

# The life blood of the u3a

ambling archaeology **art** badminton **book** bowling bowls **bridge**  
canasta card making chess **chi** cinema coffee morning computing **craft** cribbage  
crochet croquet cryptic crossword current affairs cycling **dancing** dining **discussion**  
drama drawing exercise film flower arranging food **french** games **garden**  
genealogy geology **german** golf guitar **history** holiday ipad italian  
jazz knit natter knitting latin literature london **lunch** mah jong meditation **music**  
opera **out** painting patchwork philosophy **photography** poetry  
psychology quilting quiz **reading** recorder rummikub science  
**scrabble** shakespeare **singing** social **spanish** strolling tanque technology  
tennis **theatre** travel trips ukulele visits walkers **walking** walks

# Engagement

- Your recruitment campaign has been very successful and you have a number of keen new members
- .....what next ?

# New members

- New members meeting
- Explain the three u3a principals
- Introduce Group coordinator
- Explain how to join existing groups and group etiquette
- Explain how to set up a new group if their own interest is not catered for

# Existing members

It is every members responsibility to

- be welcoming to new members
- accept changes that may come because of increased membership
- to support new groups and new group leaders

# Group leaders

- Help from groups coordinator
- Mentoring
- Regular group leader meetings
- Encourage sharing of roles within a group
- Support with using IT such as Beacon
- Group leader Handbook and other info
- Subject Advisers
- Subject networks

# Subject Advisers List in TAM

sources

## Subject Advisers

Looking for fresh ideas for your interest group, whether you want to share ideas with similar groups or need some support to start a new one, find resources and information at [u3a.org.uk/learning/subjects](http://u3a.org.uk/learning/subjects)

### ARTS

**ART HISTORY** Mike Carr  
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**BOOK GROUPS** Richard Peoples  
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**CONTEMPORARY ART** David Byrne  
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**SHAKESPEARE** Moyra Summers  
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### CREATIVE

**CRAFTS** Kelly Benton  
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**CREATIVE WRITING** Marcia Humphries  
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**PHOTOGRAPHY** Peter Reed  
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**PLAY READING** Ann Anderson  
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**STAGE PRODUCTION** Andrew Ings  
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**STORYTELLING** Elaine Yates  
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### HISTORY

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**BRITISH HISTORY** Ian McCannah  
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**EGYPTOLOGY** Neil Stevenson  
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**GERMAN HISTORY** Michael Austin  
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**LIVING HISTORY** Jo Livingston  
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**LOCAL HISTORY** Sandra Whinnell  
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**MILITARY HISTORY** Mike Fox  
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### LANGUAGES

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**GERMAN** Alastair Sharp  
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**LATIN** Trevor Davies  
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**MODERN LANGUAGES - FOCUS ON ITALIAN**  
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**PORTUGUESE** Geoffrey Phoenix  
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**WELSH** Cher Palmer  
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### MUSIC

**CLASSICAL MUSIC APPRECIATION** Roy West  
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### CLASSIC ROCK AND ROLL

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### FOLK MUSIC PLAYING

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### GUITAR & OTHER RELATED INSTRUMENTS

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### JAZZ

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### PIANO

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### UKULELE

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### PASTIMES

**AVIATION** Clynt Perrott  
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### BACKGAMMON

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### BALLROOM DANCING

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### BRIDGE

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### CANASTA & BOLIVIA

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### CRYPTIC CROSSWORDS

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### FASHION

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### MAH JONG

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### MAGIC

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### PHILATELY

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### NEW! QUIZZES

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### WINE APPRECIATION

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### RESEARCH

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### SHARED LEARNING PROJECTS

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### SCIENCE

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### NEW! CLIMATE CHANGE & THE ENVIRONMENT

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### GEOGRAPHY

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### GEOLOGY

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### MATHS AND STATS

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### PSYCHOLOGY

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### SOCIOLOGY

Lora White  
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### SOCIAL SCIENCES

#### ENGLISH LANGUAGE AND LINGUISTICS

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#### NEW! PSYCHOLOGY

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### SPORT

#### BOATING

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#### CROQUET

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#### CROWN GREEN BOWLING

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#### CYCLING

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#### PICKLEBALL

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#### PETANQUE

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#### RACKETBALL

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#### SHORT TENNIS

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#### TABLE TENNIS

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### TALKING & WALKING SPORTS

#### WALKING

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#### WALKING CRICKET

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#### WALKING FOOTBALL

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#### NEW! WALKING NETBALL

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#### WALKING RUGBY

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### THOUGHT

#### EXPLORING WORLD FAITHS

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#### PHILOSOPHY

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#### US AND UK POLITICS

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### WELLBEING

#### HEALTH MATTERS

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#### NEW! LAUGHTER YOGA

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#### MINDFULNESS AND MEDITATION

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John Darwin johndarwin@aol.com

#### WELLBEING WITH NATURE

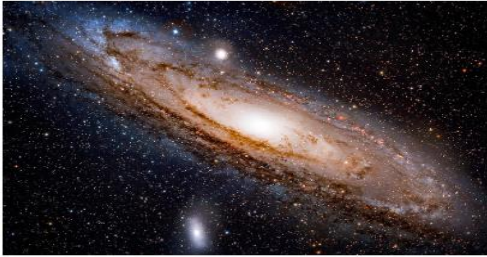
Susan Collini  
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# Subject Advisors [www.u3a.org.uk](http://www.u3a.org.uk)

- Tab: LEARN
- SUBJECT ADVICE
- All subject advisers listed and can click on the site to contact them. 77 listed



# Subject Networks



## Astronomy

Photo credit: © David Dayag via Wikimedia

Browse [subjects](#) within astronomy and join the mailing list for astronomy enthusiasts

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## Bridge

Play bridge online and interact with other bridge groups

[Read more](#)



## Chess

Advice for new u3a chess groups to play face-to-face and facilitate the playing of chess online at the local, regional and national level.



## Climate Change & the Environment

Find a wealth of resources for your local Climate Change group and join the network [mailing list](#)

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## Craft

Join the Craft u3a Facebook group, where members share ideas and what their groups have been up to.

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## Crown Green Bowling

[Subject](#) Advisor Andy provides a newsletter and facilitates knowledge sharing within Crown Green Bowling groups

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# Subject Networks continued



## Cycling

Share ideas and successes within u3a Cycling groups, and bridge the gap between u3as in adjacent areas.



## Geology

Support for setting up a u3a Geology group, ideas for meetings and resources available online.



## Science

The Science Network meets three times a year to share talks and ideas. Resources are also available here.



## Speaker Swap

Get talks for your u3a, online or in person. Share the database with your local u3a groups coordinator.



## u3a Film Unit

Sharing members' film making skills via a shared YouTube channel



## u3a Walkers' Exchange

Share local walks across the UK from one u3a to another u3a

# Most popular groups

