

u3a learn,
laugh,
live

Barnsley & District

Guide 2024



Barnsley & District u3a is a registered charity, number 1077654

Welcome

Barnsley & District u3a is a lively and friendly organisation offering a wide range of social activities and learning, creative, sporting and leisure groups. There are outdoor groups as diverse as walking, motorbikes, and gardening. We are retired or semi-retired people. What we do grows and develops to fit the needs of the membership and this booklet is a snapshot of what we currently offer. Barnsley & District u3a is an excellent way to meet people, make new friends and get out and do things.

All members can take part in any of our activities and we operate in venues across the Barnsley MBC area as the map opposite illustrates. We recognise that some members travel by public transport so most of our venues are on good bus routes.

Our activities are all run by volunteer members (Coordinators) and the workload in making things happen is often shared. Joining in the creation and running of groups and in running the wider organisation is encouraged.

We have an all-members **Monthly Meeting** at The Priory Centre near Barnsley town centre. These meetings have a mix of guest speakers, a quiz, and performances from one of our music groups. They are an opportunity for members to share what they have been up to and find out about new activities and generally socialise. Groups can display what they have made or done and there may be demonstrations of exercises and dance.

There is an active travel group which arranges day and overnight trips to venues and events across the country.

If you like dining out, we have groups which organise meals at restaurants across the borough.

In this booklet we have organised our groups under broad topic headings which hopefully will help you find what you want. Some of our groups may fit into more than one category so you may want to scan the entire list on the back cover to be sure not to miss something interesting.

Prospective members may attend two group activities plus a monthly meeting as taster sessions. We also have New Member's Link meetings to help you ease into the organisation.

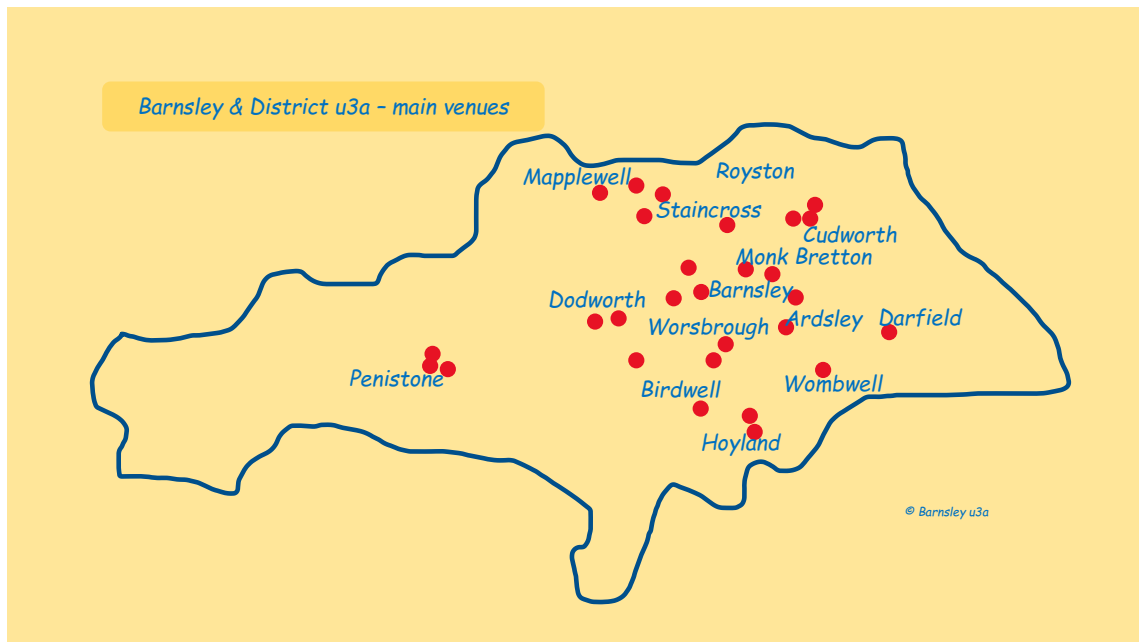
You can find out more about Barnsley & District u3a, including how to join, on our website www.bu3a.org.uk.

February 2024

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Cover photograph of Carlton Marsh © Barnsley u3a





Art, Painting, & Drawing

The **Art Appreciation** Group meets at local galleries. The Coordinator prepares a briefing in advance with notes on the artists or genre of work to be viewed.

Art for Beginners and the **Penistone Art Group** are Groups where members support each other in work on watercolour painting, acrylics, pastels, and drawing.

Painting & Drawing for Pleasure operates on a self-help basis and caters for both experienced and beginner artists with painting and drawing on alternate weeks. For painting, no experience is necessary, only an interest in painting in any medium. Drawing works in a more structured way, visiting subjects such as travel posters, fashion etc. The **Brushstrokes Group** provides members with more instruction. The Coordinators will help find the right Group for you.

Books & Literature

We have two **Book Forum Groups** meeting monthly to discuss books chosen by Group members. There are some lively, informal discussions which help to make the books more memorable and interesting. The **Literature Group** concentrate more on the classics and study a book in detail, looking at character and plot, the author, and the wider context in which the book was written. Dramatized versions of the books are viewed and sometimes relevant locations are visited.

Campervans & Caravans

This Group enables members who own a campervan, motorhome or caravan to go on trips together, socialise and do their own thing.

Card & Board Games

We have two very popular card game Groups, **Bridge** and **Canasta** which meet on separate evenings should you want to play both. **Games Galore** sees tables of members enjoying Chess, Mah-jong, Canasta, Mexican Train, Upwords, Backgammon, Othello, Solo, Hive, Rummikub, Draughts, Yahtzee, Scrabble, Mancala and Cribbage. They are open to trying new games. We also have **Board Games, Bridge** and **Canasta** Groups running in Penistone for members who find that location more convenient.

Classical and Music studies

The **Classical Studies Group** studies Greek drama in translation and introductory level Latin. The **Pleasure of Classical Music and Opera** Group is dedicated to the appreciation and study of that genre.

Crafts

Members of **Crafty Chat Penistone** bring along a variety of projects that they are working on – knitting, crochet, sewing, mending, cross stitch, needlework, jewellery etc. Or if you like, just come along and have a chat. We have a **Jewellery Making Group** and **Patchwork Projects Penistone** who make quilts.

To join **Sew Much To Do** you need a basic sewing kit, enthusiasm and a sense of humour. **Creative Stitches** is another Group aimed at developing skills in various creative textile projects: needlework and embroidery.

Dance

We have two very popular **Sequence and Ballroom Dancing** Groups. As with all our skills Groups, enthusiasm is more important than expertise although expertise is admired. **Modern Jive for Beginners** is not Rock and Roll but a smoother, steadier paced dance. It is fun, it is exercise and you don't need a partner.

Movement to Music takes a different angle, it is based on low impact aerobics which involves gentle stretching exercises to music.

Discussion & Debate

The **Current Affairs** Group hosts lively and friendly discussions on contemporary politics. The **Feminist Group** discuss issues which affect women such as the Glass Ceiling, unconscious sexism, gender identity, sexism, women in sport and women as role models. Men are, of course, welcome.

Exercise & Relaxation

Many of our Groups will help you reduce stress and anxiety through physical and mental activity. However, three Groups deserve highlighting. In **Soundbath** participants are bathed in sound waves produced by various instruments: crystal bowls, Tibetan bowls,

to name but a few. The intention is to alter your energy levels, to lead to relaxation and enable the brain to 'let go'. **Tai Chi** is a form of movement and meditation suitable for any age or level of fitness. **Laughter Yoga** is a unique concept where laughter is intentional as an aerobic exercise, and it includes the yoga elements of breathing, gentle stretching, and meditation. Please see also the sections on **Dance** and **Sport & Walking** for more exercise opportunities.

Film, Theatre & Performance

Our **Drama Group** is about learning drama techniques and building confidence with spoken presentations through performance, poetry, and short plays. Performance is only within the Group itself. **Flix@6** meets regularly to enjoy films chosen by members with an optional fish and chip supper. The **Magic Group** is for budding magicians. Our **Theatre Group** explores aspects of stage, screen & TV and arrange Group visits to the Lamproom and theatres in Leeds & Sheffield.

Food and Drink

We have four Groups organising trips to local restaurants to enjoy food and company, **Chinese Night**, **Curry Night**, **Italian Night**, and **Eating Out in Penistone**. The **Wine Appreciation Group** meets on Zoom to discuss and enjoy different wines chosen by members.

Gardening

Tuesday Gardeners organise visits to gardens, always with the opportunity for some cake. The **Gardeners** is a Group aimed at sharing advice on gardening techniques and supporting community gardening initiatives. They are currently working on a garden at Wentworth Castle Gardens.

History, Local Studies & Genealogy

The **Exploring Barnsley Research Group** provides support for those who want to study aspects of Barnsley's rich history. The **Family History** and **Genealogy Groups** are very popular and use internet sites for searching and research. The **History Group** takes periods in world history and looks at them in detail. Barnsley u3a have periodic access to the community display cabinet in *Experience Barnsley* at the Town Hall and our **Experience Barnsley Group** works with our members on themed exhibitions.

IT Skills

The **Computers – Word & Excel** Group provides tuition in essential IT. Sessions are run on Zoom. **User Friendly IT Devices** is a regular drop-in session where members can get advice on making their IT behave as it should, make friends with your IT and get the most from your investment.

Languages

From the three Groups with a French focus the Coordinators will help you find the one you want: **Francophile (French)**, **French Conversation** and **French Language & Culture**. There is the **German Conversation Gruppe**, **Italian for Beginners** and two Spanish Groups: **Spanish Conversation** and **Spanish Introduction**.

Motorbikes

For lovers of motorcycles the **Motorbike Group** meetings are divided in a broadly seasonal manner, with summer and/or good riding days used for longer planned rides and winter and/or poor riding days used for social meetings, to plan and/or review activities.

Music & Song

Music is very important to us and we cover a wide range of styles with enthusiasm. Some Groups (marked *) do expect new members to have some basic skills, so are not for absolute beginners but do not hesitate to ask the Coordinators for details. See also the **Classical Music and Opera Group**.

Ceilidh Band*

Choir

Concert Party*

Flutes Galore*

Guitar Beginners

Guitar

Old Blowers – Brass Instru-

Sing 'n' Strum

Singalong for Fun

Stringalongs

(Ukulele)

Photography and Video

We have four Groups covering the essential of still and video digital photography.

Photography and Image Manipulation, **Photography: Know Your Camera**, **Photoshop/Lightroom** and **Video & Media**. The Groups cover the essentials of digital photography, including general camera use, image capture and image manipulation. There is a hands on approach including going out to take photographs. The Coordinators will help you find the Groups for you.

Quizzing

For those who like quizzing we have an online Group, **Quiz Zoomers**. We sometimes have a quiz at our monthly member's meeting too – with a small prize for the winner.

Science, Nature & Environment

Whether you are a complete novice or an enthusiastic amateur you will be welcomed at these groups. The **Bird Watching** Group combine Group discussion and field activity. **Naturequest** organise visits where they aim to identify whatever trees, flowers, fungi, butterflies, moths, insects, and other wildlife they can find. The **Cosmology** Group hosts presentations and discussions on the origin and development of the universe. Geology is explored by **Barnsley Rocks** with talks, get-togethers, and field trip. Our **Geography** Group meets in Penistone. **Life Before Us** is studying evolution. **Maths - 'Then & Now'** looks at mathematics from the Year 1 to Year 11 curriculum and revise all topics now covered in secondary maths lessons up to GCSE Foundation or Higher level.

Socialising - make new friends

You will make friends in any of our Groups you join. However, we have several Groups where socialising is the primary objective. When you first join, you'll be encouraged (but not compelled!) to come to the **New Members Link** where existing members can help you find which Groups may interest you. There is an all-members **Monthly Meeting** - an opportunity to catch up on what is happening in the organisation, hear from a guest speaker and maybe have a quiz or hear some music. The **Travel** Group organises trips open to all members. There are meet and chat Groups: **Buddies**, **Occasions at Darfield**, and **Drop-in at Penistone**. **Solo Club** and **MOTO (Members On Their Own) Penistone** are for members who for whatever reason find themselves alone. We have a closed **Facebook** Group members can join.

Sport & Walking

We have a wide range of indoor and outdoor sport and walking Groups which meet regularly including **Walking Cricket**, invented in Barnsley u3a and growing nationally. Such is the popularity, there are six separate **Crown Green Bowling** Groups. Five meet in Ardsley on different days and one in Penistone. Walking is extremely popular and we offer eight Groups catering for all abilities and ambitions. The Coordinators will help you find the Group for you.

SPORTS GROUPS

Badminton
Crown Green Bowling Ardsley
Crown Green Bowling Penistone
Cycling
Golf
Snooker
Table Tennis

WALKING GROUPS

Bus Pass Walkers
Monday Walkers
Penistone Walking
Sunday Strollers
Thursday Challenging Walks
Thursday Longer Walks
Thursday Walkers
Tuesday Walkers

TOPIC / CATEGORY		GROUPS				
Art, Painting & Drawing	Art Appreciation	Art For Beginners	Art Group, Penistone	Brushstrokes	Painting & Drawing for Pleasure	
Books and Literature	Book Forum Groups	Literature Group				
Campervans and Caravans	Campervans and Caravans					
Card & Board Games	Board Games Penistone	Bridge	Bridge Penistone	Canasta	Canasta Penistone Games Galore	
Classical and Music Studies	Classical Studies	Pleasure Of Classical Music & Opera				
Crafts	Crafty Chat Penistone	Creative Stitches	Jewellery	Patchwork Projects @ Penistone	Sew Much to Do	
Dance	Modern Jive For Beginners	Movement To Music	Sequence Dancing			
Discussion & Debate	Current Affairs	Feminist Group				
Exercise & Relaxation	Sound Bath	Tai Chi	Yoga - Laughter Yoga			
Film, Theatre & Performance	Drama	Flix At Six	Magic	Penistone Paramount Group	Theatre Group	
Food and Drink	Chinese Nights	Curry Nights	Eating Out in Penistone	Italian Night	Wine Appreciation	
Gardening	Gardeners	Tuesday Gardeners				
History, Local Studies & Genealogy	Experience Bamsley	Exploring Bamsley Research Group	Family History	Genealogy	History Group	
IT	Computer Course 'Word & Excel'	User friendly IT devices				
Languages	Conversational French	Conversational German	Francophiles	French Language & Culture	Italian for Beginners	
	Spanish Intermediate	Spanish Introduction				
Motorbike Group	Motorbike Group					
Music	Ceildh Band	Choir	Concert Party	Flutes Galore	Guitar Beginners Guitar Group	
	Old Blowers	Recorders	Sing n' Strum	Singalong for Fun	Ukulele Group (Stringalongs)	
Photography & Video	Photography and Image Manipulation	Photography: Know Your Camera	Photoshop/Lightroom	Video & Media Group		
Quizzing	Quizzoomers					
Science, Nature & Environment	Bamsley Rocks (Geology)	Bird Watching	Cosmology	Geography	Life Before Us	
	Maths Then and Now	Nature Quest				
Socialising	Buddies	Facebook Group	Monthly Members Meeting	MOTO Penistone	New Members Link	
	Occasions at Darfield	Solo Club	Travel			
Sport	Badminton	Crown Green Bowling	Cycling	Golf	Snooker	
	Table Tennis	Ten Pin Bowling	Walking Cricket Group	Walking Football		
Walking	Bus Pass Walkers	Monday Walkers	Penistone Walking Group	Sunday Strollers	Thursday Walkers	
	Thursdays Challenging Walks	Thursdays Longer Walks	Tuesday Walkers	Wednesday Ramblers		