

BRISTOL

# FOLK HOUSE

COURSES AND WORKSHOPS



100 YEARS OF  
**INSPIRING  
CREATIVITY**

COURSES & WORKSHOPS  
SPRING TERM 2020

11 JANUARY - 28 MARCH  
HALF TERM 17-21 FEBRUARY

BRISTOL  
FOLK  
HOUSE  
1920-2020

# WELCOME

SPRING TERM 2020

**100** BRISTOL  
FOLK  
HOUSE  
1920-2020

**The Bristol Folk House is a self-funded not-for-profit over 18 adult education centre in the heart of Bristol. We provide a variety of part-time day and evening courses and workshops for the community.**

In October of 2020 the organisation celebrates its centenary. We will be having a series of events to celebrate this milestone. Look out for details later in the year.

We host live music events and festivals as well as serving delicious organic, locally sourced food in our café/bar.

For enrolment information and terms and conditions please see page 36. Full details are on our website. Courses and workshops fill up quickly we advise you to enrol early to avoid disappointment.

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## TERM DATES

Term dates: 11 January – 28 March 2020

Half term: 17 – 21 February

**Please note:** There are no classes during half term and all 10 week courses have a break during this period.

**Visit our website to join our mailing list to be the first to know what date the next terms enrolments open.**

## KEY

**A1**

Course code to cross reference with timetable



Please visit the website for a materials list.

**£84.00/£75.60/£50.40**  
(example)

**Course fees:**  
Full price/65+yrs/Benefits



0117 9262987



@FOLKHOUSE

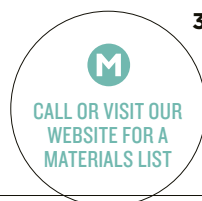


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## ARTS

**BILL GUILDING Life Drawing**

**A1** | | £161.60/£153.60/£135.60 | **Monday** 5.15 – 7.15pm | starts **13 January** | 10wks

In this 10 week course you will learn to draw from a nude model, learning to see shape, proportion, light and shade more objectively. Various techniques and approaches will be offered, and plenty of guidance. Open to both beginners and those with some experience.

**Painting in Oils and Acrylics**

**A3** | | £117.00/£106.00/£88.00 | **Wednesday** 3.00 – 5.00pm | starts **15 January** | 10wks

**A4** | | £117.00/£106.00/£88.00 | **Wednesday** 5.15 – 7.15pm | starts **15 January** | 10wks

A course in the art of painting - from observation, sketches, photographs and the imagination - representational or otherwise. The course will be adjusted to the inclinations of the students. This is a mixed ability class, with each student following their own interests with support from the tutor in an informal atmosphere.

**Portraiture**

**A5** | | £97.35/£90.45/£79.20 | **Monday** 2.00 – 4.30pm | starts **13 January** | 5wks

**A6** | | £97.35/£90.45/£79.20 | **Monday** 2.00 – 4.30pm | starts **24 February** | 5wks

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

**Saturday – Drawing and Painting from Life Workshop**

**S1** | | £40.65/£37.90/£33.40 | **11 January** 10.00 – 4.00pm

Spend a day painting or drawing directly from a model. There'll be just one pose, with the model nude and in colourful surroundings. All paint-types welcome - pastels, crayons, charcoal and pencils too - but for this one-off workshop it is best to use a medium you are familiar with. Some experience of drawing from life is recommended.

**Saturday - Portraiture Workshop**

**S44** | | £40.25/£37.50/£33.00 | **8 February** 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.

**NO FORMAL TUITION PROVIDED****Life Drawing - Drop-in and Draw**

**DD** | | £12.00 | **Every Friday Term time only** 10.00 – 1.00pm | starts **17 January**

These sessions are for anyone who wants to draw in a relaxed environment. No formal tuition however, an organiser is present to organise the model and the room. Just come along with your materials and get drawing. First come first serve. No entry after 10am.

**WARREN SEALEY****Watercolour for Beginners**

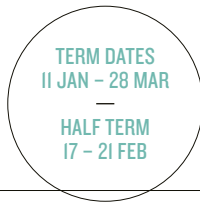
**A7** | | £61.20/£55.70/£46.70 | **Wednesday** 7.45 – 9.45pm | starts **15 January** | 5wks

Get off on the right foot by learning traditional techniques, which can be applied to all subjects. Demonstrations are provided, paintings are developed step-by-step in an informal atmosphere.

**Watercolour for Improvers**

**A8** | | £61.20/£55.70/£46.70 | **Wednesday** 7.45 – 9.45pm | starts **26 February** | 5wks

A follow on class from the beginners course or for those with some experience. Continue to discover this medium by learning the traditional techniques, which can be applied to all subjects. Follow your own painting ideas, with support and demonstrations from the tutor provided in an informal atmosphere.

**WARREN SEALEY Oil Painting for Beginners**

**CONTINUED A9** | M | £63.30/£57.80/£48.80 | **Tuesday 4.00 – 6.00pm** | starts **14 January** | 5wks  
**A45** | M | £63.30/£57.80/£48.80 | **Tuesday 4.00 – 6.00pm** | starts **25 February** | 5wks  
 For beginners and those with a little oil painting practice. During this course the tutor will lead you through the basics of oil painting including tonal values, colour mixing, painting procedures and lots more besides.

**Oil Painting for Improvers**

**A10** | M | £121.80/£110.80/£92.80 | **Tuesday 6.45 – 8.45pm** | starts **14 January** | 10wks  
 A course for painters who have some experience with oil painting or have already completed a beginners course. You will extend experience of oil painting. Students can choose their own subjects that interest them, and the tutor will offer demonstrations and one to one support with your oil painting practice.

**Saturday – Oil Painting Workshop**

**S64** | M | £29.75/£27.00/£22.50 | **22 February 10.00 – 4.00pm**  
 In this workshop we will be looking at the factors that make up a still-life painting like composition, colour, drawing, tone values etc. Still-life is a great subject for beginners to get into oil painting.

**GREG HARRIS Discover Watercolours: Colour and Texture**

**A11** | M | £58.50/£53.00/£44.00 | **Monday 7.45 – 9.45pm** | starts **24 February** | 5wks  
 Learn how to use colours effectively and build texture into your watercolours over the course of these relaxed evening sessions. All levels of experience welcomed.

**Portraits and Oil Paints**

**A12** | M | £98.50/£93.00/£84.00 | **Monday 7.45 – 9.45pm** | starts **13 January** | 5wks  
 Over five sessions you'll receive an in-depth exploration of colour harmony, how to achieve a variety of textured marks, and develop knowledge on how to apply oil paints in exciting and expressive ways.

**NEW Saturday – Demonstration Led – Oil Painting Portraits**

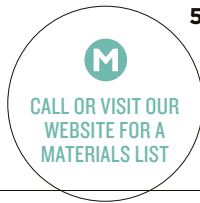
**S15** | M | £29.25/£26.50/£22.00 | **18 January 10.00 – 4.00pm**  
 A demo-led workshop, you'll learn so much about artistic technique as you paint a portrait alongside Greg Harris as he completes from start to finish, and talks you through the decision making process, the tools he uses, and how to approach a painting.

**JENNY MIZEL Acrylic Painting**

**A13** | M | £117.00/£106.00/£88.00 | **Monday 10.30 – 12.30pm** | starts **13 January** | 10wks  
 This course is for those returning to painting or just starting out. Experiment with the many techniques and uses of acrylic paint, improve your skills and explore new ideas with this incredibly versatile medium.

**Exploring Drawing**

**A14** | M | £58.50/£53.00/£44.00 | **Tuesday 1.30 – 3.30pm** | starts **25 February** | 5wks  
 Find exciting ways of drawing through different methods of observation and using a variety of materials such as charcoal and inks. In this five week course explore line, tone and composition and how to combine them. For all, including absolute beginners.

**JENNY MIZEL Mixed Media, Experimental Art**

**CONTINUED A15** | M | £131.65/£119.25/£99.00 | **Wednesday 10.30 – 12.45pm** | starts **15 January** | 10wks  
**A16** | M | £58.50/£53.00/£44.00 | **Thursday 5.30 – 7.30pm** | starts **16 January** | 5wks  
**A17** | M | £58.50/£53.00/£44.00 | **Thursday 5.30 – 7.30pm** | starts **25 February** | 5wks  
 You will have the opportunity to use different mediums and techniques, including simple print-making, charcoal, inks, collage and painting on this short course. Explore the mixing of these techniques to create different effects, guided by an experienced tutor. All abilities welcome.

**Saturday – Charcoal and Pastels Workshop**

**S30** | £33.75/£31.00/£26.50 | **1 February 10.00 – 4.00pm**  
 This workshop will give you the opportunity to explore the drama of charcoal and the vibrant colour of pastels. Ideal for absolute beginners and those with some experience. A friendly class, all materials provided.

**Saturday – Acrylic Painting Workshop**

**S80** | £33.75/£31.00/£26.50 | **14 March 10.00 – 4.00pm**  
 Experiment with acrylic paint, to discover new techniques and your own creativity. Enjoy the colour, texture and tone possible with this versatile medium and gain confidence with the guidance of the tutor. All levels welcome and all materials provided.

**MARILYN MILLARD Learn to Draw**

**A18** | M | £80.65/£73.75/£62.50 | **Monday 2.00 – 4.30pm** | starts **13 January** | 5wks  
**A19** | M | £80.65/£73.75/£62.50 | **Monday 2.00 – 4.30pm** | starts **24 February** | 5wks  
 An excellent step by step course, developed to encourage beginners who want to learn the invaluable techniques of line, tone, proportion and perspective over a wide range of subjects. For beginners in a friendly encouraging class.

**NEW Drawing for Improvers**

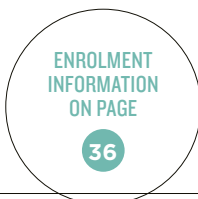
**A20** | M | £95.25/£87.00/£73.50 | **Monday 10.00 – 1.00pm** | starts **13 January** | 5wks  
**A21** | M | £95.25/£87.00/£73.50 | **Monday 10.00 – 1.00pm** | starts **24 February** | 5wks  
 This course is ideal for anyone with some previous knowledge of drawing in pencil. New drawing materials, including the use of colour, will be taught in easy step by step projects that cover a variety of subjects. A great way to improve or refresh your level of drawing.

**Landscapes in Watercolour**

**A22** | M | £95.25/£87.00/£73.50 | **Wednesday 10.00 – 1.00pm** | starts **15 January** | 5wks  
**A23** | M | £95.25/£87.00/£73.50 | **Wednesday 10.00 – 1.00pm** | starts **26 February** | 5wks  
 Enjoy learning to paint a variety of beautiful scenes. You will be guided to produce a range of works and develop your painting skills. This class is primarily aimed at those with some watercolour experience. A five week course.

**Botanical Drawing and Painting**

**A24** | M | £95.75/£87.50/£74.00 | **Thursday 10.00 – 1.00pm** | starts **16 January** | 5wks  
 Enjoy drawing and painting beautiful flowers from observation. An inspiring course that gives step by step techniques in using watercolour, pencil and pens. A five week course. All Levels welcome.



**MARILYN MILLARD** **Sketching in Watercolour**  
 CONTINUED **A25** | **M** | £95.25/£87.00/£73.50 | **Thursday 10.00 – 1.00pm** | starts **27 February** | 5wks  
 Learn to draw in pencil and pen, combined with painting to capture various subjects in easy step by step lessons. Ideal for beginners in a relaxed and friendly atmosphere.

**NEW** **Skies and Landscapes in Watercolour**  
**A26** | **M** | £95.75/£87.50/£74.00 | **Thursday 2.00 – 5.00pm** | starts **16 January** | 5wks  
**A27** | **M** | £95.75/£87.50/£74.00 | **Thursday 2.00 – 5.00pm** | starts **27 February** | 5wks  
 An ideal course for those embarking on using watercolour for landscape painting. You will learn how to handle techniques to produce a variety of inspiring scenes, in easy step by step lessons. Suitable for beginners, with plenty of guidance and top tips.

**Saturday – Landscapes in Watercolour Workshop**  
**S15** | **M** | £32.75/£30.00/£25.50 | **15 February 10.00 – 4.00pm**  
 Ever wanted to paint inspiring landscapes? This workshop is an excellent way to develop your watercolour skills in a welcoming environment. Suitable for all abilities.

**Saturday – Skies and Seascapes in Watercolour**  
**S75** | **M** | £32.75/£30.00/£25.50 | **29 February 10.00 – 4.00pm**  
 Enjoy a day painting an inspiring scene. A great way to learn and expand your skills/confidence in the handling of watercolour. A step by step class, for all abilities.

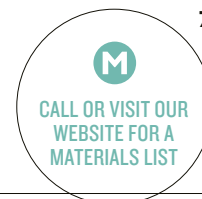
**Saturday – Botanical Painting Workshop**  
**S82** | **M** | £32.75/£30.00/£25.50 | **14 March 10.00 – 4.00pm**  
 Spend the day drawing and painting flowers in watercolour. With guidance from an experienced tutor, in a relaxing atmosphere. All abilities welcome.

**MARTIN LOVELL** **The Versatility of Watercolour**  
**A28** | **M** | £131.65/£119.25/£99.00 | **Thursday 10.30 – 12.45pm** | starts **16 January** | 10wks  
 Explore the medium of watercolour and discover its potential. This class is for those with some experience and will respond to the needs and interests of the individual.

**Painting Projects: Multi-level**  
**A29** | **M** | £131.65/£119.25/£99.00 | **Thursday 2.00 – 4.15pm** | starts **16 January** | 10wks  
 Develop your confidence and your own approach when working with different media and processes. This class offers a shared starting point referencing artists, art movements and exhibitions to help inspire you.

**ANDY GRAY** **Sketchbook Techniques: Drawing as Enquiry**  
**NEW** **A30** | **M** | £73.15/£66.25/£55.00 | **Tuesday 1.00 – 3.30pm** | starts **14 January** | 5wks  
 Sketchbooks provide a portable space to express yourself and explore your visual surroundings. Discover techniques to create exciting and engaging sketchbooks. Discover how you can develop your style of observational drawing or painting on location.

**NEW** **Saturday – Anatomy and Physiology: The Basics**  
**S3** | **M** | £29.25/£26.50/£22.00 | **11 January 10.00 – 4.00pm**  
 This workshop will provide students with a complete understanding of simplified anatomy for the human form that can be applied to many other practises, such as life drawing, portraiture, illustration, animation and sculpture. You will look at how to draw the body correctly in proportion.



**ANDY GRAY** **Saturday – Anatomy and Physiology: Heads and Hands**  
 CONTINUED **S76** | **M** | £29.25/£26.50/£22.00 | **29 February 10.00 – 4.00pm**  
**NEW** This workshop will provide the artist with techniques to draw the head and hands correctly in proportion as well as a comprehensive understanding of them in 3-dimensional form.

