

U3AC

Inspiring, Educational, Sociable.

PROGRAMME
2025-2026





University of the Third Age in Cambridge (CIO)

Registered Charity No. 1180769 Company Registration No. CE015658

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Premises and IT Coordinator: Gemma Clare

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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 2025 – 2026

Autumn Term: 6 October - 12 December 2025

Spring Term: 12 January - 20 March 2026

Summer Term: 13 April - 12 June 2026

Annual General Meeting Wednesday 25 March 2026 at 2.15 pm

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General information

About U3AC

Welcome to the University of the Third Age in Cambridge (U3AC). We are a Charitable Incorporated Organisation (CIO) that organises educational, social and fitness activities for people who are not, or no longer, in full-time employment (there are no age restrictions). Our website, www.u3ac.org.uk/, gives full details of the organisation – how we are run, our history, our constitution, policies and our annual report and accounts. It is the place to go for up-to-date information about our courses, lectures, social and cultural activities, privacy policy, public liability insurance, etc.

The annual subscription

Your annual subscription for 2025–2026 is £120. New members pay an additional one-off enrolment fee of £5. A reduced rate subscription is available for members in receipt of pension credit. To qualify for the reduced subscription of 20% of the full rate (£24.00), contact the Office with evidence of your entitlement. If you pay online, you will be refunded the difference when the relevant documentation has been received. The annual membership subscription contributes to the administration and accommodation costs of U3AC and is non-refundable.

It is not a payment for individual classes, lectures or activities.

Applying for courses

To be included in the automatic course allocation, please submit your application by **1 August**.

For existing members

Applications should be submitted online via www.u3ac.org.uk

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.

1. Log in using your username and password. If you have forgotten it, click 'Forgotten Password'.
2. Pay your annual subscription using your credit card or debit card.
3. Click 'Your Course selection' > 'Apply for Courses'. Select the courses you want to apply for. You can choose a **maximum of 6**:
 - Make sure their times do not clash.
 - If two are on the same day, ensure that you have time to get from one to the next.
 - Rank your courses in your order of preference with your first choice at the top of the list. You can change the order of preference by dragging the courses you have selected up and down the list.
4. If you wish, enter an alternative course (this is not part of your maximum of 6) in the right-hand column. For example, a course which is offered both on Zoom and face-to-face or at the same time as the course in the first column.
5. Click the 'Submit course choices' button.
6. If there are any additional course fees to be paid, you will be taken back to the checkout page to make payment.

For new members

You must first register on the website and set up your account:

1. Click 'Join U3AC' on the homepage.
2. Complete the two parts of the online registration form ('Your info' and 'Additional Information'). Don't forget to click the 'Submit button' at the bottom of the Additional Information form.
3. Then as described above in steps 2–6 for existing members.

Any existing or new member who needs help completing the online form, should telephone the Office on 01223 321587 and a member of staff will be happy to talk you through the process.

If you do not have access to the internet, the Office can send you a paper copy of the Member registration and course application form.

When to apply

You can join U3AC at any time and apply for courses. However, if your course choices are submitted by 1 August, they will be included in the annual allocation process, which uses a computer algorithm. If they are submitted after the allocation process, some courses will be full, so it is best to check first with the Office.

If you have made your application by 1 August, you will be sent your membership card in September, with an allocation letter giving a list of the courses in which you have a place.

The Vacancy list, available from September on the website, shows courses that still have vacancies. If you apply for a course that is full, you will be placed on the waiting list.

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

Course allocation

The computer algorithm used to allocate courses works as follows:

1. It finds all members who have placed a particular course as their first choice.
2. If there are more applicants than places on the course, the algorithm selects names at random from the list of applicants.
3. If the course still has empty places, applications from members who put it as their second choice are considered, and so on.
4. If you are not allocated a place on your chosen course, your name is added to the waiting list, unless you have listed an alternative course in the second column. In this case the alternative course will be substituted for the course in the first column and you will not be put on the waiting list.
5. 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.

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

Attending courses

Health and safety

Participation in all U3AC activities is at your own risk.

- Before taking a fitness course or other physical activity, please consider whether you should consult your GP.
- If you have a significant health concern, please mention this (in confidence) to the course tutor or organiser.

If you are attending a course in the U3AC premises, let Office staff know if you require help should the premises need to be evacuated in an emergency by ticking the box on the application form.

Withdrawing from a course

If you are not able to attend a course, or if you find it does not meet your needs, let the Office know as soon as possible so your place can be offered to someone on the waiting list.

Contacting a tutor

For data protection reasons, tutors' personal details are not printed in the Programme. Instead, they are available to members who are logged in to the website.

- Log in in the usual way and go to the course description page. The contact details are listed under the tutor's description.
- If you do not have internet access you can request this information from the Office.

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 visits to museums, galleries, theatres and concerts 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.

Discover how you can enrich your U3AC experience - please indicate on your application form if you are willing to volunteer in any way.

Accessibility

A table near the end of this Programme and the course venues page on the website give details of each venue's facilities and accessibility.

Many courses can be adapted to cater for members with visual or hearing impairments. Please discuss your needs with the course tutor or organiser.

Please contact the Office if you would like to discuss your personal needs.

Privacy Notice (Data Protection)

The U3AC Privacy Notice includes:

The legal basis we rely on to use your information

Why we need your information and how we use it

Your rights relating to the information we hold about you.

We will use your personal information only to administer your membership account for the delivery of the activities offered by the organisation. We do this on the basis of Legitimate Interest, which is that we use the personal data you provide to us in ways you would reasonably expect and which have a minimal privacy impact. You can view your personal data by logging in to your account via the U3AC website.

If you wish to raise a complaint about how we have handled your personal data, you can contact the U3AC Office in the first instance: office@u3ac.org.uk, who will investigate the matter.

If you are not satisfied with our response or believe we are not processing your personal data in accordance with the law, you can complain to the Information Commissioner's Office (ICO).

For further information see the full Privacy Notice on our website: https://u3ac.org.uk/privacy_notice/ or contact the U3AC Office: office@u3ac.org.uk

Insurance

U3AC's insurance policy includes cover for public liability, that is U3AC's legal liability in the event of accidental injury or damage to property which occurs at our premises or in the external venues we hire for some of our activities. This covers members and those working on our behalf as volunteers while in our premises or in such external venues. Where a course is held in a member's home, our public liability insurance covers only losses directly attributable to the activities outlined in the course description given in the Programme.

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. Please contact the Office: office@u3ac.org.uk if you have any questions about public liability insurance for an activity you may organise or if you wish to see a copy of the policy document.

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.

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

Art

ART 01: Abstract art

Organiser: Marilyn Hampton

Tutors: Gregor Alvey, Maggie Balshaw, Tom Cochrane & Norman Nicolson

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: 10 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: Taught course or activity

About me: (Marilyn) I enjoy visiting art exhibitions and learning about art history, but started abstract art two years ago 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: 16

Start date: 07 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 16 years. During school and college I studied art to advanced level.

ART 03: Arts forum

Convenor: Chris Kington **Coordinators:** Dave Pescod & Moyra Tourlamain

Day and time: Wednesday 10:15 - 11:15

Venue: U3AC (Red room)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 14

Start date: 08 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 me: (Chris) is a facilitator and former publisher who has convened various U3AC classes including Contemporary Poetry.

ART 04: 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: 07 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. This course is designed for beginners. 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 05: 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: 13 Jan

This is a repeat of Back to basics 1.

ART o6: Barnwell art group

Class Secretary: Liz Crow

Coordinators: Ian (Mac) Macpherson & Sue Howell

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: 10 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. Participants will provide their own materials. Occasionally we engage the help of skilled artists and models for classes, so there is a cost of at least £10 on an ad hoc basis, which also includes tea, coffee, biscuits. 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 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 o7: Conversations about art

Coordinator: Adrian French

Day and time: 2nd Thursday of the month 15:00 - 16:30

Venue: U3AC (Yellow room)

Length of course: 3 terms. Autumn (3 weeks), Spring (3 weeks), Summer (3 weeks)

Places: 12

Start date: 09 Oct

Each month we visit one of the wonderful exhibition spaces in Cambridge in our own time and then meet to talk about it - 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:

<https://www.kettlesyard.cam.ac.uk/whats-on/lubaina-himid/>
I am neither an artist nor art historian so, whether you are either or neither, come and share your enjoyment with us.

Format: Course or activity without teaching

About me: I am enthusiastic about self directed group learning. Just as well as I have no specialist arts knowledge. This has never stopped me going to exhibitions nor talking about them.

ART o8: Drawing for pleasure

Convenor: Elizabeth May

Class Secretary: Anne Von Janowski

Day and time: Friday 10:15 - 12:15

Venue: Arbury Community Centre (Meeting room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 10

Start date: 10 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 to date.

ART o9: Experiments in relief printing

Coordinators: Maxine Fay & Kate Leslie

Day and time: Friday 13:00 - 15:15

Venue: Arbury Community Centre (Meeting room)

Length of course: 1 term. Autumn (5 weeks)

Places: 12

Start date: 14 Nov

This is a new course and will be experimental, both from our point of view and from that of participants, but we hope it will introduce the exciting possibilities of printing. It is a short 5 week course introducing printmaking techniques 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. 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.

Format: Taught course or activity

About us: We spent four weeks printing using various techniques during the U3AC course 'Adventures in art' last year. We would like to have more time to explore those techniques.

ART 10: 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: 14 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.

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

ART 11: Painting group - Monday

Coordinator: Michael McCretton

Organiser: Liz Spencer

Day and time: Monday 10:00 - 12:30

Venue: Grantchester Village Hall

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 23

Start date: 06 Oct

We are a group of painting enthusiasts who help each other to progress and improve our artistic skills. The sessions are informal and we welcome beginners as well as more experienced artists. Group members use various materials including watercolours, pastels, acrylics and oils.

Grantchester Village Hall is light and pleasant, and ideal for painting. There is street parking nearby.

Note: No meeting on 4 & 25 May, extra sessions on 15 & 22 June.

Format: Self-taught course or activity

About us: (Michael) I am a former architect who last painted at school, and now I am making up time and enjoying painting in oils.

(Liz) I studied graphic design and worked in animation for some years. I like painting from life.

ART 12: Painting group - Wednesday

Coordinator: Barbara Eacott

Day and time: Wednesday 10:00 - 12:30

Venue: Grantchester Village Hall

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 24

Start date: 08 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 enjoy an informal atmosphere in which to relax and enjoy their painting. Please 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 13: Sketching, drawing and painting

Tutor: Brian Johnson

Day and time: Friday 10:00 - 12:00

Venue: Grantchester Village Hall

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 24

Start date: 10 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, 21 Nov, 16 Jan, 20 Feb, 17 April, 15 May.

Format: Taught course or activity

About me: Have been teaching the course for the past 14 or 15 years.

ART 14: The human figure: life drawing

Organiser: 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: 09 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 15: The monthly draw - urban sketching in Cambridge

Organiser: Jessie Nisbet

Day and time: 2nd Friday of each month 10:30 - 12:30

Length of course: 3 terms. Autumn (3 weeks), Spring (3 weeks), Summer (3 weeks)

Places: 10

Start date: 10 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 16: The monthly draw 2 - urban sketching in Cambridge

Organiser: Claire Peirce

Day and time: 3rd Friday of each month 10:15 - 12:30

Length of course: 3 terms. Autumn (3 weeks), Spring (3 weeks), Summer (3 weeks)

Places: 10

Start date: 17 Oct

This course is a repeat of ART 15.

Some date changes might be necessary if it falls outside term time (e.g. December)

Format: Course or activity without teaching

About me: I enjoy drawing as a relaxing and satisfying pastime and joined this group two years ago. I find inspiration from meeting others who like to draw/paint, however skilled.

Art History

ARTH 01: Age/ageing in Art: Vision and insight, looking beyond wrinkles and grey hair

Tutor: Britta Dwyer

Day and time: Friday 10:30 - 11:30

Venue: U3AC (Pink room)

Length of course: 1 term. Autumn (3 weeks)

Places: 30

Start date: 10 Oct

This short course on age/ageing in the visual arts is an attempt to present a theme in art history that has until recently only received scant attention. I want to take on the challenge of looking at how images of old age are variously represented. Aside from portraits, reflecting the ageing process per se (uniquely Rembrandt) what are some of the narratives embedded in illustrations about older people?

How does identity and gender reflect the attitudes of a specific period. Are there varying standards for judging the ageing of men and women? Why is the old male invariably idealised? Why is youth and beauty a woman's 'only' worthwhile possession? How are attitudes about age, gender and race rendered by today's artists? How does our mass media culture deal with the theme of old age? Crucially, when does someone become old? How old is old? Revised repeat of 2024 classes.

Format: Lecture

About me: I am a retired university lecturer who has taught art history classes at the U3AC for very many years.

ARTH 02: Art and industry in Britain, 1760-1960 (Spring term)

Tutor: Chris Owen

Day and time: Monday 10:00 - 11:30

Venue: U3AC (Pink room)

Length of course: 1 term. Spring (10 weeks)

Places: 30

Start date: 12 Jan

As Britain experienced both the increasing wealth and the social challenges presented by its role at the forefront of the industrial revolution, the history of its art and design reflected different views on the benefits and problems associated with the rise of industrial production. By means of slide talks, visual analysis of individual works and class discussions, this course will explore the careers of many well-known artists, from Hogarth to Hockney, with a particular focus on how their work reflects the development of our industrial, and later post-industrial, society. No prior knowledge or reading is required, but an interest in and general knowledge of both history and the visual arts would be beneficial.

Format: Lecture

About me: I taught Art History in universities and art schools, becoming Head of Cambridge School of Art, Anglia Ruskin University, before retiring. My research specialism is Modern British Art.

ARTH 02(z): Art and industry in Britain, 1760-1960 (Spring term)

Places: 30

As for ARTH 02 but attending via Zoom.

ARTH 03: Art History Discussion Group

Tutor: Chris Owen

Day and time: Monday 09:45 - 10:45

Venue: U3AC (Yellow room)

Length of course: 1 term. Autumn (10 weeks)

Places: 16

Start date: 06 Oct

The course will consist of a series of discussions about ideas and issues relating to 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 the restitution of stolen objects. Each session will include one or two provocations, in the form of short talks or films, but discussion will then go wherever the group chooses to take it. Google Images will always be available on the projector, so images can be called up, as and when they may be helpful. As the term progresses, 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 04: Exploring Ancient Greek sculpture at the Museum of Classical Archaeology

Tutor: Chris Jones

Day and time: Wednesday 15:00 - 16:30

Venue: Museum of Classical Archaeology

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 20

Start date: 08 Oct

We will explore the unsurpassed beauty of Greek sculpture at Cambridge's Museum of Classical Archaeology. Because the sculptures are copies, the museum is able to display a vast and comprehensive series of masterpieces which no museum of actual marble or bronze originals could ever provide. I shall give an analysis, as we start from the Archaic period and work our way gradually to Hellenistic times and beyond. Attention will be given to stylistic change over the centuries; to the relationship between form as such and the form of the human body; to the function of the sculptures in cult and temple; to the political, cultural and social context; and to stylistic borrowings from, adaptations of, and influence on, the art of neighbouring cultures.

Format: Lecture

About me: I have spent dozens of fortnights visiting museums in Europe and America over half a century, looking at Greek sculptures, which are so very beautiful.

ARTH 05: History of Art for absolute beginners

Tutor: Caroline Bailey

Day and time: Alternate Thursdays, 15:15 - 16:15

Venue: U3AC (Red room)

Length of course: 1 term. Autumn (5 weeks)

Places: 15

Start date: 16 Oct

Unlock the fascinating world of art. Designed for curious beginners, this course will teach you how to 'read' paintings through visual analysis, uncovering the techniques, colours, and compositions that make art so captivating. Learn about the cultural and social history behind 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.

Format: Seminar

About me: 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 06: Looking at Art: Renaissance (Spring term)

Tutor: Lindsay Millington

Day and time: Thursday 10:00 - 12:00

Venue: U3AC (Red room)

Length of course: 1 term. Spring (10 weeks)

Places: 15

Start date: 15 Jan

This course follows the story of Western European visual art, starting from the work of fourteenth century Sienese and Florentine artists, such as Duccio, Giotto and Masaccio, through to the High Renaissance Vatican projects of Raphael and Michelangelo. It will consider how writers, patrons and institutions shaped painting, sculpture and architecture, explore the different context in which Northern artists such as Van Eyck, Dürer and Holbein practiced and reflect on how this period continues to influence what we consider 'beautiful' or 'great art' today. We will use visual analysis techniques to study and discuss panel paintings, frescoes, sculpture and buildings. Each session will include small group exercises and everyone makes a (very) short end-of-term presentation.

No experience is required, but the ability to clearly see detail in images projected onto a screen is important. An afternoon visit to the Fitzwilliam will also be arranged.

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 07: Raphael (Spring & Summer terms)

Tutor: Vivien Perutz

Day and time: Wednesday 10:00 - 11:30

Venue: U3AC (Pink room)

Length of course: 2 terms. Spring (10 weeks), Summer (4 weeks)

Places: 30

Start date: 14 Jan

What attracts me to Raphael is the charm and beauty of so many of his works, particularly his drawings, his psychological understanding and the intelligence with which he gave visible form to the ideas and ideology of his patrons. That will take us into papal politics and the personalities of the two popes for whom he worked. The course will open with an examination of how Raphael shaped his distinctive personality as an artist as he drew on the art of his older contemporaries in Umbria and Florence. The later lectures will be thematic: Raphael's work in the Vatican Palace, for the Sistine Chapel, in the Villa Farnesina; his altarpieces and Madonnas and his insightful portraits. I will also touch on his architectural work. Thanks to prodigious hard work and brilliant management of a large workshop, Raphael was extraordinarily productive.

Format: Lecture

About me: I taught history of art at Anglia Ruskin and then in semi-retirement at Cambridge University.

ARTH 07(z): Raphael (Spring & Summer terms)

Places: 40

As for ARTH 07 but attending via Zoom.

ARTH 08: The Golden Age of Irish Art

Tutor: Diane Milan

Day and time: Thursday 10:00 - 11:00

Venue: U3AC (Pink room)

Length of course: 1 term. Autumn (8 weeks)

Places: 30

Start date: 09 Oct

The Golden Age of Irish Art 600 - 900 AD was an integral part of Insular art which arose in the northern parts of the British Isles - Northumbria, Scotland and Ireland. Ireland was never Romanised and was the first to be converted to Christianity, thus inheriting literacy and the traditions of the Mediterranean, while keeping intact its Celtic art forms. During the Dark Ages it kept the 'lamp of learning burning in the west' and many Anglo-Saxons went to study there. The pooling of traditions and expertise was particularly expressed in manuscripts (Durrow, Kells Lindisfarne Gospels), metalwork ('the work of angels') as seen in the Ardagh chalice and carved stone monuments (Irish high crosses) such as Monasterboice and Kells itself. The course will identify links to other Insular masterpieces and how together they formed a new tradition of Insular art - an important influence in Western European culture.

Format: Lecture

About me: I have enjoyed exploring early Irish art and its close links to the Anglo-Saxons. This has been complemented by visits to Ireland and lectures.

ARTH 08(z): The Golden Age of Irish Art

Places: 40

As for ARTH 08 but attending via Zoom.

ARTH 09: Early Anglo-Saxon Treasures and new discoveries (Spring term)

Tutor: Diane Milan

Day and time: Thursday 10:00 - 11:00

Venue: U3AC (Pink room)

Length of course: 1 term. Spring (8 weeks)

Places: 30

Start date: 15 Jan

The Anglo-Saxons gave us some of the world's most visually complex and intricately crafted treasures. With a love of puzzles and riddles, they developed a sophisticated artistic language using symbols from their pagan and Christian beliefs. They brought together materials and techniques from the Celtic world, northern Europe and the Middle East to produce striking pieces of art. Using up-to-date research as much as possible the course will look at major treasures such as the Sutton Hoo burial and the Lindisfarne Gospels, ending with the Alfred Jewel. The Anglo-Saxon way of life will be illustrated by recent excavations at Rendlesham royal palace and the Fen-edge site of Lakenheath; they include new research into glass and metal-working technologies and the details of everyday life.

Format: Lecture

About me: Starting with a History degree, I have enjoyed keeping up to date with the metal detecting finds, excavations and accompanying research of the last 10 years.

ARTH 09(z): Early Anglo-Saxon Treasures and new discoveries (Spring term)

Places: 40

As for ARTH 09 but attending via Zoom.

Arts and Crafts

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

Tutor: Matthew Dring

Day and time: Monday 14:00 - 15:00

Venue: U3AC (Red room)

Length of course: 1 term. Spring (4 weeks)

Places: 20

Start date: 12 Jan

In 2023, 'Embroidery Magazine' published a 2-page spread entitled 'The Patchwork of the Century' inspired by the most publicly visible piece of Lilian Dring's work - on permanent display in London's Southbank Centre. The writer 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 but, 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. Using slides and pieces from her own collection, these talks 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: Knitting

Coordinators: Jackie Beavis & Gill Lintott

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: 10 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 03: Light-hearted crafting group

Tutors: Anne Campbell & Vanessa Blake

Day and time: Monday 10:30 - 12:00

Venue: Castle Street Methodist Church (Epworth room, NB: First Floor - no lift)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 12

Start date: 06 Oct

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. Each week you will be introduced to a different technique, for example quilting, paper folding, decoupage and you will hopefully take home a finished item. During the Autumn term there will be a seasonal and Christmas theme running through the sessions. In the Spring term we will revisit activities from the previous term and welcome any new ideas for activities from the group members. A donation of 50p is requested each week to cover the cost of materials.

Format: Taught course or activity

About us: We are enthusiastic amateur crafters and makers.

ARTC 04: Patchwork and machine quilting

Leader: Jane James

Assistant leader: Lesley Kiln

Day and time: Wednesday 14:00 - 16:00

Venue: Joint Ex-Services and Royal Mail Social Club

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 14

Start date: 08 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 our 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) Wednesday 22 April 2026.

Format: Self-taught course or activity

About me: (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 nine years ago.

ARTC 05: Patterns and how to make them (Spring term)

Tutor: Jo Edkins

Day and time: Monday 15:45 - 16:45

Venue: U3AC (Orange room)

Length of course: 1 term. Spring (10 weeks)

Places: 10

Start date: 12 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 06: 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: 08 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 07: Time with textiles

Coordinators: Hilary Clark, Jackie Covill & Sally Livesey

Day and time: Monday 13:30 - 15:30

Venue: Cambridge Victoria Homes

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 17

Start date: 06 Oct

This group was new for 2024-5 and has been great 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 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!

Business

BUS 01: Tinker, Tailor, Soldier... Work: an employment law perspective (Spring term)

Tutor: Paul Ratcliffe

Day and time: Friday 11:30 - 12:30

Venue: U3AC (Yellow room)

Length of course: 1 term. Spring (6 weeks)

Places: 16

Start date: 16 Jan

Employment law is enmeshed in multiple layers of misconceptions (including by employers, and employing organisations - regardless of size), and yet remains of huge, existential importance for almost every aspect of daily life. Following an introductory, stand-alone presentation in March 2025 ('The past, present, and future of work: a critical introduction to employment law'), this series examines in greater depth the legislation and case law of the main areas of current UK employment law, while maintaining a social and historical perspective, and consideration of possible future developments. Areas covered will include: an introduction and overview of UK employment law from its emergence in the 1960s, unfair dismissal, equality, the 'Johnson exclusion zone', a selection of leading cases, and recent developments in employment law. Attendance at the introductory presentation in March is not a prerequisite for an understanding of these seminars.

Format: Seminar

About me: With a background in production management, business, teaching, lecturing, and law research, the subject of work and its social context is increasingly fascinating and important to me.

Computing and IT

CMP 01: History of programming languages (Summer term)

Tutor: Peter Burkinshaw

Day and time: Tuesday 14:30 - 15:30

Venue: U3AC (Orange room)

Length of course: 1 term. Summer (7 weeks)

Places: 8

Start date: 14 Apr

This course will review the development of 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 02: Living with Big Tech, social media and AI

Tutor: Tim Ewbank

Day and time: Wednesday 09:50 - 10:50

Venue: U3AC (Pink room)

Length of course: 1 term. Autumn (5 weeks)

Places: 30

Start date: 08 Oct

This short course is designed to help you better navigate the digital world in which we live. It will examine how Social Media and Big Tech came to be so influential; their impact on society and democracy; what is being done to better regulate their activities and where we might expect them to go with the growing influence of AI. It is not a course about how to use Facebook or similar platforms, but more to help you better live with them safely.

Format: Lecture

About me: I have been observing the impact social media and related technologies have on society since they became massively popular in mid-2000s. I use AI in researching and preparing course materials.

CMP 03: QGIS mapping improvers seminar

Leader: David Oates

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: 10

Start date: 10 Oct

The Quantum Geographical Information System is a large constantly updated freeware package used widely for producing good quality digital maps covering a wide range of activities. The class is designed for students who have already obtained some working knowledge of QGIS although this is not essential. The class will be run on a seminar basis. Members will be encouraged to choose and present their own projects, enabling mutual help and discussion. The classes will all be practical sessions. Please bring a fully charged laptop with an external mouse. By having fortnightly meetings there will be time to produce your own projects for display and discussion.

Format: Seminar

About me: I am a retired mathematics lecturer interested in Local History and Archaeology and have used QGIS for several years.

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: 10 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: 10 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 tenth 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(z): Current affairs by Zoom

Leader: Harry Belsey

Day and time: Monday, throughout the year 09:00 - 10:30

Venue: Zoom

Places: 9

Start date: 06 Oct

In this class we discuss the matters of the day, on Zoom from your own home. To join in you will need a computer with a webcam, a tablet or mobile phone and a decent Internet connection. Any relatively modern laptop has a webcam and speakers incorporated. The only other thing you need is an interest in current affairs and a willingness to join in the discussion. We continue our discussions out of term time and have approximately 50 meetings a year.

Format: From your own home on your own computer

About me: This course went mainstream in 2018.

CUR 04: The history of the Middle East and its current implications

Tutor: Jo Whitehead

Day and time: Wednesday 11:30 - 13:00

Venue: U3AC (Red room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 20

Start date: 08 Oct

I use a mixture of videos, PowerPoints and discussions to explore the history of the Middle East, focusing on those aspects that best explain what is going on today. I have some private commitments that mean that I will have to miss some sessions - probably in January. Sessions will be recorded by the tutor, so participants can stay up to date even if unable to join that week.

Format: Mix of lecture, video and discussion

About me: I am not a historian - but people seem to enjoy my style of presenting others' research, videos and discussion.

CUR 04(z): The history of the Middle East and its current implications

Places: 50

As for CUR 04 but attending via Zoom.

CUR 05: Theories of Empire and their current implications

Tutor: Jo Whitehead

Day and time: Tuesday 09:40 - 11:10

Venue: U3AC (Pink room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 30

Start date: 07 Oct

We will explore different theories of Empire, asking questions such as: what is an empire, what drives their development, how do they evolve, rise and fall, what are their impacts, and what makes them succeed or fail? We will look at various selective examples and discuss current 'empires' including the US, China, Russia, and the EU. We will discuss what history and theory suggest about how the world might develop. We 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 topics. Sessions will be recorded for participants to review if they miss a session.

Format: Mix of lecture, video and discussion

About me: 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

UK Coordinator: Harry Belsey

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: 27 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 have been coordinating the UK end of this activity since 2017 and sit on the international management committee.

CUR 07(z): Transatlantic Economist Readers group

UK Coordinator: Harry Belsey

Day and time: 2nd Monday of the month throughout the year 14:30 - 16:00

Venue: Zoom

Places: 6

Start date: 06 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 have been coordinating the UK end of this activity since 2017.

