

HI ALL

The U3A website (www.u3a.org.uk) is an accessible website for all U3A members only.

As well as useful U3A membership information the site also has a schedule of online learning activities. We wanted to make sure you were aware of future talks and activities in case you have not recently visited the main U3A organisation website.

These talks and online learning activities complement the local offers which you hopefully partake or lead and connects you with members across the UK. They are all free to join.

Access to the activities below is through [u3a - Online Learning Events](#) and for ease, should be via your laptop or tablet if it is an activity (laughter Yoga).

The list below is copied from the U3A website and copyright of all the talks remains with the U3A and hosts of the Zoom presenters.

Please do not circulate this list outside of the group.

Date & Time	Subject	Comment
Thursday 24 April at 2pm	Secrets of the Human Brain: Talk Four	This talk describes how drugs act on the brain by changing its chemistry – by Dr Bob Pullen
Friday 25 April at 8.30am	Artificial Intelligence News : April	AI is one of the biggest technological transitions the world will ever face. Can it be designed, developed and deployed responsibly? A talk followed by a discussion, jointly run by u3a teams in Australia and the UK
Friday 25 April at 2pm	The Assassination of President Kennedy	Join Pete Mellor, Oldham & District u3a for this talk on the assassination of JFK, a topic he has researched for over 3 decades.
Monday 28 April at 2pm	What the future changes in telephone landlines will mean for you	Are you curious about the UK's switch to digital landlines by January 2027? Join Chris Hockley from BT Digital Voice as he explains all you need to know.
Tuesday 29 April at 2pm	Understanding online content, misinformation and disinformation	Lucy (AbilityNet) and Chloe (South Wales Police) will present an informative discussion for older people to stay safer online and negotiate online content
Wednesday 30 April at 10am	Poverty: A Sociological Perspective	A look at the history of attempts to develop a consensus on defining and measuring poverty in the UK by asking the general public what “nobody should have to go without because they can’t afford them in modern Britain”.
Tuesday 6 May at 10am	Flight Inspirations Aviation Meeting: May	After France fell in 1940, Britain fought Nazi tyranny alone, urging US support. After Pearl Harbor the USAAF arrived, using British bases as a launchpad for bombing missions across Europe. Over 300 airfields supported their efforts,

		leaving a lasting impact on Britain through their presence, operations and sacrifices.
Wednesday 7 May at 10am	Cryptic Crosswords in Context	Their history, how they work, who does them and why – a talk by u3a Cryptic Crosswords Subject Adviser Henry Howarth
Wednesday 7 May at 1pm	Setting up a New Windows 11 PC or Laptop	Join Mike Field from u3a Let's Talk Tech to see how to set up a new Windows 11 PC or laptop for optimum performance and online security.
Thursday 8 May at 10am	Turner and Impressionism	This illustrated talk looks at the life and work of British landscape painter, JMW Turner. In 2025 we celebrate the 250 th Anniversary of his birth.
Thursday 8 May at 2pm	A life living and exploring with the most exciting wildlife on Galapagos	Join Ramiro Tomala from HX as he shares his first-hand experiences of living on Galapagos
Friday 9 May at 10am	Staying Safe Online – A u3a Presentation with Q&A	Keeping you safe in an electronic age; A repeat talk by Barry Linton, Police Volunteer attached to the Cybercrime Protect and Prevent team.
Monday 12 May at 10am	Exploring World Faiths: Chaplaincy	For many people, their association with faith is through organisational chaplaincy. This talk explores the role of chaplaincy in hospitals, prisons and the police.
Monday 12 May at 10am	How Generative AI Works	If you've used a Generative AI system such as ChatGPT, your first thought might be "this is magic" ... however, if you have an enquiring mind, your second is probably "how on earth does that work". In this talk, Peter Lord peeks inside this magic box a little to help answer that question.
Tuesday 13 May at 2pm	Simple adjustments for making your device easier to use and staying safe on social media	Hannah from AbilityNet will show you some simple adjustments for your device and Adam Carter from Friends Against Scams will give you some smart ways to stay safe on social media
Thursday 15 May at 10am	From the Soviet Gulag to Arnhem	Trapped behind Nazi lines in Europe, only the Dutch underground might help him escape. Stan's grandson and author Nicholas Kinloch tells his story.
Monday 19 May at 2pm	On this Holy Island	Join Oliver Smith, author of the book "On This Holy Island" as he discusses how pilgrimage has shaped Britain across time.
Tuesday 20 May at 3.30pm	Laughter Yoga with Merrie Maggie: May	Bring more joy and laughter to your life with Laughter Yoga – an aerobic exercise with playful exercises combined with deep yogic breathing.

Wednesday 21 May at 10am	Laughter Yoga with Judith: May	Laughter Yoga combines hearty laughter exercises with deep yoga style breathing. Hosted by Judith Anne Walker of Edinburgh u3a.
Wednesday 21 May at 1pm	Editing Long Videos on PCs & Laptops for sharing to social media	Learn how to use video editing software to create landscape videos, and how to optimise them for social media, with u3a Lets Talk Tech
Wednesday 21 May at 2pm	End of Life Doulas and How They can Help you	Join Ann Kenrick, from End of Life Doula UK, to discover more about who end of life doulas are, what they do, and why it matters. Hosted by Future Lives
Thursday 22 May at 9.30am	Mass Extinctions: Causes and Consequences	Look into the evolution of life on Earth and when mass extinctions have occurred and why, in this Science Network event with Peter Webb.
Thursday 22 May at 10am	Mindfulness and Meditation Continuation Session: May	Join us each month as we continue the practices introduced in the Mindfulness and Meditation Series, and introduce new ones.
Friday 23 May at 9am	Artificial Intelligence News: May AI and the Law	This thought provoking event will explore how artificial intelligence is reshaping the legal landscape – from how laws are made, to how they’re interpreted and enforced.
Tuesday 27 May at 2pm	How going digital can save you money: A guide for older people with the DWP	In this talk we will discuss top online cost saving ideas, key digital related benefit information from the DWP.
Thursday 29 May at 2pm	Life on a Smallholding. Is it as idyllic as it sounds?	Gillian, St Neots u3a, will talk about her journey from an inner city childhood, her teenage marriage and relocation to a thatched cottage in Devon.
Thursday 29 May at 2pm	Secrets of the Human Brain: Talk Five	Join Bob Pullen on a journey through the auditory pathway from the point when a sound enters our ears to the point when we “hear” something.
Friday 30 May at 10am	The History of the 16 th Century Ruff: from frilled shirt collars to lace trimmed monstrosities.	Constance MacKenzie costume designer and maker for Wolf Hall examines changes in style and how ruffs were made and set
Monday 2 June at 10am	Bollywood Laughter Yoga Dance	Judith and Merrie Maggie offer a session of gentle aerobic exercise combining the four elements of joy – laughing, singing, dancing and playing
Tuesday 3 June at 10am	Flight Inspirations Aviation Meeting: June	USAAF and RAF aircrew suffered unimaginable losses during WWII. This is the story of how those airmen dealt with the psychological stress of knowing that each mission they flew could be their last.
Wednesday 4 June at 10 am	Mindfulness and Meditation Series, starting Wednesday 4 June at 10am for 6 weeks	We welcome back the 6 week course of Mindfulness and Meditation led by

		members of Sheffield u3a Mindful Ageing Group John, Mike and Ruth
Wednesday, 4 June at 1pm	An Introduction to Canva, a powerful online Graphic Design Program	Learn how to use Canva to create all kinds of media like newsletters and posters, with u3a Lets Talk Tech and guest presenter Roger Carter