**SARAH GRICE** **Exploring Illustration Extended**  
**A31** | **M** | £132.00/£121.00/£103.00 | **Thursday 7.45 – 9.45pm** | starts **16 January** | 10wks  
 Develop and enhance your illustrative skills and/or projects. Look at the illustrative process (such as character, story boarding, using different mediums etc). Former illustration students and anyone with some artistic experience are welcome.

**ROMA WIDGER** **Etching and Drypoint**  
**A32** | **M** | £127.00/£116.00/£98.00 | **Tuesday 5.30 – 7.30 pm** | starts **14 January** | 10wks  
 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.

**Saturday – Drawing for Complete Beginners**  
**S70** | **M** | £35.25/£32.50/£28.00 | **29 February 10.00 – 4.00pm**  
 This workshop is designed for complete beginners and will introduce students to markmaking, perspective, tone, and composition. We will look at figures, landscape and structures as subjects. All materials are included and everyone is welcome.

**Saturday – Drawing for Improvers**  
**S93** | **M** | £35.25/£32.50/£28.00 | **21 March 10.00 – 4.00pm**  
 Extend your drawing skills and develop a transferable skill. We will look to improve your technique, use new materials and enjoy fresh subjects. All materials provided, just turn up and enjoy. Everyone with some drawing experience welcome.

**BARBARA ASH** **Saturday – Creative Wire Sculpture**  
**S16** | **M** | £38.20/£35.15/£30.20 | **18 January 10.00 – 4.30pm**  
 This workshop gives an opportunity to make either a hanging, or standing piece; looking at the range of creative possibilities the medium offers. Images of contemporary artist's approaches to wire sculpture will be available for reference/ inspiration.

**NEW** **Saturday – Exploring Mixed Media Sculpture**  
**S104** | **M** | £64.50/£59.00/£50.00 | **Sat 4 & Sun 5 April 10.00 – 4.00pm**  
 In this 2 day workshop will produce sculpture in a less traditional; more contemporary mixed-media approach. Explore a range of materials and methods, combining these for an experimental way of working, with a creative mind.

**KERRY DAY** **Lino Printing**  
**A33** | **M** | £137.00/£126.00/£108.00 | **Wednesday 2.00 – 4.00pm** | starts **15 Jan** | 10wks  
**A34** | **M** | £137.00/£126.00/£108.00 | **Wednesday 5.30 – 7.30pm** | starts **15 Jan** | 10wks  
 Learn the wonderful art of lino cutting, translate your ideas into prints. Using Japanese style cutting tools learn the basics methods and explore colour work using single and multiple blocks. Bring tone and texture to your work with techniques which you can continue to use at home.

TERM DATES  
11 JAN – 28 MAR  
—  
HALF TERM  
17 – 21 FEB

**KERRY DAY** **Saturday – Introduction to Lino Printing**  
CONTINUED **S17** | **M** | £39.25/£36.50/£32.00 | **18 January 10.00 – 4.00pm**

Learn the basics of Lino cutting printing, covering a variety of cutting methods and hand printing techniques. Lino cuts are a dramatic yet simple printmaking technique that can be used at home without any expensive equipment.

**NEW** **Saturday – Lino Printing Weekend – Reduction Printing**  
**S105** | **M** | £78.50/£73.00/£64.00 | **Sat 4 & Sun 5 April 10.00 – 4.00pm**

Reduction lino printing is a great way to create exciting images using only one lino block, cutting away for each layer until your image is complete. Explore how a simple printing technique can be used to create multiple effects and depth to your designs. All levels welcome. A two day workshop.

**SOPHIE RAE** **Creative Printmaking**  
**A35** | **M** | £70.50/£65.00/£56.00 | **Thursday 5.30 – 7.30pm** | starts **27 February** | 5wks  
Get creative with printing techniques using stencils and specialised inks. The course will take you through how to complete a beautiful detailed, multi-layered print and give you time to experiment. For everyone including beginners.

**Saturday – Printing with Stencils Workshop**  
**S78** | **M** | £39.25/£36.50/£32.00 | **7 March 10.00 – 4.00pm**

Enjoy the magic of using stencils and a roller to create multi-layered monoprints. Play with different techniques and mix vivid printing inks with hand cut stencils to create a variety of designs with satisfying results. Suitable for complete beginners.

**JUSTYNA MEDON** **Botanical Patterns - Textile Design & Printmaking**  
**A36** | **M** | £73.50/£68.00/£59.00 | **Thursday 5.30 – 7.30pm** | starts **16 January** | 5wks  
Develop the skills required to design for print and explore printmaking techniques. Experiment with colour, shapes and create your own unique designs. Develop your confidence in handling materials and equipment whilst creating images and developing them into surface decoration.

**JOHN REA** **Cartoons and Comics**  
**A37** | **M** | £58.50/£53.00/£44.00 | **Thursday 7.45 – 9.45pm** | starts **27 February** | 5wks  
Learn how to draw cartoons and cartoon characters through a series of enjoyable practical exercises and a study of cartooning techniques in a supportive environment. All abilities welcome.

**Saturday – Introduction to Cartooning**  
**S52** | **M** | £29.25/£26.50/£22.00 | **15 February 10.00 – 4.00pm**

Explore cartooning both as art form and a means of self expression. Subjects covered include faces and expressions, body shapes and postures, lettering and cartoon language.

**MIKE TERRET** **Saturday – Celtic Designs For Circles and Squares**  
**NEW** **S62** | **M** | £29.25/£26.50/£22.00 | **22 February 10.00 – 4.00pm**  
Construct and create circular and square Celtic designs using borders and fill patterns of knotwork, mazes and spirals. A unique workshop for those with some experience or if you just want to give it a try.

GIFT VOUCHERS ARE  
AVAILABLE FOR ALL  
COURSES AND  
WORKSHOPS

**MIKE TERRET** **Saturday – The Secret to Creating Traditional Patterns**  
CONTINUED **S108** | **M** | £58.50/£53.00/£44.00 | **Sat 4 & Sun 5 April 10.00 – 4.00pm**

**NEW** A grid of dots is all you need to grow marvellous patterns. Learn the 'open secrets' of this age-old method of design using examples from the Celtic, Roman (mosaic) and Indian (Kolam) traditions. Invent your own. A two day workshop.

**SARAH KELLY** **Art History: 16th Century Painting in Northern Europe**  
**A38** | **M** | £58.50/£53.00/£44.00 | **Thursday 2.00 – 4.00pm** | starts **27 February** | 5wks  
This is the century of Dürer's extraordinary woodcuts and engravings and Grünewald's tortured and ugly forms. It is also the time when Bruegel painted his lyrical snowy landscapes and Holbein created iconic images of Henry VIII.

**Art History: The 15th century: Early Netherlandish Painting**  
**A39** | **M** | £58.50/£53.00/£44.00 | **Monday 10.00 – 12.00pm** | starts **24 February** | 5wks  
Explore Jan van Eyck's exquisite, jewel-like paintings and Hieronymus Bosch's bizarre world of monsters. Both date from the 16th century: a time of extraordinary developments when oil painting first came into its own. We will discuss a pick of these Northern Renaissance artists in friendly, informal sessions. No prior knowledge required.

## PHOTOGRAPHY

**GRAHAM PARISH** **Using Your Digital Camera: Beginners**  
**A40** | **M** | £87.75/£79.50/£66.00 | **Thursday 1.00 – 4.00pm** | starts **16 January** | 5wks  
**A41** | **M** | £87.75/£79.50/£66.00 | **Thursday 1.00 – 4.00pm** | starts **27 February** | 5wks  
We will look at all aspects of digital photography using step-by-step methods and weekly projects. Learn how to use camera controls effectively. Concentrate on how to take impressive photographs rather than how to edit them afterwards. Suitable for DSLR, Bridge and CSC cameras.

**Using Your Digital Camera: Improvers**  
**A42** | **M** | £87.75/£79.50/£66.00 | **Friday 10.00 – 1.00pm** | starts **28 February** | 5wks  
If you have gained confidence and an understanding of the basic controls of your DSLR, Bridge or CSC camera, now you can improve your skills even more, and we'll look at advanced techniques to get the best photos.

**LEE** **Saturday – Using your Digital Camera Workshop**  
**SPENCER-FLEET** **S86** | **M** | £31.25/£28.50/£24.00 | **14 March 10.00 – 4.00pm**  
Get away from just using the auto button and take your photography to the next level. Getting to grips with apertures, shutter speeds, depth of field, ISO and composition will allow you to take better pictures. Suitable for DSLR, Bridge and Compact System cameras.

**TIM PEARSE** **Introduction to Black and White Film Photography**  
**A43** | **M** | £170.25/£156.50/£134.00 | **Wednesday 6.30 – 9.00pm** | starts **15 Jan** | 10wks  
This practical course will introduce the beginner to traditional film photography. This course will help you learn the basics of printing then enhancing the prints using more advanced printing techniques. Bring your own camera, 36mm or 120 roll-film.

## BRISTOL FOLK HOUSE

# DARKROOM

*We have a purpose built wet-based photography facility which can be used by both members and non-members. We run courses and workshops throughout the year and the space is also available for private hire.*

## DARKROOM FACILITIES\*

- Seven black and white enlargers 35mm/ medium/large format
- Black and white film development facilities
- Print finishing facilities
- Technical support and chemistry

## MEMBERSHIP

Becoming a member gives you greater flexibility and some great benefits.

## MEMBER FEES

12 Months - £40  
6 Months - £30

## SESSION FEES

£5 per hour for Members  
£7 per hour for Non-Members

## BOOKINGS

Please book darkroom sessions in advance to ensure access to the equipment. All darkroom users share the work space and must use the enlarger they have booked. For more information or to book please ring 0117 926 2987 or email [darkroom@bristolfolkhouse.co.uk](mailto:darkroom@bristolfolkhouse.co.uk)

## ROOM HIRE

If you would like to run your own workshop or one-to-one teaching sessions in our darkroom or hire the facility for a team building day, please contact: [darkroom@bristolfolkhouse.co.uk](mailto:darkroom@bristolfolkhouse.co.uk)

## OPENING HOURS (during term time)

Monday – Thursday 9am – 9pm  
Friday – Saturday 9am – 5pm

(Times may vary dependent on courses and workshops running).

## PHOTOGRAPHY CONTINUED

M  
CALL OR VISIT OUR  
WEBSITE FOR A  
MATERIALS LIST

### TIM PEARSE **Saturday – Black-and-White Film Developing**

CONTINUED **S21** | M | £39.25/£36.50/£32.00 | **25 January** 10.00 – 4.00pm

Shoot a black-and-white film in advance (Ilford HP6 Plus) and bring this along. In this workshop you will develop a black and white film, make negatives and contact sheet. No previous darkroom experience necessary.

### **Saturday – Black-and-White Film Printing**

**S51** | M | £39.25/£36.50/£32.00 | **12 February** 10.00 – 4.00pm

In this day you will print your own negatives. Learn how to make a basic black-and-white print, and enhance the print using various techniques. Bring your own black-and-white negatives (36mm or 120).

### NEW **Saturday – Lith Printing in the Darkroom**

**S79** | M | £44.75/£42.00/£37.50 | **7 March** 10.00 – 4.30pm

Join Tim Pearse in the darkroom to discover the beautiful lith printing process. Using specialist papers and chemistry, you will learn how to create unique prints from your own black and white negatives. Some darkroom experience would be advantageous.

### **Saturday – Wet Plate Collodion Photography**

**S87** | M | £49.25/£46.50/£42.00 | **14 March** 10.00 – 4.00pm

Learn to make photographs using the beautiful wet plate collodion process. Join award winning photographer Tim Pearse to learn everything you need to know about how to make unique images on glass and aluminium, using this gorgeous historic process.

### NEW **Saturday – Advance your Black and White Photography**

**S103** | M | £86.50/£71.00/£62.00 | **Sat 4 & Sun 5 April** 10.00 – 4.00pm

Join Tim in the darkroom and expand your knowledge of black and white printing. This two day workshop will further develop your skills, giving you more technical and creative scope to utilise within your black and white printing practice.

### MARTYN GRIMMER **Photography: Cyanotypes and Gum-bichromate Introduction**

**A44** | M | £117.75/£109.50/£96.00 | **Thursday** 6.00 – 9.00pm | **starts 27 February** | 5wks

Learn the historic processes of gum bichromate and cyanotype printing. We will experiment with a range of activities and develop ideas and method to see where it takes your the image-making.

### SOPHIE **Saturday – Have a go Darkroom Taster**

SHERWOOD **S11** | M | £33.25/£30.50/£26.00 | **18 January** 10.00 – 4.00pm

Learn how use an enlarger and photographic chemicals to traditionally print your own negatives. Please bring your own black and white negatives to print from. No previous darkroom experience necessary for this course.

### **Saturday – In the Darkroom - Painting with Chemistry**

**S31** | M | £38.75/£36.00/£31.50 | **1 February** 10.00 – 4.00pm

The chemigram is a simple painterly process which can be applied in the darkroom. Chemigrams can often seem like images from another world, and can have a psychedelic feel. Learn how to create your own chemigrams and build up multiple layers using other techniques alongside this. Use your own negatives (some can be provided).

# PHOTOGRAPHY CONTINUED



**SOPHIE SHERWOOD** **Saturday – Cyanotype Printing Workshop**  
**S100** | **M** | £42.25/£39.50/£34.00 | **28 March** 10.00 – 4.00pm

**CONTINUED** Cyanotype is a historical photographic printing technique which creates Prussian Blue prints simply by using sunlight. In this fun day you will print your own photos, illustrations and collages, and learn how to carry on at home. No experience needed.

**MARTIN EDWARDS** **Saturday – Creative Photograms**  
**S60** | **M** | £40.25/£37.50/£33.00 | **22 February** 10.00 – 4.00pm

Photography as we know it began with photograms. This course offers the chance to experiment creatively to bring out the potential of this simple but effective form of camera-free image making in the darkroom.

**PETER WEBB** **Saturday – Pinhole Photography workshop**  
**NEW S94** | **M** | £43.25/£40.50/£36.00 | **21 March** 10.00 – 4.00pm

Build a pinhole camera, learn how to shoot with it and then develop the photographs using traditional darkroom chemistry. The simplest form of camera, understanding the principles of how they work will allow you to build a camera from almost any light-tight box.