Economics

ECN 01: Corporations and Offshore Tax Havens (Spring term)

Tutor: John De Val

Day and time: Wednesday 09:45 - 11:10

Venue: U3AC (Yellow room)

Length of course: 1 term. Spring (10 weeks)

Places: 15

Start date: 14 Jan

This course will be in two parts. In the first part we look at corporations and how they have developed during the course of history from being a way of promoting the societies that helped create them to the present situation where they are widely seen as far too powerful and guilty of using this power for their own ends. An example of the latter is the use of offshore finance to minimise the tax they pay, and in the second part we will look at how that practice developed. No previous knowledge of economics is required.

Format: Lecture

About me: I graduated with a degree in economics and for most of my working life was involved with economic issues in both the public and private sectors.

ECN 01(z): Corporations and Offshore Tax Havens (Spring term)

Places: 6

As for ECN 01 but attending via Zoom.

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: 10 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: Free software - Is it worth the price? (Spring term)

Tutor: Derek Morris

Day and time: Friday 13:10 - 14:10

Venue: U3AC (Pink room)

Length of course: 1 term. Spring (6 weeks)

Places: 15

Start date: 16 Jan

Free software is everywhere, from operating systems and browsers to social media, AI apps, games and a myriad of utilities. But if they're free, how do companies that produce these products make money, and what's the hidden cost to users? We'll examine the business models behind free software - including open-source, advertising, data collection, up-selling and support - and, most importantly, explore the true price of 'free' for users.

Please note: there will be one non-teaching week when the tutor is away. The date will be confirmed nearer the time.

Format: Lecture

About me: I have been using and developing software for more than 50 years. I hold a computer science degree, and have spent all of my career working in the computer industry.

ECN 03(z): Free software - Is it worth the price? (Spring term)

Places: 50

As for ECN 03 but attending via Zoom.

ECN 04: The Armchair Economist

Organiser: John Hall

Deputy: Robert Haining

Day and time: Tuesday 14:00 - 15:30

Venue: St Clement's Church (Upper Room, NB: First Floor - no lift)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (5 weeks)

Places: 12

Start date: 07 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 05: The Economics of Place

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: 08 Oct

Economics is about everyday life. But everyday life differs around the world. This course will look at different locations around the world and see how their economies have adapted, or not, to the circumstances prevailing at the place and time. We will look at a refugee camp, an American prison, an electronic waste site in Ghana, as well as some more conventional locations. No previous knowledge of economics is required.

Format: Lecture

About me: I graduated with a degree in economics and for most of my working life was involved with economic issues in both the public and private sectors.

ECN 05(z): The Economics of Place

Places: 6

As for ECN 05 but attending via Zoom.

ECN 06: The economy and society: past theories, present issues, future options (Spring term)

Leaders: Paul Bullen-Smith & Richard Lewney

Day and time: Tuesday 15:00 - 16:00

Venue: U3AC (Pink room)

Length of course: 1 term. Spring (10 weeks)

Places: 16

Start date: 13 Jan

We will look at key issues that flow across economics, politics and society, reviewing how different thinkers have tried to understand the issue in the past, considering how it plays out today, and discussing together what might be done in future to manage things better. The format will be a seminar with a presentation to open up the topic, and group discussion for about half the time in each session.

Format: Seminar

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.

Film

FLM 01: Moviemaking

Coordinator: Laura Sims

Day and time: Thursdays twice a month in Autumn term, once a month in Spring & Summer terms 15:00 - 17:00

Venue: Arbury Community Centre (Small hall)

Length of course: 3 terms. Autumn (5 weeks), Spring (3 weeks), Summer (3 weeks)

Places: 10

Start date: 16 Oct

This moviemakers group intends to bring together people interested in making short films. This will not be a taught course in moviemaking, but more like a club to share ideas, knowledge, 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, although that can be useful, nor are they expected to have knowledge of film-making as that knowledge can be shared by other group members and the group leader. Our films have been shown at the Cambridge festival and some Picturehouse cinemas. Meetings will be held on the following dates: 16 & 30 Oct, 13 & 27 Nov, 11 Dec, 15 Jan, 12 Feb, 12 Mar, 16 Apr, 14 May, 11 June. However, 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

Coordinator: Sarah Oliver

Day and time: Wednesday 12:00 - 13:00

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

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 coordinator and those who have played before will be able to inform on basic rules and help beginners get started. A fee of approx. £3.00 per session is paid to the venue. Shuttles are provided for a small annual charge. Most buy their own rackets but they can also be borrowed from the venue.

Format: Course or activity without teaching

About me: I started badminton 5 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, Lizanne van Essen & Viv Fleet

Day and time: Wednesdays throughout the year 10:00 - 12:00

Venue: Kelsey Kerridge Sports Centre (Sports Hall)

Places: 25

Start date: 08 Oct

A social session of doubles badminton, playing almost every Wednesday morning regardless of U3AC term dates. There is no coaching or tuition. Previous badminton experience is required, and you should be able to play at least a basic game. However, we are a mixed ability group, and believe in having fun while we play. A reasonable level of fitness is necessary. The cost is £3.00 per session, paid to the venue, who can provide racquets if required. 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

Length of course: 3 terms. Autumn (12 weeks), Spring (12 weeks), Summer (4 weeks)

Places: 26

Start date: 25 Sep

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 will be no coaching or tuition so some experience of the game is preferred. Sessions are arranged to suit the Cambridge University Sports Centre availability which is normally low during summer term, so dates differ from the normal U3AC terms.

Note: There is an additional one-off fee of £25 for the year, payable on application. N.B. there will be no weekly charge for play. There will be a modest and infrequent charge for shuttles.

Format: Self-taught course or activity

About me: I love playing badminton!

FIT 04: Badminton (Friday)

Organisers: Barbara Carpenter, Richard Colledge & Viv Fleet

Day and time: Fridays, throughout the year 10:00 - 12:00

Venue: Kelsey Kerridge Sports Centre (Sports Hall)

Places: 26

Start date: 10 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 £3.00 per session levied by Kelsey Kerridge, who can provide racquets. A modest fee is collected to provide shuttles.

Format: Course or activity without teaching

About me: (Barbara) I have played with this group since it began and have been the organiser for the past 9 years.

FIT 05: Ballet - beginners and improvers

Tutor: TBC

Coordinator: Sue Pinner

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: 08 Oct

Details of this course have not been confirmed at the time of going to press. Details will be available before term starts in October.

Format: Taught course or activity

About me: (Sue) I danced as a little girl but that was a long time ago! Finding the U3AC ballet class has resulted in ballet being an important part of my life – and made me fitter!

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: 06 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 £2.50 payable on application.

Please note: There will be no meetings on 27 Oct & 16 Feb. The last session in the Autumn term will be on 15 Dec.

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: 09 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. One of the aims is 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: It has been my pleasure to run this class for U3AC members since 2016, following a long career teaching and performing in Yorkshire.

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

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: 08 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: Dance-harmony

Tutor: Aurora Albano

Day and time: Wednesday 10:30 - 11:30

Venue: Downing Place URC (Gibson Hall)

Length of course: 2 terms. Autumn (7 weeks), Spring (7 weeks)

Places: 15

Start date: 08 Oct

Have you ever thought you would love to dance but just did not know where to start? Would you like to learn how to articulate this natural yearning in a series of clear, and easy to follow movements, accessible to persons of all ages, shapes and physical conditions? If the answer is yes, then Dance-harmony is for you. What is Dance-harmony? It's a movement system arising from an instinctive response to musical stimuli, based on the observation of natural movements of the spine in everyday life.

Format: Taught course or activity

About me: I strongly believe that dance is an instinctive response to musical stimuli and therefore universally accessible. It's particularly recommended for the third age for its intrinsic characteristics.

FIT 10: Tap dance

Tutor: Hannah Sharman

Coordinator: Lynn Campbell

Day and time: Tuesday 13:30 - 14:30

Venue: Colours of Dance (Studio 3)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 15

Start date: 07 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.

Note: A professional tutor is employed to teach the class, for which there is an additional fee of £98.00 for the year, payable on application. On 28 Oct & 17 Feb the sessions will be pre-recorded video sessions, sent by the tutor.

There will be no session on 26 May.

Format: Taught course or activity

About me: 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. Tap dancing is fun and good exercise for the body and brain. If you have any questions please email the Coordinator.

FIT 11: 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: 12 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. In 2024-25 our sessions included sampling a wide range of choreographers' works - ranging from Cristal Pite to Bob Fosse! Some workshops in '26 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 no longer be bound by a curriculum so I can now focus on the life affirming joy of dancing.

FIT 12: Exercise to music 1

Tutor: Sabrina Marenghi

Coordinator: Christine Russell

Day and time: Monday 10:00 - 11:00

Venue: Kelsey Kerridge Sports Centre (Fitness Studio)

Length of course: 3 terms. Autumn (13 weeks), Spring (11 weeks), Summer (11 weeks)

Places: 22

Start date: 15 Sep

The exercise to music group aims to improve fitness, flexibility, strength and balance. It is taught by a fully qualified instructor and includes aerobic routines, use of hand weights/bands and mat exercises. Comfortable clothing and trainers/plimsolls to change into required. Please also bring a bottle of water. 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: 15 Sep-15 Dec (not 27 Oct), 05 Jan-23 Mar (not 16 Feb), 13 Apr-06 Jul (not 4 or 25 May).

Note: There is an additional fee of £57 to pay for the tutor to be paid in advance on application.

Format: Taught course or activity

About me: (Christine) As coordinator, I am a member of one of the Exercise to music classes.

FIT 13: Exercise to music 2

Tutor: Sabrina Marenghi

Coordinator: Christine Russell

Day and time: Monday 11:00 - 12:00

Venue: Kelsey Kerridge Sports Centre (Fitness Studio)

Length of course: 3 terms. Autumn (13 weeks), Spring (11 weeks), Summer (11 weeks)

Places: 22

Start date: 15 Sep

Repeat of Exercise to music 1. See FIT 12 for dates.

Note: There is an additional fee of £57 to pay for the tutor to be paid in advance on application.

FIT 14(z): Exercise to music 3

Tutor: Sabrina Marenghi

Coordinator: Christine Russell

Day and time: Thursday 10:30 - 11:30

Venue: Zoom

Length of course: 3 terms. Autumn (13 weeks), Spring (11 weeks), Summer (11 weeks)

Places: 20

Start date: 18 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: 18 Sep-18 Dec (not 30 Oct), 08 Jan-26 Mar (not 19 Feb), 16 Apr-02 Jul (not 28 May).

Note: There is an additional fee of £64 to pay for the tutor to be paid in advance on application.

FIT 15: Introduction to Pickleball

Coordinator: Helene Judge

Day and time: Friday 10:00 - 12:00

Venue: University of Cambridge Sports Centre

Length of course: 2 terms. Autumn (9 weeks), Spring (11 weeks)

Places: 12

Start date: 10 Oct

Pickleball is one of the UK's fastest growing sports. It is normally played in doubles on a badminton court, with a net like a tennis net, and a hollow plastic ball with holes in. The 'paddles' (bats) are like oversized ping pong bats. The game is one of accuracy, tactics and strategy, rather than pure physical force. For the first couple of sessions, we'll begin with an introduction to the different strokes, the rules and scoring system and a general explanation of strategy. Very quickly you will be playing proper games and the later sessions will be open play, perhaps with 10 minutes of drills each time, if members so wish. A few paddles are available on loan by the sports centre, but you are advised to buy your own. Balls are provided by the sports centre.

Please note: there will be no session on 14 November.

Format: Taught course or activity

About me: I started playing pickleball two years ago and have represented Cambridge at several international competitions. I've recently completed training allowing me to run courses for beginners.

FIT 16: Play Pickleball

Coordinator: Ann Wilkinson

Day and time: Friday 10:00 - 12:00

Venue: University of Cambridge Sports Centre

Length of course: 2 terms. Autumn (9 weeks), Spring (11 weeks)

Places: 12

Start date: 10 Oct

Social Pickleball session for those who have completed the beginner's course. A mixed ability group who enjoy playing this engaging game. There is no coaching or tuition.

Please note: there will be no session on 14 November.

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 17: Qigong general level

Tutor: Aurora Albano

Day and time: Wednesday 11:30 - 12:30

Venue: Downing Place URC (Gibson Hall)

Length of course: 2 terms. Autumn (7 weeks), Spring (7 weeks)

Places: 15

Start date: 08 Oct

Health Qigong is a psychological practising skill that combines body, breath and mind into one exercise regime through slow, flowing and effective three-dimensional movements. The first aim is to adjust posture and movement, the second is to adjust and regulate breathing and the third is to adjust mental concentration. There is strong evidence that the Health Qigong, which was developed and widely practised in China, greatly improves the general health of those who regularly practise it. In modern times it has become very popular for fitness purposes. Qigong is particularly beneficial, improving posture, balance, breathing effectiveness and general coordination, as well as mental focus and relaxation, helping older people make the most of their mature years. The course does not require any previous knowledge and all exercises are done standing. No equipment needed, just wearing clothing and thin exercise shoes or socks.

Format: Taught course or activity

About me: As a qualified Health Qigong and Pilates instructor my mission is to find common ground between holistic Eastern and secular Western movement traditions.

FIT 18: 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: 08 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 19: 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: 09 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 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 £33 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 and camaraderie and I would like to introduce it for the enjoyment of others.

FIT 20: Swimming

Coordinator: Michael McCretton

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: 20

Start date: 07 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 available at the far side of the Leys site, a 7-10 minute walk from the pool. 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 on the following dates - 28 Oct, 17 Feb and 26 May.

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: 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 21: Table tennis (Monday am)

Coordinators: Hywel Griffiths, Helen Phillips & Ray Turney

Day and time: Monday throughout the year 10:00 - 12:00

Venue: Kelsey Kerridge Sports Centre (Fenners Gallery)

Places: 31

Start date: 06 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 that 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 (approx. £3.00 per person), payable at the desk.

Format: Course or activity without teaching

About us: We are keen table tennis players, though by no means experts. We have been members of this group since it began.

FIT 22: Table tennis (Monday pm)

Coordinators: Roy Jackson, Toby Lumsden & Jenny Macmillan

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 (8 weeks)

Places: 24

Start date: 06 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 23: Table tennis (Tuesday am)

Organiser: Alistair Lovegrove

Day and time: Tuesday, throughout the year 10:00 - 12:00

Venue: Kelsey Kerridge Sports Centre (Fenners Gallery)

Places: 28

Start date: 07 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 have 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 £3.00 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 9 years and strive to arrange the session so that everyone has a good time.

FIT 24: 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: 07 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 sometime come and join us. Bats and balls are provided by the venue and the cost is £3.00 per session. Continues until first week of June then merges with FIT 23 Table tennis (Tuesday am).

Format: Course or activity without teaching

About me: I joined this group two years ago after not playing for many years. It's great exercise.

FIT 25: Table tennis (Friday)

Joint-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: 26

Start date: 10 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 bring a drink (water is available on site).

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're a friendly bunch.

FIT 26: T'ai Chi Chuan 24 Step beginners

Tutor: Mike Tabrett

Day and time: Wednesday 09:30 - 10:30

Venue: Kelsey Kerridge Sports Centre (Fenners Gallery)

Length of course: 3 terms. Autumn (9 weeks), Spring (10 weeks), Summer (10 weeks)

Places: 25

Start date: 01 Oct

This is a 3 term course focusing on learning of an 8 minute sequence (form) of movements and associated exercises. These arts, based on the healing, meditative and martial traditions of China are becoming increasingly recognised as ideal practises to enhance health and well-being accessible to all ages and can help you with posture and balance, breathing, relaxation and managing long term conditions. 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. Many people will repeat the course several times. Please note that this class is all standing - if you do not feel that this is appropriate you might want to consider the class 'T'ai Chi and Chi Kung exercises'. Please wear loose, comfortable clothing and soft shoes.

Note: There is an additional fee of £42 to pay for the tutor, payable on application.

Dates: 1 Oct -10 Dec (not 29 Oct or 12 Nov), 14 Jan -25 Mar (not 18 Feb), 15 Apr -24 June (not 27 May).

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: T'ai Chi Chuan 24 Step intermediate

Tutor: Mike Tabrett

Day and time: Wednesday 10:40 - 11:40

Venue: Kelsey Kerridge Sports Centre (Fenners Gallery)

Length of course: 3 terms. Autumn (9 weeks), Spring (10 weeks), Summer (10 weeks)

Places: 28

Start date: 01 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 beginner's course, although enthusiasm is more important than skill! For dates see FIT 26.

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 28: Integrated T'ai Chi and Chi Kung exercises

Tutor: Mike Tabrett

Day and time: Wednesday 11:50 - 12:50

Venue: Kelsey Kerridge Sports Centre (Fenners Gallery)

Length of course: 3 terms. Autumn (9 weeks), Spring (10 weeks), Summer (10 weeks)

Places: 20

Start date: 01 Oct

This class will concentrate on individual seated and standing exercises and is suitable for all levels. They are an excellent stand alone 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 26.

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 29: Walking 6 miles - Monday (weekly)

Organiser: Martin Herrick

Programme administrator: Lorna Brown

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: 06 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 committed walkers 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. Communication with members 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 lead for the entire walk. Note: The group will walk on the two bank holidays in May.

Format: Course or activity without teaching

About us: We took over the coordination of this group in October 2022. All the leaders have experience of leading walks with the group and contributing to its ethos and have walked regularly with this group for some years.

FIT 30: Rambling 4 miles - Monday (fortnightly)

Leader: Di Barton

Assisted by: Catherine Eden-Green

Day and time: Alternate Mondays, 10:15 - 12:15

Length of course: 3 terms. Autumn (5 weeks), Spring (5 weeks), Summer (4 weeks)

Places: 28

Start date: 13 Oct

Monday: Up to 4 miles - 3 terms.

Join us for some rambles through the Cambridgeshire countryside if you prefer shorter walks or are new to walking. We'll walk for about 2 hours, at a pace to suit the group, with a short break half-way. We usually start from a pub or cafe where lunch can be enjoyed after the walk. You'll need your own transport as walks may begin up to 15 miles from Cambridge.

Format: Walking in the countryside

About us: Di and Catherine have long experience in planning and leading walks.

FIT 31: All-year walking - Tuesday (weekly)

Coordinator: John Smith

Day and time: Tuesdays throughout the year 10:00 - 12:30

Places: 100

Start date: 07 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 3mph 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 me: I've been an avid climber, mountaineer and hill walker for 50 years and a member of this Tuesday group for the past 7 years.

FIT 32: 4 Mile walking group - Tuesday (fortnightly)

Leader: Yvette Maxted

Administrator: 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: 14 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 about 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. Communication is by email. Dogs are welcome as long as they are kept on a lead.

Format: Course or activity without teaching

About us: Yvette and Barry have been members of this group for many years.

FIT 33: Walking for pleasure - Tuesday (fortnightly)

Leader: Yvette Maxted

Administrative assistant: Carolyn Plant

Day and time: Alternate Tuesdays throughout the year, 10:00 - 12:30

Places: 40

Start date: 07 Oct

Tuesday: 5-6 miles - throughout the year.

This friendly, fortnightly walking group usually meets at a pub or sometimes a cafe 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 cafe. Members are encouraged to contribute to leading a walk if they are happy to do so. The next walk details and any menu are communicated by email in the week preceding the walk as the food often has to be pre-ordered.

Format: Course or activity without teaching

About us: We have many years' experience of walking with friends and with the U3AC.

We joined this group a few years ago.

FIT 34: 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: 07 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 35: 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: 08 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 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 36: Rambling - Thursday (weekly)

Organiser: Lesley Dickinson

Day and time: Thursdays throughout the year 09:30 - 13:00

Places: 80

Start date: 09 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 37: Easy rambling - Thursday (fortnightly)

Organisers: Roderick & Jaspaul Hill, Len Freeman & 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: 09 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 Green will start on the first Thursday of each term and Yellow 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: (Rod) I have experience of leading walking groups.

Len has been an organiser for this course for a number of years and welcomes new members to our convivial walks!

FIT 38: Eco-friendly walks using public transport - Friday (Summer term)

Leader: Alan Kent

Day and time: Friday 09:30 - 14:30

Length of course: 1 term. Summer (9 weeks)

Places: 24

Start date: 17 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 am an experienced long-distance walker across the UK, who is enjoying learning more about walking opportunities provided locally.

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

FIT 39: Walks in Cambridge city - Saturday (Autumn & 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: 18 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 40: 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: 08 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 and Gardening

GDN 01: Botanic Garden group

Organiser: Rose Desmond

Day and time: 2nd Friday of every month throughout the year 10:00 - 12:00 (see dates below)

Venue: Cambridge University Botanic Garden

Places: 70

Start date: 10 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 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, known and lesser known, as well as the seasonal highlights. 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 and will also include some notes on other subjects about the garden.

Dates: 10 Oct, 14 Nov, 12 Dec 2025; 9 Jan, 13 Feb, 13 Mar, 10 Apr, 8 May, 12 Jun, 10 Jul, 14 Aug, 11 Sept 2026.

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.

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: Just vegetating (Spring term)

Tutors: Mike Day & Kate Day

Day and time: Monday 11:00 - 12:30

Venue: Friends Meeting House, Jesus Lane (Ann Docwra room)

Length of course: 1 term. Spring (10 weeks)

Places: 20

Start date: 12 Jan

The course will study the history, background, importance, culture, and nutritional content of vegetables including modern breeding aims and commercial and gardening growing methods. In addition, we will encourage participants to share and discuss experiences with vegetable recipes and cooking methods.

Format: Lectures combined with discussion and sampling of recipes

About me: Mike was vegetable trials officer at NIAB and an Associate of Honour with the RHS.

GDN 03: Passionate gardeners

Coordinator/Organisers: Bunty Akister-Rawlings & Rosie Wilson

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: 08 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 9 April & 9 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: Kay Green, Louise Hashemi & Anne Kent

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: 26 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 26 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: Public rights of way and access in England - history, legal basis, rights and responsibilities

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: 21 Oct

Useful for anyone walking our wonderful public rights of way! An overview of how public rights of way and permissive paths and access have developed and how they are changed, the roles and responsibilities of landowners/managers, path users, the County Council or a Unitary Authority as Highways Authority, what's shown on OS and other maps - and how to report problems. Examples from around the country, but focused on Cambridgeshire.

Format: Taught course or activity

About me: I have been a keen walker for over 40 years and am Secretary of the Cambridge Group of the Ramblers and vice-chair of the Cambridgeshire Local Access Forum.

History

HIS 01: A brief introduction to life in Georgian England

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: 12

Start date: 07 Oct

What was life like for ordinary people before the Victorian era? We will consider broad themes of work, leisure, marriage, poverty and wealth. 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 in the context of the society in which they lived. This is an entry level course in social history for which no prior reading is required. As the sessions progress I will suggest possible further reading and offer attendees an opportunity to give a five minute presentation on a topic that may be of interest to the other group members.

Format: Lecture

About me: I recently completed a two year Diploma in English Social and Local History and am keen to share my enthusiasm for the Georgian period with others.

HIS 02: Ancient Egypt for beginners (Spring term)

Tutor: Corinne Duhig

Day and time: Thursday 14:30 - 15:30

Venue: U3AC (Pink room)

Length of course: 1 term. Spring (10 weeks)

Places: 30

Start date: 15 Jan

Were the ancient Egyptians gloomily obsessed with death and the afterlife? The media would make you think so, but this course will give you an introduction to ancient Egyptian civilisation, and show the real lives and fascinating history of these vibrant and creative (and argumentative!) people. We will squash 4000+ years of history into one term, alternating overviews of time periods with thematic lectures on topics such as art, the economy and everyday life. By the end of the course you will have a basic knowledge of what went on and how society worked over this long time span, 'get to know' some ancient Egyptians and be equipped to spot the worst excesses of TV channels' 'Egyptology Week'! No background is required although it pairs with my 'Ancient Egyptian Religion' course from 2024-25. Resources will include maps, a chronology, texts and a reading list.

Format: Lecture

About me: Archaeologist specialising in ancient Egypt, bioarchaeology and forensic archaeology/anthropology.

HIS 03(z): Anti-Slavery advocacy in early-Victorian Britain (Spring & Summer terms)

Tutor: Paul Donohoe

Day and time: Alternate Thursdays, 14:15 - 15:15

Venue: Zoom

Length of course: 2 terms. Spring (5 weeks), Summer (4 weeks)

Places: 12

Start date: 15 Jan

Slavery in the Southern states of America continued long after it was banned in the British Empire. Escaped slaves - and concerned freedmen - presented themselves and the cruelty of chattel slavery to audiences in the North and looked outside the USA particularly to Britain and Ireland for support. To develop our understanding of the anti-slavery campaign we will focus attention on the slaves, of whom there were many, who crossed the Atlantic to speak to huge audiences in meetings throughout the land and the individuals who provided these fugitives with sustenance. We will consider too the effect of Harriet Beecher Stowe's novel 'Uncle Tom's Cabin' (published 1852) on those same audiences. I will lead you through a carefully selected series of recorded lectures delivered by researchers and authors currently active in the field. Nothing in the way of preparation will be required of you between sessions.

Format: Lecture

About me: I was educated at Cambridge University, spent most of my career in the food industry, travelled extensively, lived overseas and am a long-term member of U3AC.

HIS 04(z): Assassination in History

Facilitator: Frank Nicholson

Day and time: Tuesday 14:30 - 16:00

Venue: Zoom

Length of course: 1 term. Autumn (10 weeks)

Places: 15

Start date: 07 Oct

On learning of Abraham Lincoln's death in 1865, Benjamin Disraeli told the House of Commons, 'Assassination has never changed the history of the world.' Was he right? In this study we'll learn about the role that murder has played in political change since ancient times, starting with Julius Caesar in 44 BCE, then moving on to the Duke of Orleans in Paris in 1407; Emperor Alexander II of Russia in 1881; Irish Republican Michael Collins in 1922; and Marxist Leon Trotsky in 1943. Participants will be encouraged - but not required - to make a presentation covering the context, target, perpetrator, motive, method and consequences of an assassination drawn from a list of sixty choices. Empty slots in the schedule will be filled by guest presentations by colleagues from 'sister' organisations in the UK and Canada. Time will be reserved for Q&A and round-the-table discussion following each presentation.

Format: Seminar

About me: I have a doctorate in British history and, since retiring, have continued my interest in history by facilitating study groups at later life learning organisations.

HIS 05: Biographies

Coordinator: Vivien Perutz

Technical support: Mike Day

Day and time: Friday 10:45 - 12:15

Venue: Friends Meeting House, Jesus Lane (Aldren Wright room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (3 weeks)

Places: 21

Start date: 10 Oct

Each member of the class will give a biographical talk lasting about 50 minutes followed by questions and discussion, and coffee at the Maypole. Last's year's talks featured Nancy Pelosi, George Forrest, Kenneth Clark, Jan Morris, Pope Pius IX, Adelaide of Orleans, Elizabeth Garrett Anderson, William Cobbett, Shirley Williams, Thomas Cochrane, Alexander van Humboldt, Marshall Mannerheim, Winnie Seebolm, Ryszard Kapuscinski, Benjamin Franklin, Mohammed Yunus, W. G. Hoskins, Arthur Koestler, King John, Alexei Navalny and Emperor Justinian. Some people read their talks, others relied on notes; some people used PowerPoint or distributed a handout.

Format: Seminar

About me: I have been a member of this class for 4 years and am now taking over its organisation.

HIS 06: Britain between the Wars 1918-1939 (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: 27 Jan

The course will look at British politics, economy, society and culture in the period 1918-1939. No specialist historical knowledge will be assumed.

Format: Lecture and discussion

About me: Retired History teacher with 19 years' experience as U3AC tutor.

