

**Ad Hoc Walking**

Mike Valiant

mike\_valiant@hotmail.com

0 7974630253

Out and About

Outdoor - Various

Various

max no

£0 /term

Irregular

There is no programme; walks are proposed by group members at short notice taking advantage of good weather. Any group member can propose a walk anytime, anywhere, any length. The proposer can set the maximum group size. Groups are usually small (historical maximum: 18, average: 6). On joining the group, you will be sent the latest guidelines.

**Aerobic/Strength/Fitness Training**

John Dixon

cawderghyll@gmail.com

0 1756461494

Indoor Fun, Games and Fitness

Sandylands Sports Centre Wednesday 14:00 - 15:00

max no 28

£5 /term

Weekly

4/10/2023 to 6/12/2023

10/1/2024 to 13/3/2024

The course is aimed at improving overall body fitness levels. Activities include some upper body strength training as well as the generally accepted aerobics workouts, resistance training incorporating light weights and use of gym equipment. Numbers are limited so Members should be prepared to do press-ups squats lunges and be able to sustain some high intensity aerobic exercise (HIIT). Suitable clothing essential & towels required for cool down. Please bring water and check with your doctor that HIIT is OK for you as heart rates will be elevated. Subject Details

**Allotment**

Helena Tudhope

Out and About

Allotment

Sunday

09:30 - 12:00

max no 20

£5 /term

Weekly

The group meets together at 10.00 on Sunday morning to work on two allotments exclusive to u3a and a third communal plot on which we have a dedicated space. During the summer we work on the plots more frequently and have a watering rota.

**An Adventure into Classical Music**

Chris Skidmore

chrisskidmore47@gmail.com

0 1756790056

Performing Arts

St Andrews Primary

Thursday

14:00 - 16:00

max no 30

£5 /term

Weekly

11/1/2024 to 14/3/2024

Do you enjoy listening to classical music but wish you knew more of it and more about it? This group aims to cater for you - we shall listen to all sorts of music - often starting from something familiar and then exploring pieces that relate to it, always accompanied by some explanation or story which sheds new light or asks an intriguing question. There will also be a strand of discovery in each meeting - on this occasion we shall be looking at the development of the string quartet over the last three centuries.

**Arts Forum**

Ginny Wilkinson

anneginny@gmail.com

0 1756798381

Creative Arts &amp; Crafts

Zoom

Monday

14:00 - 16:00

max no 10

£0 /term

Weekly

2/10/2023 to 11/12/2023 break 6/11/2023 8/1/2024 to 25/3/2024 break 19/2/2024

This is a weekly participatory Discussion Group from 2pm on Mondays for a hour where each member contributes image/s of a piece of artwork, theme of an artist/s to discuss. We are on Zoom to be inclusive cheap and to maximise use of images. The aim is for each member to present once per term over the projected two terms. Ideally the maximum number for the group is 11 and the minimum 5.

**Aspects of Art and Architecture**

Ian Adams

iansydneyadams@gmail.com

0 1756700902

Creative Arts &amp; Crafts

Embsay Village Hall

Wednesday 10:00 - 12:00

max no 22

£5 /term

Weekly

4/10/2023 to 13/12/2023 break 8/11/2023

Aspects of Art Architecture and Design in 19th and 20th century 10 weeks

**Astronomy**

Keith Berrington

walkwalk.keith@gmail.com

Science &amp; Technology

Sandylands Sports Centre

Monday

10:00 - 12:00

max no 30

£5 /term

Monthly

9/10/2023 to 4/12/2023

8/1/2024 to 4/3/2024

The night sky and understanding the universe are at the heart of Craven u3a's astronomy group. We will meet monthly this winter, in Skipton's Sandylands Sports Centre, for our talks and discussions. We aim to share knowledge in a friendly informal way, and beginners are most welcome. Each month there will be a presentation on some aspect of astronomy and space exploration, which may include video. We will also discuss what can be seen in the sky at night, what stars and planets are visible in Skipton at the moment, and other events such as an eclipse or meteor shower.

**Basic Meteorology** John Leech johnleech1@btinternet.com  
Science and Technology Sandylands Sports Centre Tuesday 10:00 - 12:00 max no 20 £5 /term  
Fortnightly 9/1/2024 to 19/3/2024

*Why does it rain or snow? What makes the wind blow so hard? What on earth is the Adiabatic Lapse Rate? If these questions give you pause for thought, then a six session course on basic Meteorology may shed a little (insolated) light on the matter. The course will concentrate on those of us who go outdoors and are exposed to the elements, hence participants will be encouraged to make observations and discuss their own experiences of how the weather has played a part in their lives. There will be a steady breeze of description, showers of explanation with pictures (interspersed by occasional light anecdotes). We will avoid any turbulence caused by arithmetic.*

**Birdwatching** Coordinator: Jacqui Eames eamesjackie@gmail.com 01756720149  
Out and About Bolton Abbey Village Hall Monday 10:00 - 12:00 max no 90 £5 /term  
Weekly 9/10/2023 to 4/12/2023 8/1/2024 to 11/3/2024

*Meetings are weekly and alternate between indoor meetings at Bolton Abbey Village Hall where we have presentations for members and visiting speakers and some DVDs and trips by car sharing or coach to nearby birdwatching spots. Many are RSPB reserves so membership is useful. The groups is co-ordinated by Jacqui but many long serving members help with leading small groups on trips/ giving presentations/ sorting I.T and making coffee. New members welcome!*

**Bridge Play** Douglas Goode cdgoode@mypostoffice.co.uk 01756229188  
Indoor Fun, Games and Fitness Draughton Village Hall Thursday 14:00 - 16:00 max no 40 £5 /term  
Weekly 5/10/2023 to 14/12/2023 11/1/2024 to 21/3/2024

*.Craven u3a play Duplicate Bridge at Draughton Village Hall on Thursday afternoons between the dates shown in the calendar. A friendly group which welcomes all, from the area round Skipton, who have played a bit of bridge (see the 'Bridge - Supervised Play' group if you are a beginner). There is a charge of £1 for the year to cover the cost of cards and travellers.*

**Bridge - Supervised Play** Douglas Goode cdgoode@mypostoffice.co.uk 01756229188  
Indoor Fun, Games and Fitness Mallory Court Apt 16 Thursday 10:00 - 11:45 max no 9 £0 /term  
Weekly 5/10/2023 to 14/12/2023 11/1/2024 to 21/3/2024

*This group is for Craven u3a Members who have had some bridge lessons and wish to get practice to improve their game. You will bid and play random hands. I will then comment on your bidding and play and then say how, and why, I would have bid and played each hand. Advice to improve your game will also be given.*

**Byzantium - Bright Star in the Dark Ages** Nigel Holden and Jane Houlton nigelholden789@gmail.com 07756902584  
People and Places St Stephens Church Hall Skipton Wednesday 14:00 - 16:00 max no 65 £5 /term  
Weekly 4/10/2023 to 13/12/2023 break 25/10/2023

*The great Christian empire of Byzantium (330-1453) is both the successor and continuation of the Roman Empire. Spanning Late Antiquity and the Middle Ages, Byzantium has been undeservedly neglected. Now is your chance to become familiar with its tumultuous history. Nigel keeps the narrative going. Jane reveals its glorious artistic and architectural achievements.*

**Calligraphy** Lesley Perkins lesleymperkins@btinternet.com 07850898560  
Creative Arts & Crafts St Andrews Primary Room Thursday 10:00 - 12:00 max no 16 £10 /term  
Weekly 5/10/2023 to 7/12/2023 11/1/2024 to 14/3/2024

*We are a small friendly group with various levels of experience. We don't have a tutor but would welcome anyone wanting to learn a new skill or revive what they learnt at school. We can provide books equipment and guidance to get you started. You might just enjoy the mindfulness of the practice or you might want to produce works of art - the choice is yours. If you are unsure whether it would suit you feel free to try it for a few weeks.*

**Craven u3a Orchestra** Sue Stidworthy sue@stidworthy.plus.com 07305089541  
Performing Arts Embsay Village Hall Wednesday 14:00 - 16:00 max no 50 £5 /term  
Weekly 27/9/2023 to 6/12/2023 break 1/11/2023 10/1/2024 to 20/3/2024 break 14/2/2024

*If you play, or have ever played, an instrument you will be welcome at the orchestra. Our members have varying levels of skill from beginners to the highly proficient, but all share an enthusiasm for making music together. Our repertoire ranges widely over the musical landscape from Mozart and Haydn to Johann Strauss. We also play music from films and musicals. The rehearsals are always an enjoyable and rewarding way of spending an afternoon.*

**Creative Writing** Laurie Prowse laurieprowse@hotmail.com 0 7876160821  
Creative Arts & Crafts email varied max no 15 £0 /term  
Fortnightly 1/9/2023

*This is not a normal U3A group! We do not actually meet... unless by chance... or for social reasons. We communicate by email and each fortnight a new topic is set. We then have two weeks in which to send our contribution (preferably by attaching a Word file) to the rest of the group via a group email address. Contributions can be prose, poetry, drama scripts or whatever. Members may then send private feedback/comments to the writer. There is no obligation to write, or to comment, and the deadlines are flexible. In fact, we don't really like rules. We always treat each other with respect and try to keep to a 500 word limit so that we are not overwhelmed by having to much to read. Suggestions for topics are always welcome. The key is to have a go... use your imagination... and be creative!*

**Croquet** Graham Read greadyne@gmail.com 0 7771855238  
Out and About Pendle and Craven Golf Club Wednesday 13:30 - 15:30 max no 32 0 /term  
Weekly 1/5/2024 to 10/7/2024 17/7/2024 to 25/9/2024

*The group provides friendly, social competition playing 'Golf Croquet' from the beginning of May to the end of September (weather permitting!). There is no need for previous experience. The rules of Golf Croquet are very straightforward and it is easy to pick up, so there is no problem in starting to play quickly. Instruction and guidance on how to play croquet will be given with the kind assistance of members of Pendle and Craven Golf Club. It is equally suitable for men and women. All equipment will be provided. Flat soled footwear is essential. Weekly fee for playing will be confirmed by Group Leader.*

**Crown Green Bowls 1** Keith Waddington keithwaddington@btinternet.co 0 1756794125  
Out and About Whinfield Bowling Club Friday 11:30 - 14:00 max no 24 £5 /term  
Weekly 3/5/2024 to 13/9/2024

*Instruction and guidance on how to play crown green bowls.*

**Crown Green Bowls 2** Keith Waddington keithwaddington@btinternet.co 0 1756794125  
Out and About Whinfield Bowling Club Friday 14:00 - 16:30 max no 24 £5 /term  
Weekly 3/5/2024 to 13/9/2024

*Instruction and guidance on how to play crown green bowls.*

**Culture Vulture Club** tbc eamesjackiegmail.com 0 1765720149  
Performing Arts Outdoor - Various max no 15 £0 /term  
Irregular 1/9/2023 to 16/12/2023 6/1/2024 to 29/6/2024

*WhatsApp group who agree trips to theatre, cinema live Arts etc in local towns*

**Days Out with a Bus Pass** tbc  
Out and About Outdoor - Various Tuesday 10:00 start max no 15 £0 /term  
Fortnightly 5/9/2023 to 19/12/2023 9/1/2024 to 18/6/2024

*WhatsApp group who arrange regular days out*

**Economics** Syd Matthews gnsmatthews@outlook.com 0 1756794946  
People and Places Swadford Centre Library Monday 14:00 - 16:00 max no 28 £5 /term  
Weekly 8/1/2024 to 18/3/2024 break 12/2/2024

*Simple guide through basic economic theory to enable a better understanding of how it influences people's lives*

**Exploring Mythology** Denise Jones denisemjones@btinternet.com 0 7962322106  
People and Places Group Leader's Home Wednesday 10:30 - 12:00 max no 6 £0. /term  
Weekly 4/10/2023 to 14/12/2023 11/1/2023 to 22/3/2023

*The course will continue to explore the world view and belief systems of ancient civilizations. Last year we discussed Greek, Norse and Celtic mythology. From September we will explore the mythologies of the Americas, including Native American myths and the stories of Meso American civilizations - the Aztec and the Inca. The spring term will focus on the myths of the Australian Aborigines and the Maori of New Zealand. As this course is a continuation of this year, current members will have first refusal on limited places.*

**Exploring Poetry** Denise Jones denisemjones@btinternet.com 07962322106  
Creative Arts & Crafts Group Leader's Home Monday 10:30 - 12:00 max no 6 £0. /term  
Weekly 2/10/2023 to 11/12/2023

The group will continue to explore poetry selected by theme or author. Group members may wish to present their own selection to share, the themes will be discussed and agreed upon at the start of the course. We already have 6 members who wish to continue so the group is currently full.

**Exploring the Countryside** Keith Berrington walkwalk.keith@gmail.com  
Out and About Outdoor - Various Monday max no 50 £0 /term  
Monthly 15/4/2024

This is a series of summer walks in the Skipton area. Each month we have an informally guided walk in the Craven countryside or village in the Yorkshire Dales. The walk may take about two hours, and may involve a cafe or picnic. Each walk will be organised by a member of the group who will circulate beforehand by email some background information about the place and its history. We will lead the first trip, to Linton, then rely on other volunteers. No dogs, please. We try to use public transport where possible.

**Films French** Wendy Berrington wendystevenson49@gmail.com 01756752907  
World Languages and Cinema Champions Church Thursday 1 max no  
Weekly 12/10/2023 to 1

The Film group is perfect for a chilly, damp afternoon. Just drop in when you can...or come every week and make new friends. 5th October Belier Family, 12th Oct Time Regained, 19th Oct. The Audition, 26th Oct. The Green Room, 2nd November. L'auberge espagnole, 9th Nov. Le Mouton a 5 pattes. 16th Nov A tale of Springtime, 23rd Nov. Casque, 30th Nov. Edward and Caroline, 7th Dec. Nelly e Mr. Arnaud Perhaps, 14th Dec. Indochine  
Contact Wendy at 01756 752907 Just come and join us.

**Film International** Wendy Berrington wendystevenson49@gmail.com 01756752907  
World Languages and Cinema Champions Church Thursday 13:30 - 16:00 max no 50 £5 /term  
Weekly 11/1/2024 to 21/3/2024 break 15/2/2024

Do join us for our Drop In Film Club. 1.30 - 4.00 Champions Church Skipton. International Films with English sub-titles. Parking at Morrisons free for three hours. Thursday 4th January How Green was my valley: Welsh, Thurs. 11th Jan. The Quiet Girl : Irish, 18th Jan. Gabbeh A small carpet : Iranian, 25th Jan. Golden Door : Italian, 1st Feb. Of Horses and Men af hestum og monnum : Swedish, 8th Feb. Familia Rodante Rolling Family : Argentinian, 15th Feb. Il Cielo Cade The Sky is Falling : Italian, 22nd Feb. Pelle the Conqueror Swedish/Danish, 29th Feb. Living It's never too late to start : British 1st March Like Water for Chocolate Como agur para chocolate.  
Do join this flexible self help group. Come when you can. You are always welcome. There is a tea break. Wendy 01756 752907

**Film International Extra** Vee Eastham vee.eastham@gmail.com 01282421423  
World Languages and Cinema Champions Church Tuesday 13:30 - 16:00 max no 60 £5 /term  
Weekly 10/10/2023 to 12/12/2023 9/1/2024 to 12/3/2024

This is a ten week course containing Films from around the world, with English sub-titles. There will be refreshments at 50p and a chance to meet other members. Join us for a wide variety of films from around the world. Most films are certified 12 or PG. All have English sub-titles.

**First Thursdays** Linda Hoole lindahoole@yahoo.co.uk  
Out and About Christ Church Thursday 10:00 start max no 20 £0 /term  
Monthly 7/9/2023 to 7/12/2023

To provide a welcome and introduction to the area to those new to Craven and/or the u3a but also open to 'veteran' members. **The first two meetings only** will be held at Christ Church Hall on September 7th and October 5th, and will be a social get-together when members have the opportunity to plan future outings. We will 'boldly go' to cities, towns and villages, museums and galleries, tea-rooms and pubs, and 'places where we have not been before'. Refreshments will be provided at the first two meetings. The nearest free parking is at Tesco (2 hour max) and Morrisons (3 hour max).

**Flower Arranging** Jesca de Rijk Jescaderijk@gmail.com 07813003635  
Creative Arts & Crafts St Stephens Church Hall Thursday 14:00 - 16:00 max no 15 £10 /term  
Fortnightly 14/9/2023 to 14/12/2023 11/1/2024 to 7/6/2024

*This is a hands-on have-a-go practical course suitable for all skill levels from complete novice to experienced arranger. The session format consists of each member doing their own arrangement a break for refreshments each member explaining the ideas and process that informed their arrangement a discussion about the next technical aspect. My principal aim is to provide a supportive environment in which we can develop skills and creativity together. Members source their own materials, from their garden foraging or shop.*

**French Advanced** Kevin Franks kevinfranks@outlook.com 07841028371  
World Languages and Cinema St Stephens Church Hall Friday 10:00 - 12:00 max no 16 £10 /term  
Weekly 6/10/2023 to 8/12/2023 5/1/2024 to 8/3/2024

*An opportunity to improve your knowledge and ability in French in a convivial atmosphere using contemporary sources. A reasonable existing level of spoken French is assumed, and needed, as authentic French texts and videos will be used.*

**French Conversation** Pauline Kennedy paulinekenedy60@hotmail.co 07436113748  
World Languages and Cinema Christ Church Tuesday 10:00 - 12:00 max no 15 £5 /term  
Weekly 3/10/2023 to 19/12/2023 break 6/11/2023 9/1/2024 to 26/3/2024 break 20/2/2024

*This course is ideally suited to people already able to speak some French and who want to improve their ability and confidence in the spoken word. The class is often split into small groups to discuss topics and also to present a piece to class on a chosen subject. Modern texts and articles are used for reading aloud and to stimulate discussion. Grammar and the written word are also covered.*

**French from Scratch** Jennifer Rowlands jennrowlands@gmx.com 07897657618  
World Languages and Cinema Christ Church Thursday 10:00 - 12:00 max no 20 £5 /term  
Weekly 5/10/2023 to 21/12/2023 break 26/10/2023 11/1/2024 to 28/3/2024 break 22/2/2024

*Conversational French to equip you for your next holiday in France. No previous knowledge preferable! French from Scratch is suitable for complete beginners as no previous knowledge will be assumed. The emphasis will be on speaking and understanding the spoken language so that participants will gain the confidence and skills to communicate with French people as they travel across the Channel*

**Gardening Group** Anne MacDonald anne.f.macdonald@btinternet.c 07512704219  
Out and About Outdoor - Various varied max no £0 /term  
Irregular

*This is a group for members who enjoy gardening. Spending time in the garden amongst the flowers and wildlife can be a joy. You do not have to have a garden to join the group. Why not share your garden with others? This a social group of members who get together and enjoy chatting about plants and also get ideas for their own gardens. We share plants and seeds and have a whatsapp group to communicate with each other, as well as email. We visit each others gardens and enjoy the hospitality provided by our hosts for a couple of hours. More often than not enjoying tea and cake while we chat about the garden. We also run small group trips to RHS gardens and other formal gardens. You do not need to be a 'Monty Don'. We are all learning gardening by trial and error! It's a really great way to meet people and make new friends Key word- Do you enjoy your Garden, Make new friends with similar love of gardening, Share your gardening ideas and knowledge, Spend a lovely summer morning or afternoon in a member's garden, enjoying the hospitality of the owner Enjoy small group visits to RHS gardens and more formal gardens*

**Geography Forum** James Enever 0  
People and Places St Stephens Church Hall Wednesday 10:00 - 12:00 max no 75 £5 /term  
Weekly 4/10/2023 to 13/12/2023 break 8/11/2023 10/1/2024 to 20/3/2024 break 14/2/2024

*Talks in Skipton by members of the group covering geography history places people weather geology holiday trips walks*

**Geology Walks** Keith Berrington walkwalk.keith@gmail.com  
Outdoor - Various Monday 10:00 - 12:00 max no 50 £0 /term  
Fortnightly 2/10/2023 to 11/12/2023 15/1/2024 to 25/3/2024

These morning walks take us through the fascinating geology of Craven.. We go to a local feature, such as a hill, river, quarry or mine. On our walk we look at fossils, rocks and minerals, and see the geology around Skipton and the Yorkshire Dales. Each walk is informally guided by me, and I email out a description a few days beforehand, and you reply if you can come. Beginners and experts are all welcome, we are a friendly group and learn from each other. We meet at 10 am Monday fortnightly at the car parking at the start of the walk (sorry,no dogs). The walks vary from 1 to 4 miles and may involve some scrambling.

**German Continuing** Sheila Clark sheilaclark744@btinternet.com 01756700370  
World Languages and Cinema St Andrews Church Hall Tuesday 10:00 - 12:00 max no 15 £10/term  
Weekly 3/10/2023 to 5/12/2023 9/1/2024 to 12/3/2024

For those with a knowledge of German, an interest in improving oral skills, and reading a variety of newspaper/magazine articles from German speaking countries.

**Handel's Heroines** Vic Edy vic.edy@hotmail.co.uk 07707066700  
Performing Arts Skipton Little Theatre Friday 10:00 - 12:00 max no 40 £5 /term  
Weekly 12/1/2024 to 22/3/2024 break 16/2/2024

Although he was never romantically linked with anyone, male or female, Handel showed, in his operas and oratorios, a good understanding of women. The group will hear some beautiful music written for heroines and a few villainesses, and will learn something of the singers and how Baroque opera worked.

**History of Art** Ian Adams iansydneyadams@gmail.com 01756700902  
Creative Arts & Crafts Embsay Village Hall Tuesday 10:00 - 12:00 max no 22 £5 /term  
Weekly 3/10/2023 to 12/12/2023 break 7/11/2023 9/1/2024 to 19/3/2024 break 13/2/2024

Art and architecture from Bronze age to Post Impressionism

**Indoor Games** Alan Newall newallaandj@gmail.com 01756799185  
Indoor Fun, Games and Fitness Three Links Club Monday 14:00 - 16:00 max no 36 £10/term  
Weekly 9/10/2023 to 11/12/2023 8/1/2024 to 11/3/2024

The group provides an opportunity for members to meet socially during the dreck winter months and to enjoy some FRIENDLY competition. The Venue provides full facilities for darts dominos and pool. Members also have access to a wide range of board and card games including scrabble chess/draughts monopoly canasta whist and bridge. Members are very welcome to bring along their own games to try out. Refreshments are available for purchase from the Lounge Bar during the afternoon.

**Italian - Continuation** Sylva Vorstman sylvamvorstman@fastmail.fm 01282867481  
World Languages and Cinema Skipton Friends Meeting Monday 14:00 - 16:00 max no 23 £10/term  
Weekly 2/10/2023 to 11/12/2023 break 30/10/2023 8/1/2024 to 18/3/2024

This class is for students with a reasonable level of fluency whether obtained through study or visiting/living in Italy. We spend some time chatting in Italian. We d a listening exercise every week, and comprehension exercises that can be prepared at home. We cover a wide range of topics focussed mostly on Italy and things Italian. Occasionally we do some advanced grammar or translation.

**Italian - Improvers** Sylva Vorstman sylvamvorstman@fastmail.fm 01282867481  
World Languages and Cinema Skipton Friends Meeting Wednesday 14:00 - 16:00 max no 23 £10/term  
Weekly 4/10/2023 to 13/12/2023 break 1/11/2023 10/1/2024 to 20/3/2024

This is a 2nd year class with students who have studied with the U3a for one year only. Anyone with a VERY basic fluency and/or reasonable confidence with foreign languages i.e. fluent in another language (ideally latin-based) or having acquired a very basic 'get by' knowledge in Italy would be very welcome. This year we will be extending our very basic vocabulary and starting some grammar from the beginning.

**Literary Lives** David Turner davidgturner6@gmail.com  
Creative Arts & Crafts St Stephens Church Hall Monday 14:00 - 16:00 max no 45 £5 /term  
Fortnightly 2/10/2023 to 18/12/2023 break 30/10/2023 8/1/2024 to 18/3/2024 break 12/2/2024  
Joint leaders David Turner & Judith Barras. Illustrated talks on the lives of literary figures by David, Judith Barras and volunteers.

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**Mah-Jong** Andrew Todd andrew.todd@tiscali.co.uk  
Indoor Fun, Games and Fitness Princes Drive Community Thursday 14:00 - 16:00 max no 18 £5 /term  
Weekly 5/10/2023 to 14/12/2023 break 26/10/2023 11/1/2024 to 14/3/2024  
Mah Jong is an old Chinese game based on three suites, winds and dragons. It stretches the mind, is competitive and satisfying, but needs concentration!!

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**Motorcycle Group** Dave Fox davidfox@aol.com 0 7930485956  
Out and About Outdoor - Various varied 10:00 start max no 20 £0 /term  
Irregular 1/9/2023 to 30/11/2023 1/3/2024 to 30/8/2024  
We are a group of motorcyclists who enjoy a ride out and a chat All are welcome. We combine scheduled rides, which are usually on Monday or Friday a couple of times a month with ad hoc rides when the weather looks good and the urge to roam takes hold. We usually start at Morrisons in Skipton at 10:00am.

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**Multimedia** Hazel Chatwin hmchatwin79@hotmail.co.uk 0 1756793308  
Creative Arts & Crafts Three Links Club Wednesday 10:00 - 12:00 max no 30 £10 /term  
Weekly 27/9/2023 to 6/12/2023 break 1/11/2023 10/1/2024 to 20/3/2024 break 7/2/2024  
Multimedia class is fun with many disciplines covered, help and encouragement is always available. Watercolours Acrylics felting embroidery, mosaic, knitting and crochet the choice is yours and always the company fuels more ideas

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**Music for Fun** Lesley Widdop lellyelli1953@gmail.com 0 1756794976  
Performing Arts Trinity Methodist Church Tuesday 10:30 - 12:15 max no 35 £10 /term  
Weekly 3/10/2023 to 12/12/2023 break 31/10/2023 9/1/2024 to 12/3/2024 break 13/2/2024  
This course is purely for the enjoyment of singing and/or playing music. We are not a choir and no perceived ability to do either is required. If you only sing in the shower that's fine. ! Everyone welcome. We don't provide music but words and chords are projected onto the wall. We sing and accompany a very wide variety of songs old and new , including folk and sea shanties classic pop American song book jazz etc. We would like it to be a proactive group where members feel relaxed enough to request songs and lor lead them if they wish and make suggestions. Otherwise the course leaders will choose around a dozen songs each. We have a coffee break when members are encouraged to socialise. Keywords: based in Skipton, mixed group ,amateur, singers, instrumentalists, no audition required.

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**Nature Rambles** Maurice White mauricewhite01@tiscali.co.uk 0 7931560022  
Science & Technology Outdoor - Various varied Various max no 25 £0 /term  
Irregular 31/7/2023 to 30/10/2023  
Nature study and observation in the broader local Skipton area. Occasional short walks in locations chosen by group members for guided observation of plants, insects, and other fauna in readily accessible situations. Walks will be weather dependent and notified to group members via email and WhatsApp. There may be very short notice (24-48 hours).

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**Opera DVDs** Keith Berrington walkwalk.keith@gmail.com 0  
Performing Arts Sandylands Sports Centre Monday 10:00 - 12:00 max no 30 £5 /term  
Fortnightly 9/10/2023 to 18/12/2023 8/1/2024 to 18/3/2024  
To see opera is to see the climax of music and drama, the summit of tragedy and comedy. This is a new Craven u3a group, for anyone interested in exploring opera. We meet fortnightly in Skipton at the Sandylands Sports Centre, and watch an opera chosen and presented by a member of the group, with time for tea and discussion. If you have an opera film on DVD or digital media that you would like to show and give a short talk about, then please offer. I will start off the season with Wagner's opera Das Rheingold. New members can join at anytime.

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**Politics Discussion Group** **Syd Matthews** gnsmatthews@outlook.com 01756794946  
People and Places **Swadford Centre Library** **Thursday** **13:00 - 15:00** max no 28 **£5 /term**  
**Weekly** 5/10/2023 to 14/12/2023 break 2/11/2023 11/1/2024 to 28/3/2024 break 15/2/2024  
*Ongoing whose members discuss a wide range of contemporary events. Prior knowledge of political and govt structures is important.*

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**Popular Music** **David Wiseman** davidwiseman1@sky.com  
Performing Arts **Three Links Club** **Tuesday** **14:00 - 16:00** max no 50 **10 /term**  
**Weekly** 3/10/2023 to 5/12/2023 9/1/2024 to 12/3/2024  
*We trace the story of popular music from 1920 until 1970. Our music starts with Ragtime and Charleston in the 20's, the beginnings of film music, British dance bands in the 1930's, Film music (Astaire & Rogers, Eddy & McDonald, etc), American big bands, wartime music, post-war popular music in England and America, 1950's theatre and film music, rock 'n roll, 1960's (Beatles, etc). Literally, everything our parents (and ourselves!) have enjoyed over 50 years 1920-1970. We manage to hear 25 different tracks each week, everything from Bing to the Beatles, via Benny and Barbra! Add a break for tea and biscuits (chocolate!) and we enjoy a delightfully nostalgic two hours every Tuesday afternoon. In good company! I promise you a really enjoyable time.*

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**Quilting** **Beverly Anne Reay** annereaymaths@btinternet.co 07745861504  
Creative Arts & Crafts **Christ Church** **Wednesday** **10:00 - 12:00** max no **£5 /term**  
**Weekly** 20/9/2023 to 6/12/2023 break 25/10/2023 10/1/2024 to 20/3/2024 break 14/2/2024  
*Sewing is a wonderfully extensive skill that can be applied to small and large, simple and complicated projects. Items to use daily or pieces to give as presents. The Quilting Group embrace all aspects of sewing. Everyone can sew, you just require a vision of the finished project and the determination to complete it. If you enjoy sewing or want to learn to sew then come along and join our group. We are interested in making all things patchwork from placemats to sophisticated quilts and all the other ways of using this versatile skill. Bring your own work, or a basic sewing kit and some fabric if you want to learn something new. I have ideas for simple starter projects. Everyone welcome, from experienced Quilters/ dressmakers to complete novices. We can all teach each other what we know and ask for help with what we don't know.*  
*We are part of the Skipton U3A and meet in Christ Church Hall, it is large room with plenty of ventilation. Sessions are on Wednesdays 10am to 12am starting on 20<sup>th</sup> September 2023. Tea, coffee and biscuits available.*

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**Racketball** **Jon Tomlinson** jontom1960@protonmail.com 07412036738  
Out and About **Sandylands Sports Centre** **Monday** **08:50 - 10:50** max no 20 **£10 /term**  
**Weekly**  
*Sandylands - Monday 8.50 - 10:50 every week except public holidays. Played on a squash court with similar rules but with a larger ball and racket. Clothing as for squash/tennis with non-marking shoes. A reasonable level of fitness is required. Court fees £2 per session payable in cash or by bank transfer arranged with the Group Leader.*

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**Railway Group** **Ian Appleyard** iappleyard@hotmail.com 01756753002  
Science & Technology **Swadford Centre** **Friday** **10:00 - 12:00** max no 90 **£5 /term**  
**Weekly** 6/10/2023 to 15/12/2023 break 12/1/2024 to 22/3/2024 break  
*Talks on a wide variety of Railway and related topics from historical to modern mainly British but some foreign content included. The talks are given by a mix of group members and guests - some from the railway industry.*

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**Recorder Beginners** **Jenny Crook** k 01756 709483  
Performing Arts **Group Leader's** **Wednesday** **10:00 - 11:30** 1 max no 6  
**Weekly** 27/09/23 **To** 01/11/2023 1 b 30/10/2023  
*A new course for beginners or returners. We will work through a tutor book together, with the aim of eventually joining the 'Recorder Continuers' group on a Monday afternoon. Day, time and content is flexible, depending on the requirements of participants. Requirements: Descant or treble recorder and portable music stand. Initial loan possible. Any additional costs to members - Allow £5 for music.*

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**Recorder Continuers** Jenny Crook k 01756 709483  
Performing Arts St ANDREWS CHURCH Monday 15:00 – 17:00 max no 20 £5 /term  
Weekly 25/09/23 to 11/12/2023 break 30/10/2023 8/1/2024 to 25/03/24 break 12/2/2024  
*We are an informal, supportive, self-help group (no tutor) and members have a varied amount of musical knowledge. We play all sorts of 2, 3, and 4 part music. Ideally you should have some previous basic experience, but if in doubt please contact me to check standard needed. Requirements: Recorder and portable music stand. Any additional costs to members -Allow £10 for music*

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**Recorder Ensemble** Jean Kendrew 01535632447  
Performing Arts St ANDREWS CHURCH Monday 13:30 - 14:30 max no 20 £5 /term  
Weekly 2/10/2023 to 11/12/2023 break 30/10/2023 8/1/2024 to 18/3/2024 break 12/2/2024  
*The u3a Recorder Ensemble Group, based in Skipton, enjoys playing four, or five part music, on Descant, Treble, Tenor and Bass recorders, from different genres. The group usually plays at the u3a Carol Service, at Christmas, in one of the Skipton churches, and is sometimes invited to perform at local venues in the area surrounding Skipton. It is helpful if members of the group can play more than one instrument. There may be a small charge towards the cost of music.*

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**Safety on the Web** George Mackley georgejtmackley@gmail.com 07706369253  
Science & Technology Zoom Friday 10:30 - 12:30 max no 12 £0 /term  
Irregular 15/9/2023 to 22/9/2023 13/10/202 to 20/10/2023  
*The web trades on Ignorance. Come on this course to find out how to be safer*

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**Science and Technology Discussion Group** Ian Blomfield devilsbit18@gmail.com 07831243719  
Science & Technology St Stephens Church Hall Tuesday 10:15 - 12:15 max no 23 £5 /term  
Weekly 26/9/2023 to 5/12/2023 break 31/10/2023 9/1/2024 to 19/3/2024 break 13/2/2024  
*Discussion of current scientific topics that are of special interest to group members. If members have expertise in a particular area the group would welcome a presentation. The group distributes discussion documents via their website: <https://cravenst971700904.wordpress.com> so familiarity with internet technology would be an advantage. Meetings are held in a hybrid in-person/Zoom format. We will have the internet and a large screen at the venue so that participants and articles can be display to all.*

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**Seeing for Ourselves - Options for Housing, Support and Care** Vera Brearey vera.brearey@btinternet.com  
People and Places Outdoor - Various Tuesday 14:00 - 16:00 max no 12 £0 /term  
Weekly 9/1/2024 to 12/3/2024 break 13/2/2024  
*There are a wide range of local options for people seeking more support or care in later life, or indeed for those of us just looking to downsize or move somewhere more suitable. But do we understand what's on offer? Is Retirement Living the same as sheltered housing? Is Extra Care the same as a care home? What extra help could we get without moving at all? What does it all cost? We'll visit a range of places, both for sale and for rent, to find out the answers.*

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**Shorty Walks** Sally Crowley sallydc@hotmail.co.uk 07786516441  
Out and About Outdoor - Various Monday, Various max no £0 /term  
Fortnightly varied  
*Walks of 2 - 5 miles for those who prefer gentler exercise in a social context. Walks are offered and led by group members. Our programme includes walks in the Dales town trails canals and anything else any member wishes to offer! The information about each walk is emailed monthly with a reminder a few days before each walk. This includes date, time meeting place transport options walk length stiles and a general description of the terrain. All walks are at members' own risk.*

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**Singing Madrigals** Chris Skidmore chrisskidmore47@gmail.com 01756790056  
Performing Arts St Andrews Primary Wednesday 10:30 - 12:30 max no 20 £10 /term  
Weekly 4/10/2023 to 6/12/2023  
*Following on from last year's history of madrigals - Hey! nonny no - in this course we shall get together to sing examples of English madrigals and other simple part songs. Singing in parts is a group activity where we support each other and is good for both body and mind. Enthusiasm and a willingness to try will be more important than musical experience, although some knowledge of musical notation will help.*

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**Skipton: The Origins of the Modern Town, 1785 to 1914** Dr Kenneth Jackson kenneth@kcjackson.force9.co.uk 01756791985  
people and places Swadford Centre Monday 10:30 - 12:30 max no 70 £5 /term  
Weekly 8/1/2024 to 18/3/2024

The course examines the transformation of Skipton from an historic market town concentrated in and around the High Street, to a small industrial town characterised by a distinctive pattern of social and spatial segregation, well ordered housing developments, effective governance, mature social institutions, and extensive railway connections. All of this was underpinned by successful engagement with the expanding cotton textile industry. Although the course draws on historical geography, and social and economic history, no prior knowledge is necessary, and all are welcome. The course is presented mainly as generously illustrated lectures, and the intention is to demonstrate that familiar urban landscapes are rich in historical interest. Terraced housing, mills, chapels, and railways are amongst the themes which will be considered. I hope this will be of particular interest to people who are new to the town as well as those who attended Skipton and the Growth of Suburbia in 2022.

**Spanish Intermediate** Carol Wilkinson  
World Languages and Cinema Group Leader's Home Wednesday 10:00 start max no 6 £0. /term  
Weekly 4/10/2023 to 20/12/2023 break 25/10/2023 10/1/2024 to 22/5/2024 break 14/2/2024

Self taught, small group Spanish at an intermediate level. We follow a course (Coffee Break Spanish) and take turns each week to coordinate the class to include: conversation grammar reading and translating as well as cultural aspects of the Spanish speaking world.

**Stories of Scientists** Mick Richings mick.richings@btinternet.com 07939007625  
Science & Technology Carleton-in-Craven Village Wednesday 10:00 - 12:00 max no 70 £5 /term  
Weekly 10/1/2024 to 20/3/2024

Stories of Scientists their background and discoveries

**Stretching / Movement** Sandra Dixon cawderghyll@gmail.com 01756461494  
Indoor Fun, Games and Fitness St Andrews Church Hall Monday 9:45 - 10:45 max no 30 £5 /term  
Weekly 9/10/2023 to 11/12/2023 8/1/2024 to 11/3/2024

Gentle exercise to improve flexibility posture and balance. Some standing, but mostly chair exercise. Please wear comfortable clothing and soft shoes and bring a bottle of water.

**Stretching / Yoga** Sandra Dixon cawderghyll@gmail.com 01756461494  
Indoor Fun, Games and Fitness St Andrews Church Hall Monday 11:15 - 12:15 max no 25 £5 /term  
Weekly 9/10/2023 to 11/12/2023 8/1/2024 to 11/3/2024

Exercise to improve flexibility posture and balance. You should be able to do shoulder stands and sit down on your heels, Floor work is a crucial part of the class. Please bring a mat and bottle of water and wear comfortable clothing and soft shoes

**Sunday Lunch Club** tbc  
Indoor Fun, Games and Fitness Outdoor - Various Sunday 12 max no 12 £0 /term  
Monthly 3/10/2023 to 3/12/2023 7/1/2024 to 22/6/2024

Whats App group who agree monthly Sunday Lunch Club venues

**Table Tennis** Jenny Crook jenandmaurice@hotmail.co.uk 01756709483  
Indoor Fun, Games and Fitness Sandylands Sports Centre Friday 14:00 - 16:00 max no 50 £5 /term  
Weekly 6/10/2023 to 8/12/2023 5/1/2024 to 8/3/2024

Have fun and improve your fitness and coordination at the same time. Beginners welcome.

**Ten Pin Bowling** Gail Matthews gnsmatthews@gmail.com 07443228706  
Indoor Fun, Games and Fitness Matrix Superbowl Monday 14:00 - 16:00 max no 24 £0 /term  
Weekly 11/9/2023 to 4/12/2023 break 30/10/2023 8/1/2024 to 18/3/2024 break 12/2/2024

We play 2 games each week at a cost of £4/£5 . The session starts at 2 pm and lasts approximately 1.5 to 2 hours. This is friendly bowling no experience required.

**The Economic History of the World Wars**      **Syd Matthews**      gnsmatthews@outlook.com      0 1756794946  
People and Places      Swadford Centre Library      Monday      14:00 - 16:00      max no 28      £5 /term  
Weekly      2/10/2023      to 11/12/2023      break 30/10/2023

*This course will examine how the combatant managed and organised their economic resources and ultimately effected the outcome of the conflicts.*

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**The Story Behind the Song**      **Sue Jackson**      susan.jackson4@btinternet.co      0 1756796967  
Performing Arts      St Stephens Church Hall      Tuesday      14:00 - 16:00      max no 20      £5 /term  
Fortnightly      9/1/2024      to 5/3/2024

*We'll look at songs we all know and trace their history. Pop songs, hymns, playground songs, folk songs and the songs we sang at school. They all have an interesting past. Members will not be expected to sing.*

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**The World of Art**      **Jacqui Eames**      eamesjackiegmail.com      0 1756720149  
Creative Arts & Crafts      St Stephens Church Hall      Friday      13:30 - 15:30      max no 40      £5 /term  
Weekly      15/9/2023      to 15/12/2023      break 10/11/2024      12/1/2024      to 22/03/24

*A guide to art galleries of the world - essentially Europe and the U.S, their collections and highlights, as well as costs and practical information. Inevitably along the way we meet new and familiar artists and movements and share our enthusiasms and not! The leader provides powerpoints and virtual tours/selection of highlights and books for reference but there is plenty of opportunity for members to present brief guides to their favourite galleries and artists and all are encouraged to bring their books/photos and recollections. Last year we learnt a lot from one another and made friends as well as visiting Manchester's Art Gallery.*

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**Walking Group**      **Phil Sugden**      PhilipSugden62@gmail.com      0 1756229651  
Out and About      Outdoor - Various      Tuesday,      Various      max no      £0 /term  
Thursday

Weekly

*Walks of varying difficult between 6 and 12 miles every Tuesday and Thursday. Occasional residential walking breaks*

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**Walking Netball.**      **Clarissa Jarvis**      clarissaj Jarvis@hotmail.co.uk      0 7751272536  
Indoor Fun, Games and Fitness      Sandylands Sports Centre      Tuesday      10:00 - 12:00      max no 24      £10 /term  
Weekly      19/9/2023      to 28/11/2023      break 31/10/2023      9/1/2024      to 19/3/2024      break 13/2/2024

*To introduce ex-players to a sport they have always loved or to engage adults in a sport they didn't realise they could enjoy. We will develop walking netball skills at a slower pace for everyone to increase physical and social health ; open to everyone ; there is a health questionnaire for participants to assess themselves , anyone unsure if they are fit to participate should speak to someone at their GP practice.*

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**Walk to Lunch**      **Jenny Robinson and**      stuart.jennyrobinson@gmail.co      0 1756797205  
**Brigida Martino**      m b.martino@hotmail.co.uk  
Out and About      Outdoor - Various      Thursday      10:00 - 12:00      max no 30      £0 /term  
Fortnightly      12/10/2023      to 19/9/2024

*We offer morning walks of up to 5 miles followed by a pub/café lunch. Please note that a regular commitment to walks is required and pre-booking for walks/lunches is essential. Members must be fit to walk at a good pace and manage hills and stiles. Meeting points and pub menus are circulated by email a week before each walk. You'll need boots waterproofs and (sometimes) a sense of adventure !! Joint leaders Jenny Robinson and Brigida Martino*

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**Water Colour Painting**      **Barry Norton**      michael.leake99@gmail.com      0 1756797470  
Creative Arts & Crafts      St ANDREWS CHURCH      Tuesday      14:00 - 16:00      max no 16      £10 /term  
Weekly      3/10/2023      to 12/12/2023      9/1/2024      to 19/3/2024

*A painting group for all levels. There is no formal tuition but group members help each other.*

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## Wharfedale Walking

Nick Jarvis and  
Keith Berrington

u3anick@gmail.com

01756 751 711.

Out and About

Outdoor - Various

Saturday 10:00 start

max no

£0 /term

Weekly

7/10/2023 to 27/4/2024

A friendly way to walk, for reasonably good walkers, at an easy pace up and down the dales. Walks are on Saturdays, weather permitting and mainly in Wharfedale. We meet at the start of the walk at 10.00. We like to stop from time to time to take in the scenery and anything else of interest during the walk. You should have appropriate clothing boots drink and a picnic lunch. Typically, walks will be between 5 and 8 miles. (Sorry but no dogs). A few days before each Saturday walk a detailed description of the walk is sent by e-mail, and you reply if you can come. New walkers are welcome to join at any time. Occasional walks during the Summer

## Woodturning 1

Doug Hirst

doug.hirst@btinternet.com

0 7917028156

Creative Arts & Crafts

Woodturning

Monday 14:00 - 16:00

max no 4

£0 /term

Weekly

2/10/2023 to 11/12/2023

8/1/2024 to 25/3/2024

A mixed ability class. Beginners will be taught basic techniques. Returners will undertake more ambitious projects. N.B. This course involves moving machinery and sharp tools, so there are health and safety issues, which will be taught. There will be some exposure to dust, so it may not be advisable for those with breathing difficulties. Physical strength is not required, so it is suitable for both sexes. Persons with health problems such as postural hypotension MUST inform the Group Leader. Additional cost <£5 for cost of materials, wood

## Woodturning 2

Doug Hirst

doug.hirst@btinternet.com

0 7917028156

Creative Arts & Crafts

Woodturning

Monday 17:00 - 19:00

max no 4

£0 /term

Weekly

2/10/2023 to 11/12/2023 break

8/1/2024 to 25/3/2024 break 12/2/2024

A mixed ability class. Beginners will be taught basic techniques. Returners will undertake more ambitious projects. N.B. This course involves moving machinery and sharp tools, so there are health and safety issues, which will be taught. There will be some exposure to dust, so it may not be advisable for those with breathing difficulties. Physical strength is not required, so it is suitable for both sexes. Persons with health problems such as postural hypotension MUST inform the Group Leader.

## Woodturning in Summer

Doug Hirst

doug.hirst@btinternet.com

0 7917028156

Creative Arts & Crafts

Carleton Woodturning

Monday 14:00 - 16:00

max no 10

£20 /term

Fortnightly

15/5/2023 to 18/9/2023

This group will be held in a woodturning club in Carleton. There will be 10 sessions in which I will do a demonstration of a project and the leave it to the group to make the piece themselves. This course is more suited to those with a bit of experience in woodturning but will not be too challenging. NB the premises to be used involve rough terrain in the approach and a steep staircase. There are no toilet or kitchen facilities so members must bring their own refreshments.

Craven u3a website:  
<https://cravenu3a.org>

Craven u3a FaceBook  
<https://www.facebook.com/groups/cravenU3A>