# CRAFTS

**FAITH MORTON** **Saturday – Natural DIY Spa Workshops (Day or Afternoon)**  
**S2** | £42.75/£40.00/£35.50 | **11 January** 10.00 – 4.00pm  
**S29** | £26.05/£24.40/£21.70 | **25 January** 1.30 – 4.30pm

Make and take home a great variety of skincare products which can include a body scrub, bath bombs, face mask, lip balm, hand salve and a face cream. All materials included just bring a bag to put your goodies in. No experience necessary.

**ANGELA MORRIS** **Saturday – Interior Design Workshop**  
**S43** | **M** | £30.75/£28.00/£23.50 | **8 February** 10.00 – 4.00pm

This hands on workshop will explore some of 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.

**JUSTYNA MEDON** **Geometric Patterns for Textile Decoration**  
**NEW C1** | **M** | £70.50/£65.00/£56.00 | **Friday** 1.00 – 3.00pm | starts **28 February** | 5wks

Learn the processes behind textile design and print techniques, experiment with stenciling and creative use of masking tape, design unique prints on fabric and play with colours.

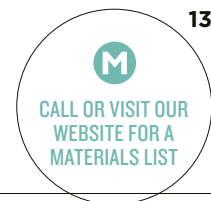
**NEW** **Saturday – Make a Journal with Decorative Printed Cover**  
**S25** | **M** | £41.25/£38.50/£34.00 | **25 January** 10.00 – 4.00pm

Creative bookbinding - make your very own journal with a printed decorative cover. Learn the basic bookbinding methods and explore print techniques.

**JEN WALSH** **Saturday – Macrame: Make a Plant Hanger**  
**S58** | **M** | £19.60/£18.25/£16.00 | **22 February** 10.00 – 12.30pm

Come and learn the basics of macrame including suitable materials, knotting techniques and make your own plant pot hanger from start to finish. Aimed at beginners and all materials are provided including a pot and a plant.

# CRAFTS CONTINUED



**JEN WALSH** **Saturday – Macrame Wall Hanger**  
**CONTINUED S67** | **M** | £17.60/£16.25/£14.00 | **22 February** 1.30 – 4.00pm

Learn the basics of macrame including suitable materials, knotting techniques and make your own decorative wall hanger. Learn how to build patterns using those techniques. This lesson is aimed at beginners and all materials are provided.

**LESLEY SCARFE** **Stained Glass**  
**C2** | **M** | £93.15/£86.25/£75.00 | **Friday** 10.00 – 12.30pm | starts **17 January** | 5wks  
**C3** | **M** | £93.15/£86.25/£75.00 | **Friday** 10.00 – 12.30pm | starts **28 February** | 5wks

These five week courses are for anyone interested in learning all the techniques involved with cutting glass, preparing and cutting lead, soldering panels together, finishing off with cement and polishing. Beginners are welcome.

**Saturday – Stained Glass Taster Day**  
**S46** | **M** | £44.25/£41.50/£37.00 | **8 February** 10.00 – 4.00pm

A taster session, with a chance to try all the techniques used in creating a small leaded glass panel, to include glass cutting, leading, soldering and finishing. All tools, lead and glass are provided.

**Saturday – Stained Glass Mirror Taster Day**  
**S98** | **M** | £44.25/£41.50/£37.00 | **21 March** 10.00 – 4.00pm

A taster session to make a small stained glass mirror, learning and using traditional techniques of glass cutting, leading, soldering and finishing. All materials provided.

**FRANKIE HUDSON** **Saturday – Mosaic Workshop**  
**S77** | **M** | £44.25/£41.50/£37.00 | **7 March** 10.00 – 4.00pm

A busy day introducing how to create a mosaic with a variety of alternatives to try out for yourselves. An opportunity to complete a small panel to take home. Cutting tools and all materials provided.

**DANIEL BENDEL** **Woodcarving Course**  
**C4** | £65.50/£60.00/£51.00 | **Thursday** 10.30 – 12.30pm | starts **16 January** | 5wks  
**C5** | £65.50/£60.00/£51.00 | **Thursday** 10.30 – 12.30pm | starts **27 February** | 5wks

For beginners or continuing students who want to make a small, simple shaped sculptural carving. Come with an idea in mind and learn the carving techniques that will make your idea. For new carvers this course will provide support to help you develop an idea. All tools and materials provided.

**Saturday – Letter Cutting Wood Workshop**  
**S61** | **M** | £37.25/£34.50/£30.00 | **22 February** 10.00 – 4.00pm

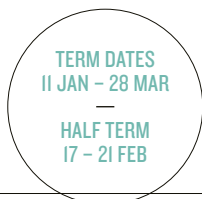
A one day course where you can learn to make incised lettering in wood for your house or door or for a personal plaque. A step by step course using chisels, and gouges. Come with an idea for a small project for the day.

**SARAH EDWARDS** **Basket Weaving Course**  
**C6** | **M** | £88.50/£83.00/£74.00 | **Thursday** 7.30 – 9.30pm | starts **16 January** | 5wks

Learn how to create modern stylish vessels using ancient basket making techniques and a range of materials. Various styles will be taught. Learn how to make baskets to use at home.



## CRAFTS CONTINUED

SARAH EDWARDS **Willow Basket Weaving 2**

**CONTINUED C7** | **M** | £88.50/£83.00/£74.00 | **Thursday 7.30 - 9.30pm** | starts **27 February** | 5wks  
An opportunity to weave more willow baskets for students who have done the intro course and wish to continue and new students who are trying willow weaving baskets for the first time.

**Saturday - Willow Hare Sculpture Workshop**

**S72** | **M** | £44.25/£41.50/£37.00 | **29 February 10.00 - 4.00pm**  
Create a wonderful Hare from locally sourced willow. Learn the basic techniques and then weave your own March Hare to take home.

**NEW Saturday - Soft Twined Basket Weaving**

**S106** | **M** | £83.50/£78.00/£69.00 | **Sat 4 & Sun 5 April 10.00 - 4.00pm**  
Create a shopping or big beach bag from natural fibres, make something useful and beautiful from nature's bounty. Over the two days you will learn fibre weaving techniques and embellishing tips, so you can weave your own unique bag to take home.

KIM THOMSON **Jewellery: Silversmithing Techniques**

**C8** | **M** | £154.00/£143.00/£125.00 | **Monday 5.30 - 7.30pm** | starts **13 January** | 10wks  
**C9** | **M** | £154.00/£143.00/£125.00 | **Monday 7.45 - 9.45pm** | starts **13 January** | 10wks  
**C10** | **M** | £154.00/£143.00/£125.00 | **Wednesday 7.45 - 9.45pm** | starts **15 January** | 10wks  
Learn how to file, drill, form, anneal, texture, solder and polish metals such as copper and silver. In fact, everything you need to make your own jewellery. Copper and brass are included in the course fees.

**Saturday - Silver Ring in a Day**

**S6** | **M** | £62.75/£60.00/£55.50 | **11 January 10.00 - 4.00pm**  
**S65** | **M** | £62.75/£60.00/£55.50 | **22 February 10.00 - 4.00pm**  
Learn how to form metals into a ring band and add embellishments with textures and hand cut shapes.

MARGARET CRUMP **Sewing for Beginners**

**C11** | **M** | £74.50/£69.00/£60.00 | **Tuesday 10.00 - 1.00pm** | starts **14 January** | 5wks  
**C12** | **M** | £74.50/£69.00/£60.00 | **Tuesday 10.00 - 1.00pm** | starts **25 February** | 5wks  
In this introduction to sewing, you will learn about fabrics, basic cutting, stitching, making different seams and how to use a sewing machine before creating some practical and decorative items and then a simple garment.

DAISY HAMID **Saturday - Sewing Workshop: Make a Hat**

**S5** | **M** | £36.25/£33.50/£29.00 | **11 January 10.00 - 4.00pm**  
Have you ever wanted to make your very own hat? Here's your chance to make a simple sun hat or brimmed winter hat, stitched on the sewing machine to your own head measurements. Suitable for those with some sewing experience.

**NEW Saturday - Appliqué Drawstring Bag**

**S14** | **M** | £34.25/£31.50/£27.00 | **18 January 10.00 - 4.00pm**  
Using your own fabrics you'll create a beautiful drawstring bag with applique designs. Suitable for beginners, you will learn the basics of how to use a sewing machine, assemble an item from a pattern and add details.

## CRAFTS CONTINUED

LORRAINE JOSEPH **Dressmaking**

**C13** | **M** | £132.00/£121.00/£103.00 | **Wednesday 5.30 - 7.30pm** | starts **15 January** | 10wks  
**C14** | **M** | £132.00/£121.00/£103.00 | **Wednesday 7.45 - 9.45pm** | starts **15 January** | 10wks  
Come and make your own clothes. You will learn the art of reading a pattern, cutting, making, stitching and how to get the best from your sewing machine. Previous experience of machine sewing is needed for this exciting course. All levels welcome.

**Saturday - Handmade Lingerie Workshop**

**S84** | **M** | £32.75/£30.00/£25.50 | **14 March 10.00 - 4.00pm**  
The aim during this workshop is to produce an item of lingerie, learning skills of cutting out, working with fine fabrics, sewing techniques and decorative finishes. For learners with some previous knowledge of using the sewing machine, it's not suitable for absolute beginners.

KAREN REILLY **Dressmaking**

**C15** | **M** | £132.00/£121.00/£103.00 | **Monday 5.30 - 7.30pm** | starts **13 January** | 10wks  
**C16** | **M** | £132.00/£121.00/£103.00 | **Monday 7.45 - 9.45pm** | starts **13 January** | 10wks  
**C17** | **M** | £132.00/£121.00/£103.00 | **Tuesday 2.00 - 4.00pm** | starts **14 January** | 10wks  
**C18** | **M** | £132.00/£121.00/£103.00 | **Tuesday 5.30 - 7.30pm** | starts **14 January** | 10wks  
**C19** | **M** | £132.00/£121.00/£103.00 | **Tuesday 7.45 - 9.45pm** | starts **14 January** | 10wks  
Come and make your own clothes. You will learn the art of reading a pattern, cutting, making, stitching and how to get the best from your sewing machine. Previous experience of machine sewing is needed for this exciting course. Limited spaces.

**Sewing for Beginners**

**C20** | **M** | £132.00/£121.00/£103.00 | **Thursday 5.30 - 7.30pm** | starts **16 January** | 10wks  
**C21** | **M** | £132.00/£121.00/£103.00 | **Thursday 7.45 - 9.45pm** | starts **16 January** | 10wks  
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 some finished products, such as cushions or purses, created by your own fair hands.

**Saturday - Learn to Sew - Make a Bag in a Day**

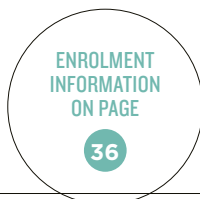
**S32** | **M** | £29.25/£26.50/£22.00 | **1 February 10.00 - 4.00pm**  
This workshop is suitable for complete beginners. You'll get to grips with a sewing machine and then go on to make your own bag to take home. A great way to get you started with sewing and discover the joy of making and having fun with fabrics.

**Saturday - Sewing Surgery**

**S55** | **M** | £29.25/£26.50/£22.00 | **15 February 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.

JACQUI REEVES **Creative Sewing - Upcycle Your Spring Wardrobe**

**C22** | **M** | £63.50/£58.00/£49.00 | **Friday 12.00 - 2.00pm** | starts **28 February** | 5wks  
Discover upcycling tricks and update your spring wardrobe. On this five week course you will upcycle a few key items from your wardrobe using cutting, sewing and embellishing techniques. This course is for people who have a basic knowledge of sewing.

CRAFTS CONTINUED

**JACQUI REEVES** **Saturday – Sewing Workshop – Upcycle Denim**  
 CONTINUED **S63** | **M** | £41.25/£38.50/£34.00 | **22 February** 10.00 – 4.00pm

**NEW** Second-hand denim jeans are everywhere. Choose from a range of projects to rework a pair of jeans. You will learn sewing and upcycling tips in a relaxed, supportive atmosphere.

**JEMIMA LUMLEY** **Saturday – Hand Embroidery for Decoration and Visible Mending**  
**S42** | **M** | £34.25/£31.50/£27.00 | **8 February** 10.00 – 4.00pm

This workshop will teach you a handful of simple hand embroidery stitches and techniques that will help you to embellish plain clothes and accessories, transforming them into something unique and special.

**NEW** **Saturday – Embroidery Flower ‘Painting’ (with Threads)**  
**S101** | **M** | £36.25/£33.50/£29.00 | **28 March** 10.00 – 4.00pm

Using threads as your medium, this workshop will teach you how to paint with embroidery floss and cottons, capturing light and shade, shape and form. With just simple stitches you will be creating a beautiful flower picture on eco-dyed fabric.

**RHYANNAN HALL** **Saturday – Indigo Dye Workshop**  
**S19** | **M** | £29.25/£26.50/£22.00 | **25 January** 10.00 – 1.00pm

Indigo is a distinctive blue colour and among the oldest natural dyes to be used for textile dyeing. The techniques for dyeing with Indigo is not like other natural dyes. This is an opportunity to get to grips with the basics of dyeing with beautiful indigo.

**Saturday – Natural Dye Workshop**  
**S33** | **M** | £44.25/£41.50/£37.00 | **1 February** 10.00 – 4.00pm

Spend the day learning natural dyeing processes, using some historical plant-based dyes on some beautiful silk fabrics. A mixture of theory and practical experiments. This workshop is a little taster of the vast world of colour, chemistry and cloth.

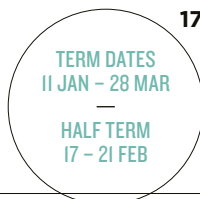
**Saturday – Shibori Workshop**  
**S102** | **M** | £40.25/£37.50/£33.00 | **28 March** 10.00 – 4.00pm

The ancient art of Shibori Dyeing is sometimes known as ‘memory on cloth’. Using methods such as stitching, wrapping, pleating, folding and binding we resist the cloth against itself to create beautiful patterns with soft edges that are characteristic of shibori.

**SHIRLEY DOWNEY** **Knitting and Crochet**  
**C23** | **M** | £58.50/£53.00/£44.00 | **Thursday** 7.30 – 9.30pm | starts **16 January** | 5wks  
 You will learn about basic stitches, patterns, skills, yarns, equipment and how to read a pattern in this five week course. Why buy something when you can make something better? Please check with the office before booking if you are left handed. All levels welcome.

**Saturday – Knitting and Crochet Workshop**  
**S71** | **M** | £29.25/£26.50/£22.00 | **29 February** 10.00 – 4.00pm

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.

CRAFTS CONTINUED

**SHIRLEY DOWNEY** **Saturday – Crochet Squares and Blankets**  
 CONTINUED **S92** | **M** | £29.25/£26.50/£22.00 | **21 March** 10.00 – 4.00pm

Learn how to make a variety of crochet squares - the basis of beautiful blankets and throws. From the basic granny square we will progress to uses of colour and lace and joining techniques. You will produce a couple of squares, depending on skill. Please check with the office before booking if you are left handed. All levels welcome.

**CRISTINA VALLADARES** **Crochet for 3D Creations: Amigurumi Technique**  
**C24** | **M** | £66.50/£61.00/£52.00 | **Wednesday** 7.00 – 9.00pm | starts **26 February** | 5wks

**NEW** Amigurumi is the Japanese art of 3D crocheting small, stuffed yarn creatures. Learn this technique whilst working on a project making a toy elephant. By the end of the course you will have gained the knowledge you need to continue your own creative projects. All abilities welcome.

**NEW** **Saturday – Make a Crochet Toy Hedgehog**  
**S34** | **M** | £37.25/£34.50/£30.00 | **1 February** 10.00 – 4.00pm

Make a stuffed hedgehog using amigurumi 3D crochet technique. When you learn this techniques you can go away and make so many things. All levels are welcome but some knowledge of crochet such as the double stitch, is useful.

**NEIL INGHAM** **Saturday – Modern Calligraphy**  
**S13** | **M** | £35.25/£32.50/£28.00 | **18 January** 10.00 – 4.00pm

Modern calligraphy has movement and energy. Create your own style and have fun. It can be used for signs, posters, greeting cards, stationery and crafts. Everyone will have a finished piece of hand-lettering to take home.

**Saturday – Calligraphy Roundhand**  
**S69** | **M** | £35.25/£32.50/£28.00 | **29 February** 10.00 – 4.00pm

Learn the art of beautiful writing at this 1-day Roundhand workshop. Calligraphy is an art form which has been enjoyed for centuries in poetry, stationery and art and design. There will be demonstrations as well as lots of time to practice.

**LAWRENCE HASSAN** **Saturday – Hardback Bookbinding**  
**S50** | **M** | £35.40/£33.20/£29.60 | **15 February** 10.00 – 3.00pm

Welcome to this beginners guide to book making. You will learn everything from traditional Japanese book stitch techniques to book cover design and you’ll leave with a hardback book made by your very own hands.

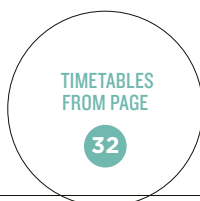
**SARAH DENNIS** **Saturday – Beautiful Paper Cutting Workshop**  
**S41** | **M** | £33.25/£30.50/£26.00 | **8 February** 10.00 – 4.00pm

The process of paper cutting deeply is therapeutic and relaxing. Removing shapes to reveal a design takes you into an almost meditative state. This workshop is designed for you to take some time to create something beautiful.

**LISA MALYON** **Saturday – Sketching a Bristol Scene on a Lampshade**  
**NEW** **S95** | **M** | £20.60/£19.25/£17.00 | **21 March** 10.00 – 12.30pm

**S96** | **M** | £20.60/£19.25/£17.00 | **21 March** 1.30 – 4.00pm  
 Discover how enjoyable drawing and sketching can be. You will draw a panoramic view of Bristol onto a lampshade to take home. All levels welcome.

## POTTERY



*We have a well-established pottery studio run by a professional team with a wide range of expertise and skills. We use smooth white Stoneware clay, Crank and Earthenware. All clay, glazing and firing is included in the cost of the course or workshop. Due to popular demand please enrol early.*

## STEVE CARTER Pottery Day Studio

**P1** | £216.55/£202.15/£178.50 | **Monday 10.00 – 4.15pm** | starts **13 January** | 5wks

**P2** | £216.55/£202.15/£178.50 | **Monday 10.00 – 4.15pm** | starts **24 February** | 5wks

This course is an opportunity for practiced and aspiring makers to explore and develop their work in greater depth. Working through mainly self-directed projects with tutor guidance and teaching.

## Saturday – Pottery – Brown Betty Teapot

**S45** | | £44.25/£41.50/£37.00 | **8 February 10.00 – 4.00pm**

Enjoy using different hand-building & casting techniques to generate your own unique, and fully functional traditional style teapot. A teapot with a story to tell. (Beginners Welcome).

## MARGARET CRUMP Pottery – Beginners

**P3** | £206.25/£192.50/£170.00 | **Wednesday 10.00 – 12.30pm** | starts **15 January** | 10wks

**P4** | £165.00/£154.00/£136.00 | **Wednesday 7.45 – 9.45pm** | starts **15 January** | 10wks

For those new to making pottery. During the first half of the term you will complete a series of short projects designed to teach you several techniques of hand-building pottery. Then the basics of using the potters wheel are introduced, after which you can work on individual projects for the remainder of the term.

## Pottery – Improvers

**P5** | £247.50/£231.00/£204.00 | **Monday 6.00 – 9.00pm** | starts **13 January** | 10wks

**P6** | £165.00/£154.00/£136.00 | **Wednesday 5.30 – 7.30pm** | starts **15 January** | 10wks

This course is suitable for you if you have had experience in making pottery. You will be able to pursue your interests in throwing and/or hand building. You will also be introduced to new techniques and approaches and encouraged to explore and make progress in a relaxed and creative environment.

## Saturday – Clay Modelling the Figure

**S22** | £44.25/£41.50/£37.00 | **25 January 10.00 – 4.00pm**

Enjoy a day exploring different techniques used to model the human figure. You may bring images of compact, seated or reclining poses, refer to images prepared for you or just use your imagination.

**NEW** Saturday – Open Pottery Workshops

**S74** | £44.25/£41.50/£37.00 | **29 February 10.00 – 4.00pm**

**S85** | £44.25/£41.50/£37.00 | **14 March 10.00 – 4.00pm**

For those with some experience of working in clay who want to see a project through to completion. Book one day or two days to create and glaze your work. Not suitable for those seeking tuition on the potters wheel.

## POTTERY CONTINUED

## ROGER OWEN Pottery Improvers

**P7** | £165.00/£154.00/£136.00 | **Thursday 7.45 – 9.45pm** | starts **16 January** | 10wks

This is a course suitable for those with some experience, in which students pursue their interests in throwing and/or hand building ceramics. Students will be introduced to new techniques and approaches and encouraged to explore and progress their ideas in a relaxed and creative environment.

## JO YOUNG Pottery Day Studio Tuesday

**P8** | £206.25/£192.50/£170.00 | **Tuesday 10.00 – 4.00pm** | starts **14 January** | 5wks

**P9** | £206.25/£192.50/£170.00 | **Tuesday 10.00 – 4.00pm** | starts **25 February** | 5wks

These five week courses are an opportunity for makers with some experience to enhance and develop their skills, try techniques in construction, surface decoration, using the potters wheel and to progress self directed projects.

## Pottery Beginners

**P10** | £82.50/£77.00/£68.00 | **Thursday 5.30 – 7.30pm** | starts **16 January** | 5wks

For complete beginners wanting to learn basic techniques. Each week you will learn several skills through a series of projects designed to use as many processes as possible. These include slab work, pinching, coiling, construction, decorative slip techniques, glazing.

## Pottery – Introduction to the Potter's Wheel

**P11** | £82.50/£77.00/£68.00 | **Thursday 5.30 – 7.30pm** | starts **27 February** | 5wks

A five week course that will teach 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 to add colour and shine. Limited spaces.

## POTTERY TUTOR Pottery Improvers

**P12** | £247.50/£231.00/£204.00 | **Tuesday 6.00 – 9.00pm** | starts **14 January** | 10wks

These 3 hour sessions give you the opportunity to work on your own projects, progress your skills and learn new techniques and ideas for throwing on the wheel, hand building, sculptural construction and surface decoration.

## Saturday – Pottery Taster: Throwing and Turning

**S37** | £44.25/£41.50/£37.00 | **1 February 10.00 – 4.00pm**

**S54** | £44.25/£41.50/£37.00 | **15 February 10.00 – 4.00pm**

Have you always wanted to try using the potters wheel? This is a great chance to see how it is for you. A whole day learning techniques and skills of 'throwing on the wheel'. We will fire and glaze your pots ready for collection over the following weeks.

## WRITING

## LIZ CASHDAN Creative Writing for All

**W1** | | £117.00/£106.00/£88.00 | **Tuesday 10.30 – 12.30pm** | starts **14 January** | 10wks

Whether you are new to writing creatively, or just fancy somewhere to kickstart new writing, this is the course for you. With fun exercises and supportive group endeavour we will explore story and poetry, and you will learn techniques for a writing practice. Be prepared to be surprised and to fire up your imagination.

## BRISTOL FOLK HOUSE

2020 BRINGS AN EXCITING LINE UP OF LIVE MUSIC, DANCES AND FESTIVALS AS WELL AS TALKS, FUNDRAISERS AND MORE.

# FESTIVALS

## BRISTOL BLUEGRASS FESTIVAL

Set to be another excellent line up. Get your tickets from the Folk House reception.

[FACEBOOK.COM/  
BRISTOLBLUEGRASSFESTIVAL](https://www.facebook.com/bristolbluegrassfestival)

**6-7 MARCH 2020**

## INTERNATIONAL JAZZ AND BLUES FESTIVAL

Returning for it's 8th year. This international renowned festival is one not to be missed.

[BRISTOLJAZZANDBLUESFEST.COM](http://bristoljazzandbluesfest.com)

**27-29 MARCH 2020**

## BRISTOL FOLK FESTIVAL

After last year's success, it will be returning bigger and better. Watch this space.

[BRISTOLFOLKFESTIVAL.ORG](http://bristolfolkfestival.org)

**1-3 MAY 2020**

## LIVE MUSIC

The Folk House has a long history for music in Bristol. Every weekend we bring a great programme of music featuring Folk, Acoustic, Roots, Americana and music of all flavours with local, national and international acts. This Spring we have confirmed so far:

**MISHA LUCY FARREL & ANDREW WAITE DAORI FARRELL** and much, much more to follow

See our web site for the latest Spring 2020 listings:

[WWW.BRISTOLFOLKHOUSE.CO.UK/LIVE-MUSIC](http://www.bristolfolkhouse.co.uk/live-music)

## DANCE

Our regular sell out ceilidh and swing dance events feature great live bands, our recently installed air-conditioning and lights sets the scene for a fantastic evening once a month.

Colston Hall is presenting shows at the Folk House under the banner **COLSTON HALL PRESENTS** whilst their hall is being refurbished. Gigs include **EAST POINTERS, KATHRYN ROBERTS & SEAN LAKEMAN.**

For full details see [WWW.COLSTONHALL.ORG/WHATS-ON/](http://www.colstonhall.org/whats-on/)

**M**  
CALL OR VISIT OUR  
WEBSITE FOR A  
MATERIALS LIST

## WRITING CONTINUED

### LIZ CASHDAN **Short Fiction**

**W2** | **M** | £117.00/£106.00/£88.00 | **Monday 5.30 - 7.30pm** | starts **13 January** | 10wks  
This course is for those who have an interest in writing short stories. We will look at structure and narrative, through writing exercises we will improve your work. Examine characterisation, setting, pace and dialogue while sharing and discussing your work in a supportive environment. Beginners welcome.

### **Saturday - Get Started in Creative Writing**

**S23** | **M** | £29.25/£26.50/£22.00 | **25 January 10.00 - 4.00pm**  
A workshop full of ideas and prompts to get you started and to move you forward on the writing process. You will get plenty of suggestions to take away to keep you writing.

### **NEW Saturday - Verbal and Visual Images: Poetry and Illustration**

**S107** | **M** | £58.50/£53.00/£44.00 | **Sat 4 & Sun 5 April 10.00 - 4.00pm**  
This two day workshop will encourage you to make verbal and visual images in response to the history of Bristol docks. Liz Cashdan, poet and tutor, and Dorothy Flint, will show how they have collaborated and encourage you to do something similar, either in collaboration or on your own.

### ROSEMARY DUN **Writing a Commercial Novel**

**W3** | **M** | £117.00/£106.00/£88.00 | **Wednesday 5.30 - 7.30pm** | starts **15 January** | 10wks  
Got a stalled novel? One under way? At the ideas stage? Come along & join this inclusive and supportive class. Using a combination of taught elements e.g. characterisation, plot, viewpoint, learning from film, plus class exercises and non-compulsory homework.

### **Saturday - Poetry From Nowhere: Writing Workshop**

**S36** | **M** | £29.25/£26.50/£22.00 | **1 February 10.00 - 4.00pm**  
Would you love to write poetry but don't know where to start? Where do ideas for poetry come from? Together we will have fun, learn some stuff, and write poetry.

### GRACE PALMER **Introduction to Creative Writing**

**W4** | **M** | £117.00/£106.00/£88.00 | **Tuesday 7.30 - 9.30pm** | starts **14 January** | 10wks  
Explore writing stories, flash fiction, poetry and creative non-fiction. We'll help your words flow and stimulate your imagination in this fun, supportive class. Suitable for beginners and those who want to sharpen their writing.

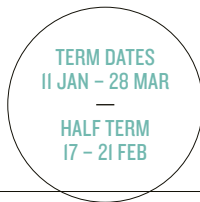
### **Short Stories and Flash Fiction**

**W5** | **M** | £58.50/£53.00/£44.00 | **Thursday 1.00 - 3.00pm** | starts **16 January** | 5wks  
We'll focus on short stories and flash fiction and explore techniques to make your writing shine. Develop your unique voice in a supportive group. There will be prompts, writing exercises, and discussion.

### **NEW Short Stories and Flash Fiction Continued**

**W6** | **M** | £58.50/£53.00/£44.00 | **Thursday 1.00 - 3.00pm** | starts **27 February** | 5wks  
Hone your short stories and flash fiction until they fly. With feedback, accountability and support we'll move your writing forward. A five week course for those with some experience of writing or who have previously attended a course with Grace.

## WRITING CONTINUED



**GRACE PALMER** **Saturday - Flash Fiction and Short Stories Writing Workshop**  
CONTINUED **S10** | **M** | £29.25/£26.50/£22.00 | **18 January 10.00 - 4.00pm**

Explore writing flash fiction, the shortest of all short stories. We'll provide prompts, editing tips and ideas to improve your work in a supportive, fun session. You'll find out about opportunities to perform locally and where to submit your work.

**NEW** **Saturday - Reading your Writing in Public**  
**S49** | **M** | £17.55/£15.90/£13.20 | **15 February 10.00 - 1.00pm**

We'll cover which writing to choose to read aloud, microphone skills, body language, nerves and what to do with your hands. You'll have plenty of time to practice reading your writing with a microphone.

**JANE REECE** **Memoir and Life Writing**  
**W7** | **M** | £117.00/£106.00/£88.00 | **Tuesday 2.00 - 4.00pm** | starts **14 January** | 10wks

This course will inspire you to look at ways of writing autobiography, biography and memoir. We will use a variety of ideas to develop your experiences, memories or diaries into prose. We will look at structure, language and audience to produce engaging reading.

**MARK BRECKON** **Scriptwriting**  
**W8** | £117.00/£106.00/£88.00 | **Tuesday 7.00 - 9.00pm** | starts **14 January** | 10wks  
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.

## MUSIC, DANCE & DRAMA

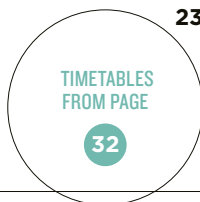
**BETH FOURACRE** **Guitar Beginners**  
**D1** | **M** | £58.50/£53.00/£44.00 | **Wednesday 5.30 - 6.30pm** | starts **15 January** | 10wks  
Introducing the basics of guitar in a method that is clear, simple and easy to understand. The course will start right at the beginning and we will learn chords, how to play melody and how to read guitar tablature.

**BETH FOURACRE** **Saturday - Songwriting Toolbox - 2 Day Workshop**  
& **ESTHER ROSE** **S109** | **M** | £68.36/£62.30/£52.40 | **Sat 4 & Sun 5 April 10.00 - 4.30pm**  
**PARKES** Have you ever wanted to write a song? Do you write songs and are looking for more ideas? This course aims to fill your songwriting toolkit with many creative ways to approach and develop a song.

**JOEL BOBRUCKI** **Guitar Beginners Continued**  
**D2** | **M** | £58.50/£53.00/£44.00 | **Thursday 6.45 - 7.45pm** | starts **16 January** | 10wks  
For those who have a basic understanding of the guitar. This course will carry on from the Beginners level.

**Guitar Improvers**  
**D3** | **M** | £58.50/£53.00/£44.00 | **Thursday 5.30 - 6.30pm** | starts **16 January** | 10wks  
This course carries on from the Beginners Continued. Develop skills in fingerpicking, lead and rhythm guitar. You need a basic understanding of E-shaped barre chords (even if you can't play them well yet.)

## MUSIC, DANCE & DRAMA CONTINUED



**STEVE HAYNES** **Guitar Extended**  
& **ESTHER ROSE** **D4** | **M** | £58.50/£53.00/£44.00 | **Wednesday 2.30 - 4.30pm** | starts **15 January** | 5wks  
**PARKES** **D5** | **M** | £58.50/£53.00/£44.00 | **Wednesday 2.30 - 4.30pm** | starts **26 February** | 5wks  
For guitarists with more experience. Come and share your skills and learn from each other. Each session will involve a taught element, a chance to play and share techniques in small groups, an open session and - for the brave - an opportunity to perform to the group. Bring along material to share and play with others.

**STEVE HAYNES** **Saturday - Blues Guitar: Improvising, Theory and Technique**  
**S73** | **M** | £29.25/£26.50/£22.00 | **29 February 10.00 - 4.00pm**  
For guitarists who have dabbled with the blues and want to learn more. Discussions of chord theory, rhythmic playing and approaches to blues soloing. With opportunities to practice improvising in smaller groups. Suitable for guitarists partially familiar with the minor pentatonic scale and barre chords.

**ESTHER ROSE** **Finding your Voice**  
**PARKES** **D6** | £58.50/£53.00/£44.00 | **Monday 6.00 - 7.00pm** | starts **13 January** | 10wks  
For beginners new to singing. The course will focus on you enjoying and exploring your voice. We will work on getting the best out of your voice and developing your musical ear.

**Enhancing your Voice**  
**D7** | £87.75/£79.50/£66.00 | **Monday 7.15 - 8.45pm** | starts **13 January** | 10wks  
A course for those with some experience of singing who are ready to go deeper and hone their voice skills. Working with a variety of songs from across the globe, we will focus on using the breath and the body to enhance and strengthen our voices.

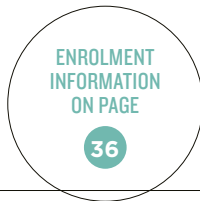
**NONNY TABBUSH** **Folk House Community Choir**  
**Tuesday 7.00 - 9.00pm** | See [www.bristolfolkhouse.co.uk/choir](http://www.bristolfolkhouse.co.uk/choir) for details.  
A friendly choir based in the heart of Bristol. We learn songs by ear, so there's no need to read music. No auditions, just come along and give it a try. £8 per session.

**BEN SEARLE** **Ukulele for Beginners**  
**D8** | **M** | £29.25/£26.50/£22.00 | **Thursday 2.00 - 3.00pm** | starts **16 January** | 5wks  
For beginners and those new to the 'uke. A friendly and welcoming class, aim's to encourage confidence, skill and fun with this wonderful instrument. Bring a ukulele.

**Ukulele for Improvers**  
**D9** | **M** | £29.25/£26.50/£22.00 | **Thursday 2.00 - 3.00pm** | starts **27 February** | 5wks  
This course is ideal for anyone who has been on a beginners course or has learnt a few chords and wants to learn more about playing their ukulele. The aim is to make you more confident and competent with your instrument. We look at chords, strumming, timing and enjoy a group strum-a-long.

**NEW** **Ukulele Club**  
**D10** | **M** | £29.25/£26.50/£22.00 | **Thursday 3.30 - 4.30pm** | starts **16 January** | 5wks  
**D11** | **M** | £29.25/£26.50/£22.00 | **Thursday 3.30 - 4.30pm** | starts **27 February** | 5wks  
Meet other ukulele players for a fun hour of learning more about your ukulele. We will look at techniques, styles, and answer your uke questions. Bring your uke and make some uker friends.

## MUSIC, DANCE & DRAMA CONTINUED



### BEN SEARLE **Saturday – Ukulele at the Musicals**

**CONTINUED S47** | | £17.55/£15.90/£13.20 | **8 February** 1.00 – 4.00pm

Come along and learn all kinds of songs from the magical world of Musicals. You will learn tunes from *The Greatest Showman* to *Mary Poppins*. This workshop is for anyone who has tried ukulele before including beginners with a little experience.

### **Saturday – Ukulele in the Spring**

**S99** | | £17.55/£15.90/£13.20 | **28 March** 10.00 – 1.00pm

Meet fellow local ukers (anyone welcomed) to learn some new songs and new styles in a welcoming and fun environment. Bring your ukulele and some sunshine.

### AIDAN SHEEHAN **Saturday – Absolute Beginners Harmonica Workshop**

**S20** | | £29.25/£26.50/£22.00 | **25 January** 10.00 – 4.00pm

Don't leave your harmonica unplayed in a drawer. In this friendly class learn to perform a selection of tunes on your harmonica in just a day. Beginners to intermediate level welcome.

### **Saturday – Beginners Blues Harmonica Workshop**

**S91** | | £29.25/£26.50/£22.00 | **21 March** 10.00 – 4.00pm

Experience playing the Blues on your harmonica. Have fun trying out some pieces using authentic, Bluesy draw bends. Give it a go. There will be something good for everyone. Starting with the basics you will soon be playing real tunes on the harmonica.

### CLAIRE PHIPPS **Saturday – Dirty Dancing**

**S8** | | £12.70/£11.60/£9.80 | **11 January** 10.30 – 12.30pm

Learn the iconic moves from the best dance film EVER made. No partner needed, just plenty of enthusiasm to have the time of your life.

### **NEW Saturday – Dance class – The Greatest Showman**

**S66** | | £12.70/£11.60/£9.80 | **22 February** 10.30 – 12.30pm

Roll Up Roll Up! A fun workshop learning choreography to the incredibly powerful box office hit *The Greatest Showman*. A blend of musical theatre, jazz, contemporary and hip hop styles, this one off class promises to be a lot of fun. No previous dance experience required. Everyone is welcome.

### **NEW Saturday – Burlesque with Feather Fan Workshop**

**S88** | | £12.70/£11.60/£9.80 | **14 March** 10.30 – 12.30pm

Learn the art of posing, peeling and teasing in a supportive environment. Discover your confident and glamorous burlesque alter-ego. This workshop is fully clothed - we will put more on before we take it off.

### AANCHAL GUPTA **Bollywood Dance**

**D12** | | £58.50/£53.00/£44.00 | **Monday** 5.30 – 6.30pm | starts **13 January** | 10wks

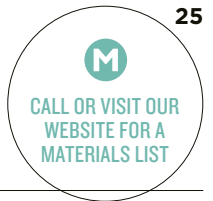
Discover the beautiful and colourful world of Bollywood. Bringing to you this popular dance form from India filled with elegant expressions and dynamic movements. In this 10 week course learn a whole beginners routine. No previous experience necessary.

### **Salsa Dance**

**D13** | | £58.50/£53.00/£44.00 | **Monday** 6.30 – 7.30pm | starts **13 January** | 10wks

Learn to dance salsa, meet new people, keep fit and have fun. Beginners Salsa course with basic footwork, turn patterns and simple routines. No need to bring a partner, you will pair up in the class. Come and have fun and learn some moves.

## MUSIC, DANCE & DRAMA CONTINUED



### AANCHAL GUPTA **Saturday – Bollywood Dance Workshop**

**CONTINUED S27** | | £11.70/£10.60/£8.80 | **25 January** 10.30 – 12.30pm

Discover the beautiful and colourful world of Bollywood. This popular dance form from India is filled with elegant expressions and dynamic movements. In this workshop you will learn a whole beginners routine. No previous experience necessary.

### CHRISTINE POWER **Circle Dancing**

**D14** | £43.90/£39.75/£33.00 | **Monday** 1.30 – 3.00pm | starts **13 January** | 5wks

**D15** | £43.90/£39.75/£33.00 | **Monday** 1.30 – 3.00pm | starts **24 February** | 5wks

In this friendly class we learn traditional dances to Greek, Balkan, Jewish & Irish rhythms, holding hands together. All welcome.

### **Line Dancing Beginners**

**D16** | £29.25/£26.50/£22.00 | **Monday** 4.00 – 5.00pm | starts **13 January** | 5wks

**D17** | £29.25/£26.50/£22.00 | **Monday** 4.00 – 5.00pm | starts **24 February** | 5wks

Line Dancing has become a global phenomenon. With set sequences to remember, Line dancing is fun exercise for the mind as well as the body. A class for complete beginners or those who would like a refresher. Suitable for all ages and fitness levels.

### **Evening Line Dance - Mixed Ability**

**D18** | £29.25/£26.50/£22.00 | **Wednesday** 6.45 – 7.45pm | starts **15 January** | 5wks

**D19** | £29.25/£26.50/£22.00 | **Wednesday** 6.45 – 7.45pm | starts **26 February** | 5wks

As it is hard to find evening line dance classes in central Bristol, this course welcomes all with any experience of dance. Enjoy learning with others at different stages and having a laugh together.

### **Line Dancing Intermediate**

**D20** | £29.25/£26.50/£22.00 | **Monday** 10.30 – 11.30am | starts **13 January** | 5wks

**D21** | £29.25/£26.50/£22.00 | **Monday** 10.30 – 11.30am | starts **24 February** | 5wks

A friendly class for those who have attended a dance class of any style for more than one year. This course is designed as a progression from the beginners class.

### **Line Dancing Advanced**

**D22** | £29.25/£26.50/£22.00 | **Wednesday** 10.30 – 11.30am | starts **15 January** | 5wks

**D23** | £29.25/£26.50/£22.00 | **Wednesday** 10.30 – 11.30am | starts **26 February** | 5wks

**D24** | £43.90/£39.75/£33.00 | **Thursday** 10.30 – 12.00pm | starts **16 January** | 5wks

**D25** | £43.90/£39.75/£33.00 | **Thursday** 10.30 – 12.00pm | starts **27 February** | 5wks

For experienced dancers, to diverse rhythms, with some fast and complicated steps. With a break for a drink and a chat.

### **Line Dancing Advanced Plus**

**D26** | £58.50/£53.00/£44.00 | **Thursday** 12.30 – 1.30pm | starts **16 January** | 5wks

For enthusiastic dancers who have attended the Advanced Line Dance Class. Please contact the tutor if you wish to enrol but have not previously attended the advanced class here.

### **Saturday – Line Dancing Beginner Workshop**

**S17** | | £11.70/£10.60/£8.80 | **18 January** 10.30 – 12.30pm

Come and have a go at line dancing. An enjoyable, fun workshop suitable for complete beginners. Line Dancing is exercise for the mind as well as the body, and this class is open to all ages and fitness levels.

## MUSIC, DANCE & DRAMA CONTINUED

**CHRISTINE POWER** **Saturday – An Introduction to Circle Dancing**  
CONTINUED **S18** | **M** | £11.70/£10.40/£8.90 | **18 January 1.30 – 3.30pm**

Enjoy a pleasant afternoon learning dances which originate from several European countries. By holding hands together in a circle we will dance to slow, moderate and faster folk music. Please avoid wearing trainers as these hinder movement.

**MARK BRECKON** **Drama and Improvisation**

**D27** | £58.50/£53.00/£44.00 | **Wednesday 7.00 – 9.00pm** | starts **15 January** | 5wks  
With a playful approach we will develop your creative confidence and spontaneity. We will play theatre games and explore improvisation techniques to release the imagination. A supportive environment.

## FITNESS & EXERCISE

**LUCY EYRE** **Gentle Pilates**

**F1** | **M** | £60.50/£55.00/£46.00 | **Monday 12.00 – 1.00pm** | starts **13 January** | 10wks  
This is a mat based class so the ability to get up and down from standing to seated and lying positions unaided is essential. Suitable for the over 60's or those that prefer a slower paced, gentler exercise.

**Pilates – Seated Exercise**

**F2** | **M** | £60.50/£55.00/£46.00 | **Tuesday 11.00 – 12.00pm** | starts **14 January** | 10wks  
Each class covers flexibility, balance and strength providing the four vital components of fitness for older adults. This class uses exercises that are safe, enjoyable, effective and accessible to everyone whatever their ability, and can be done seated or standing. Seated exercise classes ensure age or ability are no longer barriers to an active lifestyle.

**Lunchtime Pilates - Mixed Ability**

**F3** | **M** | £60.50/£55.00/£46.00 | **Wednesday 12.30 – 1.30pm** | starts **15 January** | 10wks  
Pilates builds strength from the inside out by targeting deep postural muscles to improve muscle tone and give you great posture. Exercises are non impact and performed in standing, seated and lying positions with the focus on body alignment and core stability. Unsuitable for Pre and post natal women.

**DEBORAH NEWTH** **Pilates Mixed Ability**

**F4** | **M** | £60.50/£55.00/£46.00 | **Tuesday 5.45 – 6.45pm** | starts **14 January** | 10wks  
Pilates builds strength from the inside out by targeting deep postural muscles to improve muscle tone and give you great posture. Exercises are non impact and performed in standing, seated and lying positions with the focus on body alignment and core stability. Unsuitable for Pre & post natal women. For mixed levels.