HIS 07: Britain in the Caribbean from 1600s to the present day

Tutor: John McGill

Day and time: Thursday 11:15 - 12:15

Venue: U3AC (Red room)

Length of course: 1 term. Autumn (8 weeks)

Places: 20

Start date: 09 Oct

There may be no other region in the world that has been subject to as much demographic and cultural change as the Caribbean islands. The native inhabitants have been almost exclusively replaced, or mutated, by populations introduced by colonising European countries, largely through slavery. This course intends to explore Britain's involvement in the islands' turbulent history and development from the 17th century to the present day. No in-depth knowledge is required, though an acquaintance with the area's geography would be useful.

Format: Discussion

About me: I lived and worked in Central America for approximately 15 years and have gained a widespread knowledge of the region as well as of the Caribbean.

HIS 08: British computer pioneers in Cambridge and at the Lyons catering company

Tutor: Ruth Dunn

Day and time: Thursday 14:00 - 15:00

Venue: U3AC (Blue room)

Length of course: 1 term. Autumn (4 weeks)

Places: 15

Start date: 20 Nov

A four-week course introducing some of the people who worked on two early British computers, EDSAC and LEO. We will consider the environment which gave rise to these two ground-breaking projects and see why this led to engineers from the Lyons catering company working with the Mathematics Department in Cambridge. We will look at the background and experiences of people working in jobs which had never existed before. The course will use material from the archives of the Centre for Computing History (CCH) including documents, objects in the museum, recorded interviews and film. The fourth and final week will be an optional visit to CCH (entry £10 for the over 60s).

Format: Lecture

About me: I am a volunteer at the Centre for Computing History, reading my way through the notebooks of one of Britain's first computer engineers.

HIS 09: Cambridge history and the wider context

Leader: David Berkley

Day and time: Thursday 11:00 - 13:00

Length of course: 1 term. Autumn (7 weeks)

Places: 20

Start date: 09 Oct

The highly influential religious and secular history of Cambridge. Influences in/out of Cambridge from/to the Western World. Specifically - monasteries, Renaissance, Reformation, Puritans, Cromwell, Wilberforce. Simeon and missionaries. F. Bacon. Science - (Newton, Darwin, discovery of the electron, 1st splitting of the atom, world's 1st computer, DNA). University/college educational system. World's 1st Debating Society. College visits - S. Sussex, Trinity Hall, Christ's, Magdalene, Jesus, Emmanuel, Pembroke, Queens' and St Johns. Church visits - Round Church, Great St Mary's, St Edwards. Architecture. Other buildings e.g. Old Divinity School and Gates of Humility, Virtue and Honour. Student pranks. Meet 1st week at U3AC when the programme will be given out.

Format: Learning as we walk round town and visit colleges

About me: In teaching after 12 years in business and always intensely interested in history, both secular and religious, explaining why society is as it now is.

HIS 10: Cambridge history and the wider context (Spring term)

Leader: David Berkley

Day and time: Thursday 11:00 - 13:00

Length of course: 1 term. Spring (7 weeks)

Places: 20

Start date: 22 Jan

Repeat of HIS 09.

HIS 11: Cambridge sport: in Fenner's hands

Leader: Nigel Fenner

Day and time: Wednesday 11:00 - 12:30

Length of course: 1 term. Autumn (5 weeks)

Places: 20

Start date: 08 Oct

Cambridge was involved in shaping the British sporting revolution that went global in the second half of the 19th century, beyond just creating the modern-day laws of football and boxing, and sporting philosophies such as Muscular Christianity. This 5-week course will walk across Cambridge visiting key sites to explore the individuals and sports that made up this revolution and the challenges they faced, such as the tensions between Town v Gown. Whilst Frank Fenner, a local tobaccoconist, and talented sportsman was initially able to bring Town and Gown together to play in the same teams, he later became a casualty of the revolution he helped to create. The course will follow the walking route outlined in 'Cambridge Sport: in Fenner's Hands' written by Nigel Fenner. As each session involves a walk of 1 to 1.5 miles, participants will need to wear suitable clothing (dependent on the weather).

Format: Course or activity without teaching

About me: Trained in Cambridge as a teacher, also acquiring a football Blue, and a growing interest in my relative, Frank Fenner - much more than the creator of Fenner's Cricket Ground.

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

HIS 12: Cambridge sport: in Fenner's hands (Summer term)

Leader: Nigel Fenner

Day and time: Wednesday 11:00 - 12:30

Length of course: 1 term. Summer (5 weeks)

Places: 20

Start date: 15 Apr

This is a repeat of HIS 11.

HIS 13: Christianity and the Roman Empire (Spring term)

Tutor: Ralph Ecclestone

Day and time: Monday 14:30 - 15:30

Venue: U3AC (Pink room)

Length of course: 1 term. Spring (10 weeks)

Places: 30

Start date: 12 Jan

This course will illustrate the many connections between Christianity and the Roman Empire, which were extensive, highly important and occasionally dramatic, with Emperors determining religious dogma, Popes leading armies into war, plus occasional 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 facts, 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 13(z): Christianity and the Roman Empire (Spring term)

Places: 30

As for HIS 13 but attending via Zoom.

HIS 14: Dear Old Blighty: Society and culture in Britain, 1914-1920

Tutor: Colin Hurst

Day and time: Friday 10:00 - 11:30

Venue: U3AC (Pink room)

Length of course: 1 term. Autumn (5 weeks)

Places: 20

Start date: 14 Nov

This course takes a thematic approach to the civilian experience of the Great War. It places the conflict and the dramatic social changes it engendered into a wider context. It gives voice to those who served, protested and remained silent in the face of sometimes overwhelming events. As far as possible it allows those events to emerge from the perspective of the time, and in the light of subsequent history writing. The sessions will be illustrated with examples of art and culture from the time, and from Cambridge's own experience of the War.

1: Idylls and Storms

2: Enthusiasm and Weariness

3: Faith and Protest

4: Women and Identity

5: Silences and Voices

Format: Lecture

About me: I am a retired parish priest with a life-long interest in history. I enjoy teaching adults, both in the Church and beyond, and have run courses at Peterborough City College.

HIS 15: Democracy in ancient Athens

Tutor: Michael Gray

Day and time: Monday 12:45 - 13:45

Venue: U3AC (Red room)

Length of course: 1 term. Autumn (10 weeks)

Places: 20

Start date: 06 Oct

For nearly two centuries, Athens was a democracy. Hardly anybody at 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 (philosopher), and Pericles (general and in practice one-man ruler) - with a glance at Socrates. There will also be a summary of other systems (Corinth and Sparta). No knowledge of ancient Greek will be required. I will suggest some reading for those who want to explore further.

Format: Lecture

About me: My first degree (Oxford Lit. Hum.) included Greek history for the period and some political philosophy.

HIS 16: Elizabeth I: Power and insecurity (Spring term)

Tutor: Dr Anne Stott

Day and time: Friday 10:00 - 11:30

Venue: U3AC (Pink room)

Length of course: 1 term. Spring (10 weeks)

Places: 20

Start date: 16 Jan

This course on the reign of Elizabeth I will be based on the latest scholarly research, but no prior knowledge is required. The reign is usually seen as a golden age presided over by the iconic figure of 'Gloriana'. However, the later sixteenth century was a turbulent period, torn apart by political and religious disputes and Elizabeth was a woman ruler in a misogynistic age. The circumstances of her birth led many to question her legitimacy and to believe that Mary, Queen of Scots was the rightful Queen. The Pope excommunicated her, the King of Spain launched an invasion, and she lived with the threat of assassination. Her great achievement was to survive these multiple dangers and to keep England safe. But she left many problems unsolved and bequeathed a mixed legacy to her Stuart successors.

Format: Taught course or activity

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 women in the early-modern period.

HIS 17: England in the Twenties and Thirties (Summer term)

Tutor: Michael J Murphy

Day and time: Thursday 15:00 - 16:00

Venue: U3AC (Pink room)

Length of course: 1 term. Summer (9 weeks)

Places: 30

Start date: 16 Apr

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 as illustrated by the Bloomsbury Group and the Mitfords, T.S. Eliot and Scott Fitzgerald, George Orwell and John Steinbeck. The course will also include popular music, 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 and Irish History at A.R.U.

HIS 18: From Parnell to the 1916 Rising and its aftermath

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: 09 Oct

This outline history course, given from an Irish viewpoint, will examine the emergence of the new nationalism, and its key figures, in early modern Ireland. Major themes considered will be: Parnell and Home Rule, the Irish Literary Renaissance, the Rise of Sinn Féin, Labour and the I.R.A., all of which helped spark the Easter Rising in Dublin in 1916. This rebellion, which shook the foundations of the British Empire, led to an Anglo-Irish War and a Civil War which involved two most eminent Irish leaders - Michael Collins and De Valera. Hopefully, this course will raise some interesting thoughts and questions about Anglo Irish relations in the 21st century. Historical videos, music and songs will be included.

Format: Lecture

About me: Former Principal Lecturer in British and Irish History at A.R.U.

HIS 19(z): History of the Later Roman Empire AD 284 - 476

Tutor: Peter Camilletti

Day and time: Wednesday 10:30 - 11:40

Venue: Zoom

Length of course: 3 terms. Autumn (9 weeks), Spring (8 weeks), Summer (3 weeks)

Places: 30

Start date: 15 Oct

This course will cover the history of the later Roman Empire from the reign of the Emperor Diocletian in AD 284 to the last Roman Emperor in the West, Romulus Augustus, in AD 476. This will include the great barbarian invasions, which reduced the Western Empire to a poorer shadow of its former self and ultimately destroyed it. This historical period is fascinating and packed with interesting historical characters who influenced history. These included barbarian leaders such as Alaric and Attila the Hun, influential women who were the real power behind the throne, emperors themselves, great generals such as Stilicho and Aetius, and much more!

As the course will be held via Zoom, the course material will be circulated by email. This will include a précis of each session and a comprehensive event timeline.

Please note: There will be no classes on 11 & 18 February.

Format: Lecture

About me: I am an enthusiastic amateur historian inspired by the late David Page.

HIS 20: Ho Chi Minh and the achievement of Vietnamese Independence

Tutor: Peter Neville

Day and time: Thursday 11:20 - 12:20

Venue: U3AC (Pink room)

Length of course: 1 term. Autumn (4 weeks)

Places: 25

Start date: 09 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 21: Horses: Their role in the history of man (Spring term)

Tutor: Elizabeth Salmon

Day and time: Tuesday 13:10 - 14:40

Venue: U3AC (Pink room)

Length of course: 1 term. Spring (10 weeks)

Places: 30

Start date: 13 Jan

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 go 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 22: How life has changed (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: 15 Jan

We will look at the aspirations of some women in the past who wished to influence their society and discuss how influential they were and how far things have changed since their times.

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 23: Human evolution from 7 million to 25,000 years ago

Tutor: Stephen Jones

Day and time: Monday 15:15 - 16:45

Venue: U3AC (Red room)

Length of course: 1 term. Autumn (10 weeks)

Places: 20

Start date: 06 Oct

The course will trace the evolution of humans from the time we split from apes and chimpanzees, about 7 million years ago until 25,000 years ago when Homo sapiens became the 'last remaining human species'. We will examine: the early evolution of humans in Africa; the first human migration by Homo erectus out of Africa, starting 2 million years ago; the later evolution of human species in Europe and Asia, including the Neanderthals and the Denisovans; the spread of Homo sapiens from Africa and around the world between 100,000 and 45,000 years ago and the extinction of other human species. The course will consider scientific advances in dating and DNA analysis, which are changing our understanding of the timing and nature of human evolution. Finally, we will reflect on what human evolution teaches us about the nature of humanity.

Format: Lecture

About me: A sometime social scientist fascinated by pre-history.

HIS 23(z): Human evolution from 7 million to 25,000 years ago

Places: 20

As for HIS 23 but attending via Zoom.

HIS 24: Interesting People

Tutor: Jim Henry

Day and time: Thursday 12:30 - 13:45

Venue: U3AC (Green room)

Length of course: 1 term. Autumn (10 weeks)

Places: 13

Start date: 09 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 MacQuarrie; 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 25: Irish cultural history 1891-1940 (Spring term)

Tutor: Michael J Murphy

Day and time: Thursday 15:50 - 16:50

Venue: U3AC (Pink room)

Length of course: 1 term. Spring (10 weeks)

Places: 30

Start date: 15 Jan

This cultural history course will examine how four great Irish literary figures - Yeats, Joyce, Synge and O'Casey - reacted to the major historical events of their time, as seen in selections from their poetry, novels and plays. This is not a literature course but an attempt to show how history and literature intertwined during this critical period in Irish history which included the Easter Rising, the Anglo-Irish war and the Civil war. Historical videos, music and songs will feature.

Format: Lecture

About me: Former Principal lecturer in British and Irish history at Anglia Ruskin University.

HIS 26(z): Language labyrinth

Tutor: Jenny Knight

Day and time: Tuesday 11:20 - 12:35

Venue: Zoom

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 12

Start date: 07 Oct

At the centre of the labyrinth is Proto-Indo-European, the ancestral language identified in the eighteenth century. Routes from there take in other ancient languages, Celtic, tribal dialects, Anglo-Saxon, Old Norse, Norman-French and more. This exploration of the English language encompasses anthropology, genetics, history, literature and social history. Alongside a broadly chronological account beginning with prehistory and continuing to the twenty-first century are analyses of specific words; study of placenames, personal names and surnames; punctuation; regional dialects; acquisitions from modern languages and the global significance of English. Members will be set oral and written tasks and will be expected to read scripts in class (you are excused if you have difficulty with this). 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 can manage only the Autumn term.

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 27: Life in Georgian England - wealth and poverty

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: 12

Start date: 14 Oct

This course is a sequel to last year's 'A Brief Introduction to life in Georgian England'. 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 Georgian period is hazy it would be preferable to first attend my introductory course (HIS 01). As the sessions progress I will suggest possible further reading and offer attendees an opportunity to give a five minute presentation on a topic that may be of interest to the other group members.

Format: Lecture

About me: I recently completed a two year Diploma in English Social and Local History and am keen to share my enthusiasm for the Georgian period with others.

HIS 28: Medieval Times and People (Summer term)

Tutor: Jim Henry

Day and time: Friday 12:30 - 14:00

Venue: U3AC (Blue room)

Length of course: 1 term. Summer (9 weeks)

Places: 15

Start date: 17 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 29(z): Military History Group

Coordinator: Harry Belsey

Co-Leaders: Justin Hiscock & Rod Hill

Day and time: Wednesday 10:30 - 12:00

Venue: Zoom

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (8 weeks)

Places: 45

Start date: 08 Oct

The Military History Group has been in existence since 1996 and is now Zoom based. Members are encouraged to give talks on aspects of military history in which they are interested. Members have presented a wide range of interesting subjects covering conflicts from different periods of time and from different parts of the globe. Presentations are followed by a discussion and the subjects are chosen by individual members. There is no compulsion for members to make presentations. New members are welcome. No qualifications are required except an enthusiasm for military history and an email address. Members often communicate with each other by email to discuss issues arising. Programmes available on request.

Format: Lectures and discussion

About me: (Harry) I have been coordinating this course since 2012.

HIS 30: More Biographies (Spring term)

Coordinator: Sally Smith

Day and time: Wednesday 14:30 - 16:00

Venue: U3AC (Red room)

Length of course: 1 term. Spring (10 weeks)

Places: 10

Start date: 14 Jan

This class is based on the same pattern as HIS 05. 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 in books or 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 have enjoyed belonging to the Biographies course HIS 05 and I look forward to arranging more talks.

HIS 31: 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: 12 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 eight years.

HIS 32: Objects, artefacts and heirlooms (Summer term)

Leader: Toni Battison

Day and time: Thursday 11:30 - 12:30

Venue: U3AC (Green room)

Length of course: 1 term. Summer (4 weeks)

Places: 12

Start date: 07 May

Most people have an object/family heirloom/photograph/holiday souvenir which they cherish and would like to share with others. This is an interactive course that would suit a smaller group with members sitting around a table to show their object (along with supporting material). Each person would spend five minutes talking about their artefact, why it feels so important to them and its place within their family. The presentation would be followed by ten minutes for general discussion and questions. This format would offer a pleasant opportunity and sufficient variety for an interesting social, geographical and historical mix. Members would be responsible for their own objects, including insurance away from their home environment.

Format: Personal history

About me: I take great pleasure from seeing fascinating objects owned by friends, as an interest only; I have never led a course on this topic.

HIS 33: Past and Present in Europe's Borderlands (Spring term)

Tutor: Sara Pienaar

Day and time: Monday 13:10 - 14:10

Venue: U3AC (Pink room)

Length of course: 1 term. Spring (10 weeks)

Places: 30

Start date: 12 Jan

This course introduces the complex and colourful history of East/Central Europe, the region that lies between today's Germany and Russia on the North European Plain. Despite centuries of invasion and conquest from almost all directions, its peoples formed strong national identities, rich cultures and at times, powerful states of their own. We will also dip into the history of their neighbours, particularly Russia and the Balkan countries and we will discuss how far the region's past might determine its future in the changing and dangerous world of the 21st Century. No special knowledge or preparation are needed, but some reading and videos may be recommended for those who are interested.

Format: Lecture

About me: My first degree was in Russian and East European history and I have taught history and international relations.

HIS 34: Silk roads, empires and travellers

Tutor: Janet Pope

Day and time: Monday 13:10 - 14:10

Venue: U3AC (Pink room)

Length of course: 1 term. Autumn (10 weeks)

Places: 30

Start date: 06 Oct

The Silk Roads were a network of trade and cultural transmission routes through regions of the Asian continent connecting the West and East by linking merchants, pilgrims, monks, soldiers, nomads, and travellers from China, India and Persia to the Mediterranean Sea. Silk was the major trade item from China, many other goods were traded, and various technologies, as well as diseases, also travelled along the trade routes. The Silk Road also served as a very important means of disseminating religious and cultural ideas along its network. Trade and travel depended on political stability in Central Asia which was provided at various times by the Persian, Chinese and Mongol empires.

Format: Lecture

About me: I have been fascinated by the empires and peoples of Central Asia and Iran, and the trade routes linking East and West for many years.

HIS 35: Teeth with convoluted routes (Spring term)

Tutor: Iain P. Hunter

Day and time: Wednesday 11:50 - 13:05

Venue: U3AC (Pink room)

Length of course: 1 term. Spring (10 weeks)

Places: 30

Start date: 14 Jan

Sharks gained their fame for it, a king regained his name from it, a fairy made her claim by it, Good Queen Bess lived in shame for it and a saint won acclaim through it. A convoluted route indeed, and for almost 500 million years the humble tooth has bitten its way to sustain the ocean's apex predator by aggression, until the present day when the sincerity or the falsehood of a smile can win or damn a relationship. We welcome a 'winning smile' yet the poster-girl artist of the National Gallery was shunned as vulgar in allowing her sitters to show their teeth, while Darwin devoted his lesser-known book to the significance of the universal smile. Fairground showmen pulled crowds and teeth. Poets derived inspiration, drunk on inhaled anaesthetics. With x-rays, Sherlock Holmes foresaw the living dead. Tooth routes is a journey of eccentric mystery and curious history.

Format: Lecture

About me: I have spent much of my professional life 'down in the mouth'; while being joyously sustained by the eccentricity on which my career was built.

HIS 36: 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: 06 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 eight years.

HIS 37: The decline and fall of the Habsburgs 1848-1918

Tutor: Peter Neville

Day and time: Wednesday 11:10 - 12:10

Venue: U3AC (Pink room)

Length of course: 1 term. Autumn (10 weeks)

Places: 25

Start date: 08 Oct

The course will explore how this great multi-national empire fell into decline before being destroyed by the First World War. It will focus on key individuals like Emperor Franz Joseph (arguably the most unlucky ruler in modern history) and his tragic wife Elizabeth, and their relationship with the many racial minorities in the Empire. And the series of catastrophic military defeats in the 1850s and 60s which led to the setting up of the so called Dual Monarchy of Austria-Hungary. Finally the course will look at the cultural richness of the Empire, from Strauss to Kafka and Freud.

Reading: M. Rady 'The Habsburgs. The Rise and Fall of a Great Power'. A. Palmer 'Twilight of the Habsburgs'. 'Fall of Eagles' BBC TV.

Format: Lecture

About me: I am a very experienced university and adult education tutor who has been published in this area.

HIS 38: 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: 07 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 39: The Old European Civilisation

Tutor: Tanya Bagrij

Day and time: Tuesday 13:20 - 14:20

Venue: U3AC (Pink room)

Length of course: 1 term. Autumn (6 weeks)

Places: 30

Start date: 04 Nov

This is a one-term introduction to the 'Old European Civilisation' (Ancient Europe) which did not represent an epoch of barbarism. Contrary to popular belief, civilisation did not start at Sumer with its patriarchal hierarchy and beliefs. Instead, the culture of Old Europe (~7,000 - 2,500 BCE) represents a very different but just as authentic form of civilisation, one with a highly developed egalitarian social structure based on a harmonious, non warfare-orientated agricultural economy. Topics will include Old European social structure, religion, temples, ceramics, metal work, urban infrastructure, and sacred writings. The original fabric of Old Europe no longer exists, however this does not mean that its traditions have vanished. On the contrary, the cultural achievements and traditions of the first great European civilisation have survived in subsequent cultures with multiple transformations (i.e. the Minoan, the Basque, the Etruscan, the Celtic, the Baltic etc).

Format: Lecture

About me: I am a researcher and a trained teacher in Natural Sciences for higher education; and have a passion and life-long interest in anthropology and archaeology.

HIS 40: The Old Lady of Threadneedle Street: The Bank of England 1694-1946

Tutor: John Keyworth

Day and time: Wednesday 14:30 - 15:45

Venue: U3AC (Red room)

Length of course: 1 term. Autumn (9 weeks)

Places: 16

Start date: 08 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 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 41: 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: 06 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 42: To the Land of the Rising Sun: Early Japanese voyagers (Summer term)

Tutor: Paul Hartle

Day and time: Tuesday 11:30 - 12:30

Venue: U3AC (Pink room)

Length of course: 1 term. Summer (5 weeks)

Places: 25

Start date: 14 Apr

We will explore the responses of the first Westerners to visit Japan, beginning with the Portuguese merchants of the mid-16th-century and continuing with the Spanish and Portuguese missionaries who were eventually expelled roughly a century later and the Dutch and British traders of the early 17th century. By the middle of that century, only the Dutch remained and Japan became closed to other Western visitors until the country was reopened by force by the United States in the mid-19th-century. Later in that century, many Westerners spent time in Japan and brought back their differing visions of the country. We will see what Westerners made of Japanese society, art and leisure, including gardens, theatre and the Tea ceremony. We will look at the literary and pictorial record and at the objects Westerners sent back home. A final session explores the reciprocal journeyings of the Japanese to the West.

Format: Lecture

About me: In 2024/2025, I offered a longer course on Japanese culture, which fascinates me, having spent time as visiting professor in Japan; this course focusses on historically earlier travellers.

HIS 43: Traversing the Himalaya on foot: a personal journey through its culture and history

Tutor: Henry Edmundson

Day and time: Tuesday 13:20 - 14:20

Venue: U3AC (Pink room)

Length of course: 1 term. Autumn (4 weeks)

Places: 30

Start date: 07 Oct

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 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, a member of the Alpine Club and of the Himalayan Club. He is the author of the award-winning 'Tales from the Himalaya'.

HIS 44: Women with a purpose

Tutor: Carole Pook

Day and time: Friday 13:00 - 14:00

Venue: U3AC (Pink room)

Length of course: 1 term. Autumn (10 weeks)

Places: 30

Start date: 10 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.

This is a repeat of the course offered in 2024.

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 45: Belize - an English-speaking anomaly

Tutor: Tim Bartlett

Day and time: Tuesday 14:15 - 15:15

Venue: U3AC (Orange room)

Length of course: 1 term. Autumn (10 weeks)

Places: 10

Start date: 07 Oct

Formed by an extra-terrestrial visitor and occupied by three empires. A treasure trove for history buffs and nature lovers alike, whether on land or sea or in the air. Mountains, mangroves, pampas and jungle in one of the smallest countries in the Americas. Where four languages sit side by side, (and many others besides). What makes Belize? I hope to go some way to answer this.

Format: Lecture

About me: Served in Belize for three years and have family there.

Investment

INV 01: Benchmark your Investment Portfolio against others

Convenor: John Hall

Day and time: Friday 10:15 - 12:30

Venue: U3AC (Yellow room)

Length of course: 1 term. Autumn (8 weeks)

Places: 16

Start date: 10 Oct

Discovering what others do is one of the best ways to improve your investment know-how. This course offers seasoned investors, who already know their way around ITs, UTs, ETFs and company shares, an opportunity to share their approach to their portfolio and learn from others. In particular, you will be discussing your investing beliefs, the purpose of your portfolio(s), its structure and objectives, its strategies, content and management. In addition, portfolio platforms, information sources and networking will also be on the agenda. You will not be expected to reveal how much you invest, but you are expected to share how you decide about your investments. Most of the class time will be spent in discussion with others. Each Friday's session will be in the form of two classes separated by a 15-minute coffee break, for a bit of extra social learning!

Format: Discussion

About me: In addition to teaching investment classes last decade for the U3AC, I currently Co-chair an Investment group where I discuss my most recent investment research.

INV 02: Introducing some classic (and new) Investment Strategies

Convenor: John Hall

Day and time: Friday 14:45 - 15:45

Venue: U3AC (Red room)

Length of course: 1 term. Autumn (8 weeks)

Places: 12

Start date: 10 Oct

It is said that no strategy survives in the stock market for long. All the more surprising then that some classic strategies go on producing good results. This course offers you some of those classic strategies and demonstrates, using backdated data, how well they have performed. In addition, there will be some new straightforward strategies based on research I have conducted over the last few years. As an example, you will learn how to beat index investments e.g. SWDA using low risk approaches without straying from most of the benefits that such an investment might give you. If you are a less experienced investor who knows something about ITs, UTs, ETFs and shares but does not feel confident to use them in a strategic way either as individual items or as part of a portfolio strategy then this course could be for you. Note: You must attend the first class in order to come to the rest!

Important note: *No personal advice can be given. You will be expected to make your own judgement on whether anything you hear is right for your circumstances and abilities. If you have any doubts then you should seek advice from a professional financial adviser.*

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 and Classical

GRC 01: Classical Greek

Convenor: 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: 9

Start date: 10 Oct

We shall start the year by reading Aristophanes' comedy 'The Clouds'. When we reach the end of this, we shall decide what we might tackle next. Any ideas would be most welcome.

Level: Advanced

Format: Course or activity without teaching

About me: I am a Classics graduate, and joined this group several years ago when I retired.

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: 06 Oct

This course offers enjoyable, collaborative sessions reading and orally translating The Odyssey with Books 19, 20 and 21 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). Additionally, see Geoffrey Steadman, Commentary of Odyssey 17-20, free downloadable pdf. 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. To extend existing knowledge or revive dormant skills one might try 'Greek Beyond GCSE' by John Taylor (Bristol Classical Press).

Level: A-level or equivalent 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(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: 10 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 04: Background to Athenian theatre (Spring term)

Tutor: Michael Gray

Day and time: Monday 14:00 - 15:00

Venue: U3AC (Red room)

Length of course: 1 term. Spring (5 weeks)

Places: 20

Start date: 16 Feb

We have some forty plays from the first century of Athenian theatre, and in order to appreciate them fully we need some idea of the religious context, the physical location and its practicalities, the various people involved, what we can say about music, dance, costume and masks, conventional devices, and the nature of the poetic language. I will cover all three types of play. I will not assume a knowledge of ancient Greek.

Level: All

Format: Lecture

About me: Greek tragedy was a special subject of mine at first degree. I have been in the chorus of a performance in Greek of Alcestis.

LAT 01: Latin beginners

Tutor: Ruth Yule

Day and time: Tuesday 13:00 - 14:00

Venue: U3AC (Orange room)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 10

Start date: 07 Oct

The aim of this course is to introduce complete beginners to the Latin language and the life of Ancient Rome. Those wishing to revive rusty Latin will also be welcome, but must expect to start again at the beginning. We will base our work on Book 1 of the Cambridge Latin Course, 4th edition, ISBN 978-0-521-63543-1. This provides a gently-paced introduction to both language and culture; published by CUP, it should be readily available new or second-hand. 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 an hour or two each week reviewing the previous session and preparing for the next one.

Level: Beginners

Format: Taught course or activity

About me: Once upon a time, I studied Classics to degree level, but had hardly used the languages since, until I joined U3AC Latin and Greek classes a few years back.

LAT 02: Latin year 2

Tutor: Sarah Oliver

Day and time: Tuesday 13:45 - 14:45

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 is for those who have studied Classical Latin for a year or so, preferably (but not necessarily) following the Cambridge Latin Course. It may well also suit some who studied Latin a while ago and are keen to revise and go further (or even perhaps someone so keen to start and progress in Latin they are prepared to study CLC Book 1 before October and will be ready to move on to Book 2!). Focus is on language but much is also learnt about the Roman World. Book 2 focuses on Roman Britain and Egypt. Teaching will be informal and supportive.

Level: Beginners or near beginners

Format: Taught course or activity

About me: I have a Classics degree and spent much of my career teaching Classics, mainly to sixth form students.

LAT 03: 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: 06 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 Pliny, Juvenal, Tibullus and Ovid. Planned future reading includes Virgil, Cicero, Ovid, Tacitus and Plautus. 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: I read Classics at school and Cambridge. In retirement I have much enjoyed re-visiting and sharing the authors of Ancient Greece and Rome, and their world.

LAT 04: 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: 09 Oct

The course is aimed at those who reached the end of book 5 of the CLC (which is roughly O Level standard) and would like to progress to longer extracts of prose and poetry from Roman authors. We will start with a selection of Pliny's Letters and parts of Virgil's Aeneid Book IV, the story of Dido and Aeneas, as well as 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 Romans, 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. It has been fun using it with classes of all ages.

LAT 05: A taste of the Latin Classics (and some helpful grammar)

Coordinators: Mike Fay & 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: 06 Oct

This course is intended to attract new participants to the study of some classical Latin texts. We usually take it in turns to read, translate extracts from authors such as Virgil, Cicero, Horace, Ovid, Martial, Catullus and even Plautus. This is not compulsory - just join in the discussion if you prefer: we intend that class members will be able to participate according to their level of confidence and ability. Copyright-free pdf documents with the texts, vocabulary, notes and translations are usually made available by the coordinators. Additionally, grammar will be discussed where helpful in elucidating our Latin readings. Thirdly and optionally, the final part of each class features English to Latin translation using answer keys. 1-2 hours prep between sessions recommended.

Level: Advanced (A Level or beyond)

Format: Self-taught course or activity

About us: Mike has been building on his O-level Latin at U3AC since 2014, John since 2019.

LAT 05(z): A taste of the Latin Classics (and some helpful grammar)

Places: 8

As for LAT 05 but attending via Zoom.

Languages - Modern

ARB 01: Arabic language

Tutor: Eman Hassan

Coordinator: Kim Wallis

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: 10 Oct

We are a small group of Arabic language students with mixed intermediate levels of experience. New class members are very welcome indeed, 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's time, and this is payable 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

Leader: Marina McCann

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: 09 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: I am originally from Brussels, Belgium, where Dutch was my second language. I have used it in many different contexts.

FRE 01: French, the very beginning

Tutor: Brigitte Grimshaw

Day and time: Thursday 10:00 - 11:30

Venue: U3AC (Orange room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 10

Start date: 09 Oct

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: 978-1-529-37422-3.

Level: Beginners

Format: Taught course or activity

About me: I have taught French for many years and just cannot stop. Teaching my mother tongue at the U3AC is hugely enjoyable.

FRE 02: Maigret

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: 10 Oct

We are a friendly and relaxed group. We will watch a short French Experience film from time to time, and continue reading and translating 'Maigret s'amuse' by G Simenon - we will probably be about half-way through the book, but I will let everyone know exactly near the beginning of October. We will pick up points of grammar as we read, sometimes using 'La grammaire en clair' (out of print, but available online) by Paul Rogers and Jeremy Long.

Level: O-level, rusty would be fine

Format: Taught course or activity

About me: I have taught French for many years.

FRE 03: Express Yourself in French

Tutor: Sylvia Hearn

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: 16

Start date: 09 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: 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: 06 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 06) - 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 call 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: 3

As for FRE 04 but attending via Zoom.

FRE 05: 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: 09 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 06: 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: 08 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 call 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 06(z): Continuons 'Rendez-vous' - Wednesday

Places: 4

As for FRE 06 but attending via Zoom.

FRE 07(z): En route!

Tutor: Brigitte Grimshaw

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: 14

Start date: 08 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: 978-1-444-18122-7.

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 o8: Modern French novels

Organiser: 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: 08 Oct

Nous lisons des romans à haute voix, à tour de rôle, et faisons des réflexions tantôt littéraires, tantôt personnelles. Le prochain roman que nous lirons sera 'No et Moi' de Delphine de Vigan.

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 o8(z): Modern French novels

Places: 4

As for FRE 08 but attending via Zoom.

FRE 09: Parlons Encore

Tutor: Brigitte Grimshaw

Day and time: Wednesday 13:00 - 14:30

Venue: U3AC (Green 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 would like to start with Faïza Guène and 'Kiffe Kiffe Demain'. Then perhaps Marc Levy with 'Le voleur d'ombres'. I will have a few novels on offer and we can discuss what you would prefer. Film wise I would like to start with 'Au revoir les enfants' and perhaps 'Lupin' with Omar Sy as one of the main actors. And 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. Students should get 'Kiffe Kiffe demain' de Faïza Guène, le livre de poche; ISBN 978-2-253-11375-1.

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 10: French translation: Musso: 'L'instant présent'

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: 10 Oct

This relaxed class is suitable for a variety of levels, but you need a good working level of French. It is a fun way to brush up rusty language. We read a sentence each (with help with pronunciation if necessary) and translate it into English. We will be reading 'L'instant présent' by G Musso (make sure you get the French edition) - it is easily available on-line. It is a popular, modern, quirky, action-packed thriller, a real page-turner. We will be about two-thirds of the way through the book, I will give the exact place a week or two before the beginning of October. We will also watch a five or ten-minute film every couple of weeks.

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: Oh non! Pas Hugo. Pas Victor. Hugo, hélas!

Tutor: Arlette Kendall

Day and time: Tuesday 11:10 - 12:30

Venue: U3AC (Red room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (5 weeks)

Places: 20

Start date: 07 Oct

On a voulu l'enterrer, le noyer, le couper en morceaux choisis, mais en ces temps sombres où le ciel est lourd, il réveille nos rêves auxquels nous avons cru renoncer. Un perturbateur, un passeur de liberté, ses mots touchent, ébranlent, réveillent une langue qui éclate. Voyager en sa compagnie est une aventure monumentale.

Notre parcours: illustrer l'apostrophe de Flaubert "quel homme que ce père Hugo. Sacré nom de Dieu, quel poète. Je viens d'avaler ces 2 volumes. J'ai besoin de gueuler 3000 vers comme personne n'en a jamais fait", et Aragon "Au secours on a besoin de toi", et J. Renard "Hugo seul a parlé, le reste des hommes a balbutié."

Oui, voyager en sa compagnie et finir par dire, Merci Victor Hugo.

A lire: Les Contemplations, La légende des siècles, Les Châtiments, Les Travailleurs de la mer, L'Homme qui rit, Quatre-vingt-treize, et autres.

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.

FRE 12: 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: 07 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.

GER 01: German beginners

Tutor: Ruth Yule

Day and time: Wednesday 13:00 - 14:00

Venue: U3AC (Yellow room)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 12

Start date: 08 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: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 8

Start date: 09 Oct

This is a Zoom-only version of the in-person GER 01 German beginners' course, with the same syllabus and requirements.

GER 03: German beginners year 2

Tutor: Christine Stapleton

Day and time: Tuesday 16:00 - 17:00

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 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: 08 Oct

This course is a continuation of last year's German beginners year 2 which was 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 where appropriate. 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: 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: 06 Oct

We will read and translate 'Warten bis der Frieden kommt' by Judith Kerr. We will probably be just over half-way through the book, and 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 pick up points of grammar as we read, and occasionally use 'Alles Klar' by Paul Rogers and Jeremy Long - I have some spare copies. We may also watch a film from Deutsch Plus.

Level: Reasonable O Level would be fine

Format: Taught course or activity

About me: I have taught German for many years and especially love reading, translation and grammar.

GER 06: 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: 12

Start date: 10 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 07: German intermediate

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: 08 Oct

This course is suitable for people who have studied German for about three years. We will use a variety of texts, audio material and a grammar practice book (Schaum's Outlines 'German Grammar' 6th edition, ISBN 9781260120998; 4th and 5th editions can also be used) to develop reading and listening skills, to consolidate grammar and to build up confidence in conversation. Please contact the tutor if in doubt about level required.

Level: Intermediate

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 07(z): German intermediate

Places: 5

As for GER 07 but attending via Zoom.

GER 08: Intermediate German

Tutor: Friederike Jeans

Day and time: Wednesday 10:00 - 11:30

Venue: U3AC (Green room)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 12

Start date: 08 Oct

We do our own conversation, vocabulary-work and grammar. What is discussed in class should be repeated at home, in form of exercises, given or made up. 'That improves the learning process enormously'. We have done cases, pronouns, strong and weak verbs in their 3 main tenses, word order and many words! Anyone with even a basic idea about the language is very welcome, it is a friendly, cooperative group.

Level: Intermediate

Format: Taught course or activity

About me: I have taught German at Uni for 20 years and still love it!

GER 09: Eine Art Stammtisch

Leader: Claire Evans

Day and time: Wednesday 11:45 - 12:45

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 is a continuing course for intermediate plus students with a new leader for 2025/6. Some people have sat round the Stammtisch for years but new members are very welcome. I will lead most of the sessions but some will be devolved to members of the group. Jede Woche besprechen wir verschiedene, vorbereitete Themen auf deutsch. Wir werden auch Texte aussuchen zu lesen und übersetzen. Wenn nötig besprechen wir einen Grammatikpunkt. Hauptsache ist aber, dass wir sprechen und dass wir Spaß haben.

Level: Intermediate plus

Format: Discussion

About me: I am a German specialist teacher who for many years was a Head of Modern Languages in secondary schools.

GER 09(z): Eine Art Stammtisch

Places: 2

As for GER 09 but attending via Zoom.

GER 10: Exploring Low German

Tutor: David Galbraith Woods

Day and time: Wednesday 13:00 - 14:00

Venue: U3AC (Orange room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 8

Start date: 08 Oct

'Low German' is often mistaken to mean a socially inferior or debased form of the language. This is totally wrong. It is simply the original speech of the northern Low German Plain, as opposed to the highland dialects of Central and Southern Germany, Austria and Switzerland. Unlike those it did not undergo the sound-changes which created today's standard High German. From Düsseldorf and above, all the dialects are of Low German, including Dutch, itself now an independent standard language. In Germany the two main variants are Low Saxon and Low Franconian, still spoken, mostly by older people, and in rural communities. This class welcomes speakers and learners of German or Dutch, especially anyone who speaks, or remembers older relatives speaking, a Low German dialect ('Platt'). We will explore together this neglected facet of the German language.

Level: Intermediate up to native speaker. Conversational fluency not required; sense of humour obligatory.

Format: Taught course or activity

About me: I learnt Franconian Low German as a child in the Rhineland. I have always kept it up, and I belong to a committee in Ratingen keeping the old language alive.

GER 10(z): Exploring Low German

Places: 5

As for GER 10 but attending via Zoom.

GER 11: 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: 06 Oct

You need a reasonable working level of German for this class - roughly A-level. 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 will continue 'Glennkill' by Leonie Swann. It is a modern, well-written, quirky 'Schafskrimi' - the band of sheep have characters all their own, and the cleverest is Miss Maple. There is a murder and a certain amount of entertaining sheep psychology. We will be about half-way through the book, and I will provide the exact place a week or two before the beginning of the Autumn term.

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 12: Advanced German conversation

Tutor: Carole Trosch

Day and time: Thursday 11:15 - 12:15

Venue: U3AC (Green room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 12

Start date: 09 Oct

General conversation on any subject the group wishes to discuss. A good working knowledge of German is required to enjoy this class. There is a brief language focus at the end of each session and we use this to focus on problems with vocabulary or grammar that have emerged during the discussion, in order to improve our German as we go along. This focus is kept short as this is a conversation class.

Level: Advanced

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.

GER 13: 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: 07 Oct

Our principal focus will continue to be a wide-ranging selection from the best of 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.

GRM 01(z): Greek conversation

Tutor: Panos Polihroniadis

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: 8

Start date: 10 Oct

You are on a Greek island, the sun is shining, it is Friday and you want to go to Καφενείο ο Πανός, to meet friends for a chat in Greek, who speak modern Greek, on any topic of the day. Sorry but the Καφενείο is closed but you can meet the friends on Zoom, therefore you have to make the coffee yourself.

Level: Good command of Modern Greek

Format: Discussion

About me: I am Greek and I enjoy the Greek conversation.

GRM 02: Modern Greek: Intermediate

Coordinator: Elisabeth Marseglia

Day and time: Monday 12:30 - 14:00

Venue: U3AC (Orange room)

Length of course: 3 terms. Autumn (8 weeks), Spring (10 weeks), Summer (7 weeks)

Places: 8

Start date: 13 Oct

This class is a continuation of the 2024-2025 course Modern Greek Intermediate and is aimed at those who already have a reasonably good knowledge of demotic Greek grammar and vocabulary. A tutor who is a native Greek speaker is being sought, but until then the class will be a self-help group. Work will be based on two books, one literary and one historical which will be supplemented with additional material. The purpose of the course is to help the members to develop a greater facility in modern Greek. New members are very much welcome but it is important that potential new members contact the course coordinator before applying, to discuss whether the class is appropriate for them.

Level: Intermediate

Format: Self-taught course or activity

About me: We enjoy learning the language together and coming to understand more of the culture of modern Greece.

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: 10

Start date: 10 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: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 12

Start date: 07 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 0563 519452. 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.

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

ITA 02: Basic Italian for short trips

Tutor: Sian Morgan

Day and time: Tuesday 09:45 - 10:45

Venue: U3AC (Red room)

Length of course: 1 term. Autumn (5 weeks)

Places: 12

Start date: 11 Nov

In this short course which is intended to be relaxed and enjoyable, we will learn basic vocabulary and simple phrases for a short trip to Italy. Participants will practice with each other with a focus on communication rather than grammar.

Level: A1 Beginners

Format: Taught course or activity

About me: I am a trained teacher and lived and taught in Italy for 30 years.

ITA 03: 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: 07 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 04: Italian intermediate

Tutor: Prof Ricky Selwyn

Day and time: Tuesday 15:00 - 16:30

Venue: U3AC (Yellow room)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 15

Start date: 07 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 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: 07 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.

ITA 06: 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: 06 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. There is no formal grammatical tuition but just pronunciation correction and new vocabulary. Non abbiate paura, nessuno giudica, ci divertiamo!

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 UK. I enjoy sharing the discovery of new books and authors.

ITA 07: Italian conversation (Tuesday)

Tutor: Prof Ricky Selwyn

Day and time: Tuesday 11:15 - 12:30

Venue: U3AC (Green room)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 12

Start date: 07 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 08: Italian conversation (Friday)

Tutor: Prof Ricky Selwyn

Day and time: Friday 13:45 - 15:00

Venue: U3AC (Green room)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 12

Start date: 10 Oct

Description as for ITA 07.

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

Tutor: Yongqing Ma

Day and time: Tuesday 15:45 - 16:45

Venue: U3AC (Orange room)

Length of course: 2 terms. Autumn (10 weeks), Summer (9 weeks)

Places: 6

Start date: 07 Oct

This course is for members who have basic knowledge of Mandarin and would like to practice and improve their listening, speaking and communication skills. We will use the textbook: Conversational Chinese 301 by Y Kang & S Lai (ISBN 978-7-301-25651-0 or ISBN 978-7-301-32163-8). Each lesson is divided into six parts: Sentences, Conversation, Substitution & Extension, New Words, Grammar and Exercises. In addition, there will be some materials for particular topics such as culture, history, food, etc. Special events, e.g. holidays, might also help the participants improve and master these basic conversations.

Level: Beginners

Format: Discussion

About me: I am a native Chinese speaker and have lived in Britain and New Zealand for 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: 09 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 5

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: 07 Oct

Russian for improvers is for those who have already 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

Convenor: 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: 07 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 'Rudin' by Turgenev, and will probably be choosing another 19th century text to read in the coming year. 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. Any comments are very welcome and are in English. Cost: as per book, if relevant dictionary, device (U3AC has free Wi-Fi).

Level: Intermediate

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 and some more modern texts.

RUS 02(z): Reading Russian literature

Places: 4

As for RUS 02 but attending via Zoom.

SPA 01: Beginners Spanish

Tutor: Carlos Toranzos

Day and time: Thursday 09:45 - 10:45

Venue: U3AC (Green room)

Length of course: 3 terms. Autumn (8 weeks), Spring (8 weeks), Summer (5 weeks)

Places: 10

Start date: 09 Oct

This course will be a continuation of last year's Spanish for Beginners (SPA 06). It will provide new techniques of communication improving, from the previous course. Basic language skills to communicate in Spanish but a further advanced level of - greetings, meeting people, asking for tickets, and directions, booking a hotel room, and ordering a meal and drink. The course will be based on a Spanish textbook introducing basic grammar and practical vocabulary also introducing past tense, future tense and other complex grammar points. We will also use 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 some listening practices to familiarise the hearing of accents and speeds. New members are welcome too if they have some basic knowledge of Spanish. If in doubt, please contact me.

Level: Beginners

Format: Seminar

About me: I am originally from Bolivia and taught Spanish and History at Anglia Ruskin University for over 30 years.

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: 08 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. 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: Beginners

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 nine 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: 12

Start date: 08 Oct

This is 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 look at and discuss a text and cover a grammar point in each lesson, as well as doing some speaking in Spanish. Material used will range from literary texts to articles from contemporary newspapers. I hope to cover at least one short novel in a series of excerpts, starting with 'Relato de un naufrago' by Gabriel García Marquez. There will be work to complete 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 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(z): Spanish conversation via Zoom

Tutor: Maribel Yoxall

Day and time: Monday 14:00 - 15:30

Venue: Zoom

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 10

Start date: 06 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 05: 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: 06 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 'Réquiem por un campesino español' by Ramón Sender. 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.

SPA 06: 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: 07 Oct

Segun el Diccionario de la Real Academia Española 'tertulia' significa una reunión de personas que se juntan habitualmente para conversar o recrearse. Ven y comparte nuestra Tertulia U3AC. El formato y los temas de nuestras clases varían según los deseos de los miembros e incluyen presentaciones, lectura de artículos de periódicos/en línea, cuentos cortos, poemas; de hecho, cualquier fuente o actividad que estimule la conversación. 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 facilitate, propose and coordinate activities that promote conversation.

SWE 01: Swedish for beginners

Tutor: Stephen Wright

Day and time: Tuesday 10:00 - 11:00

Venue: U3AC (Yellow room)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 14

Start date: 07 Oct

This enjoyable course is an introduction to Swedish and Sweden, but also for those interested in languages. Learning Swedish is a gateway to all the Scandinavian languages. This beginners' course is similar to previous years, and previous students are always welcome. We will use the excellent course book 'Complete Swedish' by Dr Anneli Beronius Haake, 2018, ISBN 9781444195101, available from bookshops and online. First, we learn how to pronounce easy and less easy words e.g. Jag måste lära mig det här språket! We then learn how to use simple Swedish, an easy language for English speakers, when travelling, shopping, and meeting people. Language notes, maps and visitor information will be distributed free. Each session will include an aspect of Swedish life or a well-known Swede, from Lucia to Nobel.

Level: Beginners. CEFR A1, A2 towards B1

Format: Taught course or activity

About me: I frequently visit Stockholm for family reasons and I have studied Swedish with Folkuniversitetet.

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

SWE 02: Swedish improvers

Coordinators: Christine Stapleton & Mary Wilson

Day and time: Tuesday 11:15 - 12:15

Venue: U3AC (Yellow room)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 10

Start date: 07 Oct

This self-help course is suitable for anybody with some previous knowledge of Swedish. We shall continue to use the course book 'Complete Swedish' by Dr Annelies Beronius Haake (2018, ISBN 9781444195101) and a variety of other materials to develop reading and listening skills, to consolidate grammar and to build up confidence in conversation. These will be selected to suit different levels of ability. We will also be using the book '50 Swedish Coffee Breaks' (Teach Yourself, Coffee Break Languages, 2023, ISBN 9781399810449). Please contact the coordinators if in doubt about level required.

Level: Advanced beginners to Intermediate

Format: Self-taught course or activity

About us: We are both keen to make progress with other learners.

SWE 02(z): Swedish improvers

Places: 5

As for SWE 02 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: 06 Oct

This is the third year of the course. Its aim is to give those interested in sustaining and developing their knowledge of, and competence in, the Welsh language an opportunity to do so in the company of like-minded others, who have the same enthusiasm for the language and its culture. In essence it will be a reading course with an option to develop speaking skills, if there is interest in doing so. Our focus will be on contemporary texts - newspaper and magazine articles, news items and perhaps modern short stories. The coordinator will coordinate but members will be equally responsible for providing 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: Bezique

Organiser: 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: 10 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 02: U3AC Bird Club

Organisers: Debbie Ganz & Clare Matthews

Secretaries: Jeremy and Jill 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: 10 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. We 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 03: Introduction to modern board games

Tutors: Peter Campbell & Anne Campbell

Day and time: Monday 15:45 - 17:15

Venue: U3AC (Orange room)

Length of course: 1 term. Autumn (10 weeks)

Places: 8

Start date: 06 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

Organisers: Peter Campbell, Michael English & Hans Van der Velden

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: 09 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, Carcassonne, PowerGrid. If not please go on the 'Introduction to modern board games' (LEI 03) 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)

Organisers: Peter Campbell, Michael English & Hans Van Der Velden

Day and time: Thursday 10:00 - 12:30

Venue: U3AC (Yellow room)

Length of course: 1 term. Summer (9 weeks)

Places: 14

Start date: 16 Apr

This is a repeat of LEI 04.

LEI 06: Introduction to Dungeons and Dragons

Leader: Tim Ollerenshaw

Day and time: Monday 13:30 - 16:00

Venue: St Clement's Church (Upper Room, NB: First Floor - no lift)

Length of course: 1 term. Autumn (10 weeks)

Places: 8

Start date: 06 Oct

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 8 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 07: U3AC Bowls Club (Summer term)

Organisers: Peter Campbell & Alistair Lovegrove

Day and time: Wednesday 14:00 - 16:00

Venue: Chesterton Outdoor Bowls Club (Bowling green)

Length of course: 1 term. Summer (18 weeks)

Places: 32

Start date: 06 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 6 May until 2 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 £20 payable on application. Also, if you require bowls the organiser will collect a one off £3 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 08: Beginners' Bridge

Coordinators: 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: 36

Start date: 09 Oct

This course is aimed at beginners - those who are interested in playing but have not yet learned the basics of bridge. Players with a little experience are 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 09: Bridge Street Bridge group

Organiser: Katherine Cutmore

Day and time: Thursday 11:45 - 13:45

Venue: U3AC (Blue room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 16

Start date: 09 Oct

To join our relaxed Bridge playing group, all you need is to be familiar 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 at the same time, strive to improve as the 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 me: I have been playing Bridge for several years and have been running the Bridge Street Bridge group for the past 6 years.

LEI 10: Fledgling Bridge

Co-leaders: Eric Barber & Chris Bowler

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: 10 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 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: 06 Oct

Members play Rubber Bridge throughout the afternoon with tables and partnerships being made up on arrival and 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.

Format: Course or activity without teaching.

About me: I joined this group 5 years ago and took over as Coordinator last year. I enjoy playing social Bridge with this friendly group.

LEI 12: Duplicate Bridge club

Tutor: Anne Swinney

Secretary: Josephine Hunter

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: 07 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. A host system operates 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 £5 paid to U3AC on application to cover the cost of scoring software and stationery.

Format: Course or activity without teaching

About me: (Anne) I was originally taught to play Bridge by Fred (John Pierce) over 10 years ago and enjoy playing duplicate bridge which I started to play here.

LEI 13: Online Bridge league (BBO)

Organiser: Barrie Hunt

Day and time: Thursday 15:00 - 17:00

Venue: Online

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 48

Start date: 09 Oct

You will use the popular, readily accessible bridge-playing online platform Bridge Base Online (BBO) to play your matches, playing a different pair each week. Each match comprises 12 hands in Chicago format, takes around 90 minutes and is suitable for anyone who plays standard Acol. You can join either as a pair or an individual - in the latter case I will endeavour to find you a partner, but this cannot be guaranteed. You will arrange each match directly with your opponents, preferably at 3pm on Thursdays, but there is limited flexibility to allow for sickness and holidays. BBO and Chicago are straightforward, and I provide supporting sheets. The league aspect is low-key, secondary to enjoyment - pairs are simply identified by letters in final league tables.

Format: Course or activity without teaching

About me: I'm an average social player. During Covid I ran an online league - the model works for both those who cannot easily travel and those wanting online as well.

LEI 14: Camsail

Coordinator: Peter Jones

Day and time: 2nd Wednesday of the month 19:30 - 21:00

Venue: Cambridge and County Bowling Club

Length of course: 3 terms. Autumn (3 weeks), Spring (3 weeks), Summer (3 weeks)

Places: 40

Start date: 08 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 places 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 50 years of my interest in many types of sailing, I have learnt a lot by listening and reading about the marine environment.

LEI 15: Canasta club

Organiser: 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: 15

Start date: 08 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 16: Samba (Canasta)

Tutor: Tony Harper

Day and time: Wednesday 15:30 - 17:30

Venue: U3AC (Blue room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 15

Start date: 08 Oct

Samba is a variation of the game Canasta with added complexities, not least the ability to play runs of cards of the same suit. This class is a development of the successful Canasta club (LEI 15) and it is aimed at people who have attended that course or who are otherwise experienced Canasta players. A knowledge of Canasta is expected, therefore, but full tuition in this new version will be given.

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 17: Scrabble

Organiser: Pat Bass

Day and time: Monday 14:30 - 16:30

Venue: Member's home (CB4 2AB)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 8

Start date: 06 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. If members want to, Julian Landy will co-ordinate the Summer term at Bridge Street - details to be confirmed nearer the time.

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 18: Chess appreciation

Tutor: Bob Walker

Day and time: Thursday 15:30 - 16:30

Venue: U3AC (Orange room)

Length of course: 1 term. Autumn (10 weeks)

Places: 10

Start date: 09 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 interested 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.

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 - & I've only beaten a grandmaster once.

LEI 19: Cooking: the books

Organiser: Louise Hashemi

Day and time: Alternate Fridays, 14:00 - 15:30

Venue: Member's home (Girton, CB3 0NJ)

Length of course: 2 terms. Autumn (5 weeks), Spring (5 weeks)

Places: 8

Start date: 10 Oct

This relaxed discussion group is for people who enjoy sharing information, ideas and opinions about cookery books over a cup of tea or coffee. Each meeting will begin with a short presentation by a participant on a theme previously agreed and everyone is welcome to bring relevant books for us to look at. Themes are decided according to participants' interests, but have included: cookery books for presents; European, Middle Eastern and South East Asian cuisines; vegetarian cookery; avoiding waste; entertaining; celebrity chefs; cooking with children; family heirlooms and sources of recipes nowadays, ice cream making and home economics in the 1960s. We often swap recipes and sometimes sample prepared food, where appropriate. NB cookery skills are not a requirement - an interest in cookery books is! Giving a presentation is not obligatory. The organiser will give the first presentation.

Format: Discussion

About me: I enjoy reading about the history of food, learning about different cuisines, exchanging opinions about cookery books and writers and learning new recipes.

LEI 20: 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: 11 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 21: Cryptic crosswords for real beginners

Organiser: 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: 08 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 9780600635192 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.

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 22: 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: 08 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 who have belonged to the Crossword club for some time.

LEI 23: Mah Jong group

Convenor: 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: 11

Start date: 06 Oct

You will experience exhilaration, frustration, delight and infuriation (not seriously!) when you play this ancient Chinese game whose aim is to be the first to complete one of the many combinations of suits and numbers possible with the small decorated tiles. Playing involves both strategy and luck and is always enjoyable. Methods of play vary in different parts of the world, but we follow the rules set out in the book 'The Game of Mah Jong' by Thompson and Maloney (Kangaroo Press. ISBN 978-0-8641-7302-7). You will need your own copy (We have 2 new copies available for purchase at £21, a slight reduction on the 'World of Books' price). As we play at tables of 3 or 4 people it can spoil the enjoyment of games if anyone has regularly to leave before the end, so we appreciate players who can commit to the full 2 hours.

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.

Linguistics

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

Tutor: Stella Alderton

Day and time: Friday 10:00 - 11:15

Venue: U3AC (Yellow room)

Length of course: 1 term. Spring (10 weeks)

Places: 12

Start date: 16 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.

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

Literature

LIT 01(z): Book group 1

Coordinators: Judith Judd, Mary Newton & Sue Rhodes

Day and time: 1st Tuesday of the month throughout the year 09:45 - 11:00

Venue: Zoom

Places: 14

Start date: 07 Oct

Book group 1 reads mainly 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 'Long Island' by Colm Tóibín. 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. We try to organise an annual face-to-face meeting.

Format: Discussion

About us: The three Coordinators are longstanding members of Book group 1 and enthusiastic readers of a wide variety of books.

LIT 02: Book group 2

Organiser: 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)

Length of course: 3 terms. Autumn (3 weeks), Spring (3 weeks), Summer (3 weeks)

Places: 14

Start date: 13 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 'This Strange Eventful History' by Claire Messud. 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 us: (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.

(Angela) 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 (3 weeks), Spring (3 weeks), Summer (2 weeks)

Places: 12

Start date: 27 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 I've chosen to start this year, is in fact a biography, recommended by a friend whose opinion I respect: 'Wifedom' by Anna Funder and is about George Orwell's 'forgotten wife'. The copy I have is in hardback and I don't know whether it is out in paperback. If it isn't, and you don't want to splash out on hardback (though try World of books (WOB) on the internet for secondhand books), what I suggest is that you get a book by the same author and we can widen the discussion. 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: 08 Oct

Each month a member will pick a book of fiction (available in paperback) and lead the discussion. We focus on the author, setting, plot, character, themes, language and critical reception but wide-ranging discussions often ensue on our own opinions of literature and life. Please come along with a suggestion for a book you would like the Book group to read so we can arrange a programme for the year. For our first session in October I would like to try something different. I would like us to concentrate on the novels of William Boyd. You may read any of his books e.g. A Good Man in Africa, An Ice-Cream War, Brazzaville Beach, Armadillo. I shall focus on Any Human Heart which The Guardian described as 'A terrific journey through the twentieth century. Thoroughly entertaining and enjoyable.'

Format: Discussion

About us: (Ann) I miss my job as an English teacher; this group brings me great joy!

(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 'Come for the cake - and stay for the books!'

Coordinators: Jenny Bastable & Jessie Nisbet

Day and time: 3rd Monday of the month (this will 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: 20 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. The first book we will talk about will be announced once we receive the class list.

Format: Discussion

About us: We have enjoyed running this group for the last two years and look forward to sharing the pleasure with others once more.

LIT 06: Book group - Travel writing

Leader: John Bastable

Day and time: 2nd Thursday of the month 14:00 - 15:30

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: 14

Start date: 09 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 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: 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 07: Another book group

Convenor: Robert Guyton

Day and time: 2nd Wednesday of the month 09:30 - 11:00

Venue: U3AC (Orange room)

Length of course: 2 terms. Autumn (3 weeks), Spring (3 weeks)

Places: 5

Start date: 08 Oct

Having greatly enjoyed two years of this new 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 'Homestead' by Rosina Lippi and 'Clear' by Caryl Davies, 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.

Note: November meeting will be held on 19 Nov.

Format: Discussion

About me: I'm a keen reader and love discussing books.

LIT 07(z): Another book group

Places: 5

As for LIT 07 but attending via Zoom.

LIT 08: Anton Chekhov

Tutor: Kerry O'Connell

Day and time: Tuesday 12:45 - 13:45

Venue: U3AC (Red room)

Length of course: 2 terms. Autumn (10 weeks), Spring (6 weeks)

Places: 20

Start date: 07 Oct

To explore the life and work of Anton Chekhov, looking at some of his short stories and at his four late plays: The Seagull, Uncle Vanya, The Three Sisters and The Cherry Orchard. This will be done through shared reading, watching videos of productions, discussion and analysis. The book we will be using is Anton Chekhov: About Love and Other Stories, translated by Rosamund Bartlett and published by Oxford World's Classics.

Format: Seminar

About me: I have been a tutor at U3AC for ten years.

Before this I taught English and Drama at secondary and sixth form level for 40 years.

LIT 09: Austen's contemporaries

Tutor: Melina Heaton

Day and time: Wednesday 11:15 - 12:45

Venue: U3AC (Orange room)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 8

Start date: 08 Oct

We will explore English women authors who were Austen's contemporaries. We will read novels, plays, and letters to better acquaint ourselves with these interesting women who have disappeared from the limelight.

Format: Discussion

About me: I taught literature and philosophy at various international schools and have had a fascination for the 18th century for many years.

LIT 10(z): Carol Ann Duffy (Spring term)

Leader: Martin Hamor

Assistant: Jenny Knight

Day and time: Thursday 10:15 - 11:30

Venue: Zoom

Length of course: 1 term. Spring (10 weeks)

Places: 20

Start date: 15 Jan

This course is for everyone who enjoys reading great poetry and wishes to learn more about a specific poet. Carol Ann Duffy (born 23 December 1955) spent her first few years in the Gorbals area of Glasgow. She started writing poetry at the age of 11. Her well-known and well-liked poetry engages topics such as gender and oppression, expressing them in familiar, conversational language that makes her work accessible to many. Her work explores both everyday experience and the rich fantasy worlds of herself and others. Like the best of her novelist peers, she slides in and out of her characters' lives. In 2009, she became the first female Poet Laureate of Great Britain and continued in that role until 2019. She has won many prizes for her poetry and has been awarded honorary doctorates by four universities. She holds an honorary fellowship at Homerton College, Cambridge.

Format: Tutor-led introduction with poetry reading in turn

About me: (Martin) A trained teacher and learning support professional with a life-long interest in poetry. I have run successful U3AC poetry groups for several years.

LIT 11: Changing places

Tutor: Judith Braid

Day and time: Alternate Fridays, 10:00 - 11:15

Venue: U3AC (Green room)

Length of course: 2 terms. Autumn (5 weeks), Spring (5 weeks)

Places: 12

Start date: 17 Oct

Exile has always been a powerful springboard for fiction and such books seem particularly relevant in the current world situation. On this course we will read, discuss and compare a number of novels about exile, set in different locations and times and see how their authors have portrayed the minds and experiences of their exiled characters, whether their change of country has been freely chosen or enforced. We will explore together themes such as identity, 'otherness', displacement and integration, nostalgia for the past and hopes for the future. In the first term we will cover settings in Australia, Berlin, London and New York in our discussions on: 'The Secret River' by Kate Grenville, 'Brooklyn' by Colm Tóibín, 'Go, Went, Gone' by Jenny Erpenbeck, 'The Lonely Londoners' by Sam Selvon and 'Golden Hill' by Francis Spufford.

Format: Discussion

About me: I have run discussion classes on modern fiction for several years and would like to share some thought-provoking titles with interested members.

LIT 12: Classical Greek Tragedy: Euripides' 'Phoenician Women' (Spring term)

Leader: Margaret Sakellariadis

Day and time: Thursday 11:45 - 13:15

Venue: U3AC (Yellow room)

Length of course: 1 term. Spring (10 weeks)

Places: 14

Start date: 15 Jan

This drama, highly esteemed in antiquity and the Middle Ages for its image-rich and eloquent poetry, has fallen out of popularity in modern times. It encompasses much of the myth of the Theban royal house of Oidipous, so well-known from the plays of Sophocles, but it differs in some details from these. Today it is considered rather difficult and the class will study it together in an English translation to reach an understanding and appreciation of it. The required text is 'Euripides IV', Grene and Lattimore ed., 2013, University of Chicago Press, ISBN 13: 978-0226308968.

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 13: 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)

Places: 12

Start date: 20 Oct

Our group members read novels that reflect the changes in the world during the twentieth century, taking turns to lead. Together we consider their appeal today and when they were published. The aim is to range through the 1900s and to include literature from a variety of genres and cultural backgrounds. This year we start with Graham Swift's 'Waterland'. Read it in advance to join in the discussion in session 1. For November the choice is Helene Hanff's '84 Charing Cross Road'. Together with members of the Zoom group, we shall draw up a programme for after that which is based on members' suggestions. Although in most months the two groups read the same books, they are separate - transfer will not usually be possible. 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 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 14(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

Places: 12

Start date: 13 Oct

As for LIT 13 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 15: Dystopian Literature

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: 2 terms. Autumn (3 weeks), Spring (3 weeks)

Places: 14

Start date: 08 Oct

Continuing our exploration of dystopian novels, we will read works from around the world and discuss them in our monthly meetings.

Format: Discussion

About me: I taught literature in various international schools and have a lifelong interest in dystopian literature.

LIT 16: European writing

Convenor: 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: 14 Oct

This is a discussion group not a theory group meeting monthly. We allow ourselves to spend time talking about how our lives are affected by our reading. We read recent translations of about 250 pages from or about Europe concentrating mostly but not necessarily exclusively on novels (including detective fiction). We decide together what sort of writings and from what parts of Europe will prompt and satisfy our interests. Do bring your ideas. Our first meeting will discuss 'Time Shelter' by Georgi Gospodinov. This book won the International Booker Prize for 2023.

<https://www.theguardian.com/books/2022/may/20/time-shelter-by-georgi-gospodinov-review-the-dangers-of-dwelling-in-the-past>

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 17: 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: 14 Oct

Join us for a light-hearted delve into the works of today's fantasy 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 Angie are sci-fi/fantasy book fans and enjoy coordinating this lively group and discussing books by familiar and new authors suggested by members.

LIT 18: George Eliot's 'Middlemarch' (Spring term)

Tutor: Mike Lynch

Day and time: Monday 11:45 - 12:45

Venue: U3AC (Green room)

Length of course: 1 term. Spring (10 weeks)

Places: 13

Start date: 12 Jan

'Middlemarch' is generally considered one of the nineteenth century's greatest novels. Written in the 1870's but set in the period of the Great Reform Act of 1832, it illustrates the huge pressures that the society of that time could exert on individuals and the significant, if inevitably limited, success that individuals could achieve in response to such pressures. We will study 'Middlemarch' together as a group. Critical summaries will be provided for each of the novel's eight sections, and these will be used as a starting point for discussion throughout the course.

Format: Lecture-based discussion

About me: I have a degree in English Literature and enjoy reading George Eliot's novels.

LIT 19: Great Broadway Lyricists 1924-2015

Tutor: Mike Levy

Day and time: Thursday 13:45 - 15:00

Venue: U3AC (Red room)

Length of course: 1 term. Autumn (10 weeks)

Places: 20

Start date: 09 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 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 20: Introduction to James Joyce's Ulysses (Spring term)

Tutor: Maud Ellmann

Day and time: Monday 10:00 - 11:00

Venue: U3AC (Blue room)

Length of course: 1 term. Spring (6 weeks)

Places: 16

Start date: 19 Jan

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. We'll read the novel chapter by chapter, encouraging everyone to contribute their own ideas and interpretations. Although we won't have time in six weeks to read more than a few chapters I'd be happy to lead a further reading group for those who get hooked. 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. We will use the Oxford World's Classics edition of Ulysses, edited by Jeri Johnson, which can be purchased from Amazon and elsewhere.

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 21(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: 08 Oct

Looking at New Testament references to the Hebrew Bible. This is a close reading group and reading will be set to aid discussion. We have started with the Gospel of Luke. The sessions focus on discussion and interpretation in the group, participants will not be told what to think!

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 22: John Donne (Summer term)

Tutor: Kerry O'Connell

Day and time: Tuesday 12:45 - 13:45

Venue: U3AC (Red room)

Length of course: 1 term. Summer (6 weeks)

Places: 19

Start date: 14 Apr

We will explore the life and poetry of the Elizabethan/Jacobean poet, John Donne, both his secular and his religious verse.

Format: Seminar

About me: I have been a tutor at U3AC for 10 years, Before that I taught English and Drama at secondary and sixth form level for 40 years.

LIT 22(z): John Donne (Summer term)

Places: 12. As for LIT 22 but attending via Zoom.

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

LIT 23: Lost Poems of World War 1

Tutor: Dr Martin Stephen

Day and time: Thursday 14:00 - 15:00

Venue: U3AC (Blue room)

Length of course: 1 term. Autumn (6 weeks)

Places: 15

Start date: 09 Oct

Starter level and beyond. Examination of the 'populist' poems of the time, read by millions but now forgotten, and poems on the war by established authors but subsequently lost from the canon. These poems present a radically different view of the war from that found in established war poets such as Owen and Sassoon. Also examined are neglected poems by famous authors. No reading matter required; all provided.

Format: Seminar

About me: Several books published on WW1 Poetry, PhD, former Head and Emeritus Lecturer University of Manchester.

LIT 23(z): Lost Poems of World War 1

Places: 15

As for LIT 23 but attending via Zoom.

LIT 24: 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: 13 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 25: Modern European novels

Facilitators: 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: 21 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 fosters a level of intercultural understanding that is even more crucial than ever in today's tumultuous world. This group has been running for eight 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. We will contact you nearer to the start of the new academic year with the title of the first novel.

Format: Discussion

About us: The facilitators have been members of many reading literature groups over the years.

LIT 26(z): 'Much madness is divinest sense...' (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: 14 Apr

As the course title suggests (in Emily Dickinson's words), we shall consider how madness can sometimes illuminate truths which prosaic sanity may be slower to apprehend. (King Lear has, of course, profound insights in his insanity.) We will read together 'Operators and Things' by Barbara O'Brien (available second-hand through Amazon, Abebooks, etc), an astonishing personal account of a florid schizophrenic breakdown, and the writer's subsequent recovery into wisdom. I will provide a running analysis, and facilitate discussion. In a state of hallucinatory psychosis, while travelling on Greyhound buses through 1950s America, the author experienced the people she encountered as either 'Operators', fantastically committed to manipulating others, or 'Things' (such as herself), ceaselessly controlled in intricate power relationships. You will also need the wonderful collection of essays, 'Steps to an Ecology of Mind' by Gregory Bateson, which provides an interpretation of madness in terms of dysfunctional personal interactions.

Format: Seminar

About me: I explored the question of madness (in relation to guilt) in my post-grad thesis, and for a decade counselled individuals with schizophrenia in a therapeutic community.

LIT 27: 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: 2 terms. Autumn (3 weeks), Spring (3 weeks)

Places: 10

Start date: 13 Oct

The British Library Women Writers series is a curated collection of novels by female authors who enjoyed broad, popular appeal in their day, but are perhaps now rather neglected. In a century during which the role of women changed radically, their fictional heroines highlight women's experiences of life inside and outside the home through the first half of the 20th century. For the first session we will read 'A Pin To See the Peepshow' by F. Tennyson Jesse published in 1934, but set in the 1920s. I would hope to read a selection across the decades but we can decide on subsequent reads as a group. The complete list of books in the series can be found at

<https://shop.bl.uk/collections/british-library-women-writers>

Format: Discussion

About me: I have been running a book group for three years and I look forward to discovering new novels by 20th century women authors and discussing them with the group.

LIT 28(z): Personal poetry

Convenor: 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: 13 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 29: Poetic Form

Leader: Patricia Loughlan

Day and time: Friday 12:00 - 13:30

Venue: U3AC (Green room)

Length of course: 1 term. Autumn (9 weeks)

Places: 10

Start date: 17 Oct

This is a discussion group which will dedicate itself to analysing poetic forms (like the sestina, the villanelle, the sonnet, haiku, the ode...), considering examples of each and then moving on to free verse, with a view to understanding what can be achieved by each variation of form within the bigger world of poetry.

Format: Discussion

About me: I have long been enchanted by lyric poetry and have a particular interest in poetic forms.

LIT 30: Poetry reading group J - Tuesday

Organisers: John Cook & Jo Whitehead

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: 07 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. See also the similar group 'Poetry reading group R'.

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 30(z): Poetry reading group J - Tuesday

Places: 4

As for LIT 30 but attending via Zoom.

LIT 31: Poetry reading group R - Thursday

Convenor: Rob Guyton

Day and time: 4th Thursday of the month 15:00 - 16:30

Venue: U3AC (Yellow room)

Length of course: 2 terms. Autumn (3 weeks), Spring (3 weeks)

Places: 6

Start date: 23 Oct

This course has run for a long time but is shifting from weekly to monthly this year. Each member brings a poem, in English, to read aloud and then to be discussed by the group. 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 me: This friendly group has run successfully for a number of years. Previous and new members are very welcome.

LIT 31(z): Poetry reading group R - Thursday

Places: 5

As for LIT 31 but attending via Zoom.

LIT 32(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: 06 Oct

Reading the Septuagint - 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.

Format: Seminar

About me: I am an old classics teacher, still captivated by 'dead' languages.

LIT 33: Shakespeare's Tragedies: 'Hamlet' and 'King Lear'

Tutor: Kerry O'Connell

Day and time: Tuesday 11:00 - 12:00

Venue: Cambridge Central Library (Seminar room)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 19

Start date: 07 Oct

We will explore these two great tragedies, studying the texts in detail and sharing a variety of different performances on video and discussing them together.

Format: Seminar

About me: I have been a tutor at U3AC for ten years, Before that I was a teacher of English and Drama at secondary and sixth form level for 40 years.

LIT 34: Sustainability book group

Convenor: 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: 07 Oct

We will discuss books and other materials e.g. newspaper articles, U3AC recorded lectures, both fact and fiction on various aspects of sustainability, and work together to take appropriate actions such as reducing meat consumption, writing to MPs, lowering thermostats, car sharing or planting trees or a wildflower meadow. Our first book will be, 'The Serviceberry' by Robin Wall Kimmerer. We hope that members will suggest other books. We usually divide big books into sections assigned to reduce workload. We have read a wide variety of books in this group including George Monbiot's, 'This Can't Be Happening', 'Wilding' by Isabella Tree and Jake Fiennes, 'Land Healer'. This course is for anyone interested in and/or who would like to know and do more about environmental matters.

Format: Discussion

About us: (Elizabeth) A Biology/Environment ex lecturer and University Environment Manager. Janet is an environmental activist.

LIT 35: The Cambridge of Sylvia Plath and Ted Hughes (Spring term)

Tutor: Di Beddow

Day and time: Tuesday 12:30 - 13:30

Venue: U3AC (Yellow room)

Length of course: 1 term. Spring (5 weeks)

Places: 15

Start date: 13 Jan

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 will be in the form of lectures, discussion, poetry reading and one walk to visit some of the haunts of a famous literary couple.

Week 1: The timeline of the Cambridge Period;

Week 2: Ted Hughes in Cambridge;

Week 3: Sylvia Plath in Cambridge;

Week 4: The Poets as a Couple in Cambridge;

Week 5: 'Our Place' a literary walk from the Mill bridge to Grantchester.

Format: Lecture

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 36: The Marriage of Figaro

Tutor: Melina Heaton

Day and time: Thursday 13:15 - 14:45

Venue: U3AC (Yellow room)

Length of course: 1 term. Autumn (10 weeks)

Places: 12

Start date: 09 Oct

Beaumarchais' play caused an uproar at the French court yet was eagerly awaited by enthusiastic audiences. Revolutionary leader Danton said that the play 'killed off the nobility'. Emperor Joseph II forbade performance of the play in Vienna, yet Mozart managed to convince him to approve an opera version. The opera premiered just two years after the play's first performance in Paris. We will explore both the play and the opera as well as the two extraordinary men who created them.

Format: Discussion

About me: I taught literature and philosophy in various international schools and have always been rather fanatical about opera.

LIT 37: Timothy Findley (Spring term)

Tutor: Melina Heaton

Day and time: Thursday 10:00 - 11:30

Venue: U3AC (Yellow room)

Length of course: 1 term. Spring (10 weeks)

Places: 12

Start date: 15 Jan

This course will offer an introduction to Canadian author Timothy Findley and his work. We will read two short novels and a play as well as explore the life and work of this interesting author who deserves to be more widely known.

Format: Discussion

About me: I taught literature and philosophy in various international schools.

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

LIT 38: Twentieth and early twenty first century classics

Tutor: Robert Haining

Day and time: 4th Tuesday of the month throughout the year 10:15 - 11:15

Venue: U3AC (Blue room)

Places: 10

Start date: 25 Nov

Meeting once a month from November 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 November by discussing 'Housekeeping' by Marilynne Robinson (1980). Those who are allocated places should come prepared. In December we shall discuss 'The Road Home' by Rose Tremain (2007). All the remaining novels for the year to June 2026 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 38(z): Twentieth and early twenty first century classics

Places: 3

As for LIT 38 but attending via Zoom.

LIT 39: Two poets of our time

Organiser: Jean Gross

Coordinator: Chris Kington

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: 13 Oct

We will read together works from the American Nobel Laureate Louise Gluck Poems 1962 - 2020, Penguin Modern Classics 2022 (ISBN 978 0 241 52608 8) and the recent collection by Northumberland-based Forward Prize shortlisted Katrina Porteous Rhizodont, Bloodaxe Books 2024 (ISBN 978 1 78037 713 1). These will be the required reading for this ten-session course. No prior knowledge of poetry is required. The class will discuss these two modern poets and share thoughts and opinions. This is a collaborative, participative discussion group with no formal teaching, led by enthusiasts who have no training in poetry. They work with the combined knowledge, deliberation and wisdom of the group to explore and enhance enjoyment by reading poetry together. The course format has been refined over the years and will be familiar to those who have studied various modern and contemporary poets with Chris and Jean.

Format: Discussion

About us: (Jean) I'm not an expert but have been learning from this brilliant discussion group for several years. (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.

Mathematics

MTH 01(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: 09 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 02(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: 14 Jan

This is a repeat of MTH 01(z) so members should not enrol for both.

Music

MUS 01: Aspects of classical music

Tutor: John Hopkins

Day and time: Tuesday 14:40 - 16:10

Venue: U3AC (Pink room)

Length of course: 1 term. Autumn (10 weeks)

Places: 30

Start date: 07 Oct

In this course we will consider the music of a number of composers, grouped in pairs, ranging from the 18th to the early 20th centuries. We will listen to selected pieces, discuss them and think about the contexts in which the composers worked, how their music was used then and how it functions now. The discussion will be as free from technical terminology as possible and we will also keep an eye and ear open to think about why this music is considered to be still worth listening to in the 21st century.

Format: Lecture

About me: I am a retired university lecturer in music and an active composer, concerned for the survival and the wider appreciation of classical music.

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

MUS 02: 'A Bundle of Time': Harriet Cohen and classical music in Britain 1900 - 1950 (Spring term)

Tutor: John Hopkins

Day and time: Tuesday 11:30 - 12:50

Venue: U3AC (Pink room)

Length of course: 1 term. Spring (10 weeks)

Places: 30

Start date: 13 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 memoirs, recounted in her book, *A Bundle of Time*, reveal a close involvement with the music of the composers of the time, especially of 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 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 in music and an active composer, concerned for the survival and wider appreciation of classical music.

MUS 03: Chamber choir

Leader: Alison Miles

Coordinator: Lorna Cox

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: 08 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 we will be concentrating on 4- to 8-part unaccompanied short works, largely Renaissance. Suggestions of additional pieces are welcome. Much of the music will be circulated as PDFs or website links for course members to print at home or read from a tablet. 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 04: Choir

Director of Music: Brian Watkins

Accompanist: Christopher Hills

Secretary: Vanessa Tilling

Day and time: Thursday 10:30 - 12:00

Venue: St James' C of E Church

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 80

Start date: 09 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. In the recent past 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 whilst the ability to read music is not essential, you should be willing to learn your part 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: (Vanessa) I act as the day-to-day administrative support between the musical director and the choir members.

(Brian) I have a wide range of experience gained from directing choral music and have worked with a variety of choirs for more than 45 years.

MUS 05: It's only Rock 'n' Roll - But we like it

Leader: John Blandford

Organiser: Richard Medland

Day and time: Thursday 11:00 - 12:00

Venue: Friends Meeting House, Jesus Lane (Meeting room)

Length of course: 1 term. Autumn (10 weeks)

Places: 50

Start date: 09 Oct

This course features quality Rock 'n' Roll, Rhythm 'n' Blues, Soul and related music, mainly from the 1950s and 1960s, but with a few detours into earlier and later decades. Subjects include Music Inspired by Pirate Radio, Original Tunes/ Cover Versions, New Orleans Rhythm 'n' Blues, as well as personal selections of favourite tracks. 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 previous course attendees. 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 digital sources such as CD or iTunes.

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 06: Jazz, Blues and everything in between

Tutors: Tom Cochrane & Barry McCann

Day and time: Wednesday 14:00 - 15:30

Venue: St Laurence's Roman Catholic Church (Main hall)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 40

Start date: 08 Oct

This course will cover jazz and blues with one week being Blues and the alternate week Jazz. The jazz element will be from the 60s to the present day looking at the various genres and influences of the time. The Blues part of the course will cover all aspects of the blues mainly focusing on American recordings post 1950, UK recordings from the 'Thames Delta' during the 1960s with a sprinkling of seminal acoustic rural blues recordings pre WWII.

Format: Course or activity without teaching

About us: Tom has run music courses before. Barry spent over 40 years in the UK music industry at EMI and supported several UK Blues bands in the 60s in his band.

MUS 07: 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: 06 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 08: Lunchtime concert series

Organiser: Jo Whitehead

Day and time: Tuesday 12:45 - 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: 14 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 am a trustee and Vice Chairman of Cambridge University Musical Society, although not a musician, beyond singing in the choir.

MUS 09: 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: 07 Oct

This SATB, a cappella group meets for the pleasure of singing in the Madrigal tradition. Madrigals are uplifting, enjoyable to sing and always appealing despite some complex harmonies. In each session there is a variety of songs ranging from amusing or ironic through to unrequited love. All these songs are quite short, so 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. Members of this group have good sight-reading abilities. All are encouraged to make suggestions on repertoire, technique and performance. We will be using 'The Oxford Book of English Madrigals' edited by Philip Ledger but we also use 'Madrigals and Partsongs' by Clifford Bartlett. Additional music may be sourced online for members to print off. 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 10(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 (8 weeks)

Places: 25

Start date: 10 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 an ABRSM (Associated Board of the Royal Schools of Music) 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 during the session all of which 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 11(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 (8 weeks)

Places: 25

Start date: 10 Oct

This course is designed to continue on from Music Theory from the very beginning and covers material from ABRSM 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 compliment each topic. These will be available as we progress through the course. Questions are encouraged during the session all of which 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 12(z): Going beyond Grade 5 Music Theory

Tutor: David Galbraith Woods

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: 8

Start date: 09 Oct

This course is for members who have worked at Music Theory to Grade 5 level and wish to progress further. A previous pass at Grade 5 is not obligatory. Theory Grades 1 to 5 will have covered the Rudiments of Music Notation. After that comes the more exciting and creative study of real Music Theory, which embraces harmony, counterpoint, analysis, music history, composing, orchestration, acoustics. The course will initially use the existing ABRSM Grade 6 curriculum and published materials, but there is no obligation to sit the exam. With continuing interest we can move on towards Grades 7 and 8 level at a later stage. Members will eventually need to buy a booklet of past papers (around £5) - details later. They should also agree to install the free music-writing program MuseScore 3, which is essential to the course.

Format: Taught course or activity

About me: I read Music at Pembroke College, was Head of Music at a 6th form college, have particularly enjoyed helping diffident Theory learners from Grade 5 up to degree level.

MUS 13: Opera - Updating productions

Leader: Eunice Fisher

Day and time: Tuesday 11:30 - 13:00

Venue: U3AC (Pink room)

Length of course: 1 term. Autumn (10 weeks)

Places: 30

Start date: 07 Oct

We will watch a selection of operas either on DVD or available on 'streaming' so that we may consider contrasts between those presented in the composer's indicated historical period and those where the producer has chosen a more modern setting. Can modernisation maintain or even enhance the original storyline, or are such changes unfortunate whims of the producer? Newcomers to opera are very welcome, as well as more experienced opera-goers. No specialist musical knowledge is required; just an enthusiasm for listening.

Format: Seminar

About me: I am an opera enthusiast and enjoy sharing and discussing opera productions.

MUS 13(z): Opera - Updating productions

Places: 20

As for MUS 13 but attending via Zoom.

MUS 14: Opera, history and culture (Spring term)

Leader: Eunice Fisher

Day and time: Thursday 11:20 - 12:50

Venue: U3AC (Pink room)

Length of course: 1 term. Spring (10 weeks)

Places: 30

Start date: 15 Jan

Composers often set their operas in an historical period prior to their own, and sometimes in another cultural setting. What are the benefits and risks of making such choices? Does accuracy matter and should we accept the story as a work of fiction? We will watch operas which encompass these changes, some on DVD and some available on 'streaming'. Newcomers and experienced opera-goers are very welcome. No specialist musical knowledge necessary - just an enthusiasm for listening.

Format: Seminar

About me: I am an opera enthusiast and have run similar courses for 13 years.

MUS 14(z): Opera, history and culture (Spring term)

Places: 20

As for MUS 14 but attending via Zoom.

MUS 15: 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: 24

Start date: 14 Apr

This SATB a capella group will be meeting for the pleasure of singing together. We will be singing a variety of music from Madrigals to folk songs. These short songs may be amusing, uplifting or about unrequited love but often have complex harmonies which are appealing. 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 16: The Symphonies of Beethoven (Summer term)

Tutor: John Hopkins

Day and time: Tuesday 14:20 - 15:50

Venue: U3AC (Pink room)

Length of course: 1 term. Summer (6 weeks)

Places: 30

Start date: 14 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 an active composer, concerned for the survival and the wider appreciation of classical music.

MUS 17: U3AC recorder group

Coordinators: Edwina Clark, Alison Miles & Juliet Seaman

Day and time: Alternate Fridays, 14:00 - 15:30

Venue: St Laurence's Roman Catholic Church (Main hall)

Length of course: 3 terms. Autumn (6 weeks), Spring (6 weeks), Summer (6 weeks)

Places: 24

Start date: 03 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: 3, 17, 31 Oct; 14, 28 Nov; 12 Dec; 9, 23 Jan; 6, 20 Feb; 6, 20 Mar; 10, 24 Apr; 8, 22 May; 5, 19 Jun.

Format: Course or activity without teaching

About us: We enjoy playing recorders with other people and the U3AC group provides a friendly and encouraging opportunity to do this.

MUS 18: Variations on the Goldbergs

Tutor: Thelma Lovell

Day and time: Monday 14:00 - 15:30

Venue: Member's home (CB1 8RX)

Length of course: 1 term. Autumn (10 weeks)

Places: 16

Start date: 06 Oct

An exploration of J.S. Bach's iconic Goldberg Variations, discussing how they are constructed, their expressive language and their place in music history. A particular feature of the course will be a comparison of the approach of different performers - these too are full of variations! Each week will include an examination of three movements, considering their place in the overall sweep of the work. This course is for music lovers with a keen interest in Bach who would enjoy adding to their knowledge of the wider context of the Goldberg Variations. You will need email to receive course notes.

Format: Lecture with recorded musical illustrations

About me: I'm an experienced tutor and writer on Bach.

Philosophy and Religion

PHL 01(z): St Paul (Summer term)

Tutor: Chris Jones

Day and time: Tuesday 12:30 - 14:00

Venue: Zoom

Length of course: 1 term. Summer (9 weeks)

Places: 30

Start date: 14 Apr

We will read and explore together the letters of St Paul and consider his thought, which is profound. We will consider the interaction between this thought and Paul's extraordinary evangelising activity, founding churches throughout the eastern Mediterranean region. We will give some thought to the relation between the letters and Luke's account of Paul's life in "Acts of the Apostles". I will draw some connections between Paul's spiritual thought and that of Plato, five hundred years before (sometimes by way of contrast, as a critique of Paul), for Plato also thought deeply about the divine and man's relation to God. (It is not necessary for you to have read Plato.) I will provide a commentary, using contemporary scholarship as a guide, and facilitate discussion. This course will continue into the next academic year.

Format: Seminar

About me: I have walked through the upland glades of the gospels with U3AC members for a number of years, and now feel ready to lead a party climbing this rugged mountain.

PHL 02(z): The finest mind of the last century?

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: 25

Start date: 07 Oct

Simone Weil - lecturer, political activist, factory worker, Platonic philosopher, Christian mystic, ?saint - was perhaps the 20th century's most original thinker. She in equal measure inspired those who glimpsed her profundity, and alienated those who saw her as a troublemaker and/or impractical utopianist. She came first in her year in the Ecole Normale's finishing exam; Simone de Beauvoir came second. They did not get on. She put up the refugee Trotsky for the night. She upset him by arguing with him. She fought, very like Orwell, in Spain. Reading George Herbert, Christ 'took possession' of her. She worked under de Gaulle in war-time London, drafting an analysis of post-war reconstruction based on justice. De Gaulle did not like it. We shall read closely this book: 'The Need for Roots'. It is a marvel from beginning to end. It offers ways of conceptualising our present social and cultural malaise.

Format: Seminar

About me: I have been reading and re-reading Simone Weil for half a century, and always learn new things, and marvel at her clarity of thought and expression. She inspires love.

PHL 03: The growth of Early Christianity

Leader: Margaret Sakellaridis

Day and time: Thursday 11:30 - 13:00

Venue: U3AC (Yellow room)

Length of course: 1 term. Autumn (10 weeks)

Places: 14

Start date: 09 Oct

This class will consider through active discussion the people and factors that helped the Christian movement expand from its humble beginnings of 120 people in Jerusalem in 33 A.D. to be in 380 A.D., by decree of Theodosius, the official religion of the Roman empire. The relative importance in this growth of certain key figures - the disciples Peter and John, the apostles Paul and Mary Magdalene - will be studied along with the social factors that may have contributed to the growth. The course will focus on the historical and sociological aspects of Christianity's rise.

Format: Seminar

About me: A leader of U3AC courses since 2006, I have no academic qualification in this subject but have enthusiastically researched it.

PHL 04: The Metaphysics of Time and Space

Tutor: Roy Moyser

Day and time: Wednesday, see dates in description 13:15 - 14:45

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: 20

Start date: 08 Oct

Metaphysics, contains questions about, being in the world, what exists and asks if there are limits to what humans can know about those things. The course will investigate, being in time and space, perception and consciousness. We ask, why does nature act in a lawful way? Why did the universe begin? Will it end? We will specifically refer to the ideas of Carlo Rovelli, Julian Barbour, Sean Carroll, David Eagleman and Bernardo Kastrup. A wide variety of other philosophical sources and scientists are used and references to other current theories in physics are made, such as the Many Worlds interpretation.

The dates for this course are: 8 Oct, 5 Nov, 10 Dec. 14 Jan, 11 Feb, 11 Mar. 8 Apr, 13 May, 10 Jun.

Format: Seminar

About me: This will be my seventh year of presenting philosophy courses for the U3AC and this is the second year of presenting this course.

PHL 05: The Near-Death Experience (Spring & Summer terms)

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. Spring (10 weeks), Summer (9 weeks)

Places: 15

Start date: 14 Jan

We will consider the widely reported 'Near-Death Experience' (vividly described in Plato's 'Republic', two and a half thousand years ago). Such experiences - sometimes brought about by mountain falls, car crashes or hospital operations - can have certain features in common: the 'tunnel', the dazzling light, the divine figure, the re-experience of one's past, the welcoming by deceased relations, the unwished-for return. Such an experience can profoundly change the individual's life, and confer a vital sense of purpose and meaning, and often give him or her a vivid sense of connection with others. We will read together 'Death and its mystery: Volume 3, After death' by Camille Flammarion and 'After' by Bruce Greyson. (Carol Zalenski's comparison of medieval and modern accounts, 'Otherworld Journeys', and Scott Sparrow's 'I am with you always' may be found helpful, too.) Relevant personal experiences may be shared, as one part of the class.

Format: Seminar

About me: I ran a similar course a few years ago, and it led to a lot of interest among participants.

PHL 06(z): The Passion story in St Luke's gospel

Tutor: Chris Jones

Day and time: Tuesday 12:30 - 14:00

Venue: Zoom

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 30

Start date: 07 Oct

This class is a continuation of the past year's study of St Luke's gospel but, as we have now reached the threshold of the Passion story of Jesus' last week, it is also a stand-alone course and open to newcomers. I will provide a running analysis of the text, as we read through it carefully, and facilitate a discussion as we do so. I will provide some information on particular words, where the Greek may suggest concepts not always obvious in translation. We will consider the early first century context of the story as we go. I will also compare Luke's version with the other gospel parallels, and consider Luke's use of apparent sources (such as Mark and Q). And we will tease out the sense of those many wonderful parables which are unique to Luke.

Format: Seminar

About me: I love giving thought to, and exploring in class, the gospels.

PHL 07: The prophet Muhammad

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. Autumn (10 weeks)

Places: 15

Start date: 08 Oct

Unlike Jesus, say, or even the Buddha, the prophet Muhammad is not a familiar figure to many in the west. This course aims to address this. We will be reading together the sayings of the prophet, scrupulously collected within the Islamic oral tradition several centuries after his death. These sayings or hadith are regarded in Islam as second only in importance to the Koran (which has, of course, greater spiritual authority, as its revelations are understood to proceed from God). We will consider the particular collection of sayings usually regarded as the most authoritative, the Sahih Bukhari (or Sahih al-Bukhari), edited by Muhammad al-Bukhari, condensed from the original 9 volumes into one volume: ISBN 9798640953879. You will need to buy this (inexpensive) book.

Format: Seminar

About me: I have always been interested in religion.

PHL 08: The Thinking Life: An introduction to Philosophy

Tutor: Philippe Mathieu

Day and time: Friday 15:15 - 16:45

Venue: U3AC (Green room)

Length of course: 3 terms. Autumn (8 weeks), Spring (8 weeks), Summer (8 weeks)

Places: 12

Start date: 10 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: Discussion

About me: I have taught Philosophy in one guise or another for over 30 years and would like to share my experience.

PHL 09: The wisdom of a Platonic masterpiece: The Sophist

Tutor: Chris Jones

Day and time: Wednesday 10:00 - 11:30

Venue: Castle Street Methodist Church (Aldersgate room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (9 weeks)

Places: 18

Start date: 08 Oct

We shall be reading together one of Plato's late masterpieces, 'The Sophist', in the Cambridge University Press edition ('Theaetetus and Sophist', translated by Christopher Rowe). This dialogue between a philosopher (not Socrates, this time!) and another man considers the question: 'What is knowledge?' What do we mean when we say we know something? In 'The Sophist' Plato brings in his famous Theory of Forms to try to grasp what on earth 'knowing' (something, anything) actually is. Obviously, we all suppose, at every moment of our lives, that we know all sorts of things. We take it for granted that we know what 'knowing' is. But knowing - or thinking we know - is an odd kettle of fish, when you think about it. We shall begin by taking a close look at the important Pre-Socratic philosopher Parmenides, who greatly influenced Plato, in this work in particular.

Format: Seminar

About me: I have read Plato for half a century now, and taught most of his dialogues at the U3AC over the last few years, and find my appreciation simply increases.

Photography

PHO 01: Photography Forum

Convenors: Brian Human and Tim Ewbank

Day and time: Alternate Thursdays, 15:15 - 16:15

Venue: U3AC (Red room)

Length of course: 2 terms. Autumn (5 weeks), Spring (5 weeks)

Places: 15

Start date: 09 Oct

The Photography Forum is for anyone who enjoys photography - taking photographs and engaging with it as a creative medium. The Forum will combine short talks on the history and practice of photography with opportunities for members to show and discuss their work (new or existing). Over the ten sessions across two terms the Forum will consider a number of subjects/genres to be agreed, such as landscape, portraiture, travel, documentary, still life, street photography, wildlife, architecture, and creative/abstract. There are no pre-requirements in terms of equipment and expertise and it is not intended to formally give detailed technical advice. A published programme will allow members to make their work in advance of each class. Though the Forum will be somewhat different for this year, you can get an idea of what it will be by looking at material from previous years at <https://www.zimbushboy.online/photoforum2023-2024>

Format: Course or activity without teaching

About us: Both Brian and Tim have run photography courses for several years.

Psychology

PSY 01: More Psychology Stories

Tutor: John Cooter-Baker

Day and time: Thursday 10:00 - 11:15

Venue: U3AC (Yellow room)

Length of course: 1 term. Autumn (9 weeks)

Places: 15

Start date: 09 Oct

This is a sequel to 'Psychology Stories' which ran in Autumn and Spring terms last year. We will look at another set of ground-breaking and controversial research studies undertaken by 20th century psychologists. Once again, we will examine what these studies claimed to tell us about human behaviour, we will reflect on some of the ethical issues they raised, and we will also turn our lens onto the researchers themselves. Members who attended last year's sessions are welcome to join.

Format: Lecture

About me: Teaching Psychology for 20 years at first degree level and in schools, I found the people who developed the subject as interesting as the studies they became known for.

Science

SCE 01: A promenade through science and philosophy

Leader: Mike Pitman

Day and time: Monday 13:00 - 14:15

Venue: U3AC (Green room)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 13

Start date: 06 Oct

Equipped with a series of PowerPoint slides, lectures, seminars, accompanying book and discussions, we take a leisurely course through the various sciences of IT, Psychology (in conscious and subconscious aspect), Physics, Biology, Ecology and Sociology. We employ, as a single vehicle to contain both physical and metaphysical aspects of discussion, a simple philosophical structure; this is used to better compare the complementary perspectives of materialism and holism as they affect our interpretations of the natural world.

Format: Seminar

About me: Degree in Lit. Hums (M.A. Oxon) and Science (B.A. Open University). Teacher 35 years, IT professional 6 years. Interest in the reunification of science and philosophy.

SCE 02: 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: 06 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 of the subject and introducing many of 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 03: Building the human brain (Spring term)

Tutor: Jack Price

Day and time: Thursday 13:10 - 14:10

Venue: U3AC (Pink room)

Length of course: 1 term. Spring (10 weeks)

Places: 30

Start date: 15 Jan

This is a lecture course that 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 seek to explain how the human brain is unique in terms of the enormous variety of cells of which it is composed, and the complexity of the connections between them. It will characterise the major features in evolution and development that have led to the emergence of this powerful thinking machine. We will also touch on some of the philosophical issues that arise from recent advances in neuroscience, around perception and cognition. 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 03(z): Building the human brain (Spring term)

Places: 50

As for SCE 03 but attending via Zoom.

SCE 04: Computers, brains and AI

Tutor: Dominic Prior

Day and time: Wednesday 12:30 - 13:30

Venue: U3AC (Pink room)

Length of course: 1 term. Autumn (10 weeks)

Places: 30

Start date: 08 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 o5: Cosmology

Tutor: Alan Richardson

Day and time: Thursday 12:30 - 13:30

Venue: U3AC (Red room)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 20

Start date: 09 Oct

The evolution of the Universe from the Big Bang to the far future and the experimental evidence supporting it. The course will cover:

- 1) Introduction and the Cast of Characters
- 2) The Cosmic Microwave background
- 3) Big Bang Nucleosynthesis
- 4) The first seconds before Big Bang Nucleosynthesis
- 5) The end of the dark ages and cosmic dawn; the first stars and first galaxies
- 6) The synthesis of the chemical elements
- 7) Dark matter
- 8) Dark energy and the far future
- 9) The Standard Model of Cosmology
- 10) Black holes and relationships of quantum mechanics to general relativity. The course will deal with the phenomena without advanced mathematics. The course has been evolved to cover implications of JWST data on Hubble tension, structure formation, and SMBH evolution, experiments to identify dark matter, the multiverse; time, space and entropy. Added a section on proposed CPT symmetric cosmology which makes a definite proposal for dark matter.

Note: There will be no class on 23 Oct; last class on 18 Dec.

Format: Lecture

About me: I am a Cambridge Mathematics graduate. Since retirement I have been investigating what we know in cosmology and why we think we know it from a non-mathematical physical viewpoint.

SCE o6: Cosmology for the curious

Tutor: David Carter

Day and time: Wednesday 13:15 - 14:15

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 o6(z): Cosmology for the curious

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

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

SCE o7: DNA and identity

Tutor: Erika Hagelberg

Day and time: Monday 14:30 - 16:00

Venue: U3AC (Pink room)

Length of course: 1 term. Autumn (8 weeks)

Places: 30

Start date: 20 Oct

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 o8: Eat well, live longer, live well

Leader: Alan Winfield

Day and time: Monday 14:00 - 15:00

Venue: U3AC (Red room)

Length of course: 1 term. Autumn (10 weeks)

Places: 20

Start date: 06 Oct

What to eat, what to avoid, how to cook it. We will look at safe simple lifestyle prescriptions based on solid scientific evidence referring regularly to a whole host of published research papers. 100 years ago the major causes of death were pneumonia, tuberculosis and diarrhoeal disease, also malnutrition in some parts of the world. Today death in the developed world is largely due to lifestyle diseases. No fads, no moral crusades, just solid scientific evidence based on peer reviewed research publications.

Format: Lecture

About me: It is important to say that I am not medically or nutritionally trained. I have a scientific background and some scientific research experience. I see my role as a facilitator.

SCE o8(z): Eat well, live longer, live well

Places: 50

As for SCE 08 but attending via Zoom.

SCE 09: Emerging science and technology discussion group

Organiser: John Hall

Deputy: Peter Landshoff

Day and time: Thursday 14:00 - 15:30

Venue: U3AC (Green room)

Length of course: 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (5 weeks)

Places: 10

Start date: 09 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.

(Peter) is a retired researcher on theoretical elementary particles and now is a trustee of our Local Nature Partnership Natural Cambridgeshire.

SCE 10: Geology group

Organiser: 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: 17 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. In addition we organise occasional field trips. 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. PLEASE 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 eight years ago and have made a number of presentations to it.

SCE 10(z): Geology group

Places: 10

As for SCE 10 but attending via Zoom.

SCE 11(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: 07 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.

SCE 12: Inventions that shaped the Modern World

Tutor: Andrew Phillips

Day and time: Friday 11:30 - 12:30

Venue: U3AC (Red room)

Length of course: 1 term. Autumn (10 weeks)

Places: 20

Start date: 10 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 12(z): Inventions that shaped the Modern World

Places: 10

As for SCE 12 but attending via Zoom.

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

SCE 13: Naturalists Group

Leader: Olwen Williams

Day and time: Monday 14:15 - 16:30

Venue: Member's home (CB3 9JG)

Length of course: 2 terms. Autumn (10 weeks), Spring (10 weeks)

Places: 9

Start date: 06 Oct

This is for members with a passion for the natural world, who want to improve the biodiversity of their own garden or local patch. It will include both classroom based discussion and field work - we will be outdoors as much as possible. In the spring term, we will concentrate on birdsong. Everyone is encouraged to investigate and share knowledge.

Enthusiasm is more important than expertise. Previous groups have dated hedges, used microscopes to look at invertebrates, identified bird song, raced snails and looked at fungi. Smart phone apps have added to the ease of identification: Merlin for birdsong, Flora Incognita for flora, ObsIdentify and Seek for general biology. Hand lens (loupe) and binoculars will be needed.

Fitness levels: fieldwork might involve 3-4 miles walking and climbing over styles, generally less than this. If car travel is necessary, we will share lifts. We will meet on the bank holidays.

Format: Taught course or activity

About me: I have a higher degree in Natural Science, a passion for natural history and have led the U3AC Naturalists Group for 10 years. Breakfast is always eaten in the garden.

SCE 14: 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: 15 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 - in some ways this is an observational companion to the Cosmology course, SCE 05. Most images will be from James Webb, Hubble, Chandra, Euclid and Fermi with some WMAP, Planck and Kepler. Content will be similar to 2024-2025 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 15: 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: 06 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 16: Symmetry and the laws of nature

Tutor: Alan Richardson

Day and time: Thursday 10:00 - 11:00

Venue: U3AC (Red room)

Length of course: 1 term. Autumn (10 weeks)

Places: 20

Start date: 09 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.

Note: There will be no class on 23 Oct; last class on 18 Dec.

Format: Lecture

About me: 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 17: The energy landscape

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: 16 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 18(z): The ills of the brain (Spring term)

Tutor: Beverley Steffert

Day and time: Tuesday 11:00 - 12:30

Venue: Zoom

Length of course: 1 term. Spring (10 weeks)

Places: 25

Start date: 13 Jan

The brain, our most complex organ, is also vulnerable to numerous ills that disrupt thought, emotion, and function. From depression and anxiety to Alzheimer's and schizophrenia, brain disorders affect millions worldwide, altering perception and identity. Mental illnesses can cloud judgment, distort reality, and sever one's connection to self and others. Neurological conditions, like epilepsy or Parkinson's, interfere with movement, memory, and speech. The causes are often layered - genetics, trauma, environment, and chemical imbalances. Unlike physical wounds, the injuries of the mind remain hidden, often stigmatised or misunderstood. Advances in neuroscience are shedding light on these disorders, offering hope through therapy, medication, and brain imaging. But challenges remain: access to care, early diagnosis, and social awareness. Understanding the brain's vulnerabilities is crucial - not only for treatment, but for empathy. For just as the brain defines who we are, so too do its ills remind us of our shared fragility and need for compassion.

Format: Lecture

About me: I have run courses for U3AC about learning difficulties and the brain and also taught at London University.

SCE 19(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: 07 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! It is an exciting ride so hold onto your hat!

Format: Lecture

About me: This is the twelfth 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 20: The material world (Spring term)

Tutor: John Cook

Day and time: Monday 12:45 - 13:45

Venue: U3AC (Red room)

Length of course: 1 term. Spring (10 weeks)

Places: 20

Start date: 12 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'll 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 21: The nuclear option (Spring term)

Tutor: John Cook

Day and time: Tuesday 10:00 - 11:00

Venue: U3AC (Red room)

Length of course: 1 term. Spring (9 weeks)

Places: 20

Start date: 13 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 22: The Pale Blue Dot

Tutor: John Cook

Day and time: Thursday 14:00 - 15:00

Venue: U3AC (Pink room)

Length of course: 1 term. Autumn (9 weeks)

Places: 30

Start date: 16 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.

Wellbeing

WLL 01: A mixed bag of complementary therapies (Spring term)

Tutor: Maïke Dring

Day and time: Monday 15:15 - 16:15

Venue: U3AC (Red room)

Length of course: 1 term. Spring (5 weeks)

Places: 12

Start date: 12 Jan

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 practice 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: Buddhism-based practical meditation - Introduction

Tutors: Richard Winter & Kay Bispham

Day and time: Wednesday 10:30 - 12:00

Venue: Cambridge Buddhist Centre

Length of course: 1 term. Autumn (8 weeks)

Places: 15

Start date: 08 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 2500 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. Local buses stop near the Buddhist Centre. Parking is available at the nearby Grafton-West carpark; disabled car-parking is available at the Centre.

Format: Discussion and directed meditation activity

About us: (Richard) I used to teach at Anglia Ruskin University; I have been studying and practising Buddhist meditation for more than 20 years as a member of the Cambridge Buddhist Centre.

(Kay) After attending the Buddhist Meditation course several years ago, I have continued to develop my interest in meditation and Buddhism, practising and studying as a 'friend' at the Cambridge Buddhist Centre.

WLL 03: Buddhism-based practical meditation 2: 'Exploring states of mind and feeling' (Spring term)

Tutors: Richard Winter & Kay Bispham

Day and time: Wednesday 10:30 - 12:00

Venue: Cambridge Buddhist Centre

Length of course: 1 term. Spring (8 weeks)

Places: 15

Start date: 14 Jan

This course provides an opportunity to explore Buddhist meditation in greater detail. It is intended as a continuation for those who wish to take further the insights and practices they developed in the Autumn term course. And also for anyone who undertook the introductory course in previous years, or already has experience of Buddhist meditation.

The course focuses on linking our feelings with our breathing and on exploring key dimensions of the way we connect with, and respond to, others' experience.

Suggested reading: Vessantara: 'The Art of Meditation: The Breath' (2005) (Windhorse Publications); Vessantara: 'The Art of Meditation: The Heart' (2006) (Windhorse Publications). Local buses stop outside the Cambridge Buddhist Centre. Car-parking is available at the nearby Grafton West carpark and disabled car-parking is available at the Buddhist Centre.

Format: Discussion and directed meditation practice

About us: See WLL 02

WLL 04: EFT 'Tapping': how Emotional Freedom Techniques can help you to improve your mental, emotional and physical health

Tutor: Rosalind Bubb

Day and time: Friday 13:00 - 14:30

Venue: U3AC (Blue room)

Length of course: 1 term. Autumn (6 weeks)

Places: 16

Start date: 10 Oct

EFT Tapping (Emotional Freedom Techniques) is a powerful healing technique which individuals of all ages can learn and use on themselves. Tapping is a science-backed therapeutic approach, with 300+ Peer Reviewed Studies showing its effectiveness. It's based on the combined principles of ancient Chinese acupressure and modern psychology and includes using the fingertips to tap on points of the body. Common benefits include:

Significant reduction in anxiety and stress levels;

Improved ability to regulate emotions;

Enhanced sleep quality and duration;

Decreased physical pain and discomfort;

Relief from cravings and addictive behaviours;

Noticeable boost in mood and overall outlook.

In this 6-week course you will have first-hand experience of Tapping and learn how you can start to use it for yourself.

You will learn about the mind-body connection and how you can use Tapping to reduce anxiety and stress; reduce pain and discomfort; and improve sleep. For more information:

<https://www.thetappingsolution.com>

Format: Taught course or activity

About me: Rosalind has been a therapist since 2004. She is an advanced EFT Tapping practitioner, a former EFT Trainer, a counsellor, and a TAT Professional, working on-line from St Ives (Cambridgeshire).

WLL 05: EFT 'Tapping': how Emotional Freedom Techniques can help you to improve your mental, emotional and physical health 2 (Spring term)

Tutor: Rosalind Bubb

Day and time: Friday 11:30 - 13:00

Venue: U3AC (Red room)

Length of course: 1 term. Spring (6 weeks)

Places: 20

Start date: 16 Jan

This course is a repeat of WLL 04.

WLL 06: EFT 'Tapping': how Emotional Freedom Techniques can help you to improve your mental, emotional and physical health 3 (Summer term)

Tutor: Rosalind Bubb

Day and time: Friday 11:30 - 13:00

Venue: U3AC (Red room)

Length of course: 1 term. Summer (6 weeks)

Places: 20

Start date: 17 Apr

This course is a repeat of WLL 04.

WLL 07: Get organised and motivated - Build mental and emotional resilience (Spring term)

Leader: Maïke Dring

Day and time: Alternate Mondays, 10:30 - 11:45

Venue: U3AC (Yellow room)

Length of course: 1 term. Spring (5 weeks)

Places: 12

Start date: 12 Jan

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 practice 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 08: Honoring the Departed: A course in working through the stages of grief

Tutor: Heather Kara

Day and time: Wednesday 10:00 - 11:00

Venue: U3AC (Orange room)

Length of course: 1 term. Autumn (4 weeks)

Places: 6

Start date: 15 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 09: Honoring the Departed: A course in working through the stages of grief (Spring term)

Tutor: Heather Kara

Day and time: Wednesday 10:00 - 11:00

Venue: U3AC (Orange room)

Length of course: 1 term. Spring (3 weeks)

Places: 6

Start date: 21 Jan

This course is a repeat of WLL 08.

WLL 10: Honoring the Departed: A course in working through the stages of grief (Summer term)

Tutor: Heather Kara

Day and time: Wednesday 10:00 - 11:00

Venue: U3AC (Orange room)

Length of course: 1 term. Summer (4 weeks)

Places: 6

Start date: 15 Apr

This course is a repeat of WLL 08.

WLL 11: Journaling and jotting

Coordinator: Karen Rodgers

Day and time: 3rd Thursday of the month 15:00 - 17:00

Venue: U3AC (Yellow room)

Length of course: 3 terms. Autumn (3 weeks), Spring (3 weeks), Summer (3 weeks)

Places: 10

Start date: 16 Oct

'Writing every day is a way of keeping the engine running, and then something good may come out of it.' T. S. Eliot. A friend gave me a beautiful little notebook last year with one of my favourite quotations on the cover and this was the spark which lit a long dormant fire as I remembered the commonplace book I had kept between the ages of 15 and 21. Perhaps you like copying down quotes from things you read. Perhaps you write musings on life... Or stories... Or novels... Or limericks... Or may be even sonnets... Or recipes of things you are enjoying baking. Perhaps you just ask yourself questions. Maybe you decorate the margins or maybe you don't. If you write regularly (not necessarily every day) and would like to share some of what you write with others who like writing, this may be a group for you. Each participant has initially just two minutes to read something he or she has written over the past month, followed by three minutes of questions, then we move straight on to the next contributor. This protects the group from those of us (ahem!) who would happily go on for half an hour if we were not timed and provides even the most reticent of contributors an achievable target and ensures everyone gets a turn. Once we have been around everyone, conversations take off as participants ask all those additional questions they were bursting to ask. Please Note: The December meeting will be held on 4 December and the June meeting on 4th so that these two sessions fit within the term dates.

Format: Face-to-face; each of us brings something we have written over the past month to read to the group.

About me: I've run community groups on a wide variety of topics and in a variety of settings for many years.

WLL 12: Mindful Movement Chair Yoga

Tutor: Tejodhi

Day and time: Tuesday 14:30 - 15:30

Venue: Cambridge Buddhist Centre

Length of course: 1 term. Autumn (8 weeks)

Places: 10

Start date: 07 Oct

Join Tejodhi for Mindful Movement Chair Yoga on Tuesday afternoons. Chair Yoga is for everyone. It can help with a wide range of conditions and those with restricted mobility to support them to exercise, and can help people who are not used to exercise to improve their strength and balance. Tejodhi's Chair Yoga offers another way of benefiting from Yoga using a chair as a prop. This is ideal for those who need a little extra support during their practice. Classes are accessible for people with mobility issues or who have difficulty getting up and down from a mat in a traditional Yoga class. The class will mainly involve seated poses on the chair. In the class we will warm up with some gentle stretches and Yoga poses, which encourage flexibility and strength. Breath work during and meditation/relaxation at the end of the session for an overall sense of well-being. Please note: There are no sessions 14 Oct and 11 Nov.

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.

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

WLL 13: 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 (9 weeks)

Places: 24

Start date: 10 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, I have found the tools of positive thinking and meditation invaluable and find joy in sharing these with others.

WLL 14: Pro-active ageing

Tutor: Monica Potts

Day and time: Monday 11:45 - 12:45

Venue: U3AC (Green room)

Length of course: 1 term. Autumn (6 weeks)

Places: 12

Start date: 06 Oct

A course to explore the challenges and benefits of the 'Third Age'. The course will cover the major components of a healthy and fulfilling life; including physical and mental fitness, leisure, relationships, altruism and more. It is designed to help you focus on making beneficial changes to your life and routines. The sessions will be interactive with worksheets to help you increase your decision making and evaluate progress.

Format: Taught course or activity

About me: As a qualified life coach I like helping others to maintain a fulfilling life.

WLL 15(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: 06 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 16: Understanding sexual orientation and gender identity

Tutor: Mia C

Day and time: Wednesday 14:15 - 15:45

Venue: U3AC (Orange room)

Length of course: 2 terms. Autumn (8 weeks), Spring (7 weeks)

Places: 12

Start date: 22 Oct

Despite the perception that the '60s and '70s were the era of free-love and sexual liberation, anything other than 'straight' sex and gender conformity were still often taboo. Today, gender identity, young people and the interactions between transgender women and society at large are the subject of extensive political discourse and media coverage, often triggering 'moral outrage'. 'Freedom of speech' and 'sincerely held beliefs' are frequently used to legitimise otherwise hurtful words. Regressive behaviours and policies affecting LGBTQ people are increasing, particularly in the UK and USA. Over two terms, we will explore sexual orientation and gender identity from an experiential and affirmative perspective. Be warned: 1. This will be a participative class, openly discussing a range of what some might consider to be 'sensitive' topics including politics, sex, genitalia, etc. 2. To maximise the time available for in-class discussion, written and/or video material will be provided in advance of most classes.

Format: Seminar

About me: I started researching sexual orientation and gender identity after retiring and now have a much better understanding of the evolving science, perspectives and politics in this arena.

World

WOR 01: Africa Forum

Convenor: Peter Woodsford

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: 10 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. The course has a website where the past eleven years of presentations can be seen: <https://www.u3ac-africa-forum.org/>

Format: Discussion

About me: I taught in Uganda in the 1960s and have maintained close ties ever since.

WOR 01(z): Africa Forum

Places: 20

As for WOR 01 but attending via Zoom.

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

WOR 02: Italian cities (Spring term)

Tutor: Alan Winfield

Day and time: Monday 11:50 - 12:50

Venue: U3AC (Pink room)

Length of course: 1 term. Spring (10 weeks)

Places: 30

Start date: 12 Jan

This course will study the geography, architecture, art, history and culture of Venice, Florence, Pisa, Lucca, Siena, Rome and Naples.

Format: Lecture

About me: I have been leading tours in these cities for 23 years whilst working for a holiday company.

WOR 02(z): Italian cities (Spring term)

Places: 50

As for WOR 02 but attending via Zoom.

WOR 03: Women in the world

Coordinators: Hilary Goy & Ruth Meyer

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: 08 Oct

This group, now in its fourteenth 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 Mary Anning; The lives of a few 'ordinary' women; and Medieval women. 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 - a creative writing course

Tutor: Sarah Ingram

Day and time: Thursday 15:15 - 16:45

Venue: U3AC (Blue room)

Length of course: 1 term. Autumn (10 weeks)

Places: 12

Start date: 09 Oct

Playing with Words is a series of creative writing classes in which you'll learn some tools with which to write imaginatively, with fun, and without fear. The course will look at how to start (and keep) writing, and will cover 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 to stretch and develop your writing muscles, reading of illustrative texts and suggestions for writing activities to do outside the classroom. The course is for anybody who has the urge to write, whether you're an absolute beginner or are already working on something and would like a shared space to explore your expressive creativity. The emphasis is on playfulness; all you need is something to write with and something to write on.

Format: Taught course or activity

About me: I have a Masters degree in Creative Writing and a Postgraduate Certificate in Teaching Creative writing, both awarded by the Institute of Continuing Education at the University of Cambridge.

WRT 02: Playing with Words - a creative writing course 2 (Spring term)

Tutor: Sarah Ingram

Day and time: Thursday 15:15 - 16:45

Venue: U3AC (Blue room)

Length of course: 1 term. Spring (10 weeks)

Places: 12

Start date: 15 Jan

This course is a repeat of WRT 01.

WRT 03: Writers' workshop

Organiser: Liz Alan

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: 18

Start date: 08 Oct

This writers' workshop is a self-help group that inspires and develops writing through the mutual exchange of ideas. Current members' writing projects include various types of fiction, family memoirs and historical biography. Each week four members read a short piece of their own writing (1500 to 2000 words) at least 2 or 3 times per term. The group listens and offers constructive and supportive feedback. We aim to learn from each other and consider such topics as getting started, voice, characterisation, plot and story lines, as well as handling dialogue. The intention of the workshop is to enable members to develop confidence in their writing. If they finish a current project, they may wish to continue with another into the following year. Vacancies permitting, we welcome new members during the year.

Format: Course or activity without teaching

About me: As well as being the Organiser, I am an active writing member of the workshop, having joined it 11 years ago.

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.

Cycling group

Coordinators: Juliet and Hans Van Der Velden

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 Coordinators on u3ac.cyclingclub@gmail.com. All communications are by email.

U3AC film group

Organiser: Jeremy John Buncombe

Day and time: Tuesday 13:00 - 16:30

Venue: Arts Picturehouse

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.

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.

U3AC lunch club

Organiser/Coordinator: Marie-Joelle Galvez

This social lunch club meets the first week of every month, Wednesday and Thursday only, at restaurants across Cambridge. The aim is to set up a maximum of 10 groups spread over the 2 days with a maximum of 8 people in each group attaining an upper limit total of 80 people who want to 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.

U3AC Environment group

Events Planners: Martin Harnor & Helen Pope

We are a friendly group who care deeply about the environment. Our aim is to inform and educate members on all areas of the environment to enable them to make decisions which contribute to a sustainable and healthy planet for future generations.

We work with the Cambridge Conservation Forum to provide larger seminars, with expert speakers, on environment concerns such as biodiversity loss, pollution, climate change and conserving natural resources. We organise field trips to sites of environmental interest and meet monthly to discuss current topical issues and the latest news and research related to the environment. The first meeting will take place at the David Attenborough Building on Tuesday October 14th at 1.00 pm. Our website is updated regularly and gives links to information about 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

Walking football

Organiser: Geof Tamulonis

Day and time: Thursday 10:00 - 11:15

Venue: Abbey Leisure Centre

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 cost £4.00 each session. Contact the Organiser for more information.

Third way investment club

Convenor: Eddie Hatfield

Day and time: Last Wednesday in the month and penultimate Wednesday in small groups 14:00 - 16:00

Venue: Friends Meeting House, Jesus Lane (Aldren Wright room)

Length of course: 3 terms. Autumn (3 weeks), Spring (3 weeks), Summer (3 weeks)

Places: 20

Start date: 29 Oct

The object of our club is to discuss, select and make stock market investments for profit and learn from one another about the investing process. We prefer to meet in person and provide a Zoom option as well (Hybrid meeting). The value of investments is allocated in proportion to members' accumulated subscriptions. Membership is not a short-term commitment, nor is it a source of investment advice. Investments are purchased from members' monthly subscriptions of £50 per month (paid by standing order) and there is a non-refundable joining fee of £50 to cover administration costs. Members must have some knowledge of investments in general and the stock market in particular. Prospective members are expected to attend at least 2 meetings before joining. For further information and to join please contact the Organiser - Eddie Hatfield. You must be a U3AC member.

U3AC investment club

Organiser: Sarah Dixon

Chairman: Simon Jarvis

Day and time: Third Saturday of each month throughout the year 10:00 - 12:00

Venue: Cambridge Central Library (Seminar room)

Places: 20

Start date: 18 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.

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'.

Lectures

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 (1 st 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 2 nd floor)
Downing Place URC (previously St Columba's Church)	4 Downing Street, Cambridge CB2 3EL	N	Y	Y
East Barnwell Scout Centre	41 Thorley Road, Cambridge CB5 8NF	Y	N	Y
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
Joint Ex-Services and Royal Mail Social Club	Barnwell Drive, Cambridge CB5 8RD	Y	N	Y
Kelsey Kerridge Sports Centre	Queen Anne Terrace, Gonville Place, Cambridge CB1 1NA	Public parking Queen Anne Terrace carpark	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 1 st floor, no lift.)
St George's Church Hall	Chesterfield Road, Cambridge CB4 1LN	On-street	N	Y
St James C of E Church	Wulfstan Way, Cambridge CB1 8QJ	Y	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 11	Painting group - Monday
ARTC 01	A designer-embroiderer's view ...
ARTC 03	Light-hearted crafting group
ARTC 05	Patterns and how to make them
ARTC 07	Time with textiles
ARTH 02/ 02(z)	Art and industry in Britain, 1760-1960
ARTH 03	Art History Discussion Group
CUR 03(z)	Current affairs by Zoom
CUR 06(z)	Transatlantic Discussion Forum
CUR 07(z)	Transatlantic Economist Readers group
FIT 06	Circle dancing
FIT 11	Wise wild dance - plus
FIT 12/ 13	Exercise to music
FIT 21/ 22	Table tennis
FIT 29	Walking 6 miles
FIT 30	Rambling 4 miles
FRE 04/ 04(z)	Lisons 'Rendez-vous'
GDN 02	Just vegetating
GER 05	Translation: Warten bis der Frieden kommt
GER 11	German translation: Glennkill
GRC 02/ 02(z)	Classical Greek self-help reading group
GRC 04	Background to Athenian theatre
GRM 02	Modern Greek: Intermediate
HIS 13/ 13(z)	Christianity and the Roman Empire
HIS 15	Democracy in ancient Athens
HIS 23/ 23(z)	Human evolution ... years ago
HIS 31	Napoleon Bonaparte
HIS 33	Past and Present in Europe's Borderlands
HIS 34	Silk roads, empires and travellers
HIS 36	Ten Turning Points in European History
HIS 41	The Three Kingdoms ... Stuart Monarchy
ITA 06	Italian literature: reading modern novelists
LAT 03	Latin (re-)discovered

LAT 05/ 05(z)	A taste of the Latin Classics ...
LEI 03	Introduction to modern board games
LEI 06	Introduction to Dungeons and Dragons
LEI 11	Rubber Bridge Club
LEI 17	Scrabble
LEI 20	Croquet for beginners
LEI 23	Mah Jong group
LIT 02/ 03/ 05	Book group ...
LIT 13/ 14(z)	Classics of the twentieth century
LIT 18	George Eliot's 'Middlemarch'
LIT 20	Introduction to James Joyce's Ulysses
LIT 24	Mid-Century New York
LIT 27	Neglected Women Writers
LIT 28(z)	Personal poetry
LIT 32(z)	Reading the Septuagint
LIT 39	Two poets of our time
MUS 07	Jazz on a Monday afternoon
MUS 18	Variations on the Goldbergs
SCE 01	A promenade through science and philosophy
SCE 02	A very basic introduction to geology
SCE 07	DNA and identity
SCE 08/ 08(z)	Eat well, live longer, live well
SCE 13	Naturalists Group
SCE 15	Spines, shoulders, hips and knees ...
SCE 20	The material world
SPA 04(z)	Spanish conversation via Zoom
SPA 05	Advanced Spanish
WLL 01	A mixed bag of complementary therapies
WLL 07	Get organised and motivated ...
WLL 14	Pro-active ageing
WLL 15(z)	Raja Yoga Meditation and Philosophy
WLS 01	Welsh self-help study group
WOR 02/ 02(z)	Italian cities

Tuesday

ART 02	Anything Goes: ...
ART 04/ 05	Back to basics ...
ART 10	Paint, draw in Cambridge
CMP 01	History of programming languages
CUR 05/ 05(z)	Theories of Empire ...
ECN 04	The Armchair Economist
ECN 06	The economy and society...
FIT 10	Tap dance
FIT 20	Swimming
FIT 23/ 24	Table tennis
FIT 31	All-year walking
FIT 32	4 Mile walking group
FIT 33	Walking for pleasure
FIT 34	Walks around Cambridge
FRE 11	Oh non! Pas Hugo. Pas Victor. Hugo, hélas!
FRE 12	Cercle francais
GEO 01	Public rights of way and access in England ...
GER 03/ 03(z)	German beginners year 2
GER 13	German poetry and prose
HIS 01	A brief introduction to life in Georgian England
HIS 04(z)	Assassination in History
HIS 06	Britain between the Wars 1918-1939
HIS 21	Horses: Their role in the history of man
HIS 26(z)	Language labyrinth
HIS 27	Life in Georgian England - wealth and poverty
HIS 38	The Great War 1914-19
HIS 39	The Old European Civilisation
HIS 42	To the Land of the Rising Sun ...
HIS 43	Traversing the Himalaya on foot ...
HIS 45	Belize - an English-speaking anomaly
ITA 01	Italian beginners
ITA 02	Basic Italian for short trips
ITA 03/ 04/ 05	Italian
ITA 07	Italian conversation
LAT 01/ 02	Latin ...

LEI 12	Duplicate Bridge club
LIT 01(z)	Book group 1
LIT 08	Anton Chekhov
LIT 16	European writing
LIT 17	Flights of amazing imagination ...
LIT 22/ 22(z)	John Donne
LIT 25	Modern European novels
LIT 26(z)	"Much madness is divinest sense..."
LIT 30/ 30(z)	Poetry reading group J
LIT 33	Shakespeare's Tragedies ...
LIT 34	Sustainability book group
LIT 35	... Sylvia Plath and Ted Hughes
LIT 38/ 38(z)	Twentieth ... twenty first century classics
MDN 01	Mandarin conversation for beginners
MUS 01	Aspects of classical music
MUS 02	'A Bundle of Time' ...
MUS 08	Lunchtime concert series
MUS 09	Mainly madrigals
MUS 13/ 13(z)	Opera - Updating productions
MUS 15	Summer singers
MUS 16	The Symphonies of Beethoven
PHL 01(z)	St Paul
PHL 02(z)	The finest mind of the last century?
PHL 06(z)	The Passion story in St Luke's gospel
RUS 01	Russian for improvers year 5
RUS 02/ 02(z)	Reading Russian literature
SCE 11(z)	Introduction to weather and climate
SCE 18(z)	The ills of the brain
SCE 19(z)	The life of stars
SCE 21	The nuclear option
SPA 06	La Tertulia de la U3AC
SWE 01	Swedish for beginners
SWE 02/ 02(z)	Swedish improvers
WLL 12	Mindful Movement Chair Yoga
	U3AC film group

Wednesday

ART 03	Arts forum
ART 12	Painting group
ARTC 04	Patchwork and machine quilting
ARTC 06	Stitching
ARTH 04	Exploring Ancient Greek sculpture ...
ARTH 07/ 07(z)	Raphael
CMP 02	Living with Big Tech, social media and AI
CUR 04/ 04(z)	The history of the Middle East ...
ECN 01/ 01(z)	Corporations and Offshore Tax Havens
ECN 05/ 05(z)	The Economics of Place
FIT 01/ 02	Badminton ...
FIT 05	Ballet - beginners and improvers
FIT 08	Dance and exercise to Zumba
FIT 09	Dance-harmony
FIT 17	Qigong general level
FIT 18	Rock climbing group
FIT 26/ 27/ 28	T'ai Chi ...
FIT 35	The Wednesday walkers
FIT 40	Yoga – self-help
FRE 06/ 06(z)	Continuons 'Rendez-vous'
FRE 07(z)	En route!
FRE 08/ 08(z)	Modern French novels
FRE 09	Parlons Encore
GDN 03	Passionate gardeners
GER 01	German beginners
GER 04/ 04(z)	German year 3
GER 07/ 07(z)	German intermediate
GER 08	Intermediate German
GER 09/ 09(z)	Eine Art Stammtisch
GER 10/ 10(z)	Exploring Low German
HIS 11/ 12	Cambridge sport: in Fenner's hands
HIS 19(z)	History of the Later Roman Empire ...

HIS 29(z)	Military History Group
HIS 30	More Biographies
HIS 35	Teeth with convoluted routes
HIS 37	The decline and fall of the Habsburgs ...
HIS 40	The Old Lady of Threadneedle Street ...
LEI 07	U3AC Bowls Club
LEI 14	Camsail
LEI 15	Canasta club
LEI 16	Samba (Canasta)
LEI 21/ 22	Cryptic crossword ...
LIT 04	Book group 4
LIT 07/ 07(z)	Another book group
LIT 09	Austen's contemporaries
LIT 15	Dystopian Literature
LIT 21(z)	Jesus, the Jew
MTH 02(z)	Maths can be fun 2
MUS 03	Chamber choir
MUS 06	Jazz, Blues and everything in between
PHL 04	The Metaphysics of Time and Space
PHL 05	The Near-Death Experience
PHL 07	The prophet Muhammad
PHL 09	The wisdom of a Platonic masterpiece ...
SCE 04	Computers, brains and AI
SCE 06/ 06(z)	Cosmology for the curious
SPA 02(z)	A second year of Spanish
SPA 03(z)	Read, speak and learn Spanish
WLL 02/ 03	Buddhism-based practical meditation
WLL 08/ 09/ 10	Honoring the Departed
WLL 16	Understanding sexual orientation ...
WOR 03	Women in the world
WRT 03	Writers' workshop
	Third way investment club

Thursday

ART 07	Conversations about art
ART 14	The human figure: life drawing
ARTH 05	History of Art for absolute beginners
ARTH 06	Looking at Art: Renaissance
ARTH 08/ 08(z)	The Golden Age of Irish Art
ARTH 09/ 09(z)	Early Anglo-Saxon Treasures ...
DUT 01	Dutch improvers
FIT 03	Badminton (Thursday pm)
FIT 07	Contemporary Dance Workshop
FIT 14(z)	Exercise to music 3
FIT 19	Short Tennis
FIT 36	Rambling
FIT 37	Easy rambling
FLM 01	Moviemaking
FRE 01	French, the very beginning
FRE 03	Express Yourself in French
FRE 05	French conversation
GER 02(z)	German beginners by Zoom
GER 12	Advanced German conversation
HIS 02	Ancient Egypt for beginners
HIS 03(z)	Anti-Slavery advocacy ... Victorian Britain
HIS 07	Britain in the Caribbean from 1600s ...
HIS 08	British computer pioneers in Cambridge ...
HIS 09/ 10	Cambridge history and the wider context
HIS 17	England in the Twenties and Thirties (
HIS 18	From Parnell to the 1916 Rising ...
HIS 20	Ho Chi Minh ... Vietnamese Independence
HIS 22	How life has changed
HIS 24	Interesting People
HIS 25	Irish cultural history 1891-1940
HIS 32	Objects, artefacts and heirlooms
LAT 04	Continuing to read Latin together

LEI 04/ 05	Modern board games
LEI 08/ 09	Bridge ...
LEI 13	Online Bridge league (BBO)
LEI 18	Chess appreciation
LIT 06	Book group - Travel writing
LIT 10(z)	Carol Ann Duffy
LIT 12	Classical Greek Tragedy ...
LIT 19	Great Broadway Lyricists 1924-2015
LIT 23/ 23(z)	Lost Poems of World War 1
LIT 31/ 31(z)	Poetry reading group R
LIT 36	The Marriage of Figaro
LIT 37	Timothy Findley
MDN 02(z)	Mandarin
MTH 01(z)	Maths can be fun 1
MUS 04	Choir
MUS 05	It's only Rock 'n' Roll - But we like it
MUS 12(z)	Going beyond Grade 5 Music Theory
MUS 14/ 14(z)	Opera, history and culture (
PHL 03	The growth of Early Christianity
PHO 01	Photography Forum
PSY 01	More Psychology Stories
SCE 03/ 03(z)	Building the human brain
SCE 05	Cosmology
SCE 09	Emerging science and technology ...
SCE 14	Space telescopes, their images ...
SCE 16	Symmetry and the laws of nature
SCE 17	The energy landscape
SCE 22	The Pale Blue Dot
SPA 01	Beginners Spanish
WLL 11	Journaling and jotting
WRT 01/ 02	Playing with Words - a creative writing course
	Walking football

Friday

ARB 01/ 01(z)	Arabic language
ART 01	Abstract art
ART 06	Barnwell art group
ART 08	Drawing for pleasure
ART 09	Experiments in relief printing
ART 13	Sketching, drawing and painting
ART 15/ 16	The monthly draw ...
ARTC 02	Knitting
ARTH 01	Age/ageing in Art: Vision and Insight ...
BUS 01	Tinker, Tailor, Soldier... Work ...
CMP 03	QGIS mapping improvers seminar
CUR 01	Current affairs 1
CUR 02/ 02(z)	Current affairs 2
ECN 02	Economics discussion group
ECN 03/ 03(z)	Free software - Is it worth the price?
FIT 04	Badminton
FIT 15/ 16	Pickleball
FIT 25	Table tennis
FIT 38	Eco-friendly walks using public transport
FRE 02	Maigret
FRE 10	French translation: Musso: 'L'instant present'
GDN 01	Botanic Garden group
GDN 04	Practical gardening
GER 06	Brush up your German
GRC 01	Classical Greek
GRC 03(z)	New Testament Greek

Saturday

FIT 39	Walks in Cambridge city
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GRM 01(z)	Greek conversation
HIN 01	Hindi for beginners
HIS 05	Biographies
HIS 14	Dear Old Blighty: Society and ...
HIS 16	Elizabeth I: Power and insecurity
HIS 28	Medieval Times and People
HIS 44	Women with a purpose
INV 01	Benchmark your Investment Portfolio ...
INV 02	Introducing ... Investment Strategies
ITA 08	Italian conversation
LEI 01	Bezique
LEI 02	U3AC Bird Club
LEI 10	Fledgling Bridge
LEI 19	Cooking: the books
LIN 01	A handle on spoken English
LIT 11	Changing places
LIT 29	Poetic Form
MUS 10(z)	Music theory from the very beginning
MUS 11(z)	Music Theory continuing on to Grade 4
MUS 17	U3AC recorder group
PHL 08	The Thinking Life: ... Philosophy
SCE 10/ 10(z)	Geology group
SCE 12/ 12(z)	Inventions that shaped the Modern World
WLL 04/ 05/ 06	EFT "Tapping"
WLL 13	Positive thinking and meditation
WOR 01/ 01(z)	Africa Forum

	U3AC investment club
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List of tutors/course leaders

Akister-Rawlings, Bunt	Passionate gardeners	GDN 03
Alan, Liz	Writers' workshop	WRT 03
Albano, Aurora	Dance-harmony	FIT 09
	Qigong general level	FIT 17
Alderton, Stella	A handle on spoken English	LIN 01
Aldred, Jeremy & Jill	U3AC Bird Club	LEI 02
Alvey, Gregor	Abstract art	ART 01
Bagrij, Tanya	The Old European Civilisation	HIS 39
Bailey, Caroline	History of Art for absolute beginners	ARTH 05
Balshaw, Maggie	Abstract art	ART 01
	Anything Goes: exploring representational and abstract forms	ART 02
Barber, Eric	Fledgling Bridge	LEI 10
Bartlett, Tim	Belize - an English-speaking anomaly	HIS 45
Barton, Di	Rambling 4 miles - Monday (fortnightly)	FIT 30
Bass, Pat	Scrabble	LEI 17
Bastable, Jenny	Book group 'Come for the cake - and stay for the books!'	LIT 05
Bastable, John	Book group - Travel writing	LIT 06
Battison, Toni	Objects, artefacts and heirlooms	HIS 32
Beavis, Jackie	Knitting	ARTC 02
Beddow, Di	The Cambridge of Sylvia Plath and Ted Hughes	LIT 35
Belsey, Harry	Current affairs by Zoom	CUR 03(z)
	Transatlantic Discussion Forum	CUR 06(z)
	Transatlantic Economist Readers group	CUR 07(z)
	Military History Group	HIS 29(z)
Benziger, Dieter	Croquet for beginners	LEI 20
Berkley, David	Cambridge history and the wider context	HIS 09
	Cambridge history and the wider context	HIS 10
Birch, Alan	Cercle francais	FRE 12
	Italian intermediate self-help	ITA 05
Bird, Alan	Jazz on a Monday afternoon	MUS 07
Bispham, Kay	Buddhism-based practical meditation - Introduction	WLL 02
	Buddhism-based practical meditation 2: 'Exploring states of mind and feeling'	WLL 03
Bithell, Mike	Croquet for beginners	LEI 20
Blake, Vanessa	Light-hearted crafting group	ARTC 03
Blandford, John	It's only Rock 'n' Roll - But we like it	MUS 05
Bojan, Janet	Sustainability book group	LIT 34
Bowler, Chris	Fledgling Bridge	LEI 10
Braid, Judith	Changing places	LIT 11
Brown, Lorna	Walking 6 miles - Monday (weekly)	FIT 29
Bubb, Rosalind	EFT "Tapping": how Emotional Freedom Techniques ...	WLL 04
	EFT "Tapping": how Emotional Freedom Techniques ...	WLL 05
	EFT "Tapping": how Emotional Freedom Techniques ...	WLL 06
Bullen-Smith, Paul	The economy and society: past theories, present issues, future options	ECN 06
Buncombe, Jeremy John	U3AC film group	
Bunford, Mansel	La Tertulia de la U3AC	SPA 06
	Welsh self-help study group	WLS 01
Burdess, Rosemary	Russian for improvers year 5	RUS 01
Burkinshaw, Peter	History of programming languages	CMP 01
C, Mia	Understanding sexual orientation and gender identity	WLL 16
Camilletti, Peter	History of the Later Roman Empire AD 284 - 476	HIS 19(z)
Campbell, Anne	Light-hearted crafting group	ARTC 03
	Introduction to modern board games	LEI 03
Campbell, Lynn	Tap dance	FIT 10
Campbell, Peter	Introduction to modern board games	LEI 03
	Modern board games	LEI 04
	Modern board games	LEI 05
	U3AC Bowls Club	LEI 07
Carpenter, Barbara	Badminton (Friday)	FIT 04
Carter, David	Cosmology for the curious	SCE 06/ 06(z)
Chisholm, Heather	Walks in Cambridge city - Saturday	FIT 39
Clark, Edwina	U3AC recorder group	MUS 17
Clark, Hilary	Time with textiles	ARTC 07
Cleaver, Marian	Continuing to read Latin together	LAT 04
Clough, Deborah	Table tennis (Friday)	FIT 25
Clough, Jonathan	Table tennis (Friday)	FIT 25
Cochrane, Tom	Abstract art	ART 01
	Jazz, Blues and everything in between	MUS 06
Colledge, Richard	Badminton (Friday)	FIT 04
Connolly, Vanessa	Book group 2	LIT 02
Cook, John	Poetry reading group J - Tuesday	LIT 30/ 30(z)
	The energy landscape	SCE 17
	The material world	SCE 20
	The nuclear option	SCE 21
	The Pale Blue Dot	SCE 22
Cooter-Baker, John	More Psychology Stories	PSY 01

Covill, Jackie	Time with textiles	ARTC 07
Cox, Lorna	Chamber choir	MUS 03
Crow, Liz	Barnwell art group	ART 06
Cutmore, Katherine	Bridge Street Bridge group	LEI 09
Day, Kate	Just vegetating	GDN 02
Day, Mike	Just vegetating	GDN 02
	Biographies	HIS 05
De Val, John	Corporations and Offshore Tax Havens	ECN 01/ 01(z)
	The Economics of Place	ECN 05/ 05(z)
Desmond, Barry	4 Mile walking group - Tuesday (fortnightly)	FIT 32
Desmond, Rose	Botanic Garden group	GDN 01
Dewar, Ann	Book group 4	LIT 04
Dickinson, Lesley	Rambling - Thursday (weekly)	FIT 36
Dixon, Sarah	U3AC investment club	
Donohoe, Paul	Anti-Slavery advocacy in early-Victorian Britain	HIS 03(z)
Douglas, Cecilia	Dance and exercise to Zumba	FIT 08
Doyon, Roy	Introduction to weather and climate	SCE 11(z)
Dring, Maike	A mixed bag of complementary therapies	WLL 01
	Get organised and motivated - Build mental and emotional resilience	WLL 07
Dring, Matt	Bezique	LEI 01
	A designer-embroiderer's view of the 20th Century: Lilian Dring (1908-1998)	ARTC 01
Duhig, Corinne	Ancient Egypt for beginners	HIS 02
Dunn, Ruth	British computer pioneers in Cambridge and at the Lyons catering company	HIS 08
Dwyer, Britta	Age/ageing in Art: Vision and insight, looking beyond wrinkles and grey hair	ARTH 01
Dyson, Tom	Latin (re-)discovered	LAT 03
Eacott, Barbara	Painting group - Wednesday	ART 12
Ecclestone, Ralph	Christianity and the Roman Empire	HIS 13/ 13(z)
	Beginners' Bridge	LEI 08
Eden-Green, Catherine	Rambling 4 miles - Monday (fortnightly)	FIT 30
Edkins, Jo	Patterns and how to make them	ARTC 05
	Walks around Cambridge - Tuesday	FIT 34
Edmundson, Henry	Traversing the Himalaya on foot: a personal journey through its culture and history	HIS 43
Ellmann, Maud	Introduction to James Joyce's Ulysses	LIT 20
Elphick, Jon	Badminton (Thursday pm)	FIT 03
English, Michael	Modern board games	LEI 04
	Modern board games	LEI 05
Evans, Claire	Eine Art Stammtisch	GER 09/ 09(z)
Ewbank, Tim	Living with Big Tech, social media and AI	CMP 02
	Photography Forum	PHO 01
Fay, Maxine	Experiments in relief printing	ART 09
	Paint, draw in Cambridge	ART 10
	Neglected Women Writers	LIT 27
Fay, Mike	Classical Greek self-help reading group	GRC 02/ 02(z)
	A taste of the Latin Classics (and some helpful grammar)	LAT 05/ 05(z)
Fenner, Nigel	Cambridge sport: in Fenner's hands	HIS 11
	Cambridge sport: in Fenner's hands	HIS 12
Ferneyhough, Glenda	A brief introduction to life in Georgian England	HIS 01
	Life in Georgian England - wealth and poverty	HIS 27
Fisher, Eunice	Opera - Updating productions	MUS 13/ 13(z)
	Opera, history and culture	MUS 14/ 14(z)
FitzGerald, Sarah	Raja Yoga Meditation and Philosophy	WLL 15(z)
Fleet, Viv	Badminton (Wednesday)	FIT 02
	Badminton (Friday)	FIT 04
Fleming, Anne	Easy rambling - Thursday (fortnightly)	FIT 37
Foulkes, John	A taste of the Latin Classics (and some helpful grammar)	LAT 05
	A taste of the Latin Classics (and some helpful grammar)	LAT 05(z)
Francomb, Hazel	Wise wild dance - plus	FIT 11
Freeman, Len	Easy rambling - Thursday (fortnightly)	FIT 37
French, Adrian	Conversations about art	ART 07
	European writing	LIT 16
Galbraith Woods, David	Exploring Low German	GER 10
	Going beyond Grade 5 Music Theory	MUS 12(z)
Galvez, Marie-Joelle	U3AC lunch club	
Gamlin, Jill	Spines, shoulders, hips and knees. How do they work normally ...	SCE 15
Ganz, Debbie	U3AC Bird Club	LEI 02
Goldstone, Gerald	Britain between the Wars 1918-1939	HIS 06
Goy, Hilary	New Testament Greek	GRC 03(z)
	Jesus, the Jew	LIT 21(z)
	Reading the Septuagint	LIT 32(z)
	Women in the world	WOR 03
Gray, Michael	Background to Athenian theatre	GRC 04
	Democracy in ancient Athens	HIS 15
Green, Kay	Practical gardening	GDN 04
Griffiths, Hywel	Table tennis (Monday am)	FIT 21
Grimshaw, Brigitte	French, the very beginning	FRE 01
	En route!	FRE 07(z)
	Parlons Encore	FRE 09

Gross, Jean	Two poets of our time	LIT 39
Grossmith, Kostadinka	Modern European novels	LIT 25
Guyton, Robert	Another book group	LIT 07/ 07(z)
	Poetry reading group R - Thursday	LIT 31/ 31(z)
Hagelberg Erika,	DNA and identity	SCE 07
Haining, Robert	The Armchair Economist	ECN 04
	Twentieth and early twenty first century classics	LIT 38/ 38(z)
Hall, John	The Armchair Economist	ECN 04
	Benchmark your Investment Portfolio against others	INV 01
	Introducing some classic (and new) Investment Strategies	INV 02
	Emerging science and technology discussion group	SCE 09
Hampton, Marilyn	Abstract art	ART 01
Harnor, Martin	Carol Ann Duffy	LIT 10(z)
	U3AC Environment Group	
Harper, Tony	Samba (Canasta)	LEI 16
Harris, Tejodhi	Mindful Movement Chair Yoga	WLL 12
Hartle, Paul	To the Land of the Rising Sun: Early Japanese voyagers	HIS 42
Hashemi, Louise	Practical gardening	GDN 04
	Cooking: the books	LEI 19
Hassan, Eman	Arabic language	ARB 01
	Arabic language	ARB 01(z)
Hatfield, Eddie	Third way investment club	
Hay, Robert	Rubber Bridge Club	LEI 11
Hearn, Sylvia	Express Yourself in French	FRE 03
Heaton, Melina	Austen's contemporaries	LIT 09
	Dystopian Literature	LIT 15
	The Marriage of Figaro	LIT 36
	Timothy Findley	LIT 37
Henry, Jim	Interesting People	HIS 24
	Medieval Times and People	HIS 28
Herrick, Martin	Walking 6 miles - Monday (weekly)	FIT 29
Hill, Jaspaul	Easy rambling - Thursday (fortnightly)	FIT 37
Hill, Roderick	Easy rambling - Thursday (fortnightly)	FIT 37
	Military History Group	HIS 29(z)
Hills, Chris	Chamber choir	MUS 03
	Choir	MUS 04
Hiscock, Justin	Military History Group	HIS 29(z)
Hopkins, John	Aspects of classical music	MUS 01
	'A Bundle of Time': Harriet Cohen and classical music in Britain 1900 - 1950	MUS 02
	The Symphonies of Beethoven	MUS 16
Horan, David	Personal poetry	LIT 28(z)
Howell, Pauline	Short tennis	FIT 19
Howell, Sue	Barnwell art group	ART 06
Human, Brian	Photography Forum	PHO 01
Hunt, Barrie	Online Bridge league (BBO)	LEI 13
Hunter, Iain P.	Teeth with convoluted routes	HIS 35
Hunter, Ian	Current affairs 1	CUR 01
	Economics discussion group	ECN 02
Hunter, Josephine	Duplicate Bridge club	LEI 12
Hurst, Colin	Dear Old Blighty: Society and culture in Britain, 1914-1920	HIS 14
Ingram, Sarah	Playing with Words - a creative writing course	WRT 01
	Playing with Words - a creative writing course 2	WRT 02
Jackson, Roy	Table tennis (Monday pm)	FIT 22
James, Jane	Patchwork and machine quilting	ARTC 04
Jarvis, Simon	U3AC investment club	
Jeans, Friederike	Intermediate German	GER 08
Jinman, Paul	Italian self-help	ITA 03
Johnson, Brian	Sketching, drawing and painting	ART 13
Johnston, Colleen	Mah Jong group	LEI 23
Jones, Chris	Exploring Ancient Greek sculpture at the Museum of Classical Archaeology	ARTH 04
	"Much madness is divinest sense..."	LIT 26(z)
	St Paul (Summer term)	PHL 01(z)
	The finest mind of the last century?	PHL 02(z)
	The Near-Death Experience	PHL 05
	The Passion story in St Luke's gospel	PHL 06(z)
	The prophet Muhammad	PHL 07
	The wisdom of a Platonic masterpiece: The Sophist	PHL 09
Jones, Jim	The human figure: life drawing	ART 14
Jones, Peter	Camsail	LEI 14
Jones, Stephen	Human evolution from 7 million to 25,000 years ago	HIS 23/ 23(z)
Judd, Judith	Book group 1	LIT 01(z)
Judge, Helene	Introduction to Pickleball	FIT 15
Jump, Mick	Cryptic crosswords for real beginners	LEI 21
Kakoday, Prashant	Raja Yoga Meditation and Philosophy	WLL 15(z)
Kara, Heather	Honoring the Departed: A course in working through the stages of grief	WLL 08
	Honoring the Departed: A course in working through the stages of grief	WLL 09
	Honoring the Departed: A course in working through the stages of grief	WLL 10

Kara, Heather	Positive thinking and meditation	WLL 13
Kelly, Don	Canasta club	LEI 15
Kendall, Arlette	Oh non! Pas Hugo. Pas Victor. Hugo, hélas!	FRE 11
Kent, Alan	Eco-friendly walks using public transport - Friday	FIT 38
Kent, Anne	Practical gardening	GDN 04
Keyworth, John	The Old Lady of Threadneedle Street: The Bank of England 1694-1946	HIS 40
Kiln, Lesley	Patchwork and machine quilting	ARTC 04
Kington, Chris	Arts forum	ART 03
	Two poets of our time	LIT 39
Knight, Jenny	Language labyrinth	HIS 26(z)
	Carol Ann Duffy	LIT 10(z)
	Classics of the twentieth century (in person)	LIT 13
	Classics of the twentieth century (Zoom)	LIT 14(z)
Kumar, Narinder	Hindi for beginners	HIN 01
Landshoff, Peter	Emerging science and technology discussion group	SCE 09
Lass, Rosemary	The Wednesday walkers (weekly)	FIT 35
Latham, Richard	Badminton (Wednesday)	FIT 02
Leslie, Kate	Experiments in relief printing	ART 09
Levy, Mike	Great Broadway Lyricists 1924-2015	LIT 19
Lewney, Richard	The economy and society: past theories, present issues, future options	ECN 06
Lintott, Gill	Knitting	ARTC 02
Livesey, Sally	Time with textiles	ARTC 07
Loughlan, Patricia	Poetic Form	LIT 29
Lovegrove, Alistair	Table tennis (Tuesday am)	FIT 23
	U3AC Bowls Club	LEI 07
Lovell, Thelma	Variations on the Goldbergs	MUS 18
Lumsden, Toby	Table tennis (Monday pm)	FIT 22
Lynch, Mike	George Eliot's 'Middlemarch'	LIT 18
Ma, Yongqing	Mandarin conversation for beginners	MDN 01
MacGinley, Mary	Modern European novels	LIT 25
Macmillan, Jenny	Table tennis (Monday pm)	FIT 22
Macpherson, Ian (Mac)	Barnwell art group	ART 06
Makin, Lucila	Advanced Spanish	SPA 05
Marengi, Sabrina	Exercise to music 1	FIT 12
	Exercise to music 2	FIT 13
	Exercise to music 3	FIT 14(z)
Marseglia, Elisabeth	Modern Greek: Intermediate	GRM 02
Mathew, Rosemary	Mah Jong group	LEI 23
Mathieu, Philippe	The Thinking Life: An introduction to Philosophy	PHL 08
Matthews, Clare	U3AC Bird Club	LEI 02
Maxted, Yvette	4 Mile walking group - Tuesday (fortnightly)	FIT 32
	Walking for pleasure - Tuesday (fortnightly)	FIT 33
May, Elizabeth	Drawing for pleasure	ART 08
	Flights of amazing imagination - the worlds of Terry Pratchett ...	LIT 17
	Sustainability book group	LIT 34
McCann, Barry	Jazz, Blues and everything in between	MUS 06
McCann, Marina	Dutch improvers	DUT 01
McCretton, Michael	Painting group - Monday	ART 11
	Swimming	FIT 20
McGill, John	Britain in the Caribbean from 1600s to the present day	HIS 07
McKerral, Angie	Flights of amazing imagination - the worlds of Terry Pratchett ...	LIT 17
Medland, Richard	It's only Rock 'n' Roll - But we like it	MUS 05
Meyer, Ruth	Women in the world	WOR 03
Middleton, Cathy	Contemporary Dance Workshop	FIT 07
Milan, Diane	The Golden Age of Irish Art	ARTH 08/ 08(z)
	Early Anglo-Saxon Treasures and new discoveries	ARTH 09/ 09(z)
Miles, Alison	Chamber choir	MUS 03
	U3AC recorder group	MUS 17
Miles, Elaine	Italian intermediate self-help	ITA 05
Millington, Lindsay	Looking at Art: Renaissance	ARTH 06
Monk, Mariel	Cryptic crossword club	LEI 22
Morgan, Sian	Basic Italian for short trips	ITA 02
Morris, Derek	Free software - Is it worth the price?	ECN 03/ 03(z)
Moyser, Roy	The Metaphysics of Time and Space	PHL 04
Murphy, Alan	Jazz on a Monday afternoon	MUS 07
Murphy, Michael J	England in the Twenties and Thirties	HIS 17
	From Parnell to the 1916 Rising and its aftermath	HIS 18
	Irish cultural history 1891-1940	HIS 25
Myer, Jonathan	Table tennis (Tuesday pm)	FIT 24
Neville, Peter	Ho Chi Minh and the achievement of Vietnamese Independence	HIS 20
	The decline and fall of the Habsburgs 1848-1918	HIS 37
Newton, Mary	Book group 1	LIT 01(z)
Nicholson, Frank	Assassination in History	HIS 04(z)
Nicolson, Norman	Abstract art	ART 01
Nisbet, Jessie	The monthly draw - urban sketching in Cambridge	ART 15
	Book group 'Come for the cake - and stay for the books!'	LIT 05
North, Angela	Book group 2	LIT 02

Oates, David	QGIS mapping improvers seminar	CMP 03
O'Connell, Kerry	Anton Chekhov	LIT 08
	John Donne	LIT 22/ 22(z)
	Shakespeare's Tragedies: 'Hamlet' and 'King Lear'	LIT 33
Oliver, Sarah	Badminton for softies	FIT 01
	Latin year 2	LAT 02
Ollerenshaw, Tim	Introduction to Dungeons and Dragons	LEI 06
Owen, Chris	Art and industry in Britain, 1760-1960	ARTH 02/ 02(z)
	Art History Discussion Group	ARTH 03
Pateman, Jim	Reading Russian literature	RUS 02/ 02(z)
Patterson, BarbaraAnn	Short tennis	FIT 19
Payne, Sarah	Maths can be fun 1	MTH 01(z)
	Maths can be fun 2	MTH 02(z)
Pearl, Simon	Table tennis (Friday)	FIT 25
Peirce, Claire	The monthly draw 2 - urban sketching in Cambridge	ART 16
Perkins, Gillian	Practical gardening	GDN 04
Perutz, Vivien	Raphael	ARTH 07/ 07(z)
	Biographies	HIS 05
Pescod, Dave	Arts forum	ART 03
Phillips, Andrew	Inventions that shaped the Modern World	SCE 12/ 12(z)
Phillips, Diane	Book group 4	LIT 04
Phillips, Helen	Table tennis (Monday am)	FIT 21
Philpott, Samara	Back to basics 1. An introduction to drawing and painting	ART 04
	Back to basics 2. An introduction to drawing and painting	ART 05
	Paint, draw in Cambridge	ART 10
Pienaar, Sara	Past and Present in Europe's Borderlands	HIS 33
Pinner, Sue	Ballet - beginners and improvers	FIT 05
Pitman, Mike	A promenade through science and philosophy	SCE 01
Plant, Carolyn	Walking for pleasure - Tuesday (fortnightly)	FIT 33
Polihroniadis, Panos	Greek conversation	GRM 01(z)
Pook, Carole	How life has changed	HIS 22
	Women with a purpose	HIS 44
Pope, Helen	U3AC Environment Group	
Pope, Janet	Silk roads, empires and travellers	HIS 34
Potts, Monica	Pro-active ageing	WLL 14
Price, Jack	Building the human brain	SCE 03/ 03(z)
Priestley, Michael	Short tennis	FIT 19
Prior, Dominic	Computers, brains and AI	SCE 04
Provis, Margaret	Lisons 'Rendez-vous' - Monday	FRE 04/ 04(z)
	Continuons 'Rendez-vous' - Wednesday	FRE 06/ 06(z)
	Modern French novels	FRE 08/ 08(z)
Purseglove, Sue	Table tennis (Friday)	FIT 25
Radford, Jacqueline	Walks in Cambridge city - Saturday	FIT 39
Ratcliffe, Paul	Tinker, Tailor, Soldier... Work: an employment law perspective	BUS 01
Rhodes, Sue	Book group 1	LIT 01(z)
Rice, Peter	Brush up your German	GER 06
Richards, Mary	Stitching	ARTC 06
Richardson, Alan	Cosmology	SCE 05
	Space telescopes, their images and what they tell us	SCE 14
	Symmetry and the laws of nature	SCE 16
Roberts, Adrian	Napoleon Bonaparte	HIS 31
	Ten Turning Points in European History	HIS 36
	The Great War 1914-19	HIS 38
	The Three Kingdoms under the Stuart Monarchy 1603-1714	HIS 41
Robinson, David	The Wednesday walkers (weekly)	FIT 35
Rodgers, Karen	Journaling and jotting	WLL 11
Russell, Christine	Exercise to music 1	FIT 12
	Exercise to music 2	FIT 13
	Exercise to music 3	FIT 14(z)
Russell, Nicholas	Current affairs 2	CUR 02/ 02(z)
Sakellaridis, Margaret	Classical Greek Tragedy: Euripides' 'Phoenician Women'	LIT 12
	The growth of Early Christianity	PHL 03
Sales, Anne	Mah Jong group	LEI 23
Salmon, Elizabeth	Horses: Their role in the history of man	HIS 21
Savini, Mary	Italian literature: reading modern novelists	ITA 06
Scally, Janet	Yoga – self-help	FIT 40
Seaman, Juliet	U3AC recorder group	MUS 17
Selwyn, Ricky	Italian beginners	ITA 01
	Italian intermediate	ITA 04
	Italian conversation (Tuesday)	ITA 07
	Italian conversation (Friday)	ITA 08
Sharman, Hannah	Tap dance	FIT 10
Sims, Laura	Moviemaking	FLM 01
Smith, John	All-year walking - Tuesday (weekly)	FIT 31
Smith, Sally	More Biographies	HIS 30
Spencer, Liz	Painting group - Monday	ART 11
Stapleton, Christine	German beginners year 2	GER 03/ 03(z)

Stapleton, Christine	German year 3	GER 04/ 04(z)
	German intermediate	GER 07/ 07(z)
	German poetry and prose	GER 13
	Swedish improvers	SWE 02/ 02(z)
Steen, Ian	Rock climbing group	FIT 18
Steffert, Beverley	The ills of the brain	SCE 18(z)
Stephen, Martin	Lost Poems of World War 1	LIT 23/ 23(z)
Stevens, Jane	Mandarin	MDN 02(z)
Stevens, Tony	The human figure: life drawing	ART 14
Stopp, Christine	A second year of Spanish	SPA 02(z)
	Read, speak and learn Spanish	SPA 03(z)
Stott, Anne	Elizabeth I: Power and insecurity	HIS 16
Stubbings, Ursula	Circle dancing	FIT 06
Stutz, Peter	Brush up your German	GER 06
Swinney, Anne	Duplicate Bridge club	LEI 12
Tabrett, Mike	T'ai Chi Chuan 24 Step beginners	FIT 26
	T'ai Chi Chuan 24 Step intermediate	FIT 27
	Integrated T'ai Chi and Chi Kung exercises	FIT 28
Tamulonis, Geof	Walking football	
Tatham, Jill	Maigret	FRE 02
	French translation: Musso: 'L'instant present'	FRE 10
	Translation: Warten bis der Frieden kommt	GER 05
	German translation: Glennkill	GER 11
Tavner, Elizabeth	Classical Greek	GRC 01
Thorn, Elizabeth	French conversation	FRE 05
Tilling, Vanessa	Choir	MUS 04
Tillotson, Judy	Stitching	ARTC 06
Toranzos, Carlos	Beginners Spanish	SPA 01
Tourlaimain, Moyra	Arts forum	ART 03
Tritton, Keith	A very basic introduction to geology	SCE 02
	Geology group	SCE 10/ 10(z)
Trosch, Carole	Advanced German conversation	GER 12
Tuffnell, Jill	Public rights of way and access in England - history, legal basis, rights ...	GEO 01
Turney, Ray	Table tennis (Monday am)	FIT 21
Tyson, John	Current affairs 1	CUR 01
	Economics discussion group	ECN 02
Van der Velden, Hans	Modern board games	LEI 04
	Modern board games	LEI 05
Van Der Velden, Juliet	Cycling group	
van Essen, Lizanne	Badminton (Wednesday)	FIT 02
Von Janowski, Anne	Drawing for pleasure	ART 08
Walker, Bob	Chess appreciation	LEI 18
Wallis, Kim	Arabic language	ARB 01/ 01(z)
Watkins, Brian	Choir	MUS 04
Whitehead, Jo	The history of the Middle East and its current implications	CUR 04/ 04(z)
	Theories of Empire and their current implications	CUR 05/ 05(z)
	Poetry reading group J - Tuesday	LIT 30
	Poetry reading group J - Tuesday	LIT 30(z)
	Lunchtime concert series	MUS 08
Whykes, Susan	Mainly madrigals	MUS 09
	Music theory from the very beginning	MUS 10(z)
	Music Theory continuing on to Grade 4	MUS 11(z)
	Summer singers	MUS 15
Wilkinson, Ann	Play Pickleball	FIT 16
Wilkinson, John	Mid-Century New York	LIT 24
Williams, Olwen	Naturalists Group	SCE 13
Wills, John	The life of stars	SCE 19(z)
Wilson, Brenda	Book group 3	LIT 03
Wilson, Mary	Swedish improvers	SWE 02/ 02(z)
Wilson, Rosie	Passionate gardeners	GDN 03
Winfield, Alan	Eat well, live longer, live well	SCE 08/ 08(z)
	Italian cities	WOR 02/ 02(z)
Winter, Richard	Buddhism-based practical meditation - Introduction	WLL 02
	Buddhism-based practical meditation 2: 'Exploring states of mind and feeling'	WLL 03
Winterborn, Duncan	Cryptic crossword club	LEI 22
Woods, David	Exploring Low German	GER 10(z)
Woodsford, Peter	Africa Forum	WOR 01/ 01(z)
Wright, Stephen	Swedish for beginners	SWE 01
Yoxall, Maribel	Spanish conversation via Zoom	SPA 04(z)
Yule, Ruth	German beginners	GER 01
	German beginners by Zoom	GER 02(z)
	Latin beginners	LAT 01

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: