

Learning Events

u3a members can join a wide range of online talks, workshops and courses for free with their membership!

Most of these opportunities are presented by members themselves; sharing their knowledge or skills with others across the movement. We also have a wide range of talks on offer from well-known speakers and organisations, plus in-person events at venues like the Royal Institution.

All of these events can be booked below via Eventbrite. At the time of booking, please ensure that you can attend and if you later find that you're unable to, please cancel your place through Eventbrite to avoid others missing out unnecessarily. All events are for u3a members only.

If you are considering offering a talk or workshop please get in touch at events@u3a.org.uk - we'd love to hear from you.

Our online events are hosted on Zoom. We have some '[How to Guides](#)' for using Zoom if you are unfamiliar with the platform. Don't forget u3a also runs many [projects, initiatives and competitions](#) available for all members to get involved in too.



Science Network Event

Join our Science Network meeting to hear talks on Forensic DNA and The Apollo Programme.

Thurs 26 Oct at 9.30am

<https://www.eventbrite.com/e/science-network-event-tickets-728352922197?aff=oddtcreator>



Live Cookery Demonstration - More Autumn recipes

Chef Alex from 'Vegetarian for Life' demos more of his delicious autumn recipes live on Zoom, especially for u3a members.

Thurs 26 Oct at 2pm <https://www.eventbrite.co.uk/e/live-cookery-demonstration-more-autumn-recipes-tickets-723273449357?aff=oddtcreator>

Free - online via zoom



Fashion's Dumping Ground

Join Helen Howard, Canterbury u3a member, to explore the impact of discarded fashion on the planet.

Fri 27 Oct at 2pm

Free - online via zoom <https://www.eventbrite.co.uk/e/fashions-dumping-ground-tickets-677933075077?aff=oddtcreator>



Monthly Laughter Yoga with Merrie Maggie

Bring more joy and laughter to your life with Laughter Yoga - an aerobic exercise with playful exercises combined with deep yogic breathing. Last Tues of every month.

Next session: Tues 31 Oct at 3.30pm

Free - Online via Zoom <https://www.eventbrite.com/e/monthly-laughter-yoga-with-merrie-maggie-tickets-672104190727?aff=oddtcreator>

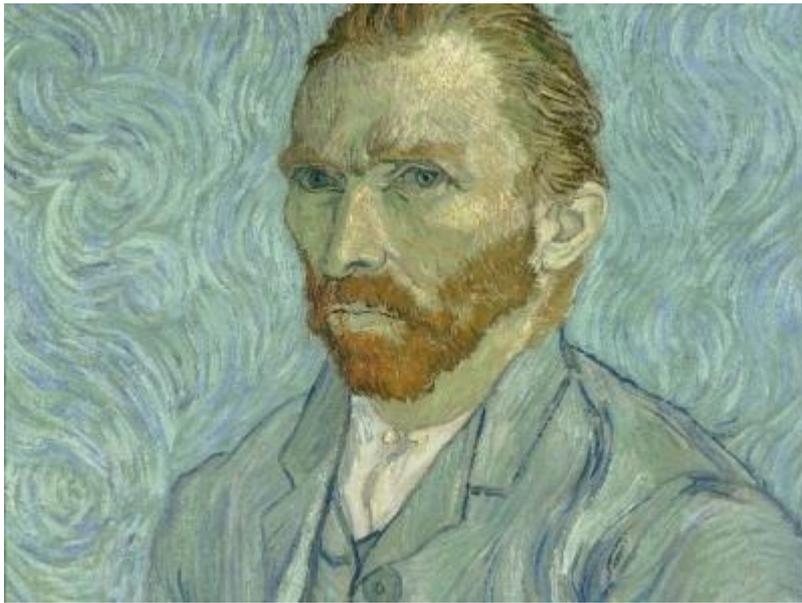


Meditation and Mindfulness Series

We welcome back the six week course of Mindfulness and Meditation led by members of Sheffield u3a Mindful Ageing Group John, Mike and Ruth.

Next session 1 Nov at 10am

Free - Online via zoom <https://www.eventbrite.com/e/meditation-and-mindfulness-series-tickets-714586927737?aff=oddtcreator>



Into the mind of an artist. Van Gogh Part 3

Catherine Stevenson of Newcastle u3a looks at the life and works of Van Gogh.

Tues 7 Nov at 10am

Free - Online via zoom <https://www.eventbrite.com/e/into-the-mind-of-an-artist-van-gogh-part-3-tickets-719065603577?aff=oddtcreator>



Subject Surgery for Yoga Group Leaders

Yoga group leaders can join this meeting to share ideas and air problems, facilitated by Patricia Hamilton, Yoga Subject Adviser.

Tues 7 Nov at 2pm Free - Online via zoom <https://www.eventbrite.com/e/subject-surgery-for-yoga-group-leaders-tickets-739374187097?aff=oddtcreator>



Judith's Laughter Yoga for July-Dec 2023

Join Judith of Edinburgh u3a for monthly Laughter Yoga sessions

Next Session: Wed 8 Nov at 10am

Free - Online via Zoom <https://www.eventbrite.com/e/monthly-laughter-yoga-july-december-tickets-653756582537?aff=oddtcreator>



Sir Thomas Lipton, from Cabin Boy to Tea Tycoon to International Yachtsman

Join Neville Lyons of Guildford u3a in tracing the extraordinary 'rags to riches' life of Sir Thomas Lipton.

Thurs 9 Nov at 2pm

Free - online via zoom <https://www.eventbrite.co.uk/e/sir-thomas-lipton-from-cabin-boy-to-tea-tycoon-to-international-yachtsman-tickets-726741241617?aff=oddtcreator>



Family History: When the transcript is not enough

Insights, tips and examples for family historians. Why the source document may be vital to your research, by Julie of Syston & District u3a

Wed 15 Nov at 2pm

Free - Online via Zoom <https://www.eventbrite.com/e/family-history-when-the-transcript-is-not-enough-tickets-717673660237?aff=oddtcreator>



Mindfulness and Meditation Continuation Sessions - From June to November

Join us each month as we continue the practices introduced in the Mindfulness and Meditation Series, and introduce new ones.

Next session: Thurs 16 Nov at 10am

Free - online via zoom <https://www.eventbrite.com/e/family-history-when-the-transcript-is-not-enough-tickets-717673660237?aff=oddtcreator>



Online Resources for Curious Teachers and Students of Mathematics

Bring the world into the mathematics classroom, with Douglas Butler

Thurs 16 Nov at 2pm

Free - Online via zoom <https://www.eventbrite.com/e/online-resources-for-curious-teachers-and-students-of-mathematics-tickets-695446107027?aff=oddtcreator>



Cryptic Crosswords for Beginners: 6 Session Course

Join Henry Howarth, u3a Subject Adviser for Cryptic Crosswords, for a 6-session course on cryptic crosswords

Tues 5, 12, 19 Dec and 9, 16 and 23 Jan at 10.00–11.30am.

Free - Online via Zoom. Booking closes Fri 17 Nov. <https://www.eventbrite.com/e/cryptic-crosswords-for-beginners-6-session-course-tickets-737129372797?aff=oddtcreator>



The story of Eva Urbach & Ulli Adler

Lesley Urbach tells the story of her mother and aunt who arrived in the UK on the Kindertransport, and the family left behind.

Fri 1 Dec at 2pm

Free - online via zoom <https://www.eventbrite.co.uk/e/the-story-of-eva-urbach-ulli-adler-tickets-715197594257?aff=oddtcreator>