**AMBER GOLDING** **Lunchtime Yoga**

**F5** | **M** | £58.50/£53.00/£44.00 | **Tuesday 1.00 – 2.00pm** | starts **14 January** | 10wks  
Enjoy a lunchtime yoga session. Experience how the practice of simple Yoga postures and breathing techniques can be refreshing. All levels welcome.

## FITNESS & EXERCISE CONTINUED

**ZOE PITHER** **Mindful Yoga**

**F6** | **M** | £58.50/£53.00/£44.00 | **Wednesday 5.30 – 6.30pm** | starts **15 January** | 10wks  
Mindful yoga combines yoga postures with mindful awareness as a way to become more present both on and off the yoga mat. In this class we work with movement and stillness, bringing breath and body into harmony as a way to encourage release and relaxation in the mind and body. All levels welcome.

**MEL SKINNER** **Saturday – Yoga for Healthy Backs**

**S40** | **M** | £11.70/£10.60/£8.80 | **8 February 10.00 – 12.00pm**  
Whether you spend a lot of your time sat at a desk or standing on your feet, have poor posture or are recovering after a mild injury, this workshop will work to release the back with forward bends and twists, support the lower back by strengthening core muscles and free up chest and shoulders with gentle back bends.

**Saturday – Yoga for Cyclists**

**S68** | **M** | £11.70/£10.60/£8.80 | **22 February 2.00 – 4.00pm**  
For those who cycle or walk on a regular basis, you may have noticed that these activities often result in the shortening of hamstrings, lower back ache and tension in the shoulders. During this workshop, we will work to release the legs, bring more mobility to the spine and open shoulders and chest. All welcome.

**ANN SHELDON** **Qi Gong**

**F7** | £58.50/£53.00/£44.00 | **Thursday 6.15 – 7.15pm** | starts **16 January** | 10wks  
A gentle, safe, effective Chinese exercise system to lift the spirits and develop energy for self-healing. Taijiwuxigong exercises are linked to Tai Chi. Tensions are released and balance improved. Activating the flow of Qi refreshes our vital energy.

## LANGUAGES

*If you have a question regarding which level is suitable for you, please email: [folkhousetlanguages@gmail.com](mailto:folkhousetlanguages@gmail.com) In the subject line of email write the name of the language you are interested in. In the email describe what previous study and/or experience you have with that language. If you don't have a reply within 4 days, please call the office on 0117 926 2987.*

## ITALIAN

**DENISE VARGIU** **Italian Beginners Entry Level**

**L1** | **M** | £87.75/£79.50/£66.00 | **Wednesday 8.15 – 9.45pm** | starts **15 January** | 10wks

**Italian Beginners Plus**

**L2** | £73.15/£66.25/£55.00 | **Monday 8.30 – 9.45pm** | starts **13 January** | 10wks

**Italian Level 1**

**L3** | £58.50/£53.00/£44.00 | **Monday 7.15 – 8.15pm** | starts **13 January** | 10wks

## ITALIAN CONTINUED

- DAVIDE ARIASSO Italian Level 2**  
**L4** | £87.75/£79.50/£66.00 | **Wednesday 5.00 – 6.30pm** | starts **15 January** | 10wks
- Italian Level 3**  
**L5** | £73.15/£66.25/£55.00 | **Wednesday 6.45 – 8.00pm** | starts **15 January** | 10wks

## SPANISH

- GORKA DIAZ Spanish Beginners Entry Level**  
**L6** | £87.75/£79.50/£66.00 | **Tuesday 7.45 – 9.15 pm** | starts **14 January** | 10wks  
**L7** | £87.75/£79.50/£66.00 | **Thursday 6.00 – 7.30pm** | starts **16 January** | 10wks  
**L8** | £87.75/£79.50/£66.00 | **Wednesday 7.45 – 9.15pm** | starts **15 January** | 10wks
- Spanish Beginners Plus**  
**L9** | £87.75/£79.50/£66.00 | **Thursday 7.45 – 9.15pm** | starts **16 January** | 10wks
- Spanish Level 1.1**  
**L10** | £87.75/£79.50/£66.00 | **Monday 6.00 – 7.30pm** | starts **13 January** | 10wks
- Spanish Level 1.2**  
**L11** | £87.75/£79.50/£66.00 | **Monday 7.45 – 9.15pm** | starts **13 January** | 10wks
- Spanish Level 2**  
**L12** | £87.75/£79.50/£66.00 | **Wednesday 6.00 – 7.30pm** | starts **15 January** | 10wks
- Spanish Level 3**  
**L13** | £87.75/£79.50/£66.00 | **Tuesday 6.00 – 7.30pm** | starts **14 January** | 10wks

## GERMAN

- RITA HANKS German Beginners Entry Level**  
**L14** | £87.75/£79.50/£66.00 | **Monday 7.45 – 9.15pm** | starts **13 January** | 10wks
- German Beginners Plus Level**  
**L15** | £87.75/£79.50/£66.00 | **Wednesday 7.45 – 9.15pm** | starts **15 January** | 10wks
- MARTINA MACKINTOSH German Level 1**  
**L16** | £87.75/£79.50/£66.00 | **Thursday 6.00 – 7.30pm** | starts **16 January** | 10wks
- German Level 2**  
**L17** | £87.75/£79.50/£66.00 | **Thursday 7.45 – 9.15pm** | starts **16 January** | 10wks

## FRENCH



- CATHERINE SFORZA French Beginners Entry**  
**L18** | £73.15/£66.25/£55.00 | **Tuesday 6.00 – 7.15pm** | starts **14 January** | 10wks
- French Beginners Plus**  
**L19** | £58.50/£53.00/£44.00 | **Monday 6.00 – 7.00pm** | starts **13 January** | 10wks
- ARLETTE HODGKIN French Beginners Plus 2**  
**L20** | £87.75/£79.50/£66.00 | **Thursday 5.30 – 7.00pm** | starts **16 January** | 10wks
- French Level 1**  
**L21** | £117.00/£106.00/£88.00 | **Wednesday 10.30 – 12.30pm** | starts **15 January** | 10wks

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## FRENCH CONTINUED

- ARLETTE HODGKIN French Level 2**  
CONTINUED **L22** | £117.00/£106.00/£88.00 | **Tuesday 10.30 – 12.30pm** | starts **14 January** | 10wks
- French Level 4**  
**L23** | £117.00/£106.00/£88.00 | **Thursday 10.30 – 12.30pm** | starts **16 January** | 10wks
- French Conversation**  
**L24** | £58.50/£53.00/£44.00 | **Wednesday 1.30 – 2.30pm** | starts **15 January** | 10wks  
**L25** | £58.50/£53.00/£44.00 | **Tuesday 12.30 – 1.30pm** | starts **14 January** | 10wks

## WELLBEING

- BEN GRASSBY Saturday – NLP – A Day of Discovery**  
**S35** | £31.25/£28.50/£24.00 | **1 February 10.00 – 4.00pm**  
 This exciting workshop 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, and fun techniques to achieve what you want in life and remove old fears.
- JENNIFER MACKERRAS Introduction to Alexander Technique**  
**G1** | £43.90/£39.75/£33.00 | **Tuesday 6.00 – 7.30pm** | starts **25 February** | 5wks  
 Are you hemmed in by habit or plagued by aches and pains? In this course you will learn how to apply the ideas and principles of the Alexander Technique to improve your freedom and flexibility in everything you do.
- Saturday – Alexander Technique Workshop**  
**S9** | £29.25/£26.50/£22.00 | **18 January 10.00 – 4.00pm**  
 The Alexander Technique is a popular method for of self-development and change. We'll explore the basic ideas of the Technique in a fun and interactive way. Come and see if changing the way you think can improve the way you move.
- Saturday – Presentation Skills Workshop**  
**S26** | £29.25/£26.50/£22.00 | **25 January 10.00 – 4.00pm**  
 Do you struggle with presentations? Learn how to structure a talk, deal with nerves, and keep your voice. Jennifer is an experienced Alexander Technique teacher, has worked in theatre and music, and specialises in helping people overcome stage fright.
- CELIA BEESON Heart Centred Meditation**  
NEW **G2** | £43.90/£39.75/£33.00 | **Tuesday 12.00 – 1.30pm** | starts **14 January** | 5wks  
 We will be sharing some simple and accessible forms of meditation which focus on cultivating compassion and empathy, helping us to feel happier and more connected. Suitable for everyone, no experience needed.
- MORVEN HAMILTON Saturday – Yoga for Healthy Sleep**  
**S28** |  | £17.55/£15.90/£13.20 | **25 January 1.00 – 4.00pm**  
 Help overcome insomnia or a restless sleeping patterns with this relaxation practice. Explore yogic techniques and mindfulness methods that can be practiced at home to focus your mind.
- Saturday – Mindfulness and Compassion for Health**  
**S89** |  | £17.55/£15.90/£13.20 | **14 March 1.00 – 4.00pm**  
 Learn the basics of Mindfulness theory and practice, and cultivate feelings of connection and compassion to self and others through Mindfulness meditation.



## WELLBEING CONTINUED

### ZOE PITHER **Saturday – Mindfulness for Busy People**

**S38** | £11.70/£10.60/£8.80 | **1 February** 10.30 – 12.30pm

A gentle and accessible introduction to mindfulness for people who would like to access more moments of calm. Mindfulness is increasingly recognised as a useful way to help deal with the stress that we experience from the fast pace of modern life.

### **Saturday – Yoga for Deep Rest**

**S39** | £11.70/£10.60/£8.80 | **1 February** 2.00 – 4.00pm

This workshop is an opportunity to slow down your practice and truly unwind into deep restfulness. We will share a slow, nourishing yoga practice including pranayama and meditation, ending with a delicious yoga nidra (deep relaxation).

### MEL SKINNER **Saturday – Yoga Nidra**

**S48** | £17.55/£15.90/£13.20 | **8 February** 1.00 – 4.00pm

Discover the practice of yoga nidra, a guided meditation practice. Combining yoga nidra with breathing techniques to help you discover a sense of true letting go, resulting in a sense of deep peace and ease.

### **Saturday – Develop a Yoga Practice at Home**

**S59** | £17.55/£15.90/£13.20 | **22 February** 10.00 – 1.00pm

Discover the joys of a regular yoga practice by learning simple sequences you can practice at home. Create your own sequence of postures to increase flexibility, reduce stress, and feel more at ease.

### ROSS TITMUSS **Saturday – Shiatsu for Personal Wellbeing**

**NEW S56** | **M** | £29.25/£26.50/£22.00 | **15 February** 10.00 – 4.00pm

Explore the essentials of shiatsu theory (the meridian system, yinyang, five elements theory) alongside practical tools to support your well being. Locate key acupressure points on your own body and learn shiatsu stretching routines for everyday use.

### JACKIE ADKINS **Saturday – Awareness Through Movement**

**NEW S90** | £14.60/ £13.25/ £11.00 | **21 March** 10.00 – 12.30pm

Discover how to move with ease in everyday life, by learning to identify and release unconscious patterns of muscular holding using the gentle, yet powerful, floor-based movements lessons of the Feldenkrais Method.

### **NEW Saturday – Mobilising the Spine**

**S97** | £14.60/£13.25/£11.00 | **21 March** 1.30 – 4.00pm

Learn how greater move-ability of your spine can bring a sense of ease to everyday movements, not by stretching, but rather by changing how you 'see' yourself from the inside, using the Feldenkrais Method.

### JOHN SMITH **Herbal Medicine Body Mind and Spirit**

**G3** | £58.50/£53.00/£44.00 | **Thursday** 7.30 – 9.30pm | **starts 27 February** | 5wks

Discovering foods, herbs and other natural approaches to support physical, mental and emotional well-being. In this five week course we will be drawing from the healing traditions of Europe, North America, China, India and The Middle East.

### **Saturday – Herbal Alchemy**

**S24** | £29.25/£26.50/£22.00 | **25 January** 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 spagyric medicine.

## WELLBEING CONTINUED

### JOHN SMITH **Saturday – Yogic Medicine**

**CONTINUED S57** | £29.25/£26.50/£22.00 | **15 February** 10.00 – 4.00pm

A theoretical introduction to Ayurveda, the ancient healing system of India, and its use of diet, herbs, oils and gemstones in the maintenance of health. Student's will gain an insight into the Tridosha system of Ayurvedic medicine.

### **Saturday – Eastern Aromatherapy**

**S83** | £29.25/£26.50/£22.00 | **14 March** 10.00 – 4.00pm

Explore how eastern 'attars' are used to promote the health of mind, body and spirit. A theoretical approach to balancing body, mind and spirit. An opportunity to try and experience natural eastern perfume essences.

### DANIELE PERCHIAZZI **Saturday – Powerful Communication Skills Workshop**

**S4** | **M** | £29.25/£26.50/£22.00 | **11 January** 10.00 – 4.00pm

Communicating effectively it's something that anyone can learn and practice. In this course, learn strategies that can help you hone and master your interpersonal skills.

### DARREN SIMS **Community Tai Chi for Seniors**

**NEW Tuesday** | **starts 14 January** 2.30 – 3.30pm

Age UK Bristol together with the Folk House are offering these 1 hour social sessions for anyone of retirement age, which include a 30 minute Shibashi Tai Chi session, a gentle exercise for wellbeing, followed by time to chat and connect. £2 per session, a drop in class, pay as you go.

## LIFE AND LEISURE

### LISA MALYON **Saturday – An Introduction to Social Media for Business and Hobbies**

**S81** | **M** | £29.25/£26.50/£22.00 | **14 March** 10.00 – 4.00pm

Terrified by tweets? Hesitant to use a hashtag? Learn how to take the fear out of using social media. It can be an enjoyable and useful tool in helping to promote your business or hobby for free.

### ALISON WILDING **Saturday – How to Buy and Sell on eBay**

**S7** | **M** | £34.20/£31.15/£26.20 | **11 January** 10.00 – 4.30pm

Learn the tips of the eBay trade in this fun, practical workshop. The course is designed for people wanting to learn about eBay for personal use and you will need to bring a laptop or tablet with you.

### IAN REDFEARN **Wine Tasting: Cabernet, Shiraz, Chardonnay and more**

**M1** | £79.90/£75.75/£69.00 | **Tuesday** 7.45 – 9.15pm | **starts 14 January** | 5wks

Become an expert in Cabernet Sauvignon, Shiraz and Chardonnay, amongst others, by tasting and evaluating five examples of a classic varietal from around the world each week. Please bring 3 wine glasses with you.

### **Wine Tasting: Pinot Noir, Merlot, Sauvignon Blanc and more**

**M2** | £79.90/£75.75/£69.00 | **Tuesday** 7.45 – 9.15pm | **starts 25 February** | 5wks

Get to grips with Pinot Noir, Merlot and Sauvignon Blanc, amongst others, by tasting and evaluating five examples of a classic varietal from around the world each week. Please bring 3 wine glasses with you.

## WEEKDAY TIMETABLES

## MONDAY

	TIME	PAGE
<b>A39</b> Art History: The 15th century ①	10.00 - 12.00	9
<b>A20</b> Drawing for Improvers	10.00 - 1.00	5
<b>A21</b> Drawing for Improvers ①	10.00 - 1.00	5
<b>P1</b> Pottery Day Studio	10.00 - 4.15	18
<b>P2</b> Pottery Day Studio ①	10.00 - 4.15	18
<b>D20</b> Line Dancing Intermediate	10.30 - 11.30	25
<b>D21</b> Line Dancing Intermediate ①	10.30 - 11.30	25
<b>A13</b> Acrylic Painting	10.30 - 12.30	4
<b>F1</b> Gentle Pilates	12.00 - 1.00	26
<b>D14</b> Circle Dancing	1.30 - 3.00	25
<b>D15</b> Circle Dancing ①	1.30 - 3.00	25
<b>A18</b> Learn to Draw	2.00 - 4.30	5
<b>A19</b> Learn to Draw ①	2.00 - 4.30	5
<b>A5</b> Portraiture	2.00 - 4.30	3
<b>A6</b> Portraiture ①	2.00 - 4.30	3
<b>D16</b> Line Dancing Beginners	4.00 - 5.00	25
<b>D17</b> Line Dancing Beginners ①	4.00 - 5.00	25
<b>A1</b> Life Drawing	5.15 - 7.15	3
<b>D12</b> Bollywood Dance	5.30 - 6.30	24
<b>C15</b> Dressmaking	5.30 - 7.30	15
<b>C8</b> Jewellery: Silversmithing	5.30 - 7.30	14
<b>W2</b> Short Fiction	5.30 - 7.30	21
<b>D6</b> Finding your Voice	6.00 - 7.00	23
<b>L19</b> French Beginners Plus	6.00 - 7.00	28
<b>L10</b> Spanish Level 1.1	6.00 - 7.30	28
<b>P5</b> Pottery Improvers	6.00 - 9.00	18
<b>D13</b> Salsa Dance	6.30 - 7.30	24
<b>L3</b> Italian Level 1	7.15 - 8.15	27
<b>D7</b> Enhancing your Voice	7.15 - 8.45	23
<b>L14</b> German Beginners Entry	7.45 - 9.15	28
<b>L11</b> Spanish Level 1.2	7.45 - 9.15	28
<b>A11</b> Discover Watercolours ①	7.45 - 9.45	4
<b>C16</b> Dressmaking	7.45 - 9.45	15
<b>C9</b> Silversmithing Techniques	7.45 - 9.45	14
<b>A12</b> Portraits and Oil Paints	7.45 - 9.45	4
<b>L2</b> Italian Beginners Plus	8.30 - 9.45	27

## TUESDAY

	CONTINUED	TIME	PAGE
<b>C11</b> Sewing for Beginners		10.00 - 1.00	14
<b>C12</b> Sewing for Beginners ①		10.00 - 1.00	14
<b>P7</b> Pottery Day Studio		10.00 - 4.00	19
<b>P8</b> Pottery Day Studio ①		10.00 - 4.00	19
<b>W1</b> Creative Writing for All		10.30 - 12.30	19
<b>L21</b> French Level 2		10.30 - 12.30	29
<b>F2</b> Pilates - Seated Exercise		11.00 - 12.00	26
<b>G2</b> Heart Centred Meditation		12.00 - 1.30	29
<b>L25</b> French Conversation		12.30 - 1.30	29
<b>F5</b> Yoga - Lunchtime Class		1.00 - 2.00	26
<b>A30</b> Sketchbook Techniques		1.00 - 3.30	6
<b>A17</b> Exploring Drawing ①		1.30 - 3.30	4
<b>C17</b> Dressmaking		2.00 - 4.00	15
<b>W7</b> Memoir and Life Writing Weekly		2.00 - 4.00	22
<b>WW</b> Tai Chi Networking		2.30 - 3.30	
<b>A9</b> Oil Painting for Beginners		4.00 - 6.00	4
<b>A45</b> Oil Painting for Beginners		4.00 - 6.00	4
<b>A32</b> Etching and Drypoint		5.30 - 7.30	7
<b>C18</b> Dressmaking		5.30 - 7.30	15
<b>F4</b> Pilates Mixed Ability		5.45 - 6.45	26
<b>L18</b> French Beginners Entry		6.00 - 7.15	28
<b>L13</b> Spanish Level 3		6.00 - 7.30	28
<b>G1</b> Intro to Alexander Technique		6.00 - 7.30	29
<b>P12</b> Pottery Improvers		6.00 - 9.00	19
<b>A10</b> Oil Painting for Improvers		6.45 - 8.45	4
<b>W8</b> Scriptwriting		7.00 - 9.00	22
<b>W4</b> Introduction to Creative Writing		7.30 - 9.30	21
<b>L6</b> Spanish Beginners Entry		7.45 - 9.15	28
<b>M1</b> Wine Tasting		7.45 - 9.15	31
<b>M2</b> Wine Tasting ①		7.45 - 9.15	31
<b>C19</b> Dressmaking		7.45 - 9.45	15

## WEDNESDAY

	CONTINUED	TIME	PAGE
<b>P3</b> Pottery - Beginners		10.00 - 12.30	18
<b>A22</b> Landscapes in Watercolour		10.00 - 1.00	5
<b>A23</b> Landscapes in Watercolour ①		10.00 - 1.00	5
<b>D22</b> Line Dancing Advanced		10.30 - 11.30	25
<b>D23</b> Line Dancing Advanced ①		10.30 - 11.30	25
<b>L22</b> French Level 1		10.30 - 12.30	28

## WEDNESDAY

	CONTINUED	TIME	PAGE
<b>A15</b> Mixed Media, Experimental Art		10.30 - 12.45	5
<b>F3</b> Pilates - Lunchtime		12.30 - 1.30	26
<b>L24</b> French Conversation		1.30 - 2.30	29
<b>A33</b> Lino Printing		2.00 - 4.00	7
<b>D4</b> Guitar Extended		2.30 - 4.30	23
<b>D5</b> Guitar Extended ①		2.30 - 4.30	23
<b>A3</b> Painting in Oils and Acrylics		3.00 - 5.00	3
<b>L4</b> Italian Level 2		5.00 - 6.30	28
<b>A4</b> Painting in Oils and Acrylics		5.15 - 7.15	3
<b>D1</b> Guitar Beginners		5.30 - 6.30	22
<b>F6</b> Mindful Yoga		5.30 - 6.30	27
<b>C13</b> Dressmaking		5.30 - 7.30	15
<b>A34</b> Lino Printing		5.30 - 7.30	7
<b>P6</b> Pottery Improvers		5.30 - 7.30	18
<b>W3</b> Writing a Commercial Novel		5.30 - 7.30	21
<b>L12</b> Spanish Level 2		6.00 - 7.30	28
<b>A43</b> Intro to B&W Photography		6.30 - 9.00	9
<b>D18</b> Evening Line Dance		6.45 - 7.45	25
<b>D19</b> Evening Line Dance ①		6.45 - 7.45	25
<b>L5</b> Italian Level 3		6.45 - 8.00	28
<b>C24</b> Crochet for 3D: Amigurumi ①		7.00 - 9.00	17
<b>D27</b> Drama and Improvisation		7.00 - 9.00	26
<b>L8</b> Spanish Beginners Entry		7.45 - 9.15	28
<b>L15</b> German Beginners Plus Level		7.45 - 9.15	28
<b>C14</b> Dressmaking		7.45 - 9.45	15
<b>P4</b> Pottery - Beginners		7.45 - 9.45	18
<b>A7</b> Watercolour for Beginners		7.45 - 9.45	3
<b>A8</b> Watercolour for Improvers ①		7.45 - 9.45	3
<b>C10</b> Silversmithing Techniques		7.45 - 9.45	14
<b>L1</b> Italian Beginners Entry		8.15 - 9.45	27

## THURSDAY

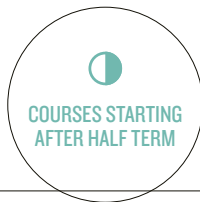
	CONTINUED	TIME	PAGE
<b>A24</b> Botanical Drawing and Painting		10.00 - 1.00	5
<b>A25</b> Sketching in Watercolour ①		10.00 - 1.00	6
<b>D24</b> Line Dancing Advanced		10.30 - 12.00	25
<b>D25</b> Line Dancing Advanced ①		10.30 - 12.00	25
<b>L23</b> French Level 4		10.30 - 12.30	29
<b>C4</b> Woodcarving Course		10.30 - 12.30	13
<b>C5</b> Woodcarving Course ①		10.30 - 12.30	13
<b>A28</b> The Versatility of Watercolour		10.30 - 12.45	6
<b>D26</b> Line Dancing Advanced Plus		12.30 - 1.30	25
<b>W5</b> Short Stories & Flash Fiction		1.00 - 3.00	21

## THURSDAY

	CONTINUED	TIME	PAGE
<b>W6</b> Short Stories & Flash Fiction ①		1.00 - 3.00	21
<b>A40</b> Digital Camera: Beginners		1.00 - 4.00	9
<b>A41</b> Digital Camera: Beginners ①		1.00 - 4.00	9
<b>D8</b> Ukulele for Beginners		2.00 - 3.00	23
<b>D9</b> Ukulele for Improvers ①		2.00 - 3.00	23
<b>A38</b> Art History: 16th C Painting		2.00 - 4.00	9
<b>A29</b> Painting Projects: Multi-level		2.00 - 4.15	6
<b>A26</b> Skies & Landscapes W'colour		2.00 - 5.00	6
<b>A27</b> Skies & Landscapes W'colour ①		2.00 - 5.00	6
<b>D10</b> Ukulele Club		3.30 - 4.30	23
<b>D11</b> Ukulele Club ①		3.30 - 4.30	23
<b>D3</b> Guitar Improvers		5.30 - 6.30	22
<b>L20</b> French Beginners Plus 2		5.30 - 7.00	29
<b>A36</b> Botanical Patterns - Printmaking		5.30 - 7.30	8
<b>A35</b> Creative Printmaking ①		5.30 - 7.30	8
<b>A16</b> Mixed Media, Experimental Art		5.30 - 7.30	5
<b>A17</b> Mixed Media, Experimental Art ①		5.30 - 7.30	5
<b>P10</b> Pottery Beginners		5.30 - 7.30	19
<b>P11</b> Pottery Intro to Potter's Wheel ①		5.30 - 7.30	19
<b>C20</b> Sewing for Beginners		5.30 - 7.30	15
<b>L16</b> German Level 1		6.00 - 7.30	28
<b>L7</b> Spanish Beginners Entry		6.00 - 7.30	28
<b>A44</b> Photography: Cyanotypes ①		6.00 - 9.00	11
<b>F7</b> Qi Gong		6.15 - 7.15	27
<b>D2</b> Guitar Beginners Continued		6.45 - 7.45	22
<b>G3</b> Herbal Medicine ①		7.30 - 9.30	30
<b>C6</b> Basket Weaving Course		7.30 - 9.30	13
<b>C7</b> Willow Basket Weaving 2 ①		7.30 - 9.30	14
<b>C23</b> Knitting and Crochet		7.30 - 9.30	16
<b>L17</b> German Level 2		7.45 - 9.15	28
<b>L9</b> Spanish Beginners Plus		7.45 - 9.15	28
<b>A31</b> Exploring Illustration Extended		7.45 - 9.45	7
<b>A37</b> Cartoons and Comics ①		7.45 - 9.45	8
<b>P7</b> Pottery Improvers		7.45 - 9.45	19
<b>C21</b> Sewing for Beginners		7.45 - 9.45	15

## FRIDAY

	CONTINUED	TIME	PAGE
<b>C2</b> Stained Glass		10.00 - 12.30	13
<b>C3</b> Stained Glass ①		10.00 - 12.30	13
<b>A42</b> Digital Camera: Improvers ①		10.00 - 1.00	9
<b>C22</b> Spring Wardrobe Upcycling ①		12.00 - 2.00	15
<b>C1</b> Geometric Patterns Textile ①		1.00 - 3.00	12



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## SATURDAY SCHOOLS TIMETABLES

### SATURDAY 11 JANUARY

			PAGE
<b>S1</b>	Drawing and Painting from Life	10.00 - 4.00	3
<b>S2</b>	Natural DIY Spa Day	10.00 - 4.00	12
<b>S3</b>	Anatomy and Physiology: Basics	10.00 - 4.00	6
<b>S4</b>	Powerful Communication Skills	10.00 - 4.00	31
<b>S5</b>	Sewing Workshop: Make a Hat	10.00 - 4.00	14
<b>S6</b>	Silver Ring in a Day.	10.00 - 4.00	14
<b>S7</b>	How to Buy and Sell on eBay	10.00 - 4.30	31
<b>S8</b>	Dirty Dancing	10.30 - 12.30	24

### SATURDAY 18 JANUARY

			PAGE
<b>S9</b>	Alexander Technique Workshop	10.00 - 4.00	29
<b>S10</b>	Flash Fiction and Short Stories	10.00 - 4.00	22
<b>S11</b>	Have a go Darkroom Taster	10.00 - 4.00	11
<b>S12</b>	Introduction to Lino Printing	10.00 - 4.00	8
<b>S13</b>	Modern Calligraphy	10.00 - 4.00	17
<b>S14</b>	Appliqué Drawstring Bag	10.00 - 4.00	14
<b>S15</b>	Demonstration Led - Portraits	10.00 - 4.00	4
<b>S16</b>	Creative Wire Sculpture	10.00 - 4.30	7
<b>S17</b>	Line Dancing Beginner	10.30 - 12.30	25
<b>S18</b>	An Intro to Circle Dancing	1.30 - 3.30	26

### SATURDAY 25 JANUARY

			PAGE
<b>S19</b>	Indigo Dye Workshop	10.00 - 1.00	16
<b>S20</b>	Absolute Beginners Harmonica	10.00 - 4.00	24
<b>S21</b>	B&W Film Developing	10.00 - 4.00	11
<b>S22</b>	Clay Modelling the Figure	10.00 - 4.00	18
<b>S23</b>	Get Started in Creative Writing	10.00 - 4.00	21
<b>S24</b>	Herbal Alchemy	10.00 - 4.00	30
<b>S25</b>	Make a Journal	10.00 - 4.00	12
<b>S26</b>	Presentation Skills Workshop	10.00 - 4.00	29
<b>S27</b>	Bollywood Dance Workshop	10.30 - 12.30	24
<b>S28</b>	Yoga for Healthy Sleep	1.00 - 4.00	29
<b>S29</b>	DIY Spa Afternoon	1.30 - 4.30	12

### SATURDAY 1 FEBRUARY

			PAGE
<b>S30</b>	Charcoal & Pastels Workshop	10.00 - 4.00	5
<b>S31</b>	In the Darkroom - Chemistry	10.00 - 4.00	11
<b>S32</b>	Learn to Sew - Bag in a Day	10.00 - 4.00	15
<b>S33</b>	Natural Dye Workshop	10.00 - 4.00	16
<b>S34</b>	Make a Crochet Toy Hedgehog	10.00 - 4.00	17
<b>S35</b>	NLP - A Day of Discovery	10.00 - 4.00	29
<b>S36</b>	Poetry from Nowhere	10.00 - 4.00	21
<b>S37</b>	Pottery Throwing and Turning	10.00 - 4.00	19
<b>S38</b>	Mindfulness for Busy People	10.30 - 12.30	30
<b>S39</b>	Yoga for Deep Rest	2.00 - 4.00	30

### SATURDAY 8 FEBRUARY

			PAGE
<b>S40</b>	Yoga for Healthy Backs	10.00 - 12.00	27
<b>S41</b>	Beautiful Paper Cutting	10.00 - 4.00	17
<b>S42</b>	Hand Embroidery	10.00 - 4.00	16
<b>S43</b>	Interior Design Workshop	10.00 - 4.00	12
<b>S44</b>	Portraiture Workshop	10.00 - 4.00	3
<b>S45</b>	Pottery - Brown Betty Teapot	10.00 - 4.00	18
<b>S46</b>	Stained Glass Taster Day	10.00 - 4.00	13
<b>S47</b>	Ukulele at the Musicals	1.00 - 4.00	24
<b>S48</b>	Yoga Nidra	1.00 - 4.00	30

### SATURDAY 15 FEBRUARY

			PAGE
<b>S49</b>	Reading your Writing in Public	10.00 - 1.00	22
<b>S50</b>	Hardback Bookbinding	10.00 - 3.00	17
<b>S51</b>	Black-and-White Film Printing	10.00 - 4.00	11
<b>S52</b>	Introduction to Cartooning	10.00 - 4.00	8
<b>S53</b>	Landscapes in Watercolour	10.00 - 4.00	6
<b>S54</b>	Pottery Throwing and Turning	10.00 - 4.00	19
<b>S55</b>	Sewing Surgery	10.00 - 4.00	15
<b>S56</b>	Shiatsu for Personal Wellbeing	10.00 - 4.00	30
<b>S57</b>	Yogic Medicine	10.00 - 4.00	31

### SATURDAY 22 FEBRUARY

			PAGE
<b>S58</b>	Macrame: Make a Plant Hanger	10.00 - 12.30	12
<b>S59</b>	Yoga Practice at Home	10.00 - 1.00	30
<b>S60</b>	Creative Photograms	10.00 - 4.00	12
<b>S61</b>	Letter Cutting Wood Workshop	10.00 - 4.00	13
<b>S62</b>	Celtic Designs Circles & Squares	10.00 - 4.00	8
<b>S63</b>	Upcycle Denim	10.00 - 4.00	16
<b>S64</b>	Oil Painting Workshop	10.00 - 4.00	4
<b>S65</b>	Silver Ring in a Day	10.00 - 4.00	14
<b>S66</b>	Dance - The Greatest Showman	10.30 - 12.30	24
<b>S67</b>	Macrame Wall Hanger	1.30 - 4.00	13
<b>S68</b>	Yoga for Cyclists	2.00 - 4.00	27

### SATURDAY 29 FEBRUARY

			PAGE
<b>S69</b>	Calligraphy- Roundhand	10.00 - 4.00	17
<b>S70</b>	Drawing for Complete Beginners	10.00 - 4.00	7
<b>S71</b>	Knitting and Crochet Workshop	10.00 - 4.00	16
<b>S72</b>	Willow Hare Sculpture	10.00 - 4.00	14
<b>S73</b>	Blues Guitar: Improvising...	10.00 - 4.00	23
<b>S74</b>	Open Potter Workshop	10.00 - 4.00	18
<b>S75</b>	Skies and Seascapes W'colour	10.00 - 4.00	6
<b>S76</b>	Anatomy and Physiology	10.00 - 4.00	7

### SATURDAY 7 MARCH

			PAGE
<b>S77</b>	Mosaic Workshop	10.00 - 4.00	13
<b>S78</b>	Printing with Stencils Workshop	10.00 - 4.00	8
<b>S79</b>	Lith Printing in the Darkroom	10.00 - 4.30	11

### SATURDAY 14 MARCH

			PAGE
<b>S80</b>	Acrylic Painting Workshop	10.00 - 4.00	5
<b>S81</b>	Intro to Social Media	10.00 - 4.00	31
<b>S82</b>	Botanical Painting Workshop	10.00 - 4.00	6
<b>S83</b>	Eastern Aromatherapy	10.00 - 4.00	31
<b>S84</b>	Handmade Lingerie Workshop	10.00 - 4.00	15
<b>S85</b>	Open Potter Workshop	10.00 - 4.00	18
<b>S86</b>	Using Your Digital Camera	10.00 - 4.00	9
<b>S87</b>	Wet Plate Photography	10.00 - 4.30	11
<b>S88</b>	Burlesque with Feather Fan	10.30 - 12.30	24
<b>S89</b>	Mindfulness and Compassion	1.00 - 4.00	29

### SATURDAY 21 MARCH

			PAGE
<b>S90</b>	Awareness Through Movement	10.00 - 12.30	30
<b>S91</b>	Beginners Blues Harmonica	10.00 - 4.00	24
<b>S92</b>	Crochet Squares and Blankets	10.00 - 4.00	17
<b>S93</b>	Drawing for Improvers	10.00 - 4.00	7
<b>S94</b>	Pinhole Photography	10.00 - 4.00	12
<b>S95</b>	Sketch a Bristol Scene	10.00 - 12.30	17
<b>S96</b>	Sketch a Bristol Scene	1.30 - 4.00	17
<b>S97</b>	Mobilising the Spine	1.30 - 4.00	30
<b>S98</b>	Stained Glass Mirror Taster Day	10.00 - 4.00	13

### SATURDAY 28 MARCH

			PAGE
<b>S99</b>	Ukulele in the Spring	10.00 - 1.00	24
<b>S100</b>	Cyanotype Printing Workshop	10.00 - 4.00	12
<b>S101</b>	Embroidery Flower 'Painting'	10.00 - 4.00	16
<b>S102</b>	Shibori Workshop	10.00 - 4.00	16

### WEEKEND 4&5 APRIL

			PAGE
<b>S103</b>	Advance B&W Photography	10.00 - 4.00	11
<b>S104</b>	Exploring Mixed Media Sculpture	10.00 - 4.00	7
<b>S105</b>	Lino Printing Weekend Reduction	10.00 - 4.00	8
<b>S106</b>	Soft Twined basket Weaving	10.00 - 4.00	14
<b>S107</b>	Verbal and Visual Images	10.00 - 4.00	21
<b>S108</b>	The Secret to Traditional Patterns	10.00 - 4.00	8
<b>S109</b>	Songwriting Toolbox - 2 Days	10.00 - 4.30	22

## ENROLMENT INFORMATION

**We look forward to you visiting the Bristol Folk House. To ensure you are fully prepared and make the most of your time with us, please read our terms and conditions thoroughly.**

For full Terms and Conditions and our Privacy Policy, please visit our website at [www.bristolfolkhouse.co.uk/how-to-enrol](http://www.bristolfolkhouse.co.uk/how-to-enrol) or speak to a member of staff.

### HOW TO ENROL

To book a course or workshop call us on:

**0117 926 2987**

You can enrol:



**In person**



**By phone**



**By post**

Office opening hours (during term time):

**Monday – Thursday 9am – 9pm**

**Friday – Saturday 9am – 5pm**

At peak times we are very busy, we will deal with your enrolments as quickly as we can and we really appreciate your patience. If you cannot get through on the phone, please leave us a message and we will get back to you as soon as possible.

On busy enrollment weeks, there may be a delay receiving your confirmation email. We thank you for your patience.

- We accept cash; card payments and cheques (please do not send cash or credit card details in the post or via email).
- If you would like to pay by cheque, please contact the office in advance to check the availability on your chosen course. Please complete the enrolment form and cheque and post them to 40a Park Street, Bristol BS1 5JG. Please make cheques payable to BRISTOL FOLK HOUSE CO-OP LTD.
- Places are booked on a first-come-first-served basis upon receipt of full payment.
- You must be over 18 years old to attend a course or workshop at the Bristol Folk House.
- Some courses are very popular and book up quickly. To be notified of enrolment dates, please sign up to the mailing list on our website or become a Friend of the Folk House and have a programme delivered to your door. For more details see page 38.

**Please note:** If you have a disability, learning difficulty or mental health issue which may affect your participation in your chosen course please contact the office prior to enrolling. If you need to bring a Carer or Support Worker with you to the class, please inform the office when enrolling so we can make arrangements. Unfortunately, we have no wheelchair access or facilities.

### FEES

We are committed to keeping our course prices low. We do offer concession rates for anyone over 65 or claiming the benefits listed below. As we are a self-funded organisation we receive no financial support in order to offer these rates.

The concessionary rate is for those whose sole source of income is from a state benefit. We accept Universal Credit, which includes Income Support, Job Seeker's Allowance and Employment and Support Allowance. Please show a recent letter or statement stating your benefit when enrolling.

### REFUNDS

In the event that we have to cancel a course, we aim to inform you 2 days before the start date, or at least 24 hours before a day workshop. If we have to cancel a course, then you will receive a full refund.

If your refund request does not fall within the areas listed below, it is possible that you are not eligible for a refund.

- If you wish to cancel your place you must inform us at least 7 days before the start date of your course or workshop. In this case you will receive a refund minus a 10% admin fee. (10% of the course fees or £5, whichever is greater).
- If you give us less than 7 days' notice, or your course or workshop has already started a refund will be not given.
- If you are requesting a refund due to an illness, medical condition, disability or injury that will prevent you from participating in the course, we will consider a pro-rata refund for the sessions you have not attended or transfer you to a more suitable course. We consider all requests on an individual basis and are at the discretion of the General Manager. We may ask to see a medical note.

### MATERIALS LIST

Some courses may involve additional costs for materials. Some costs will be included in the course fee; others will be outlined on the website under the materials list section. Please check the materials list before attending.

### GIFT VOUCHERS

Gift Vouchers can be purchased from the Bristol Folk House reception or by calling 0117 926 2987. Gift vouchers are valid for one year from date of purchase. They can only be used on courses and workshops and cannot be redeemed in the cafe. Please allow 5 working days for delivery.

### CHANGES TO THE PROGRAMME

The Folk House reserves the right to change tutors, courses and times after the publication of the programme. We are unable to grant a refund on the grounds of a change of tutor. Tutors may have different teaching styles, however, we guarantee a consistency in the quality of the teaching. Make-up classes will be arranged if a tutor has to miss a class.

### TERM DATES

Term dates: 11 January – 28 March 2020  
Half term: 17 – 21 February

There are no classes during half term and 10 week courses have a break during this period.



Like the look of the Folk House programme? In need of something similar?  
ANNA CLEARY · GRAPHIC DESIGN | email: [studio@annacleary.co.uk](mailto:studio@annacleary.co.uk)

# BRISTOL FOLK HOUSE MEMBERS

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

*The Bristol Folk House is a self-funded not-for-profit organisation. We rely heavily on the support from our friends. With your support we can continue to provide the community with a huge range of affordable courses and workshops, live music and events.*

Becoming a Member is a great way of securing the future of the Folk House and allows you to enjoy all the benefits, some of which are listed below:



Printed/Digital Programme delivered to you 4 times a year before the general public



Newsletters with updates, events and offers



Early and quick enrolment a day before everyone else



Discount in local shops

Please visit the website for more information [www.bristolfolkhouse.co.uk](http://www.bristolfolkhouse.co.uk)

**20% OFF**

excluding existing offers

BRISTOL FINE ART

74 PARK ROW · BRISTOL · BS1 5LE  
[www.bristolfineart.co.uk](http://www.bristolfineart.co.uk)

**Stationery WORLD**

20% off (excluding existing offers)

63 PARK STREET · BRISTOL · BS1 5NU  
[www.stationeryworldonline.co.uk](http://www.stationeryworldonline.co.uk)

# ENROLMENT FORM

## SPRING TERM 2020

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 (Members only) .....

..... POSTCODE .....

DAYTIME TELEPHONE .....

E-MAIL .....

We do not share your details with any 3rd parties. We or the tutor will only contact you about the course or workshop you are enrolled on. If you would like to hear about future courses, please visit our website and join our mailing list.

**Please tick the concessionary rate which applies to you:**

65+ years     Benefit rate

If you claim benefits, please contact the office before enrolling. You will be asked to provide current dated proof.

**Before enrolling by post please contact us by phone to ensure there is space on your chosen course.**

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

DATE PAID ..... TOTAL .....

Card     Cash     Cheque     Gift Voucher

Voluntary donation

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

## BECOME A MEMBER OF THE FOLK HOUSE

If you would like to become a Member of the Folk House please complete this section. See page 38 for more details. Membership is £12.00 a year.

**To join please complete this section of the form.**

DATE PAID .....    Cash     Cheque     Card



# GET IN TOUCH



0117 926 2987



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



BRISTOL FOLK HOUSE  
CO-OPERATIVE LTD.

40A Park Street,  
Bristol BS1 5JG

## HOW TO BOOK

Please visit our website for full listings.  
Enrolment information is listed on page 36.

## HOW TO FIND US

Hidden behind the shops of Park Street.  
The entrance is situated up the alleyway  
next to Nomad Travel Shop. The rear  
entrance is in Culver Street.

## PLEASE NOTE

We do not have any parking facilities.  
We encourage you to arrive by bike,  
bus or on foot. Unfortunately we have  
no wheelchair access or facilities.



*Hearty. Nutritious. Delicious.*

**We create a warm and inviting spaces for people to come and enjoy really good food. Serving breakfast, lunch and light dinner.**

Opening Hours in Term Time are:  
Monday -Thursday 9am - 8pm  
Friday - Saturday 9am - 5pm

**For bookings contact:**

**folkhousecafe@gmail.com or call 0117 908 5035**

**Visit our website [www.bowlofplenty.co.uk](http://www.bowlofplenty.co.uk)**



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