

BRISTOL

FOLK HOUSE

— COURSES & WORKSHOPS —



Make the most of every minute

Autumn Term 2011

10th September –
10th December

Half Term

24th – 29th October

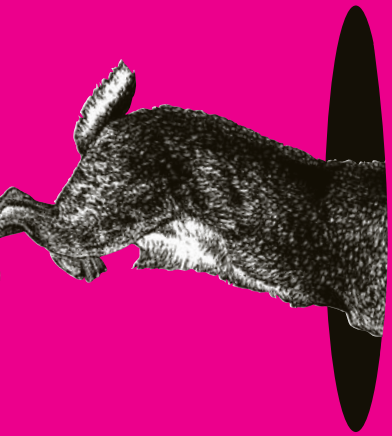
BRISTOL FOLK HOUSE
CO-OPERATIVE LTD.
40A Park Street | Bristol | BS1 5JG

0117 926 2987

admin@bristolfolkhouse.co.uk
www.bristolfolkhouse.co.uk



*Escape from the
hustle and bustle
and let the
Folk House
bring some colour
to your Autumn!*



We have over 200 courses and workshops, including 15 new ones, waiting to be indulged in!

Dip into photographic processes from the past in our Cyanotypes and Salt Prints workshops or do a spot of time travelling with History of Art. Make time for yourself with Relaxation Training and Shiatsu or, perhaps, look to the future by Starting your own Business.

Our courses fill up fast so please remember to enrol well in advance as we would hate for them to pass you by! Further information on courses, live music, exhibitions and other 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!

Arts & Crafts	3 – 13
Pottery	13 – 14
Writing	14 – 16
Music, Dance & Drama . . .	16 – 19
Fitness & Exercise	19 – 20
Languages	20 – 22
Personal Development . . .	22 – 24
Miscellaneous	25
Events	26 – 27
Co-op Membership	28
Weekday Timetable	29 – 31
Saturday Timetable	32 – 33
Enrolment Info & form . . .	34 – 35
How to find us	36

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 **I Wish I Could Draw**

A1 | | £64.50 / £58.50 / £43.50 | Monday 5.30 – 7.30pm | starts 12 September

This six week course will teach you the skill of drawing from observation. In a relaxed and supportive atmosphere, you'll learn how to draw natural and man-made objects and people (clothed). You'll have opportunities to use a variety of drawing-media including pencil, charcoal, graphite-stick, ink crayon and pastel.

Life Drawing – Basic Skills

A2 | | £73.00 / £67.00 / £52.00 | Monday 5.30 – 7.30pm | starts 31 October

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

Life Drawing – Mixed Ability

A3 | | £141.50 / £129.50 / £99.50 | Monday 7.45 – 9.45pm | starts 12 September

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

A4 | | £114.00 / £102.00 / £72.00 | Tuesday 4.30 – 6.30pm | starts 13 September

A5 | | £114.00 / £102.00 / £72.00 | Wednesday 5.30 – 7.30pm | starts 14 September

A6 | | £114.00 / £102.00 / £72.00 | Wednesday 7.45 – 9.45pm | starts 14 September

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

A7 | | £90.15 / £82.35 / £63.75 | Wednesday 1.30 – 4.00pm | starts 14 September

A8 | | £90.15 / £82.35 / £63.75 | Wednesday 1.30 – 4.00pm | starts 2 November

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

Two six week courses.

Saturday – I Wish I Could Draw

S55 | | £26.15 / £23.90 / £17.65 | 19 November 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

S68 | | £29.35 / £27.10 / £20.85 | 3 December 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


A9 | | £70.50 / £63.30 / £46.50 | Monday 10.30 – 12.45pm | starts 12 September

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 six week course suitable for all.


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

continued **A10** |  | £70.50 / £63.30 / £46.50 | Monday 1.45 – 4.00pm | starts 12 September
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 six week course.


Landscapes in Watercolour

A11 |  | £70.50 / £63.30 / £46.50 | Wednesday 10.30 – 12.45pm | starts 2 Nov
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 six week course.


Painting Flowers in Watercolour

A12 |  | £71.00 / £63.80 / £47.00 | Wednesday 1.45 – 4.00 pm | starts 2 Nov
An inspiring course that will show you step by step the techniques necessary to paint gorgeous flowers. All levels welcome, guided by an experienced tutor in a friendly atmosphere. A six week course.


Saturday – Painting Flowers in Watercolour

S31 |  | £27.50 / £25.25 / £19.00 | 22 October 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.

Saturday – Landscapes In Watercolour

S40 |  | £27.50 / £25.25 / £19.00 | 5 November 10.00 – 4.00pm
Enjoy a 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



S54 |  | £27.50 / £25.25 / £19.00 | 19 November 10.00 – 4.00pm
Enjoy a 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.

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


ANGIE KENBER **Creative Life Drawing**

A13 |  | £73.00 / £67.00 / £52.00 | Monday 10.30 – 12.30pm | starts 12 September
A14 |  | £73.00 / £67.00 / £52.00 | Monday 10.30 – 12.30pm | starts 31 October
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 six week courses.

NEW Creative Art Day Studio

A15 |  | £130.25 / £116.75 / £83.00 | Tuesday 10.15 – 3.30pm | starts 13 September
A16 |  | £130.25 / £116.75 / £83.00 | Tuesday 10.15 – 3.30pm | starts 1 October
Students on these six week courses 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 ongoing course. Designed for beginners and those with experience alike. Includes a 45 minute lunch break.



ARTS & CRAFTS *continued*ANGIE KENBER **Painting Projects: Multi-level**

continued **A17** |  | £129.00 / £114.60 / £81.00 | Thursday 2.00 – 4.15pm | starts 15 September
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**

A18 |  | £57.00 / £51.00 / £36.00 | Monday 1.30 – 3.30pm | starts 12 September
A19 |  | £57.00 / £51.00 / £36.00 | Monday 1.30 – 3.30pm | starts 31 October
An opportunity to discover the joys of painting using acrylics and other materials as a way in. Explore the exciting properties of colour, texture, tone and more. All are welcome - absolute beginners included - to this friendly, pressure free course. Two six week courses.


Exploring Drawing

A20 |  | £57.00 / £51.00 / £36.00 | Tuesday 1.30 – 3.30pm | starts 13 September
A21 |  | £57.00 / £51.00 / £36.00 | Tuesday 1.30 – 3.30pm | starts 1 November
An enjoyable course to find exciting ways of drawing through different methods of looking and using a variety of materials including charcoal and inks. Suitable for all including absolute beginners. Two six week courses.

Experimental Art

A22 |  | £114.00 / £102.00 / £72.00 | Wednesday 10.30 – 12.30pm | starts 14 Sept
A friendly, informal course that is ideal for beginners. Try your hand at painting and other exciting techniques such as collage, pastels and charcoal. Find creativity through fun and variety. All abilities welcome.

Experimental Art – A Chance to Explore

A23 |  | £114.00 / £102.00 / £72.00 | Thursday 5.30 - 7.30pm | starts 15 September
Explore the uses of acrylic paint, charcoal, collage, simple print-making and ink experimenting with colour and textures. An enjoyable course, ideal for beginners and experienced alike.

Saturday – Experimental Painting

S6 | £28.00 / £25.75 / £19.50 | 24 September 10.00 – 4.00pm
Enjoy a day of painting with acrylics and other materials. We will explore colour, textures, tones and more. Everyone welcome including absolute beginners, led by an experienced and friendly tutor. Materials provided.


Saturday – Charcoal & Pastels Workshop

S18 | £28.00 / £25.75 / £19.50 | 8 October 10.00 – 4.00pm
Explore charcoal & pastels. Create vibrant colour, tone & texture. All abilities welcome. Ideal for beginners. Materials provided.


Saturday – Experimental Art: A Taster

S61 | £28.00 / £25.75 / £19.50 | 26 November 10.00 – 4.00pm
An opportunity for 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. Good for all - including absolute beginners. No pressure, just enjoyment and creativity. Materials provided.


ARTS & CRAFTS *continued*LESLEY ROPER **Beadwork**

A24 |  | £114.00 / £102.00 / £72.00 | Tuesday 10.00 – 12.00pm | starts 13 Sep
Follow a programme covering the basic stitches and techniques to produce a variety of decorative objects (mostly jewellery), eventually enabling you to complete your own projects.

JOHN REA **Cartoons and Comics**

A25 |  | £57.00 / £51.00 / £36.00 | Wednesday 7.30 – 9.30pm | starts 14 Sep
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 six week course.


Saturday – Introduction to Cartooning

S19 |  | £24.00 / £21.75 / £15.50 | 8 October 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**

A26 | £172.80 / £157.20 / £120.00 | Friday 10.00 – 12.30pm | starts 16 September
Learn the basic techniques involved assembling a leaded panel. This course includes glass cutting, leading and soldering as well as design ideas and advice.


Saturday – Mosaic Workshop

S13 |  | £39.00 / £36.75 / £30.50 | 1 October 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

S1 | £39.00 / £36.75 / £30.50 | 17 September 10.00 – 4.00pm
S62 | £39.00 / £36.75 / £30.50 | 26 November 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.

DANIEL BENDEL **Saturday – Wood Carving Workshop**


S82 |  | £29.00 / £26.75 / £20.50 | 10 September 10.00 – 4.00pm
Explore the basic techniques of wood carving and make a simple shaped carving. We will use drawings and small models to help you to visualize carving the main piece. Suitable for beginners.

SHIRLEY DOWNEY **Knitting and Crochet**

A27 |  | £42.90 / £38.10 / £27.00 | Monday 7.30 – 9.00pm | starts 12 September
A28 |  | £42.90 / £38.10 / £27.00 | Monday 7.30 – 9.00pm | starts 31 October
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 six week courses. Men welcome!



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

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


continued **S69** |  | £24.00 / £21.75 / £15.50 | 3 December 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**

A29 |  | £57.00 / £51.00 / £36.00 | Thursday 5.30 – 7.30pm | starts 15 September
A30 |  | £57.00 / £51.00 / £36.00 | Thursday 5.30 – 7.30pm | starts 3 November
Get inspired on these stimulating 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. Two six week courses.

ROMA WIDGER **Etching**

A31 |  | £119.00 / £107.00 / £77.00 | Tuesday 6.30 – 8.30pm | starts 13 September
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 **Retro Sewing**

A32 |  | £62.00 / £56.00 / £41.00 | Wednesday 5.30 – 7.30pm | starts 14 September
A35 |  | £62.00 / £56.00 / £41.00 | Wednesday 7.45 – 9.45pm | starts 2 November
Use retro sewing patterns, alter an old piece of clothing to give it new life or use old fabrics to create unique new items. Suitable for all abilities, these fun six week courses will get students following sewing patterns then adding their own personal flourishes to whatever they make! Two six week courses.

Fabric Manipulation

A33 |  | £64.00 / £58.00 / £43.00 | Wednesday 5.30 – 7.30pm | starts 2 November
Learn fabric manipulation techniques such as pleats, ruffles, ruching, loops, tags and Suffolk puffs in order to create 3D fabric creations using hand and machine sewing methods. You will have time to experiment, create some smaller pieces and then work on a larger projects such as cushions, draught excluders or decorative pieces. A six week course suitable for all abilities.

Free Machine Embroidery and Applique


A34 |  | £70.25 / £64.25 / £49.25 | Wednesday 7.45 – 9.45pm | starts 14 September
A36 |  | £70.25 / £64.25 / £49.25 | Monday 5.30 – 7.30pm | starts 31 October
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 six week courses.

ARTS & CRAFTS *continued*JULIE ROBERTS **Sew Your Own Gifts**

continued **A37** |  | £63.00 / £57.00 / £42.00 | Monday 7.45 – 9.45pm | starts 31 October


NEW Use hand and machine sewing to create small gifts and decorations - although they may be too good to give away! Learn and combine techniques suitable for textile jewellery, tree decorations, cards, garlands and more. We'll be stitching fabrics and paper to create these wonderful items. A six week course.

Saturday – Clutch Bag in a Day

S11 |  | £29.00 / £26.75 / £20.50 | 1 October 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.

Saturday – Lino Printing

S20 |  | £34.00 / £31.75 / £25.50 | 8 October 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 and you will design and print your own blocks.

Saturday – Skirt in a Day

S32 |  | £28.00 / £25.75 / £19.50 | 22nd October 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 – Get to Grips with your Sewing Machine!

S41 |  | £16.75 / £15.25 / £11.50 | 5 November 10.00 – 1.00pm


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

S42 |  | £17.75 / £16.25 / £12.50 | 5 November 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 – Print Making Workshop

S46 |  | £30.00 / £27.75 / £21.50 | 12 November 10.00 – 4.00pm


Try a variety of experimental and simple print techniques in this creative workshop. By the end of the day you will have a wealth of ideas. No experience necessary.


Saturday – Recycling Fabrics: Accessories

S63 |  | £29.00 / £26.75 / £20.50 | 26 November 10.00 – 4.00pm

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.

Free Machine Embroidery and Applique Workshop

S76 |  | £26.50 / £24.25 / £18.00 | 10 December 10.00 – 4.00pm

S81 |  | £26.50 / £24.25 / £18.00 | 10 September 10.00 – 4.00pm

Learn to use a sewing machine to draw and embellish in this taster workshop, combining stitch with applique. Basic experience of using a machine needed.

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

ARTS & CRAFTS *continued*MARTIN LOVELL **The Versatility of Watercolour**

A38 |  | £129.00 / £114.60 / £81.00 | Thursday 10.30 – 12.45pm | starts 15 Sep

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**

A39 |  | £57.00 / £51.00 / £36.00 | Thursday 7.45 – 9.45pm | starts 15 September

A40 |  | £57.00 / £51.00 / £36.00 | Thursday 7.45 – 9.45pm | starts 3 November

Explore the world of digital illustration using Photoshop in these exciting six week courses. 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


S56 |  | £24.00 / £21.75 / £15.50 | 19 November 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 Photoshop installed.

KAREN REILLY **Dressmaking**

A41 |  | £124.00 / £112.00 / £82.00 | Tuesday 2.00 – 4.00pm | starts 13 September


A42 |  | £124.00 / £112.00 / £82.00 | Tuesday 5.30 – 7.30pm | starts 13 September

A43 |  | £124.00 / £112.00 / £82.00 | Tuesday 7.45 – 9.45pm | starts 13 September

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

A44 |  | £124.00 / £112.00 / £82.00 | Thursday 5.30 – 7.30pm | starts 15 September

A45 |  | £124.00 / £112.00 / £82.00 | Thursday 7.45 – 9.45pm | starts 15 September

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!

Saturday – Sewing Surgery

S57 |  | £24.00 / £21.75 / £15.50 | 19 November 10.00 – 4.00pm

Have you come unstuck with your latest sewing project? Need to put the finishing touches on your textile masterpiece? Spend a day working on your own projects under the expert guidance of Karen Reilly. Just bring along your projects and let Karen ease your sewing blues!

SARAH GRICE **Exploring Illustration**


A46 |  | £121.00 / £109.00 / £79.00 | Tuesday 7.00 – 9.00pm | starts 13 September

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!

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

A47 |  | £114.00 / £102.00 / £72.00 | Thursday 2.00 – 4.00pm | starts 15 September
Georges de la Tour's elegant cardsharps; Poussin's Seven Sacraments; Degas' laundresses; Gauguin's Tahitian beauties : come and explore the rich diversity of three centuries of French art. The sessions are friendly and informal and no prior knowledge is required.

GRAHAM PARISH **Using your Digital SLR Camera**

NEW **A48** |  | £85.50 / £76.50 / £54.00 | Thursday 10.00 – 1.00pm | starts 15 September
A49 |  | £85.50 / £76.50 / £54.00 | Thursday 10.00 – 1.00pm | starts 3 November


Look at all aspects of digital photography using step-by-step methods and weekly projects. Learn how to use camera control effectively and progress to 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.

Friday – Photography Walkshop

S80 |  | £27.60 / £25.60 / £20.60 | Friday 16 September 10.00 – 3.00pm


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

S12 |  | £24.00 / £21.75 / £15.50 | 1 October 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

S75 |  | £24.00 / £21.75 / £15.50 | 10 December 10.00 – 4.00pm


Learn all about apertures, shutter speeds, depth of field, ISO ratings, white balance, shooting modes, fill-in flash, megapixels, CCD's & much more. If you are completely baffled by your SLR come along to this informative workshop. Totally practical with mini projects throughout the day.

DARN THORN **Saturday – Digital SLR Video Workshop**


NEW **S27** |  | £24.00 / £21.75 / £15.50 | 10 September 10.00 – 4.00pm


Shoot video on your digital SLR using the same creativity and focus as Photography. Concentrate on in-camera techniques rather than video editing and familiarise yourself with the video mode before putting it to creative use! We will then review the video clips in a supportive environment. Great for aspiring film makers and camera enthusiasts alike

KIM THOMSON **Jewellery: Silversmithing Techniques**


A50 |  | £144.00 / £132.00 / £102.00 | Monday 5.30 – 7.30pm | starts 12 September
In this exciting course students will learn all about filing, drilling, forming, annealing, pattenating, 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.

ARTS & CRAFTS *continued*KIM THOMSON **Jewellery: Mixed Media Techniques**

continued **A51** |  | £92.00 / £86.00 / £71.00 | Monday 7.45 – 9.45pm | starts 12 September


A52 |  | £92.00 / £86.00 / £71.00 | Monday 7.45 – 9.45pm | starts 31 October
These fun six week courses will introduce you to a number of jewellery making techniques and materials including wire work, basic metal work, plastics, resin, and beading. You will make at least 3 pieces of your own and there will be plenty of guidance from the tutor.

Saturday – Ring in a Day

S33 |  | £47.35 / £45.10 / £38.85 | 22 October 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

S77 |  | £54.00 / £51.75 / £45.50 | 10 December 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**

A53 |  | £142.80 / £127.20 / £90.00 | Thursday 1.30 – 4.00pm | starts 15 September

This course will 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.

Saturday – Interior Design Workshop

S2 |  | £24.00 / £21.75 / £15.50 | 17 September 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**

A54 |  | £57.00 / £51.00 / £36.00 | Thursday 10.30 – 12.30pm | starts 3 November

Everyone loves the italic hand! The most instantly recognisable of lettering styles, it can be the basis for truly creative and individual work. This six 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 **Saturday – Cyanotypes Workshop**

S74 |  | £29.50 / £27.25 / £21.00 | 10 December 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.

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




ARTS & CRAFTS *continued*RACHEL SOKAL **Saturday – Salt Prints Workshop***continued* **S26** |  | £26.50 / £24.50 / £19.50 | 10 September 10.00 – 3.00pm**NEW** 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 **Enamelling Workshop****S43** |  | £34.00 / £31.75 / £25.50 | Saturday 5 November 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.

SARAH EDWARDS **Saturday – Willow Workshop****S14** |  | £32.00 / £29.75 / £23.50 | 1 October 10.00 – 4.00pm

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

NEW Saturday – Eco Christmas Decoration Workshop**S70** |  | £31.00 / £28.75 / £22.50 | 3 December 10.00 – 4.00pm

Create beautiful environmentally friendly decorations to adorn your home this Christmas. We will be making a beautiful willow wreath for your door and decorations you can feed to the birds in the new year. Celebrate this Christmas by bringing the beauty of nature into your home!

DELIA ADEY & ERIKA PETO **Fancy Pants!****A55** |  | £82.00 / £76.00 / £61.00 | Thursday 5.30 – 7.30pm | starts 15 September**NEW** **A56** |  | £82.00 / £76.00 / £61.00 | Wednesday 7.30 – 9.30pm | starts 2 November
These exciting six 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****S7** |  | £17.75 / £16.25 / £12.50 | 24 September 10.00 – 1.00pm**S47** |  | £17.75 / £16.25 / £12.50 | 12 November 10.00 – 1.00pm
Open to those with basic sewing skills, this 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 Silk Scarf Knicker Making Workshop****S8** |  | £18.25 / £16.75 / £13.00 | 24 September 1.30 – 4.30pm**S48** |  | £18.25 / £16.75 / £13.00 | 12 November 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!**GIFT VOUCHERS**
available
for all
courses and
workshopsARTS & CRAFTS *continued*MOLLY LEWIS-SMITH **Corsetry****A57** |  | £97.00 / £91.00 / £76.00 | Thursday 5.30 – 7.30pm | starts 3 November

Learn how to make your own bespoke corset. In this six 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.

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** | £162.25 / £148.90 / £115.00 | Monday 10.15 – 3.30pm | starts 12 September**P2** | £162.25 / £148.90 / £115.00 | Monday 10.15 – 3.30pm | starts 31 October

This course is for all levels and will cover different techniques in both handbuilding and throwing on the wheel. You will work on mainly self-directed projects and Bill will also give monthly tutorials and discussions on pottery that will help to extend your skills! Includes a 45 minute lunch break. Two six week courses.

Pottery – Beginners**P3** | £150.00 / £138.00 / £108.00 | Monday 5.30 – 7.30pm | starts 12 September

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** | £150.00 / £138.00 / £108.00 | Monday 7.45 – 9.45pm | starts 12 September

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** | £89.40 / £81.60 / £63.00 | Tuesday 7.00 – 9.30pm | starts 13 September**P6** | £89.40 / £81.60 / £63.00 | Tuesday 7.00 – 9.30pm | starts 1 November

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. Two six week courses.


MARGARET CRUMP **Pottery – Improvers****P7** | £150.00 / £138.00 / £108.00 | Wednesday 5.30 – 7.30pm | starts 14 September

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** | £150.00 / £138.00 / £108.00 | Wednesday 7.45 – 9.45pm | starts 14 September

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 - Potter's Wheel**S34** |  | £34.00 / £31.75 / £25.50 | 22 October 10.00 – 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**S49** |  | £34.00 / £31.75 / £25.50 | 12 November 10.00 – 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 and we will glaze and fire your pots ready for Christmas!

JO YOUNG Pottery – Beginners**P9** | £75.00 / £69.00 / £54.00 | Thursday 5.30 – 7.30pm | starts 15 September

This six 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.

NEW Pottery – Introduction to the Potter's Wheel**P10** | £75.00 / £69.00 / £54.00 | Thursday 5.30 – 7.30pm | starts 3 November

A six 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** | £150.00 / £138.00 / £108.00 | Thursday 7.45 – 9.45pm | starts 15 September

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.

WRITING**BILLY MUIR Short Fiction****W1** | £132.35 / £120.35 / £90.35 | Thursday 5.30 – 7.30pm | starts 15 September

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.

Saturday – Flash Fiction**S28** | £25.80 / £23.55 / £17.30 | 3 December 10.00 – 4.00pm

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.

**WRITING** *continued***BILLY MUIR Saturday – Writer's Studio***continued* **S78** | £25.80 / £23.55 / £17.30 | 10 December 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!

ROSEMARY DUN Write Your Novel**(MA) W2** | £114.00 / £102.00 / £72.00 | Wednesday 6.00 – 8.00pm | starts 14 September

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 – Poetry Workshop**S21** | £24.00 / £21.75 / £15.50 | 8 October 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.

Saturday – The Writing Gym**S58** | £24.00 / £21.75 / £15.50 | 19 November 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.

MARK BRECKON Scriptwriting**W3** | £114.00 / £102.00 / £72.00 | Tuesday 7.30 – 9.30pm | starts 13 September

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.

JANE REECE Saturday – Get Started in Creative Writing**S3** | £24.00 / £21.75 / £15.50 | 17 September 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**S35** | £24.00 / £21.75 / £15.50 | 22 October 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 Landscapes**S50** | £24.00 / £21.75 / £15.50 | 12 November 10.00 – 4.00pm

A day where we look at the different interpretations of landscape around us, looking at others' writing and writing into and out of our own spaces. Please bring pen and paper.

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



WRITING *continued***JANE REECE Saturday – Writing for Health and Well-being***continued* **S64** | £24.00 / £21.75 / £15.50 | 26 November 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.

MUSIC, DANCE & DRAMA**CHRIS BECKETT Guitar Beginners****D1** | £57.00 / £51.00 / £36.00 | Wednesday 1.00 – 2.00pm | starts 14 September**D2** | £57.00 / £51.00 / £36.00 | Monday 6.30 – 7.30pm | starts 12 September

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** | £57.00 / £51.00 / £36.00 | Thursday 6.45 – 7.45pm | starts 15 September

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** | £57.00 / £51.00 / £36.00 | Wednesday 2.30 – 3.30pm | starts 14 September

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** | £71.40 / £63.60 / £45.00 | Monday 7.45 – 9.00pm | starts 12 September

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!

Finding Your Voice**D6** | £57.00 / £51.00 / £36.00 | Thursday 5.30 – 6.30 pm | starts 15 September

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!

CHRISTINE POWER Circle Dancing**D7** | £42.90 / £38.10 / £27.00 | Monday 1.30 – 3.00pm | starts 12 September**D8** | £42.90 / £38.10 / £27.00 | Monday 1.30 – 3.00pm | starts 31 October

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 six week courses.

Line Dancing Beginners**D9** | £28.50 / £25.50 / £18.00 | Thursday 2.30 – 3.30pm | starts 15 September**D10** | £28.50 / £25.50 / £18.00 | Thursday 2.30 – 3.30pm | starts 3 November

A new 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 six week courses.

MUSIC, DANCE & DRAMA *continued***CHRISTINE POWER Line Dancing Level 1***continued* **D11** | £28.50 / £25.50 / £18.00 | Wednesday 2.30 – 3.30pm | starts 14 September**D12** | £28.50 / £25.50 / £18.00 | Wednesday 2.30 – 3.30pm | starts 2 November

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

Line Dancing Level 2**D13** | £42.90 / £38.10 / £27.00 | Thursday 11.00 – 12.30pm | starts 15 September**D14** | £42.90 / £38.10 / £27.00 | Thursday 11.00 – 12.30pm | starts 3 November

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 six week courses.

Line Dancing Level 3**D15** | £42.90 / £38.10 / £27.00 | Wednesday 10.30 – 12.00pm | starts 14 September**D16** | £42.90 / £38.10 / £27.00 | Wednesday 10.30 – 12.00pm | starts 2 November

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 six week courses.

Saturday – Christmas Party Line Dance!**S71** | £14.25 / £12.75 / £9.00 | 3 December 10.00 – 1.00pm

Have fun enjoying the line dances you have learned and some new ones to a variety of rhythm and music! All line dancers and experienced dancers welcome. With a break for a drink and a chat.

MARK BRECKON Drama and Improvisation**D17** | £114.00 / £102.00 / £72.00 | Wednesday 7.45 – 9.45pm | starts 14 September

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** | £57.00 / £51.00 / £36.00 | Monday 5.30 – 6.30pm | 12 September

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** | £57.00 / £51.00 / £36.00 | Thursday 6.00 – 7.00pm | starts 15 September

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.

Saturday – Hula Hooping Workshop**S22** | £35.00 / £32.75 / £26.50 | 8 October 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!

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



MUSIC, DANCE & DRAMA *continued***EMMA KERR Saturday – Hula Hooping Workshop****S65** | £24.00 / £21.75 / £15.50 | 26 November 10.00 – 4.00pm

This fun day is for those who have hooped before and is a great opportunity to spend the day learning new tricks and styles with Emma, who is fast making a name for herself on the international hooping scene!

ELINA KIKILI Gypsy Dancing**D20** | £57.00 / £51.00 / £36.00 | Wednesday 7.15 – 8.15pm | starts 14 September

From the Indian desert region of Rajasthan comes the snake charming dance of the Khabelia Gypsies. The classes will include Ghoomar Dance steps, an elegant circle dance with beautiful hand gestures and small hip movements. Everyone welcome, just bring a sense of adventure!

Arabic Dancing**D21** | £57.00 / £51.00 / £36.00 | Wednesday 8.30 – 9.30pm | starts 14 September

In this course we will look at both Egyptian and Turkish belly dancing, an ancient form of dance that was traditionally believed to be a celebration of Mother Earth and fertility. Improve your muscle tone and coordination, move with grace and harmony, banish melancholy and build your confidence. Everyone welcome!

Saturday – Gypsy Dancing Workshop**S36** | £14.25 / £12.75 / £9.00 | 22 October 10.00 – 1.00pm

Come and discover Gypsy dancing! A wild and sensuous dance with snake-like movements and rapid spins, enchanting for everyone! Beginners welcome.

HOLLY STOPPIT Clowning!**D22** | £117.00 / £105.00 / £75.00 | Tuesday 7.30 – 9.30pm | starts 13 September

Release your inner Clown. Rediscover your desire to play, learn to laugh at whatever the world throws at you and celebrate your stupidity with others. With lessons in laughter, slapstick and how to take things too far, it's time to take lightness seriously!

CLAUDIA AURORA Saturday – Samba Dance Workshop**S37** | £9.50 / £8.50 / £6.00 | 22 October 2.00 – 4.00pm**S72** | £9.50 / £8.50 / £6.00 | 3 December 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!

RUTH ROYALL Saturday – Acapella Choir Workshop**NEW S44** | £14.25 / £12.75 / £9.00 | 5 November 1.00 – 4.00pm

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.

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

**MUSIC, DANCE & DRAMA** *continued***DELILAH DI SGRACE Saturday – Burlesque Workshop****S29** | £19.25 / £17.75 / £14.00 | 24 September 1.00 – 4.00pm

Let Bristol burlesque dancer Delilah Di Sgrace take you on a whirlwind adventure! Learn some of the history behind burlesque, make your own tassels and then learn how to twirl them in a short routine – all full clothed!

**FITNESS & EXERCISE****JADE MELLISH Yoga****F1** | £57.00 / £51.00 / £36.00 | Tuesday 1.00 – 2.00pm | starts 13 September

This beginners class is in 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.

Yoga**F2** | £85.80 / £76.20 / £54.00 | Tuesday 5.30 – 7.00pm | starts 13 September

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.

MORVEN HAMILTON Yoga for Beginners**F3** | £85.80 / £76.20 / £54.00 | Wednesday 5.30 – 7.00pm | starts 14 September

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.

NEW Saturday – Yoga for Stress Management**S15** | £11.90 / £10.65 / £7.50 | 1 October 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.

NEW Saturday – Yoga For Healthy Sleep**S59** | £11.90 / £10.65 / £7.50 | 19 November 1.30 – 4.00pm

This empowering workshop will focus on establishing a better sleep pattern. Whether you suffer from insomnia or restlessness, or if you are simply in an unhealthy pattern, you will benefit from this simple, effective practice. Explore yogic techniques for relaxation and mindfulness which can be practiced at home.

JEANIE BRICE Keep Fit in Retirement**F4** | £28.50 / £25.50 / £18.00 | Friday 11.00 – 12.00pm | starts 16 September**F5** | £28.50 / £25.50 / £18.00 | Friday 11.00 – 12.00pm | starts 4 November

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 six week courses.

FITNESS & EXERCISE *continued*ANN SHELDON **Qi Gong****F6** | £57.00 / £51.00 / £36.00 | Wednesday 1.00 – 2.00pm | starts 14 September**F7** | £57.00 / £51.00 / £36.00 | Thursday 1.00 – 2.00pm | starts 15 September**F8** | £85.80 / £76.20 / £54.00 | Wednesday 7.15 – 8.45pm | starts 14 September

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.

JAIME RANGELEY **Pilates****F9** | £57.00 / £51.00 / £36.00 | Monday 6.45 – 7.45pm | starts 12 September**F10** | £57.00 / £51.00 / £36.00 | Friday 1.00 – 2.00pm | starts 16 September

Pilates exercises, stretch and strengthen the entire body in every exercise. The system is based around six fundamental principles: centering, concentration, control, precision, flow, and breath. Pilates mat classes are also particularly useful for people with minor 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.

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

**FRENCH**ARLETTE HODGKIN **French Beginners Plus****L1** | £85.80 / £76.20 / £54.00 | Thursday 5.30 – 7.00pm | starts 15 September**French Level 2****L2** | £114.00 / £102.00 / £72.00 | Tuesday 10.30 – 12.30pm | starts 13 September**French Level 3****L3** | £114.00 / £102.00 / £72.00 | Wednesday 10.30 – 12.30pm | starts 14 September**French Level 4****L4** | £114.00 / £102.00 / £72.00 | Thursday 10.30 – 12.30pm | starts 15 September**French Conversation****L5** | £57.00 / £51.00 / £36.00 | Wednesday 1.15 – 2.15pm | starts 13 September**L6** | £57.00 / £51.00 / £36.00 | Thursday 1.15 – 2.15pm | starts 15 September**SPANISH**TERESA ASIAIN **Spanish Beginners Entry Level****L7** | £85.80 / £76.20 / £54.00 | Tuesday 5.45 – 7.15pm | starts 13 September**Spanish Beginners Plus****L8** | £85.80 / £76.20 / £54.00 | Monday 10.30 – 12.00pm | starts 12 September**L9** | £85.80 / £76.20 / £54.00 | Monday 5.30 – 7.00pm | starts 12 September**Spanish Conversation****L10** | £57.00 / £51.00 / £36.00 | Monday 12.15 – 1.15pm | starts 12 SeptemberGORKA DIAZ **Spanish Beginners Entry Level****L11** | £85.80 / £76.20 / £54.00 | Wednesday 7.45 – 9.15pm | starts 14 September**Spanish Beginners Plus****L12** | £85.80 / £76.20 / £54.00 | Tuesday 7.45 – 9.15pm | starts 13 September**Spanish Level 1****L13** | £85.80 / £76.20 / £54.00 | Tuesday 5.45 – 7.15pm | starts 13 September**Spanish Level 2****L14** | £85.80 / £76.20 / £54.00 | Wednesday 6.00 – 7.30pm | starts 14 September**Spanish Level 4****L15** | £85.80 / £76.20 / £54.00 | Thursday 7.45 – 9.15pm | starts 15 SeptemberLUZ ZULUAGA **Spanish Level 3****L16** | £114.00 / £102.00 / £72.00 | Monday 7.15 – 9.15pm | starts 12 September**ITALIAN**ALESSIO NOFERI **Italian Beginners Entry Level****L17** | £57.00 / £51.00 / £36.00 | Wednesday 5.00 – 6.00pm | starts 14 September**L18** | £71.40 / £63.60 / £45.00 | Wednesday 7.45 – 9.00pm | starts 14 September**Italian Beginners Plus****L19** | £71.40 / £63.60 / £45.00 | Wednesday 6.15 – 7.30pm | starts 14 September

ITALIAN *continued*

- DAVIDE ARIASSO **Italian Beginners Plus**
L20 | £85.80 / £76.20 / £54.00 | Monday 7.00 – 8.30pm | starts 12 September
- Italian Level 1**
L21 | £71.40 / £63.60 / £45.00 | Monday 5.30 – 6.45pm | starts 12 September
- Italian Level 3**
L22 | £71.40 / £63.60 / £45.00 | Wednesday 6.15 – 7.30pm | starts 14 September

GERMAN

- SALOMEA PAPROTNY **German Beginners Entry**
L23 | £85.80 / £76.20 / £54.00 | Thursday 7.15 – 8.45pm | starts 15 September
- German Beginners Plus**
L24 | £85.80 / £76.20 / £54.00 | Wednesday 8.15 – 9.15pm | starts 14 September
- MARLIS MULDER **German Level 3**
L25 | £114.00 / £102.00 / £72.00 | Monday 10.00 – 12.00pm | starts 12 September
- German Level 4**
L26 | £114.00 / £102.00 / £72.00 | Wednesday 10.00 – 12.00pm | starts 14 September

PERSONAL DEVELOPMENT

- JORN HINTZ **Relaxation and Autogenic Training**
G1 | £28.50 / £25.50 / £18.00 | Tuesday 6.00 – 7.00pm | starts 1 November
 This six 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 | £114.00 / £102.00 / £72.00 | Tuesday 7.45 – 9.45pm | starts 13 September
 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.
- Saturday – NLP – A Day of Discovery**
S9 | £24.00 / £21.75 / £15.50 | 24 September 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**
G3 | £85.80 / £76.20 / £54.00 | Tuesday 6.00 – 7.30pm | starts 13 September
 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!

PERSONAL DEVELOPMENT *continued*

- JENNIFER MACKERRAS **Saturday – Alexander Technique Workshop**
S73 | £24.00 / £21.75 / £15.50 | 3 December 10.00 – 4.00pm
continued 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**
G4 | £57.00 / £51.00 / £36.00 | Thursday 7.45 – 9.45pm | starts 3 November
 Discovering foods, herbs and other natural approaches to support physical, mental and emotional well-being. In this 6 week course we will be drawing from the healing traditions of Europe, North America, China, India and The Middle East.
- Saturday – Oriental Diagnosis**
S52 | £24.00 / £21.75 / £15.50 | 12 November 10.00 – 4.00pm
 In this theoretical workshop we'll consider health maintenance from a Chinese Herbal perspective with a focus on Longevity and Rejuvenation. Investigate the causes of disease, Chinese food therapy, the 20 classes of Herbs, the theory of the 5 elements and examine how to apply these principles to your own life.
- Saturday – Herbal Alchemy**
S79 | £24.00 / £21.75 / £15.50 | 10 December 10.00 – 4.00pm
 Using herbs as tools to treat the causes of physical, emotional and psycho-spiritual disorders. An introduction to herbal energetics and spagyrics medicine.
- JACKIE HAWKEN **Saturday – How Tibetan Buddhist Thought Can Change your Life**
S5 | £24.00 / £21.75 / £15.50 | 17 September 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**
S16 | £24.00 / £21.75 / £15.50 | 1 October 10.00 – 4.00pm
 Mindfulness is a capacity of the mind to be aware of the present in a non-judgemental 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**
S23 | £24.00 / £21.75 / £15.50 | 8 October 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**
S66 | £24.00 / £21.75 / £15.50 | 3 December 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.

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



PERSONAL DEVELOPMENT *continued*ALISON WILDING **Saturday – How to Clear your Clutter****S24** | £24.00 / £21.75 / £15.50 | 8 October 10.00 – 4.00pm

Clutter is something we all attract in our lives - some considerably more than others! If you are feeling overwhelmed by the clutter in your life - physical, mental and emotional - and are looking for change, then this is the day for you!

NEW Saturday – Create the Life you Want to Live**S60** | £24.00 / £21.75 / £15.50 | 19 November 10.00 – 4.00pm

Do we create our own health, wealth and happiness or do we allow others to do it for us? Learn how to take responsibility for your own health, create your own job description and live life on your own terms.

IZA REDON **Stress and your Immune System: The Missing Link****NEW G5** | £42.90 / £38.10 / £27.00 | Tuesday 7.30 – 9.00pm | starts 1 November

Did you know that both chronic and daily stress can affect your immune system, making you ill more often? This six week course will show you why stress impacts on your immune system, how to increase your immunity and which foods help you cope better with stress and strengthen your immune system? Full of practical hints and tips to use in your every day life.

Saturday – Boost Your Energy Workshop**S30** | £24.00 / £21.75 / £15.50 | 24 September 10.00 – 4.00pm

Feeling sluggish and lacking in energy? This hands-on nutrition workshop will explain what blood sugar is and how choosing the right foods can help your energy levels. It will also help you feel in control of your moods and appetite.

NIKKI JENKINS **Saturday – Traditional Thai Massage For Couples****S4** | £24.00 / £21.75 / £15.50 | 17 September 10.00 – 4.00pm**S51** | £24.00 / £21.75 / £15.50 | 12 November 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.

MERCEDES NUNEZ **Saturday – Shiatsu Workshop****S38** | £24.00 / £21.75 / £15.50 | 22 October 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.

Saturday – Self-Help Techniques for Health**S67** | £24.00 / £21.75 / £15.50 | 26 November 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.

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



MISCELLANEOUS

IAN REDFEARN **Wine Tasting: The Old World****M1** | £102.00 / £96.00 / £81.00 | Thursday 8.00 – 10.00pm | starts 15 September

Unravel the mystery of Bordeaux, Burgundy, Spanish and Italian wines, amongst others, by tasting and evaluating eight classic wines each week. A six-week course. Please bring 4 wine glasses.

Wine Tasting: The New World**M2** | £102.00 / £96.00 / £81.00 | Thursday 8.00 – 10.00pm | starts 3 November

Investigate what makes the wines of Australia, New Zealand, South Africa and the Americas unique by tasting and evaluating eight wines each week. A six-week course. Please bring 4 wine glasses.

SARAH EDWARDS **Saturday – Autumn Wildlife Workshop****NEW S10** | £32.50 / £30.25 / £24.00 | 24 September 10.00 – 4.00pm

Help your garden wildlife through the winter and get ready for spring! We'll put together planting plans and create habitats and shelters for your garden. We will make a bug house, a nest box and a bird feeder to take home.

TONY SMITH **Saturday – Introduction to Starting Your own Business****S39** | £24.00 / £21.75 / £15.50 | 22 October 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.

KAZ PASIECZNIK **Saturday – Cryptic Crosswords: How to Solve Them!****S17** | £14.25 / £12.75 / £9.00 | 1 October 10.00 – 1.00pm

Learn how to solve cryptic crosswords and discover why it's so good for your vocabulary and memory in this fun workshop. Bring along the cryptic crossword from your favourite newspaper and soon you'll be solving it yourself!

Saturday – Cryptic Crosswords for Improvers**S45** | £14.25 / £12.75 / £9.00 | 5 November 10.00 – 1.00pm

This workshop will develop your crossword solving knowledge and technique. If you've attended the Beginner workshop, or get stuck half-way through your crosswords, join us for this fun workshop and you'll soon be an expert!

CHRIS WOOD **Saturday – Handmade Body and Bath Workshop****NEW S53** | £31.40 / £29.15 / £23.50 | 12 November 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 this Autumn

Festive Flea Market

Saturday 10 December 2011
10.00 – 4.00pm

Get ready to unearth some slightly different presents this Christmas! With stalls offering vintage clothing and accessories, bric-a-brac, ceramics, records, books, toys and more, you'll be sure to find something for everyone. All in the knowledge that it's just that little bit special too! The café will be on hand to keep you merry with food and drink and we'll have something to keep the little uns occupied.

Homemade Christmas

Sunday 4th December 2011
11.00 – 3.00 pm

Why not escape from the high street this Christmas and spend the day making your own presents and decorations. We'll be showing you how to make wreaths, bath treats, chocolate truffles, felt and more! Tickets are £3 and materials costs for the projects will range from £1.50-£3.00. You'll have plenty to take away with you at the end of the day after you've warmed your cockles with mulled wine in the café! Ring us on 0117 926 2987 for more information or to book a ticket.

Pub Quiz

Wednesday 26th
October 2011
7.00pm

Attention all fact fiends! Start brushing up on your general knowledge and dust off your Encyclopedia Britannica for the next pub quiz! Up to 6 people on a team, £1 per person and there's pint shaped prizes for the winning team. Quiz kicks off at 7.30pm but the cafe will be open for food and drinks before hand.



Live Music

Great live music continues at the Folk House bringing you a fantastic line-up of local and national bands as well as music festivals. For up to date information please visit www.folkhousemusic.com, but here are some dates for your diaries...

Saturday 17 September – Katey Brooks (Folk House tutor!)

Sunday 25 September – Jonny Kearney and Lucy Farrell

Friday 30 September – Reg Meuross and Bethany Porter

Friday 7 October – Duotone and 3 Cane Whale

14 – 16 October – Cajun Festival

28 – 30 October – Harmonica Festival

Friday 21 October – Martin Simpson

Saturday 19 November – Sarah Menage

Saturday 3 December – Chumbawumba

Sunday 11 December – Rory McLeod and the Familiar Strangers

Burlesque Life Drawing Night

Wednesday 3rd August 2011

Another night of feathers, corsets, glitz and glamour awaits Bristol's more adventurous life drawers! This was a complete sell out back in February so be sure to book early. £10 tickets are available from the Folk House or by calling 0117 926 2987.



Co-op Membership

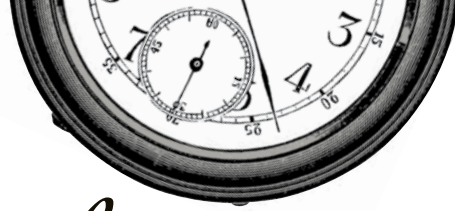
As we are a self-funding organisation, the Bristol Folk House relies heavily on the support of our Co-op members to continue running the huge range of courses and workshops that appear in this prospectus.

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!

*Remember to tell us if you move house or change your number though!

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.



WEEKDAY TIMETABLE SUMMER TERM 2011

TERM DATES : 10 September – 10 December **HALF TERM** : 24 – 29 October

MONDAY	CODE	COURSE	PAGE	TIME
	L25	German Level 3	22	10.00 – 12.00
	P1 / P2	Pottery Day Studio	13	10.15 – 3.30
	L8	Spanish Beginners Plus	21	10.30 – 12.00
	A13 / A14	Creative Life Drawing	4	10.30 – 12.30
	A9	Learn to Draw	3	10.30 – 12.45
	L10	Spanish Conversation	21	12.15 – 1.15
	D7 / D8	Circle Dancing	16	1.30 – 3.00
	A18 / A19	Experimental Painting	5	1.30 – 3.30
	A10	Painting In Watercolour	4	1.45 – 4.00
	D18	Hula Hooping	17	5.30 – 6.30
	L21	Italian Level 1	22	5.30 – 6.45
	L9	Spanish Beginners Plus	21	5.30 – 7.00
	A1	I Wish I Could Draw	3	5.30 – 7.30
	A2	Life Drawing: Basic Skills	3	5.30 – 7.30
	A36	Free Machine Embroidery	7	5.30 – 7.30
	A50	Jewellery: Silversmithing Techniques	10	5.30 – 7.30
	P3	Pottery – Beginners	13	5.30 – 7.30
	D2	Guitar Beginners	16	6.30 – 7.30
	F9	Pilates	20	6.45 – 7.45
	L20	Italian Beginners Plus	22	7.00 – 8.30
	L16	Spanish Level 3	21	7.15 – 9.15
	A27 / A28	Knitting and Crochet	6	7.30 – 9.00
	D5	Enhancing your Voice	16	7.45 – 9.00
	A3	Life Drawing: Mixed Ability	3	7.45 – 9.45
	A37	Sew Your Own Gifts	8	7.45 – 9.45
	A51 / A52	Jewellery: Mixed Media Techniques	11	7.45 – 9.45
	P4	Pottery – Improvers	13	7.45 – 9.45

TUESDAY	CODE	COURSE	PAGE	TIME
	A24	Beadwork	6	10.00 – 12.00
	A15 / A16	Creative Art Day Studio	4	10.15 – 3.30
	L2	French Level 2	21	10.30 – 12.30
	F1	Yoga	19	1.00 – 2.00
	A20 / A21	Exploring Drawing	5	1.30 – 3.30
	A41	Dressmaking	9	2.00 – 4.00
	A4	Painting in Oils and Acrylics	3	4.30 – 6.30
	F2	Yoga	19	5.30 – 7.00
	A42	Dressmaking	9	5.30 – 7.30
	L7	Spanish Beginners Entry Level	21	5.45 – 7.15
	L13	Spanish Level 1	21	5.45 – 7.15
	G1	Relaxation and Autogenic Training	22	6.00 – 7.00
	G3	Alexander Technique	22	6.00 – 7.30
	A31	Etching	7	6.30 – 8.30
	A46	Exploring Illustration	9	7.00 – 9.00
	P5 / P6	Pottery – Multi-level	13	7.00 – 9.30
	G5	Stress and your Immune System	24	7.30 – 9.00
	D22	Clowning	18	7.30 – 9.30
	W3	Scriptwriting	15	7.30 – 9.30
	L12	Spanish Beginners Plus	21	7.45 – 9.15
	G2	NLP: A Foundation Course	22	7.45 – 9.45
	A43	Dressmaking	9	7.45 – 9.45



AUTUMN 2011 TERM DATES : 10 September – 10 December HALF TERM : 24 – 29 October

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
A22	Experimental Art	5	10.30 – 12.30
L3	French Level 3	21	10.30 – 12.30
A11	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
A7 / A8	Portraiture	3	1.30 – 4.00
A12	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	21	5.00 – 6.00
F3	Yoga for Beginners	19	5.30 – 7.00
A32	Retro Sewing	7	5.30 – 7.30
A33	Fabric Manipulation	7	5.30 – 7.30
A5	Painting in Oils and Acrylics	3	5.30 – 7.30
P7	Pottery – Improvers	13	5.30 – 7.30
L14	Spanish Level 2	21	6.00 – 7.30
W3	Write your Novel	15	6.00 – 8.00
L19	Italian Beginners Plus	21	6.15 – 7.30
L22	Italian Level 3	22	6.15 – 7.30
D20	Gypsy Dancing	18	7.15 – 8.15
A25	Cartoons and Comics	6	7.30 – 9.30
A56	Fancy Pants!	12	7.30 – 9.30
L18	Italian Entry Level	21	7.45 – 9.00
L11	Spanish Entry Level	21	7.45 – 9.15

THURSDAY continued			
CODE	COURSE	PAGE	TIME
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	17	6.00 – 7.00
D3	Guitar Beginners Continued	16	6.45 – 7.45
L23	German Beginners Entry	22	7.15 – 8.45
F8	Qi Gong	20	7.15 – 8.45
L23	German Beginners Entry	22	7.15 – 8.45
L15	Spanish Level 4	21	7.45 – 9.15
A39 / A40	Digital Illustration for Beginners	9	7.45 – 9.45
A45	Sewing for Beginners	9	7.45 – 9.45
P11	Pottery – Improvers	14	7.45 – 9.45
G4	Herbal Medicine: Body, Mind & Spirit	23	7.45 – 9.45
M1	Wine Tasting: The Old World	25	8.00 – 10.00
M2	Wine Tasting: The New World	25	8.00 – 10.00

FRIDAY			
CODE	COURSE	PAGE	TIME
A26	Stained Glass for Beginners	6	10.00 – 12.30
F4 / F5	Keep Fit in Retirement	19	11.00 – 12.00
F10	Pilates	20	1.00 – 2.00

FRIDAY WORKSHOPS			
CODE	WORKSHOP	PAGE	TIME
S80	Photography Walkshop	10	10.00 – 3.00

D17	Drama and Improvisation	17	7.45 – 9.45
A6	Painting in Oils and Acrylics	3	7.45 – 9.45
A34	Free Machine Embroidery	7	7.45 – 9.45
A35	Retro Sewing	7	7.45 – 9.45
P8	Pottery Beginners	14	7.45 – 9.45
L24	German Beginners Plus	22	8.15 – 9.45
D21	Arabic Dancing	18	8.30 – 9.30

THURSDAY			
CODE	COURSE	PAGE	TIME
A48 / A49	Using Your Digital SLR Camera	10	10.00 – 1.00
L4	French Level 4	21	10.30 – 12.30
A54	Calligraphy	11	10.30 – 12.30
A38	The Versatility of Watercolour	9	10.30 – 12.45
D13 / D14	Line Dancing Level 2	17	1.00 – 12.30
F7	Qi Gong	20	1.00 – 2.00
L6	French Conversation	21	1.15 – 2.15
A53	Interior Design	11	1.30 – 4.00
A47	History Of Art: French Art	10	2.00 – 4.00
A17	Painting Projects: Multi-level	5	2.00 – 4.15
D9 / D10	Line Dancing Beginners	16	2.30 – 3.30
D6	Finding your Voice	16	5.30 – 6.30
L1	French Beginners Plus	21	5.30 – 7.00
A23	Experimental Art	5	5.30 – 7.30
A29 / A30	Photography - Developing Your Eye	7	5.30 – 7.30
A44	Sewing for Beginners	9	5.30 – 7.30
A55	Fancy Pants!	12	5.30 – 7.30
A57	Corsetry	13	5.30 – 7.30



3



SATURDAY SCHOOLS TIMETABLE SPRING TERM 2011

All workshops run from 10.00 – 4.00pm
unless stated otherwise

TERM DATES:

10 September – 10 December

HALF TERM: 24 – 29 October

SATURDAY 10 SEPTEMBER		
CODE	WORKSHOP	PAGE
S26	Salt Prints Workshop 10.00 – 3.00pm	12
S27	Digital Video Workshop	10
S81	Free Machine Embroidery & Applique Workshop	8
S82	Wood Carving Workshop	6

SATURDAY 17 SEPTEMBER		
CODE	WORKSHOP	PAGE
S1	Stained Glass Taster Day	6
S2	Interior Design Workshop	11
S3	Get Started In Creative Writing	15
S4	Traditional Thai Massage For Couples	24
S5	How Tibetan Buddhist Thought can Change your Life	23

SATURDAY 24 SEPTEMBER		
CODE	WORKSHOP	PAGE
S6	Experimental Painting	5
S7	Knicker Making Workshop 10.00 – 1.00pm	12
S8	Vintage Knicker Making Workshop 1.30 – 4.30pm	12
S9	NLP - A Day Of Discovery	22
S10	Autumn Wildlife Workshop	25
S29	Burlesque Workshop	19
S30	Boost Your Energy Workshop	24

SATURDAY 1 OCTOBER		
CODE	WORKSHOP	PAGE
S11	Clutch Bag In A Day	8
S12	Photographic Portraits	10
S13	Mosaic Workshop	6
S14	Willow Workshop	12
S15	Yoga For Stress Management 10.30 – 1.00pm	19
S16	Intro to Mindfulness, Compassion, Insight & Wisdom	23
S17	Cryptic Crosswords 10.00 – 1.00pm	25

SATURDAY 8 OCTOBER		
CODE	WORKSHOP	PAGE
S18	Charcoal & Pastels Workshop	5
S19	Introduction To Cartooning	6
S20	Lino Printing	8
S21	Poetry Workshop	15
S22	Hula Hooping Workshop	17
S23	Be Your Own Life Coach	23
S24	How To Clear Your Clutter	24

SATURDAY 22 OCTOBER		
CODE	WORKSHOP	PAGE
S31	Painting Flowers In Watercolour	4
S32	Skirt In A Day	8
S33	Ring In A Day	11
S34	Pottery Taster - Potter's Wheel	14
S35	Life Writing	15
S36	Gypsy Dancing Workshop 10.00 – 1.00pm	18
S37	Samba Dance Workshop 2.00 – 4.00pm	18
S38	Shiatsu Workshop	24
S39	Introduction To Starting Your Own Business	25

SATURDAY 5 NOVEMBER		
CODE	WORKSHOP	PAGE
S40	Landscapes In Watercolour	4
S41	Get To Grips With Your Sewing Machine! 10.00 – 1.00pm	8
S42	Sewing For Improvers 1.30 – 4.30pm	8
S43	Enamelling Workshop	12
S44	Acapella Choir Workshop 1.00 – 4.00pm	18
S45	Cryptic Crosswords For Improvers 10.00 – 1.00pm	25

SATURDAY 12 NOVEMBER		
CODE	WORKSHOP	PAGE
S46	Print Making Workshop	8
S47	Knicker Making Workshop 10.00 – 1.00pm	12
S48	Vintage Knicker Making Workshop 1.30 – 4.30pm	12
S49	Pottery Taster - Four Pots In Four Hours	14
S50	Writing Landscapes	15
S51	Traditional Thai Massage For Couples	24
S52	Oriental Diagnosis	23
S53	Handmade Body & Bath Workshop 10.00 – 3.30pm	25

SATURDAY 19 NOVEMBER		
CODE	WORKSHOP	PAGE
S54	Botanical Painting	4
S55	I Wish I Could Draw	3
S56	Digital Illustration Workshop	9
S57	Sewing Surgery	9
S58	The Writing Gym	15
S59	Yoga For Healthy Sleep 1.30 – 4.00pm	19
S60	Create The Life You Want To Live	24

SATURDAY 26 NOVEMBER		
CODE	WORKSHOP	PAGE
S61	Experimental Art: A Taster	5
S62	Stained Glass Taster Day	6
S63	Recycling Fabrics: Accessories	8
S64	Writing For Health & Well-being	16
S65	Hula Hooping Improvers Workshop	18
S67	Self-Help Techniques For Health	24

SATURDAY 3 DECEMBER		
CODE	WORKSHOP	PAGE
S66	The 8 Steps To Higher Self-Esteem	23
S68	Portraiture	3
S69	Knitting & Crochet Workshop	7
S70	Eco Christmas Decoration Workshop	12
S71	Christmas Party Line Dance! 10.00 – 1.00pm	17
S72	Samba Dance Workshop 2.00 – 4.00pm	18
S73	Alexander Technique Workshop	23
S28	Flash Fiction	14

SATURDAY 10 DECEMBER		
CODE	WORKSHOP	PAGE
S74	Cyanotypes Workshop	11
S75	Using Your Digital SLR Camera Workshop	10
S76	Free Machine Embroidery & Applique Workshop	8
S77	Silver Pendant In A Day	11
S78	Writer's Studio	15
S79	Herbal Alchemy	23

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.

BRISTOL FINE ART

Suppliers of Artist's Materials

10% off purchases on production of this programme – excludes existing offers

74 PARK ROW,
BRISTOL, BS1 5LE

0117 926 0344

www.bristolfineart.co.uk

STATIONERY WORLD

Suppliers of Commercial and Social Stationery, and Artists Materials

63 PARK STREET,
BS1 5NU.

T: 0117 929 8099

F: 0117 929 8159

www.stationeryworldonline.co.uk

Like the look of the Folk House prospectus?

In need of something similar?

07787 804 949

www.brightbutler.co.uk

Bright Butler



ENROLMENT FORM AUTUMN TERM 2011

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 Christmas 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)

