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u3a Plymouth

Group Directory

March 2024



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learn, laugh, live

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Plymouth u3a Group Directory

Plymouth u3a is a vibrant organisation with over 70 interest groups. This directory includes information provided by group leaders on all current Plymouth u3a groups.

Before attending any group for the first time, you must contact the group leader and take your Plymouth u3a membership card to the first meeting. It is also important to inform the group leader if you are unable to attend any meeting.

Most groups are open to new members, but some are full and some have waiting lists. As a quick guide at time of printing, the status of each group is indicated as follows:

- indicates a group that is open to new members
- ⦿ indicates a group that has a waiting list
- ⊘ indicates a group that is full and cannot accept new members

We have tried to ensure that the directory's content is correct at the time of printing, but details are changing all the time. Group members will be informed of changes by their group leader. Changes to existing groups and information about new groups starting up can be found in several places:

- On the Plymouth u3a website: www.plymouthu3a.org.uk
- From the Plymouth u3a Group Coordinator Alyson Smith by email on groups@plymouthu3a.org.uk or by phone on 07818 457032
- On Beacon in the Members' Portal via the link on the website
- In the monthly newsletter when updates are provided by group leaders

By logging into the Members' Portal, you can view the most up-to-date Beacon information we have about groups and when they meet in the group listing and calendar. If you encounter problems when logging in to the Members' Portal, please email administrator@plymouthu3a.org.uk

Group leaders who would like to update the information about their group should do so on Beacon. If you have issues regarding what is in this directory, please email the newsletter editor on newsletter@plymouthu3a.org.uk

Data Protection Notice

The information in this directory has been compiled for use by Plymouth u3a members only. It includes the personal data about our group leaders to allow our members to contact them. ***It should not be shared with anyone outside of Plymouth u3a.*** For data protection purposes, please destroy any previous versions of this booklet.

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○ Ancient History

Come and join us in our quest to learn about the distant past of human cultures and events. This friendly group looks at early civilisations, such as the Roman Empire. Our handouts cover key facts, so no prior knowledge is required. Additional research or discussion is totally optional.

When: 2nd Wednesday of the month, 13:45–15:45

Where: Wolseley Trust Centre

Leader: Jenny Roach

Contact: Jenny on jennyroach386@live.co.uk or call Plymouth 311860 after 11am (but don't leave a message, please)

Notes: Cost per session is £2–3, depending on numbers on the day. The Wolseley Trust Centre (PL2 3BY) has a car park and many nearby bus routes are available.

○ Antiques and Collectables

This is a new group where we can get together to look at and discuss all types of antiques and collectables. You may be an expert in the type of things you collect or you may be a novice and want to know more. We welcome all levels of knowledge and expertise.

When: 3rd Thursday of the month, 10:30–12:30

Where: St Edward's Church Hall, Eggbuckland

Leader: Linda Crick

Contact: Linda on 077 1981 8404 or email lindacrick54@gmail.com

○ Art – Sketching Outdoors

We are a group of sketchers using various mediums to capture the world around us. We meet from on the first and third Tuesdays of each month in places in and around Plymouth, outdoors whenever possible. New members welcome.

When: 1st & 3rd Tuesdays of the month, 10:30–12:30

Where: Various – as advised by Group Leader

Leader: Tony Bond

Contact: u3asketching@gmail.com

🚫 Book Club

This friendly group makes use of Plymouth Library Services' book club facility, which allows us to borrow a set of 10 books each month, free of charge. Titles span an interesting range of classics, crime, non-fiction and many others. We discuss the book we've read over a nice cuppa!

When: 1st Monday of the month, 14:45–15:45

Where: Monty's Café

Leader: Helen Goodall

Contact: Helen on 078 3176 3853

Notes: We meet at Monty's Café on the Barbican. There's no charge for use of the venue, we are just expected to buy a drink (and their cake is very good!)

🕒 Building Visits

This group visits interesting buildings and sites around Plymouth and often gets guided tours of places most people don't get to see. We normally arrange visits for the afternoon on the same day as Plymouth u3a's general meetings, but it depends on when the places we want to visit are available. Usually a few of us have lunch together somewhere before our visit and catch buses together, but this is optional. If we use Richard Fisher (a local historian) for his brilliant tours, then we each pay him £5 on the day. Most other visits are free or we give a small contribution to the building's donation box.

When: 2nd Monday of the month, 14:00–16:00

Where: Various – as advised by Group Leader

Leader: Lynne Sears

Contact: Lynne on 077 0903 4617

🎮 Canasta and Bolivia

Canasta is a card game in the rummy family of games. Both Canasta and Bolivia are played by our members, with most now playing Bolivia, a version of Canasta played with three packs of cards instead of two. We generally have about 20 members attending. New members are welcome.

