

BRISTOL

FOLK HOUSE

— COURSES & WORKSHOPS —

time for a

SPRING

Clean



HALF TERM
13 - 18
FEBRUARY

SPRING TERM 2012
7 January -
24 March

BRISTOL FOLK HOUSE
CO-OPERATIVE LTD

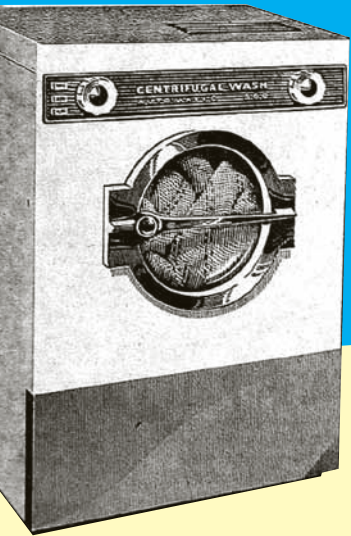
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www.bristolfolkhouse.co.uk

Get 2012 off to a fresh start with the Bristol Folk House!



We have over 200 courses and workshops, including brand new ones, waiting to revitalise and energise you!

Shake off the Christmas excesses with our Detox course or Ayurveda workshop and you'll soon be feeling bright as a button and clean as a whistle. Brush away the cobwebs and see 2012 through new eyes with the help of one of our Photography courses or join us for creative writing and watch the words start to flow.

Instead of giving something up this New Year, why not take something up? As always, our courses fill up extremely quickly so please remember to book well in advance. Further information on all our courses, workshops, live music, exhibitions and events can be found on our website or by ringing our friendly office staff.

Thank you for your continued support of the Folk House and we look forward to seeing you again soon!

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KEY

AI

Course code to cross reference with timetable



Please ask for a materials list

£84.00 / £75.60 / £50.40
(example)

Course fees:
Full price, 60+yrs
& Benefits

Thurs 6.30 – 8.30pm

Course day & time



ARTS & CRAFTS

BILL GUILDING **Life Drawing – Basic Skills**

A1 | | £117.25 / £107.25 / £82.25 | Monday 5.30 – 7.30pm | starts 9 January
A guided course in the basic skills of life drawing aimed at beginners, though others are welcome.

Life Drawing – Mixed Ability

A2 | | £117.25 / £107.25 / £82.25 | Monday 7.45 – 9.45pm | starts 9 January
This life drawing course is aimed at those with some experience, though beginners are also welcome. Various techniques and approaches will be offered and lots of assistance given if needed.

Painting in Oils and Acrylics

A3 | | £95.00 / £85.00 / £60.00 | Tuesday 4.30 – 6.30pm | starts 10 January

A4 | | £95.00 / £85.00 / £60.00 | Wednesday 5.30 – 7.30pm | starts 11 January

A5 | | £95.00 / £85.00 / £60.00 | Wednesday 7.45 – 9.45pm | starts 11 January

Open to beginners and the experienced, a course in the art of painting – from observation, sketches, photographs and imagination, abstract or representational - adjusting to the inclinations of the students.

Portraiture

A6 | | £75.15 / £68.65 / £53.15 | Wednesday 1.30 – 4.00pm | starts 11 January

A7 | | £75.15 / £68.65 / £53.15 | Wednesday 1.30 – 4.00pm | starts 22 February

Develop your skill at painting or drawing faces. You may use any medium.

Some previous experience of drawing from observation is recommended.

Two five week courses.

Saturday – I Wish I Could Draw

S21 | | £26.50 / £24.25 / £18.00 | 28 January 10.00 – 4.00pm

An introduction to the skill of drawing from observation. This one day workshop will teach you to draw people and things.

Saturday – Life Drawing Day

S62 | | £30.70 / £28.45 / £22.20 | 10 March 10.00 – 4.00pm

This enjoyable workshop is ideal for those that are new to life drawing (nude model) or those that are a bit rusty! Learn to see shape and light more objectively, as well as exploring the different conventional drawing media. A little previous experience of some sort of drawing is recommended.

MARILYN MILLARD **Learn to Draw**

A8 | | £59.75 / £53.75 / £39.75 | Monday 10.30 – 12.45pm | starts 9 January


A step by step course, developed to encourage beginners and improvers who want to learn the invaluable techniques of line, tone, proportion and perspective over a wide range of subjects. A five week course suitable for all.

Painting in Watercolour


A9 | | £59.75 / £53.75 / £39.75 | Monday 1.45 – 4.00pm | starts 9 January

Enjoy painting easy step by step projects and develop both skills and confidence in using watercolour. Guided by an experienced tutor in a friendly atmosphere. A five week course.


ARTS & CRAFTS *continued*MARILYN MILLARD **Landscapes in Watercolour**

continued **A10** |  | £59.75 / £53.75 / £39.75 | Wednesday 10.30 – 12.45pm | starts 22 Feb
Enjoy learning to paint the beauty of traditional scenes in a step by step process, guided by an experienced tutor. All levels welcome but aimed at those with some watercolour experience. A five week course.


Botanical Painting

A11 |  | £60.25 / £54.25 / £40.25 | Wednesday 1.45 – 4.00 pm | starts 22 Feb
Enjoy drawing and painting beautiful flowers from observation. An inspiring course that gives step by step techniques in using watercolour. All levels welcome, guided by an experienced tutor in a friendly atmosphere. A five week course.



Saturday – Landscapes in Watercolour

S29 |  | £27.50 / £25.25 / £19.00 | 4 February 10.00 – 4.00pm
Spend the day learning how to paint an inspiring scene step by step. An excellent way to build your confidence and skills in watercolour, guided by an experienced tutor. All abilities welcome.



Saturday – Botanical Painting

S60 |  | £27.50 / £25.25 / £19.00 | 3 March 10.00 – 4.00pm
Enjoy a day drawing and painting flowers accurately in watercolour. An easy to follow and relaxing workshop aimed at all levels of ability, guided by an experienced tutor.


ANGIE KENBER **Creative Life Drawing**

A12 |  | £60.85 / £55.85 / £43.35 | Monday 10.30 – 12.30pm | starts 9 January
A13 |  | £60.85 / £55.85 / £43.35 | Monday 10.30 – 12.30pm | starts 20 February
This ongoing life drawing course is open to both beginners and those with some experience and is led by Bristol artist Angie Kenber. Students will use drawing, colour and collage in a structured course of development. Students may wish to link this with the Creative Day Studio. Two five week courses.


Creative Art Day Studio

A14 |  | £111.90 / £100.65 / £72.50 | Tuesday 10.15 – 3.30pm | starts 10 January
A15 |  | £111.90 / £100.65 / £72.50 | Tuesday 10.15 – 3.30pm | starts 21 February
Students on this course will learn to use drawing, painting, collage and mixed media to create self-directed projects. Group discussion and reference to relevant artists form a part of this course. Taught by Bristol artist Angie Kenber; this course is for beginners and those with experience alike. Two five week courses.

Painting Projects: Multi-level


A16 |  | £117.50 / £105.50 / £77.50 | Thursday 2.00 – 4.15pm | starts 12 January
This course will help you to develop your confidence and ability with different paint mediums. The experienced tutor will help you to develop your own style beginning from a shared starting-point.

NEW Saturday – Cut, Collage & Colour: A New Approach to Life Drawing



S6 |  | £30.70 / £28.45 / £22.20 | 14 January 10.00 – 4.00pm
An exciting one-day workshop. We will work from a life model to create images in a mixture of paint/dry media/paper in an experimental and supportive atmosphere.

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ARTS & CRAFTS *continued*ANGIE KENBER **Saturday – Abstract Painting in a Day: Paint, Layers, Texture**

continued **S51** |  | £24.00 / £21.75 / £15.50 | 25 February 10.00 – 4.00pm
NEW An introduction to abstract painting. We will start from real-life imagery, abstracting, simplifying and editing, to create exciting compositions in colour and texture.


JENNY MIZEL **Painting: A Short Course**

NEW **A17** |  | £47.50 / £42.50 / £30.00 | Monday 1.30 – 3.30pm | starts 9 January
A18 |  | £47.50 / £42.50 / £30.00 | Monday 1.30 – 3.30pm | starts 20 February
These ongoing five week courses are for those returning to painting or just starting out. Experiment with the many techniques and uses of acrylic paint, an incredibly versatile medium. Taught by an experienced tutor in a friendly setting.


NEW Exploring Charcoal and Pastels

A19 |  | £47.50 / £42.50 / £30.00 | Tuesday 1.30 – 3.30pm | starts 10 January
A20 |  | £47.50 / £42.50 / £30.00 | Tuesday 1.30 – 3.30pm | starts 21 February
Discover the dramatic effects of charcoal and the vibrant colour of pastels, whilst learning to combine the two! Experiment and achieve interesting results under the guidance of a friendly tutor. All abilities welcome. Two five week courses.

Experimental Art: Mixed Media

A21 |  | £95.00 / £85.00 / £60.00 | Wednesday 10.30 – 12.30pm | starts 11 January
Explore different techniques and media, including simple printmaking, collage, acrylic painting, uses of inks and much more. With a chance to create some self-directed art under the guidance of a friendly tutor. All abilities welcome.

Mixed Media: An Experimental Art Course

A22 |  | £95.00 / £85.00 / £60.00 | Thursday 5.30 – 7.30pm | starts 12 January
This course will give you a taster of different materials and techniques. Simple printmaking, acrylic paint, collage, inks, charcoal and more! Explore texture, colour, tone and more under the tutor's friendly guidance. Suitable for all abilities.


Saturday – Charcoal & Pastels Workshop

S30 | £28.00 / £25.75 / £19.50 | 4 February 10.00 – 4.00pm
Explore charcoal & pastels. Create vibrant colour, tone & texture. All abilities welcome. Ideal for beginners. Materials provided.


NEW Saturday – Acrylic Painting Workshop

S45 | £28.00 / £25.75 / £19.50 | 18 February 10.00 – 4.00pm
Spend the day experimenting with acrylic paint, use some new techniques and discover your creativity. Enjoy the colour, texture and tones and gain confidence throughout. This workshop is suitable for beginners and is guided by a friendly tutor. All materials provided.


LESLEY ROPER **Beadwork**

A23 |  | £95.00 / £85.00 / £60.00 | Tuesday 10.00 – 12.00pm | starts 10 January
Learn the basic stitches and techniques needed to produce a variety of decorative objects (mostly jewellery), and eventually work on your own projects, in this fun and creative course.

ARTS & CRAFTS *continued*JOHN REA **Cartoons and Comics**

A24 |  | £47.50 / £42.50 / £30.00 | Wednesday 7.30 – 9.30pm | starts 22 February
Learn how to draw cartoons or improve on your cartoon-drawing skills. Produce a complete comic strip through a series of enjoyable practical exercises and a detailed study of cartoon techniques. A five week course.


Saturday – Introduction to Cartooning

S23 |  | £24.00 / £21.75 / £15.50 | 28 January 10.00 – 4.00pm
Try your hand for the first time or develop your skills in this stimulating workshop. An enjoyable and fun day for all!

AZA ADLAM **Stained Glass for Beginners**

A25 | £74.50 / £68.00 / £52.50 | Friday 10.00 – 12.30pm | starts 13 January
A26 | £74.50 / £68.00 / £52.50 | Friday 10.00 – 12.30pm | starts 24 February
Learn the basic techniques involved assembling a leaded panel. These five week courses include glass cutting, leading and soldering as well as design ideas and advice.


Saturday – Mosaic Workshop

S38 |  | £39.00 / £36.75 / £30.50 | 11 February 10.00 – 4.00pm
A busy day introducing various ways of creating a mosaic, with several different techniques to try out. You will also have the opportunity to create a small panel to take home. Cutting tools and a variety of materials provided.



Saturday – Stained Glass Taster Day

S22 | £39.00 / £36.75 / £30.50 | 28 January 10.00 – 4.00pm
S63 | £39.00 / £36.75 / £30.50 | 10 March 10.00 – 4.00pm
A taster session, with a chance to try all the techniques used to create a small leaded glass panel, including glass cutting, leading, soldering and finishing. All tools, lead and glass are provided.


Saturday – Picture Framing

S80 |  | £39.00 / £36.75 / £30.50 | 17 March 10.00 – 4.00pm
Simple techniques for frame making at home. Advice on choosing colour and styles. Learn glass cutting, cutting and pinning mouldings and simple mountcutting. All tools and materials provided - just bring a selection of small pictures.


SHIRLEY DOWNEY **Knitting and Crochet**

A27 |  | £35.75 / £31.75 / £22.50 | Monday 7.30 – 9.00pm | starts 9 January
A28 |  | £35.75 / £31.75 / £22.50 | Monday 7.30 – 9.00pm | starts 20 February
Knitting is all the rage! You will learn about basic stitches, patterns, skills, yarns, equipment and how to read a pattern. Why buy something when you can make something better? Two five week courses. Men welcome!

NEW Saturday – Crochet Squares and Blankets

S13 |  | £19.00 / £17.00 / £12.00 | 21 January 10.00 – 3.00pm
Learn to make a variety of crochet squares and motifs, to then produce beautiful blankets and throws. From the basic granny square we will progress to uses of colour and lace and finally joining techniques. Depending on skills, you should be able to produce at least a couple of squares or motifs during the workshop.

ARTS & CRAFTS *continued*SHIRLEY DOWNEY **Saturday – Knitting and Crochet Workshop**


continued **S64** |  | £24.00 / £21.75 / £15.50 | 10 March 10.00 – 4.00pm

This one-day workshop is open to beginner and improver knitters and crocheters, with tips and tricks tailored to each student's ability! Starting with basic stitches we will build these together to produce a small piece of crochet and/or knitting.

CLAUDIA ASCOTT **Photography – Developing Your Eye**

A29 |  | £47.50 / £42.50 / £30.00 | Thursday 5.30 – 7.30pm | starts 12 January
A30 |  | £47.50 / £42.50 / £30.00 | Thursday 5.30 – 7.30pm | starts 23 February
Get inspired on these stimulating five week courses with a focus on imagination and creativity rather than technical instruction. Each week we'll have a photo assignment to explore the world around us. We'll be looking at a range of photographers and discussing the images we've made. No previous experience is necessary.



ROMA WIDGER **Etching**

A31 |  | £100.00 / £90.00 / £65.00 | Tuesday 6.30 – 8.30pm | starts 10 January
Etching for beginners and improvers. You will receive tuition in the basic techniques and guidance in making personal projects. No prior knowledge is required, just an interest in printmaking.


JULIE ROBERTS **Free Machine Embroidery and Applique**

A32 |  | £60.50 / £55.50 / £43.00 | Wednesday 5.30 – 7.30pm | starts 11 January
A35 |  | £60.50 / £55.50 / £43.00 | Wednesday 7.45 – 9.45pm | starts 22 February
Learn to use a sewing machine to draw, embroider and embellish. Combine this with applique and cut work to produce amazing decorative pieces. Master the techniques and then work on your own project. Basic experience of using a sewing machine is helpful. Two five week courses.


Retro Sewing

A33 |  | £57.50 / £52.50 / £40.00 | Wednesday 7.45 – 9.45pm | starts 11 January
A34 |  | £57.50 / £52.50 / £40.00 | Wednesday 5.30 – 7.30pm | starts 22 February
Use retro sewing patterns, alter an old piece of clothing to give it new life or use old fabrics to create unique new items. This fun course will get students following sewing patterns then adding their own personal flourishes to whatever they make! Two five week courses. Not suitable for beginners.


Saturday – Print Making Workshop

S1 |  | £30.00 / £27.75 / £21.50 | 7 January 10.00 – 4.00pm
Try a variety of experimental and simple print techniques in this creative workshop. You will have a wealth of ideas and lots of prints to go home with!

Saturday – Free Machine Embroidery & Applique Workshop

S7 |  | £27.00 / £24.75 / £18.50 | 14 January 10.00 – 4.00pm
Learn to use a sewing machine to draw and embellish in this taster workshop, combining stitch with applique. Basic machine experience would be helpful.


Saturday – Felt Making

S14 |  | £34.00 / £31.75 / £25.50 | 21 January 10.00 – 4.00pm
Explore the basics of felt making using a variety of techniques. You will make a selection of beautiful pieces to take home. No experience necessary.

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ARTS & CRAFTS *continued*JULIE ROBERTS **Saturday – Sewing for Beginners: Cushion Cover**

continued **S24** |  | £16.75 / £15.25 / £11.50 | 28 January 10.00 – 1.00pm


NEW Learn how to thread and use a sewing machine and then try out your new skills by creating a cushion. Suitable for beginners or those with little sewing experience.

Saturday – Sewing for Improvers: Zip Purse Workshop

S25 |  | £17.75 / £16.25 / £12.50 | 28 January 1.30 – 4.30pm


Learn how to put in a zip, applique designs (decorative technique where a design is added to the surface of fabric) and hand and machine stitch to create your own unique zip purse. Suitable for those with basic sewing skills.

Saturday – Recycling Fabrics: Accessories

S39 |  | £29.00 / £26.75 / £20.50 | 11 February 10.00 – 4.00pm


Recycle old fabrics and clothes to create stunning accessories. Learn various textile techniques including fabric bonding, manipulation, and embroidery. You will have lots of ideas and a selection of wonderful accessories to show off.

Saturday – Skirt in a Day

S46 |  | £28.00 / £25.75 / £19.50 | 18 February 10.00 – 4.00pm

Be the envy of your friends and make a simple unique skirt in this day workshop. We will construct a basic wrap skirt and personalise it using various textile techniques, such as appliqué, embroidery and fabric manipulation.

Saturday – Clutch Bag in a Day

S81 |  | £29.00 / £26.75 / £20.50 | 17 March 10.00 – 4.00pm

Learn the basics of following a sewing pattern and create a 1920s style clutch bag. Bring your own fabrics to create your own personal piece. Suitable for all abilities.

MARTIN LOVELL **The Versatility of Watercolour**

A36 |  | £107.50 / £95.50 / £67.50 | Thursday 10.30 – 12.45pm | starts 12 January

Explore the medium of watercolour and discover its potential! This class is for all levels and will respond to the needs and interests of the individual. Students will be given the opportunity to draw and paint from images and real life in order to produce effective work and develop skills.

FEMKE DE JONG **Digital Illustration for Beginners**

A37 |  | £47.50 / £42.50 / £30.00 | Thursday 7.45 – 9.45pm | starts 12 January

Explore the world of digital illustration using Photoshop in this exciting five week course. Use your own images, or those you have found, together with digital techniques, to create original illustrations. Please bring a laptop with Adobe Photoshop installed.


Digital Illustration for Improvers

A38 |  | £47.50 / £42.50 / £30.00 | Thursday 7.45 – 9.45pm | starts 23 February

Build upon your techniques and work on small illustration projects. In-depth Photoshop techniques such as laying out tools, creating your own brushes, antique and grunge effects, Advanced Digital Collage techniques, layer masks, photo retouching and 3D effects will be incorporated. For those with previous Photoshop experience. Please bring a laptop with Adobe Photoshop installed.

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ARTS & CRAFTS *continued*FEMKE DE JONG **Saturday – Digital Illustration Workshop**

continued **S73** |  | £24.00 / £21.75 / £15.50 | 24 March 10.00 – 4.00pm

An introduction to digital illustration techniques, exploring technical skills and processes that will help you produce creative and imaginative pieces of work. Please bring a laptop with Adobe Photoshop installed.

KAREN REILLY **Dressmaking**

A39 |  | £105.00 / £95.00 / £70.00 | Tuesday 2.00 – 4.00pm | starts 10 January

A40 |  | £105.00 / £95.00 / £70.00 | Tuesday 5.30 – 7.30pm | starts 10 January

A41 |  | £105.00 / £95.00 / £70.00 | Tuesday 7.45 – 9.45pm | starts 10 January

Come and make your own clothes! You will learn the art of reading a pattern, cutting, making, stitching and how to get the best from your sewing machine. A basic knowledge of sewing is needed for these exciting courses.

Sewing for Beginners

A42 |  | £105.00 / £95.00 / £70.00 | Thursday 5.30 – 7.30pm | starts 12 January

A43 |  | £105.00 / £95.00 / £70.00 | Thursday 7.45 – 9.45pm | starts 12 January


Come and make your own clothes! You will learn the art of reading a pattern, cutting, making, stitching and how to get the best from your sewing machine. Previous experience of machine sewing is needed for these exciting courses.

SARAH GRICE **Exploring Illustration**

A44 |  | £102.00 / £92.00 / £67.00 | Thursday 7.45 – 9.45pm | starts 12 January

Experiment with traditional and contemporary techniques, while exploring areas such as character development, narrative and composition. Students will focus on colour, tonal skills and creating images formatted to sit snugly within a book!

SARAH KELLY **History of Art: American Paintings**

A45 |  | £95.00 / £85.00 / £60.00 | Thursday 2.00 – 4.00pm | starts 12 January

This course will focus on a pick of America's most fascinating artists from Whistler and Sargent to Hopper and O'Keeffe. In friendly, informal sessions, we will look at those who travelled and settled in Europe as well as the ones who stayed at home. No prior knowledge required.

GRAHAM PARISH **Using Your Digital SLR Camera**


A46 |  | £71.25 / £63.75 / £45.00 | Thursday 10.00 – 1.00pm | starts 12 January

Look at all aspects of digital photography using step-by-step methods and weekly projects. Learn how to use camera control effectively and concepts such as depth of field, macro and long exposures. We will concentrate on how to take impressive photographs rather than how to edit them afterwards. A five week course.


Improve Your Digital SLR Skills

A47 |  | £71.25 / £63.75 / £45.00 | Thursday 10.00 – 1.00pm | starts 23 February


Having gained confidence with your DSLR camera, we'll look at advanced lighting techniques with additional and mixed light sources, image manipulation, shooting in Raw, camera filters and social networks such as Flickr. We'll also go out and shoot some urban landscapes – weather permitting. A five week course.

ARTS & CRAFTS *continued*GRAHAM PARISH **Friday – Photography Walkshop***continued* **S78** |  | £27.60 / £25.60 / £20.60 | Friday 16 March 10.00 – 3.00pm**NEW**


Learn how to get the most out of your camera and take creative shots using colour, texture and shadow, whilst learning more about your surroundings. Accompanied by Liz, a historian who will tell you about the Bristol landmarks you visit and Graham, a photographer with 25 years experience.

Saturday – Photographic Portraits**S3** |  | £24.00 / £21.75 / £15.50 | 7 January 10.00 – 4.00pm



This one day workshop will show you simple techniques, using simple equipment, that will allow you to create dynamic and interesting portraits with your camera. Even daylight and a reflector can produce stunning results if you know how.

Saturday – Using Your Digital SLR Camera Workshop**S65** |  | £24.00 / £21.75 / £15.50 | 10 March 10.00 – 4.00pm


In this workshop you'll learn all about apertures, shutter speeds, depth of field, ISO ratings, white balance, shooting modes, fill-in flash, megapixels, CCD's & much more. This informative workshop will be totally practical and you will be set mini projects throughout the day.

Saturday – Street Photography**S72** |  | £24.00 / £21.75 / £15.50 | 24 March 10.00 – 4.00pm


An opportunity to look at ways of achieving striking pictures within a busy environment. Street photography involves getting close to your subject so we will go out and explore some busy street settings. Guided by an experienced photographer, this friendly workshop will leave you with lots of tips of the trade!

KIM THOMSON **Jewellery: Silversmithing Techniques****A48** |  | £125.00 / £115.00 / £90.00 | Monday 5.30 – 7.30pm | starts 9 January**A49** |  | £125.00 / £115.00 / £90.00 | Monday 7.45 – 9.45pm | starts 9 January

In these exciting courses students will learn all about filing, drilling, forming, annealing, patinating, texturing, soldering and polishing metals such as copper and silver. In fact, everything you need to make your own jewellery! You will then work from your own designs with plenty of guidance from the tutor.

Saturday – Ring in a Day**S2** |  | £47.35 / £45.10 / £38.85 | 7 January 10.00 – 4.00pm


Make a silver ring in this exciting one day workshop! You will learn to measure, cut, file, form and solder the metal so you have a ring that fits you perfectly!

Saturday – Silver Pendant in a Day**S47** |  | £54.00 / £51.75 / £45.50 | 18 February 10.00 – 4.00pm

Create a silver pendant in a day by learning to shape, texture and polish your own design. You may also include set stones if you wish.

ANGELA MORRIS **Interior Design****A50** |  | £95.00 / £85.00 / £60.00 | Thursday 1.30 – 3.30pm | starts 12 January


Explore the fundamentals of creating inspiring interiors, with a view to designing your own or others' homes. During these practical sessions we will look at colour, pattern and texture, planning and layout, how to resource materials, and produce mood and samples boards.

ARTS & CRAFTS *continued*ANGELA MORRIS **Saturday – Interior Design Workshop***continued* **S15** |  | £24.00 / £21.75 / £15.50 | 21 January 10.00 – 4.00pm


This hands-on workshop will explore the secrets of designing inspiring interiors. Learn how colour, pattern and texture can enhance a room. Discover how to produce a successful room layout, and create an inspiring mood board of ideas.

ELAINE GUILDING **Calligraphy****A51** |  | £95.00 / £85.00 / £60.00 | Friday 10.30 – 12.30pm | starts 13 January


Everyone loves the italic hand! The most instantly recognisable of lettering styles, it can be the basis for truly creative and individual work. This five week course will concentrate on the development of accurate letter forms, with a sound understanding of spacing and layout. Beginners and returners welcome.

RACHEL SOKAL **Alternative Photographic Processes****NEW** **A52** |  | £91.75 / £84.25 / £65.50 | Tuesday 7.00 – 10.00pm | starts 21 February

In this five week course we will adventure through five historical and alternative photographic processes: pinhole photography, lumen printing, anthotype, cyanotype and salt print. Make your own reusable camera from a matchbox, print photos using only crushed petals, create handmade prussian blue prints using a 19th Century process and much more! Everyone welcome.

Saturday – Cyanotypes Workshop**S40** |  | £29.50 / £27.25 / £21.00 | 11 February 10.00 – 4.00pm

The cyanotype is an historical and very beautiful photographic process that creates delicate Prussian Blue hand-made prints without the need for complex equipment. In this fun workshop you will be guided through this creative technique, print your own cyanotypes and take home instructions on how to do more by yourself. No previous experience necessary.

Saturday – Pinhole Camera Workshop**S52** |  | £17.25 / £15.75 / £12.00 | 25 February 1.00 – 4.00pm

Spend the afternoon making your very own camera out of a matchbox and learning how to use it in. In this quick, creative pinhole workshop you will learn to construct a fully functioning, reusable film camera with step by step support. Then we'll go out and take some photos with it together! Absolutely no experience necessary.

Saturday – Salt Prints Workshop**S70** |  | £31.50 / £29.25 / £23.00 | 24 March 10.00 – 4.00pm


Experiment with this alternative way of making photos which dates back to 1833. Learn to make your own delicate brown-black photographs using a simple mix of chemicals, a dash of salt and a bit of sunlight. Take home your salt prints and carry on at home. Fun, experimental and accessible for everyone – no experience necessary.

JESSICA MELVILLE-BROWN **Saturday – Enamelling Workshop****S71** |  | £34.00 / £31.75 / £25.50 | 24 March 10.00 – 4.00pm

Discover the art of enamelling: the fusion of glass, metal and fire! In this fun, hands on workshop, you will get the chance to explore this amazing ancient craft by making jewellery, cuff-links or tiles.

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ARTS & CRAFTS *continued*SARAH EDWARDS **Saturday – Willow Workshop****S16** |  | £32.00 / £29.75 / £23.50 | 21 January 10.00 – 4.00pm


Learn to make various plant supports for climbers and tall border plants, plus weave a ball for use as a decoration or as a base for topiary style planting all made with green willow. An ideal introduction to using willow.

DELIA ADEY
& ERIKA PETO **Fancy Pants!****A53** |  | £72.50 / £67.50 / £55.00 | Wednesday 7.30 – 9.30pm | starts 11 January**A54** |  | £72.50 / £67.50 / £55.00 | Thursday 5.30 – 7.30pm | starts 23 February


These exciting five week courses will teach you how to make three different styles of knickers: a classic cotton knicker, a French stretch knicker and a French knicker. We'll look at techniques for edging and finishing to add details and create your own unique designs with lace and trims. Suitable for beginners.

Saturday – Knicker Making Workshop**S8** |  | £17.75 / £16.25 / £12.50 | 14 January 10.00 – 1.00pm


This beginners workshop will teach you everything you need to know to make a unique pair of undies. Combine cotton prints, lace trims and satin ribbon in this fun introduction to under garment making!

Saturday – Vintage Knicker Making Workshop**S9** |  | £18.25 / £16.75 / £13.00 | 14 January 1.30 – 4.30pm

Combining knicker making with up-cycling, this fun workshop is open to anyone with intermediate sewing skills. Follow clear tailored patterns and add lace, ribbon and trim to transform a silk scarf into a unique bespoke pair of undies!

MOLLY
LEWIS-SMITH **Corsetry****A55** |  | £87.50 / £82.50 / £70.00 | Thursday 5.30 – 7.30pm | starts 12 January


Learn how to make your own bespoke corset. In this five week course we will use machine and hand sewing techniques to create completely bespoke, fully boned corset. This course is suitable for intermediate and advanced sewers.

ALISON BINGHAM **Saturday – Fabulous Fascinators!****S31** |  | £27.00 / £25.00 / £20.00 | 4 February 10.00 – 3.00pm


This fun and creative workshop will teach you all the skills you need to make a vintage style cocktail hat comprising of a quill, flower and veiling.

ANNA GRAVELLE **Saturday – Textile Design Workshop****S61** |  | £40.00 / £37.75 / £31.50 | 3 March 10.00 – 4.00pm

Explore different techniques of decorating fabrics using a heat press. You will develop ideas onto fabrics by exploring methods such as transfer printing and textile technology such as creasing and crushing. Basic printing materials, dyes and fabric swatches for initial sampling will be provided.

CHRIS WEBB **Saturday – Patchwork & Quilting for Beginners****S53** |  | £31.00 / £28.75 / £22.50 | 25 February 10.00 – 4.00pm

Learn how to work with a rotary cutter and quilter's square and how to design and speed-piece together your own four patch, nine patch and log cabin patchwork pieces. We'll turn your work into a finished cushion cover to be proud of!

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workshopsARTS & CRAFTS *continued*LAWRENCE HASSAN **Saturday – Hardback Bookbinding****S79** |  | £31.00 / £29.00 / £24.00 | 17 March 10.00 – 3.00pm

Learn everything from traditional Japanese book stitch techniques to book cover design and leave with your very own handmade hardback book.

No formal tuition provided **Drop in and Draw** | £6.50 for one class or £10 for both | Friday 10.00 – 12.00pm / 1.00 – 3.00pm

Life drawing drop in sessions with model provided, so just come along with your materials and get drawing! Term time only.

POTTERY

BILL MOORE **Pottery Day Studio****P1** | £137.00 / £125.50 / £97.50 | Monday 10.15 – 3.30pm | starts 9 January**P2** | £137.00 / £125.50 / £97.50 | Monday 10.15 – 3.30pm | starts 20 February

Led by Bill Moore, an established Bristol potter with a wealth of experience, this course is for beginners and improvers. Students will learn different techniques in both handbuilding and throwing on the wheel, working on mainly self-directed projects. Two five week courses. Includes a 45 minute lunch break.

Pottery – Beginners**P3** | £131.00 / £121.00 / £96.00 | Monday 5.30 – 7.30pm | starts 9 January

On this course you will learn a variety of popular pottery techniques, including throwing on the potters wheel and handbuilding, with as much discussion and demonstration as you need.

Pottery – Improvers**P4** | £131.00 / £121.00 / £96.00 | Monday 7.45 – 9.45pm | starts 9 January

This pottery course will help you build upon your skills in both throwing and handbuilding. Bill will encourage experimental and self-directed projects with as much demonstration and discussion as you need.

SAM HALLETT **Pottery – Multi-level****P5** | £155.00 / £142.00 / £111.00 | Tuesday 7.00 – 9.30pm | starts 10 January

These slightly longer sessions give the opportunity to work on your own projects, progress your skills and learn new techniques and ideas. Students of all skill levels are welcome.

Pottery – ImproversMARGARET CRUMP **P7** | £131.00 / £121.00 / £96.00 | Wednesday 5.30 – 7.30pm | starts 11 January

Your next pot will be even better! This is a course for those with some experience in making pottery, whether handbuilt or wheel-thrown. Improve your skills, learn some 'tricks of the trade', design and complete challenging projects, benefit from constructive criticism or just get on with the work you long to do.

POTTERY *continued***MARGARET CRUMP Pottery – Beginners***continued* **P8** | £131.00 / £121.00 / £96.00 | Wednesday 7.45 – 9.45pm | starts 11 January

This course will help to combine your enthusiasm and creativity with a sound foundation of the several techniques of handbuilding pottery. During the second part of the course you can take up the challenge of using the potter's wheel, complete extended handbuilding projects and use clay as a sculptural medium.

JO YOUNG Pottery – Beginners**P9** | £65.50 / £60.50 / £48.00 | Thursday 5.30 – 7.30pm | starts 12 January



This five week course will introduce you to using clay as a creative material. Through some simple pottery techniques you will make several functional pieces and learn how to use slabs and slips, whirlers, glazes, coils and kidneys.

Pottery – Introduction to the Potter's Wheel**P10** | £65.50 / £60.50 / £48.00 | Thursday 5.30 – 7.30pm | starts 23 February



A five week course that will show you how to 'throw a pot' on the wheel. Plenty of time to learn the basics, practice and improve this ancient skill. We will also be glazing and slip decorating to add colour and shine. Limited spaces.

Pottery – Improvers**P11** | £131.00 / £121.00 / £96.00 | Thursday 7.45 – 9.45pm | starts 12 January

For makers with some experience who want to develop further, try new techniques and just enjoy their work and make more. You will receive advice on throwing, construction, decorative finishes and glazing.

POTTERY STAFF Saturday – Pottery Taster: Potter's Wheel**S17** |  | £29.00 / £27.00 / £22.00 | 21 January 11.00 – 4.00pm**S54** |  | £29.00 / £27.00 / £22.00 | 25 February 11.00 – 4.00pm

If you've always wanted to have a go on the potter's wheel, this is a chance to see if it's for you! A whole day learning techniques and skills on the potters wheel.

Saturday – Pottery Taster: Four Pots In Four Hours**S32** |  | £29.00 / £27.00 / £22.00 | 4 February 11.00 – 4.00pm**S66** |  | £29.00 / £27.00 / £22.00 | 10 March 11.00 – 4.00pm

Spend an enjoyable day in the Pottery Studio learning four of the basic ceramic handbuilding techniques: pinching, coiling, slab construction and press-moulding. We'll combine these with effective methods of decoration. You'll end up with four perfect presents!

WRITING**BILLY MUIR Short Fiction****W1** | £110.30 / £100.30 / £75.30 | Thursday 5.30 – 7.30pm | starts 12 January

This course is for those who have an interest in writing short stories. We will look at structure and narrative and, through writing exercises and student feedback, improve your work. Examine characterisation, setting, pace and dialogue while discussing your work in a supportive environment. Beginners welcome.

WRITING *continued***BILLY MUIR Saturday – Flash Fiction***continued* **S18** | £25.80 / £23.55 / £17.30 | 21 January 10.00 – 4.00pm**NEW**

Learn how to write fully rounded short stories of no more than one hundred to five hundred words. Flash fiction is often described as a story about something caught by the glimpse of an eye. Through exercises and examples, discover how to bring ideas to life and how to compress them into a successful micro-story.

Saturday – Characters In Fiction**S49** | £25.80 / £23.55 / £17.30 | 18 February 10.00 – 4.00pm

It is the characters we remember in stories more often than the stories themselves. Spend a fun day with an award winning author learning how to create believable characters for your stories. We will study techniques to create character; take part in class exercises and study examples from contemporary fiction.

ROSEMARY DUN Write Your Novel**(MA) W2** | £95.00 / £85.00 / £60.00 | Wednesday 6.00 – 8.00pm | starts 11 January

Whether you have started your novel or are at the ideas stage, this course will give you the tools to get it written. We will cover plot, characterisation and explore what publishers are looking for.

NEW Way with Words**W3** | £95.00 / £85.00 / £60.00 | Tuesday 10.30 – 12.30pm | starts 10 January

Where do ideas for stories and poems come from? Is it true that everyone has stories and poems inside them? Come along to this fun creative writing course where we shall capture those ideas and explore them together. Yes, you too can develop your own way with words! Suitable for everyone.

Saturday – The Writing Gym**S26** | £24.00 / £21.75 / £15.50 | 28 January 10.00 – 4.00pm

Whether you are new to writing or need a kick start, come along and meet other people who want to write. Prepare to be amazed, flex your imagination, have fun, and end up with your very own writers' toolkit. You'll also take away sprinkles of inspiration, tips, and writing exercises for you to keep.

Saturday – Poetry Workshop**S74** | £24.00 / £21.75 / £15.50 | 24 March 10.00 – 4.00pm

Ever fancied writing poetry, but don't know where to start? Been writing poetry and fancy writing more? Then come along to this fun workshop run by prize-winning poet and host of Big Mouth Cabaret. Prepare to be surprised and come away with a poem or two! Suitable for beginners.

MARK BRECKON Scriptwriting**W4** | £95.00 / £85.00 / £60.00 | Tuesday 7.30 – 9.30pm | starts 10 January

This accessible course will provide a hands-on-guide to writing drama whether you are interested in screenwriting, theatre or radio. With lots of practical exercises to motivate and inspire you, we will be covering dramatic structure, developing ideas, character and dialogue. Beginners welcome.



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WRITING *continued***JANE REECE Saturday – Get Started in Creative Writing****S33** | £24.00 / £21.75 / £15.50 | 4 February 10.00 – 4.00pm

Want to get into the writing habit? A day of creative exercises and ideas to break through writer's block and explore new themes for writing longer pieces. Beginners welcome. Please bring pens and paper.

Saturday – Life Writing**S57** | £24.00 / £21.75 / £15.50 | 25 February 10.00 – 4.00pm

A day of approaches into autobiographical and memoir-writing, looking at some examples of the best and the quirky and trying ideas for writing our own lives. Beginners welcome. Please bring pens and paper.

Saturday – Writing for Health and Well-being**S67** | £24.00 / £21.75 / £15.50 | 10 March 10.00 – 4.00pm

A day of writing in a safe space to explore issues such as self-esteem and building confidence through short writing exercises. Please bring pens and paper.

KATE NEWMAN Saturday – Feature Writing**S42** | £24.00 / £21.75 / £15.50 | 11 February 10.00 – 4.00pm

Got a great idea for a newspaper or magazine feature but have no idea where to start? Come and find out how in this step-by-step beginner's workshop. We will work through the process of developing your feature, from finding the right publication and pitching your idea to the commissioning editor to writing that all-important first paragraph!

MUSIC, DANCE & DRAMA**CHRIS BECKETT Guitar Beginners****D1** | £47.50 / £42.50 / £30.00 | Wednesday 1.00 – 2.00pm | starts 11 January**D2** | £47.50 / £42.50 / £30.00 | Thursday 6.45 – 7.45pm | starts 12 January

Introducing the basics of guitar in a method that is clear, simple and easy to understand. The course will cover a variety of styles including blues, rock and folk.

Guitar Beginners (continued)**D3** | £47.50 / £42.50 / £30.00 | Monday 6.30 – 7.30pm | starts 9 January

For those who have a basic understanding of the guitar: Different aspects of guitar playing will be looked at in more depth, including finger picking, strumming/rhythm and chord variations.

Guitar Improvers**D4** | £47.50 / £42.50 / £30.00 | Wednesday 2.30 – 3.30pm | starts 11 January

A course for those who feel ready to move on from the basics. Developing skills in finger picking, lead and rhythm guitar.

KATEY BROOKS Enhancing Your Voice**D5** | £59.50 / £53.00 / £37.50 | Monday 7.45 – 9.00pm | starts 9 January

If you love singing and want to hone your skills to get the best out of your voice, this is the course for you! We will work on different exercises and techniques to help improve projection, tone, pitch, and range, whilst also having fun with harmonising and improvisation. Beginners welcome!

MUSIC, DANCE & DRAMA *continued***KATEY BROOKS Finding Your Voice***continued***D6** | £47.50 / £42.50 / £30.00 | Thursday 5.30 – 6.30 pm | starts 12 January

This course is focused on finding and enjoying your voice, giving you simple techniques to get the most out of this beautiful instrument. We will also be taking some time to sing together, to experience the pure joy of harmonising!

Saturday – Ukulele Workshop**S4** | £14.25 / £12.75 / £9.00 | 7 January 10.00 – 1.00pm**S55** | £14.25 / £12.75 / £9.00 | 25 February 10.00 – 1.00pm

This is your fun, and very easy, chance to learn to ukelele! In this workshop we'll cover lots of easy-to-play uke chords and strumming techniques, to get you playing some classic numbers straight away. From 'Hey Jude' to a recent uke version of 'Somewhere over the Rainbow', you'll be surprised how much you can play by the end of the session! So come along, bring a friend...and a uke too!

CHRISTINE POWER Circle Dancing**D7** | £35.75 / £31.75 / £22.50 | Monday 1.30 – 3.00pm | starts 9 January**D8** | £35.75 / £31.75 / £22.50 | Monday 1.30 – 3.00pm | starts 20 February

Travel the world without leaving Bristol by learning dances from Jewish, Bulgarian, Romanian, Irish and Greek folk traditions. No partner needed, please wear shoes without grip. With a break for a drink and a chat! Two five week courses.

Line Dancing Beginners**D9** | £23.75 / £21.25 / £15.00 | Thursday 2.30 – 3.30pm | starts 12 January**D10** | £23.75 / £21.25 / £15.00 | Thursday 2.30 – 3.30pm | starts 23 February

A class for complete beginners or those who would like to revise beginner dances. Suitable for all ages and fitness levels. Shoes without much grip are preferable. Two five week courses.

Line Dancing Level 1**D11** | £23.75 / £21.25 / £15.00 | Wednesday 2.30 – 3.30pm | starts 11 January**D12** | £23.75 / £21.25 / £15.00 | Wednesday 2.30 – 3.30pm | starts 22 February

This fun course is a continuation of the beginners class and is open to anyone with previous dance experience (of any style!). Two five week courses.

Line Dancing Level 2**D13** | £35.75 / £31.75 / £22.50 | Thursday 11.00 – 12.30pm | starts 12 January**D14** | £35.75 / £31.75 / £22.50 | Thursday 11.00 – 12.30pm | starts 23 February

A friendly group for those who have attended a dance class for two years or more. All ages welcome, with a break for a drink and chat! Two five week courses.

Line Dancing Level 3**D15** | £35.75 / £31.75 / £22.50 | Wednesday 10.30 – 12.00pm | starts 11 January**D16** | £35.75 / £31.75 / £22.50 | Wednesday 10.30 – 12.00pm | starts 22 February

For those that love to dance! A friendly class for experienced dancers, we'll learn dances to rhythms as varied as waltz, rumba and jive - to music as diverse as pop, reggae and Irish folk. With a break for a drink and a chat! Two five week courses.

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MUSIC, DANCE & DRAMA *continued***CHRISTINE POWER** **Saturday – New Dances: Unique Choreography***continued* **S75** | £14.25 / £12.75 / £9.00 | 24 March 10.00 – 1.00pm

NEW Through teaching both line and circle dance around Bristol for 20 years, Christine has created a number of dances which have been popular in her classes. Primarily to popular music from the 1950s onwards, they are influenced by the music choices of her students and other dance styles. Dance through the decades with these original dances, with breaks for a drink & a chat! No partner needed, beginners welcome!

MARK BRECKON **Drama and Improvisation****D17** | £95.00 / £85.00 / £60.00 | Wednesday 7.45 – 9.45pm | starts 11 January

Escape the mundane with this enjoyable course. Develop your confidence and creative spontaneity. Play theatre games, learn performance skills and storytelling. Explore the building blocks of successful improvisation and learn how to be creative without really trying! Supportive environment. Beginners welcome.

EMMA KERR **Hula Hooping****D18** | £47.50 / £42.50 / £30.00 | Monday 5.30 – 6.30pm | starts 9 January

This course will help you master the more complicated moves and styles! You will also learn to use more than one hoop at a time and how to chest hoop.

Hula Hooping for Beginners**D19** | £47.50 / £42.50 / £30.00 | Thursday 6.00 – 7.00pm | starts 12 January

This fun and lively hula hoop course will start with turning and walking with the hoop at the waist and develop into complete hoopedances with jumps and throws as well as chest, knee and elbow hooping. Hoops provided.

Hula Hooping Make and Do Workshop**S41** | £35.00 / £32.75 / £26.50 | 11 February 10.00 – 4.00pm

If you think you can't hula hoop, think again! Come and decorate your own adult sized hoop then learn basic hooping and how to spin it on your hands as well as some impressive jumps and throws. Plenty to take away and practise with your new hoop!

HOLLY STOPPIT **Clowning Part Two****NEW** **D20** | £95.00 / £85.00 / £60.00 | Tuesday 7.30 – 9.30pm | starts 10 January

This course is for people who have already completed a clown course with Holly. We'll look at ways of putting your clowning skills into the context of performance; building routines, integrating clowning into improvised scene work and using clown as a basis for devising theatre.

CLAUDIA AURORA **Saturday – Samba Dance Workshop****S34** | £9.50 / £8.50 / £6.00 | 4 February 2.00 – 4.00pm**S76** | £9.50 / £8.50 / £6.00 | 24 March 2.00 – 4.00pm

These enjoyable two hour workshops will give you a taste of many different types of Samba. The experienced tutor will help you master elements of Samba Reggae, Samba Rio Carnival, Samba de Roda, Samba Ijexa and more. No previous dance experience is needed – just a sense of fun and adventure!

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**MUSIC, DANCE & DRAMA** *continued***RUTH ROYALL** **Saturday – Acapella Choir Workshop****S10** | £14.25 / £12.75 / £9.00 | 14 January 1.30 – 4.30pm

This fun workshop will show you how to use your voice as an instrument. Come along and sing every part of some popular songs with your voice including bass, guitar and drums! The workshop will stretch the voice to new ranges, improve rhythm and we'll have great fun in the process! Beginners welcome.

JANE HOUSTON **Saturday – Tap Dance Workshop****NEW** **S48** | £9.50 / £8.50 / £6.00 | 18 February 10.00 – 12.00pm

Have you ever wanted to learn to tap dance? To move like Fred or Ginger? Come along and learn some of the basics before putting them together in routine to impress on the dance floor! No experience necessary, just enthusiasm!

JOE EVANS **Saturday – Piano Accordion Workshop****NEW** **S27** | £19.00 / £17.00 / £12.00 | 28 January 10.00 – 3.00pm

This workshop will introduce the basic techniques of the piano accordion, including bellows phrasing, left hand fingering and patterns, right-hand techniques, warm-ups, practice routines and more. The workshop is suitable for beginners and improvers. Please bring your own accordian.

LA AMBAR **Saturday – Flamenco Sevillanas Workshop****NEW** **S68** | £19.00 / £17.00 / £12.00 | 10 March 10.00 – 3.00pm

The dance of the Spanish Fiesta! Learn the traditions behind this fun, colourful dance and try it for yourself. No previous dance experience needed. Just bring a pair of supportive, heeled shoes some latin lust for life!

DELILAH DI SGRACE **Saturday – Burlesque Workshop****S56** | £9.50 / £8.50 / £6.00 | 25 February 2.00 – 4.00pm

Let Bristol burlesque dancer Delilah Di Sgrace take you on a whirlwind adventure! Learn the art of posing, peeling and teasing in a supportive environment. Delilah will help you discover your confident and glamorous burlesque alter-ego as you learn to strut, shimmy and set pulses racing. This workshop is fully clothed – we will put more on before we take it off!

FITNESS & EXERCISE**JADE MELLISH** **Yoga****F1** | £47.50 / £42.50 / £30.00 | Tuesday 1.00 – 2.00pm | starts 10 January

The practice of simple Yoga postures and breathing techniques can be refreshing. Come to lunchtime yoga. This class is for more advanced students.

Yoga**F2** | £71.50 / £63.50 / £45.00 | Tuesday 5.30 – 7.00pm | starts 10 January

The techniques of Yoga postures, breath control and meditation are the tools which will strengthen the body. They will relieve stress, improve circulation, restore energy and develop peace of mind. This course is designed for beginners and beyond and Jade will teach the Iyenga style of Yoga.

FITNESS & EXERCISE

continued

MORVEN HAMILTON **Yoga for Beginners**

F3 | £71.50 / £63.50 / £45.00 | Wednesday 5.30 – 7.00pm | starts 11 January
This class is a style of Hatha yoga, influenced by the traditions of alignment-based Anusara yoga and holistic Akhanda yoga. Breath, movement and relaxation to strengthen, release and unwind. A class aimed at beginners.

Saturday – Yoga & Ayurveda Workshop: Jala Neti.

S19 | £17.25 / £15.75 / £12.00 | 21 January 10.00 – 1.00pm
Morven will be joined by Marinella and together they will demonstrate how Ayurvedic yoga practice and the use of Jala Neti (nasal irrigation) can improve your health and balance. Find your ayurvedic dosha (constitutional type) and practice yoga designed to maintain balance at this time of year. Then be guided through the use of Jala Neti and discover how it detoxifies, cleanses the sinuses and protects against cold and allergies.

Saturday – Yoga for Stress Management

S35 | £11.90 / £10.65 / £7.50 | 4 February 10.30 – 1.00pm
If your mind is racing and you need more space in your life, this workshop will help you by using simple methods for mindfulness and relaxation. Yoga postures, breathing and meditation can help to shift your perspective, make your life more manageable, reset your nervous system and focus your mind.

JEANIE BRICE **Keep Fit in Retirement**

F4 | £23.75 / £21.25 / £15.00 | Friday 11.00 – 12.00pm | starts 13 January
F5 | £23.75 / £21.25 / £15.00 | Friday 11.00 – 12.00pm | starts 24 February
For ladies of retirement age and over; this course offers gentle exercise to music, to stretch and relax both body and mind. A friendly class with an experienced tutor. Two five week courses.

ANN SHELDON **Qi Gong**

F6 | £47.50 / £42.50 / £30.00 | Wednesday 1.00 – 2.00pm | starts 11 January
F7 | £47.50 / £42.50 / £30.00 | Thursday 1.00 – 2.00pm | starts 12 January
F8 | £71.50 / £63.50 / £45.00 | Thursday 7.15 – 8.45pm | starts 12 January
Learn the gentle yet powerful Taijiwuxigong exercises. These are designed for self-healing and work to cleanse the body's energy system, allow spontaneous movement, lighten the spirit and release tension. Safe and suitable for all.

MADDIE BURMAN **Pilates**

F9 | £47.50 / £42.50 / £30.00 | Monday 6.45 – 7.45pm | starts 9 January
The Pilates method stretches, strengthens, and aligns the entire body. Building strength from the core out, the method allows strong limbs to move from a stable center. Pilates is particularly useful for managing back problems and correcting muscular imbalances.

LANGUAGES

Please note that we offer a wide range of levels according to demand. If you are new to a level other than Beginners Entry Level, it is advisable to speak to the tutor running the course prior to enrolling to ensure that it is the best level for

LANGUAGES

continued



you. Tutor phone numbers are available from the Folk House office. At your first class the tutor will advise you which text book you should purchase. All photocopy handouts are included in the course fees.

HOLIDAY – A chance to learn basic phrases to help you during your holiday.

BEGINNER'S ENTRY LEVEL – An introductory course for complete beginners. No knowledge of the language is required.

BEGINNER'S PLUS – A course for those who have already completed the entry level or are rusty from school days and want a refresher.

LEVEL 1 – For students who wish to improve and extend their basic knowledge of the language with revision, listening, simple conversation, grammar and role practice.

LEVEL 2 – For students with some knowledge of the language, having studied at school or in adult education classes. Improve listening skills, understanding and conversation.

LEVEL 3 – For students who have a good basic knowledge of the language, a growing sense of confidence in using it and who wish to extend their fluency and understanding.

LEVEL 4 – For students who are reasonably competent, who wish to consolidate their understanding and develop their language skills in various directions, responding spontaneously to a wide variety of situations.

CONVERSATION – An informal class where more advanced students can gain self-confidence by joining in guided conversations on a wide range of topics.

FRENCH

ARLETTE HODGKIN **French Beginners Plus**

L1 | £71.50 / £63.50 / £45.00 | Thursday 5.30 – 7.00pm | starts 12 January

French Level 2

L2 | £95.00 / £85.00 / £60.00 | Tuesday 10.30 – 12.30pm | starts 10 January

French Level 3

L3 | £95.00 / £85.00 / £60.00 | Wednesday 10.30 – 12.30pm | starts 11 January

French Level 4

L4 | £95.00 / £85.00 / £60.00 | Thursday 10.30 – 12.30pm | starts 12 January

French Conversation

L5 | £47.50 / £42.50 / £30.00 | Wednesday 1.15 – 2.15pm | starts 11 January

L6 | £47.50 / £42.50 / £30.00 | Thursday 1.15 – 2.15pm | starts 12 January

SPANISH

TERESA ASIAIN **Spanish Beginners Entry Level**

L7 | £71.50 / £63.50 / £45.00 | Monday 12.15 – 1.45pm | starts 9 January

L8 | £71.50 / £63.50 / £45.00 | Tuesday 5.45 – 7.15pm | starts 10 January

SPANISH *continued*

TERESA ASIAIN **Spanish Beginners Plus**
L9 | £71.50 / £63.50 / £45.00 | Monday 10.30 – 12.00pm | starts 9 January

Spanish Level I
L10 | £71.50 / £63.50 / £45.00 | Monday 5.30 – 7.00pm | starts 9 January

GORKA DIAZ **Spanish Beginners Entry Level**
L11 | £71.50 / £63.50 / £45.00 | Wednesday 7.45 – 9.15pm | starts 11 January

Spanish Beginners Plus
L12 | £71.50 / £63.50 / £45.00 | Tuesday 7.45 – 9.15pm | starts 10 January

Spanish Level I
L13 | £71.50 / £63.50 / £45.00 | Tuesday 5.45 – 7.15pm | starts 10 January

Spanish Level 2
L14 | £71.50 / £63.50 / £45.00 | Wednesday 6.00 – 7.30pm | starts 11 January

Spanish Level 4
L15 | £71.50 / £63.50 / £45.00 | Thursday 7.45 – 9.15pm | starts 12 January

LUZ ZULUAGA **Spanish Level 3**
L16 | £95.00 / £85.00 / £60.00 | Monday 7.00 – 9.00pm | starts 9 January

ITALIAN

ALESSIO NOFERI **Italian Beginners Entry Level**
L17 | £47.50 / £42.50 / £30.00 | Wednesday 5.00 – 6.00pm | starts 11 January
L18 | £59.50 / £53.00 / £37.50 | Wednesday 7.45 – 9.00pm | starts 11 January

Italian Beginners Plus
L19 | £59.50 / £53.00 / £37.50 | Wednesday 6.15 – 7.30pm | starts 11 January

DAVIDE ARIASSO **Italian Beginners Plus**
L20 | £71.50 / £63.50 / £45.00 | Monday 7.00 – 8.30pm | starts 9 January

Italian Level I
L21 | £59.50 / £53.00 / £37.50 | Monday 5.30 – 6.45pm | starts 9 January

Italian Level 3
L22 | £59.50 / £53.00 / £37.50 | Wednesday 6.15 – 7.30pm | starts 11 January

GERMAN

SALOMEA PAPROTNY **German Beginners Plus**
L23 | £71.50 / £63.50 / £45.00 | Thursday 7.15 – 8.45pm | starts 12 January

German Level I
L24 | £71.50 / £63.50 / £45.00 | Wednesday 8.15 – 9.45pm | starts 11 January

MARLIS MULDER **German Level 3**
L25 | £95.00 / £85.00 / £60.00 | Monday 10.00 – 12.00pm | starts 9 January
German Level 4
L26 | £95.00 / £85.00 / £60.00 | Wednesday 10.00 – 12.00pm | starts 11 January

**PERSONAL DEVELOPMENT**

JORN HINTZ **Relaxation and Autogenic Training**
G1 | £29.70 / £26.60 / £18.75 | Tuesday 6.00 – 7.15pm | starts 21 February
 This five week course will teach simple mental exercises allowing deeper states of relaxation. At the end of the course you will be able to practice Relaxation and Autogenic Training and use it in everyday situations.

BEN GRASSBY **Learn Neuro Linguistic Programming (NLP): A Foundation Course**
G2 | £47.50 / £42.50 / £30.00 | Tuesday 7.45 – 9.45pm | starts 10 January
G3 | £47.50 / £42.50 / £30.00 | Tuesday 7.45 – 9.45pm | starts 21 February
 Each week we will introduce and experience a new technique from the field of NLP. Learn how to communicate, free yourself from fears, increase your confidence, build better relationships and make better decisions. A great opportunity to experience this powerful personal change technology. Two five week courses.

Saturday – NLP: A Day of Discovery
S36 | £24.00 / £21.75 / £15.50 | 7 January 10.00 – 4.00pm
 This exciting day will introduce you to NLP and show you the transformation it can make on your life, health, relationships, dreams and work. Learn how to apply simple, powerful and fun techniques to achieve what you want in life and remove old fears. No prior knowledge required.

JENNIFER MACKERRAS **Alexander Technique**
G4 | £71.50 / £63.50 / £45.00 | Tuesday 6.00 – 7.30pm | starts 10 January
 Are you hemmed in by habit or plagued by aches and pains? Learn how to apply the ideas and principles of the Alexander Technique to improve your freedom and flexibility in everything you do. All you need to bring along is an open mind!

Saturday – Alexander Technique Workshop
S20 | £24.00 / £21.75 / £15.50 | 21 January 10.00 – 4.00pm
 The Alexander Technique is a popular method for tackling self-development and change. Explore some of the basic ideas of the Technique in a fun, practical and interactive way. See if changing the way you think can improve the way you move.

JOHN SMITH **Herbal Medicine: Body, Mind & Spirit**
G5 | £47.50 / £42.50 / £30.00 | Thursday 7.45 – 9.45pm | starts 23 February
 Discovering foods, herbs and other natural approaches to support physical, mental and emotional well-being. In this five week course we will be drawing from the healing traditions of Europe, North America, China, India and The Middle East.

Saturday – Eastern Aromatherapy
S43 | £24.00 / £21.75 / £15.50 | 11 February 10.00 – 4.00pm
 Explore how eastern 'attars', are used to promote the health of mind, body & spirit, as prescribed by the 10th century Persian mystic and alchemist, Avicenna. A theoretical approach to balancing body, mind and spirit with the use of eastern floral/perfume essences. Ideal for aromatherapists and others interested in holistic approaches to health.

GIFT VOUCHERS
 available
 for all
 courses and
 workshops



PERSONAL DEVELOPMENT *continued*JOHN SMITH **Saturday – Barefoot Doctor***continued* **S69** | £24.00 / £21.75 / £15.50 | 10 March 10.00 – 4.00pm

In this one day theoretical workshop we will investigate several approaches to hands on assessment and healing, used by the traditional 'Barefoot Doctors' of China, India and Japan.

JACKIE HAWKEN **Saturday – How Tibetan Buddhist Thought can Change Your Life****S5** | £24.00 / £21.75 / £15.50 | 7 January 10.00 – 4.00pm

This workshop will introduce you to the basic tenets of Buddhism. It is for those who wish to actively manage their lives by changing negative thinking to positive. Participants will learn many tools for meditation, relaxation and happiness.

Saturday – Intro to Mindfulness, Compassion, Insight and Wisdom**S28** | £24.00 / £21.75 / £15.50 | 28 January 10.00 – 4.00pm

Mindfulness is a capacity of the mind to be aware of the present in a non-judgmental way. It helps us to take better care of ourselves and lead a healthier life. It also enables us to access inner resources for coping effectively with stress and difficulty. There will be practical exercises to help develop this innate ability.

Saturday – Be Your Own Life Coach**S58** | £24.00 / £21.75 / £15.50 | 25 February 10.00 – 4.00pm

Guided by an experienced Life Coach, participants will look at ways to take personal responsibility, assess where they are with their lives and set goals to move forward with optimism. Be prepared to work hard on yourself!

Saturday – The 8 Steps to Higher Self-Esteem, using NLP and CBT**S77** | £24.00 / £21.75 / £15.50 | 24 March 10.00 – 4.00pm

Improve your self esteem using neuro-linguistic programming, cognitive behavioural therapy and other techniques. Participants can discuss what is holding them back in a safe and friendly environment, guided by a master practitioner of NLP.

IZA REDON **How to Detox Naturally and Effectively****NEW** **G6** | £47.50 / £42.50 / £30.00 | Tuesday 7.30 – 9.30pm | starts 10 January

This five week course is aimed at anyone interested in learning how to detoxify their body and yield long term benefits from it. Understand the benefits of choosing to detox, the importance of liver health, the use of super foods in detoxing and how to detox effectively for long lasting benefits.

Saturday – Stress & Immunity: The Missing Link**S37** | £24.00 / £21.75 / £15.50 | 4 February 10.00 – 4.00pm

In this informative workshop we will look at the impacts stress has on our immune systems and how to increase our immunity. We will also look at the foods that help us to better cope with stress and those that will strengthen our immune systems. This workshop will be full of practical hints and tips.

MERCEDES NUNEZ **Saturday – Shiatsu Workshop****S44** | £24.00 / £21.75 / £15.50 | 11 February 10.00 – 4.00pm

Shiatsu can be a powerful tool for health and wellbeing. The course will look at self-help techniques, including exercises, relaxation and meditation as well as an introduction to practical shiatsu routines for yourself, family and friends.

**GIFT
VOUCHERS**
available
for all
courses and
workshops

PERSONAL DEVELOPMENT *continued*MERCEDES NUNEZ **Saturday – Self-Help Techniques for Health***continued* **S11** | £24.00 / £21.75 / £15.50 | 14 January 10.00 – 4.00pm

Experience how harmony in the body, mind and spirit can support and strengthen our immune system, the rock base of our health and well being. In this practical workshop we will look at techniques such as qi gong exercises, breathing, relaxation, visualization and meditation. Safe and open to all.

NIKKI JENKINS **Saturday – Traditional Thai Massage for Couples.****S82** | £24.00 / £21.75 / £15.50 | 17 March 10.00 – 4.00pm

Be it family, friend or partner, invest in your future by learning ancient, simple yet powerful massage skills with each other. Suitable for all, this Practical Health Care Course assists the body's innate desire to return to optimum health.

MISCELLANEOUS

IAN REDFEARN **Wine Tasting – From Grape to Glass (Part 1)****M1** | £85.00 / £80.00 / £67.50 | Thursday 8.00 – 10.00pm | starts 12 January

Get to grips with Pinot Noir, Merlot and Sauvignon Blanc, amongst others, by tasting eight examples of a classic varietal from around the world each week. A five week course. Please bring 4 wine glasses with you.

Wine Tasting – From Grape to Glass (Part 2)**M2** | £85.00 / £80.00 / £67.50 | Thursday 8.00 – 10.00pm | starts 23 February

Become an expert in Cabernet Sauvignon, Shiraz and Chardonnay, amongst others, by tasting eight examples of a classic varietal from around the world each week. A five week course. Please bring 4 wine glasses with you.

SARAH EDWARDS **Saturday – Spring Wildlife Workshop****NEW** **S59** | £32.00 / £29.75 / £23.50 | 25 February 10.00 – 4.00pm

A fun and practical introduction to wildlife gardening! Learn to create habitats and shelters to encourage wildlife and bring your garden to life this spring. We'll make a bug house, a butterfly feeder and a bird feeder that you can take home with you.

TONY SMITH **Saturday – Introduction to Starting Your Own Business****S50** | £24.00 / £21.75 / £15.50 | 18 February 10.00 – 4.00pm

An enjoyable workshop looking at the demands of running your own business. Discover if your business idea is viable, learn how to produce a business plan, taking into account sales, marketing and operational and financial control. There will be time for confidential 1:1's with this experienced business advisor.

CHRIS WEBB **Saturday – Handmade Body and Bath Workshop****S12** | £31.40 / £29.15 / £23.50 | 14 January 10.00 – 3.30pm

Using 100% natural ingredients, Chris will teach you how to whip up everything you need for an indulgent spa day at home. Learn to make cupcake bath-bombs, tealight candles, body butter melts, and an indulgent body scrub as well as techniques for customizing your own bath and body products at home.

EVENTS

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bristol folk house*

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PRESENT FOR
FAMILY AND
FRIENDS!**

GIFT VOUCHERS

Available for all courses and workshops. Valid for one year, giving you lots of time to choose from our wide range of subjects.

BRISTOL BLUEGRASS

★ **3 MARCH 2012** ★

This exciting music festival returns to the Folk House. Join us for one of the morning music workshops and then spend the rest of the day immersing yourself in Bluegrass music! Featuring, among others, two semi-finalists in the Radio 2 Young Folk Awards 2008:

FLATS & SHARPS ★ **THE JAYWALKERS**
and long-time Bluegrass aficionados
A BAND LIKE ALICE

FOLK HOUSE FILM NIGHTS PRESENT...
A Valentine's Day Special

HOW TO MURDER YOUR WIFE

TUESDAY 14TH FEB

7.30PM

Escape the schmaltz and join us for a screening of this witty and colourful 1965 film starring **Jack Lemmon** and **Terry Thomas**, that is definitely of it's time!

Live Music

2012 sees another fantastic line-up of local and national bands performing at the Folk House. For up to date information please visit www.folkhousemusic.com and here are some dates for your diaries...

11th December: Rory McLeod and The Familiar Strangers
2nd March: Keith James
4th March: O'Hooley and Tidow
10th March: Dave Swarbrick

**TICKETS JUST
£3!**



* Co-op * Membership

As we are a self-funding organisation, the Bristol Folk House relies heavily on the support of our Co-op members to continue running the huge range of courses and workshops that appear in this prospectus.

FOR JUST £10 PER YEAR YOU CAN BECOME A MEMBER OF THE FOLK HOUSE CO-OP AND TAKE ADVANTAGE OF THESE LOVELY INCENTIVES:

- **FOLK HOUSE PROSPECTUS STRAIGHT TO YOUR DOOR**
We will post the prospectus out to you before it goes online.
- **EXCLUSIVE ENROLMENT DAY** – enrolments are open to Co-op members one day before everyone else.
- **QUICK ENROLMENT** – just give us your co-op number and away you go!*
- **LOCAL SHOP DISCOUNTS** – Co-op members receive discounts in lots of friendly shops local to Park Street.
- **NEWSLETTER** – keep in the loop with everything that's been happening by receiving our annual newsletter.
- **AGM** – An invitation to the Folk House Annual General Meeting.
- **INNER HAPPINESS** – get a lovely warm glow inside knowing that you are supporting the Folk House and everything we do!

IF YOU'D LIKE TO JOIN YOU CAN EITHER FILL IN THE ENROLMENT FORM ON THE BACK PAGE OR RING US ON 0117 926 2987.



MONDAY – TUESDAY TIMETABLE SPRING TERM 2012 TERM DATES : 7 January – 24 March HALFTERM : 13 – 18 February

MONDAY			
CODE	COURSE	PAGE	TIME
L25	German Level 3	22	10.00 – 12.00
P1 / P2	Pottery Day Studio	13	10.15 – 3.30
L9	Spanish Beginners Plus	22	10.30 – 12.00
A12 / A13	Creative Life Drawing	4	10.30 – 12.30
A8	Learn to Draw	3	10.30 – 12.45
L7	Spanish Beginners Entry	21	12.15 – 1.45
D7 / D8	Circle Dancing	17	1.30 – 3.00
A17 / A18	Painting: A Short Course	5	1.30 – 3.30
A9	Painting In Watercolour	3	1.45 – 4.00
D18	Hula Hooping	18	5.30 – 6.30
L21	Italian Level 1	22	5.30 – 6.45
L10	Spanish Level 1	22	5.30 – 7.00
A1	Life Drawing: Basic Skills	3	5.30 – 7.30
A48	Jewellery: Silversmithing Techniques	10	5.30 – 7.30
P3	Pottery – Beginners	13	5.30 – 7.30
D3	Guitar Beginners	16	6.30 – 7.30
F9	Plates	20	6.45 – 7.45
L20	Italian Beginners Plus	22	7.00 – 8.30
L16	Spanish Level 3	22	7.00 – 9.00
A27 / A28	Knitting and Crochet	6	7.30 – 9.00
D5	Enhancing your Voice	16	7.45 – 9.00
A2	Life Drawing: Mixed Ability	3	7.45 – 9.45
A49	Jewellery: Silversmithing Techniques	10	7.45 – 9.45
P4	Pottery – Improvers	13	7.45 – 9.45

TUESDAY			
CODE	COURSE	PAGE	TIME
A23	Beadwork	5	10.00 – 12.00
A14 / A15	Creative Art Day Studio	4	10.15 – 3.30
L2	French Level 2	21	10.30 – 12.30
W3	Way With Words	15	10.30 – 12.30
F1	Yoga	19	1.00 – 2.00
A19 / A20	Exploring Charcoal & Pastels	5	1.30 – 3.30
A39	Dressmaking	9	2.00 – 4.00
A3	Painting in Oils and Acrylics	3	4.30 – 6.30
F2	Yoga	19	5.30 – 7.00
A40	Dressmaking	9	5.30 – 7.30
L8	Spanish Beginners Entry Level	21	5.45 – 7.15
L13	Spanish Level 1	22	5.45 – 7.15
G1	Relaxation and Autogenic Training	23	6.00 – 7.15
G4	Alexander Technique	23	6.00 – 7.30
A31	Etching	7	6.30 – 8.30
P5	Pottery – Multi-level	13	7.00 – 9.30
A52	Alternative Photographic Processes	11	7.00 – 10.00
G6	Detox Naturally And Effectively	24	7.30 – 9.30
D20	Clowning Part Two	18	7.30 – 9.30
W4	Scriptwriting	15	7.30 – 9.30
L12	Spanish Beginners Plus	22	7.45 – 9.15
G2 / G3	NLP: A Foundation Course	23	7.45 – 9.45
A41	Dressmaking	9	7.45 – 9.45

WEDNESDAY – FRIDAY TIMETABLE SPRING TERM 2012

TERM DATES : 7 January – 24 March HALF TERM : 13 – 18 February

WEDNESDAY			
CODE	COURSE	PAGE	TIME
L26	German Level 4	22	10.00 – 12.00
D15 / D16	Line Dancing Level 3	17	10.30 – 12.00
A21	Experimental Art: Mixed Media	5	10.30 – 12.30
L3	French Level 3	21	10.30 – 12.30
A10	Landscapes in Watercolour	4	10.30 – 12.45
F6	Qi Gong	20	1.00 – 2.00
D1	Guitar Beginners	16	1.00 – 2.00
L5	French Conversation	21	1.15 – 2.15
A6 / A7	Portraiture	3	1.30 – 4.00
A11	Botanical Painting	4	1.45 – 4.00
D4	Guitar Improvers	16	2.30 – 3.30
D11 / D12	Line Dancing Level 1	17	2.30 – 3.30
L17	Italian Beginners Entry Level	22	5.00 – 6.00
F3	Yoga for Beginners	20	5.30 – 7.00
A32	Free Machine Embroidery	7	5.30 – 7.30
A34	Retro Sewing	7	5.30 – 7.30
A4	Painting in Oils and Acrylics	3	5.30 – 7.30
P7	Pottery – Improvers	13	5.30 – 7.30
L14	Spanish Level 2	22	6.00 – 7.30
W2	Write your Novel	15	6.00 – 8.00
L19	Italian Beginners Plus	22	6.15 – 7.30
L22	Italian Level 3	22	6.15 – 7.30
A24	Cartoons and Comics	6	7.30 – 9.30
A53	Fancy Pants!	12	7.30 – 9.30
L18	Italian Entry Level	22	7.45 – 9.00

THURSDAY continued			
CODE	COURSE	PAGE	TIME
D9 / D10	Line Dancing Beginners	7	2.30 – 3.30
D6	Finding Your Voice	17	5.30 – 6.30
L1	French Beginners Plus	21	5.30 – 7.00
A22	Mixed Media: Experimental Art	5	5.30 – 7.30
A29 / A30	Photography - Developing Your Eye	7	5.30 – 7.30
A42	Sewing for Beginners	9	5.30 – 7.30
A54	Fancy Pants!	12	5.30 – 7.30
A55	Corsetry	12	5.30 – 7.30
P9	Pottery – Beginners	14	5.30 – 7.30
P10	Introduction to the Potter's Wheel	14	5.30 – 7.30
W1	Short Fiction	14	5.30 – 7.30
D19	Hula Hooping for Beginners	18	6.00 – 7.00
D2	Guitar Beginners	16	6.45 – 7.45
L23	German Beginners Plus	22	7.15 – 8.45
F8	Qi Gong	20	7.15 – 8.45
L15	Spanish Level 4	22	7.45 – 9.15
A37	Digital Illustration for Beginners	8	7.45 – 9.45
A38	Digital Illustration for Improvers	8	7.45 – 9.45
A43	Sewing for Beginners	9	7.45 – 9.45
A44	Exploring Illustration	9	7.45 – 9.45
P11	Pottery – Improvers	14	7.45 – 9.45
G5	Herbal Medicine: Body, Mind & Spirit	23	7.45 – 9.45
M1	Wine Tasting - Grape To Glass pt.1	25	8.00 – 10.00
M2	Wine Tasting - Grape To Glass pt.2	25	8.00 – 10.00

L11	Spanish Entry Level	22	7.45 – 9.15
D17	Drama and Improvisation	18	7.45 – 9.45
A5	Painting in Oils and Acrylics	3	7.45 – 9.45
A33	Retro Sewing	7	7.45 – 9.45
A35	Free Machine Embroidery	7	7.45 – 9.45
P8	Pottery Beginners	14	7.45 – 9.45
L24	German Level 1	22	8.15 – 9.45

FRIDAY			
CODE	COURSE	PAGE	TIME
A25 / A26	Stained Glass for Beginners	6	10.00 – 12.30
A51	Calligraphy	11	10.30 – 12.30
F4 / F5	Keep Fit in Retirement	20	11.00 – 12.00

THURSDAY			
CODE	COURSE	PAGE	TIME
A46	Using Your Digital SLR Camera	9	10.00 – 1.00
A47	Improve Your Digital SLR Skills	9	10.00 – 1.00
L4	French Level 4	21	10.30 – 12.30
A36	The Versatility of Watercolour	8	10.30 – 12.45
D13 / D14	Line Dancing Level 2	17	11.00 – 12.30
F7	Qi Gong	20	1.00 – 2.00
L6	French Conversation	21	1.15 – 2.15
A50	Interior Design	10	1.30 – 3.30
A45	History Of Art: American Paintings	9	2.00 – 4.00
A16	Painting Projects: Multi-level	4	2.00 – 4.15

FRIDAY WORKSHOPS			
CODE	WORKSHOP	PAGE	TIME
S78	Photography Workshop / 6 March	10	10.00 – 3.00

SATURDAY SCHOOLS TIMETABLE SPRING TERM 2012

TERM DATES : 7 January – 24 March HALF TERM : 13 – 18 February

All workshops run from
10.00 – 4.00pm unless
stated otherwise

SATURDAY 7 JANUARY		
CODE	WORKSHOP	PAGE
S1	Print Making Workshop	7
S2	Ring in a Day	10
S3	Photographic Portraits	10
S4	Ukulele Workshop 10.00 – 1.00pm	17
S5	How Tibetan Buddhist Thought can Change your Life	24
S36	NLP - A Day Of Discovery	23

SATURDAY 14 JANUARY		
CODE	WORKSHOP	PAGE
S6	Cut, Collage & Colour: A new approach to life drawing	4
S7	Free Machine Embroidery	7
S8	Knicker Making Workshop 10.00 – 1.00pm	12
S9	Vintage Knicker Making Workshop 1.30 – 4.30pm	12
S10	Acapella Choir Workshop 1.30 – 4.30pm	19
S11	Self-Help Techniques for Health	25
S12	Handmade Body & Bath Workshop	25

SATURDAY 21 JANUARY		
CODE	WORKSHOP	PAGE
S13	Crochet Squares & Blankets 10.00 – 3.00pm	6
S14	Felt Making	7
S15	Interior Design Workshop	11
S16	Willow Workshop	12
S17	Pottery Taster: Potter's Wheel 11.00 – 4.00pm	14
S18	Flash Fiction	15
S19	Yoga & Ayurveda Workshop 10.00 – 1.00pm	20
S20	Alexander Technique Workshop	23

SATURDAY 28 JANUARY		
CODE	WORKSHOP	PAGE
S21	I Wish I Could Draw	3
S22	Stained Glass Taster Day	6
S23	Introduction To Cartooning	6
S24	Sewing For Beginners: Cushion Cover 10.00 – 1.00pm	8
S25	Sewing For Improvers: Zip Purse 1.30 – 4.30pm	8
S26	The Writing Gym	15
S27	Piano Accordion Workshop 10.00 – 3.00pm	19
S28	Mindfulness, Compassion, Insight And Wisdom	24

SATURDAY 4 FEBRUARY		
CODE	WORKSHOP	PAGE
S29	Landscapes in Watercolour	4
S30	Charcoal & Pastels	5
S31	Fabulous Fascinators! 10.00 – 3.00pm	12
S32	Pottery Taster: 4 Pots in 4 Hours 11.00 – 4.00pm	14
S33	Get Started In Creative Writing	16
S34	Samba Dance Workshop 2.00 – 4.00pm	18
S35	Yoga For Stress Management 10.30 – 1.00pm	20
S37	Stress & Immunity: The Missing Link	24

SATURDAY 11 FEBRUARY		
CODE	WORKSHOP	PAGE
S38	Mosaic Workshop	6
S39	Recycling Fabrics: Accessories	8
S40	Cyanotypes Workshop	11
S41	Hula Hooping Make And Do Workshop	18
S42	Feature Writing Workshop	16
S43	Eastern Aromatherapy	23
S44	Shiatsu Workshop	24

SATURDAY 18 FEBRUARY		
CODE	WORKSHOP	PAGE
S45	Acrylic Painting Workshop	5
S46	Skirt In A Day	8
S47	Silver Pendant in a Day	10
S48	Tap Dance Workshop 10.00 – 12.00pm	19
S49	Characters In Fiction	15
S50	Introduction To Starting Your Own Business	25

SATURDAY 25 FEBRUARY		
CODE	WORKSHOP	PAGE
S51	Abstract Painting in a Day	5
S52	Pinhole Camera Workshop 1.00 – 4.00pm	11
S53	Patchwork & Quilting For Beginners	12
S54	Pottery Taster: Potter's Wheel 11.00 – 4.00pm	14
S55	Ukulele Workshop 10.00 – 1.00pm	17
S56	Burlesque Workshop 2.00 – 4.00pm	19
S57	Life Writing	16
S58	Be Your Own Life Coach	24
S59	Spring Wildlife Workshop	25

SATURDAY 3 MARCH		
CODE	WORKSHOP	PAGE
S60	Botanical Painting	4
S61	Textile Design Workshop	12

SATURDAY 10 MARCH		
CODE	WORKSHOP	PAGE
S62	Life Drawing Day	3
S63	Stained Glass Taster Day	6
S64	Knitting & Crochet Workshop	7
S65	Using Your Digital SLR Camera Workshop	10
S66	Pottery Taster: 4 Pots in 4 Hours 11.00 – 4.00pm	14
S67	Writing For Health & Well-being	16
S68	Flamenco Sevillanas Workshop 10.00 – 3.00pm	19
S69	Barefoot Doctor	24

SATURDAY 17 MARCH		
CODE	WORKSHOP	PAGE
S79	Hardback Bookbinding 10.00 – 3.00pm	13
S80	Basic Picture Framing	6
S81	Clutch Bag in a Day	8
S82	Traditional Thai Massage for Couples	25

SATURDAY 24 MARCH		
CODE	WORKSHOP	PAGE
S70	Salt Prints	11
S71	Enamelling Workshop	11
S72	Street Photography	10
S73	Digital Illustration Workshop	9
S74	Poetry Workshop	15
S75	New Dances - Unique Choreography 10.00 – 1.00pm	18
S76	Samba Dance Workshop 2.00 – 4.00pm	18
S77	The 8 Steps To Higher Self-Esteem	24

ENROLMENT INFORMATION



It is important to enrol early to ensure a place on your chosen course. Please note that all courses and workshops are only open to those aged 16 and over.

- You can enrol in person, by post or over the phone
- We accept cash, cheque and card payments (please do not send cash or card details in the post)
- If enrolling by post please send completed enrolment form and cheque to:
Bristol Folk House Co-op Ltd, 40a Park Street, Bristol BS1 5JG
- Please send a S.A.E. if you require a receipt or a materials list.
- The benefit rate is for those whose sole source of income is from state benefits – Income Support, Job Seeker's Allowance, Council Tax Benefit or Housing Benefit only. Please show a recent letter stating your benefits when enrolling.
- In the event of a cancelled course we aim to inform you 2 days before the start date or at least 24 hours before a day workshop.

REFUNDS

Refunds will only be given if:

- We have cancelled a course, when you will receive a full refund, or if you have given us at least one week's notice, in which case you will incur an admin fee.
- If you give us less than one week's notice, or your course or workshop has already started, you will only receive a refund if you can provide a medical note.
- If a course is cancelled prematurely, a partial refund will be given.

We may be able to transfer you onto another course but this is at the discretion of the manager and will incur an admin fee.

Admin fee: 10% of course fees or £5, whichever is the greater.

DISABILITY

If you have a disability which may affect participation in your chosen course, please contact the office prior to enrolling. Unfortunately we have no disabled access or facilities.

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LIKE THE LOOK OF THE FOLK HOUSE PROSPECTUS?

In need of something similar?

07787 804 949

anna@brightbutler.co.uk

Bright Butler

ENROLMENT FORM SPRING TERM 2012

Please complete in BLOCK CAPITALS

If you would like to give a voluntary £1 contribution towards the up-keep of the Bristol Folk House with your enrolment, please tick the box below and include payment with your course fee. **Thank you.**

FIRST NAME SURNAME

ADDRESS

POSTCODE

DAYTIME TELEPHONE

E-MAIL

Concessionary rates only given with current dated proof of benefits. Please tick if you are:

60+ years Claiming benefits

Please insert course details below

CODE	COURSE NAME	DAY	TIME	FEE
.....
.....
.....
.....

DATE PAID TOTAL

Cash Cheque Card Materials list issued

Voluntary donation

Please make cheques payable to: **BRISTOL FOLK HOUSE CO-OP LTD.**

NB. If you require confirmation of your booking, or a receipt of payment, please enclose a stamped addressed envelope.

JOIN OUR CO-OP NOW

Become a member of the Co-operative, and receive great benefits including receiving the Prospectus immediately it is published and discounts on goods in some local shops. 12 month membership for **£10.**

To join please complete this section of the form.

DATE PAID Cash Cheque Card

HOW TO FIND US



We are situated at 40a Park Street which is up the alleyway opposite the two post boxes, in between Nomad Travel Shop and My Yard Clothing. The rear entrance is in Culver Street.

Cheap parking – after 6.00pm and all day Saturday is available in the nearby **Trenchard Street** multi-storey car park.

REASONABLY PRICED ROOM HIRE

Rooms for hire with a capacity of 10-200 people, on an hourly or daily rate, for private functions, receptions etc.

For details **0117 926 2987**

www.bristolfolkhouse.co.uk

CHANGES TO THE PROGRAMME

The Co-operative reserves the right to change tutors, courses and times after the publication of the programme.

Folk House Café & Bar

Eat, drink and be merry in our lovely welcoming café.

Be it a cup of coffee and warm homemade muffin with a friend, a delicious lunch in our garden or a knees up for 200 – we will look after you.

Call **0117 908 5035** for menus, bookings, opening times or more information on our fabulous food, or visit www.folkhousecafe.co.uk or find us on Facebook - 'folk house cafe' or twitter [@folkhousecafe](https://twitter.com/folkhousecafe)

