



All courses start week commencing 26th January unless the course description states otherwise.

Pull something wonderful out of the Folk House hat this summer! We're conjuring up courses guaranteed to enthrall and delight. Dazzle with your dressmaking, marvel with your mosaics or beguile with your belly dancing. With an astounding range of courses and workshops there's something for everyone.

Please remember to enrol well in advance as our courses do fill up quickly and we would hate for you to miss the show! Further information about courses, music, exhibitions and other events happening here at the Folk House can be found on our website or by ringing our magical office staff!

Thank you for your continued support of the Folk House and we hope to see you again soon!

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KEY

A1	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 | | £111.50 / £102.50 / £76.50 | Mon 5.30 – 7.30pm

A guided course in the basic skills of life drawing aimed at beginners, though others are welcome.

Life Drawing – Mixed Ability

A2 | | £111.50 / £102.50 / £76.50 | Mon 7.45 – 9.45pm

A more open-ended course aimed at those with some experience, though beginners are also welcome. Various techniques and approaches will be offered, and lots of assistance (if needed).

Painting in Oils and Acrylics

A3 | | £90.00 / £81.00 / £55.00 | Tue 4.30 – 6.30pm

A4 | | £90.00 / £81.00 / £55.00 | Wed 5.30 – 7.30pm

A5 | | £90.00 / £81.00 / £55.00 | Wed 7.45 – 9.45pm

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 | | £138.00 / £126.50 / £94.00 | Wed 1.30 – 4.00pm

Develop your skill at painting or drawing faces. You may use any medium. Some previous experience of drawing from observation is recommended.

Saturday – I Wish I Could Draw

S32 | | £25.35 / £23.00 / £16.00 | 12th June 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 – Portraiture

S45 | | £28.35 / £26.00 / £19.00 | 26th June 10.00 – 4.00pm

Spend a day drawing or painting the face from a live model, with plenty of guidance. You may use any medium you are familiar with.

MARILYN MILLARD **Learn to Draw**

A7 | | £57.25 / £52.25 / £37.50 | Mon 10.30 – 12.45pm

Learn to develop skills and confidence in all aspects of drawing, guided by an experienced tutor who encourages all levels of ability. A five week course.

Learn to Paint in Watercolour


A8 | | £57.25 / £52.25 / £37.50 | Mon 1.45 – 4.00pm

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.


Landscapes in Watercolour

A9 | | £57.25 / £52.25 / £37.50 | Wed 10.15 – 12.30pm


Enjoy learning to paint the beauty and variety of traditional scenes in an easy step by step process, guided by an experienced tutor in a friendly atmosphere. All levels welcome, but primarily aimed at those with some watercolour experience. A five week course

ARTS & CRAFTS *continued*MARILYN MILLARD **Botanical Painting***continued***A10** |  | £57.25 / £52.25 / £37.50 | Wed 1.30 – 3.45 pm


Enjoy drawing and painting plant forms from observation. Various techniques using watercolour, pencils and pens will be demonstrated to encourage all levels of ability. A five week course.

Saturday – Landscapes in Watercolour**S4** |  | £26.85 / £24.50 / £17.50 | 8th May 10.00 – 4.00pm


Enjoy learning to paint the beauty & variety of traditional scenes in an easy step by step process, guided by an experienced tutor in a friendly atmosphere. All levels welcome, but primarily aimed at those with some watercolour experience.

Saturday – Painting Flowers in Watercolour**S19** |  | £26.85 / £24.50 / £17.50 | 22nd May 10.00 – 4.00pm



Learn to paint flowers more freely with special attention to colour and contrast in this enjoyable workshop. All levels welcome, guided by an experienced tutor in a friendly atmosphere.

Saturday – Botanical Painting**S53** |  | £26.85 / £24.50 / £17.50 | 3rd July 10.00 – 4.00pm


Enjoy drawing and painting flowers from observation. Various techniques using watercolour, pencil and pen to encourage all levels of ability.

Saturday – Learn to Draw**S59** |  | £26.85 / £24.50 / £17.50 | 10th July 10.00 – 4.00pm



Enjoy a day of drawing and learn techniques that will help you develop your skills and confidence in a friendly atmosphere.

ANGIE KENBER **Learn to Life Draw****NEW****A11** |  | £55.75 / £51.25 / £38.25 | Mon 10.30 – 12.30pm**A12** |  | £55.75 / £51.25 / £38.25 | Mon 10.30 – 12.30pm starts 14th June



Learn to draw from Life in a relaxed and supportive atmosphere. This course will introduce you to the use of line, tone, basic measurement and composition in a variety of media. Two five week courses.

Painting Projects: Multi-level**A13** |  | £101.50 / £91.50 / £62.00 | Thur 2.00 – 4.15pm


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.

JENNY MIZEL **Experimental Painting****A14** |  | £45.00 / £40.50 / £27.50 | Mon 1.30 – 3.30pm**A15** |  | £45.00 / £40.50 / £27.50 | Mon 1.30 – 3.30pm starts 14th June


An opportunity to discover the joys of painting using acrylics and other materials as a way in. Explore the exciting properties of colour, texture and tones. All are welcome to these friendly 5 week courses.

ARTS & CRAFTS *continued*JENNY MIZEL **Exploring Drawing***continued***A16** |  | £45.00 / £40.50 / £27.50 | Tue 1.00 – 3.00pm**A17** |  | £45.00 / £40.50 / £27.50 | Tue 1.00 – 3.00pm starts 8th June

An enjoyable course exploring drawing through different methods of looking whilst using a variety of materials including charcoal and inks. Two five week courses suitable for all.

Experimental Art**A18** |  | £90.00 / £81.00 / £55.00 | Wed 10.30 – 12.30pm

A friendly, informal course that is ideal for beginners. Find your creativity through a variety of techniques such as painting, pastels, charcoal and collage. Everyone welcome!

Experimental Art – A Chance to Explore**A19** |  | £90.00 / £81.00 / £55.00 | Thu 6.00 – 8.00pm

Explore the uses of acrylic paint, charcoal, collage, simple print-making and ink whilst experimenting with colour and textures. An enjoyable course, ideal for beginners and experienced alike.

Saturday – Experimental Art: A Taster**S12** | £26.85 / £24.50 / £17.50 | 15th May 10.00 – 4.00pm


A day of discovery and fun using various techniques and materials including acrylic paint, inks, charcoal, collage etc. We will explore colour, texture, tone and more. All welcome – including absolute beginners. Materials provided.

Saturday – Charcoal and Pastels Workshop**S26** | £26.85 / £24.50 / £17.50 | 29th May 10.00 – 4.00pm


Explore charcoal & pastels. Create vibrant colour, tone & texture. All abilities welcome. Ideal for beginners. Materials provided.

Saturday – Experimental Art: Black and White Workshop**S38** | £26.85 / £24.50 / £17.50 | 19th June 10.00 – 4.00pm


A chance to explore the wonderful properties of black and white through the use of paint, simple printmaking, charcoal, and ink. An exciting and unpressured day. Ideal for beginners but all are welcome. Materials provided.

LESLEY ROPER **Beadwork****A20** |  | £90.00 / £81.00 / £55.00 | Tue 10.00 – 12.00pm

Learn the basic stitches and techniques to produce a variety of decorative objects (mostly jewellery), eventually enabling you to make your own choices.


JOHN REA **Cartoons and Comics****A21** |  | £45.00 / £40.50 / £27.50 | Wed 7.30 – 9.30pm starts 9th June

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.



Saturday – Introduction to Cartooning**S6** |  | £23.35 / £21.00 / £14.00 | 8th May 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!




ARTS & CRAFTS *continued*AZA ADLAM **Stained Glass for Beginners****A22** |  | £138.00 / £126.50 / £94.00 | Fri 10.00 – 12.30pm


Learn the basic techniques involved in assembling a leaded panel. This course includes glass cutting, leading and soldering as well as design ideas and advice.

Saturday – Stained Glass Taster Workshop**S33** |  | £38.35 / £36.00 / £29.00 | 12th Jun 10.00 – 4.00pm**S60** |  | £38.35 / £36.00 / £29.00 | 10th July 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.

NEW Saturday – Mosaic Workshop**S39** |  | £38.35 / £36.00 / £29.00 | 19th June 10.00 – 4.00pm


A busy day introducing various ways to create a mosaic, with several different alternatives to try out for yourselves. You will also have the opportunity of creating a small panel to take home with you. Cutting tools and a variety of materials provided.

Saturday – Basic Picture Framing – Techniques and Advice**S46** |  | £38.35 / £36.00 / £29.00 | 26th June 10.00 – 4.00pm



Simple techniques for frame making at home. Learning glass cutting, cutting and pinning mouldings and simple mountcutting etc. Everything you need to know and at least one framed picture completed. Bring a selection of small pictures.

SHIRLEY DOWNEY **Knitting and Crochet****A23** |  | £34.00 / £30.50 / £20.75 | Tue 7.45 – 9.15pm**A24** |  | £34.00 / £30.50 / £20.75 | Tue 7.45 – 9.15pm starts 8th June


Knitting is all the rage! You will learn about basic stitches, patterns, skills, yarns, equipment and pattern reading. Why buy something when you can make something better? Two five week courses.

Saturday – Knitting and Crochet**S68** |  | £23.35 / £21.00 / £14.00 | 15th May 10.00 – 4.00pm


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

CLAUDIA ASCOTT **Photography – Developing your Eye****A25** |  | £45.00 / £40.50 / £27.50 | Thu 6.00 – 8.00pm**A26** |  | £45.00 / £40.50 / £27.50 | Thu 6.00 – 8.00pm starts 10th June



Get inspired on these stimulating five week courses with a focus on creativity rather than technical know how. 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.

ARTS & CRAFTS *continued*ROMA WIDGER **Etching****A27** |  | £97.00 / £88.00 / £62.00 | Tue 6.30 – 8.30pm


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.

CEDAR **Saturday – 'The Artist's Way' Taster Day****S61** |  | £26.35 / £24.00 / £17.00 | 10th July 10.00 – 4.00pm


Based on the book by Julia Cameron, this is a chance to experiment and play with our hidden creative selves. You will try out various artistic mediums such as collage, drawing and poetry.

JULIE ROBERTS **Recycling Fabrics****A28** |  | £100.00 / £91.00 / £65.00 | Mon 5.30 – 7.30pm**A29** |  | £100.00 / £91.00 / £65.00 | Mon 7.45 – 9.45pm


Recycle old fabrics to create cushions, bags jewellery and more in these popular courses. We will combine old with new to create beautiful contemporary pieces. Learn new techniques such as hand embroidery, basic quilting and patchwork, applique, beading and basic machine construction.

Saturday – Felt Making**S1** |  | £33.35 / £31.00 / £24.00 | 1st May 10.00 – 4.00pm


Explore the basics of felt making using a variety of techniques and make your own beautiful pieces to take home. No experience necessary.

Saturday – Paper Making Workshop**S13** |  | £16.50 / £15.15 / £11.25 | 15th May 10.00 – 1.00pm


Working with recycled papers you will learn a number of basic techniques in order to create a range of pieces and samples. No experience is necessary.

Saturday – Lino Printing**S27** |  | £28.35 / £26.00 / £19.00 | 29th May 10.00 – 4.00pm

During this one day course we will explore the wonderful world of lino printing! We will look at building layers and colour work, then you will design and print your own blocks.


NEW Saturday – Skirt in a Day**S40** |  | £27.35 / £25.00 / £18.00 | 19th June 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 – Print Making**S54** |  | £28.35 / £26.00 / £19.00 | 3rd July 10.00 – 4.00pm


Try a variety of experimental and simple print techniques, by the end of the day you will have a wealth of ideas. No experience necessary.

ARTS & CRAFTS *continued*JULIE ROBERTS **Saturday – Recycling Fabrics**

continued **S62** |  | £27.35 / £25.00 / £18.00 | 10th July 10.00 – 4.00pm


NEW Recycle old fabrics and clothes to create stunning accessories. You will learn various textile techniques including fabric bonding, manipulation, and embroidery. By the end of the day you will have lots of ideas and a selection of wonderful accessories to show off.

MARTIN LOVELL **The Versatility of Watercolour**

A30 |  | £101.50 / £91.50 / £62.00 | Thu 10.30 – 12.45pm

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

FEMKE DE JONG **Digital Illustration**

NEW **A31** |  | £45.00 / £40.50 / £27.50 | Thu 7.45 – 9.45pm


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.


Saturday – Digital Illustration Workshop

S55 |  | £23.35 / £21.00 / £14.00 | 3rd July 10.00 – 4.00pm


Pop-up is a dynamic and vibrant art-form that will bring your art work to life. Explore how to make your designs leap off the page using paper-mechanics. The watchword is experimentation; the results surprising!

KAREN REILLY **Sewing for Beginners**

NEW **A32** |  | £45.00 / £40.50 / £27.50 | Thu 5.30 – 7.30pm


A33 |  | £45.00 / £40.50 / £27.50 | Thu 5.30 – 7.30pm starts 10th June
An introduction to the art of basic sewing. You will learn about fabrics, basic cutting, stitching, different seams and how to use a sewing machine. By the end of the course you will have a finished product, such as a cushion or purse, created by your own fair hands!

NEW Dressmaking

A34 |  | £90.00 / £81.00 / £55.00 | Tue 5.30 – 7.30pm

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 this exciting course.

SARAH KELLY **Introducing History of Art**

NEW **A35** |  | £34.00 / £30.50 / £20.75 | Thu 1.00 – 2.30pm


This 5 week course is a great opportunity to dip into Western art ranging from Italian Renaissance frescoes to Picasso's Cubism and Francis Bacon's iconoclastic popes. We will get to know one or two paintings in each friendly and informal session.

ARTS & CRAFTS *continued*SARAH KELLY **History of Art: Surrealism**

continued **A36** |  | £34.00 / £30.50 / £20.75 | Thu 1.00 – 2.30pm starts 10th June

NEW Discover the weird world of Surrealism! We will focus on major artists of the Surrealist movement such as Dalí, Miro and Magritte. Each session is an opportunity to observe and discuss art works in a relaxed atmosphere. No prior knowledge required.


ANNA GRAVELLE **Saturday – Textile Design Workshop**


S5 |  | £39.35 / £37.00 / £30.00 | 8th May 10.00 – 4.00pm


Experiment with contemporary techniques of decorating fashion and furnishing fabrics using a heat press. Exploring methods such as painting with heat transfer inks and creating texture using flock you'll take home some stunning and highly original fabric samples.

MAXINE **Saturday – Quilt in a Day**

S20 |  | £23.35 / £21.00 / £14.00 | 22nd May 10.00 – 4.00pm


S34 |  | £23.35 / £21.00 / £14.00 | 12th June 10.00 – 4.00pm

S74 |  | £23.35 / £21.00 / £14.00 | Tue 11th May 10.00 – 4.00pm

S75 |  | £23.35 / £21.00 / £14.00 | Tue 6th July 10.00 – 4.00pm


Have you always wanted to make a patchwork quilt quickly? In one day, with full tuition, it is possible to construct a delightful, traditional heirloom quilt top.

GRAHAM PARISH **Saturday – Simple Photographic Portraits**

S14 |  | £23.35 / £21.00 / £14.00 | 15th May 10.00 – 4.00pm


This one day workshop will demonstrate 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, you just need to know how!


NEW Saturday – Reportage Photography

S63 |  | £23.35 / £21.00 / £14.00 | 10th July 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!


NEW Photography Walkshop

S72 |  | £25.30 / £23.50 / £18.30 | Fri 7th May 10.00 – 3.00pm

S73 |  | £25.30 / £23.50 / £18.30 | Fri 2nd July 10.00 – 3.00pm

Accompanied by a historian who will tell you all about the Bristol landmarks you will visit, and Graham, a photographer with 25 years experience, who will show you how to take the best shots and get the most out of your camera. Learn how to creatively use colour, texture, patterns and shadow while learning more about your surroundings.

KIM THOMSON **Saturday – Ring in a Day**

NEW **S21** |  | £38.35 / £36.00 / £29.00 | 22nd May 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!

ARTS & CRAFTS *continued**No formal tuition provided* **Drop in and Draw**

£6.50 for one class or £10 for both | Fri 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

All material costs are included in the pottery course fees.BILL MOORE **Pottery – Beginners****P1** | £126.00 / £117.00 / £91.00 | Mon 5.30 – 7.30pm

On this course you will be working with a variety of popular pottery techniques, throwing on the wheel and handbuilding.

Pottery – Improvers**P2** | £126.00 / £117.00 / £91.00 | Mon 7.45 – 9.45pm

On this course Bill will help you build on your skills, and will especially help you with your throwing pots on the wheel, also offering experimental and self-directed projects, with as much discussion and demonstration as you need.

KATE DOUGLAS **Pottery – Multi-level****P3** | £149.00 / £137.50 / £105.00 | Tue 7.00 – 9.30pm

This slightly longer session allows students to work on their own projects. Students of all skills are welcome, whether you wish to complete self motivated projects, improve your throwing skills or learn some hand building techniques.

JO YOUNG **Pottery****NEW P4** | £126.00 / £117.00 / £91.00 | Tue 1.00 – 3.00pm

If you are new to pottery and want to try a new skill this course will introduce you to a range of techniques through a series of projects. For the more experienced potter it is an opportunity to progress your work with advice on hand-building, throwing and glazing.

Pottery – Beginners**P5** | £126.00 / £117.00 / £91.00 | Thu 5.30 – 7.30pm

Introducing skills to enable you to create your own pottery. Starting with handbuilding and construction, progressing to wheel, glazing and other decorative techniques.

Pottery – Improvers**P6** | £126.00 / £117.00 / £91.00 | Thu 7.45 – 9.45pm

For makers with some experience who wish to develop further, try new techniques and enjoy their work through self directed projects. Advice on throwing, construction and glazing.

MARGARET CRUMP **Pottery – Improvers****P7** | £126.00 / £117.00 / £91.00 | Wed 5.30 – 7.30pm

This course is 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, or just get on with the work you long to do.

POTTERY *continued*MARGARET CRUMP **Pottery – Beginners***continued* **P8** | £126.00 / £117.00 / £91.00 | Wed 7.45 – 9.45pm

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.

Saturday – Pottery Taster – Hand Building**S8** | £12.60 / £11.70 / £9.10 | 8th May 11.00 – 1.00pm**S64** | £12.60 / £11.70 / £9.10 | 10th July 11.00 – 1.00pm

If you are new to pottery, this taster session is a great chance to learn some basic pottery techniques.

Saturday – Pottery Taster – Potter's Wheel**S9** | £12.60 / £11.70 / £9.10 | 8th May 2.00 – 4.00pm**S65** | £12.60 / £11.70 / £9.10 | 10th July 2.00 – 4.00pm

Have you always wanted to have a go on the potter's wheel? This is a chance to see if it's for you!

WRITING

BILLY MUIR **Writing a Thriller****NEW W1** | £51.75 / £47.25 / £34.25 | Mon 7.00 – 9.00pm**W2** | £51.75 / £47.25 / £34.25 | Mon 7.00 – 9.00pm starts 14th June

Are you interested in writing a thriller, crime novel or mystery screenplay? In these five week courses, prize-winning author Billy Muir will help you build your idea from an initial outline into a fully realised book. We will examine the current publishing market and how to improve your chances of finding the right publisher for your work. Experienced and budding writers are all welcome!

Short Fiction**W3** | £103.50 / £94.50 / £68.50 | Thur 5.30 – 7.30pm

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, we will improve your work. Examine characterisation, setting, pace and dialogue while sharing and discussing your work in a supportive environment. Beginners welcome.

Saturday – Flash Fiction**S22** | £24.70 / £22.35 / £15.35 | 22nd May 10.00 – 4.00pm

Learn how to write fully rounded short stories of no more than one hundred to five hundred words. Through exercises and examples, discover how to bring ideas to life and how to compress them into a successful micro-story.

Saturday – Writer's Studio**S56** | £24.70 / £22.35 / £15.35 | 3rd July 10.00 – 4.00pm

An in-depth look at putting together a novel. With practical advice on how to flesh your work out into a book. We will study a classic example of modern storytelling as a learning tool. If you have started or are thinking about writing a novel, this is for you!

WRITING *continued*MARK BRECKON **Script Writing****W4** | £90.00 / £81.00 / £55.00 | Tue 7.45 – 9.45pm

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.

ROSEMARY DUN (MA) **Write Your Novel****W5** | £90.00 / £81.00 / £55.00 | Wed 6.00 – 8.00pm

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.

Saturday – The Writing Gym**S35** | £23.35 / £21.00 / £14.00 | 12th Jun 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 and end up with your very own writers' toolkit. You'll also take away sprinkles of inspiration, tips, and writing exercises.

JANE REECE **Saturday – Get Started in Writing****S7** | £23.35 / £21.00 / £14.00 | 8th May 10.00 – 4.00pm

A day of exercises and ideas to break through writers' blocks and explore new themes for writing longer pieces. Please bring pens and paper.

Saturday – Life Writing**S15** | £23.35 / £21.00 / £14.00 | 15th May 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. Please bring pens and paper.

NEW Saturday – More Life Writing**S41** | £23.35 / £21.00 / £14.00 | 19th Jun 10.00 – 4.00pm

By popular request! This is a follow-on day of developing ideas started in the Life Writing day. We will work on narrative structure, themes and readership. Bring along a sample of your memoir or autobiography writing to work upon. Please bring writing materials.

Saturday – Writing Ourselves**S47** | £23.35 / £21.00 / £14.00 | 26th Jun 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.

LISA SARGOOD **Saturday – Writing for the Web****S28** | £23.35 / £21.00 / £14.00 | 29th May 10.00 – 4.00pm

Do you keep a blog or run a website of your own? Would you like to learn how to write creatively or factually for the web? This one day course will give you tools and ideas to help you engage with this new area of literary opportunity.

WRITING *continued*RACHEL TILLOTSON **Saturday – Short Film Scriptwriting For Beginners****S2** | £23.35 / £21.00 / £14.00 | 1st May 10.00 – 4.00pm

This one day workshop focuses on how to develop a short film idea from concept through to treatment, to story outline and through the various drafts. We will focus on what makes a good short film story, what the short film market is like and how to write, format and present your ideas. Feedback and discussion is involved.

NEW Saturday – Short Film Scriptwriting For Improvers**S29** | £23.35 / £21.00 / £14.00 | 29th May 10.00 – 4.00pm

This exciting workshop is for people who have already written short screenplays and films. We will concentrate on structure, inciting incident, subtext, character identification, character arc, dialogue, sequences and visual motifs. Students have a chance to have their own scripts read, receive feedback and discuss how to get their ideas made.

MUSIC, DANCE & DRAMA

KATEY BROOKS **Guitar Beginners****D1** | £45.00 / £40.50 / £27.50 | Mon 6.45 – 7.45pm**D2** | £45.00 / £40.50 / £27.50 | Wed 1.00 – 2.00pm

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** | £45.00 / £40.50 / £27.50 | Mon 5.30 – 6.30pm

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** | £45.00 / £40.50 / £27.50 | Wed 2.30 – 3.30pm

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

Enhancing Your Voice**D5** | £56.50 / £51.00 / 34.50 | Mon 8.00 – 9.15pm

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.

Finding Your Voice**D6** | £45.00 / £40.50 / £27.50 | Thu 5.30 – 6.30 pm

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!

MUSIC, DANCE & DRAMA *continued*CHRISTINE POWER **Circle Dancing****D7** | £34.00 / £30.50 / £20.75 | *Mon 1.00 – 2.30pm***D8** | £34.00 / £30.50 / £20.75 | *Mon 1.00 – 2.30pm starts 14th Jun*

Beat the recession! Travel the world without leaving Bristol by learning dances from Jewish, Bulgarian, Romanian, Irish and Greek folk traditions. For people of all ages. No partner needed. Please wear shoes without grip.

Line Dancing Beginners**D9** | £22.50 / £20.25 / £13.75 | *Thu 11.00 – 12.00pm***D10** | £22.50 / £20.25 / £13.75 | *Thu 11.00 – 12.00pm starts 10th June*

A new class for complete beginners or those who would like to revise beginner dances. Suitable for all ages and fitness levels. Please wear hard soled shoes (not trainers). Two five-week courses.

Line Dancing Improvers**D11** | £34.00 / £30.50 / £20.75 | *Wed 10.30 – 12.00pm***D12** | £34.00 / £30.50 / £20.75 | *Wed 10.30 – 12.00pm starts 9th June*

A class which welcomes all who have danced before, whatever style. Suitable for all ages and fitness levels, with a break during the session for a drink and a chat! Wear hard soled shoes, not trainers. Two five-week courses.

Saturday – Circle Dance Workshop**S16** | £13.50 / £12.15 / £8.25 | *15th May 10.00 – 1.00pm*

Come and practice 'round dances' from Eastern European folk traditions, as well as newer dances inspired by this friendly and community enhancing dance form! Beginners welcome and no partner is needed.

NEW Saturday – End of Year Line Dance!**S66** | £13.50 / £12.15 / £8.25 | *10th July 10.00 – 1.00pm*

The finale to a year of line dancing at the Folk House! Open to both beginners and improvers. Practice those dances you've been learning all year. All line dancers welcome!

DANNY LLOYD **Songwriting from Scratch****NEW D13** | £45.00 / £40.50 / £27.50 | *Tue 10.00 – 12.00pm starts 8th June***D14** | £34.00 / £30.50 / £20.75 | *Tue 8.15 – 9.45pm starts 8th June*

Five week courses to stimulate and inspire songwriting using a mix of critical analysis of the rhythms, scales and harmonies in popular songs and practical workshop sessions. No previous singing, instrumental or theoretical experience needed.

MARK BRECKON **Drama and Improvisation****D15** | £90.00 / £81.00 / £55.00 | *Wed 7.30 – 9.30pm*

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.

MUSIC, DANCE & DRAMA *continued*RUTH ROYALL **Egyptian Belly Dancing for Beginners****D16** | £45.00 / £40.50 / £27.50 | *Tue 7.30 – 8.30pm*

You will learn traditional Egyptian Belly Dancing including basic moves and styles. We will then look at how to put them together to create interesting routines. The dancing is good exercise as well as great fun!

NEW Egyptian Belly Dancing for Improvers**D17** | £45.00 / £40.50 / £27.50 | *Tue 8.45 – 9.45pm*

Moving on from the Beginners class, this course will focus on composition and improvisation. You will learn more advanced dances and explore the diversity of the movements.

EMMA KERR **Hula Hooping for Beginners****D18** | £45.00 / £40.50 / £27.50 | *Mon 5.30 – 6.30pm*

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.

NEW Hula Hooping for Improvers**D19** | £45.00 / £40.50 / £27.50 | *Thu 6.00 – 7.00pm*

This fun and lively hula hoop course will start with turning and walking with the hoop at the waist and progress to chest, knee and elbow hooping. You'll soon be learning complete hoopedances with jumps and throws. Hoops provided.

NEW Hooping for the Over 50s**D20** | £45.00 / £40.50 / £27.50 | *Tue 10.30 – 11.30pm*

Hula Hooping for those who did it the first time round! This beginners class will cover lots of moves, jumps and throws, but at a gentler pace to suit the more mature hoopers amongst you!

Saturday – Hula Hooping Workshop**S23** | £30.00 / £27.65 / £20.65 | *22nd May – 10.00 – 4.00pm*

Everyone can hula hoop! 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!

Saturday – Hula Hooping Improvers Workshop**S42** | £32.00 / £30.20 / £25.00 | *19th Jun – 10.00 – 3.00pm*

Come and make a set of twin hoops in your favourite colours and then spend the day learning tricks with them, including some poi hooping. This fun day is for those who have hooped before!

CLAUDIA AURORA **Saturday – Samba Dance Workshop****S17** | £9.00 / £8.10 / £5.50 | *Sat 2.00 – 4.00pm 15th May*

This enjoyable two hour workshop 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!

MUSIC, DANCE & DRAMA *continued***NORMA DAYKIN Saturday – Salsa Music & Dance****S48** | £23.35 / £21.00 / £14.00 | 26th Jun 10.00 – 4.00pm

This course will cover basics steps, moves and turns, leading and following, the history of salsa music and understanding afro-cuban rhythms. It will also introduce popular dances such as meringue and cha cha cha. Suitable for all, this workshop is taught by a UKA qualified instructor.

FITNESS & EXERCISE**JADE MELLISH Yoga****F1** | £45.00 / £40.50 / £27.50 | Tue 1.00 – 2.00pm

The practice of simple Yoga postures and breathing techniques can be refreshing and energising. Come to lunchtime yoga. Beginners are welcome!

Yoga**F2** | £68.00 / £61.00 / £41.50 | Tue 5.30 – 7.00pm

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.

Yoga for Beginners**F3** | £68.00 / £61.00 / £41.50 | Wed 5.30 – 7.00pm

Learn some simple posture and breathing practices to discover a sense of well-being.

JEANIE BRICE Keep Fit in Retirement**F4** | £45.00 / £40.50 / £27.50 | Fri 11.00 – 12.00pm

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.

FRANK PRING Tai Chi**F5** | £68.00 / £61.00 / £41.50 | Wed 7.30 – 9.00pm

Discover the art of Tai Chi - where it comes from, how it works and why it's good for you. Discover how you can fit Tai Chi into your everyday life and experience the benefits that so many people talk about.

ANN SHELDON Qi Gong**F6** | £45.00 / £40.50 / £27.50 | Wed 1.00 – 2.00pm**F7** | £45.00 / £40.50 / £27.50 | Thur 1.00 – 2.00pm**F8** | £68.00 / £61.00 / £41.50 | Thur 7.15 – 8.45pm

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.

MAGGIE STEPHENS Lunchtime Workout**F9** | £33.75 / £30.40 / £20.65 | Tue 12.00 – 12.45pm

Learn how easily you can gain a toned body, feel stronger and move with more poise and greater ease. This body toning class aims to develop overall strength whilst promoting a balanced and toned appearance. Suitable for all fitness levels.

FITNESS & EXERCISE *continued***EDWARD RUSSELL Pilates****F10** | £45.00 / £40.50 / £27.50 | Fri 1.00 – 2.00pm

Pilates exercises, stretches and strengthens the entire body. The system is based around eight fundamental principles: relaxation, concentration, alignment, breathing centering (using core muscles), flowing movement and increased stamina. Pilates is particularly useful for people with back problems.

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 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 Entry Level****L1** | £90.00 / £81.00 / £55.00 | Mon 10.30 – 12.30pm**French Beginners Plus****L2** | £68.00 / £61.00 / £41.50 | Thu 5.30 – 7.00pm**French Level 1****L3** | £90.00 / £81.00 / £55.00 | Mon 1.30 – 3.30pm

FRENCH *continued*

- ARLETTE HODGKIN **French Level 2**
L4 | £90.00 / £81.00 / £55.00 | Tue 10.30 – 12.30pm
- French Level 3**
L5 | £90.00 / £81.00 / £55.00 | Wed 10.30 – 12.30pm
- French Level 4**
L6 | £90.00 / £81.00 / £55.00 | Thur 10.30 – 12.30pm
- French Conversation**
L7 | £45.00 / £40.50 / £27.50 | Wed 1.15 – 2.15pm
L8 | £45.00 / £40.50 / £27.50 | Thur 1.15 – 2.15pm

SPANISH

- CHRISTI SHOWERS-EVANS **Spanish Beginners Entry Level**
L9 | £68.00 / £61.00 / £41.50 | Tue 5.45 – 7.15pm
L10 | £68.00 / £61.00 / £41.50 | Wed 10.30 – 12.00pm
- Spanish Beginners Plus**
L11 | £68.00 / £61.00 / £41.50 | Mon 5.45 – 7.15pm
L12 | £68.00 / £61.00 / £41.50 | Tue 7.45 – 9.15pm
- MERITXELL BIRKS **Spanish Level 1**
L13 | £68.00 / £61.00 / £41.50 | Wed 7.45 – 9.15pm
- Spanish Level 2**
L14 | £68.00 / £61.00 / £41.50 | Wed 5.45 – 7.15pm
- LUZ ZULUAGA **Spanish Level 3**
L15 | £90.00 / £81.00 / £55.00 | Mon 7.15 – 9.15pm
- ROSANA JACKS **Spanish Level 3**
L16 | £68.00 / £61.00 / £41.50 | Wed 6.00 – 7.30pm
- Saturday – Holiday Spanish**
S57 | £23.35 / £21.00 / £14.00 | 3rd July 10.00 – 4.00pm
 Learn basic phrases to get by while on holiday such as asking directions and ordering tapas in a bar. No previous knowledge of Spanish is necessary.

ITALIAN

- ALESSIO NOFERI **Italian Beginners Entry Level**
L17 | £45.00 / £40.50 / £27.50 | Wed 5.00 – 6.00pm
- Italian Beginners Plus Level**
L18 | £56.50 / £51.00 / £34.50 | Tue 10.00 – 11.15am
- Italian Level 1**
L19 | £45.00 / £40.50 / £27.50 | Wed 6.15 – 7.15pm
- CRISTIANA OLCESE **Italian Beginners Entry Level**
L20 | £56.50 / £51.00 / £34.50 | Wed 7.45 – 9.00pm

ITALIAN *continued*

- CRISTIANA OLCESE **Italian Beginners Plus**
continued **L21** | £56.50 / £51.00 / £34.50 | Mon 5.30 – 6.45 pm
- Italian Level 3**
L22 | £56.50 / £51.00 / £34.50 | Wed 6.15 – 7.30pm

GERMAN

- MARLIS MULDER **German Level 3**
L23 | £45.00 / £40.50 / £27.50 | Mon 10.00 – 12.00pm | 5 weeks
- German Level 4**
L24 | £45.00 / £40.50 / £27.50 | Wed 10.00 – 12.00pm | 5 weeks
- NADJA MIKESCH **German Beginners Plus**
L25 | £68.00 / £61.00 / £41.50 | Thu 7.15 – 8.45pm

PERSONAL DEVELOPMENT

- JORN HINTZ **Relaxation Training**
G1 | £28.25 / £25.50 / £17.25 | Tue 6.00 – 7.15pm
G2 | £28.25 / £25.50 / £17.25 | Tue 6.00 – 7.15pm starts 8th June
 These courses will teach simple mental exercise allowing deeper states of relaxation. At the end of the course you will be able to practice Relaxation Training and enter deep states of relaxation in everyday situations.
- NEW Saturday – Relaxation Training Taster Sessions**
S49 | £9.00 / £8.10 / £5.50 | 26th June 10.00 – 12.00pm
S50 | £9.00 / £8.10 / £5.50 | 26th June 12.30 – 2.30pm
 This short introduction will give you an insight into how Relaxation Training works. It will give you an opportunity to see how the weekly course works and there will be time to answer your questions. Please bring warm comfortable clothing, a blanket and a mat.
- BEN GRASSBY **Learn Neuro Linguistic Programming (NLP) a foundation course**
G3 | £90.00 / £81.00 / £55.00 | Thu 8.00 – 10.00pm
 Each week we will introduce and experience a new technique from the field of Neuro Linguistic Programming. 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.
- Saturday – Neuro Linguistic Programming (NLP) - A Day Of Discovery**
S30 | £23.35 / £21.00 / £14.00 | 29th May 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.



PERSONAL DEVELOPMENT *continued*

JENNIFER MACKERRAS **Alexander Technique G4** | £68.00 / £61.00 / £41.50 | Tue 6.00 – 7.30pm

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

S76 | £23.35 / £21.00 / £14.00 | 29th May 10.00 – 4.00pm

The Alexander Technique is a popular method for tackling self-development and change. We'll explore some of the basic ideas of the Technique in a fun, practical and interactive way. Come and see if changing the way you think can improve the way you move.

MAGGIE STEPHENS **Your Mind: A User's Guide**

S36 | £23.35 / £21.00 / £14.00 | 12th Jun 10.00 – 4.00pm

Always forget people's names? Can't remember where you put your keys? Does your memory seem to get worse as you get older? These fascinating workshops will show you how your memory works: what goes in, what stays in and how you can get it out again. Plus a variety of techniques for improving your memory.

CAROLINE NEW **Saturday – Learn to be Assertive**

S70 | £23.35 / £21.00 / £14.00 | 1st May 10.00 – 4.00pm

We are assertive when we express our feelings and needs while also respecting the rights of others. In a supportive group we will practice techniques of assertiveness and apply them to our own situations and relationships. Take charge of your own life and live free of resentment with this day workshop.

JOHN SMITH **Saturday – Barefoot Doctor**

S44 | £23.35 / £21.00 / £14.00 | 19th June 10.00 – 4.00pm

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

Saturday – Eastern Aromatherapy

S67 | £23.35 / £21.00 / £14.00 | 10th July 10.00 – 4.00pm

Explore how eastern 'attars' are used to promote the health of mind, body and spirit, as prescribed by the 10th century Persian mystic and alchemist, Avicenna. A practical 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.

JACKIE HAWKEN **Saturday – The Art of Happiness with NLP**

S10 | £23.35 / £21.00 / £14.00 | 8th May 10.00 – 4.00pm

Jackie is a Master Practitioner of NLP and hypnotherapy. She will introduce you to useful NLP tools and you will learn how to use them in order to live a happier and more positive life. You will be given an opportunity to discuss what happiness means to you and others.

PERSONAL DEVELOPMENT *continued*

JACKIE HAWKEN **Saturday – Be your own Life Coach**

continued **S18** | £23.35 / £21.00 / £14.00 | 15th May 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. In order to benefit fully, please come committed to working hard on yourself!

Saturday – The 8 Steps to High Self Esteem

S43 | £23.35 / £21.00 / £14.00 | 19th June 10.00 – 4.00pm

Learn to appreciate yourself and your own worth by ridding yourself of your 'not good enough' gremlin. Various techniques will be discussed and participants will be able to discuss what is holding them back in a safe and friendly environment.

Saturday – How Tibetan Buddhist Thought can Change your Life

S58 | £23.35 / £21.00 / £14.00 | 3rd July 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.

GORDON STRONG **Saturday – Tarot for Beginners**

S24 | £23.35 / £21.00 / £14.00 | 22nd May 10.00 – 4.00pm

A workshop on all aspects of the tarot, including reading and interpretation. Discuss what each card means to you and develop your intuition. Please bring tarot cards (Ryder Waite pack) and a note book and pen.

BONNIE WELLS **Saturday – Jin Shin Jyutsu Self Help Workshop**

S31 | £23.35 / £21.00 / £14.00 | 29th May 10.00 – 4.00pm

JSJ is a form of Japanese Acupressure, which uses fingertip pressure to help restore balance in both body and mind. This workshop will show you how, by holding points on your body, you can relieve pain, tension and stress and experience a greater sense of health and well being.

LISA SARGOOD **Saturday – Stress Counselling**

S37 | £23.35 / £21.00 / £14.00 | 12th Jun 10.00 – 4.00pm

There are a number of simple tools which can help you to assess the level of stress you, your friends and family may be experiencing. We will look at the early signs of stress and offer techniques to support you and tackle symptoms as they arise.

ALISON WILDING **Saturday – How To Clear Your Clutter**

S11 | £23.35 / £21.00 / £14.00 | 8th May 10.00 – 4.00pm

Clutter is something we all attract during our lives, and some of us accumulate considerably more of it than others! If you feel overwhelmed by the clutter in your life and are looking for change then this day is for you. We will look at ways of making your SUMMER cleaning that much easier!



PERSONAL DEVELOPMENT *continued***CASSANDRA CAMPBELL Saturday – The Inner Goddess Workshop****S51** | £23.35 / £21.00 / £14.00 | 26th June 10.00 – 4.00pm

A stimulating workshop giving an insight into the Goddess archetypes and how they fit into our lives. You will be shown how to identify your prevalent archetype and how to work with it. Discover which archetype you are and learn how to work with that energy to enrich and empower your life, work and relationships.

SAMANTHA LAZZARIS Saturday – Indian Head Massage**S3** | £26.35 / £24.00 / £17.00 | 1st May 10.00 – 4.00pm

NEW For your family, friend or partner learn how to carry out an Indian Head Massage for your family, friends or partner. Focusing on the head, hair, neck, shoulder and upper back area, this very relaxing massage helps to relieve pain and balance well being.

NEW Saturday – Hopi Ear Candling**S25** | £30.85 / £28.50 / £21.50 | 22nd May 10.00 – 4.00pm

Learn the history of the Hopi Native American Indians and learn how to safely carry out a Hopi Ear Candle treatment. Enjoy the benefits of relieving the whole head area of ear, nose and throat problems such as sinusitis, ear blockages, inner ear pain and migraines.

MISCELLANEOUS

IAN REDFEARN Further Wine Appreciation**M1** | £82.50 / £78.00 / £65.00 | Mon 7.45 – 9.45pm starts 26th April

Explore the influence of soil, climate, oak and the luck of the year by tasting and evaluating 7 or 8 wines from around the world each week. Please bring 4 wine glasses with you to this five week course.

TONY SMITH Saturday – Introduction to Starting Your own Business**S52** | £23.35 / £21.00 / £14.00 | 26th Jun 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 & operational and financial control. There will be time for confidential 1:1's with this experienced business advisor.

LIFE CYCLE UK Saturday – Bike Maintenance Workshop**S71** | £23.35 / £21.00 / £14.00 | 1st May 10.00 – 4.00pm**S69** | £23.35 / £21.00 / £14.00 | 3rd July 10.00 – 4.00pm

This workshop will show you how to get the most out of your bike and keep it going. You will set it up for maximum comfort, learn how to remove the wheels, fix a puncture and make basic adjustments to the brakes and gears and learn to lock it properly. Run by Bristol based cycling charity, Life Cycle UK.

ROOM HIRE

AT THE FOLK HOUSE

WEEKDAYS

Room	Capacity	Price per hour	Daily Rate (9 – 4pm)
Music Room	30	£21.00	£99.00
Room 2/3	30	£21.00	£99.00
Room 4	10	£13.00	£68.00
Room 5	12	£15.00	£78.00
Craft Room	12	£15.00	£78.00
Art Room	12	£19.00	£95.00
Hall	180	£60.00	£400.00

EVENINGS & WEEKENDS

 includes service charge

Room	Capacity	Price per hour	Evening Rate
Hall/Bar	180	£76.00	4pm-12am: £600.00
			7pm-12am: £375.00
Cafe/Bar	65	£37.00	7pm-12am: £180.00

For information about holding public events please contact Claudia Ascott – claudia@bristolfolkhouse.co.uk.

If you're a promoter looking to hold a music night at the Folk House please contact Richard Whitehead – richmusic@live.co.uk.

Catering from the Folk House Cafe Bar is available for all events. Discount rates are available for block bookings and for charitable organisations.

PLEASE SEE THE WEBSITE FOR FULL TERMS & CONDITIONS

EVENTS

at the
Folk House



FLEA MARKET

The third Folk House Flea Market will be held on **SATURDAY 12TH JUNE 2010**, bringing you another eclectic mix of **VINTAGE CLOTHING, BRIC-A-BRAC, HANDMADE CRAFTS, BOOKS, RECORDS, TOYS, CERAMICS AND MORE**. There'll be other things happening to keep the kids entertained and the cafe will be rustling up some special treats so it promises to be another great day. Please come along and support not only the Folk House but some fantastic local traders too!

SUMMER SCHOOLS 2010 31ST JULY – 8TH AUGUST

Hold on to your hats folks, it's going to be a busy summer here at the Folk House! While the heat beats down upon Bristol (we can dream...!) why not join us for a day or evening workshop. **ARTS, CRAFTS, MUSIC, DANCE, DRAMA** – old favourites will be rubbing shoulders with exciting new workshops to make up a lively Summer School programme! Keep an eye out for the full programme of events coming out at the beginning of July or join our mailing list online.

LIVE MUSIC

If you've never seen live music at the Folk House, now's the time to try. We have an excellent line up this season of both national and local bands. There's award winning folk music from artists such as **ELISA CARTHY, CHUMBAWAMBA, and MARTIN SIMPSON**, as well as stunning local talent such as **PHIL KING, THREE CORNERED MOON, THE CEDAR** and many others. So, if you're a music lover check out our music listings page at www.folkhousemusic.com.

CHUMBAWAMBA & O'HOOLEY & TIDOW	19TH MARCH
ROX	20TH MARCH
MARTIN SIMPSON	3RD APRIL
SMALL COLOR & TRICO	16TH APRIL
GAVIN THORPE	17TH APRIL
PHIL KING & SARAH CLASS	24TH APRIL
ELIZA CARTHY	22ND MAY
LAU	19TH JUNE

SATURDAY SHORTS

Thank you to all of you that entered our Saturday Shorts Scriptwriting competition. We had an overwhelming response with over 200 of you sending in your work – choosing the winners was a tough job!

A script-in-hand performance of the winning scripts will be held in the Folk House Hall on **SATURDAY 8TH MAY**. Tickets cost £5, which goes towards the upkeep of the Folk House, and the performance starts at **8PM**. It would be great to see you all there!

WEEKDAY TIMETABLE SUMMER TERM 2010

26th April – 12th July **HALF TERM** : 31st May – 5th June

MONDAY				
CODE	COURSE	PAGE	TIME	
L23	German Level 3	19	10.00 – 12.00	
L1	French Beginners Entry Level	17	10.00 – 12.30	
A11 / A12	Learn To Life Draw	4	10.00 – 12.30	
A7	Learn To Draw	3	10.30 – 12.45	
D7 / D8	Circle Dancing	14	1.00 – 2.30	
A14 / A15	Experimental Painting	4	1.30 – 3.30	
L3	French Level 1	17	1.30 – 3.30	
A8	Learn To Paint In Watercolour	3	1.45 – 4.00	
D3	Guitar Beginners (continued)	13	5.30 – 6.30	
D18	Hula Hooping For Beginners	15	5.30 – 6.30	
L21	Italian Beginners Plus	19	5.30 – 6.45	
A1	Life Drawing: Basic Skills	3	5.30 – 7.30	
A28	Recycling Fabrics	7	5.30 – 7.30	
P1	Pottery - Beginners	10	5.30 – 7.30	
L11	Spanish Beginners Plus	18	5.45 – 7.15	
D1	Guitar Beginners	13	6.45 – 7.45	
W1 / W2	Writing A Thriller	11	7.00 – 9.00	
L15	Spanish Level 3	18	7.15 – 9.15	
A2	Life Drawing: Mixed Ability	3	7.45 – 9.45	
A29	Recycling Fabrics	7	7.45 – 9.45	
M1	Further Wine Appreciation	22	7.45 – 9.45	
P2	Pottery - Improvers	10	7.45 – 9.45	
D6	Enhancing Your Voice	13	8.00 – 9.15	

TUESDAY				
CODE	COURSE	PAGE	TIME	
L18	Italian Beginners Plus	18	10.00 – 11.15	
A20	Beadwork	5	10.00 – 12.00	

D13	Songwriting from Scratch – 8th June	14	10.00 – 12.00	
D20	Hooping for over 50s	15	10.30 – 11.30	
L4	French Level 2	18	10.30 – 12.30	
F9	Lunchtime Workout	16	12.00 – 12.45	
F1	Yoga	16	1.00 – 2.00	
A16 / A17	Exploring Drawing	5	1.00 – 3.00	
P4	Pottery	10	1.00 – 3.00	
A3	Painting in Oils and Acrylics	3	4.30 – 6.30	
F2	Yoga	16	5.30 – 7.00	
A34	Dressmaking	8	5.30 – 7.30	
L9	Spanish Beginners Entry Level	18	5.45 – 7.15	
G1 / G2	Relaxation Training	19	6.00 – 7.15	
G4	Alexander Technique	20	6.00 – 7.30	
A27	Etching	7	6.30 – 8.30	
P3	Pottery - Multi-level	10	7.00 – 9.30	
D16	Egyptian Belly Dancing Beginners	15	7.30 – 8.30	
A23 / A24	Knitting & Crochet	6	7.45 – 9.15	
L12	Spanish Beginners Plus	18	7.45 – 9.15	
W4	Script Writing	12	7.45 – 9.45	
D14	Songwriting from Scratch – 8th June	14	8.15 – 9.45	
D17	Egyptian Belly Dancing Improvers	15	8.45 – 9.45	

WEDNESDAY				
CODE	COURSE	PAGE	TIME	
L24	German Level 4	19	10.00 – 12.00	
A9	Landscapes In Watercolour	3	10.15 – 12.30	
L10	Spanish Beginners Entry Level	18	10.30 – 12.00	
D11 / D12	Line Dancing Improvers	14	10.30 – 12.00	
A18	Experimental Art	5	10.30 – 12.30	
L5	French Level 3	18	10.30 – 12.30	
F6	Qi Gong	16	1.00 – 2.00	

WEDNESDAY continued				
CODE	COURSE	PAGE	TIME	
D2	Guitar Beginners	13	1.00 – 2.00	
L7	French Conversation	18	1.15 – 2.15	
A10	Botanical Painting	4	1.30 – 3.45	
A6	Portraiture	3	1.30 – 4.00	
D4	Guitar Improvers	13	2.30 – 3.30	
L17	Italian Beginners Entry	18	5.00 – 6.00	
F3	Yoga For Beginners	16	5.30 – 7.00	
A4	Painting in Oils and Acrylics	3	5.30 – 7.30	
P7	Pottery - Improvers	10	5.30 – 7.30	
L14	Spanish Level 2	18	5.45 – 7.15	
L16	Spanish Level 3	18	6.00 – 7.30	
W5	Write Your Novel	12	6.00 – 8.00	
L19	Italian Level 1	18	6.15 – 7.15	
L22	Italian Level 3	19	6.15 – 7.30	
F5	Tai Chi	16	7.30 – 9.00	
A21	Cartoons And Comics – 9th June	5	7.30 – 9.30	
D15	Drama And Improvisation	14	7.30 – 9.30	
L20	Italian Beginners Entry	18	7.45 – 9.00	
L13	Spanish Level 1	18	7.45 – 9.15	
A5	Painting in Oils and Acrylics	3	7.45 – 9.45	
P8	Pottery - Beginners	11	7.45 – 9.45	

THURSDAY				
CODE	COURSE	PAGE	TIME	
L6	French Level 4	18	10.30 – 12.30	
A30	The Versatility of Watercolour	8	10.30 – 12.45	
L6	French Level 4	18	10.30 – 12.30	
D9 / D10	Line Dancing Beginners	14	11.00 – 12.00	

F7	Qi Gong	16	1.00 – 2.00	
A35 / A36	History of Art	8	1.00 – 2.30	
L8	French Conversation	18	1.15 – 2.15	
A13	Painting Projects: Multi-level	4	2.00 – 4.15	
D5	Finding your Voice	13	5.30 – 6.30	
L2	French Beginners Plus	17	5.30 – 7.00	
A32 / A33	Sewing For Beginners	8	5.30 – 7.30	
P5	Pottery - Beginners	10	5.30 – 7.30	
W3	Short Fiction	11	5.30 – 7.30	
D19	Hula Hooping For Improvers	15	6.00 – 7.00	
A25 / A26	Photography	6	6.00 – 8.00	
A19	Experimental Art - Explore	5	6.00 – 8.00	
F8	Qi Gong	16	7.15 – 8.45	
L25	German Beginners Plus	19	7.15 – 8.45	
A31	Digital Illustration	8	7.45 – 9.45	
P6	Pottery	10	7.45 – 9.45	
G3	NLP: A Foundation Course	19	8.00 – 10.00	

FRIDAY				
CODE	COURSE	PAGE	TIME	
A22	Stained Glass For Beginners	6	10.00 – 12.30	
F4	Keep Fit In Retirement	16	11.00 – 12.00	
F10	Plates	17	1.00 – 2.00	

ONE DAY WEEKDAY WORKSHOPS				
CODE	COURSE	PAGE	TIME	
S72	Photography Walkshop – 7th May	9	1.00 – 3.00	
S73	Photography Walkshop – 2nd July	9	1.00 – 3.00	
S74	Quilt in a Day – 11th May	9	1.00 – 4.00	
S75	Quilt in a Day – 6th July	9	1.00 – 4.00	

SATURDAY SCHOOLS TIMETABLE SUMMER TERM 2010

TERM DATES : Monday 26th April – Monday 12th July **HALF TERM** : Monday 31st May – Saturday 5th June

SATURDAY 1st MAY		
CODE	WORKSHOP	PAGE
S1	Felt Making	7
S2	Short Film Scriptwriting For Beginners	13
S3	Indian Head Massage	22
S71	Bike Maintenance Workshop	22
S70	Learn to be Assertive	20

SATURDAY 8th MAY		
CODE	WORKSHOP	PAGE
S4	Landscapes In Watercolour	4
S5	Textile Design Workshop	9
S6	Introduction To Cartooning	5
S7	Get Started In Writing	12
S8	Pottery Taster - Hand Building / 1.00 – 1.00pm	11
S9	Pottery Taster - Potter's Wheel 2.00 – 4.00pm	11
S10	The Art of Happiness with NLP	20
S11	How To Clear Your Clutter	21

SATURDAY 15th MAY		
CODE	WORKSHOP	PAGE
S12	Experimental Art: A Taster	5
S13	Paper Making Workshop / 0.00 – 1.00pm	7
S14	Simple Photographic Portraits	9
S15	Life Writing	12
S16	Circle Dance Workshop / 0.00 – 1.00pm	14
S17	Samba Dance Workshop 2.00 – 4.00pm	15

S18	Be Your Own Life Coach	21
S68	Knitting & Crochet Workshop	6

SATURDAY 22nd MAY		
CODE	WORKSHOP	PAGE
S19	Painting Flowers in Watercolour	4
S20	Quilt In A Day	9
S21	Ring In A Day	9
S22	Flash Fiction	11
S23	Hula Hooping Workshop	15
S24	Tarot For Beginners	21
S25	Hopi Ear Candles	22

SATURDAY 29th MAY		
CODE	WORKSHOP	PAGE
S26	Charcoal and Pastels Workshop	5
S27	Lino Printing	7
S28	Writing for the Web	12
S29	Short Film Scriptwriting For Improvers	13
S30	NLP – A Day Of Discovery	19
S31	Jin Shin Jyutsu Self Help Workshop	21
S76	Alexander Technique Workshop	20

SATURDAY 12th JUNE		
CODE	WORKSHOP	PAGE
S32	I Wish I Could Draw	3
S33	Stained Glass Taster-Workshop	6
S34	Quilt in a Day	9
S35	The Writing Gym	12
S36	Your Mind: A User's Guide	20
S37	Stress Counselling	21

SATURDAY 19th JUNE		
CODE	WORKSHOP	PAGE
S38	Experimental Art: Black and White Workshop	5
S39	Mosaic Workshop	6
S40	Skirt in a Day	7
S41	More Life Writing	12
S42	Hula Hooping Improvers Workshop / 0.00 – 3.00pm	15
S43	The 8 Steps To High Self Esteem	21
S44	Barefoot Doctor	20

SATURDAY 26th JUNE		
CODE	WORKSHOP	PAGE
S45	Portraiture	3
S46	Basic Picture Framing – Techniques and Advice	6
S47	Writing Ourselves	12
S48	Salsa Music and Dance	16
S49	Relaxation Training Taster Sessions / 0.00 – 1.2.00pm	19
S50	Relaxation Training Taster Sessions / 2.30 – 2.30pm	19
S51	The Inner Goddess Workshop	22
S52	Introduction to Starting your own Business	22

SATURDAY 3rd JULY		
CODE	WORKSHOP	PAGE
S53	Botanical Painting	4
S54	Print Making	7
S55	Digital Illustration Workshop	8
S56	Writer's Studio	11

S57	Holiday Spanish	18
S58	How Tibetan Buddhist Thought can Change your Life	21
S69	Bike Maintenance Workshop	22

SATURDAY 10th JULY		
CODE	WORKSHOP	PAGE
S59	Learn To Draw	4
S60	Stained Glass Taster Workshop	6
S61	'The Artist's Way' Taster Day	7
S62	Recycling Fabrics	8
S63	Reportage Photography	9
S64	Pottery Taster - Hand Building / 1.00 – 1.00pm	11
S65	Pottery Taster - Potter's Wheel 2.00 – 4.00pm	11
S66	End of year Line Dance: / 0.00 – 1.00pm	14
S67	Eastern Aromatherapy	20



**DON'T FORGET TO
ENROL EARLY TO ENSURE
A PLACE ON YOUR
CHOSEN COURSE**



ENROLMENT INFORMATION



It is important to enrol early to ensure a place on your chosen course.

- You can enrol in person, by post or over the phone
- We accept cash, cheque and card payments (please do not send cash or credit card details in the post)
- Please send completed enrolment form and payment to:
The Bristol Folk House Co-op Ltd., 40A Park Street, Bristol, BSI 5JG.
- Please enclose a S.A.E. if you require a materials list or a receipt.
- The concessionary rate is for those whose sole source of income is from a state benefit – 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 3 working days before the start date, or at least 24 hours before a day workshop.

REFUNDS

Refunds will only be given if:

- You cancel at least 48 hours before your course or workshop has started. An admin charge will apply.
- If the course has already started, you will need to provide a doctor’s note stating that you are unable to attend in order to get a refund. **NB** If your course has started, we will not give any refunds without a doctor’s note.
- We have cancelled a course or workshop
- If a course is cancelled prematurely, a partial refund will be given.
- Please note that we may be able to transfer to another course if you no longer wish to attend the one you are enrolled on but you will incur the additional admin charge.
Admin charge: Weekly courses – 10% of course fee. One day workshops – £5.

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 wheelchair access.

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ENROLMENT FORM SUMMER TERM 2010

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

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..... 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
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DATE PAID	TOTAL			

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