct
Each week we will have a bring-your-own sandwich and coffee together in the West Road concert hall foyer, before attending the Cambridge University Musical Society's free lunchtime concert which runs from 13:10-13:55 during university term, stopping early in Easter term due to exams. These concerts present the University's top musicians in ensembles ranging from 1 to 30 performers. The programme is classically focused but includes a range of styles, such as jazz, Gamelan and close harmony, as well as choral singing, chamber music and instrumental concertos. I arrange short talks with one or more of the performers. You do not need to attend all concerts. Donations are requested by the society at the end of the concert but are entirely voluntary. Exact dates will be distributed by email nearer the time.
Format: Sandwich and concert
About me: I was a trustee and Vice Chairman of Cambridge University Musical Society, although not a musician, beyond singing in the choir.

MUS 07: Mainly madrigals

Leader: Susan Whykes
Day and time: Tuesday 11:00 - 12:30
Venue: Downing Place URC (Gibson Hall)
Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)
Places: 24
Start date: 06 Oct
This SATB a cappella group meets for the pleasure of singing in the Madrigal tradition. Madrigals are characterised by their uplifting, enjoyable to sing and always appealing despite some complex harmonies. In each session there is a variety of songs and since these are quite short, we cover a few different styles in a session. Our repertoire is focussed on English madrigals and part-songs, occasionally including music in other European languages. We will be using 'The Oxford Book of English Madrigals' edited by Philip Ledger and 'Madrigals and Partsongs' edited by Clifford Bartlett. Additional music may be sourced online for members to print off. Members of this group have good sight-reading abilities. All are encouraged to make suggestions on repertoire, technique and performance. This friendly group meets in a delightful venue and warmly welcomes new members.
Format: Singing together
About me: I am a music teacher, with a wide range of experience in both orchestral and choral settings.

MUS 08(z): Music theory from the very beginning

Tutor: Susan Whykes
Day and time: Friday 08:30 - 09:15
Venue: Zoom
Length of course: 3 terms. Autumn (9 weeks), Spring (9 weeks), Summer (9 weeks)
Places: 25
Start date: 09 Oct
This course aims to help reading music for beginners. Together we journey through and investigate the beginnings of written music, gradually building up skill sets and studying elements that constitute music, all from the comfort of your own home using Zoom, The early part of the course is designed to be useful to those wishing to have a better understanding of the signs and squiggles on a page of music. We arrive at the equivalent of theory Grade 2 standard by the end of the course in the summer term. PDF booklets that complement each topic will be sent out when appropriate. Questions are encouraged and all sessions are recorded so that you can watch again and work through the lesson at your own speed.
Format: Taught course or activity
About me: I am an experienced music teacher, having been involved in music education for years. I love theory and find it fascinating.

MUS 09(z): Music theory continuing on to Grade 4

Tutor: Susan Whykes
Day and time: Friday 09:30 - 10:30
Venue: Zoom
Length of course: 3 terms. Autumn (9 weeks), Spring (9 weeks), Summer (9 weeks)
Places: 25
Start date: 09 Oct
This course is designed to continue on from ‘Music theory from the very beginning’ and covers material from theory level Grade 3 to Grade 4 standard. As well as improving theory skills these sessions develop understanding of more complicated note durations, scales and key, all from the comfort of your own home using Zoom. (A basic knowledge of Grade 2 standard theory is very useful). A very limited amount of other technology might be used during the course if participants wish to use it. There will also be a series of PDF booklets that both cover this work and complement each topic. These will be available as we progress through the course. Questions are encouraged and all sessions are recorded so that you can watch again and work through the lesson at your own speed.
Format: Taught course or activity
About me: I am an experienced music teacher, having been involved in music education for many years. I love theory and find it fascinating.

MUS 10: Rhythm and Blues and all that Jazz 1940s to 1960s

Tutor: Barry McCann
Day and time: Wednesday 14:00 - 15:30
Venue: St Laurence's Roman Catholic Church (Main hall (parking requires registration))
Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)
Places: 40
Start date: 07 Oct
The main focus of the course (some 10 sessions or so) will explore the origins and development of US Rhythm and Blues music from the 1940s to the 1960s: African-American music played by African-American musicians and singers for a primarily African-American audience. Interspersed will be sessions focussing on Jazz in Film, Jazz Noir, British Beat before The Beatles, US Rock n Roll, US & UK Instrumentals and other similar nostalgia-themed sessions. Most of the music will be sourced from my own collection of CDs and some from original 78s. This course follows on from last year’s 'Jazz, Blues and everything in between'.
Format: Course or activity without teaching
About me: I worked in the music business for over 40 years mainly at EMI RECORDS as Record Producer, Marketing Director and Managing Director.

MUS 11: Stephen Sondheim - the genius of music theatre (Spring term)

Tutor: Mike Levy
Day and time: Thursday 09:40 - 10:40
Venue: U3AC (Pink room)
Length of course: 1 term. Spring (10 weeks)
Places: 25
Start date: 14 Jan
We will explore the output of the great master of music theatre - from his little-known works such as 'Anyone Can Whistle' to the popular 'Into the Woods' and 'Sweeney Todd'. We will appreciate his unique talent for re-inventing the musical and bringing it into the 21st century.
Format: Seminar
About me: Mike has run the popular 'Great Broadway Lyricists' for two years now. He is an author, teacher, journalist and playwright. He loves to share his passion for music theatre.

MUS 12: Summer singers (Summer term)

Leader: Susan Whykes
Day and time: Tuesday 11:00 - 12:30
Venue: Downing Place URC (Gibson Hall)
Length of course: 1 term. Summer (9 weeks)
Places: 25
Start date: 13 Apr
This SATB a capella group meets for the pleasure of singing together. We will be singing a variety of music from Madrigals to folk songs. Whilst we welcome all singers, good sight-reading abilities are essential. We will be using a variety of books including 'The Oxford Book of English madrigals' edited by Philip Ledger and 'Madrigals and Partsongs' edited by Bartlett. Other music will be supplied for printing at home. This friendly group meets in a delightful venue and warmly invites new participants from other courses to sing with us.
Format: Singing together
About me: I am a music teacher, with a wide range of experience in both orchestral and choral settings.

MUS 13: The Symphonies of Beethoven (Summer term)

Tutor: John Hopkins
Day and time: Tuesday 15:00 - 16:30
Venue: U3AC (Pink room)
Length of course: 1 term. Summer (6 weeks)
Places: 30
Start date: 13 Apr
Beethoven's 9 Symphonies are one of the threads which trace the development of his music throughout his career. We will consider the world into which Beethoven was born, in both its musical and its historical contexts, and assess the ways in which the Symphonies reflected and influenced the evolution of European music and society during and after his lifetime. Technical terminology will be kept to a minimum, and there will be the opportunity to discuss the impact and meanings that the works convey.
Format: Lecture
About me: I am a retired university lecturer and a published composer, concerned for the survival and the wider appreciation of classical music.

MUS 14: U3AC recorder group

Leader: Alison Miles
Coordinators: Edwina Clark & Juliet Seaman
Day and time: Alternate Fridays, 14:00 - 15:30
Venue: St Laurence's Roman Catholic Church (Main hall (parking requires registration))
Length of course: 3 terms. Autumn (6 weeks), Spring (6 weeks), Summer (6 weeks)
Places: 24
Start date: 02 Oct
We are a self-supporting group of recorder players, meeting fortnightly, playing a wide range of music in different styles - usually 3 to 4 players to a part. Guided by group members, we play a range of recorders, from sopranino to contrabass, and are able to sight-read competently the 5 or 6 pieces played at each meeting. Before each session a music list will be sent out. Some pieces will be in pdf form for you to print. Please bring a music stand with you and whatever size(s) of recorder you enjoy playing. Rather than being a workshop with tuition, each meeting is an opportunity to enjoy sight reading and playing music together. Dates: 2, 16, 30 Oct; 13, 27 Nov; 11 Dec; 8, 22 Jan; 5, 19 Feb; 5, 19 Mar; 9, 23 Apr; 7, 21 May; 4, 18 June.
Format: Course or activity without teaching
About us: We enjoy playing recorders with other people and this U3AC group provides a friendly and encouraging opportunity to do this.

Philosophy & Religion

PHL 01: Being in Time and Space

Tutor: Roy Moyser
Day and time: Wednesday 12:45 - 14:15 - see dates in description
Venue: U3AC (Red room)
Length of course: 3 terms. Autumn (3 weeks), Spring (3 weeks), Summer (3 weeks)
Places: 20
Start date: 14 Oct
This course will investigate, being in time and space and consider what can be said, if anything, about the nature of that being. To do this, we will look at some of the structures of existence, like the lawful universe, mind and consciousness. We ask, if we can adequately describe being outside of time and space? what does AI reveal about our being ? will AI become self-aware ? will humanity become redundant? We will refer to the ideas of, Plato, Aristotle, Heraclitus, Parmenides, Carlo Rovelli, Julian Barbour, Sean Carroll, David Eagleman and Bernardo Kastrup. A wide variety of other philosophical and scientific sources are also used. The dates for this course are: 14 Oct, 11 Nov, 9 Dec 2026. 20 Jan, 17 Feb, 17 Mar. 14 Apr, 12 May, 9 Jun.
Format: Seminar
About me: This will be my eighth year of presenting philosophy courses for the U3AC.

PHL 02(z): How Ancient Greek philosophy influenced Christianity in Late Antiquity

Tutor: Chris Jones
Day and time: Tuesday 15:00 - 16:30
Venue: Zoom
Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)
Places: 15
Start date: 06 Oct
In prison awaiting execution on a trumped-up charge (like Socrates), the 5th/6th century Christian philosopher Boethius wrote a Platonic dialogue. In it, Lady Philosophy discusses with the author (!), in a very lively manner, how death is not anything to be afraid of. She tells him about wisdom, the immortal soul, the nature of God, and above all, about love. Boethius' book was one of the main ways in which the philosophy of Plato reached the Latin West before the fall of Constantinople in 1453 and the translation into Latin of Plato's works. 'The Consolation of Philosophy' has the unique status of having been translated into Anglo-Saxon by King Alfred, into Middle English by Chaucer, and into Modern English by Queen Elizabeth I. It is widely recognised as a masterpiece of philosophical thought. We will read the Penguin translation by Watts. I will provide a running commentary and facilitate discussion.
Format: Seminar
About me: I have a love of Platonic philosophy, and have taught it at U3AC for some years.

PHL 03(z): Medieval 'near-death experiences' (Spring term)

Tutor: Chris Jones
Day and time: Monday 15:00 - 16:30
Venue: Zoom
Length of course: 1 term. Spring (10 weeks)
Places: 25
Start date: 11 Jan
In the Christian Middle Ages there was a fascination with accounts of the soul's apparent survival of death. These exotic adventures through hell, purgatory and heaven can (like Dante's) be highly imaginative, but they also have uncanny correspondences with contemporary reports - complete with tunnels, protective beings of light (but also malignant beings of darkness), life-reviews, a sense of bliss and extraordinary unconditional love, and a life subsequently felt to be fundamentally transformed. We will discuss Carol Zaleski's 'Otherworld Journeys: Accounts of Near-Death Experience in Medieval and Modern Times' (Oxford University Press). You will need a copy of this book, and also of a medieval monk's purported autobiographical description of an NDE 'Revelations to the Monk of Evesham' (easily and cheaply available online on Amazon or Abebooks). We will read from these books in class, and I will provide a running commentary and facilitate discussion.
Format: Seminar
About me: I came close to death myself when young, and my odd experience of this left me very keen to understand what on earth was going on.

PHL 04(z): Near-death experiences in indigenous cultures

Tutor: Chris Jones
Day and time: Monday 15:00 - 16:30
Venue: Zoom
Length of course: 1 term. Autumn (10 weeks)
Places: 25
Start date: 05 Oct
We shall explore together fascinating accounts of the survival of death described in Gregory Shushan's book, 'Near-Death Experiences in Indigenous Religions' (Oxford University Press, 2023). Following Raymond Moody's and Elizabeth Kubler-Ross' ground-breaking investigations of these phenomena in the 1970s, we have learnt much from individuals who survived car crashes, heart attacks and falls from mountains, in the west, and their insistence that what they experienced on 'the other side' completely transformed their subsequent lives. But we have heard very little about comparable experiences of those of more remote cultures. Shushan's study investigates African, Native American and Oceanic religious and shamanic beliefs, and individuals' reports, of lands of the dead, souls' journeys, guardian spirits, and what have come to be termed 'near-death experiences'. I shall discuss the ideas and accounts in Shushan's book (which you will need a copy of) and facilitate group discussion.
Format: Seminar
About me: I have run several 'Near-death experiences' courses before, and these have proved very thought-provoking.

PHL 05(z): St Paul

Tutor: Chris Jones
Day and time: Tuesday 12:30 - 14:00
Venue: Zoom
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 20
Start date: 07 Oct
We will make a close study of the letters of St Paul. Paul expresses profound spiritual truths in them. I shall offer a running commentary, and will seek to relate (and critique) Paul's Christianity to contemporary Ancient Greek thought and in particular the spirituality of Plato. Paul's letters to various churches, in the Eastern Aegean, represent his considered responses to various difficulties experienced by communities he had largely founded himself. This means that Paul's writings are 'occasional', and only disclose their theological depth in an allusive way (which we will tease out). His letter to the Roman church famously stands out as different, as this was one church he had not himself established. He gives as a result a more focused theological account, in this letter. Paul's letters are read out only in isolated paragraphs in church services: it is valuable to explore his wonderful spiritual insights in more depth.
Format: Seminar
About me: I have been teaching the gospels for some years, and now feel ready for the challenge of St Paul.

PHL 06: The Bible - an introductory history (Spring term)

Tutor: Michael Gray
Day and time: Monday 14:15 - 15:15
Venue: U3AC (Red room)
Length of course: 1 term. Spring (10 weeks)
Places: 20
Start date: 11 Jan
We think we know what a bible is. But what was the process of formation? What about marginal documents? How close can we get to the original texts? How were the books used (over time)? How does changing technology affect this? And what are the problems of translation (at first and now)? Therefore, what can safely be said about authority and relationship to religious bodies? I propose to explain widely-held scholarly views, with ample opportunity for discussion. The course is in many ways a study of human believers, both Jewish and Christians, who created, preserved and used, and translated the texts. It is not, of course, an attempt to make converts. No knowledge of Hebrew, Greek or Latin, or of papyrus, parchment, paper, calligraphy, moveable type printing or bookbinding, will be assumed.
Format: Lecture
About me: I have degrees in theology (and classics) and have maintained knowledge of the topic subsequently.

PHL 07: The Christian Platonism of Simone Weil

Tutor: Chris Jones
Day and time: Wednesday 12:30 - 14:00
Venue: St Clement's Church (Upper Room, NB: First Floor - no lift)
Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)
Places: 15
Start date: 07 Oct
We shall explore the religious thought of the great French mystic and philosopher, Simone Weil. You will need a copy of her 'Waiting on God', which is a collection of essays and letters on religious themes. Simone Weil's thoughts, which are profound, are expressed in very accessible language in these essays. She draws her inspiration from Plato almost as much as from Christ and the gospels, and reveals the harmony between the two traditions of philosophy and theology, which have traditionally been seen as quite different.
Format: Seminar
About me: I fell in love with the writings of Simone Weil as a post-grad and have continued to find her thoughts extraordinarily inspiring.