When: Every Wednesday, 10:15–13:00

Where: Plymouth Bridge Club

Leaders: Margaret Thompson, Marilyn Nicholas

Contact: Margaret on 077 9873 6909 or margthompson1@virginmedia.com

○ Card Making

Card-making has become the craft of our time. This group welcomes beginners and experienced crafters alike. Come along and see what we do. All materials provided.

When: 1st Tuesday of the month, 13:00–16:00

Where: Leader's home

Leader: Janet Merrill

Contact: Janet on 077 9123 0587

Notes: The materials fee is typically £2 per meeting.

○ Country Dancing

Country dancing is a great way to have fun whilst you're exercising. We do a variety of traditional English folk dances and often have live music courtesy of a talented piano-accordionist. New members are always welcome. No previous experience necessary!

When: 1st & 3rd Fridays of the month, 14:00–16:00

Where: Colebrook Community Centre

Leader: Janet Merrill

Contact: Janet on 077 9123 0587 or Chris on Plymouth 344048

Notes: There is a charge of approximately £2 per session to cover the cost of the hall and refreshments.

⊘ Family History

This group offers an opportunity to discover and/or develop your family history in the company of others with varying levels of expertise. It is interesting to add to the understanding of the lives of ancestors with aspects of social history, good and sometimes bad times for our ancestors. We take turns to host the meeting and to provide information and informal "talks" to each other.

When: 3rd Wednesday of the month, 10:30–12:30

Where: Members' homes

Leaders: Margaret Litherland, Ann Cox

Contact: Maggie on 077 9034 8859

○ Features and Facts

This group watches factual documentaries from our extensive DVD library and discusses them. Topics are chosen by a different member of the group each month. Handouts are provided by the group leader, although people can take their own notes if they prefer. No prior knowledge is necessary, and any research is optional.

When: 4th Thursday of the month, 13:45–15:45

Where: Wolseley Trust Centre

Leader: Jenny Roach

Contact: Jenny on jennyroach386@live.co.uk or call Plymouth 311860 after 11am (but don't leave a message, please)

Notes: Cost per session is £2–3, depending on numbers on the day. The Wolseley Trust Centre has a car park and many nearby bus routes are available.

○ French Conversation 1

We are a friendly group with an excellent teacher who attends most of our meetings. She produces varied, amusing, instructive articles and activities that encourage us to express our opinions in French, develop our vocabulary, and improve our grammar. We are not a beginners group but neither are we totally fluent and abilities are varied.

When: 2nd & 4th Tuesdays of the month, 10:30–12:00

Where: Fort Stamford

Leader: Barbara Bullock

Contact: Barbara on Plymouth 862951

Notes: We do not currently have a waiting list, so do get in touch if you are interested in joining us.

○ French Conversation 2

This group requires a fair standard of French but equally a willingness to try. We work from written texts and discuss a wide range of subjects.

When: 2nd & 4th Fridays of the month, 10:30–12:00

Where: Theatre Royal

Leader: Bob Holder

Contact: bobholder@planetmail.com

○ From Script to Screen

This group develops screen projects, including original scripts, acting concepts, editing techniques, and special effects like animation or “green screen”. We welcome new members, novice or experienced, who are interested in audio and video projects. Smart phone, digital camera, and video camera users are welcome.

When: Last Tuesday of the month, 14:00–16:00

Where: Members' homes

Leader: Philip Smithers

Contact: Phil on pds21td@gmail.com

○ Garden Visits

The Garden Visits group takes advantage of the many wonderful public gardens we have in the local area. We meet up at Morrisons, the leader having already decided how many cars we need and arranged a car pool to the garden of the month. New members are always welcome, especially those with cars who are willing to offer lifts to others.

When: Normally the 4th Friday of the month, 10:30–varies

Where: Various – as advised by Group Leader

Leader: Margaret Thompson

Contact: Margaret on 077 9873 6909 or margthompson1@virginmedia.com

Notes: We meet at Plymouth Morrisons, Outland Road, at 10.20am for a 10.30am departure to the chosen destination.

○ Gardening Together

We explore all aspects of practical gardening, helping each other in our own gardens. We make occasional visits to public gardens, allotments, and community spaces, and have talks and workshops as appropriate. We meet all together on the first Wednesday of month to plan the month's activities, and then garden together each subsequent Wednesday.

When: Every Wednesday, 14:00–16:00

Where: Various – as advised by Group Leader

Leaders: Sally MacNaughtan, Sue Ariss

Contact: sally.macnaughtan@gmail.com

○ Genealogy

This group is aimed at people with some knowledge and experience of using the various family history resources available online. We focus on what resources are available and how to access them from home. Meetings are held via Zoom.

When: 1st Friday of the month, 9:30–11:30

Where: Online

Leader: Lynn Webber

Contact: thewebbers15@gmail.com

○ German Conversation

This group is for those who want to practice their German and so requires at least a basic level of fluency. We practice reading and speaking, using books, articles, and online exercises. This is not a taught course, though there is a German teacher among us!

When: Every other Thursday, 14:00–16:00

Where: Members' homes

Leader: Sally MacNaughtan

Contact: sally.macnaughtan@gmail.com

Notes: Sessions are normally held at the leader's home in Stoke, Plymouth.

⊘ History of Art

This group explores art movements with artists of all genres and their techniques. For the coming year we are leaving the 19th and 20th centuries to take a look at “The Grand Tour” from 1600 to 1900. This will include artists, architects, craftspeople, designers and others of interest to the group.

When: 4th Monday of the month, 13:30–15:30

Where: Proprietary Library

Leaders: Heather Roche, Rosemary Gamble

Contact: hrheather569@gmail.com

○ Italian Conversation 1

This group is aimed at those who already have a fairly good knowledge of the language, as we usually converse in Italian for one and a half hours. We talk about interesting things we have done in between meetings, like trips abroad, visits to the theatre or cinema, etc. Everyone present is encouraged to participate; then we sometimes read an extract from our book (Read and Think Italian) or play games like 20 Questions. Occasionally we choose a topic to discuss at the following meeting, to give us time to prepare what we wish to say. We always welcome suggestions from group members about possible new activities.

When: 1st & 3rd Thursdays of the month, 10:30–12:00

Where: Plymouth Athenaeum

Leaders: Janet Liddicoat, Chris Pearce

Contact: Janet on pandjliddicoat@talktalk.net or Plymouth 776731 or Chris on 077 4663 5712

Notes: This group is now full.

○ Knit and Natter

This group offers a friendly, sociable meeting place for both beginners and experts in knitting and crochet. The sessions are informal, and we natter as much as we knit!

When: 1st Wednesday of the month, 13:00–15:00

Where: Maritime Inn

Leaders: Rosamund Davies, Alyson Smith

Contact: Rosamund on rosamundd Davies32@gmail.com or 078 8539 8950

Notes: Sessions are held upstairs in the meeting room at the Maritime Inn on the Barbican.

○ Lipreading

The ability to read lips is useful for those who have trouble hearing and understanding others or who have friends and family who are hard of hearing. This group provides the opportunity to develop and practice lipreading skills. We meet online via Zoom and each month select a particular sound to practice.

When: 1st Thursday of the month, 10:30–12:15

Where: Online

Leader: Jenny Roach

Contact: Jenny on jennyroach386@live.co.uk or call Plymouth 311860 after 11am (but don't leave a message, please)

○ Literature 1

Members of this group take turns choosing a book and leading the discussion, though members are under no obligation to lead as there are always plenty of enthusiasts willing to do so! Sometimes we pick a genre like humorous books, with everyone bringing along a favourite. Our discussions range from the literature itself to issues (social, political, historical, etc.) raised in the books.

When: 3rd Monday of the month, 10:30–12:00

Where: Fort Stamford

Leaders: Barbara Bullock, John Deacon

Contact: Barbara on Plymouth 862951

Notes: Please contact Barbara on Plymouth 862951 if you wish to be added to our waiting list. Our venue offers free parking.

☉ Looking at Art AM & PM

Monthly meetings often consist of watching an art DVD and having a discussion. Sometimes we have a members' showcase, visit a gallery or exhibition, or go on a safari-type progressive outing.

When: 3rd Thursday of the month,
AM session 10:00–12:00 or PM session 14:00–16:00

Where: Wolseley Trust Centre

Leader: Vivienne Andrews

Contact: Viv on andrewsvivienne48@gmail or call Barbie on Plymouth 267589

○ Mahjong

Mahjong is a tile-based game developed in China during the 19th century. It is a game of skill, strategy, and luck played by four players. New members are very welcome and should be prepared to commit to six weeks of regular play to learn the rules.

When: Every Wednesday, 13:00–16:00

Where: Raffles Social Club

Leader: Susan Dallas

Contact: suedallas0114@gmail.com

○ Maritime History

This friendly group studies all things maritime, whether military or civilian. We are pleased that our group attracts both men and women who share this interest. Our talks range from early maritime history to the future of our seas. We generally have at least one annual outing combined with the Military History group.

When: 1st Tuesday of the month, 14:00–16:00

Where: Wolseley Trust Centre

Leaders: Carl Beeson, Heather Roche

Contact: Carl on Plymouth 253746

○ Mathematics

This group offers a friendly meeting place where we discuss topics of a mathematical nature over coffee and tea. We welcome all members who have any interest in mathematics.

When: 2nd Tuesday of the month, 14:00–16:00

Where: Members' homes

Leader: Richard Fensom

Contact: Richard on Plymouth 261155 or email richard.fensom@outlook.com

○ Medieval History

This group provides a forum for the study of medieval history.

When: 3rd Wednesday of the month, 14:00–16:00

Where: Swarthmore Centre

Leaders: Alan Bricknell, Susanna Gladwin

Contact: Alan on Plymouth 480091 or Susanna on Plymouth 251278

○ Meditation

Meditation is a technique used to enhance feelings of physical relaxation and inner peace. This friendly, welcoming group enjoys guided meditation sessions followed by discussion. We welcome new members.

When: 2nd & 4th Tuesdays of the month, 11:00–12:30

Where: Leader's home

Leader: Susan Parker

Contact: Susan on Plymouth 291309 or email susan.parker44@blueyonder.co.uk

Notes: The leader's home in Millbridge is quite accessible, and there are bus routes that stop nearby.

○ Military History

This is a flourishing group, currently numbering almost 40 members, both male and female, many of whom have served in one of the Armed Forces. Our monthly meetings usually incorporate a presentation by one of our members or a visiting speaker and have ranged from the Norman Conquest to the Cold War. We aim to include at least one trip each year to a place of historical interest.

When: 2nd Thursday of the month, 10:30–12:30

Where: Wolseley Trust Centre

Leaders: Carl Beeson, Heather Roche

Contact: Carl on Plymouth 253746 or Gary on 077 61 10 8767

○ MUD Walks

The South West of England is an ancient and compelling landscape, seemingly very natural but in reality much modified by our predecessors. This legacy is everywhere to be seen: from Bronze Age settlements, quarrying of granite and slate, tinning, excavation of peat and clay, farming, and all those transportation resources needed. We walk between 5 and 8 miles to explore various sites in our area and go fully equipped for walking.

When: 1st Thursday of the month, 10:30–varies

Where: Various – as advised by Group Leader

Leaders: John Reffell, Sarah North

Contact: mudwalks@reffell.org.uk

Notes: Please note that this is not primarily a walking group, there are a number of other groups solely for walking available in Plymouth u3a.

○ Music Appreciation

In this group, we listen to music (usually videos) and try to improve our knowledge and understanding of all kinds of music. We watch opera, orchestral music, ballet, modern music, and also the lives and careers of performers. We often watch interviews given by great artists with examples of their work, and occasionally we have a live presentation. We are a very friendly group – not experts by any means – just people who enjoy music. New members are always welcome.

When: 2nd Friday of the month, 10:30–12:30

Where: Wolseley Trust Centre

Leaders: Michael Swinson, Teresa Swinson

Contact: Mike or Maggy on Plymouth 698041 or email michaelnmaggy18@gmail.com

Notes: We meet in the main hall of the Wolseley Trust Centre.

○ Myths and Legends

We are a small, friendly group with an enthusiasm to explore a wide variety of myths and legends. We all research a chosen topic and contribute our findings at the following month's meeting. We'll start 2024 by looking at mythical creatures.

When: 1st Tuesday of the month, 14:00–16:00

Where: Members' homes

Leader: Pippa Ritchie

Contact: Pippa on Plymouth 690861 (if no answer, please leave a message on answer machine)

○ Natural History Ramblers

We ramble where we find things to identify: wild flowers, deer, butterflies and other insects, birdsong, badger setts, etc. We keep walking till we come to some area of interest, then stop for 10–20 minutes before continuing. Wildlife is readily frightened, so this group is not suitable for dogs. Wear sturdy walking shoes/boots. Bring sun-gear, rain-gear, picnic, drink, something to sit on (e.g. a plastic bag). Most walks contain uphill and downhill sections, sometimes brief steep sections. Start time varies with the public transport schedule. Average walking time is 3–4 hours, finishing mid to late afternoon. Every ramble is accessible by public transport.

When: 2nd &/or 4th Tuesdays of the month, 10:00–varies

Where: Various – as advised by Group Leader

Leader: Martin Probert

Contact: mpr987@live.co.uk

Notes: For full details, go to the website on www.plymouthu3a.org.uk then > Our Groups > Groups Information > Natural History Ramblers

○ Needles

This friendly group is led by a retired textiles teacher. Members can bring any type of project or item that uses any form of needles to create, sew, make, recycle or repair. Two sewing machines are available. It is all about enjoying what we do and sharing ideas and knowledge of all the different sewing skills people have – or would like to learn.

When: 3rd Wednesday of the month, 13:00–15:00

Where: Maritime Inn

Leaders: Rosamund Davies, Alyson Smith

Contact: Rosamund on rosamunddavies32@gmail.com or 078 8539 8950

Notes: Sessions are held upstairs in the meeting room at the Maritime Inn on the Barbican.

○ Philology

Philology can be defined as the study of the development of language as used in literature. We like to think of it more as having fun with language and, while we may be pedants, we can all see the funny side of pedantry.

When: 4th Tuesday of the month, 14:00–16:00

Where: Wolseley Trust Centre

Leader: Tony Bowen

Contact: Tony on Plymouth 301908

○ Philosophical Discussion

This is a general discussion group that takes a philosophical slant. We cover a range of subjects, religions, philosophies, current affairs, and topical issues. Everyone's opinion is interesting and valid, and we try to make sure everyone is heard.

When: 1st & 3rd Tuesdays of the month, 12:15–13:45

Where: Theatre Royal

Leader: John Washbrook

Contact: johnwashbrook@talktalk.net

○ Photography

We are a small group who meet at various locations as agreed by group members. For more information please see the Photography page on the Plymouth u3a website:

www.plymouthu3a.org.uk/photography/

When: 1st Tuesday of the month, 13:30–16:00

Where: Various – as advised by Group Leader

Leader: Michael Anthony Parle

Contact: photogroup@plymouthu3a.org.uk

○ Play Reading

This group enjoys reading plays aloud, each member taking one or more parts. We sit around a table and, with input from each member, pick a play to read the next month. The group leader researches the play to make sure there are enough characters and makes slips for each one. Those slips are placed face down in two separate groups (men and women) for the readers to pick their part.

When: 1st Wednesday of the month, 10:15–12:15

Where: Plymouth Libraries and Central Library

Leaders: Hilary Claridge, Margaret Gibbons

Contact: margibbons@blueyonder.co.uk

🎵 Play the Blues Too

A group for musicians who want to play and sing the blues together, jam together, improve their skills together, and have some fun!

When: Alternate Thursdays, 14:00–16:00

Where: Plymouth Music Collective CIC

Leader: Robert Holder

Contact: Bob on 079 3156 7467

📖 Poetry

We are a small, friendly group that enjoys reading and listening to poetry. We have an agreed theme each month, which is sometimes appropriate to the season.

When: 1st Wednesday of the month, 10:00–12:00

Where: Quaker House

Leaders: Elizabeth Bunhill, Judy De La-Haye

Contact: Judy on Plymouth 814122 or email Elizabeth on embunhill@gmail.com

🇵🇹 Portuguese

This group is aimed at those who have some basic knowledge of the Portuguese language. Between meetings, group members either prepare short pieces in Portuguese or translations from Portuguese to English. The meetings include sharing the prepared pieces and introducing new vocabulary. New members are welcome.

When: 1st & 3rd Mondays of the month, 10:30–12:30

Where: Members' homes

Leader: Alan Bricknell

Contact: Alan on Plymouth 480091 or email alan.bricknell@btinternet.com

🧠 Quizzes and Quizzing

We are a friendly, quizzical group with questions to suit everyone. We play by tables, so you won't be on your own. You don't have to be an egghead to join in and have fun. Do come along and exercise your grey matter!

When: 2nd Friday of the month, 10:15–12:00

Where: Plymouth Bridge Club

Leaders: Patricia Mayers, Margaret Thompson

Contact: Pat on Plymouth 407019 or Margaret on 077 9873 6909 or margthompson1@virginmedia.com

○ Recorder Consort

This is a friendly group of people who are learning to play in consort. An ability to read music reasonably well and some knowledge of recorders is required, along with a commitment to practice regularly. You will need to provide your own recorder and music stand.

When: Alternate Tuesdays, 11:00–12:30

Where: Leader's home

Leaders: Su Watson, Margaret Litherland

Contact: Su on Plymouth 269360

◎ Rummikub

If you like taking part in number games, then Rummikub is your kind of pastime. A warm welcome awaits anyone who would like to join this friendly group. Come along and tease your brain. The venue is a café, and some members come along and have lunch beforehand (at 12:30). Please feel free to join us.

When: 3rd Monday of the month, 13:30–15:30

Where: Devonport Live Café

Leader: Sandra Richings

Contact: Sandra on Plymouth 563551 or email goodplant123@gmail.com

○ Russian Conversation

This group is a Russian course for beginners taught by a native speaker. We use structured lessons, videos, and homework to develop our skills in Russian conversation.

When: 1st & 3rd Fridays of the month, 10:00–12:00

Where: Members' homes

Leader: Sally MacNaughtan

Contact: sally.macnaughtan@gmail.com

Notes: Sessions are normally held at the leader's home in Stoke, Plymouth.

○ Science & Technology

Our programme includes presentations on a range of interesting subjects – by members of the group or by visiting experts. We are fortunate that our University connections allow us access to amazing facilities and expertise. We make frequent visits to technology or science-based organisations in the area and our programme should appeal to a wide range of interests – you certainly don't have to be a geek!

When: 1st Wednesday of the month, 10:15–12:15

Where: Wolseley Trust Centre

Leaders: Douglas Herdson, Katherine Salisbury

Contact: katysls@hotmail.com or douglas.herdson@btinternet.com

○ Shared Learning

We are currently working on a publication investigating the impact on Plymouth of Charles I's ascension in 1625. Newcomers are welcome. Why not come along for a taster and sit in on one of our meetings? A warm welcome is guaranteed. Coffee, tea, wine, and light meals are available.

When: Last Friday of the month, 14:00–15:00

Where: North Street No 7 Café and Bar

Leader: Clive Foster

Contact: clivefoster3@btinternet.com

Notes: Although we usually meet at the No 7 Cafe, we always confirm the date, time and venue by e-mail prior to each meeting.

○ Social Bridge

The Social Bridge group holds very informal meetings with continuous play. Attendance is limited to 12 players each time, though a limited number of observers may join us to learn how to play. We are a very friendly and non-competitive group. Novice players and learners are welcome. Refreshments are provided.

When: 2nd Tuesday & 3rd Friday of the month, 14:00–16:00

Where: Leader's home

Leader: Carol Rose

Contact: Carol on Plymouth 223462 or email rose-carol@hotmail.com

🚫 Spanish 1

This group caters for those who already have a degree of command and understanding of the Spanish language. Personal, local, national and international news, and topical subjects play a big part in our group discussions.

When: 1st & 3rd Fridays of the month, 14:00–16:00

Where: Maritime Inn

Leaders: Lydia Barretto, Rosamund Davies

Contact: Lydia on lydia78@tiscali.co.uk or Rosamund on 078 8539 8950

🟡 Spanish Conversation–Advanced

This group has conversations in Spanish on a range of topics using different verb tenses. We are fluent enough to keep the conversation flowing. None of us is an expert, we just enjoy learning from each other. Prospective members of the group are welcome to come for one or two sessions to see how they get along.

When: 2nd & 4th Mondays of the month, 11:00–12:00

Where: Leader's home

Leaders: Anne Newall, Michael Hall

Contact: annenewall@hotmail.co.uk

🟡 Spanish Culture/Basic Spanish

This group is predominantly a conversational session for people who want to improve their Spanish and are interested in Spain and Spanish culture in general (literature, art, food, wine, etc.). It is not a taught group and so not suitable for complete beginners.

When: 1st & 2nd Mondays of the month, 14:00–16:00

Where: Maritime Inn

Leaders: Harold Vosper, Sally Clarke

Contact: Plymouth 672606 or [hvosp@aol.com](mailto:hvosper@aol.com)

Notes: Cost is £2 per session.

○ Spanish Improvers

The participants in this group were originally complete newcomers to the language; however, some previous knowledge is now needed to join the group! Sessions are fairly formal and structured – basically this is a taught course. The aim is to gradually provide you with an understanding of how the language works, building up your vocabulary and grammatical knowledge as we go along, rather than a "conversation group" where everyone learns set phrases and replies. You will get the tools to build your own language banks; however, it will take time and you will need to look at the materials in between sessions.

When: 1st & 3rd Tuesdays of the month, 14:00–15:30

Where: Plymouth Athenaeum

Leader: Barry Copeland

Contact: barryjcopeland2@yahoo.co.uk

Notes: Please understand that you need to commit to attending on a regular basis for most of the year – it is not a group you can drop in and out of. Cost is £3 for a one-off taster session, then £10 for four sessions to pay for room hire.

○ Sunday Lunches

This group meets to eat... and chat! We meet once a month for a Sunday lunch out somewhere nice. We discuss future venues and set the world to rights.

When: 1st Sunday of the month, 12:30–14:30

Where: Various – as advised by Group Leader

Leader: Margaret Thompson

Contact: Margaret on 077 9873 6909 or margthompson1@virginmedia.com

○ Swimming

This group enjoys a casual weekly swimming session at a local leisure centre. After a relaxing swim, we meet at the centre's café, which serves snacks and light meals.

When: Every Monday, 11:30–12:45

Where: Marjon Sports and Leisure Centre

Leaders: Pam Edwards, Mary Dyer

Contact: marydyer1950@gmail.com

Notes: We meet every Monday at Marjon's swimming pool at about 11:30 and swim from 11.45. Sessions must be pre-booked up to 4 days in advance by each individual and there is a small fee for use of the pool.

🚫 The Borrowers

This monthly book group uses sets borrowed from the library service. Members are invited to make selections from the list of titles available. There is a range of classic and contemporary fiction and non-fiction on various subjects. At our meeting we discuss and exchange thoughts on the book we've just read and recommend others from our own reading choices. We usually include a light-hearted quiz on books and literature.

When: 2nd Thursday of the month, 10:30–12:00

Where: Moments Café and Hub

Leader: Sue Lancaster

Contact: suelancaster@gmail.com

🕒 The Film Unit

The Film Unit takes on projects such as filming u3a events, making publicity shorts for u3a groups, and various video-making projects. We also digitise film and videotape and, if submitted for archiving, classify and add non-commercial material to the u3a Film Unit National Archive.

When: Varies

Where: Various – as advised by Group Leader

Leaders: Roger Webber, Brian Mathieson

Contact: Roger on u3afilmunit@hotmail.com

🕒 The Hive (volunteers' group)

The lovely volunteers who make up the Hive are committed to supporting our u3a. Their help is invaluable at general meetings, at subscription renewals time, at the annual group leaders' meeting, on u3a Promotion Day, and at other events. The group also has a social side, meeting for coffee or lunch to chat about life as well as future volunteering possibilities. Joining the Hive is a good way to learn about Plymouth u3a and make new friends along the way.

When: 2nd Monday of the month, 9:30–12:00

Where: Duke of Cornwall Hotel

Leaders: Patricia Hodge, Sandra Richings

Contact: Sandra on Plymouth 563551 or Trish on Plymouth 344759

Notes: If you feel able to lend your skills and time to helping Plymouth u3a on occasion, you can also email Sandra on goodplant123@gmail.com or Trish on comwp1@plymouthu3a.org.uk

○ University Events

This is not a regular Plymouth u3a interest group; it is a list of members who are interested in attending events run by Plymouth University. This allows the University Liaison to send emails with event details to Plymouth u3a members who have signed up. If interested in being on this mailing list, please send an email to the contact.

When: Varies

Where: Varies

Leader: Janet Vosper

Contact: janetcvosper@aol.com

○ Walking – Short Walks

We are a very friendly group and anyone new is always made to feel welcome. Most walks are about 3–4 miles, and we try to set a pace that all participants can manage. We explore many different areas and there is usually an option to have a pub lunch after the walk.

When: 1st Tuesday & 3rd Friday of the month, 10:30–varies

Where: Various – as advised by Group Leader

Leaders: Clive Easter, Audrey Easter

Contact: Clive on 079 4786 8041 or Audrey on Plymouth 773634

Notes: You can find details of our planned walks on the Plymouth u3a website:
www.plymouthu3a.org.uk/short-walks/

○ Walking – Intermediate

Our walks are between five and seven miles, avoiding the rougher ground on Dartmoor and the Southwest Coast Path. We meet at the arranged location and start walking at 10:30. We stop for coffee and a packed lunch on route and normally return to the cars about 14.30.

When: 2nd Wednesday of the month, 10:30–14:30

Where: Various – as advised by Group Leader

Leader: John Deacon

Contact: John on Plymouth 706096

Notes: Directions and car park advice are available on request from the walk leader. For our latest walks schedule, see the Plymouth u3a website:
www.plymouthu3a.org.uk/walking-intermediate-walks/

○ Walking – Longer Walks

This group walks twice a month, all year round, on varied terrain in many beautiful locations. Although we often walk on Dartmoor or the South West Coast Path, we also explore the rolling countryside in between. Sometimes our walk leaders take us to places we know well but offer new perspectives or unusual routes. This is a very sociable group, and we are always delighted to meet new people. You don't need expensive kit, but proper walking boots, suitable clothing (layers are best), including hat and gloves, waterproofs, and a comfortable day rucksack are essential. Our walks are 7-8 miles in length, with a coffee break and a lunch stop. We generally travel by car for circular routes, but from time to time we have a day out by train or bus, which lets us to do linear walks.

When: 2nd & 4th Thursdays of the month, 10:30-16:00

Where: Various – as advised by Group Leader

Leader: Polly Griffiths

Contact: Polly on 077 3697 6157 or email u3alongwalks@gmail.com

Notes: For our latest walks schedule, see the Plymouth u3a website:
www.plymouthu3a.org.uk/walking-long-walks/

○ Watercolour Painting

This group provides a time and a place to paint! We experiment with different materials, techniques, and subjects. Sometimes there is a theme, demonstration, or short presentation. We learn from each other as well as from the group leader.

When: 1st & 3rd Thursdays of the month, 11:00-13:00

Where: St Andrews Church Lower Hall

Leader: Sally Casebow

Contact: jacintapc@blueyonder.co.uk

Notes: The cost of the hall rental is shared by those attending each session, which usually is around £4 per person.

○ Weekenders

We are a group of approximately 30 members who enjoy going out as a group on the weekends. On the first Saturday of the month, we all meet to have our say and decide about outings and lunches we think would be of interest to group members for the weekends of that month. Unless booking is required, we agree venues, times, etc., and any members who are interested simply turn up on the day.

When: 1st Saturday of the month, 10:30-12:30

Where: Theatre Royal

Leaders: Courtenay Elliott, Margaret Thorne

Contact: Margaret on Plymouth 771371 or Courtenay on Plymouth 356785

○ Wildlife

This group gets together to seek out, observe, share knowledge, discuss, and enjoy all forms of wildlife throughout the year. Walking boots, rain gear, and hiking poles recommended. Binoculars and hand lenses are useful. Bring a drink and a packed lunch. We wander for up to 4 miles and up to 5 hours. We will try to advise about mud and steep sections before each meeting. Past outings have included Dartmoor, Slapton, Saltram, the Tamar, salt marshes, rock-pooling, and pond-dipping.

When: 4th Thursday of the month, 10:30–15:30

Where: Various – as advised by Group Leader

Leader: Douglas Herdson

Contact: Douglas on Plymouth 405155 or email douglas.herdson@btinternet.com

Notes: We meet at 10.15 for a 10.30 start.

○ Wine Appreciation 1

This group has fun learning about wine, trying different grapes and wines from around the world. We have a rota to take turns choosing the wines each month and doing a bit of research. At our meetings, we do a blind tasting, followed by information about the wines and discussion.

When: 2nd Thursday of the month, 14:15–16:15

Where: Members' homes

Leaders: Harold Vosper, Carol Rose

Contact: Harry on Plymouth 672606 or email hvosper@aol.com

Notes: We currently have a very full group. I will help set up another wine group if enough people are interested.

○ Wine Appreciation 2

At our usual meetings we taste and compare three different wines from around the world. We also occasionally go off piste and hold a party where we all contribute food and wines to go with it. Sometimes we visit wineries... or even breweries!

When: 3rd Tuesday of the month, 14:00–16:00

Where: Members' homes

Leaders: Alasdair MacNaughtan, Hazel Warren

Contact: Alasdair on Plymouth 500898

Notes: Due to limited space, we can't accommodate more than 12 people. We are usually full but welcome newcomers if there are any spaces.

🚫 Wine Appreciation 3

This group usually tastes three wines each month. We meet at each others' homes and take turns choosing wines to try. Wines of many varieties from around the world have crossed our palates over the years. For Christmas we have a special meeting with food as well as wine.

When: 4th Wednesday of the month, 14:00–16:00

Where: Members' homes

Leaders: Christine Thompson, Ann Rootkin

Contact: Chrissy on ca_thompson1@yahoo.com

🚫 Wine Appreciation 4

As the name of the group suggests, wine appreciation is exactly what we do. Our meetings enable us to taste different wines from different countries, try many types of grapes and varieties, and in general catch up on latest news and put the world to rights. We have made new friends in the process.

When: 2nd Monday of the month, 14:00–16:00

Where: Members' homes

Leaders: Jane Prideaux, Andrew Prideaux

Contact: Jane or Andrew on Plymouth 345170

Notes: At the moment our group is full.

🌍 World Religions and Customs

We are a diverse group who enjoy a mixture of speakers linked to world religions, customs, and outreach projects. We also visit places of interest in the local area. Past visits have included Plymouth synagogue, the Greek Orthodox and Coptic churches, and Ford Park Cemetery. Our most challenging morning was probably our attempt to master Hindu dance! We have explored outreach activities in Plymouth and in other parts of the world, such as the Shekinah Mission, the food bank, street children in India, and various local chaplaincies.

When: 1st Tuesday of the month, 10:30–12:00

Where: Sherwell United Church

Leaders: Patricia Hodge, Ann Stevens

Contact: Trish on Plymouth 344759 or Ann on Plymouth 257764 or email ann.stevens2@virginmedia.com

○ Writers' Group

A title/theme/topic is agreed for each month, and at the meeting we each read out our prepared piece and get honest and constructive feedback. We are not a taught group, so no lessons on how to write. A major part of the interest in the group is hearing how others have interpreted an idea. Because of this format, our writings tend to be fairly short pieces, so that everyone gets to be heard. "Part-works" are possible too, but this is not the place to try out your autobiography or next novel!

When: 1st Wednesday of the month, 14:00-16:00

Where: Leader's home

Leader: Patricia Pettit

Contact: patconstable@hotmail.co.uk

⊘ Yoga

Yoga helps to improve flexibility, balance, stability and strength. It can also help promote a sense of wellbeing and an enhanced quality of life. This a traditional Hatha yoga class suitable for all abilities and concentrating on strengthening poses and focused breathing.

When: Every Tuesday

Where: The Leadworks

Leader: Jane Bone

Contact: mail@janebone.com

Notes: Anyone wishing to join the group will need a yoga mat, a small head cushion, and a lightweight blanket for the relaxation.



www.plymouthu3a.org.uk