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Welcome to our first Interest Groups Online News Extra.

We hope this will be a great way to keep in touch and keep learning by sharing ideas with each other.



Photos: by Smartphone Art Group member Vasanti Shah

I am Helen, a Trust volunteer, part of the Interest Groups Online volunteer group and we have been working closely with Georgia and Katie on the staff, we'll introduce the whole team in forthcoming issues.

We hope to send out a Festive Seasonal issue, before adopting a regular monthly pattern.

Many thanks for all the groups who have so far given us articles, pictures and quotes to use in the news extra. More than anything else this is a two way conversation and we want to hear from you about what you would like to see plus any feedback and stories from your Interest Group.

Please get in touch by emailing
interestgroupsonline@u3a.org.uk

Best Wishes,

Helen, Editor of the Interest Groups Online News Extra

Group News

Do any of these groups interest you? You can join any of these groups by following the instructions on the [Interest Groups Online website](#)

Feminist Discussion

Topics so far have been wide ranging and thought provoking and have included women and healthcare, personal safety, women artists and the changing depiction of women in film and TV.

Group leader Hazel, says "That's what is great about getting together each month, to express our thoughts, raise questions and listen to each other, helping make sense of the things we experience."

Group Leader, Hazel



Frida Kahlo in 1932,
courtesy of Wikimedia Commons

Finding Joy and Fun in Poetry Affairs and Wine

This group shares light, amusing and uplifting poems, and discover the joy and fun in poetry. In the sessions, a small group will read poems aloud and chat about them informally. An example of the kind of poem the group will be sharing is: Biscuits, a love sonnet by Brian Bilston.

Group Leader, Diana



What are you Reading? Current Affairs and Wine

Interest Groups Online, has been an important part of my life over the past months, meeting and making friends with new people from all around the UK.

Each meeting starts with a chat before taking turns to talk about that day's topic, be it books, poems, a type of wine or whatever is appearing in the newspapers.

For me, some of the stand out books have been "Fresh Water for Flowers" by Valerie Perrin and the Abir Mukherjee detective series set in post-war India. The range is wide and discussions this last month included the 1869 Volume 1 of "The People's Friend" and the poem, 'Where do all the teachers go' by Peter Dixon.

Group Leader, Sheila

Early Women Doctors

This group was set up by the late Verne Hardingham in 2020. She wanted to create a forum to research more about the women who 'really stuck out their necks'.

Over the last couple of years our group has uncovered stories of hardship, endurance, and resilience alongside tales of power, purpose, and perseverance. They make us sad; they make us angry, but most of all they make us proud. It is a great privilege to get to know these women through our research.

Group Leader, Carol



Elizabeth Garrett Anderson, painted by Reginald Grenville Eves, copyright: Wikimedia Commons

Science in the News

Our group leader, Ian, says, 'All science is fast moving, transforming and enriching our lives through our increased understanding the natural world around us'.

'Science in the News' u3a group aims to share new science with its members. October's meeting explored energy storage systems, pharmacology of Covid receptors in the body, the phenomena of quiet quitting, quantum physics and the Bell test... which is just what makes our News group so interesting!

Group Leader, Ian

Read more [on the learning news page on the u3a website](#)

There are still spaces available on many groups – including **20th Century Life, Astronomy, Modern Greek, Short Story Book Group 1, Start-up Poetry** and **Zentangle**. Join them on the [Interest Groups Online website](#)

The News Extra Quiz

Question 1
Which woman artist is pictured in Hazel's article?

Question 2
Which group learnt a little about quiet quitting in October?

Question 3
On what street in London is the St Bartholomew's hospital?

Question 4
How many books are in Abir Mukherjee's series about India in the early 1900s?

Question 5
What's the name of the featured smartphone artist?

See all the answers on [the learning news pages of the u3a website](#)

Why I Love Interest Groups Online

'I Love Interest Groups Online. It's the best value for money way of learning in a group and at the same time making friends with people from all over the country. The meetings only last an hour or an hour and a half and all in the comfort of your own home – where I for one can drink all the tea I like – so no transport problems getting to the group and all for a very modest annual fee – fantastic'

Helen, News Extra Editor

We want to know what you love about Interest Groups Online – let us know by emailing interestgroupsonline@u3a.org.uk

Conversations with: Ruth, a member of the Interest Groups Online groups, Smartphone Photo Art and Fashion



Each news extra we will be highlighting an Interest Groups Online member. We would love to hear about your experience – share it with us by emailing interestgroupsonline@u3a.org.uk

"I am very grateful to IGO for bringing me together with many u3a members all over the country, our paths otherwise would never have crossed. I joined Smartphone Photo Art which has and still is brilliant. I have learnt so much and become a better photographer as a result of joining this group. Our group leader Carolyn has been amazing giving us ideas and tutorials and always coming up with a solution if we have a query I also started a Fashion group in lockdown and feel very close to my members even though I haven't met most of them. We are having a 2 year anniversary get together in November for those able to travel. Thank you for setting up Interest Groups Online u3a it's been marvellous!"

What would you like to see in this news extra?

Do you have a story or photo of your group you'd like to share with the wider Interest Groups Online community?

Get in touch by emailing interestgroupsonline@u3a.org.uk

If you enjoyed this news extra, please sign up to the main u3a newsletter on the u3a website – <https://www.u3a.org.uk/news/newsletter>