PHL 08: The Republic of Plato

Tutor: Chris Jones
Day and time: Wednesday 10:00 - 11:30
Venue: Castle Street Methodist Church (Epworth room, NB: First Floor - no lift)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 20
Start date: 07 Oct
We will read together Plato's masterpiece (with members of the course reading the characters' parts in the dialogue: so hone your thespian skills!). The English philosopher Whitehead famously remarked: 'All western philosophy is a series of footnotes to Plato.' This was not merely a joke. 'The Republic' is an in-depth exploration of the concept of justice. It opens with an aggressive attack on Socrates: Thrasymachus argues that moral values are relative and that (effectively) might is right: justice is whatever is in the interest of the stronger party. This real justice is called 'unjust' by those who are too weak to assert their will. Plato then endeavours to disprove this thesis. I shall provide a running philosophical analysis, and facilitate discussion. You will need the Cambridge University Press edition of 'The Republic', translated by Tom Griffith. (Remember you are entitled to a U3AC reduction from the CUP Bookshop.)
Format: Seminar
About me: I have been working my way through most of Plato's wonderfully profound works in U3AC classes over the past decade, and now am re-visiting what may be his masterwork.

PHL 09: The thinking life: An introduction to philosophy 1

Tutor: Philippe Mathieu
Day and time: Friday 15:15 - 16:45
Venue: U3AC (Green room)
Length of course: 3 terms. Autumn (9 weeks), Spring (9 weeks), Summer (6 weeks)
Places: 12
Start date: 09 Oct
This is very much a course for beginners and meant to be highly interactive. Each session will revolve around a topic such as knowledge, justice, the state, morality, God, free will, language, history etc., and, where relevant, philosophers will be introduced to help bring focus and content to the issues, questions and discussions. The overall purpose is to explore significant thinkers as well as to challenge and broaden our own thinking and hopefully do it better. Pen and paper are all that is required.
Format: A mix of discussion and presentation
About me: I have taught Philosophy in one guise or another for over 30 years and would like to share my experience.

PHL 10: The thinking life: An introduction to philosophy 2

Tutor: Philippe Mathieu
Day and time: Friday 12:45 - 13:45
Venue: U3AC (Blue room)
Length of course: 3 terms. Autumn (9 weeks), Spring (9 weeks), Summer (6 weeks)
Places: 11
Start date: 09 Oct
This course is a repeat of PHL 09.
Format: Discussion
About me: I have taught Philosophy in one guise or another for over 30 years and would like to share my experience.

PHL 11(z): Two twenty-first century accounts of near-death experiences (Summer term)

Tutor: Chris Jones
Day and time: Monday 15:00 - 16:30
Venue: Zoom
Length of course: 1 term. Summer (9 weeks)
Places: 25
Start date: 12 Apr
The rationalistic neurosurgeon Eben Alexander had a florid near-death experience when he fell into a coma suffering from severe bacterial meningitis. His account of what he went through, 'Proof of Heaven' (Piatkus Press, 2012) relates what he himself had experienced with well-known studies of NDEs by the likes of Raymond Moody. We will also consider together Anita Moorjani's 'Dying to be me' (Hay House Press, 2012), a report of her vivid spiritual experiences when her bodily organs shut down in terminal cancer. You will need both books (which are inexpensive).
Format: Seminar
About me: When I read and contemplate individuals' experiences of surviving death, and how this changes their lives in the most extraordinary way, I am very moved, and wish to share this.

Photography

PHO 01: Out and about photography (Autumn and Summer terms)

Leader: Tim Ewbank
Co-Leader: Brian Human
Day and time: Alternate Thursdays, 13:00 - 14:00
Venue: U3AC (Yellow room)
Length of course: 2 terms. Autumn (5 weeks), Summer (5 weeks)
Places: 15
Start date: 15 Oct
This course will be based on a series of group photo walks, alternating with review sessions. The walks will cover such subjects as street life, architecture, nature, still life, action/sport and possibly astrophotography. Walks will be in Cambridge and the surrounding area (e.g. Ely cathedral, Anglesey Abbey). Each session would be led by someone who has planned the walk. It is not expected that all attendees will be involved in all walks, only those that are of interest to them. There are no prerequisites in terms of equipment or photographic expertise, just an enjoyment of taking photographs.
Format: Course or activity without teaching
About us: Both Tim and Brian have been running photographers' courses at U3AC for some years.

PHO 02: Photography walks (Summer term)

Leader: Duncan Winterborn
Day and time: Alternate Wednesdays, 14:30 - 16:30
Length of course: 1 term. Summer (5 weeks)
Places: 12
Start date: 14 Apr
A group for all photographers and budding photographers, and all types of camera from smartphones upwards. Walks will take place in alternate weeks, lasting for approximately 2 hours, covering different parts of the city or its outskirts each time. This is not designed as a taught course, but there will be ample opportunity to learn from each other as we go. Some of the places we will visit require an entrance fee, and there may also be parking charges. For the walks outside the city centre, the use of public transport or car sharing is encouraged.
Format: Course or activity without teaching
About me: I have had an interest in photography for more than 30 years and am a member of two local camera clubs.

PHO 03: Pioneers of photography (Spring term)

Tutors: Brian Human & Tim Ewbank
Day and time: Monday 10:00 - 11:00
Venue: U3AC (Blue room)
Length of course: 1 term. Spring (5 weeks)
Places: 15
Start date: 11 Jan
The earliest surviving photograph is believed to have been made in 1824-26, and the 200th anniversary of the birth of the medium has been celebrated across 2024-26. The course will look at how the pioneers built on the foundations in chemistry and optics to create a recognisably modern medium in the 19th century. Across five weeks we will look at: 1. The practical developments in chemistry, optics and camera technology that made photography possible. 2. Photography in society: use as medium of record, publicity, news and campaigning. 3. Photography and art: is it an art form or merely mechanical means of reproduction? 4. Women and photography: women as photographers and as the subjects of photography 5. How the photography of exploration shaped the Victorian image of Africa. The course is for anyone with an interest in photography and it assumes no prior knowledge of the medium and its history.
Format: Lecture
About us: Brian and Tim Ewbank have run the U3AC Photo Forum for several years.

Politics

POL 01: Liberal democracy under challenge in the West (Spring term)

Leader: David Burgess
Day and time: Thursday 15:30 - 17:00
Venue: U3AC (Green room)
Length of course: 1 term. Spring (10 weeks)
Places: 13
Start date: 14 Jan
Throughout the West the old certainties of the post War political settlement are under challenge. On both sides of the Atlantic the former certainties of class-based politics are eroding, but it is as yet uncertain as what precisely will replace them, and whether that will threaten cherished values. This course will briefly consider the nature and differing architectures of liberal democracies in the USA, UK, France and Germany. It will seek to analyse the underlying causes of this phenomenon, asking questions such as whether the Trump presidency is cause or effect of these changes; whether our constitutional arrangements are sufficient to preserve our freedoms and how we might deal with the new political landscape. Class members should be prepared to share their own views, and will be aware of the perspectives made apparent in the quality press and periodicals such as New Statesman, The Economist or Prospect magazine.
Format: Taught course or activity
About me: Former teacher of Economics and Politics to university entrance level, I have delivered three previous U3AC courses on similar themes, and organised and spoken at Ron Gray Conferences.

Science

SCE 01: A very basic introduction to geology

Tutor: Keith Tritton
Day and time: Monday 10:00 - 11:00
Venue: U3AC (Pink room)
Length of course: 1 term. Autumn (10 weeks)
Places: 30
Start date: 05 Oct
As the title implies, this is an introduction to geology designed for people who have no previous knowledge of the subject - no scientific background is required. We will start by explaining the basic principles and introducing the people who developed them. Later topics will include volcanoes and earthquakes, the movement of the continents and the mutual evolution of the Earth and life. Although not essential, access to the internet and email will be of benefit to participants.
Format: Taught course or activity
About me: Although my professional background is in astronomy, I have long been interested in geology and Earth sciences, which I have studied at the Open University.

SCE 02: A very basic introduction to evolution (Spring term)

Tutor: Keith Tritton
Day and time: Monday 10:00 - 11:00
Venue: U3AC (Pink room)
Length of course: 1 term. Spring (10 weeks)
Places: 30
Start date: 11 Jan
As the title implies, this is an introduction to evolution designed for people who have no previous knowledge of the subject - no scientific background is required. We will start by discussing the problem of species and introducing the people who developed ideas about evolution. Later topics will include genes and inheritance, the mutual evolution of the Earth and life and the emergence of humans. Although not essential, access to the internet and email will be of benefit to participants.
Format: Taught course or activity
About me: Although my professional background is in astronomy, I have a wider interest in science, including evolution.

SCE 03: Biological sex

Tutor: Mia R
Coordinator: Stevie R
Day and time: Alternate Wednesdays, 13:30 - 14:30
Venue: Museum of Cambridge (previously Folk Museum) (Enid Porter room)
Length of course: 2 terms. Autumn (5 weeks), Spring (5 weeks)
Places: 15
Start date: 07 Oct
Over the last couple of years, defining a woman solely in terms of 'Biological sex' has become commonplace again. Sadly, most people only have a rudimentary grasp of human biology but that hasn't stopped them from proclaiming loudly and authoritatively about complex concepts such as 'Biological sex' and 'Immutability' but: What is the scientific basis of Sex? Is it as simple as some would have you believe? In ten sessions spread across twenty weeks, we will dig deeply, considering questions such as: Is sex binary? Is every cell in your body 'sexed'? Does 'Biological sex' dictate our behaviour? Is womanhood more than just biology? What is the social context, history and law relating to sex? Be warned, we will discuss sometimes 'sensitive' topics including politics and religion. The 'taught' material will be diverse, covering not just Biology, but also Philosophy, Law, History and Feminism and there will be 'homework'.
Format: Seminar
About me: (Mia) The current public discourse around 'Biological sex' relies on gross oversimplifications to weaponise science, largely for political reasons. My aim is to illustrate the complexity and diversity of sex.

SCE 04: Building the human brain (Spring term)

Tutor: Jack Price
Day and time: Thursday 13:20 - 14:20
Venue: U3AC (Pink room)
Length of course: 1 term. Spring (8 weeks)
Places: 30
Start date: 14 Jan
This lecture course will outline how the human brain develops from a microscopic cluster of cells, through fetal development, to the moment of birth and beyond. It will characterise the major features in evolution and development that have led to the emergence of this powerful thinking machine. We'll look at how the developing brain patterns itself; how it generates such an enormous array of cells then wires them together with precision. How then, we can ask, does this give rise to perception, cognition, and the multiple features that make human brains the most complex structure in the universe? Finally, we will take a tentative look at how neurodiversity arises, and why each of us is unique. There is no course work or preparatory reading, and while a basic knowledge of Biology (O Level) would be an asset, it is not required.
Format: Lecture
About me: I am Emeritus Professor of Developmental Neurobiology at King's College London with forty years teaching and research experience in brain development.

SCE 04(z): Building the human brain (Spring term)

Places: 50
As for SCE 04 but attending via Zoom.

SCE 05: Computers, brains and AI

Tutor: Dominic Prior
Day and time: Monday 15:50 - 16:50
Venue: U3AC (Pink room)
Length of course: 1 term. Autumn (10 weeks)
Places: 30
Start date: 05 Oct
This course is for anyone wondering how computers work, why they suddenly seem so smart, and how they compare to the human brain. Computers, at their core, are simple beasts, and yet they confound us with their brilliance and their stupidity, especially with the advent of deep learning. After looking at how computers work, we introduce neural networks, using the classic example of image recognition, where we see parallels with the human brain and where we set the scene for a long section on ChatGPT and its cousins. The course leans more towards theoretical concepts like how computers learn, rather than practical skills such as using a computer or getting some sense out of a chatbot. Discussion will be welcome. No previous knowledge is required.
Format: Lecture
About me: I worked in AI (Artificial Intelligence) in the 1980s (before it was fashionable), and in software design and development ever since.

SCE 06: Cosmology for the curious

Tutor: David Carter
Day and time: Thursday 16:00 - 17:00
Venue: U3AC (Red room)
Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)
Places: 20
Start date: 08 Oct
I will tell the story of our universe from its beginning, how our knowledge of it has advanced over the centuries, and what we still don't understand. I'll cover the Big Bang, cosmic inflation, galaxies, dark matter, dark energy, and black holes, with forays into relativity and particle physics, as well as mysteries such as whether there are multiple universes, why the universe seems to be tuned exactly right for us to be here to observe it, and why it exists in the first place. The course will be based largely on the book of the same name by Perlov and Vilenkin, but that's not required reading. All you need to bring is your curiosity; I will aim to make the course accessible to those without any background in maths or science.
Format: Lecture
About me: I'm a Cambridge maths graduate and former Google and NASA software engineer with a long-standing interest in cosmology. I am not a cosmologist.

SCE 06(z): Cosmology for the curious

Places: 98
As for SCE 06 but attending via Zoom.

SCE 07: DNA and identity (Spring term)

Tutor: Erika Hagelberg
Day and time: Wednesday 11:00 - 12:30
Venue: U3AC (Pink room)
Length of course: 1 term. Spring (8 weeks)
Places: 30
Start date: 20 Jan
The course is based on my research in ancient DNA and human evolutionary genetics. It will cover the history of genetics as applied to human origins and migration, with a focus on developments since the 1980s. Topics include the advances in molecular genetics, applications in forensic identification, archaeology, and human evolution, and the marketing of genetic identity by companies who type DNA of customers for a fee. I aim to provide an overview of the technology, and to stimulate debate on questions of origins, identity and race. The course should interest those curious about genetics, archaeology, anthropology and human evolution, as well as forensics and eugenics. No scientific background is required. Sessions will consist of a lecture, illustrated by PowerPoint slides, followed by a discussion. Reading suggestions will be provided during the course, but no advance preparation is necessary.
Format: Seminar
About me: I was involved in the first cases using DNA extracted from bones, and applications in forensic identification and archaeology.

SCE 08: DNA: the facts, the myths and surprises

Tutor: David Applin
Day and time: Friday 11:50 - 13:20
Venue: U3AC (Pink room)
Length of course: 1 term. Autumn (3 weeks)
Places: 30
Start date: 23 Oct
In the early 1950s, using the research data available to them, Francis Crick and Jim Watson at the Cavendish Laboratory Cambridge, UK worked out the structure of deoxyribonucleic acid (DNA). In March 1953, their two-metre-high model of the molecule stood on a table in their office for all to see. Unknowingly, they had fired the starting gun on the DNA revolution that today is changing the way we do medicine and so much more that is vital to our everyday lives. The story has been well told many times, complete with differences of opinion, expressed in articles, books, films and on theatres' stage. But what is fact, what is myth and what is hardly known at all? ‘DNA: the facts, the myths and surprises’ aims to add new perspectives to the familiar account.
Format: Lecture
About me: I am researching a manuscript on evolution through natural selection: molecules to the environment reveals there is more to the story of DNA's discovery - much more.

SCE 09: Emerging science and technology discussion group

Leader: John Hall
Deputy: Peter Landshoff
Day and time: Thursday 13:45 - 15:15
Venue: U3AC (Green room)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (5 weeks)
Places: 10
Start date: 08 Oct
Each week, we will discuss science and technology news reported in the New Scientist (free access to their articles may be possible). We are also likely to consult other defined media for extra discussion. Sometimes, we will also share views on local Cambridge scientific companies / activities. The nature of the group is informal, highly participative, sometimes speculative, sometimes critical of the media, but, at all times, as reported by members, highly enjoyable and educational. You will be expected to join in and contribute any special knowledge to further group understanding. You are probably already a reader of scientific, technical or engineering media. You could also have a science A Level, even though it may be fifty plus years old. More important for the course, though, is that you still retain that sense of curiosity that attracted you to science interests in the past.
Format: Discussion
About me: (John) Your facilitator has a science degree, has direct experience in instrumentation physics following graduation, and then worked for science-based companies in various capacities.

SCE 10: Exploring how we learn and how we can learn better

Tutor: Mark Patterson
Day and time: Friday 11:15 - 12:45
Venue: U3AC (Yellow room)
Length of course: 2 terms. Autumn (6 weeks), Spring (6 weeks)
Places: 16
Start date: 09 Oct
This course aims to explore learning - how we learn - and how we might ALL learn better. It is intended to appeal to people who are interested in how learning happens (sometimes called the 'science of learning') and the key activities that we can all use to help us learn. If you are one of the many people who feel that you struggle with remembering what you are learning, this course will hopefully benefit you! The format will be very interactive - lots of thinking and discussing and reflecting!
Format: Taught course or activity
About me: I am a secondary school headteacher with 34 years' experience in schools. I am fascinated by the process of learning and, especially, how to help people learn well!

SCE 11: Geology group

Coordinator: Keith Tritton
Day and time: 3rd Friday of the month 11:50 - 12:50
Venue: U3AC (Pink room)
Length of course: 2 terms. Autumn (3 weeks), Spring (3 weeks)
Places: 30
Start date: 16 Oct
We are a group of people who are interested in geology and the earth sciences and who want to learn more about these subjects. The group meets monthly. We invite some outside speakers, but members also volunteer to lead sessions on topics that particularly interest them. People who are new to the subject are welcome, but it is not a course, so some rudimentary knowledge of geology will be helpful. Two very useful, easy to read and low-cost books are: 'Geology' by J. Zalaiewicz in the OUP Very Short Introduction series and 'Geology' by D A Rothery in the Teach Yourself series.
Note: Group members will need access to the internet. All communication will be via email.
Format: Lecture
About me: I have been a participant in this course since it started nine years ago and have made a number of presentations to it.

SCE 11(z): Geology group

Places: 15
As for SCE 11 but attending via Zoom.

SCE 12: Great Physicists

Tutor: David Woodman
Day and time: Wednesday 11:15 - 12:15
Venue: U3AC (Pink room)
Length of course: 1 term. Autumn (10 weeks)
Places: 20
Start date: 07 Oct
My aim is to look at the work of some of the key contributors to the advancement of physics over the last few centuries. I hope, thereby, to chart the progress of physics over this period. At the same time, I do not want this to be a series of physics lessons. I want to examine the life and times of the individuals who have made significant contributions, without the maths.
Format: Lecture
About me: My sixth time of offering this course, just trying to plot the course of physics through the efforts of good people, without any maths.

SCE 13: Health tech - Be your own citizen scientist (Spring term)

Leader: Liz Miller
Day and time: Thursday 14:15 - 15:15
Venue: U3AC (Yellow room)
Length of course: 1 term. Spring (10 weeks)
Places: 12
Start date: 14 Jan
This course looks at ten areas of Health tech from step counting and blood pressure monitoring to blood sugar testing. A healthy life after fifty depends largely on mind and body maintenance. This is a focus group, rather than a taught course to work on achieving better health, and the tech that can help.
Format: Discussion
About me: Retired GP, neurosurgeon, ongoing interest in health tech.

SCE 14: History and science of clocks (Spring term)

Tutor: Mathew Palmer
Day and time: Tuesday 13:45 - 14:45
Venue: U3AC (Yellow room)
Length of course: 1 term. Spring (9 weeks)
Places: 16
Start date: 12 Jan
The course is intended to take students through an extended introduction to the history and science of clocks. It is aimed at an audience of interested lay persons who want to know more, rather than the expert. The focus will be on mechanical clocks, but will include mechanical watches, and passing commentary on other timekeepers. Aspects covered will include: a brief history of horology; what elements make up a clock or watch and how they work; evolution over time of clock and watch types and the decorative styles they exhibit; basics of clock technology; the great names involved in the development of horology over the centuries; horology and astronomy; and clockmaking in England from the 17th century to today. The course will include some basic maths and science used sparingly to explain how and why clocks work.
Format: Lecture
About me: I am a retired engineer with a keen interest in horology at an amateur level who wants to introduce others to the subject.

SCE 15: Inventions that shaped the modern world

Tutor: Andrew Phillips
Day and time: Tuesday 09:45 - 10:45
Venue: U3AC (Red room)
Length of course: 1 term. Autumn (10 weeks)
Places: 20
Start date: 06 Oct
The history of inventions is rarely as simple as popular accounts would suggest. Identifying the major contributors to the inventive process, the science behind the invention, and the reasons why the invention occurred at a particular time and in a particular place, requires a knowledge of the interaction between those responsible, and an analysis of the significance of each step of the process. This can be very different for different cases. This course will study a range of inventions, including the bicycle, steam power, printing and the light bulb, in order to show that the answer to the question 'Who invented the..?' is rarely straightforward, often acrimonious, and complicated by biographers and patents.
Format: Lecture
About me: I was involved in teaching, basic and applied research at Stanford and Cambridge Universities for over 20 years and then in or with industry for a further 25.

SCE 16: Key points in physics and the position of gravity

Tutor: David Woodman
Day and time: Wednesday 12:45 - 13:45
Venue: U3AC (Pink room)
Length of course: 1 term. Autumn (7 weeks)
Places: 20
Start date: 07 Oct
I want to pick out some key outcomes in the world of physics and examine the matter of 'quantum gravity'. Absolutely minimum maths.
Format: Lecture
About me: I have previously offered Great Physicists and I thought it might be interesting to pick out and develop some of the physics covered.

SCE 17: Mental pictures of space and time: a no-maths introduction to Special Relativity

Tutor: Richard Young
Day and time: Friday 09:40 - 11:00
Venue: U3AC (Yellow room)
Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)
Places: 16
Start date: 09 Oct
This course (given several times before) presents an elementary introduction to Einstein's Theory of Special Relativity (SR) - which revolutionised scientists' understanding of space & time - initially without using any maths. The ideas in SR are often regarded as counterintuitive and difficult to comprehend, but really they are not! We develop an intuitive understanding of SR's concepts and results by relating them to familiar, everyday observations. In turn, we view those familiar observations in a new way. In the second (optional) part, we look at the simple ('O Level') maths underlying SR. The course is intended for both those with and those without a technical background. (I claim that even those who have studied SR before can get more from this course.) For more information on what the course is about and who it is intended for, visit website rmyoung.uk/srnomaths
Format: Lecture
About me: In my research career I was interested in how people represent and deal with technical concepts, such as calculators or heating controllers.

SCE 18: Mr Darwin please explain: evolution through natural selection - the growth of an idea (Summer term)

Leader: David Applin
Day and time: Tuesday 11:35 - 13:05
Venue: U3AC (Pink room)
Length of course: 1 term. Summer (9 weeks)
Places: 30
Start date: 13 Apr
For Charles Darwin, comparative embryology was important evidence in support of the evolution of descendants from a common ancestor. The biologist Ernst Haeckel was the German advocate of Darwinism. He developed the theory of an earlier idea that 'ontogeny (embryonic development) recapitulates phylogeny (evolutionary history)' … his so-called biogenetic law that dominated evolutionary thinking in the late 19th century. Walter Garstang at Leeds University highlighted the problems of the biogenetic law in 1921. He proposed embryonic development represents the stages of ancestors to whatever point it was in ontogeny when divergence into new forms occurred. In effect 'ontogeny does not recapitulate phylogeny - it drives it'. Within historical context, our aim will be to add to our understanding of evolution through natural selection by exploring a definition of evolution as a modification through time of ontogeny as the result of changes in gene expression and regulation.
Format: Lecture
About me: David develops programmes for the Public Understanding of Science, including Evolutionary Theory, and communicates these interests through books, lectures and online to a wide audience in the UK and overseas.

SCE 19: Space telescopes, their images and what they tell us (Spring term)

Tutor: Alan Richardson
Day and time: Thursday 13:45 - 14:45
Venue: U3AC (Red room)
Length of course: 1 term. Spring (10 weeks)
Places: 20
Start date: 14 Jan
The course will summarise the categories of space telescopes (optical, X ray, Gamma ray, etc.) and then cover images and applications including exoplanet detection and analysis, gravitational lensing, probing and analysing the Cosmic Microwave Background, multi-spectral imaging, galaxy collisions, birth and death of stars. Images will be chosen both for their beauty and their scientific contribution. No prior knowledge assumed. Most images will be from James Webb, Hubble, Chandra, Euclid and Fermi with some WMAP, Planck and Kepler. Content will be similar to my 2025-2026 course though may be updated with more recent images.
Format: Lecture
About me: I am a Cambridge mathematics graduate with interest in Particle Physics, Cosmology, Astrophysics and Astronomy. Particularly interested in how the astronomical observations and theories interact.

SCE 20: Spines, shoulders, hips and knees. How do they work normally, what can go wrong and what can you do about it?

Tutor: Jill Gamlin
Day and time: Monday 11:20 - 12:50
Venue: U3AC (Pink room)
Length of course: 1 term. Autumn (10 weeks)
Places: 30
Start date: 05 Oct
The course will cover basic anatomy of joints and how they move. It will also look at the structure and function of bone, joint cartilage, ligaments, muscles and to a lesser extent nerves. Each week will focus on a specific region of the body such as the hip joint. We will look at what can go wrong and how common conditions can be managed. The first hour and 15 minutes will be a presentation with 15 minutes for discussion. We will also look at prevention and strategies for self-management.
Format: Presentation and discussion
About me: I am a Chartered Physiotherapist and worked in the NHS for 34 years. I am interested in helping people to understand their bodies and how to manage their problems.

SCE 21: Symmetry and the laws of nature

Tutor: Alan Richardson
Day and time: Thursday 11:00 - 12:00
Venue: U3AC (Red room)
Length of course: 1 term. Autumn (10 weeks)
Places: 20
Start date: 08 Oct
The deepest laws of nature seem to depend on symmetry. After explaining what symmetry is, in its various guises (local, global, exact and approximate), its deepest consequence will be described by Noether's theorem. Its application to mechanics, relativity, the standard model of particle physics and cosmology will be described. We won't be afraid of looking at equations and outlining what they mean, but we won't be solving any equations and instead will stick to what the mathematics tells us about reality.
Format: Lecture
About me: I am a Cambridge Mathematics graduate. Having had interests in a number of areas of physics (particle physics, relativity, quantum mechanics and cosmology), symmetry plays the role of a fundamental unifying principle.

SCE 22: The energy landscape

Tutor: John Cook
Day and time: Thursday 11:20 - 12:20
Venue: U3AC (Pink room)
Length of course: 1 term. Autumn (9 weeks)
Places: 25
Start date: 15 Oct
The nature of the energy supply of the world is changing rapidly, driven by factors such as climate change, geopolitical tensions, growing populations, evolving lifestyles and aspirations, and advances in technology. This course will look at the energy landscape past, present and future, local and global; examine what sources of energy we have available with their pros and cons; and try to make sense of policies and decisions on energy use. There will, I expect, be lots of numbers and charts, but no technical knowledge will be required.
Format: Lecture
About me: I worked as a scientist in the energy industry for 35 years, and worry about our future energy supply.

SCE 23: The Higgs Boson and Higgs Mechanism

Tutor: Alan Richardson
Day and time: Thursday 12:30 - 13:30
Venue: U3AC (Red room)
Length of course: 1 term. Spring (8 weeks)
Places: 20
Start date: 14 Jan
The discovery of the Higgs Boson was driven from the concept that particle physics theory naturally required all particles to be massless. We'll discuss why this was the case, how the surprising properties of superconductivity suggested a way out, Peter Higgs' ground-breaking work and its application to the electroweak theory and the long march culminating in the discovery of the Higgs Boson in 2012. This series of talks will unpack in much more detail the short talk presented in May 2026.
Format: Lecture
About me: Cambridge Maths graduate with interests in particle physics and cosmology.

SCE 24(z): The life of stars

Tutor: John Wills
Day and time: Tuesday 14:00 - 15:15
Venue: Zoom
Length of course: 1 term. Autumn (10 weeks)
Places: 40
Start date: 06 Oct
This course aims to answer all the questions you might have about stars. Where do they come from, what are they, how long do they live, what happens to them? To answer these, and many other questions, you will learn how astronomers and physicists themselves found the answers; the techniques they used and the theories they developed to explain what they observed. We will range over a wide slice of astronomy and physics; from the first few minutes of creation to the end of all things; from the nucleus of an atom to the entire universe. The course is lavishly illustrated, using the many wonderful images available from modern telescopes. It is largely descriptive, but will use the terms and tools actually used by astronomers, particularly in dealing with the astronomical numbers involved! I have run this course for several years. I update it each year.
Format: Lecture
About me: This is the 13th year that I have presented this course; much has happened in that time. I post each lecture on Dropbox, for members to download and keep.

SCE 25: The material world (Spring term)

Tutor: John Cook
Day and time: Thursday 11:15 - 12:15
Venue: U3AC (Red room)
Length of course: 1 term. Spring (9 weeks)
Places: 20
Start date: 21 Jan
Every made object you use in life consists of one or many materials, with luck chosen or designed to fulfil the function of the object, or perhaps to maximise the profit of the manufacturer. What determines the performance of these materials, and why do we choose them? What kinds of materials do we need for our rather challenging future? In this course we will look at the principles behind the behaviour of materials, the techniques used to characterise them, the various classes of materials such as metals, ceramics and plastics, their fates after use, and the rationale behind choosing them for particular functions. It will be slightly technical, but there will be no maths.
Format: Lecture
About me: I studied Materials Science at university, and worked in it briefly. It has always proven a good bedrock for thinking about the physical world.

SCE 26: The nuclear option (Spring term)

Tutor: John Cook
Day and time: Thursday 10:00 - 11:00
Venue: U3AC (Red room)
Length of course: 1 term. Spring (9 weeks)
Places: 20
Start date: 14 Jan
The current multiple crises in climate change and energy supply have shifted attention back to nuclear power as a candidate for baseline energy production in the UK. This course will look at the principles of nuclear power generation, the different types of historic, current and proposed reactors, safety and environmental concerns, the fuel supply chain, the problems of radwaste storage and disposal, the costs, and the role of nuclear in our current and future energy supply. It will be mainly about nuclear fission, but I will touch on nuclear fusion possibilities as well. I studied a bit of nuclear engineering a long time ago but I'm no expert, so this will be a voyage of discovery, and I will welcome the knowledge and expertise of members of the class.
Format: Lecture
About me: I've had a long research career in the energy industry, and have been indecisive about nuclear power. This might help me make up my mind!

SCE 27: The Pale Blue Dot

Tutor: John Cook
Day and time: Thursday 12:40 - 13:40
Venue: U3AC (Pink room)
Length of course: 1 term. Autumn (9 weeks)
Places: 25
Start date: 08 Oct
The Pale Blue Dot is a photograph of Earth taken in 1990 by NASA's Voyager 1 spacecraft, at a distance of 3.7 billion miles from the Sun. This course is all about the planet on which we live. It starts with Earth's rather insignificant place in the wider universe, going on to look at how (we think) it was formed, its physical makeup (and how we know what we know), and similarities and differences to other planets and moons. Then we'll look at geological history, tectonic plate motion, and the current consequences of that such as earthquakes and volcanoes. Next we'll focus on the thin skin of the planet - the atmosphere, the oceans and the continents - and finally, the biosphere.
Format: Lecture
About me: I retired in 2018 from a long career in oilfield R&D, where the nature of the Earth was a constant and fascinating background.

SCE 28: The Tuesday Science Conversation

Coordinator: John Hall
Day and time: Tuesday 15:50 - 17:00
Venue: Castle Street Methodist Church (Epworth room, NB: First Floor - no lift)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (4 weeks)
Places: 8
Start date: 06 Oct
This is a small informal group discussing scientific topics of interest to members. Each member will be expected to lead off one of the classes with a short topic of choice before other members contribute their own 'conversation starters'. 'Conversation starters' embrace scientific, or technology developments, an insight you recently gained, something that made you wonder how it worked, or a question? You have two/ three minutes to informally introduce your starter, then you can see what the rest of us make of it! Topics not covered in one class can be held over to a future session. This class would suit those, who studied a science based, or related, degree, and continue to have a widespread interest in science. You are also likely to have insatiable curiosity and a desire to learn from the unexpected!
Format: Discussion
About me: Your facilitator has a science degree, has direct experience in instrumentation physics following graduation, and then worked for science based companies in various capacities.

SCE 29: Ways of thinking: gene centrism and systems biology (Spring term)

Tutor: David Applin
Day and time: Friday 11:50 - 12:50
Venue: U3AC (Pink room)
Length of course: 1 term. Spring (3 weeks)
Places: 30
Start date: 22 Jan
Our fate lies in our genes, so we are told. So deeply entrenched in our cultural psyche, the idea makes it difficult to propose narratives that acknowledge the importance of genetic determinism yet add further non-genetic components to the argument. Gene centrism more or less excludes thinking of the biology of the whole plant, the complete creature and the systems of the integrative processes that enable billions and trillions of cells to work together as the whole functional organism. A side-lining of 'wholeness' that potentially ignores the importance of the genetic and non-genetic regulation of the effect of genes controlling the formation of the characteristics of an organism - in science parlance, the phenotype. We will discuss gene centrism and systems biology, attempting to understand how the ideas influence notions of nature, nurture and the interactions of the living and physical world.
Format: Discussion
About me: Quoting Huxley 'Given the molecular forces of a mutton chop - deduce the sheep' highlights the disconnect between gene centrism and systems biology. Can we bridge the gap? Discuss.

SCE 30(z): Introduction to weather and climate

Tutor: Roy Doyon
Day and time: Tuesday 16:00 - 17:00
Venue: Zoom
Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)
Places: 30
Start date: 13 Oct
This course is designed to familiarise participants with the elements that cause or are involved in weather and climate. Starting with the fundamentals of earth/sun geometry which determines the seasons and the amount of energy received from the sun, we'll discuss global circulation patterns, atmospheric composition, air masses, pressure systems, wind, clouds, convective and orographic rainfall, hurricanes, frontal systems, monsoons and climate distribution. The course assumes no prior knowledge of meteorology and will involve very little maths. At the end of the course you should be able to understand why it's so difficult to predict the weather in the United Kingdom. Discussion is encouraged and welcomed. The lectures will be online (i.e. PowerPoint). There may be an occasional handout.
Format: Lecture
About me: I taught weather and climate in graduate school and incorporated the subject in my geography classes as a professor in the US.

Wellbeing

WLL 01: A mixed bag of complementary therapies

Tutor: Maike Dring
Day and time: Monday 10:30 - 11:30
Venue: Museum of Cambridge (previously Folk Museum) (Enid Porter room)
Length of course: 1 term. Autumn (5 weeks)
Places: 12
Start date: 09 Nov
In this 5-week course we look at different Complementary Therapies and what they can do for us. We are covering Hand & Foot Reflexology, Aromatherapy, Indian Head Massage, The Emmett Technique and The Havening Techniques. Each week we explore the rationale behind a therapy, what it can be used for and practise some hands-on Self-Treatment in class. No previous knowledge needed. There is a fee of £5 to cover materials used during the class; please bring cash at the first session to pay tutor.
Format: Taught course or activity
About me: I am a professional Complementary Therapist and have 30 years' experience. Modalities I am qualified in include Aromatherapy, Reflexology, Indian Head Massage, The Emmett and Bowen Techniques, The Havening Techniques.

WLL 02: A practical introduction to Christian Meditation (Spring term)

Leader: Steve Clark
Day and time: Alternate Tuesdays, 14:10 - 15:10
Venue: U3AC (Pink room)
Length of course: 1 term. Spring (5 weeks)
Places: 12
Start date: 12 Jan
This course is a 'hands on' 5-week course on Christian Meditation. Each week will include some input, followed by a variety of practical exercises to 'try it out'. There will be opportunities to reflect together on what has been helpful and what less so. This is a beginners' course, on the grounds that we are ALL beginners in this extraordinary invitation to spend time with God, grow in our relationship, and to, maybe, hear God speak into our situations. There will be reflections on Bible passages and an emphasis on how Jesus related to His Father.
Format: The course will involve some teaching, but also lots of time to actually try different forms of meditation.
About me: I have been ordained 40 years and have run quiet days and taught on topics around prayer for many years.

WLL 03: Flourishing after fifty; Ladies wellbeing Lunch Club

Coordinator: Karen Rodgers
Day and time: (mostly) 3rd Thursday of the month 12:30 - 14:30
Venue: St Laurence's Roman Catholic Church (Main hall (parking requires registration))
Length of course: 3 terms. Autumn (3 weeks), Spring (3 weeks), Summer (3 weeks)
Places: 8
Start date: 15 Oct
Do you remember a time when ladies used to get together regularly with friends and neighbours to have a really good chat to swap recipes, and to share food they loved without feeling they had to compete with some TV masterchef? We each bring something good we like to eat.. And come prepared to have a kindly conversation about whatever comes up, just like the old days :)
12:30-12:45 arrival; tea and name labels.
12:45 We each ask one other lady about what she has brought and what it contains and what she has enjoyed doing over the past month.
12:50 Before we start the Bring and Share meal, we take turns to introduce our neighbour and explain what she has brought and what she has been doing.
14:00 We clear away.
Dates: 15 Oct, 19 Nov, 3 Dec, 21 Jan, 18 Feb, 18 Mar, 15 Apr, 20 May, 3 Jun.
Format: Course or activity with no teaching
About me: I've run community groups on a wide variety of topics and in a variety of settings for many years.

WLL 04: Get organised and motivated - Build mental and emotional resilience

Leader: Maike Dring
Day and time: Monday 14:00 - 15:15
Venue: Museum of Cambridge (previously Folk Museum) (Enid Porter room)
Length of course: 1 term. Autumn (5 weeks)
Places: 12
Start date: 09 Nov
How to use the Bullet Journal method to get organised, increase your motivation and get things done! Forget those little yellow sticky notes and lost lists! We also learn and practise some Self-Havening Techniques, the latest in neuro-scientific developments. This helps you to unlock the key to your brain and change your outlook and moods at will. We can use our memories to increase motivation and build mental and emotional resilience with this technique. Please bring a ruler, a pencil and A5 blank exercise book.
Format: Taught course or activity
About me: A registered Havening Techniques Practitioner, I am fascinated how neuroscience helps mental health and wellbeing. The Bullet Journal has helped me to negotiate particularly busy times without losing the plot!

WLL 05: Honoring the Departed: A course in working through the stages of grief

Tutor: Heather Kara
Day and time: Tuesday 14:15 - 15:15
Venue: U3AC (Orange room)
Length of course: 1 term. Autumn (4 weeks)
Places: 6
Start date: 13 Oct
'Honoring the Departed' is a transformative course crafted to guide individuals who have lost someone dear through the intricate process of grieving whilst honouring the cherished memories of their departed loved ones. This course offers a profound opportunity for participants to navigate the stages of grief with dignity, reverence, and a deep sense of purpose. Throughout this journey of healing, participants will embark on an exploration of self-discovery, finding solace and strength in the act of honouring those they have lost. This course provides a nurturing environment for individuals to embrace their emotions, cultivate resilience, and pay tribute to the lives and legacies of their loved ones.
Format: Discussion
About me: Heather Kara has over 20 years experience learning and teaching Raja Yoga philosophy and meditation which covers profound questions about life, death and relationships.

WLL 06: Inklings

Coordinator: Karen Rodgers
Day and time: (Mostly) 4th Thursday of the month 14:30 - 16:30
Venue: Museum of Cambridge (previously Folk Museum) (Enid Porter room)
Length of course: 3 terms. Autumn (2 weeks), Spring (2 weeks), Summer (2 weeks)
Places: 8
Start date: 22 Oct
This group is not about academic expertise but rather about enthusiasm for the authors under discussion. As Chesterton wrote 'The sincere love of books has nothing to do with cleverness or stupidity any more than any other sincere love.' If you love the works of Lewis and Tolkien and Chesterton and the company of others who share this interest, and want to share your thoughts and hear those of others, this may be a group for you. Each participant has initially just two minutes to read an excerpt from one of the Inklings works or from Chesterton which they have enjoyed or been puzzled by over the past month, followed by three minutes of questions, then we move straight on to the next contributor. Once we have been around everyone, conversations take off as participants ask all those additional questions they were bursting to ask.
Dates: 22 Oct, 26 Nov, 28 Jan, 25 Feb, 22 Apr, 27 May.
Format: Course or activity with no teaching
About me: I've run community groups on a wide variety of topics and in a variety of settings for many years.

WLL 07: Interesting ideas with convivial companions

Coordinator: Karen Rodgers
Day and time: (Mostly) 1st Thursday of the month 14:30 - 16:30
Venue: Museum of Cambridge (previously Folk Museum) (Enid Porter room)
Length of course: 3 terms. Autumn (2 weeks), Spring (2 weeks), Summer (2 weeks)
Places: 8
Start date: 08 Oct
If, like me, you have fond memories of undergraduate days when you could happily conduct lively debates about all kinds of fascinating topics and still all remain friends and sharing the port and coffee at the end of the evening ... this may be a group for you. No ad hominem attacks, the Overton Window as wide as you like, just curious questions and kindly, thoughtful responses. Each participant brings along one question he or she finds interesting and has one minute to ask it. We then have three minutes during which he or she takes one-line first impression questions and/or comments from the rest of us ... you can either contribute or skip ... Once everyone has had a turn to present an idea, we have open conversations. We end with an optional one-line contribution from each of us as to what we have learned.
Dates: 8 Oct, 5 Nov, 4 Feb, 4 Mar, 29 Apr, 6 May
Format: Course or activity without teaching
About me: I've run community groups on a wide variety of topics and in a variety of settings for many years.

WLL 08: Introduction to Buddhism-based practical meditation

Coordinator: Kay Bispham
Tutor: Vaddhaka
Day and time: Wednesday 10:30 - 12:00
Venue: Cambridge Buddhist Centre (The lower Shrine)
Length of course: 1 term. Autumn (8 weeks)
Places: 15
Start date: 07 Oct
Meditation is a way of exploring our inner experience, and responding creatively to what we find. It can bring many important benefits: less anxiety, greater awareness, better concentration, improved health and a more sensitive understanding of oneself and others. Meditation has recently become influential in the West as an effective method for dealing with the pressures and difficulties of living. It has been practised for 2,500 years as a central aspect of the Buddhist tradition, although the course does not assume Buddhist or any other beliefs. The course is practice-based: it focuses on how to set up a regular practice and introduces two basic methods, based on awareness of the breath and on the cultivation of kindness. It also includes developing mindfulness in everyday life and walking meditation. Participants will be provided with recorded guided meditations to help with home practice.
Format: Discussion and directed meditation activity
About me: (Vaddhaka) I first started to practise meditation just over 30 years ago. I've been teaching it for 25 years at Buddhist Centres in Norwich, Birmingham, Estonia, and now Cambridge.

WLL 09: Merry makers

Coordinator: Karen Rodgers
Day and time: 3rd Thursday of the month 15:00 - 17:00
Venue: St Laurence's Roman Catholic Church (Main hall (parking requires registration))
Length of course: 3 terms. Autumn (3 weeks), Spring (3 weeks), Summer (3 weeks)
Places: 8
Start date: 15 Oct
Do you like making things? If you find joy in using your hands to create something in the company of other ladies who do the same, this group may be for you. No qualifications needed; just joy in the making and the company.
15:00-15:15 arrival; tea and name labels.
15:15 We each ask one other lady about what she has brought and what it involves and what she has enjoyed doing over the past month.
15:50 We take turns to introduce our neighbour. Then we set to work on our own projects over tea and biscuits (provided, no charge, bring milk if you like it), either in silence or chatting for those who can do both at once.
16.45. We clear away. Bring something we want to work on in the group and an oil cloth to protect the table if it involves paint or ink or anything which stains.
Dates: 15 Oct, 19 Nov, 3 Dec, 21 Jan, 18 Feb, 18 Mar, 15 Apr, 20 May, 3 Jun.
Format: Course or activity with no teaching
About me: I've run community groups on a wide variety of topics and in a variety of settings for many years.

WLL 10: Mindful movement chair yoga

Tutor: Tejodhi
Day and time: Tuesday 14:30 - 15:30
Venue: Cambridge Buddhist Centre (Bodywork Studio: NB: first floor, no lift)
Length of course: 2 terms. Autumn (6 weeks), Spring (6 weeks)
Places: 10
Start date: 06 Oct
My Chair Yoga class allows for a full body work out without needing to get down on the floor. Benefits from regular attendance include: increased mobility of the spine; aids digestion; boosts circulation; releases tension, strengthens your core; promotes relaxation for mental and emotional wellbeing. Testimonials include: 'I think the balance of stretches etc is just right...I find all of it very beneficial but do love the meditation...I love it when you talk us through our body at the end...I really enjoy it and feel better after...I feel more flexible afterwards...I always look forward to the class, you are a good teacher...my walking has improved...a significant part is due to the exercises you have given in the class'. All equipment provided. (Please note that the Bodywork Studio is located on the first floor accessible via a short staircase and one handrail). Dates: 6, 13 & 27 Oct, 17 Nov, 1 & 8 Dec 2026. 12, 19 & 26 Jan, 2, 9, 16 Feb 2027.
Format: Taught course or activity
About me: I am a Yoga Alliance certified yoga teacher based in Bury St Edmunds and have been practising yoga for most of my adult life.

WLL 11: Mindful movement chair yoga 2

Tutor: Tejodhi Harris
Day and time: Tuesday 15:45 - 16:45
Venue: Cambridge Buddhist Centre (Bodywork Studio: NB: first floor, no lift)
Length of course: 2 terms. Autumn (6 weeks), Spring (6 weeks)
Places: 10
Start date: 06 Oct
This is a repeat of WLL 10.
Format: Taught course or activity
About me: I qualified as a certified Yoga Alliance Teacher in December 2023 and specialise in teaching chair yoga to people presenting with a wide range of ages, gender and abilities.

WLL 12: Positive thinking and meditation

Tutor: Heather Kara
Day and time: Friday 10:30 - 12:00
Venue: 2b Fen Road, Chesterton, CB4 1TX
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (8 weeks)
Places: 24
Start date: 09 Oct
Positive thinking and meditation is a course designed to wake up your natural positive qualities and discover a new consciousness. With higher awareness, we discover the beautiful truth about ourselves which ultimately leads to freedom from anxiety and worry, improved relationships and sleep, and restored tranquillity and happiness. Raja Yoga Meditation is a simple meditation, which requires no previous experience.
Note: Neighbours would prefer us not to park on Fen Road itself, so please use the riverside official car park, or there is plenty of parking in side streets.
Format: Discussion
About me: From software developer to property manager, Heather has found the tools of positive thinking and meditation invaluable and finds joy in sharing these with others.

WLL 13: Pro-active ageing

Tutor: Monica Potts
Day and time: Alternate Mondays 11:00 - 12:00
Venue: U3AC (Yellow room)
Length of course: 1 term. Autumn (6 weeks)
Places: 12
Start date: 05 Oct
A course to explore the challenges and circumstances of ageing. Course content will include physical and mental fitness, social and leisure activities, altruism and legacy. It is designed to help you focus on making beneficial changes to your life and routines. The sessions will be interactive and supplemented with worksheets.
Format: Taught course or activity
About me: As a qualified life coach I like helping others to maintain a fulfilling life.

WLL 14(z): Raja Yoga meditation and philosophy

Tutors: Sarah FitzGerald & Dr Prashant Kakoday
Day and time: Monday 10:00 - 11:00
Venue: Zoom
Length of course: 1 term. Autumn (3 weeks)
Places: 25
Start date: 05 Oct
This course will be a deep and practical study of subjects related to spirituality and meditation. Subjects to be discussed will include Higher Consciousness, freedom from suffering, cyclical time and karma etc.
Format: Taught course or activity
About me: (Sarah) Born in Cambridge and trained in design, I discovered Raja Yoga with the Brahma Kumaris in 2009 while teaching language in South East Asia, sparking my journey into spirituality.

WLL 15: Relaxing reading

Organiser: Karen Rodgers
Day and time: 2nd Thursday of the month 14:30 - 16:30
Venue: Museum of Cambridge (previously Folk Museum) (Enid Porter room)
Length of course: 3 terms. Autumn (2 weeks), Spring (3 weeks), Summer (2 weeks)
Places: 8
Start date: 12 Nov
I was delighted to hear of the Silent Reading group initiative. and thought how lovely it would be have time on a regular basis to read a really interesting book alongside others who like reading with no stress at all, simply quiet ring-fenced time for reading with the option to take time out and chat with other participants who wanted to chat. Each participant brings a book. We start by taking just one minute each to say what we are reading. We then have an hour and a half of silent reading during which those of us who feel so inclined can go out to the common area for a cup of coffee and a chat. Ten minutes before the end, those of us who choose to do so can gather again to say one thing about our books. Dates: 12 Nov, 10 Dec, 14 Jan, 11 Feb, 11 Mar, 13 May, 10 Jun.
Format: Course or activity with no teaching
About me: I've run community groups on a wide variety of topics and in a variety of settings for many years.

WLL 16: Stories and anecdotes from our lives (Summer term)

Co-Leaders: Maike Dring & Ian Brown
Day and time: Wednesday 09:45 - 11:00
Venue: U3AC (Yellow room)
Length of course: 1 term. Summer (5 weeks)
Places: 12
Start date: 19 May
This is an experimental class conceived by the leaders to enable friendly interaction and learning, while enjoying each other's company. In this interactive class we can get to know each other through sharing stories from our past. Come with an open mind and heart as we explore topics we would collectively like to cover. Each week we will take turns to share stories from our past and also explore useful strategies and tips for a creative and rewarding retirement.
Format: Course or activity without teaching
About me: Maike Dring has facilitated other Wellbeing classes for the U3AC. Chatting with Ian during our joint walking group brought this idea - sharing our life's stories to help interaction in class!

World

WOR 01: Africa Forum

Tutor: Michael Gibbs
Day and time: Friday 15:00 - 16:15
Venue: U3AC (Pink room)
Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)
Places: 30
Start date: 09 Oct
The Africa Forum is a discussion group for those interested in African affairs and has been running for over twenty years. Topics include the culture, history, economics, politics and current affairs of the continent. Each week a member of the group or an outside speaker presents a topic for discussion. The group clearly depends on having a core membership with an active and knowledgeable interest in Africa. They would welcome members who would like to learn or share about the continent and developments. As last year, we will include remote contributions, especially from Africa.
Format: Discussion
About me: I have been a long term member of the Africa Forum. I spent my early childhood in Zimbabwe and maintain a strong interest in the continent.

WOR 01(z): Africa Forum

Places: 20
As for WOR 01 but attending via Zoom.

WOR 02: The Balkans (Spring term)

Leader: Alan Winfield
Day and time: Wednesday 12:50 - 13:50
Venue: U3AC (Pink room)
Length of course: 1 term. Spring (9 weeks)
Places: 30
Start date: 13 Jan
This course will look at the history, geography, politics, ethnicity and peoples of Albania, Macedonia, Montenegro, Bosnia Herzegovina, Croatia and Slovenia. We will have a virtual tour of parts of these countries and visit sites of interest. A visit may be arranged to one of these countries if there is sufficient demand.
Format: Lecture
About me: I have been leading walking holidays and coach tours in the Balkans for over 20 years. I taught in Albania in 2011 and 2012.

WOR 02(z): The Balkans (Spring term)

Places: 50
As for WOR 02 but attending via Zoom.

WOR 03: Women in the world

Coordinators: Ruth Meyer & Hilary Goy
Day and time: Alternate Wednesdays, 10:30 - 12:30
Venue: Museum of Cambridge (previously Folk Museum) (Enid Porter room)
Length of course: 3 terms. Autumn (5 weeks), Spring (5 weeks), Summer (5 weeks)
Places: 15
Start date: 07 Oct
This group, now in its fifteenth year, meets fortnightly to explore the place of women in the world. We look at women's achievements and what has held them back, in a wide range of different settings and periods. A session where we look at current issues is followed by a presentation. Members of the group take it in turns to research and introduce a subject, though this is not an absolute requirement of membership. Specific topics presented will depend on the interests of members; last year topics included Eleanor of Acquitaine; Pains for Beauty (looking at whalebone corsets, bound feet, etc); and Feminism. We have relevant outings in the summer term, and Christmas and summer lunches are held in the coordinators' homes.
Format: Presentations and discussion
About us: Ruth and Hilary have a wide interest in women's lives and contribution to society as well as current issues affecting them, and enjoy both sharing interests and learning from others.

Writing

WRT 01: Playing with words

Tutor: Sarah Ingram
Day and time: Wednesday 15:30 - 17:00
Venue: U3AC (Blue room)
Length of course: 2 terms. Autumn (8 weeks), Spring (8 weeks)
Places: 12
Start date: 21 Oct
Playing with words is a series of creative writing classes running over two terms which explores creative writing tools to help you write imaginatively, with fun, and without fear. We'll play with specific elements of craft such as characterisation, plotting, creating a story world, point of view and other voices, structure and editing. There'll be a mix of discussion, stimulating writing games, reading of illustrative texts, sharing work, and suggestions for writing activities to do on your own. We'll look at both fiction and life writing. The course is for anyone who has the urge to write, whether you're a beginner or already have a work in progress. The emphasis is on playfulness; all you need is something to write on, something to write with and a desire to play with the expressive power of words.
Format: Taught course or activity
About me: I have a Masters degree in Creative Writing and a Postgraduate Certificate in Teaching Creative Writing. I am currently the Writer in Residence at Rock Road Library.

WRT 02: Writers' workshop

Leader: Geoffrey Benson
Day and time: Wednesday 10:30 - 12:30
Venue: Friends Meeting House, Jesus Lane (Aldren Wright room)
Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)
Places: 20
Start date: 07 Oct
This writers' workshop is a friendly self-help group for people who enjoy writing - and who occasionally wonder why they ever started. Together, we share ideas, encouragement, and the comforting discovery that everyone else is also wrestling with commas, unruly plots, elusive words, and the occasional character who refuses to behave. Members work on a wide range of projects, from fiction and memoir to biography and creative non-fiction. Each week, four members read a short piece (around 1,500 - 2,000 words), while the rest listen and offer constructive feedback - think helpful suggestions rather than forensic editing. Along the way, we tackle the big questions: how to begin, shape a story, create believable characters, build a plot that goes somewhere, and write dialogue that sounds like something a human might actually say. The aim is to grow in confidence and skill. Vacancies permitting we welcome new members during the year.
Format: Course or activity without teaching
About me: I am a keen writer. mostly of fiction, and have had two books published. I am an active member of the group as well as being the leader.

eXtra groups

You need to be a U3AC member to participate in the following groups but you do not need to apply for them on your application form.
Please contact the person in charge if you are interested in joining.

U3AC Cycling group

Coordinators: Juliet & Hans Van Der Velden
Day and time: Rides can be organised for any day of the week, including Sunday
The U3AC Cycling group offers a mixed programme of rides of varying distance and speed. Rides can be on any day of the week, so members simply choose the ones that fit their timetable and ability. No commitment is required - you can join as many or as few rides as you wish. The cycling group is open to all U3AC members, and we welcome riders of all abilities including those with electric bikes. Our rides are in small, friendly groups and we generally cycle between 12 and 30 miles, with a refreshment stop. We start from various locations in and around Cambridge and occasionally short train journeys extend our range. The majority of rides are run between late-March and October but there might also be additional ad hoc rides when the weather is good. Rides are led by members of the group, and new leaders and rides are always welcome. For more information and to join the group, please contact the Coordinator on u3ac.cyclingclub@gmail.com. All communications are by email.

U3AC film group

Leader: Mr Jeremy John Buncombe
Day and time: Tuesday 13:00 - 16:30
Venue: Arts Picturehouse
Start date: 06 Oct
The film group programme aims to show the best of world cinema, past and present, covering a wide range of international productions. New members are always welcome to join in post screening discussions and are encouraged to make suggestions for future programmes. Full details of each term's films will appear in the August, December and March Newsletters. All screenings take place at the Arts Picturehouse Cambridge on Tuesdays commencing promptly at 1.00 pm, and for the safety of members, and to avoid disturbing those already seated, all are kindly requested to adhere to the 1.00 pm start.
Note: The charge per term is £45.00 and should be purchased in person at the Arts Picturehouse. Do not apply for this on your U3AC application for courses. Information will be publicised via the weekly emailed Bulletin and the termly Newsletters.
Format: Screening of great films followed by discussion
About me: Lifelong enthusiast of films and in particular world cinema.

U3AC lunch club

Coordinator: Marie-Joelle Galvez
This social lunch club meets the first week of every month, Wednesday and Thursday only, at restaurants across Cambridge. People can attend the lunch club on a regular basis. There is also an ad hoc list for people who want to attend lunch as and when it suits them. A 6-month plan is organised and booked at different venues by the organiser and this plan is distributed to all concerned. If a regular luncher cannot make a specific lunch date for any reason they must contact the organiser so that alternative arrangements can be made. The U3AC Lunch Club is not responsible for special requirements and it is up to the individual to organise it themselves. Additionally, the U3AC Lunch club organiser does not deal with dietary ailments or allergies and it is up to the individual to advise the restaurant at ordering time or preferably beforehand. Contact the Organiser via the U3AC Office.

U3AC Environment group

Coordinator: Helen Pope
Day and time: 3rd Tuesday of the month 11:30 - 13:30
Length of course: 3 terms. Autumn (3 weeks), Spring (3 weeks), Summer (3 weeks)
Start date: 20 Oct
We are a friendly and welcoming group committed to protecting the environment and promoting sustainability. We meet on the third Tuesday of each month at the David Attenborough Building to discuss current environmental issues, recent research, and practical ways individuals can help create a healthier, more sustainable planet for future generations.
Format: At our meetings, we discuss a wide range of topics, including climate change, biodiversity loss, pollution, water resources, and the conservation of natural habitats. In partnership with the Cambridge Conservation Forum, we also organise a variety of activities for all U3AC members, including workshops, presentations, guest talks from expert speakers, and field trips to sites of environmental interest. Our website provides links to information on international, national, and local environmental issues. This can be found at https://u3acenvgroup.wixsite.com/u3aceg. If you would like to join our group please contact us via our email u3acEnvGroup@gmail.com
About me: I am committed to protecting the environment and preserving nature for future generations. I believe our choices shape our planet's health and feel responsible for supporting sustainability through my actions.

Walking football

Coordinator: Geof Tamulonis
Day and time: Thursday 10:00 - 11:15
Walking football is aimed at over-50s. Women and men playing together, looking to exercise in a relaxed, friendly and inclusive environment. It is all about fun, no experience necessary. The U3AC activity is operated in conjunction with Cambridge United Foundation (CUF). Their focus is to combat social isolation, promote physical and mental health and empower people to live healthier lifestyles. Sessions run every Thursday between 10:00 and 11:15am at the Abbey Leisure Centre Astro pitch, and cost £4.00 each session. Contact the Coordinator for more information.
Format: Self-taught course or activity
About me: I play various sports for fun and exercise. It had been a few years since I kicked a ball, but picked it up quickly.

U3AC investment club

Secretary: Sarah Dixon
Chairman: Simon Jarvis
Day and time: Third Saturday of each month throughout the year 10:00 - 12:00
Venue: Cambridge Central Library (Conference Room)
Start date: 17 Oct
The investment club selects a portfolio of shares, reviewing the investments each month to develop members' understanding of, and skills with, investing. All decisions are made by majority vote. We aim to have fun while seeking to make a profit for members by investing wisely, though it is possible for the value of our investments to fall as well as rise. We provide access to a stock-monitoring website exclusively for members. The club has been going for more than 20 years, with several founder members remaining enthusiastic investors. We invite applications at any time of year from U3AC members willing to participate in researching companies that we hold. Any member is welcome to suggest new companies that we might invest in. Each member contributes £50 per month and there is a £50 joining fee. Experience of investing on the stock market and/or assessing business performance is welcomed but not required.
Format: Discussion
About me: (Sarah) I have been a member of the Investment Club for several years and am now the Secretary.

Lectures

The term's lecture programmes will be listed on the website and in the August, December and March Newsletters. A reminder of each week's lecture is also given in the weekly Bulletin which is emailed to members.

Wednesday Lectures

These lectures cover a wide range of topics - from international issues to matters of local interest, and from literature and the arts to national politics and current affairs.

Norah Boyce Science Lectures

These lectures, aimed at a general audience, cover a wide range of scientific topics; their strapline is 'Science for everyone'.

Course venues

For information on getting to the venues using public transport, go to the Traveline website (www.traveline.info). This plans your route, offers bus routes and timetables, and gives the location of bus stops and walking route to the venue.

Venue	Address	Parking	Hearing Loop	Disabled access
Abbey Leisure Complex	Whitehill Road, Cambridge CB5 8NT	Y	N	Y
Arbury Community Centre	Campkin Road, Cambridge CB4 2LD	Y	Y (in large hall)	Y (ground floor)
Arbury Road Baptist Church	20 Arbury Road, Cambridge CB4 2JE	Y	N	Y
Arts Picturehouse	38-39 St Andrew's Street, Cambridge CB2 3AR	N	N	Yes (ramp at north entrance, lift to all floors)
Big Rock Climbing Centre	Mandeville Drive, Kingston, Milton Keynes MK10 0AG	Y	N	
Cambridge & County Bowling Club	Brooklands Avenue, Cambridge CB2 8FG	Limited	N	Outdoors
Cambridge Buddhist Centre	38 Newmarket Road, Cambridge CB5 8DT	N	N	Y
Cambridge Central Library	7 Lion Yard, Cambridge CB2 3QD	Public parking	N	Y
Cambridge University Botanic Garden	1 Brookside, Cambridge CB2 1JE	Local pay and display	N	Y
Cambridge Victoria Homes	Victoria Road, Cambridge CB4 3DX	Y	Y	Y
Castle Street Methodist Church	Castle Street, Cambridge CB3 0AH	N **Do not park in the church car park**. Use pay and display in nearby streets.	N	Y: Hall and Aldersgate Room (ground floor) N: Epworth Room (1st floor, no lift)
Chesterton Outdoor Bowls Club	Logan's Way, Cambridge CB4 1BL	Y	N	Y
Colours of Dance	Level 2, 182 Histon Road, Cambridge CB4 3JP	Y	N	Y (lift to 2nd floor)
Comberton Village Hall	Green End, Comberton, Cambridge CB23 7DY	Limited	Y	Y
Downing Place URC	4 Downing Street, Cambridge CB2 3EL	N	Y	Y
East Barnwell Community Centre	Newmarket Road, Cambridge CB5 8RS	Limited	N	Y: Main door is not automatic
East Barnwell Scout Centre	41 Thorleye Road, Cambridge CB5 8NF	Y	N	Y
Fenner's Cricket Ground Pavilion	Mortimer Road, Cambridge CB1 2EL	N	N	N
Fitzwilliam Museum	Trumpington Street, Cambridge CB2 1RB	N	N	Y: Courtyard entrance only
Friends' Meeting House, Hartington Grove	91-93 Hartington Grove, Cambridge CB1 7UB	Limited	Y	Y
Friends Meeting House, Jesus Lane	12 Jesus Lane, Cambridge CB5 8BA	N	Y	Y

Venue	Address	Parking	Hearing Loop	Disabled access
Grantchester Village Hall	High Street, Grantchester, Cambridge CB3 9NF	Y	N (PA system)	Y
Histon & Impington Recreation Ground	1 New Road, Impington, Cambridge CB24 9LU	Y	N	Outdoors
Kelsey Kerridge Sports Centre	Queen Anne Terrace, Gonville Place, Cambridge CB1 1NA	Public parking Queen Anne Terrace carpark	N	Y
Leys School	The Fen Causeway, Cambridge CB2 7AD	Limited – at the sports centre	N	Y
Museum of Cambridge (previously Folk Museum)	2-3 Castle Street, Cambridge CB3 0AQ	N	N	The courtyard and Enid Porter Room are accessible to wheelchair users with small wheelchairs
Museum of Classical Archaeology	Faculty of Classics, Sidgwick Avenue, Cambridge CB3 9DA	N	N	Y (via a separate entrance and lift)
St Andrews Street Baptist Church	St Andrew's Street, Cambridge CB2 3AR	N	Y	Y (lift to first floor)
St Clement's Church	Bridge Street, Cambridge CB2 1UF	N	N	N (Upper Room on 1st floor, no lift.)
St George's Church Hall	Chesterfield Road, Cambridge CB4 1LN	On-street	N	Y
St Laurence's Roman Catholic Church	91 Milton Road, Cambridge CB4 1XB	Limited	N	Y
St Mark's Community Centre	13 Barton Road, Newnham, Cambridge CB3 9JZ	N	Y	Y (ramp)
U3AC premises	27-28 Bridge Street, Cambridge CB2 1UJ	N	Y	2 steps at entrance. Portable ramp on request. Lift to both floors.
University of Cambridge Sports Centre	Phillipa Fawcett Drive, Cambridge CB3 0AS	Y	N	Y
West Road Concert Hall	11 West Road, Cambridge CB3 9DP	On-street metered	Y	Y

Courses and activities by day of the week

Monday

ART 03	Art and ideas
ART 12	Painting group - Monday
ARTC 01	A designer-embroiderer's view …
ARTC 02	Christmas light-hearted crafting
ARTC 04	Making … a radio control model aeroplane
ARTC 08	Time with textiles
ARTH 02	Art History Discussion Group
ARTH 08/ 08(z)	Raphael
CMP 04/ 04(z)	Staying safe online
CUR 06(z)/ 07(z)	Transatlantic …
ECN 04/ 04(z)	Reading Ha-Joon Chang's … Economics …
ENG 01	Improve your English …
ENV 01	Nature of Plants
FIT 06/ 10	….dance
FIT 11/ 12	Exercise to music
FIT 19/ 20	Table tennis
FIT 27	Walking 6 miles
FIT 28	Rambling 4 miles
FRE 04/ 04(z)	Lisons 'Rendez-vous'
GEO 03/ 03(z)	Yorkshire Dales
GER 06	Translation: Warten bis der Frieden kommt
GER 10	German translation: Glennkill
GRC 02/ 02(z)	Classical Greek self-help reading group
GRM 03	Modern Greek: Reading and translation
HIS 09	Democracy in ancient Athens
HIS 26	Napoleon Bonaparte
HIS 29	Ten Turning Points in European History
HIS 34	The Neolithic Revolution
HIS 38	The Three Kingdoms … Stuart Monarchy …
HIS 42	Women with a purpose
ITA 03	Italian literature: reading modern novelists
LAT 01(z)/ 06	Latin ..
LAT 07/ 07(z)	A taste of the Latin Classics …

LEI 03	Introduction to modern board games
LEI 11	Rubber Bridge club
LEI 18	Croquet for beginners
LEI 22	Mah Jong group
LEI 24	Scrabble
LEI 27	The Beautiful Game
LIT 02/ 03/ 06	Book group
LIT 09	Book group: 'Come for the cake …'
LIT 16/ 17(z)	Classics of the twentieth century …
LIT 18	Contemporary poetry: Staying Human
LIT 30	Mid-century New York
LIT 33	Modern European Theatre
LIT 34	Neglected women writers
LIT 35	One Quartet: 'Burnt Norton'
LIT 37(z)	Personal poetry
LIT 42(z)	Reading the Septuagint
LIT 46	The Cambridge Poetry of Sylvia Plath …
LIT 47	The Moon in Poetry
MTH 01/ 04	…Mathematics …
MUS 05	Jazz on a Monday afternoon
PHL 03(z)/ 04(z)	… 'near-death experiences'
PHL 06	The Bible - an introductory history
PHL 11(z)	Two twenty-first century accounts …
PHO 03	Pioneers of photography
SCE 01/ 02	A very basic introduction …
SCE 05	Computers, brains and AI
SCE 20	Spines, shoulders, hips and knees…
SPA 05(z)/ 06	Spanish …
WLL 01	A mixed bag of complementary therapies
WLL 04	Get organised and motivated …
WLL 13	Pro-active ageing
WLL 14(z)	Raja Yoga meditation and philosophy
WLS 01	Welsh self-help study group

Tuesday

ART 02	Anything Goes …
ART 05/ 06	Back to basics …
ART 11	Paint, draw in Cambridge
ARTH 04	Cultures of Japan
CMP 02	History of programming languages
CUR 05/ 05(z)	Theories of empire … current implications
CUR 08	Understanding sexual orientation …
ECN 01	Bitcoin and cryptocurrencies
ECN 05	The Armchair Economist
ECN 06	The economy and society 2.0
FIT 09	Tap dance
FIT 18	Swimming
FIT 21/ 22	Table tennis
FIT 29/ 30/	.. walking
FIT 31/ 32	Walking …
FRE 11	Cercle français
FRE 12	Gagnez vos places, le rideau va se lever…
GEO 01	Accessing the countryside…
GER 09	German poetry and prose
GRM 01	Modern Greek conversation …
HIS 01	A quick dive into British … prehistory …
HIS 05	Belize - A small country with a long history
HIS 10	Discovering lives in Georgian England …
HIS 14	Heraldry: Exploring the colourful arms …
HIS 15	Ho Chi Minh … Vietnamese Independence
HIS 19(z)	Language labyrinth
HIS 20(z)	Leading Lights of 19th-Century France
HIS 22	Life in Georgian England …
HIS 25	Minervas of Science, 1700-1950
HIS 27	Origins of the Second World War
HIS 31	The Great War 1914-19
HIS 35(z)	The Neolithic Revolution
HIS 39	Traversing the Himalaya on foot…
HIS 43/ 43(z)	Your family genealogy and history
ITA 01/ 02/ 04	Italian …

ITA 05/ 07	Italian …
LAT 03	Latin Year 2
LEI 08	Duplicate Bridge club
LEI 14	Samba (Canasta)
LIT 01(z)/ 10	Book group ..
LIT 15(z)	An ancient epic of Central Asia…
LIT 20	European writing
LIT 21	Flights of amazing …
LIT 26	Introduction to James Joyce's 'Ulysses'
LIT 31/ 32	Modern European novels
LIT 41/ 41(z)	Poetry reading group
LIT 49/ 49(z)	Twentieth and early twenty-first century …
MDN 01	Mandarin conversation for beginners plus
MTH 03	GCSE/O Level Maths
MUS 01	'A Bundle of Time': Classical music …
MUS 06	Lunchtime concert series
MUS 07/ 12	Mainly madrigals / Summer singers
MUS 13	The Symphonies of Beethoven
PHL 02(z)	How Ancient Greek philosophy …
PHL 05(z)	St Paul
RUS 01/	Russian for improvers year 6
RUS 02/ 02(z)	Reading Russian literature
SCE 14	History and science of clocks
SCE 15	Inventions that shaped the modern world
SCE 18	Mr Darwin please explain…
SCE 24(z)	The life of stars
SCE 28	The Tuesday Science Conversation
SCE 30(z)	Introduction to weather and climate
SPA 04	La Tertulia de la U3AC
SWE 01/ 01(z)	Swedish improvers
WLL 02	A practical introduction to … Meditation
WLL 05	Honoring the Departed…
WLL 10/ 11	Mindful movement chair yoga
	U3AC film group
	U3AC Environment group

Wednesday

ART 04	Arts forum
ART 13	Painting group
ARTC 05	Patchwork and machine quilting
ARTC 07	Stitching
ARTH 01	Ancient Greek vase paintings …
ARTH 03	British architecture 1900 to the present
ARTH 05	Greek sculpture at the Museum …
CMP 03(z)	How to use AI in our daily lives
ECN 03/ 03(z)	Land, finance and economics
FIT 01/ 02	Badminton …
FIT 05	Ballet beginners and improvers
FIT 08	Dance and exercise to Zumba
FIT 16	Rock climbing group
FIT 24/ 25/ 26	T'ai Chi …
FIT 33	The Wednesday walkers
FIT 39	Yoga - self-help
FRE 01	French, the very beginning
FRE 05/ 05(z)	Continuons 'Rendez-vous'
FRE 07(z)	En route!
FRE 09/ 09(z)	Modern French novels
GDN 03	Passionate gardeners
GER 01	German beginners
GER 03/ 03(z)	German beginners year 2
GER 04/ 04(z)	German year 3
GER 07	Vorwärts zum Stammtisch
GER 08/ 08(z)	Eine Art Stammtisch
HIS 02	A slice of time in miniature …
HIS 13/ 13(z)	Evangelical Christianity …
HIS 24(z)	Military History Group
HIS 28	Sport and play in Cambridge…
HIS 32(z)	The history of England AD 410 to 1066
HIS 36	The Old Lady of Threadneedle Street …
HIS 40	Ulster - A divided province
LAT 04(z)	A fourth year of Latin
LEI 12	Camsail
LEI 13	Canasta club
LEI 19/ 20	Cryptic crosswords …
LEI 26	U3AC Bowls Club
LIN 01	A handle on spoken English
LIT 04/ 05	Book group …
LIT 08/ 08(z)	Another book group
LIT 11	Whodunit book group
LIT 13	6 Novels from the 1930s
LIT 22	Free speech and its enemies …
LIT 23/ 24	Great Broadway Lyricists …
LIT 27(z)	Jesus, the Jew
LIT 29	Masters of subtlety …
LIT 36	Passion, irony and social justice …
LIT 39/ 39(z)	Poetry of the Third Age
LIT 43	Red
LIT 45	Shakespeare, three late plays …
MTH 06(z)	Maths can be fun 2
MUS 02	Chamber choir
MUS 10	Rhythm and Blues and all that Jazz …
PHL 01	Being in Time and Space
PHL 07	The Christian Platonism of Simone Weil
PHL 08	The Republic of Plato
PHO 02	Photography walks
SCE 03	Biological sex
SCE 07	DNA and identity
SCE 12	Great Physicists
SCE 16	Key points in physics …
SPA 02(z)	A second year of Spanish
SPA 03(z)	Read, speak and learn Spanish
WLL 08	Introduction to Buddhism… meditation
WLL 16	Stories and anecdotes from our lives
WOR 02/ 02(z)	The Balkans
WOR 03	Women in the world
WRT 01	Playing with words
WRT 02	Writers' workshop

Thursday

ART 08	Conversations about art
ART 15	The human figure: life drawing
ARTC 06	Patterns and how to make them
ARTH 06	History of art for absolute beginners
ARTH 07	Looking at art: Golden Age and Academies
CUR 03	Cornucopia or crisis …
DUT 01	Dutch improvers
FIT 03	Badminton
FIT 07	Contemporary dance workshop
FIT 13(z)	Exercise to music 3
FIT 17	Short tennis
FIT 34/ 35	Rambling
FLM 01	Moviemaking
FRE 03	Express yourself in French
FRE 06	Parlons encore
FRE 08	French conversation
GER 02(z	German beginners by Zoom
GER 11	Advanced German conversation
HIS 03	Ancient Egyptian religion
HIS 04	Ancient past - Ancient wisdom
HIS 11	Early Irish History
HIS 12	England in the Twenties and Thirties
HIS 17	Interesting people
HIS 18	Irish history - Cromwell to Parnell
HIS 21	Let's talk about men (and women)
HIS 24	Medieval Times and People
INV 01	Integrating strategies into portfolio design
LAT 02	First year Latin
LAT 05	Continuing to read Latin together
LEI 01	Backgammon
LEI 04/ 05	Modern board games
LEI 06/ 07	… Bridge
LEI 10	Online Bridge league (BBO)
LEI 15/ 16	Chess …
LEI 23	Middle-Earth tabletop skirmish gaming
LIT 07	Book group - Travel writing
LIT 12	Yet another book group
LIT 14	A tale of two rakes…
LIT 25	Homer's 'The Odyssey' …
LIT 28(z)	Literature and language challenge
LIT 38	Playreading: comedy with a hint of black
LIT 40	Poetry of walking beside the sea
LIT 44(z)	Seamus Heaney
LIT 50	W.S. Gilbert: With and without Sullivan
MDN 02(z)	Mandarin
MTH 02	Beautiful lines and curves
MTH 05(z)	Maths can be fun 1
MUS 03	Choir
MUS 04	It's not only Rock 'n' Roll - But we like it
MUS 11	Stephen Sondheim …
PHO 01	Out and about photography
POL 01	Liberal democracy under challenge …
SCE 04/ 04(z)	Building the human brain
SCE 06/ 06(z)	Cosmology for the curious
SCE 09	Emerging science and technology …
SCE 13	Health tech - Be your own citizen scientist
SCE 19	Space telescopes, their images …
SCE 21	Symmetry and the laws of nature
SCE 22	The energy landscape
SCE 23	The Higgs Boson and Higgs Mechanism
SCE 25	The material world
SCE 26	The nuclear option
SCE 27	The Pale Blue Dot
SPA 01	Spanish intermediate
WLL 03	Flourishing after fifty; Ladies wellbeing …
WLL 06	Inklings
WLL 07	Interesting ideas with convivial companions
WLL 09	Merry makers
WLL 15	Relaxing reading
	Walking football

Friday

ARB 01/ 01(z)	Arabic language
ART 01	Abstract art
ART 07	Barnwell art group
ART 09	Drawing for pleasure
ART 10	Experiments in relief printing
ART 14	Sketching, drawing and painting
ART 16	The monthly draw - urban sketching …
ARTC 03	Knitting
CMP 01	Exploring and making digital maps …
CUR 01	Current affairs 1
CUR 02/ 02(z)	Current affairs 2
CUR 04	Migration - much more than small boats …
ECN 02	Economics discussion group
FIT 04	Badminton (Friday)
FIT 14	Introduction to Pickleball
FIT 15	Play Pickleball
FIT 23	Table tennis
FIT 36	3 mile walking group
FIT 37	Eco-friendly walks using public transport
FRE 02	Sept jours pour une éternité
FRE 10	La geisha et le joueur de banjo
GDN 01/ 02	Botanic Garden group
GDN 04	Practical gardening
GEO 02	Hobson's Conduit - A Chalk Stream …
GER 05	Brush up your German
GRC 01(z)	New Testament Greek
GRC 03	Classical Greek
GRM 02(z)	Greek conversation
HIN 01	Hindi for beginners
HIS 06	Biographies
HIS 07	More Biographies
HIS 08/ 08(z)	Christianity and the Roman Empire
HIS 16	Horses: Their role in the history …
HIS 30	The Civil War and the British Republic …
HIS 33	The Later Stuarts: From the Restoration …
HIS 37	The Papacy in crisis 1846-1903
HIS 41	'We are Making New Worlds': …
ITA 06	Italian conversation
LEI 02	Bezique
LEI 09	Fledgling Bridge
LEI 17	Cooking: the books
LEI 21	Introduction to Dungeons and Dragons
LEI 25	U3AC Bird Club
LIT 19	Downstairs and Upstairs
LIT 48	Three American Poets …
MUS 08(z)	Music theory from the very beginning
MUS 09(z)	Music theory continuing on to Grade 4
MUS 14	U3AC recorder group
PHL 09/ 10	The thinking life …
SCE 08	DNA: the facts, the myths and surprises
SCE 10	Exploring how we learn …
SCE 11/ 11(z)	Geology group
SCE 17	Mental pictures of space and time …
SCE 29	Ways of thinking …
WLL 12	Positive thinking and meditation
WOR 01/ 01(z)	Africa Forum

Saturday

FIT 38	Walks in Cambridge city
	U3AC investment club

List of tutors/course leaders

Adams, Ray	Mathematical thinking	MTH 04
Akister-Rawlings, Bunty	Passionate gardeners	GDN 03
Alderton, Stella	A handle on spoken English	LIN 01
Aldred, Jeremy & Jill	U3AC Bird Club	LEI 25
Alvey, Gregor	Abstract art	ART 01
Applin, David	DNA: the facts, the myths and surprises	SCE 08
	Mr Darwin please explain: evolution through natural selection …	SCE 18
	Ways of thinking: gene centrism and systems biology	SCE 29
Bagrij, Tanya	Ancient past - Ancient wisdom	HIS 04
Bailey, Caroline	History of art for absolute beginners	ARTH 06
Balshaw, Maggie	Abstract art	ART 01
	Anything Goes: exploring representational and abstract forms	ART 02
Barber, Eric	Fledgling Bridge	LEI 09
Bartlett, Teri	Botanic Garden group (Afternoon)	GDN 02
Bartlett, Tim	Belize - A small country with a long history	HIS 05
Barton, Di	Rambling 4 miles - Monday (fortnightly)	FIT 28
Bass, Pat	Scrabble	LEI 24
Bastable, Jenny	Book group: 'Come for the cake - and stay for the books!'	LIT 09
Bastable, John	Book group - Travel writing	LIT 07
Beavis, Jackie	Knitting	ARTC 03
Beddow, Di	The Cambridge Poetry of Sylvia Plath and Ted Hughes	LIT 46
Bell, Les	Backgammon	LEI 01
Benson, Geoffrey	Writers' workshop	WRT 02
Benziger, Dieter	3 mile walking group - Friday fortnightly	FIT 36
	Croquet for beginners	LEI 18
Birch, Alan	Cercle français	FRE 11
	Italian intermediate self-help	ITA 07
Bird, Alan	Jazz on a Monday afternoon	MUS 05
Bispham, Kay	Introduction to Buddhism-based practical meditation	WLL 08
Bithell, Mike	Croquet for beginners	LEI 18
Black, Archie	Middle-Earth tabletop skirmish gaming	LEI 23
Blake, Vanessa	Christmas light-hearted crafting	ARTC 02
Blandford, John	It's not only Rock 'n' Roll - But we like it	MUS 04
Bojan, Janet	Sustainability book group	LIT 10
Bowler, Chris	Fledgling Bridge	LEI 09
Braid, Judith	Downstairs and Upstairs	LIT 19
Brown, Chloe	Improve your English (for non-native speakers)	ENG 01
Brown, Ian	Stories and anecdotes from our lives	WLL 16
Brown, Lorna	Walking 6 miles - Monday (weekly)	FIT 27
Bullen-Smith, Paul	The economy and society 2.0	ECN 06
Buncombe, Jeremy	U3AC film group	
Bunford, Mansel	La Tertulia de la U3AC	SPA 04
	Welsh self-help study group	WLS 01
Burdess, Rosemary	Russian for improvers year 6	RUS 01
Burgess, David	Liberal democracy under challenge in the West	POL 01
Burkinshaw, Peter	History of programming languages	CMP 02
Camilletti, Peter	The history of England AD 410 to 1066	HIS 32(z)
Campbell, Lynn	Tap dance	FIT 09
Campbell, Peter	Introduction to modern board games	LEI 03
	Modern board games	LEI 04
	Modern board games	LEI 05
	U3AC Bowls Club	LEI 26
Canton, Nigel	GCSE/O Level Maths	MTH 03
Carter, David	Cosmology for the curious	SCE 06/ 06(z)
	Evangelical Christianity: the good, the bad and the history	HIS 13/ 13(z)
Chambers, Monica	Theories of empire and their current implications	CUR 05
Chisholm, Heather	Walks in Cambridge city - Saturday	FIT 38
Clark, Edwina	U3AC recorder group	MUS 14
Clark, Hilary	Time with textiles	ARTC 08
Clark, Steve	A practical introduction to Christian Meditation	WLL 02
Cleaver, Marian	Continuing to read Latin together	LAT 05
	First year Latin	LAT 02
Clough, Deborah	Table tennis (Friday)	FIT 23
Clough, Jonathan	Table tennis (Friday)	FIT 23
Cochrane, Tom	Abstract art	ART 01
Colledge, Richard	Badminton (Friday)	FIT 04
Connolly, Vanessa	Book group 2	LIT 02
Cook, Diana	Express yourself in French	FRE 03
Cook, John	Cornucopia or crisis: the geopolitics of hydrocarbons, rare earths …	CUR 03
	Poetry reading group	LIT 41/ 41(z)
	The energy landscape	SCE 22
	The material world	SCE 25
	The nuclear option	SCE 26

Cook, John	The Pale Blue Dot	SCE 27
Copley, Katherine	Practical gardening	GDN 04
Coutts, Kenneth	Duplicate Bridge club	LEI 08
Covill, Jackie	Time with textiles	ARTC 08
Cox, Lorna	Chamber choir	MUS 02
Crow, Liz	Barnwell art group	ART 07
Cutmore, Katherine	Bridge Street Bridge group	LEI 07
Davies, Allan	Dutch improvers	DUT 01
Davison, Julia	Eine Art Stammtisch	GER 08/ 08(z)
Day, Mike	Biographies	HIS 06
De Val, John	Land, finance and economics	ECN 03/ 03(z)
Dee, Malcolm	3 mile walking group - Friday fortnightly	FIT 36
	Camsail	LEI 12
Desmond, Barry	4 Mile walking group - Tuesday (fortnightly)	FIT 30
Desmond, Rose	Botanic Garden group (Morning)	GDN 01
Dewar, Ann	Book group 4	LIT 04
Dickinson, Lesley	Rambling - Thursday (weekly)	FIT 34
Dixon, Sarah	U3AC investment club	
Douglas, Cecilia	Dance and exercise to Zumba	FIT 08
Doyon, Roy	Introduction to weather and climate	SCE 30(z)
Dring, Maike	A mixed bag of complementary therapies	WLL 01
	Get organised and motivated - Build mental and emotional resilience	WLL 04
	Stories and anecdotes from our lives	WLL 16
Dring, Matt	Bezique	LEI 02
	A designer-embroiderer's view of the 20th century: Lilian Dring (1908-1998)	ARTC 01
Duhig, Corinne	Ancient Egyptian religion	HIS 03
Dyson, Tom	Latin (re-)discovered	LAT 06
Eacott, Barbara	Painting group - Wednesday	ART 13
Ecclestone, Ralph	Beginners' Bridge	LEI 06
	Christianity and the Roman Empire	HIS 08/ 08(z)
Eden-Green, Catherine	Rambling 4 miles - Monday (fortnightly)	FIT 28
Edkins, Jo	Patterns and how to make them	ARTC 06
	Walks around Cambridge - Tuesday	FIT 32
Edmundson, Henry	Traversing the Himalaya on foot: a personal journey …	HIS 39
Ellmann, Maud	Introduction to James Joyce's 'Ulysses'	LIT 26
Elphick, Jon	Badminton (Thursday pm)	FIT 03
English, Michael	Modern board games	LEI 04
	Modern board games	LEI 05
Evans, Claire	Vorwärts zum Stammtisch	GER 07
Ewbank, Tim	How to use AI in our daily lives	CMP 03(z)
	Migration - much more than small boats crossings	CUR 04
	Out and about photography	PHO 01
	Pioneers of photography	PHO 03
Fara, Patricia	Minervas of Science, 1700-1950	HIS 25
Farmer, Charmian	Poetry of walking beside the sea	LIT 40
Fawcett, James	Making and flying a radio control model aeroplane	ARTC 04
Fay, Maxine	Neglected women writers	LIT 34
	Paint, draw in Cambridge	ART 11
Fay, Mike	A fourth year of Latin	LAT 04(z)
	Classical Greek self-help reading group	GRC 02/ 02(z)
Fenner, Nigel	Sport and play in Cambridge: a 1,000 year history	HIS 28
Ferneyhough, Glenda	Discovering lives in Georgian England through newspapers	HIS 10
	Life in Georgian England - Wealth and poverty	HIS 22
Field, Max	Hobson's Conduit - A Chalk Stream for the 21st century	GEO 02
FitzGerald, Sarah	Raja Yoga meditation and philosophy	WLL 14(z)
Fleet, Viv	Badminton (Wednesday)	FIT 02
Fleming, Anne	Easy rambling - Thursday (fortnightly)	FIT 35
Foulkes, John	A taste of the Latin Classics (and some helpful grammar)	LAT 07/ 07(z)
Francomb, Hazel	Wise wild dance - plus (	FIT 10
Freeman, Len	Easy rambling - Thursday (fortnightly)	FIT 35
French, Adrian	Conversations about art	ART 08
	European writing	LIT 20
Galvez, Marie-Joelle	U3AC lunch club	
Gamlin, Jill	Spines, shoulders, hips and knees. How do they work normally …	SCE 20
Ganz, Debbie	U3AC Bird Club	LEI 25
Garcia, David	Art and ideas	ART 03
Gibbs, Michael	Africa Forum	WOR 01/ 01(z)
	Your family genealogy and history	HIS 43/ 43(z)
Gill, Kevin	Book group 1	LIT 01(z)
Goldstone, Gerald	Origins of the Second World War	HIS 27
Goldthorp, Steven	All-year walking - Tuesday (weekly)	FIT 29
Goy, Hilary	Jesus, the Jew	LIT 27(z)
	Latin beginners	LAT 01(z)
	New Testament Greek	GRC 01(z)
	Reading the Septuagint	LIT 42(z)
	Women in the world	WOR 03
Gray, Michael	Democracy in ancient Athens	HIS 09

Gray, Michael	The Bible - an introductory history	PHL 06
Green, Kay	Practical gardening	GDN 04
Griffiths, Hywel	Table tennis (Monday am)	FIT 19
Grimshaw, Brigitte	En route!	FRE 07(z)
	French, the very beginning	FRE 01
	Parlons encore	FRE 06
Gross, Jean	Contemporary poetry: Staying Human	LIT 18
Grossmith, Kostadinka	Modern European novels	LIT 31
	Modern European novels 2	LIT 32
Guyton, Robert	Another book group	LIT 08/ 08(z)
Hagelberg, Erika	DNA and identity	SCE 07
Haining, Robert	The Armchair Economist	ECN 05
	Twentieth and early twenty-first century classics	LIT 49/ 49(z)
Hall, John	Emerging science and technology discussion group	SCE 09
	Integrating strategies into portfolio design	INV 01
	The Armchair Economist	ECN 05
	The Tuesday Science Conversation	SCE 28
Hampton, Marilyn	Abstract art	ART 01
Harbottle, Tony	All-year walking - Tuesday (weekly)	FIT 29
Harnor, Martin	Seamus Heaney	LIT 44(z)
Harper, Tony	Samba (Canasta)	LEI 14
Hartle, Paul	Cultures of Japan	ARTH 04
Hassan, Eman	Arabic language	ARB 01/ 01(z)
Hay, Robert	Rubber Bridge club	LEI 11
Hearn, Sylvia	Express yourself in French	FRE 03
Heaton, Melina	A tale of two rakes: Don Giovanni and The Queen of Spades	LIT 14
	Book group - China 1900-1937	LIT 05
	Masters of subtlety: Henry James and Ford Maddox Ford	LIT 29
	Red	LIT 43
Heaton, Nick	Book group - Travel writing	LIT 07
Henry, Jim	Interesting people	HIS 17
	Medieval times and people	HIS 23
Herrick, Martin	Walking 6 miles - Monday (weekly)	FIT 27
Hetherington, Lin	Choir	MUS 03
Hill, Jaspaul	Easy rambling - Thursday (fortnightly)	FIT 35
Hill, Roderick	Easy rambling - Thursday (fortnightly)	FIT 35
	Military History Group	HIS 24(z)
Hills, Chris	Chamber choir	MUS 02
	Choir	MUS 03
Hills, Helen	Rambling 4 miles - Monday (fortnightly)	FIT 28
Hiscock, Justin	Military History Group	HIS 24(z)
Hiscock, Marie-Claire	Whodunit book group	LIT 11
Hopkins, John	'A Bundle of Time': Classical music in Britain 1900 - 1950	MUS 01
	The Symphonies of Beethoven	MUS 13
Horan, David	Personal poetry	LIT 37(z)
Howell, Pauline	Short tennis	FIT 17
Howell, Sue	Barnwell art group	ART 07
Human, Brian	Out and about photography	PHO 01
	Pioneers of photography	PHO 03
Hunt, Barrie	Online Bridge league (BBO)	LEI 10
Hunter, Ian	Current affairs 1	CUR 01
	Economics discussion group	ECN 02
Hurst, Colin	'We are Making New Worlds': British painting in the Great War era	HIS 41
Ingram, Sarah	Playing with words	WRT 01
Jackson, Roy	Table tennis (Monday pm)	FIT 20
James, Jane	Patchwork and machine quilting	ARTC 05
Janowski, Anne	Drawing for pleasure	ART 09
Jarvis, Simon	U3AC investment club	
Jinman, Paul	Italian self-help	ITA 02
Johnson, Brian	Sketching, drawing and painting	ART 14
Johnson, Timothy	Hobson's Conduit - A Chalk Stream for the 21st century	GEO 02
Johnston, Colleen	Mah Jong group	LEI 22
Jones, Chris	An ancient epic of Central Asia: The Book of Dede Korkut	LIT 15(z)
	Ancient Greek vase paintings at the Fitzwilliam Museum	ARTH 01
	Free speech and its enemies: Orwell versus Mein Kampf	LIT 22
	Greek sculpture at the Museum of Classical Archaeology	ARTH 05
	How Ancient Greek philosophy influenced Christianity in Late Antiquity	PHL 02(z)
	Medieval 'near-death experiences'	PHL 03(z)
	Near-death experiences in indigenous cultures	PHL 04(z)
	St Paul	PHL 05(z)
	The Christian Platonism of Simone Weil	PHL 07
	The Republic of Plato	PHL 08
	Two twenty-first century accounts of near-death experiences	PHL 11(z)
Jones, Jim	The human figure: life drawing	ART 15
Jones, Stephen	The Neolithic Revolution	HIS 34
	The Neolithic Revolution	HIS 35(z)
Judd, Judith	Book group 1	LIT 01(z)

Judge, Helene	Introduction to Pickleball	FIT 14
Jump, Jenny	Playreading: comedy with a hint of black	LIT 38
Jump, Mick	Cryptic crosswords for real beginners only	LEI 19
Kakoday, Prashant	Raja Yoga meditation and philosophy	WLL 14(z)
Kara, Heather	Honoring the Departed: A course in working through the stages of grief	WLL 05
	Positive thinking and meditation	WLL 12
Kaye, John	Transatlantic Discussion Forum	CUR 06(z)
	Transatlantic Economist Readers group	CUR 07(z)
Kelly, Don	Canasta club	LEI 13
Kendall, Arlette	Gagnez vos places, le rideau va se lever, on frappe les trois coups	FRE 12
Kent, Anne	Practical gardening	GDN 04
Keyworth, John	The Old Lady of Threadneedle Street: The Bank of England 1694-1946	HIS 36
Kilmartin, John	Making and flying a radio control model aeroplane	ARTC 04
Kiln, Lesley	Patchwork and machine quilting	ARTC 05
Kington, Chris	Arts forum	ART 04
	Contemporary poetry: Staying Human	LIT 18
Knight, Jenny	Classics of the twentieth century (in person)	LIT 16
	Classics of the twentieth century (Zoom)	LIT 17(z)
	Language labyrinth	HIS 19(z)
	Literature and language challenge	LIT 28(z)
Knowles, Helen	Yet another book group	LIT 12
Kumar, Narinder	Hindi for beginners	HIN 01
Landshoff, Peter	Emerging science and technology discussion group	SCE 09
Lass, Rosemary	The Wednesday walkers (weekly)	FIT 33
Latham, Richard	Badminton (Friday)	FIT 04
	Badminton (Wednesday)	FIT 02
Law, Marie	Yet another book group	LIT 12
Leslie, Kate	Experiments in relief printing	ART 10
Levy, Mary	Book group - Non-fiction	LIT 06
Levy, Mike	Great Broadway Lyricists 1924-2015 1	LIT 23
	Great Broadway Lyricists 1924-2015 2	LIT 24
	Stephen Sondheim - the genius of music theatre	MUS 11
	W.S. Gilbert: With and without Sullivan	LIT 50
Lewney, Richard	Reading Ha-Joon Chang's 'Edible Economics' - The world in 17 dishes	ECN 04/ 04(z)
Lintott, Gill	Knitting	ARTC 03
Loughlan, Patricia	One Quartet: 'Burnt Norton'	LIT 35
	Poetry of walking beside the sea	LIT 40
	Three American Poets: Stevens, Williams, Bishop	LIT 48
Lovegrove, Alistair	Table tennis (Tuesday am)	FIT 21
	U3AC Bowls Club	LEI 26
Lumsden, Toby	Table tennis (Monday pm)	FIT 20
Lynch, Mike	Passion, irony and social justice in Jane Austen's novels	LIT 36
Ma, Yongqing	Mandarin conversation for beginners plus	MDN 01
MacGinley, Mary	Modern European novels	LIT 31
Macmillan, Jenny	Table tennis (Monday pm)	FIT 20
Macpherson, Ian (Mac)	Barnwell art group	ART 07
Maguire, Gerald	All-year walking - Tuesday (weekly)	FIT 29
Maimaris, Chris	Greek conversation	GRM 02(z)
Makin, Lucila	Advanced Spanish	SPA 06
Marenghi, Sabrina	Exercise to music 1	FIT 11
	Exercise to music 2	FIT 12
	Exercise to music 3	FIT 13(z)
Marseglia, Elisabeth	Modern Greek: Reading and translation	GRM 03
Mathew, Rosemary	Mah Jong group	LEI 22
Mathieu, Philippe	The thinking life: An introduction to philosophy 1	PHL 09
	The thinking life: An introduction to philosophy 2	PHL 10
Matthews, Clare	U3AC Bird Club	LEI 25
Maxted, Yvette	4 Mile walking group - Tuesday (fortnightly)	FIT 30
	Walking for pleasure - Tuesday (fortnightly)	FIT 31
May, Elizabeth	Drawing for pleasure	ART 09
	Flights of amazing imagination - the worlds of Terry Pratchett …	LIT 21
	Sustainability book group	LIT 10
Mays, Roz	Nature of Plants	ENV 01
McCann, Barry	Rhythm and Blues and all that Jazz 1940s to 1960s	MUS 10
McCretton, Michael	Swimming	FIT 18
McGill, John	British architecture 1900 to the present	ARTH 03
McKerral, Angie	Flights of amazing imagination - the worlds of Terry Pratchett …	LIT 21
McMullan, Richard	The Beautiful Game - Punditry, banter and general discussion	LEI 27
	Ulster - A divided province	HIS 40
Medland, Richard	It's not only Rock 'n' Roll - But we like it	MUS 04
Meyer, Ruth	Women in the world	WOR 03
Middleton, Catherine	Contemporary dance workshop	FIT 07
Miles, Alison	Chamber choir	MUS 02
	U3AC recorder group	MUS 14
Miles, Elaine	Italian intermediate self-help	ITA 07
Miller, Liz	Health tech - Be your own citizen scientist	SCE 13
Miller-Bernal, Leslie	Badminton for softies	FIT 01

Millington, Lindsay	Looking at art: Golden Age and Academies	ARTH 07
Monk, Mariel	Cryptic crossword club	LEI 20
Morris, Derek	Staying safe online	CMP 04/ 04(z)
Moyser, Roy	Being in Time and Space	PHL 01
Murphy, Alan	Jazz on a Monday afternoon	MUS 05
Murphy, Michael J	Early Irish History	HIS 11
	England in the Twenties and Thirties	HIS 12
	Irish history - Cromwell to Parnell	HIS 18
Myer, Jonathan	Table tennis (Tuesday pm)	FIT 22
Neville, Peter	Ho Chi Minh and the achievement of Vietnamese Independence	HIS 15
	The Papacy in crisis 1846-1903	HIS 37
Newton, Mary	Book group 1	LIT 01(z)
Nicholson, Frank	Leading Lights of 19th-Century France	HIS 20(z)
Nicolson, Norman	Abstract art	ART 01
Nisbet, Jessie	Book group: 'Come for the cake - and stay for the books!'	LIT 09
	The monthly draw - urban sketching in Cambridge	ART 16
Norman, Arthur	Cooking: the books	LEI 17
North, Angela	Book group 2	LIT 02
Oates, David	Heraldry: Exploring the colourful arms of England's colourful gentry	HIS 14
O'Connell, Kerry	Modern European Theatre	LIT 33
	Poetry of the Third Age	LIT 39
	Poetry of the Third Age	LIT 39(z)
	Shakespeare, three late plays: Measure for Measure, The Winter's Tale and …	LIT 45
Oliver, Sarah	Badminton for softies	FIT 01
Ollerenshaw, Tim	Introduction to Dungeons and Dragons	LEI 21
Owen, Chris	Art History Discussion Group	ARTH 02
Palmer, Mathew	History and science of clocks	SCE 14
Pateman, Jim	Reading Russian literature	RUS 02
	Reading Russian literature	RUS 02(z)
Patterson, BarbaraAnn	Short tennis	FIT 17
Patterson, Mark	Exploring how we learn and how we can learn better	SCE 10
Payne, Sarah	Maths can be fun 1	MTH 05(z)
	Maths can be fun 2	MTH 06(z)
Pearl, Simon	Table tennis (Friday)	FIT 23
Perkins, Gillian	Practical gardening	GDN 04
Perutz, Vivien	Biographies	HIS 06
	Raphael	ARTH 08/ 08(z)
Pescod, Dave	Arts forum	ART 04
Peters, William	3 mile walking group - Friday fortnightly	FIT 36
Phillips, Andrew	Inventions that shaped the modern world	SCE 15
Phillips, Diane	Book group 4	LIT 04
Phillips, Helen	Table tennis (Monday am)	FIT 19
Philpott, Samara	Back to basics 1. An introduction to drawing and painting	ART 05
	Back to basics 2. An introduction to drawing and painting	ART 06
	Paint, draw in Cambridge	ART 11
Pink, Frances	Ballet beginners and improvers	FIT 05
Plant, Carolyn	Walking for pleasure - Tuesday (fortnightly)	FIT 31
Pook, Carole	Let's talk about men (and women)	HIS 21
	Women with a purpose	HIS 42
Pope, Helen	U3AC Environment group	
Potts, Monica	Pro-active ageing	WLL 13
Price, Jack	Building the human brain	SCE 04/ 04(z)
Priestley, Michael	Short tennis	FIT 17
Prior, Dominic	Computers, brains and AI	SCE 05
Provis, Margaret	Continuons 'Rendez-vous' - Wednesday	FRE 05/ 05(z)
	Lisons 'Rendez-vous' - Monday	FRE 04/ 04(z)
	Modern French novels	FRE 09/ 09(z)
Purseglove, Sue	Table tennis (Friday)	FIT 23
R, Mia	Biological sex	SCE 03
	Understanding sexual orientation and gender identity	CUR 08
R, Stevie	Biological sex	SCE 03
	Understanding sexual orientation and gender identity	CUR 08
Radford, Jacqueline	Walks in Cambridge city - Saturday	FIT 38
Rhodes, Sue	Book group 1	LIT 01(z)
Rice, Peter	Brush up your German	GER 05
	Dutch improvers	DUT 01
Richards, Mary	Stitching	ARTC 07
Richardson, Alan	Mathematical thinking	MTH 04
	Space telescopes, their images and what they tell us	SCE 19
	Symmetry and the laws of nature	SCE 21
	The Higgs Boson and Higgs Mechanism	SCE 23
Roberts, Adrian	Napoleon Bonaparte	HIS 26
	Ten Turning Points in European History	HIS 29
	The Great War 1914-19	HIS 31
	The Three Kingdoms under the Stuart Monarchy 1603-1714	HIS 38
Robinson, David	The Wednesday walkers (weekly)	FIT 33
Rodgers, Karen	Flourishing after fifty; Ladies wellbeing Lunch Club	WLL 03

Rodgers, Karen	Inklings	WLL 06
	Interesting ideas with convivial companions	WLL 07
	Merry makers	WLL 09
	Relaxing reading	WLL 15
Russell, Christine	Exercise to music 1	FIT 11
	Exercise to music 2	FIT 12
	Exercise to music 3	FIT 13(z)
Russell, Nicholas	Current affairs 2	CUR 02/ 02(z)
Sakellaridis, Margaret	Homer's 'The Odyssey' (in English translation)	LIT 25
Sales, Anne	Mah Jong group	LEI 22
Salmon, Elizabeth	Horses: Their role in the history of man	HIS 16
Samuel, Judith	All-year walking - Tuesday (weekly)	FIT 29
Saucier, Anne	Ballet beginners and improvers	FIT 05
Savini, Mary	Italian literature: reading modern novelists	ITA 03
Scally, Janet	Yoga - self-help	FIT 39
Sealey, Charles	Beautiful lines and curves	MTH 02
Seaman, Juliet	U3AC recorder group	MUS 14
Selwyn, Ricky	Italian beginners	ITA 01
	Italian intermediate	ITA 04
	Italian conversation (Tuesday)	ITA 05
	Italian conversation (Friday)	ITA 06
Sharman, Hannah	Tap dance	FIT 09
Simpson, Colin	Bridge Street Bridge group	LEI 07
Sims, Laura	Moviemaking	FLM 01
Smith, John	All-year walking - Tuesday (weekly)	FIT 29
Smith, Sally	More Biographies	HIS 07
Spencer, Liz	Painting group - Monday	ART 12
Stapleton, Christine	German beginners year 2	GER 03/ 03(z)
	German year 3	GER 04/ 04(z)
	German poetry and prose	GER 09
Steen, Ian	Rock climbing group	FIT 16
Stevens, Jane	Mandarin	MDN 02(z)
Stevens, Tony	The human figure: life drawing	ART 15
Stopp, Christine	A second year of Spanish	SPA 02(z)
	Read, speak and learn Spanish	SPA 03(z)
Stott, Anne	The Civil War and the British Republic, 1625-1660	HIS 30
	The Later Stuarts: From the Restoration to the Glorious Revolution …	HIS 33
Stubbings, Ursula	Circle dancing	FIT 06
Stutz, Peter	Brush up your German	GER 05
Swinney, Anne	Duplicate Bridge club	LEI 08
Tabrett, Mike	Integrated T'ai Chi and Chi Kung exercises	FIT 26
	T'ai Chi Chuan 24 Step Beginners	FIT 24
	T'ai Chi Chuan 24 Step intermediate	FIT 25
Tamulonis, Geof	Walking football	
Tate, Rosemary	Cooking: the books	LEI 17
Tatham, Jill	Sept jours pour une éternité	FRE 02
	La geisha et le joueur de banjo	FRE 10
	Translation: Warten bis der Frieden kommt	GER 06
	German translation: Glennkill	GER 10
Tavner, Elizabeth	Classical Greek	GRC 03
Tejodhi	Mindful movement chair yoga	WLL 10
	Mindful movement chair yoga 2	WLL 11
Thomas, Rachel	A quick dive into British (and some Irish) prehistory (approx. 9650 BC - AD 43)	HIS 01
Thompson, Chris	Applications of advanced mathematics in everyday life. …	MTH 01
	Mathematical thinking	MTH 04
Thorn, Elizabeth	French conversation	FRE 08
Tilling, Vanessa	Choir	MUS 03
Tillotson Judy	Stitching	ARTC 07
Toranzos, Carlos	Spanish intermediate	SPA 01
Tourlamain, Moyra	Arts forum	ART 04
Tritton, Keith	A very basic introduction to evolution	SCE 02
	A very basic introduction to geology	SCE 01
	Geology group	SCE 11
	Geology group	SCE 11(z)
Trosch, Carole	Advanced German conversation	GER 11
Tuffnell, Jill	Accessing the countryside: rights of way, permissive paths and access land …	GEO 01
Turner, Robert	Swimming	FIT 18
	Eco-friendly walks using public transport - Friday	FIT 37
Turner-Harriss, Delyth	History of art for absolute beginners	ARTH 06
Turney, Ray	Table tennis (Monday am)	FIT 19
Tyson, John	Current affairs 1	CUR 01
	Economics discussion group	ECN 02
Vaddhaka	Introduction to Buddhism-based practical meditation	WLL 08
Van der Velden, Hans	Modern board games	LEI 04
	Modern board games	LEI 05
	Introduction to modern board games	LEI 03
Van Der Velden, Juliet	U3AC Cycling group	

van Essen, Lizanne	Badminton (Wednesday)	FIT 02
Walker, Bob	Chess appreciation	LEI 15
	Chess Gym	LEI 16
Wallis, Kim	Arabic language	ARB 01/ 01(z)
Walls, Ian	Painting group - Monday	ART 12
Watkins, Jacqueline	A slice of time in miniature - Aspects of British Social History reflected in Dolls' …	HIS 02
Wexler, Jo	Swedish improvers	SWE 01/ 01(z)
Whitehead, Jo	How to use AI in our daily lives	CMP 03(z)
	Cornucopia or crisis: the geopolitics of hydrocarbons, rare earths …	CUR 03
	Theories of empire and their current implications	CUR 05/ 05(z)
	Poetry reading group	LIT 41/ 41(z)
	Lunchtime concert series	MUS 06
Whitley, David	The Moon in Poetry	LIT 47
Whitworth, Colin	6 Novels from the 1930s	LIT 13
Whykes, Susan	Mainly madrigals	MUS 07
	Music theory continuing on to Grade 4	MUS 09(z)
	Music theory from the very beginning	MUS 08(z)
	Summer singers	MUS 12
Wilkinson, Ann	Play Pickleball	FIT 15
Wilkinson, John	Mid-century New York	LIT 30
Willoughby, Anthony	Bitcoin and cryptocurrencies	ECN 01
Wills, John	The life of stars	SCE 24(z)
Wilson, Brenda	Book group 3	LIT 03
Wilson, Helen	Exploring and making digital maps using QGIS	CMP 01
Wilson, Rosie	Passionate gardeners	GDN 03
Winfield, Alan	East Anglian Towns	LEI 28
	The Balkans	WOR 02/ 02(z)
	Yorkshire Dales	GEO 03/ 03(z)
Winterborn, Duncan	Cryptic crossword club	LEI 20
	Photography walks	PHO 02
Woodman, David	Great Physicists	SCE 12
	Key points in physics and the position of gravity	SCE 16
Wright, Jana	Modern Greek conversation with some reading	GRM 01
Young, Richard	Mental pictures of space and time: a no-maths introduction to Special Relativity	SCE 17
Yoxall, Maribel	Spanish conversation via Zoom	SPA 05(z)
Yule, Ruth	German beginners	GER 01
	German beginners by Zoom	GER 02(z)
	Latin Year 2	LAT 03

My U3AC timetable

Day of the week	Autumn term	Spring term	Summer term
Monday	AM:	AM:	AM:
	PM:	PM:	PM:
Tuesday ➢ *Film Group: Autumn, Spring & Summer terms - 1 pm at Cambridge Arts Picturehouse* ➢ *Norah Boyce Science Lectures: Autumn & Spring terms - 4.30 pm on Zoom*	AM:	AM:	AM:
	PM:	PM:	PM:
Wednesday ➢ *Weekly Bulletin emailed* ➢ *Wednesday Lectures: Autumn, Spring & Summer terms, 2.15 pm in Pink Room & on Zoom*	AM:	AM:	AM:
	PM:	PM:	PM:
Thursday	AM:	AM:	AM:
	PM:	PM:	PM:
Friday	AM:	AM:	AM:
	PM:	PM:	PM: