

BRISTOL

# FOLK HOUSE

COURSES AND WORKSHOPS

100 YEARS OF  
NURTURING  
KNOWLEDGE

COURSES & WORKSHOPS  
SUMMER TERM 2020

18 APRIL - 4 JULY  
HALF TERM 25 - 29 MAY

BRISTOL  
FOLK  
HOUSE  
1920-2020



# WELCOME

SUMMER TERM 2020

**100** BRISTOL  
FOLK  
HOUSE  
1920-2020

**The Bristol Folk House is a registered charity (no. 1184395) and runs adult education classes for over 18's 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: 18 April – 4 July 2020

Half term: 25 – 29 May

**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

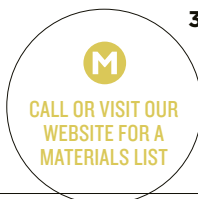


Please visit the website for a materials list.

**£84.00/£75.60/£50.40**  
(example)

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

## ARTS

**BILL GUILDING Portraiture**

**A1** | | £99.35/£92.45/£79.20 | **Monday 2.00 – 4.30pm** | starts **20 April** | 5wks

**A2** | | £99.35/£92.45/£79.20 | **Monday 2.00 – 4.30pm** | starts **1 June** | 5wks

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

Some previous experience of drawing from observation is recommended.

**Life Drawing**

**A3** | | £166.60/£155.60/£137.60 | **Monday 5.15 – 7.15pm** | starts **20 April** | 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**

**A4** | | £119.00/£108.00/£90.00 | **Wednesday 3.00 – 5.00pm** | starts **22 April** | 10wks

**A5** | | £119.00/£108.00/£90.00 | **Wednesday 5.15 – 7.15pm** | starts **22 April** | 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. A studio style class.

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

**S20** | | £46.50/£43.20/£37.80 | **2 May 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 & 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**

**S73** | | £46.10/£42.80/£37.40 | **13 June 10.00 – 4.00pm**

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

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

**DD** | | £12.00 | **Every Friday Term time only 10.00 – 1.00pm** | starts **24 April**

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****Oil Painting for Beginners**

**A6** | | £63.30/£57.80/£48.80 | **Tuesday 4.00 – 6.00pm** | starts **21 April** | 5wks

**A7** | | £63.30/£57.80/£48.80 | **Tuesday 4.00 – 6.00pm** | starts **2 June** | 5wks

For beginners and those with a little oil painting practice. During this course we will look at the basics of oil painting including tonal values, colour mixing, painting procedures and some technical elements such as when to use oil mediums and lots more besides. Subjects can include still-life, landscape and portrait painting.

**Oil Painting for Improvers**

**A8** | | £121.80/£110.80/£92.80 | **Tuesday 6.45 – 8.45pm** | starts **21 April** | 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.

FOR ALL 10 WEEK COURSES, THERE WILL BE NO CLASSES DURING HALF TERM

## ARTS CONTINUED

TERM DATES  
18 APRIL – 4 JULY  
—  
HALF TERM  
25 – 29 MAY

**WARREN SEALEY** Watercolour for Beginners

**CONTINUED A9** | M | £61.20/£55.70/£46.70 | **Wednesday 7.45 – 9.45pm** | starts **22 April** | 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**

**A10** | M | £61.20/£55.70/£46.70 | **Wednesday 7.45 – 9.45pm** | starts **3 June** | 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.

**Saturday – Oil Painting Workshop**

**S86** | M | £35.60/£32.30/£26.90 | **20 June 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** Saturday – Masterclass: Oil Paintings in Black & White

**NEW S59** | M | £35.60/£32.30/£26.90 | **30 May 10.00 – 4.00pm**  
In this Masterclass session, you'll be painting alongside Greg Harris as he completes a black and white portrait from start to finish, and talks you through his decision-making process, the tools he uses, and how he approaches a painting. Bring with you a black and white photo that you will paint on the day.

**JENNY MIZEL** Acrylic Painting

**A13** | M | £117.00/£106.00/£88.00 | **Monday 10.30 – 12.30pm** | starts **20 April** | 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 **2 June** | 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.

**Mixed Media, Experimental Art**

**A15** | M | £131.65/£119.25/£99.00 | **Wednesday 10.30 – 12.45pm** | starts **22 April** | 10wks  
**A16** | M | £58.50/£53.00/£44.00 | **Thursday 5.30 – 7.30pm** | starts **23 April** | 5wks  
**A17** | M | £58.50/£53.00/£44.00 | **Thursday 5.30 – 7.30pm** | starts **4 June** | 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**

**S11** | £39.60/£36.30/£30.90 | **25 April 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.

## ARTS CONTINUED

M  
CALL OR VISIT OUR  
WEBSITE FOR A  
MATERIALS LIST

**JENNY MIZEL** Saturday – Acrylic Painting Workshop

**CONTINUED S104** | £39.60/£36.30/£30.90 | **4 July 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 **20 April** | 5wks

**A19** | M | £80.65/£73.75/£62.50 | **Monday 2.00 – 4.30pm** | starts **1 June** | 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.

**Drawing for Improvers**

**A20** | M | £95.25/£87.00/£73.50 | **Monday 10.00 – 1.00pm** | starts **20 April** | 5wks

**A21** | M | £95.25/£87.00/£73.50 | **Monday 10.00 – 1.00pm** | starts **1 June** | 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.

**NEW** Let's Paint in Watercolour

**A22** | M | £95.25/£87.00/£73.50 | **Thursday 2.00 – 5.00pm** | starts **23 April** | 5wks

**A23** | M | £95.25/£87.00/£73.50 | **Thursday 2.00 – 5.00pm** | starts **4 June** | 5wks  
Come along and enjoy developing both skills and confidence in using watercolour. Guided by an experienced tutor with a variety of inspiring step by step projects and useful colour theory.

**Landscapes in Watercolour**

**A24** | M | £95.25/£87.00/£73.50 | **Wednesday 10.00 – 1.00pm** | starts **22 April** | 5wks

**A25** | M | £95.25/£87.00/£73.50 | **Wednesday 10.00 – 1.00pm** | starts **3 June** | 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**

**A26** | M | £95.75/£87.50/£74.00 | **Thursday 10.00 – 1.00pm** | starts **23 April** | 5wks

**A27** | M | £95.75/£87.50/£74.00 | **Thursday 10.00 – 1.00pm** | starts **4 June** | 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.

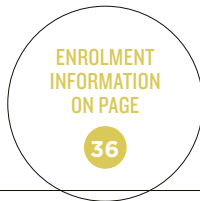
**Saturday – Botanical Painting Workshop**

**S26** | M | £38.60/£35.30/£29.90 | **9 May 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.

**Saturday – Landscapes in Watercolour Workshop**

**S48** | M | £38.60/£35.30/£29.90 | **23 May 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.

## ARTS CONTINUED



**MARILYN MILLARD** **Saturday – Skies and Seascapes in Watercolour**  
 CONTINUED **S96** | **M** | £38.60/£35.30/£29.90 | **27 June** 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.

**MARTIN LOVELL** **The Versatility of Watercolour**  
**A28** | **M** | £131.65/£119.25/£99.00 | **Thursday** 10.30 – 12.45pm | starts **23 April** | 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 **23 April** | 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**  
**A30** | **M** | £73.15/£66.25/£55.00 | **Tuesday** 1.00 – 3.30pm | starts **21 April** | 5wks  
**A31** | **M** | £73.15/£66.25/£55.00 | **Tuesday** 1.00 – 3.30pm | starts **2 June** | 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.

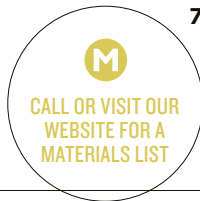
**NEW** **Saturday – 250 Years of the Modern Home Design**  
**S24** | **M** | £35.10/£31.80/£26.40 | **2 May** 10.00 – 4.00pm  
 From the birth of the Industrial Revolution the lives and living spaces of everyday people were forced to evolve rapidly. The key changes in the home are explored and the social, political, artistic and technological developments fuelling this shift of population from rural villages to modern cities are opened up for discussion.

**Saturday – Anatomy and Physiology: The Basics**  
**S25** | **M** | £40.50/£37.20/£31.80 | **9 May** 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.

**Saturday – Anatomy and Physiology: Heads and Hands**  
**S71** | **M** | £40.50/£37.20/£31.80 | **13 June** 10.00 – 4.00pm  
 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.

**NEW** **Saturday – Architectural Sketching**  
**S101** | **M** | £35.10/£31.80/£26.40 | **4 July** 10.00 – 4.00pm  
 An introduction to sketching historic buildings, drawing upon the Bristol's recognised breadth of architectural styles. Simple one and two point perspective will be explored and the possibilities of introducing watercolour for added depth and texture.

## ARTS CONTINUED



**ROMA WIDGER** **Etching and Drypoint**  
**A32** | **M** | £127.00/£116.00/£98.00 | **Tuesday** 5.30 – 7.30pm | starts **21 April** | 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**  
**S36** | **M** | £41.10/£37.80/£32.40 | **16 May** 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** | £41.10/£37.80/£32.40 | **27 June** 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**  
**S8** | **M** | £44.00/£40.45/£34.60 | **18 April** 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.

**Saturday – Exploring Mixed Media Sculpture**  
**S51** | **M** | £44.00/£40.45/£34.60 | **23 May** 10.00 – 4.30pm  
 This artist-led workshop gives the opportunity to produce sculpture in a contemporary mixed-media approach. We will explore a range of materials and methods with an experimental, creative mindset. Images from other mixed-media artists will be available for reference/inspiration.

**KERRY DAY** **Lino Printing**  
**A33** | **M** | £142.00/£131.00/£113.00 | **Wednesday** 2.00 – 4.00pm | starts **22 April** | 10wks  
**A34** | **M** | £142.00/£131.00/£113.00 | **Wednesday** 5.30 – 7.30pm | starts **22 April** | 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.

**Saturday – Introduction to Lino Printing**  
**S57** | **M** | £45.10/£41.80/£36.40 | **30 May** 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.

**Saturday – Lino Printing onto Fabric**  
**S83** | **M** | £45.10/£41.80/£36.40 | **20 June** 10.00 – 4.00pm  
 In this workshop you will create repeated patterns onto fabric using the block printing method, a relief printing technique using lino, foam, erasers, card and other unusual objects as your printing block.

## ARTS CONTINUED

TERM DATES  
18 APRIL – 4 JULY  
—  
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**SOPHIE RAE Creative Printmaking**

**A35** | **M** | £70.50/£65.00/£56.00 | **Thursday 5.30 – 7.30pm** | starts **4 June** | 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**

**S69** | **M** | £45.10/£41.80/£36.40 | **6 June 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 and Printmaking**

**A36** | **M** | £73.50/£68.00/£59.00 | **Thursday 5.30 – 7.30pm** | starts **23 April** | 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.

**NEW Floral Patterns for Homeware – Textile Design and Printmaking**

**A37** | **M** | £73.50/£68.00/£59.00 | **Friday 1.00 – 3.00pm** | starts **24 April** | 5wks  
This course will enable students to explore the techniques of how to decorate home accessories and print your own floral patterns. During this course you will learn how to decorate various textiles, print napkins, tea towels, cushion covers, table runners.

**NEW Print a Lampshade**

**A38** | **M** | £78.50/£73.00/£64.00 | **Friday 1.00 – 3.00pm** | starts **5 June** | 5wks  
This course will enable students to develop the skills required to prepare design for print, explore the techniques and then of how to apply pattern for lampshade decoration. Make Your own 20cm round decorative lampshade in this course and develop a variety of ideas.

**JOHN REA Cartoons and Comics**

**A39** | **M** | £58.50/£53.00/£44.00 | **Thursday 7.45 – 9.45pm** | starts **23 April** | 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**

**S99** | **M** | £35.10/£31.80/£26.40 | **4 July 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 Art: Knotwork Panels**

**NEW S46** | **M** | £35.10/£31.80/£26.40 | **23 May 10.00 – 4.00pm**  
Learn to draw out different styles of Celtic knot and how these can be linked together to create stand-alone panels of differing shapes. Discover the key geometric methods and design principles of this fascinating, enduring and native art form.

## ARTS CONTINUED

GIFT VOUCHERS ARE  
AVAILABLE FOR ALL  
COURSES AND  
WORKSHOPS

**MIKE TERRET Saturday – Celtic Patterns from the Lindisfarne Gospels**

**CONTINUED S64** | **M** | £35.10/£31.80/£26.40 | **6 June 10.00 – 4.00pm**  
**NEW** Study examples of Celtic patterns from the Lindisfarne Gospels. Learn how to draw out some of these - including knotwork, spirals, key and step patterns. Create your own design using this unique and ingenious language.

**SARAH KELLY Art History: 16th Century Painting in Northern Europe**

**A40** | **M** | £58.50/£53.00/£44.00 | **Monday 10.00 – 12.00pm** | starts **1 June** | 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: 17th Century Painting in Northern Europe**

**A41** | **M** | £58.50/£53.00/£44.00 | **Thursday 2.00 – 4.00pm** | starts **4 June** | 5wks  
Two great figures: Rubens and Rembrandt dominate the art of the 17th century. We will discuss their works and also focus on the artists who specialised in scenes of every day life and portraits.

## PHOTOGRAPHY

**GRAHAM PARISH Introduction to Digital Photography**

**A42** | **M** | £87.75/£79.50/£66.00 | **Thursday 1.00 – 4.00pm** | starts **23 April** | 5wks  
**A43** | **M** | £87.75/£79.50/£66.00 | **Thursday 1.00 – 4.00pm** | starts **4 June** | 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.

**Get Creative with your Digital Camera**

**A44** | **M** | £87.75/£79.50/£66.00 | **Friday 10.00 – 1.00pm** | starts **5 June** | 5wks  
Explore ways to get more creative with your camera using the Shutter and Aperture Priority camera. Improve observation, composition and some other creative processes with the camera like Bokeh, ICM (Intentional Camera Movement) and HDR (high dynamic range). Suitable for DSLR, Bridge and CSC cameras.

**LEE SPENCER-FLEET Saturday – Using your Digital Camera Workshop**

**S31** | **M** | £37.10/£33.80/£28.40 | **9 May 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**

**A45** | **M** | £170.25/£156.50/£134.00 | **Wednesday 6.30 – 9.00pm** | starts **22 April** | 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).

M  
CALL OR VISIT OUR  
WEBSITE FOR A  
MATERIALS LIST

## PHOTOGRAPHY CONTINUED

**TIM PEARSE** **Saturday – Black-and-White Film Developing**  
CONTINUED **S19** | M | £45.10/£41.80/£36.40 | **2 May 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**  
**S56** | M | £45.10/£41.80/£36.40 | **30 May 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 (35mm or 120).

**Saturday – Wet Plate Collodion Photography**  
**S78** | M | £58.00/£54.45/£48.60 | **13 June 10.00 – 4.30pm**

Learn Wet Plate Collodion, one of the most popular alternative photographic processes, with expert tuition. You will have the unique opportunity to learn the Wet Plate Collodion Ambrotype (on glass) and Tintype (on metal) photographic processes.

**Saturday – Lith Printing in the Darkroom**  
**S88** | M | £53.60/£50.20/£44.90 | **20 June 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.

**MARTIN EDWARDS** **Saturday – Printing Photographs Using Homemade Developers**  
NEW **S100** | M | £49.10/£44.80/£40.40 | **4 July 10.00 – 4.00pm**

In this experimental workshop you will print using developers you have mixed yourself from the raw chemicals, and learn about the actions of the constituents, including a developer that enables multi-contrast printing on any paper, without filters, and caffenol.

**SOPHIE SHERWOOD** **Saturday – Have a go Darkroom Taster**  
**S27** | M | £45.10/£41.80/£36.40 | **9 May 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 – Cyanotype Printing Workshop**  
**S47** | M | £45.10/£41.80/£36.40 | **23 May 10.00 – 4.00pm**

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.

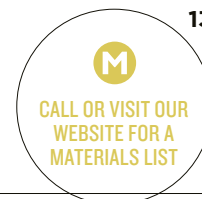
**Saturday – In the Darkroom – Painting with Chemistry**  
**S65** | M | £45.10/£41.80/£36.40 | **6 June 10.00 – 4.00pm**

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).

## CRAFTS



- MARTYN GRIMMER** **Photography: Cyanotypes and Gum-bichromate Introduction**  
**A46** | **M** | £117.75/£109.50/£96.00 | **Thursday 6.00 – 9.00pm** | starts **23 April** | 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.
- 
- FAITH MORTON** **Saturday – Natural DIY Spa Workshops**  
**S39** | £48.60/£45.30/£39.90 | **16 May 10.00 – 4.00pm**  
**S67** | £48.60/£45.30/£39.90 | **6 June 10.00 – 4.00pm**  
 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**  
**S4** | **M** | £38.00/£34.45/£28.60 | **18 April 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.
- 
- LISA MALYON** **Saturday – Sketching a Bristol Scene on a Lampshade**  
**S45** | **M** | £23.50/£21.90/£19.20 | **23 May 10.00 – 12.30pm**  
**S54** | **M** | £23.50/£21.90/£19.20 | **23 May 1.30 – 4.00pm**  
 Enjoy drawing a panoramic view of Bristol directly onto a lamp shade. The workshop is ideal for beginners as well as those with some experience of drawing. You will go home with a unique lamp shade in your own design.
- 
- JEN WALSH** **Saturday – Macrame: Make a Plant Hanger**  
**S55** | **M** | £22.70/£20.90/£18.20 | **30 May 10.00 – 12.30 pm**  
 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.
- Saturday – Macrame Wall Hanger**  
**S62** | **M** | £20.50/£18.90/£16.20 | **30 May 1.30 – 4.00 pm**  
 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**  
**C1** | **M** | £93.15/£86.25/£75.00 | **Friday 10.00 – 12.30pm** | starts **24 April** | 5wks  
**C2** | **M** | £93.15/£86.25/£75.00 | **Friday 10.00 – 12.30pm** | starts **5 June** | 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**  
**S7** | **M** | £50.10/£46.80/£41.40 | **18 April 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.

CRAFTS CONTINUED




- LESLEY SCARFE** **Saturday – Stained Glass Mirror Taster Day**  
**CONTINUED S75** | **M** | £50.10/£46.80/£41.40 | **13 June 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**  
**S22** | **M** | £50.10/£46.80/£41.40 | **2 May 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**  
**C3** | £65.50/£60.00/£51.00 | **Thursday 10.30 – 12.30pm** | starts **23 April** | 5wks  
**C4** | £65.50/£60.00/£51.00 | **Thursday 10.30 – 12.30pm** | starts **4 June** | 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**  
**S94** | **M** | £43.10/£39.80/£34.40 | **27 June 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**  
**C5** | **M** | £88.50/£83.00/£74.00 | **Thursday 7.30 – 9.30pm** | starts **23 April** | 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.
- Willow Basket Weaving**  
**C6** | **M** | £88.50/£83.00/£74.00 | **Thursday 7.30 – 9.30pm** | starts **4 June** | 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.
- NEW** **Saturday – Make a Willow Squirrel**  
**S5** | **M** | £50.10/£46.80/£41.40 | **18 April 10.00 – 4.00pm**  
 Discover how to manipulate and weave locally sourced willow and create one of these fascinating creatures to take home. Suitable for beginners and improvers.
- NEW** **Saturday – Coiled Basket Weaving (with Recycled Plastic)**  
**S29** | £38.10/£34.80/£29.40 | **9 May 10.00 – 4.00pm**  
 Create colourful baskets from waste plastic, make something useful and beautiful from difficult to recycle items. Learn the basic technique and then design and build your own unique basket to take home.





CRAFTS CONTINUED

TERM DATES  
18 APRIL – 4 JULY  
—  
HALF TERM  
25 – 29 MAY

**KIM THOMSON Jewellery: Silversmithing Techniques**


**C7** |  | £154.00/£143.00/£125.00 | **Monday 5.30 – 7.30pm** | starts **20 April** | 10wks  
**C8** |  | £154.00/£143.00/£125.00 | **Monday 7.45 – 9.45pm** | starts **20 April** | 10wks  
**C9** |  | £154.00/£143.00/£125.00 | **Wednesday 7.45 – 9.45pm** | starts **22 April** | 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**



**S15** |  | £68.60/£65.30/£59.90 | **25 April 10.00 – 4.00pm**  
**S103** |  | £68.60/£65.30/£59.90 | **4 July 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 Projects to Boost your Skills**

**NEW C10** |  | £103.75/£95.50/£82.00 | **Monday 10.00 – 1.00pm** | starts **20 April** | 5wks  
 If you know the basics of hand and machine stitching but are not confident enough to start following complex garment patterns. Time will be spent learning/refreshing some basic machine and hand sewing skills and planning your own project(s) for the following three weeks. Make sewing progress in a friendly and supportive atmosphere.


**Sewing for Beginners**

**C11** |  | £103.75/£95.50/£82.00 | **Tuesday 10.00 – 1.00pm** | starts **21 April** | 5wks  
**C12** |  | £103.75/£95.50/£82.00 | **Tuesday 10.00 – 1.00pm** | starts **2 June** | 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.

**LORRAINE JOSEPH Dressmaking**

**C13** |  | £132.00/£121.00/£103.00 | **Wednesday 5.30 – 7.30pm** | starts **22 April** | 10wks  
**C14** |  | £132.00/£121.00/£103.00 | **Wednesday 7.45 – 9.45pm** | starts **22 April** | 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**

**S3** |  | £38.60/£35.30/£29.90 | **18 April 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.



**Saturday – Make a Reversible Wrap Skirt Workshop**

**S95** |  | £38.10/£34.80/£29.40 | **27 June 10.00 – 4.00pm**  
 An easy to make and wear reversible wrap skirt, learning a variety of sewing techniques to complete this comfortable summer garment. This workshop is suitable for learners who have a little experience using a sewing machine.






CRAFTS CONTINUED

  
 GIFT VOUCHERS ARE  
 AVAILABLE FOR ALL  
 COURSES AND  
 WORKSHOPS


**KAREN REILLY Sewing for Beginners**

**C15** |  | £132.00/£121.00/£103.00 | **Thursday 5.30 – 7.30pm** | starts **23 April** | 10wks  
**C16** |  | £132.00/£121.00/£103.00 | **Thursday 7.45 – 9.45pm** | starts **23 April** | 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!


**Dressmaking**

**C17** |  | £132.00/£121.00/£103.00 | **Monday 5.30 – 7.30pm** | starts **20 April** | 10wks  
**C18** |  | £132.00/£121.00/£103.00 | **Monday 7.45 – 9.45pm** | starts **20 April** | 10wks  
**C19** |  | £132.00/£121.00/£103.00 | **Tuesday 2.00 – 4.00pm** | starts **21 April** | 10wks  
**C20** |  | £132.00/£121.00/£103.00 | **Tuesday 5.30 – 7.30pm** | starts **21 April** | 10wks  
**C21** |  | £132.00/£121.00/£103.00 | **Tuesday 7.45 – 9.45pm** | starts **21 April** | 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.


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

**S12** |  | £35.10/£31.80/£26.40 | **25 April 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**

**S102** |  | £35.10/£31.80/£26.40 | **4 July 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.

**JEMIMA LUMLEY Saturday – First Stitches for Simple Hand Embroidery**

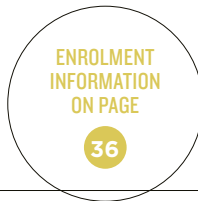
**S81** |  | £40.10/£36.80/£31.40 | **20 June 10.00 – 4.00pm**  
 In this workshop you will be taught 10 basic stitches that will allow you follow simple hand embroidery patterns, embellish clothes and accessories and make your own unique pieces of stitched art.

**RHYANNAN HALL Saturday – Natural Dye Workshop**

**S23** |  | £50.10/£46.80/£41.40 | **2 May 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**

**S32** |  | £46.10/£42.80/£37.50 | **9 May 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.

CRAFTS CONTINUED**SHIRLEY DOWNEY Knitting and Crochet**

**C22** | **M** | £58.50/£53.00/£44.00 | **Thursday 7.15 - 9.15pm** | starts **23 April** | 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**

**S28** | **M** | £35.10/£31.80/£26.40 | **9 May 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.

**Saturday – Crochet Squares and Blankets**

**S72** | **M** | £35.10/£31.80/£26.40 | **13 June 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.

**NEW Saturday – Make an Air Plant Holder in a Day - Knit or Crochet**

**S84** | **M** | £35.10/£31.80/£26.40 | **20 June 10.00 - 4.00pm**  
 Air Plants are very popular, (a genus of plants that get their water and nutrients from the air around them, needing no soil). They can live in pots, hanging in a basket, or in a wall hanger. This class will offer 3 different options - some knit and some crochet. At least a little experience of knit or crochet is necessary.

**CRISTINA VALLADARES Crochet for 3D Creations: Amigurumi Technique**

**C23** | **M** | £66.50/£61.00/£52.00 | **Tuesday 5.30 - 7.30pm** | starts **21 April** | 5wks  
 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 Monster**

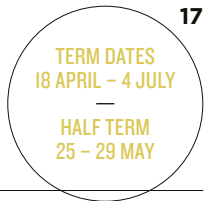
**S58** | **M** | £43.10/£39.80/£34.40 | **30 May 10.00 - 4.00pm**  
 Make a toy monster using amigurumi 3D crochetechnique. When you learn this techniques you can go away and make so many things. All levels are welcome but some knowledge of crochet such as the double stitch, is useful.

**SARAH DENNIS Saturday – Beautiful Paper Cutting Workshop**

**S91** | **M** | £39.10/£35.80/£30.40 | **27 June 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.

**LAWRENCE HASSAN Saturday – Hardback Bookbinding**

**S1** | **M** | £41.25/£38.50/£34.00 | **18 April 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.

CRAFTS CONTINUED**NEIL INGHAM Saturday – Modern Italic Calligraphy**

**S13** | **M** | £41.10/£37.80/£32.40 | **25 April 10.00 - 4.00pm**  
 Modern Italics have movement and energy. Create your own style and have fun! There will be an introduction to pens and basic strokes before moving on to the alphabet. Everyone will have a finished piece of lettering to take home.

**Saturday – Modern Calligraphy**

**S66** | **M** | £41.10/£37.80/£32.40 | **6 June 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.

## 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 – Makers Practice (Mornings and Afternoons)**

**NEW**  
**P1** | £98.15/£91.25/£80.00 | **Monday 10.00 - 12.30pm** | starts **20 April** | 5wks  
**P2** | £107.95/ £100.40/ £88.00 | **Monday 1.30 - 4.15pm** | starts **1 June** | 5wks  
**P3** | £98.15/£91.25/£80.00 | **Monday 10.00 - 12.30pm** | starts **20 April** | 5wks  
**P4** | £107.95/ £100.40/ £88.00 | **Monday 1.30 - 4.15pm** | starts **1 June** | 5wks

The pottery studio is now available in separate morning and afternoon sessions for makers with some experience. For practiced and aspiring makers to explore and develop their work in greater depth. Working through mainly self-directed projects with tutor guidance and tuition. Focussing on individual and shared interests. Not suitable for those new to pottery. Choose between AM or PM, or book the whole day for half or a full term.

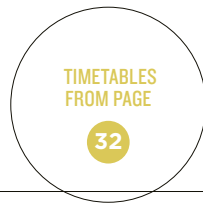
**MARGARET CRUMP Pottery – Beginners**

**P5** | £196.25/ £182.50/ £160.00 | **Wednesday 10.00 - 12.30pm** | starts **22 April** | 10wks  
**P6** | £165.00/£154.00/£136.00 | **Wednesday 7.45 - 9.45pm** | starts **22 April** | 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**

**P7** | £235.00/£219.00/£192.00 | **Monday 6.00 - 9.00pm** | starts **20 April** | 10wks  
**P8** | £165.00/£154.00/£136.00 | **Wednesday 5.30 - 7.30pm** | starts **22 April** | 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.

## POTTERY

**MARGARET CRUMP** Saturday – Pottery Taster: Throwing and TurningCONTINUED **S38** | £47.60/£44.30/£38.90 | **16 May** 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.

**Saturday – Open Pottery Workshop****S87** | £47.60/£44.30/£38.90 | **20 June** 10.00 – 4.00pm

For those with some experience of working in clay who want to see a project through to completion. Current students can use the day as a top-up to their regular class. Not suitable for those seeking basic or intensive tuition on the potters wheel.

**SAM HALLETT** Pottery Day Studio Tuesday**P9** | £196.25/£182.50/£160.00 | **Tuesday** 10.00 – 4.00pm | starts **21 April** | 5wks**P10** | £196.25/£182.50/£160.00 | **Tuesday** 10.00 – 4.00pm | starts **2 June** | 5wks

This is an opportunity to work on your own self directed projects. Developing new ideas and techniques in construction, decoration and wheel work with ongoing tutorials, demonstrations and technical support throughout the course. Not suitable for complete beginners.

**Pottery Improvers****P11** | £235.00/£219.00/£192.00 | **Tuesday** 6.30 – 9.30pm | starts **21 April** | 10wks

These sessions give you the opportunity to work on your own projects, progress your skills and learn new techniques and develop ideas. Tutorials on ceramic methods in construction, decoration and using the potters wheel will enhance your skills.

**Saturday – Pottery Taster: Throwing and Turning****S61** | £47.60/£44.30/£38.90 | **30 May** 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.

**ROGER OWEN** Pottery Improvers**P12** | £165.00/£154.00/£136.00 | **Thursday** 7.45 – 9.45pm | starts **23 April** | 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.

**NEW** Pottery – Intensive Throwing on the Potter's Wheel**P15** | £117.75/£109.50/£96.00 | **Friday** 10.00 – 1.00pm | starts **5 June** | 5wks

Improve your pottery throwing skills by following an exciting program of technical exercises. For practiced users of the wheel. Develop further skills in making lids, spouts and handles. The emphasis will be on quality over quantity.

**NEW** Saturday – Brushwork for Ceramics – 2 Day Workshop**S68** | £95.20/£88.60/£77.80 | **6 & 13 June** 10.00 – 4.00pm

A two-part pottery course for those with some clay-making experience who would like to develop skills in brushwork decoration.

## POTTERY CONTINUED

**JO YOUNG** Pottery Beginners**P13** | £82.50/£77.00/£68.00 | **Thursday** 5.30 – 7.30pm | starts **23 April** | 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****P14** | £82.50/£77.00/£68.00 | **Thursday** 5.30 – 7.30pm | starts **4 June** | 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.

**TANYA NEWTON** Friday and Saturday – Ceramic Design – Pottery Box (2 days)**NEW** **S14** | £95.20/£88.60/£77.80 | **24 & 25 April** 10.00 – 4.00pm

This two day course to design and make a piece of 3 dimensional work in clay in the form of a 'box', a piece of functional ceramic that reflects your design idea. As makers we design whether we realise it or not, consciously or sub-consciously we make aesthetic and practical judgements as we progress. This workshop will unpack some of these thought processes.

**JESSICA THORN** Saturday – Ceramic Mugs**NEW** **S30** | £47.60/£44.30/£38.90 | **9 May** 10.00 – 4.00pm

You will spend the day learning the skills of slab building to create a set of mugs. On the day you will be taught how to prepare, texture and form the clay. You will then use templates to create the shape of your mugs. Also learning how to pull and attach a handle.

**Saturday – Pottery Taster: Throwing and Turning****S49** | £47.60/£44.30/£38.90 | **23 May** 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** | **M** | £117.00/£106.00/£88.00 | **Tuesday** 10.30 – 12.30pm | starts **21 April** | 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.

**NEW** Playreading**W2** | £117.00/£106.00/£88.00 | **Wednesday** 2.45 – 4.45pm | starts **22 April** | 10wks

Study playreading with Liz, texts will be provided of old and new plays. We will read and discuss plays from Ancient Greece to modern times. It would be useful if you had your own complete Shakespeare.

## BRISTOL FOLK HOUSE

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

# 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 Summer we have confirmed so far:

## JACK BADCOCK

Sunday 19 April 2020

Singer and guitarist, Jack Badcock is a hugely experienced performer, having toured extensively around the world, predominantly as frontman and founding member of his world-folk band Dallahan.

## MARTHA TILSTON

Friday 24 April 2020

With a voice like spiderwebbed hollows and lyrics that inspire and captivate, Martha and band have built a large worldwide following and played on some of the world's most prestigious stages and festivals.

## FAELAND

Friday 15 May 2020

Uplifting acoustic-pop with a touch of the mystical. "Ethereal acoustic stylings"  
– Tom Robinson, BBC 6 Music  
"Beautiful...modern folk songs underpinned with some classic writing"  
– Songwriting Magazine

Colston Hall is presenting shows in venues of all shapes and sizes across Bristol, whilst their hall is being refurbished. There will be a number of gigs held at the Bristol Folk House under the banner COLSTON HALL PRESENTS. See their website for full details: [COLSTONHALL.ORG/WHATS-ON/](http://COLSTONHALL.ORG/WHATS-ON/)

To find out more about our music events visit [www.bristolfolkhouse.co.uk/live-music](http://www.bristolfolkhouse.co.uk/live-music)

## 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

## DANCE

Our regular sell out CEILIDH and SWING DANCE events feature great live bands. For additional info about our regular ceilidhs and swing dances visit their facebook pages.

[m.facebook.com/BristolCeilidh](https://m.facebook.com/BristolCeilidh)  
[m.facebook.com/folkhouseswing](https://m.facebook.com/folkhouseswing)

M

CALL OR VISIT OUR WEBSITE FOR A MATERIALS LIST

## WRITING CONTINUED

### LIZ CASHDAN **Short Fiction**

CONTINUED **W3** | **M** | £117.00/£106.00/£88.00 | **Monday 5.30 – 7.30pm** | starts **20 April** | 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.

### NEW **Saturday – Every Object Tells a Story Writing Workshop**

**S76** | **M** | £35.10/£31.80/£26.40 | **13 June 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 – Family Stories and Poems Writing Workshop**

**S85** | £35.10/£31.80/£26.40 | **20 June 10.00 – 4.00pm**

This workshop will be based on the topic of family stories and poems, as a starting point to help inspire students writing. There will be time for writing and sharing with discussion of useful techniques for the writing process.

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

**W4** | **M** | £117.00/£106.00/£88.00 | **Wednesday 5.30 – 7.30pm** | starts **22 April** | 10wks

Got a stalled novel? One under way? At the ideas stage? Come along and 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**

**S60** | **M** | £35.10/£31.80/£26.40 | **30 May 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**

**W5** | **M** | £117.00/£106.00/£88.00 | **Tuesday 7.30 – 9.30pm** | starts **21 April** | 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**

**W6** | **M** | £58.50/£53.00/£44.00 | **Thursday 1.00 – 3.00pm** | starts **23 April** | 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.

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

**W7** | **M** | £58.50/£53.00/£44.00 | **Thursday 1.00 – 3.00pm** | starts **3 June** | 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.

### **Saturday – Flash Fiction and Short Stories Writing Workshop**

**S21** | **M** | £35.10/£31.80/£26.40 | **2 May 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.

FOR ALL 10 WEEK COURSES, THERE WILL BE NO CLASSES DURING HALF TERM

## WRITING CONTINUED

TERM DATES  
18 APRIL – 4 JULY  
—  
HALF TERM  
25 – 29 MAY

### JANE REECE **Memoir and Life Writing Weekly**

**W8** | **M** | £58.50/£53.00/£44.00 | **Tuesday 2.00 – 4.00pm** | starts **21 April** | 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.

### RACHEL CARTER **Saturday – Childrens Book in a Day**

**S2** | **M** | £35.10/£31.80/£26.40 | **18 April 10.00 – 4.00pm**  
Do you have a picture book up your sleeve? Or a teen novel with an unforgettable story? Using fun and inspiring exercises, we will explore the tools needed to write your book such as character, setting and plot. We'll also look at the market for such work.

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

**S37** | **M** | £35.10/£31.80/£26.40 | **16 May 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 take away plenty of suggestions to keep you writing.

### MARK BRECKON **Scriptwriting**

**W9** | £117.00/£106.00/£88.00 | **Tuesday 7.00 – 9.00pm** | starts **21 April** | 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

### JOEL BOBRUCKI **Guitar Beginners Continued**

**D2** | **M** | £58.50/£53.00/£44.00 | **Thursday 6.45 – 7.45pm** | starts **23 April** | 10wks  
For those who have a basic understanding of the guitar. This course will carry on from the Beginners level. Different aspects of guitar playing will be looked at including an introduction to fingerpicking, how to play barre chords, strumming / rhythm and chord variations.

### **Guitar Improvers**

**D3** | **M** | £58.50/£53.00/£44.00 | **Thursday 5.30 – 6.30pm** | starts **23 April** | 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.)

### STEVE HAYNES **Guitar Beginners**

**D1** | **M** | £58.50/£53.00/£44.00 | **Wednesday 5.30 – 6.30pm** | starts **22 April** | 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.

## MUSIC, DANCE & DRAMA CONTINUED

TIMETABLES  
FROM PAGE

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### STEVE HAYNES **Guitar Extended**

**CONTINUED D4** | **M** | £58.50/£53.00/£44.00 | **Wednesday 2.30 – 4.30pm** | starts **22 April** | 5wks  
**D5** | **M** | £58.50/£53.00/£44.00 | **Wednesday 2.30 – 4.30pm** | starts **3 June** | 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.

### **NEW Music Theory for Guitarists**

**D6** | **M** | £29.25/£26.50/£22.00 | **Wednesday 12.30 – 1.30pm** | starts **3 June** | 5wks  
This course unlocks some of the theory behind guitar chords, scales, intervals and song construction. Using the guitar as a jumping-off point to explore music theory it will include theoretical and practical elements to empower the performer, songwriter and soloist. Suitable for guitarists with more experience who have covered a range of songs and can play barre chords.

### **NEW Saturday – Blues Guitar: Improvising, Theory and Technique**

**S63** | **M** | £35.10/£31.80/£26.40 | **6 June 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.

### BEN SEARLE **Ukulele Club**

**D7** | **M** | £29.25/£26.50/£22.00 | **Thursday 3.30 – 4.30pm** | starts **23 April** | 5wks  
**D8** | **M** | £29.25/£26.50/£22.00 | **Thursday 3.30 – 4.30pm** | starts **4 June** | 5wks  
This is for those who have studied the basics and want to keep playing and keep learning. We will look at techniques, styles, and answer your uke questions. Bring your uke, play together and make some uker friends.

### **Ukulele for Beginners**

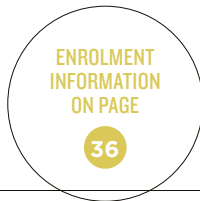
**D9** | **M** | £29.25/£26.50/£22.00 | **Thursday 2.00 – 3.00pm** | starts **23 April** | 5wks  
For beginners and those new to the 'uke. A friendly and welcoming class, aim's to encourage confidence, skill and fun with this wonderful instrument. Bring a ukulele.

### **Ukulele for Improvers**

**D10** | **M** | £29.25/£26.50/£22.00 | **Thursday 2.00 – 3.00pm** | starts **4 June** | 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 Saturday – You Can Play Ukulele Today**

**S34** | **M** | £17.55/£15.90/£13.20 | **9 May 1.00 – 4.00pm**  
This workshop is an opportunity for beginners to have a fun day of playing together. If you are new to the 'uke to get to grips with it in a friendly and welcoming atmosphere. Just bring a ukulele and we'll do the rest.



## MUSIC, DANCE & DRAMA CONTINUED

**BEN SEARLE** **Saturday – Ukulele Summer Fun**  
CONTINUED **S105** | **M** | £17.55/£15.90/£13.20 | **4 July 1.00 – 4.00pm**

Come along and learn all kinds of songs with a taste of summer feeling. This workshop is for anyone who has tried ukulele before including beginners with a little experience. If you have never played before you are still welcome to give it a go, if you feel happy to follow along and have fun. Just bring your Ukulele for a fun afternoon.

**AIDAN SHEEHAN** **Saturday – Absolute Beginners Harmonica Workshop**  
**S10** | **M** | £35.10/£31.80/£26.40 | **25 April 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**  
**S92** | **M** | £35.10/£31.80/£26.40 | **27 June 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.

**ESTHER ROSE** **Finding your Voice**  
**PARKES** **D11** | £58.50/£53.00/£44.00 | **Monday 6.00 – 7.00pm** | starts **20 April** | 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**  
**D12** | £87.75/£79.50/£66.00 | **Monday 7.15 – 8.45pm** | starts **20 April** | 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.

**AANCHAL GUPTA** **Bollywood Dance**  
**D13** | £58.50/£53.00/£44.00 | **Monday 5.30 – 6.30pm** | starts **20 April** | 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**  
**D14** | £58.50/£53.00/£44.00 | **Monday 6.30 – 7.30pm** | starts **20 April** | 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 – Salsa Dance Workshop**  
CONTINUED **S33** | £11.50/£10.40/£8.90 | **9 May 10.30 – 12.30pm**

Learn to dance salsa, meet new people, keep fit and have fun. Beginners Salsa workshop with basic footwork, turn patterns and partner work so you never hesitate from dance floor again.

**Saturday – Bollywood Dance Workshop**  
**S52** | £11.70/£10.60/£8.80 | **23 May 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.

**CLAIRE PHIPPS** **Saturday – Dirty Dancing**  
**S79** | **M** | £12.70/£11.60/£9.80 | **13 June 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.

**Saturday – Burlesque with Feather Fan Workshop**  
**S97** | **M** | £12.70/£11.60/£9.80 | **27 June 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.

**CHRISTINE POWER** **Circle Dancing**  
**D15** | £43.90/£39.75/£33.00 | **Monday 1.30 – 3.00pm** | starts **20 April** | 5wks

**D16** | £43.90/£39.75/£33.00 | **Monday 1.30 – 3.00pm** | starts **1 June** | 5wks  
In this friendly class we learn traditional dances to Greek, Balkan, Jewish and Irish rhythms, holding hands together. All welcome.

**Line Dancing Beginners**  
**D17** | £29.25/£26.50/£22.00 | **Monday 4.00 – 5.00pm** | starts **20 April** | 5wks

**D18** | £29.25/£26.50/£22.00 | **Monday 4.00 – 5.00pm** | starts **1 June** | 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.

**Line Dancing Evening – Mixed Ability**  
**D19** | £29.25/£26.50/£22.00 | **Wednesday 6.45 – 7.45pm** | starts **22 April** | 5wks

**D20** | £29.25/£26.50/£22.00 | **Wednesday 6.45 – 7.45pm** | starts **3 June** | 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**  
**D21** | £29.25/£26.50/£22.00 | **Monday 10.30 – 11.30am** | starts **20 April** | 5wks

**D22** | £29.25/£26.50/£22.00 | **Monday 10.30 – 11.30am** | starts **1 June** | 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.

## MUSIC, DANCE & DRAMA CONTINUED

- CHRISTINE POWER** **Line Dancing Advanced**  
 CONTINUED **D23** | £29.25/£26.50/£22.00 | **Wednesday 10.30 – 11.30am** | starts **22 April** | 5wks  
**NEW D24** | £29.25/£26.50/£22.00 | **Wednesday 10.30 – 11.30am** | starts **3 June** | 5wks  
**D25** | £43.20/£39.75/£33.00 | **Thursday 10.30 – 12.00pm** | starts **23 April** | 5wks  
**D26** | £43.20/£39.75/£33.00 | **Thursday 10.30 – 12.00pm** | starts **4 June** | 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**  
**D27** | £58.50/£53.00/£44.00 | **Thursday 12.30 – 1.30pm** | starts **23 April** | 5wks  
 For enthusiastic dancers who have attended the Advanced Line Dance Class. Please contact the tutor to check level if you wish to enrol and have studied elsewhere.
- Saturday – Line Dancing Beginner Workshop**  
**S40** | **M** | £14.60/£13.25/£11.00 | **16 May 10.30 – 12.30pm**  
 Always wanted to try line dancing? Well here is your chance. A workshop for complete beginners where we will learn the basics together in a group in a light hearted way. Great exercise for the mind as well as the body. Please avoid wearing trainers.
- Saturday – Line Dancing Improvers Workshop**  
**S44** | **M** | £14.60/£13.25/£11.00 | **16 May 1.30 – 3.30pm**  
 This workshop is a bridge between the beginners and intermediate classes. It is ideal for those who have mastered the basics, either here or elsewhere, and who wish to progress but are not ready for the intermediates.
- MARK BRECKON** **Drama and Improvisation**  
**D28** | £58.50/£53.00/£44.00 | **Wednesday 7.00 – 9.00pm** | starts **22 April** | 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

- AMBER GOLDING** **Lunchtime Yoga**  
**F6** | **M** | £58.50/£53.00/£44.00 | **Tuesday 1.00 – 2.00pm** | starts **21 April** | 10wks  
 Enjoy a lunchtime yoga session. Experience how the practice of simple Yoga postures and breathing techniques can be refreshing. All levels welcome.
- LUCY EYRE** **Gentle Pilates**  
**F1** | **M** | £60.50/£55.00/£46.00 | **Monday 12.00 – 1.00pm** | starts **20 April** | 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 **21 April** | 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.


## FITNESS & EXERCISE CONTINUED

- LUCY EYRE** **Lunchtime Pilates – Mixed Ability**  
 CONTINUED **F3** | **M** | £60.50/£55.00/£46.00 | **Wednesday 12.30 – 1.30pm** | starts **22 April** | 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.
- NEW Mind and Body Fitness for the Over 50's**  
**F4** | **M** | £31.25/£28.25/£24.00 | **Friday 11.00 – 12.00pm** | starts **24 April** | 5wks  
**F9** | **M** | £31.25/£28.25/£24.00 | **Friday 11.00 – 12.00pm** | starts **5 June** | 5wks  
 Fitness Pilates will improve your balance strength and flexibility. Flowing sequences are mainly performed in standing with the emphasis on posture and mobility for everyday life. Suitable for beginners with the option to work on a chair or mat in the second half of the class. The class is set to music to leave you feeling relaxed yet uplifted.
- DEBORAH NEWTH** **Pilates Mixed Ability**  
**F5** | **M** | £60.50/£55.00/£46.00 | **Tuesday 5.45 – 6.45pm** | starts **21 April** | 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. For mixed levels.
- ZOE PITHER** **Mindful Yoga**  
**F7** | **M** | £58.50/£53.00/£44.00 | **Wednesday 5.30 – 6.30pm** | starts **22 April** | 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 Cyclists**  
**S9** | **M** | £14.60/£13.25/£11.00 | **25 April 2.00 – 4.00pm**  
 Whilst cycling offers many health benefits, it also creates tension in certain areas. This yoga will work to release the legs, hamstrings, quadriceps and the psoas muscle (hip flexor), bring more mobility to the spine and open the shoulders and chest. This is a slow-paced class, suitable for beginners.
- Saturday – Yoga for Healthy Backs**  
**S98** | **M** | £14.60/£13.25/£11.00 | **4 July 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.
- ANN SHELDON** **Qi Gong**  
**F8** | £58.50/£53.00/£44.00 | **Thursday 6.15 – 7.15pm** | starts **23 April** | 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** |  | £88.75/£80.50/£67.00 | **Wednesday 8.15 – 9.45pm** | starts **22 April** | 10wks  
**Italian Beginners Plus**  
**L2** | £74.15/£67.25/£56.00 | **Monday 8.30 – 9.45pm** | starts **20 April** | 10wks  
**Italian Level 1**  
**L3** | £59.50/£54.00/£45.00 | **Monday 7.15 – 8.15pm** | starts **20 April** | 10wks

**DAVIDE ARIASSO Italian Level 2**  
**L4** | £88.75/£79.50/£66.00 | **Wednesday 5.00 – 6.30pm** | starts **22 April** | 10wks  
**Italian Level 3**  
**L5** | £74.15/£67.25/£56.00 | **Wednesday 6.45 – 8.00pm** | starts **22 April** | 10wks

## SPANISH

**GORKA DIAZ Spanish Beginners Entry Level**  
**L6** | £88.75/£80.50/£67.00 | **Monday 7.45 – 9.15pm** | starts **20 April** | 10wks  
**L7** | £88.75/£80.50/£67.00 | **Wednesday 7.45 – 9.15pm** | starts **22 April** | 10wks  
**Spanish Beginners Plus**  
**L8** | £88.75/£80.50/£67.00 | **Tuesday 7.45 – 9.15pm** | starts **21 April** | 10wks  
**L9** | £88.75/£80.50/£67.00 | **Thursday 6.00 – 7.30pm** | starts **23 April** | 10wks  
**Spanish Level 1.1**  
**L10** | £88.75/£80.50/£67.00 | **Thursday 7.45 – 9.15pm** | starts **23 April** | 10wks  
**Spanish Level 1.2**  
**L11** | £88.75/£80.50/£67.00 | **Monday 6.00 – 7.30pm** | starts **20 April** | 10wks  
**Spanish Level 2**  
**L12** | £88.75/£80.50/£67.00 | **Wednesday 6.00 – 7.30pm** | starts **22 April** | 10wks  
**Spanish Level 3**  
**L13** | £88.75/£80.50/£67.00 | **Tuesday 6.00 – 7.30pm** | starts **21 April** | 10wks

## FRENCH

**CATHERINE SFORZA French Beginners Entry**  
**L14** | £74.15/£67.25/£56.00 | **Tuesday 6.00 – 7.15pm** | starts **21 April** | 10wks

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## FRENCH CONTINUED

**CATHERINE SFORZA French Beginners Plus**  
**L15** | £59.50/£54.00/£45.00 | **Monday 6.00 – 7.00pm** | starts **20 April** | 10wks

**ARLETTE HODGKIN French Beginners Plus 2**  
**L16** | £88.75/£80.50/£67.00 | **Thursday 5.30 – 7.00pm** | starts **23 April** | 10wks  
**French Level 1**  
**L17** | £88.75/£80.50/£67.00 | **Wednesday 11.00 – 12.30pm** | starts **22 April** | 10wks  
**French Level 2**  
**L18** | £118.00/£107.00/£89.00 | **Tuesday 10.30 – 12.30pm** | starts **21 April** | 10wks  
**French Level 4**  
**L19** | £118.00/£107.00/£89.00 | **Thursday 10.30 – 12.30pm** | starts **23 April** | 10wks  
**French Conversation**  
**L20** | £59.50/£54.00/£45.00 | **Tuesday 12.45 – 1.45pm** | starts **21 April** | 10wks  
**L21** | £59.50/£54.00/£45.00 | **Wednesday 1.30 – 2.30pm** | starts **22 April** | 10wks

## GERMAN

**RITA HANKS German Beginners Entry Level**  
**L22** | £88.75/£80.50/£67.00 | **Monday 7.45 – 9.15pm** | starts **20 April** | 10wks  
**German Conversation**  
**L23** | £88.75/£80.50/£67.00 | **Wednesday 7.45 – 9.15pm** | starts **22 April** | 10wks

**MARTINA MACKINTOSH German Beginners Plus**  
**L24** | £88.75/£80.50/£67.00 | **Thursday 7.45 – 9.15pm** | starts **23 April** | 10wks  
**German Level 2**  
**L25** | £88.75/£80.50/£67.00 | **Thursday 6.00 – 7.30pm** | starts **23 April** | 10wks

## WELLBEING

**BEN GRASSBY Saturday – NLP – A Day of Discovery**  
**S6** | £38.00/£34.45/£28.60 | **18 April 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 **2 June** | 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**  
**S18** | £35.10/£31.80/£26.40 | **2 May 10.00 – 4.00pm**  
 The Alexander Technique is a popular method for 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.



## WELLBEING CONTINUED

JENNIFER  
MACKERRAS  
CONTINUED

### Saturday – Presentation Skills Workshop

**S74** | £35.10/£31.80/£26.40 | **13 June** 10.00 – 4.00pm

Do you struggle with presentations? Learn how to structure a talk, deal with nerves, and use your voice effectively. Jennifer is an experienced Alexander Technique teacher, has worked in theatre and music, and specialises in helping people overcome stage fright.

KATE JORDAN

### Saturday – Life Coaching with Hypnotherapy

**S82** | £35.10/£31.80/£26.40 | **20 June** 10.00 – 4.00pm

Want more from life? Need help choosing what to do with yours? Life coaching can help you with decision making and achieving your goals. Come prepared to work on setting some goals, learn about how the brain works, how better to reach your potential.

ZOE PITHER


### Saturday – Mindfulness for Busy People

**S41** | £11.70/£10.60/£8.80 | **16 May** 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 life-changing way to help deal with the stress and pressure that we can experience from the fast pace of modern life.

MORVEN  
HAMILTON

### Saturday – Yoga for Healthy Sleep

**S43** |  | £17.55/£15.90/£13.20 | **16 May** 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 – Meditation for Home Practice

**S53** |  | £17.25/£15.60/£13.35 | **23 May** 1.00 – 4.00pm

If you are curious about meditation, or if you have tried and need further guidance, this workshop will help you to overcome some of the initial difficulties in starting your practice at home. We tackle the challenges of monkey mind, aching limbs and busy schedules, and you will learn how to incorporate meditation peacefully into your daily routine.


MEL SKINNER

### Saturday – Develop a Yoga Practice at Home

**S17** |  | £20.45/£18.55/£15.40 | **25 April** 10.00 – 1.00pm

Discover how to develop a yoga sequence that you can practice by yourself at home. You will enjoy a yoga session and then we will discuss the basic principles behind a yoga routine, and the benefits of different postures. You will have the chance to create a personalised sequence for your own needs, be that a more fitness approach to yoga, or something to help you unwind and relax before bed.

### Saturday – Yoga Nidra: Sleep of the Yogi


**S106** |  | £20.45/£18.55/£15.40 | **4 July** 1.00 – 4.00pm

Discover the practice of Yoga Nidra, a guided meditation practice through relaxation. Widely used therapeutically as a way to manage many conditions such as stress, anxiety, depression, chronic pain and insomnia. We will explore three types of yoga nidra meditation from three different yoga traditions. An opportunity to let yourself rest and explore a new way of meditation which is effortless.

## WELLBEING CONTINUED

ROSS TITMUSS

### Saturday – Shiatsu for Personal Wellbeing

**S70** |  | £35.10/£31.80/£26.40 | **6 June** 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 – Freeing the Shoulders and Chest

**NEW** **S80** | £17.50/£15.90/£13.20 | **20 June** 10.00 – 12.30pm

Discover reduced neck tension, free-er breathing and easier arm movements as you explore the move-ability of your shoulders, spine and ribs using the subtle, yet, powerful floor-based movement lessons of the Feldenkrais Method®.

**NEW**

### Saturday – Power of the Pelvis


**S89** | £17.50/£15.90/£13.20 | **20 June** 1.30 – 4.00pm

Discover power in walking, comfort in sitting and pleasure in dancing by mobilising your pelvis. Using gentle, yet specific movement lessons you will develop greater awareness of this central part of your body. The Feldenkrais Method® can bring about positive changes in your posture, breathing, moving and thinking.

## LIFE & LEISURE

LISA MALYON


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

**S90** |  | £35.10/£31.80/£26.40 | **27 June** 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

**S16** |  | £40.00/£36.45/£30.60 | **25 April** 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.

TONY SMITH

### Saturday – Introduction to Starting your Own Business


**S50** |  | £38.50/£34.95/£29.10 | **23 May** 10.00 – 4.30pm

An enjoyable workshop looking at the demands of running your own business.

Discover if your idea is viable and how to produce a business plan. There will be time to explore ideas with this experienced business advisor.

STEVE HAYNES

### Saturday – Learn to Solve a Rubik's Cube

**NEW** **S35** |  | £30.25/£27.50/£23.00 | **16 May** 10.00 – 3.00pm

Have you ever wanted to learn how to solve a Rubik's cube? Here's your chance!

This hands-on course will talk you through the various stages of solving the cube and will provide you with all you need to maintain and practice the method once the course has finished. Rubik's cubes provided.

## WEEKDAY TIMETABLES

## MONDAY

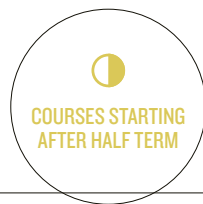
|   | TIME          | PAGE |
|---|---------------|------|
| <b>A40</b> Art History: 16th C Painting 🕒 | 10.00 - 12.00 | 9    |
| <b>P1</b> Pottery Maker's Practice AM     | 10.00 - 12.30 | 17   |
| <b>P2</b> Pottery Maker's Practice AM 🕒   | 10.00 - 12.30 | 17   |
| <b>A20</b> Drawing for Improvers          | 10.00 - 1.00  | 5    |
| <b>A21</b> Drawing for Improvers 🕒        | 10.00 - 1.00  | 5    |
| <b>C10</b> Sewing Projects                | 10.00 - 1.00  | 14   |
| <b>D21</b> Line Dancing Intermediate      | 10.30 - 11.30 | 25   |
| <b>D22</b> Line Dancing Intermediate 🕒    | 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>D15</b> Circle Dancing                 | 1.30 - 3.00   | 25   |
| <b>D16</b> Circle Dancing 🕒               | 1.30 - 3.00   | 25   |
| <b>P3</b> Pottery Maker's Practice PM     | 1.30 - 4.15   | 17   |
| <b>P4</b> Pottery Maker's Practice PM 🕒   | 1.30 - 4.15   | 17   |
| <b>A18</b> Learn to Draw                  | 2.00 - 4.30   | 5    |
| <b>A19</b> Learn to Draw 🕒                | 2.00 - 4.30   | 5    |
| <b>A1</b> Portraiture                     | 2.00 - 4.30   | 3    |
| <b>A2</b> Portraiture 🕒                   | 2.00 - 4.30   | 3    |
| <b>D17</b> Line Dancing Beginners         | 4.00 - 5.00   | 25   |
| <b>D18</b> Line Dancing Beginners 🕒       | 4.00 - 5.00   | 25   |
| <b>A3</b> Life Drawing                    | 5.15 - 7.15   | 3    |
| <b>D13</b> Bollywood Dance                | 5.30 - 6.30   | 24   |
| <b>C17</b> Dressmaking                    | 5.30 - 7.30   | 15   |
| <b>C7</b> Jewellery: Silversmithing       | 5.30 - 7.30   | 14   |
| <b>W3</b> Short Fiction                   | 5.30 - 7.30   | 21   |
| <b>D11</b> Finding your Voice             | 6.00 - 7.00   | 24   |
| <b>L15</b> French Beginners Plus          | 6.00 - 7.00   | 29   |
| <b>L11</b> Spanish Level 1.2              | 6.00 - 7.30   | 28   |
| <b>P7</b> Pottery Improvers               | 6.00 - 9.00   | 17   |
| <b>D14</b> Salsa Dance                    | 6.30 - 7.30   | 24   |
| <b>L3</b> Italian Level 1                 | 7.15 - 8.15   | 28   |
| <b>D12</b> Enhancing your Voice           | 7.15 - 8.45   | 24   |
| <b>L22</b> German Beginners Entry Level   | 7.45 - 9.15   | 29   |
| <b>C18</b> Dressmaking                    | 7.45 - 9.45   | 15   |
| <b>C8</b> Jewellery: Silversmithing       | 7.45 - 9.45   | 14   |
| <b>L6</b> Spanish Beginners Entry         | 7.45 - 9.15   | 28   |
| <b>L2</b> Italian Beginners Plus          | 8.30 - 9.45   | 28   |

## TUESDAY

|  | TIME          | PAGE |
|--|---------------|------|
| <b>C11</b> Sewing for Beginners          | 10.00 - 1.00  | 14   |
| <b>C12</b> Sewing for Beginners 🕒        | 10.00 - 1.00  | 14   |
| <b>P9</b> Pottery Day Studio             | 10.00 - 4.00  | 18   |
| <b>P10</b> Pottery Day Studio 🕒          | 10.00 - 4.00  | 18   |
| <b>W1</b> Creative Writing for All       | 10.30 - 12.30 | 19   |
| <b>L18</b> French Level 2                | 10.30 - 12.30 | 29   |
| <b>F2</b> Pilates - Seated Exercise      | 11.00 - 12.00 | 26   |
| <b>L20</b> French Conversation           | 12.45 - 1.45  | 29   |
| <b>F6</b> Yoga - Lunchtime Class         | 1.00 - 2.00   | 26   |
| <b>A30</b> Sketchbook Techniques         | 1.00 - 3.30   | 6    |
| <b>A31</b> Sketchbook Techniques 🕒       | 1.00 - 3.30   | 6    |
| <b>A14</b> Exploring Drawing 🕒           | 1.30 - 3.30   | 4    |
| <b>C19</b> Dressmaking                   | 2.00 - 4.00   | 15   |
| <b>W8</b> Memoir and Life Writing        | 2.00 - 4.00   | 22   |
| <b>A6</b> Oil Painting for Beginners     | 4.00 - 6.00   | 3    |
| <b>A7</b> Oil Painting for Beginners 🕒   | 4.00 - 6.00   | 3    |
| <b>C23</b> Crochet for 3D Creations      | 5.30 - 7.30   | 16   |
| <b>C20</b> Dressmaking                   | 5.30 - 7.30   | 15   |
| <b>A32</b> Etching and Drypoint          | 5.30 - 7.30   | 7    |
| <b>F5</b> Pilates Mixed Ability          | 5.45 - 6.45   | 27   |
| <b>L14</b> French Beginners Entry        | 6.00 - 7.15   | 28   |
| <b>G1</b> Intro to Alexander Technique 🕒 | 6.00 - 7.30   | 29   |
| <b>L13</b> Spanish Level 3               | 6.00 - 7.30   | 28   |
| <b>P11</b> Pottery Improvers             | 6.30 - 9.30   | 18   |
| <b>A8</b> Oil Painting for Improvers     | 6.45 - 8.45   | 3    |
| <b>W9</b> Scriptwriting                  | 7.00 - 9.00   | 22   |
| <b>W5</b> Intro to Creative Writing      | 7.30 - 9.30   | 21   |
| <b>L8</b> Spanish Beginners Plus         | 7.45 - 9.15   | 28   |
| <b>C21</b> Dressmaking                   | 7.45 - 9.45   | 15   |

## WEDNESDAY

|  | TIME          | PAGE |
|--|---------------|------|
| <b>P5</b> Pottery - Beginners            | 10.00 - 12.30 | 17   |
| <b>A24</b> Landscapes in Watercolour     | 10.00 - 1.00  | 5    |
| <b>A25</b> Landscapes in Watercolour 🕒   | 10.00 - 1.00  | 5    |
| <b>D23</b> Line Dancing Advanced         | 10.30 - 11.30 | 26   |
| <b>D24</b> Line Dancing Advanced 🕒       | 10.30 - 11.30 | 26   |
| <b>A15</b> Mixed Media, Experimental Art | 10.30 - 12.45 | 4    |
| <b>L17</b> French Level 1                | 11.00 - 12.30 | 29   |



## WEDNESDAY

|  | CONTINUED | TIME         | PAGE |
|--|-----------|--------------|------|
| <b>D6</b> Music Theory 🕒                 |           | 12.30 - 1.30 | 23   |
| <b>F3</b> Pilates - Mixed Ability        |           | 12.30 - 1.30 | 27   |
| <b>L21</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 🕒              |           | 2.30 - 4.30  | 23   |
| <b>W2</b> Playreading                    |           | 2.45 - 4.45  | 19   |
| <b>A4</b> Painting in Oils and Acrylics  |           | 3.00 - 5.00  | 3    |
| <b>L4</b> Italian Level 2                |           | 5.00 - 6.30  | 28   |
| <b>A5</b> Painting in Oils and Acrylics  |           | 5.15 - 7.15  | 3    |
| <b>D1</b> Guitar Beginners               |           | 5.30 - 6.30  | 22   |
| <b>F7</b> Mindful Yoga                   |           | 5.30 - 6.30  | 27   |
| <b>C13</b> Dressmaking                   |           | 5.30 - 7.30  | 14   |
| <b>A34</b> Lino Printing                 |           | 5.30 - 7.30  | 7    |
| <b>P8</b> Pottery Improvers              |           | 5.30 - 7.30  | 17   |
| <b>W4</b> Writing a Commercial Novel     |           | 5.30 - 7.30  | 21   |
| <b>L12</b> Spanish Level 2               |           | 6.00 - 7.30  | 28   |
| <b>A45</b> Intro to Black and White Film |           | 6.30 - 9.00  | 9    |
| <b>D19</b> Line Dancing Evening          |           | 6.45 - 7.45  | 25   |
| <b>D20</b> Line Dancing Evening 🕒        |           | 6.45 - 7.45  | 25   |
| <b>L5</b> Italian Level 3                |           | 6.45 - 8.00  | 28   |
| <b>D28</b> Drama and Improvisation       |           | 7.00 - 9.00  | 26   |
| <b>L7</b> Spanish Beginners Entry        |           | 7.45 - 9.15  | 28   |
| <b>C14</b> Dressmaking                   |           | 7.45 - 9.45  | 14   |
| <b>C9</b> Jewellery: Silversmithing      |           | 7.45 - 9.45  | 14   |
| <b>P6</b> Pottery - Beginners            |           | 7.45 - 9.45  | 17   |
| <b>A9</b> Watercolour for Beginners      |           | 7.45 - 9.45  | 4    |
| <b>A10</b> Watercolour for Improvers 🕒   |           | 7.45 - 9.45  | 4    |
| <b>L1</b> Italian Beginners Entry Level  |           | 8.15 - 9.45  | 28   |
| <b>L23</b> German Conversation           |           | 7.45 - 9.15  | 29   |

## THURSDAY

|   | TIME          | PAGE |
|---|---------------|------|
| <b>A26</b> Botanical Drawing and Painting   | 10.00 - 1.00  | 5    |
| <b>A27</b> Botanical Drawing and Painting 🕒 | 10.00 - 1.00  | 5    |
| <b>D25</b> Line Dancing Advanced            | 10.30 - 12.00 | 26   |
| <b>D26</b> Line Dancing Advanced 🕒          | 10.30 - 12.00 | 26   |
| <b>L19</b> French Level 4                   | 10.30 - 12.30 | 29   |
| <b>C3</b> Woodcarving Course                | 10.30 - 12.30 | 13   |
| <b>C4</b> Woodcarving Course 🕒              | 10.30 - 12.30 | 13   |
| <b>A28</b> The Versatility of Watercolour   | 10.30 - 12.45 | 6    |
| <b>D27</b> Line Dancing Advanced Plus       | 12.30 - 1.30  | 26   |
| <b>W6</b> Short Stories and Flash Fiction   | 1.00 - 3.00   | 21   |

## THURSDAY

|   | CONTINUED | TIME        | PAGE |
|---|-----------|-------------|------|
| <b>W7</b> Short Stories and Flash Fiction 🕒 |           | 1.00 - 3.00 | 21   |
| <b>A42</b> Intro to Digital Photography     |           | 1.00 - 4.00 | 9    |
| <b>A43</b> Intro to Digital Photography 🕒   |           | 1.00 - 4.00 | 9    |
| <b>D9</b> Ukulele for Beginners             |           | 2.00 - 3.00 | 23   |
| <b>D10</b> Ukulele for Improvers 🕒          |           | 2.00 - 3.00 | 23   |
| <b>A41</b> Art History: 17th Century 🕒      |           | 2.00 - 4.00 | 9    |
| <b>A29</b> Painting Projects: Multi-level   |           | 2.00 - 4.15 | 6    |
| <b>A22</b> Let's Paint in Watercolour       |           | 2.00 - 5.00 | 5    |
| <b>A23</b> Let's Paint in Watercolour 🕒     |           | 2.00 - 5.00 | 5    |
| <b>D7</b> Ukulele Club                      |           | 3.30 - 4.30 | 23   |
| <b>D8</b> Ukulele Club                      |           | 3.30 - 4.30 | 23   |
| <b>D3</b> Guitar Improvers                  |           | 5.30 - 6.30 | 22   |
| <b>L16</b> French Beg Plus.2                |           | 5.30 - 7.00 | 29   |
| <b>A36</b> Botanical Patterns - Textiles    |           | 5.30 - 7.30 | 8    |
| <b>A35</b> Creative Printmaking 🕒           |           | 5.30 - 7.30 | 8    |
| <b>A16</b> Mixed Media, Experimental Art    |           | 5.30 - 7.30 | 4    |
| <b>A17</b> Mixed Media, Experimental Art 🕒  |           | 5.30 - 7.30 | 4    |
| <b>P13</b> Pottery - Beginners              |           | 5.30 - 7.30 | 19   |
| <b>P14</b> Intro to the Potter's Wheel 🕒    |           | 5.30 - 7.30 | 19   |
| <b>C15</b> Sewing for Beginners             |           | 5.30 - 7.30 | 15   |
| <b>L9</b> Spanish Beginners Plus            |           | 6.00 - 7.30 | 28   |
| <b>L25</b> German Level 2                   |           | 6.00 - 7.30 | 29   |
| <b>A46</b> Photography: Cyanotypes          |           | 6.00 - 9.00 | 12   |
| <b>F8</b> Qi Gong                           |           | 6.15 - 7.15 | 27   |
| <b>D2</b> Guitar Beginners Cont             |           | 6.45 - 7.45 | 22   |
| <b>C22</b> Knitting and Crochet             |           | 7.15 - 9.15 | 16   |
| <b>C5</b> Basket Weaving Course             |           | 7.30 - 9.30 | 13   |
| <b>C6</b> Willow Basket Weaving 2 🕒         |           | 7.30 - 9.30 | 13   |
| <b>L24</b> German Beginners Plus            |           | 7.45 - 9.15 | 29   |
| <b>L10</b> Spanish Level 1.1                |           | 7.45 - 9.15 | 28   |
| <b>A39</b> Cartoons and Comics              |           | 7.45 - 9.45 | 8    |
| <b>P12</b> Pottery Improvers                |           | 7.45 - 9.45 | 18   |
| <b>C16</b> Sewing for Beginners             |           | 7.45 - 9.45 | 15   |

## FRIDAY

|   | TIME          | PAGE |
|---|---------------|------|
| <b>C1</b> Stained Glass                   | 10.00 - 12.30 | 12   |
| <b>C2</b> Stained Glass 🕒                 | 10.00 - 12.30 | 12   |
| <b>A44</b> Creative with Digital Camera 🕒 | 10.00 - 1.00  | 9    |
| <b>P15</b> Pottery - Intensive Throwing   | 10.00 - 1.00  | 18   |
| <b>F4</b> Fitness Pilates for over 50's   | 11.00 - 12.00 | 27   |
| <b>A37</b> Floral Patterns for Home ware  | 1.00 - 3.00   | 8    |
| <b>A38</b> Print a Lampshade 🕒            | 1.00 - 3.00   | 8    |

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## SATURDAY SCHOOLS TIMETABLES

### SATURDAY 18 APRIL

|           |                            |              | PAGE |
|-----------|----------------------------|--------------|------|
| <b>S1</b> | Hardback Bookbinding       | 10.00 - 3.00 | 16   |
| <b>S2</b> | Childrens Book in a Day    | 10.00 - 4.00 | 22   |
| <b>S3</b> | Handmade Lingerie Workshop | 10.00 - 4.00 | 14   |
| <b>S4</b> | Interior Design Workshop   | 10.00 - 4.00 | 12   |
| <b>S5</b> | Make a Willow Squirrel     | 10.00 - 4.00 | 13   |
| <b>S6</b> | NLP - A Day of Discovery   | 10.00 - 4.00 | 29   |
| <b>S7</b> | Stained Glass Taster Day   | 10.00 - 4.00 | 12   |
| <b>S8</b> | Creative Wire Sculpture    | 10.00 - 4.30 | 7    |

### SATURDAY 25 APRIL

|            |                               |              | PAGE |
|------------|-------------------------------|--------------|------|
| <b>S9</b>  | Yoga Practice at Home         | 10.00 - 1.00 | 27   |
| <b>S10</b> | Absolute Beginners Harmonica  | 10.00 - 4.00 | 24   |
| <b>S11</b> | Charcoal & Pastels Workshop   | 10.00 - 4.00 | 4    |
| <b>S12</b> | Learn to Sew - Bag in a Day   | 10.00 - 4.00 | 15   |
| <b>S13</b> | Modern Italic Calligraphy     | 10.00 - 4.00 | 17   |
| <b>S14</b> | Ceramic Box (Fri 24 & Sat 25) | 10.00 - 4.00 | 19   |
| <b>S15</b> | Silver Ring in a Day          | 10.00 - 4.00 | 14   |
| <b>S16</b> | How to Buy and Sell on eBay   | 10.00 - 4.30 | 31   |
| <b>S17</b> | Yoga for Cyclists             | 2.00 - 4.00  | 30   |

### SATURDAY 2 MAY

|            |                                 |              | PAGE |
|------------|---------------------------------|--------------|------|
| <b>S18</b> | Alexander Technique Workshop    | 10.00 - 4.00 | 29   |
| <b>S19</b> | B&W Film Developing             | 10.00 - 4.00 | 11   |
| <b>S20</b> | Drawing and Painting from Life  | 10.00 - 4.00 | 3    |
| <b>S21</b> | Flash Fiction and Short Stories | 10.00 - 4.00 | 21   |
| <b>S22</b> | Mosaic Workshop                 | 10.00 - 4.00 | 13   |
| <b>S23</b> | Natural Dye Workshop            | 10.00 - 4.00 | 15   |
| <b>S24</b> | 250 Years of the Modern Home    | 10.00 - 4.00 | 6    |

### SATURDAY 9 MAY

|            |                               |               | PAGE |
|------------|-------------------------------|---------------|------|
| <b>S25</b> | Anatomy and Physiology basics | 10.00 - 4.00  | 6    |
| <b>S26</b> | Botanical Painting Workshop   | 10.00 - 4.00  | 5    |
| <b>S27</b> | Have a go Darkroom Taster     | 10.00 - 4.00  | 11   |
| <b>S28</b> | Knitting and Crochet Workshop | 10.00 - 4.00  | 16   |
| <b>S29</b> | Coiled Basket Weaving         | 10.00 - 4.00  | 13   |
| <b>S30</b> | Pottery - Ceramic Mugs        | 10.00 - 4.00  | 19   |
| <b>S31</b> | Digital Camera Workshop       | 10.00 - 4.00  | 9    |
| <b>S32</b> | Shibori Workshop              | 10.00 - 4.00  | 15   |
| <b>S33</b> | Salsa Dance Workshop          | 10.30 - 12.30 | 25   |
| <b>S34</b> | You Can Play Ukulele Today    | 1.00 - 4.00   | 23   |

### SATURDAY 16 MAY

|            |                                 |               | PAGE |
|------------|---------------------------------|---------------|------|
| <b>S35</b> | Learn to Solve a Rubik's Cube   | 10.00 - 3.00  | 31   |
| <b>S36</b> | Drawing Complete Beginners      | 10.00 - 4.00  | 7    |
| <b>S37</b> | Get Started in Creative Writing | 10.00 - 4.00  | 22   |
| <b>S38</b> | Pottery Throwing and Turning    | 10.00 - 4.00  | 18   |
| <b>S39</b> | Natural DIY Spa Afternoon       | 10.00 - 4.00  | 12   |
| <b>S40</b> | Line Dancing Beginner           | 10.30 - 12.30 | 26   |
| <b>S41</b> | Mindfulness for Busy People     | 10.30 - 12.30 | 30   |
| <b>S43</b> | Yoga for Healthy Sleep          | 1.00 - 4.00   | 30   |
| <b>S44</b> | Line Dancing Improvers          | 1.30 - 3.30   | 26   |

### SATURDAY 23 MAY

|            |                              |               | PAGE |
|------------|------------------------------|---------------|------|
| <b>S45</b> | Bristol Scene on a Lampshade | 10.00 - 12.30 | 12   |
| <b>S46</b> | Celtic Designs Knots         | 10.00 - 4.00  | 8    |
| <b>S47</b> | Cyanotype Printing Workshop  | 10.00 - 4.00  | 11   |
| <b>S48</b> | Landscapes in Watercolour    | 10.00 - 4.00  | 5    |
| <b>S49</b> | Pottery Throwing and Turning | 10.00 - 4.00  | 19   |
| <b>S50</b> | Starting your Own Business   | 10.00 - 4.30  | 31   |
| <b>S51</b> | Mixed Media Sculpture        | 10.00 - 4.30  | 7    |
| <b>S52</b> | Bollywood Dance Workshop     | 10.30 - 12.30 | 25   |
| <b>S53</b> | Meditation for Home Practice | 1.00 - 4.00   | 30   |
| <b>S54</b> | Bristol Scene on a Lampshade | 1.30 - 4.00   | 12   |

## SATURDAY SCHOOLS TIMETABLES

### SATURDAY 30 MAY

|            |                               |               | PAGE |
|------------|-------------------------------|---------------|------|
| <b>S55</b> | Macrame: Make a Plant Hanger  | 10.00 - 12.30 | 12   |
| <b>S56</b> | Black-and-White Film Printing | 10.00 - 4.00  | 11   |
| <b>S57</b> | Introduction to Lino Printing | 10.00 - 4.00  | 7    |
| <b>S58</b> | Make a Crochet Toy Monster    | 10.00 - 4.00  | 16   |
| <b>S59</b> | Masterclass: Oil Paintings    | 10.00 - 4.00  | 4    |
| <b>S60</b> | Poetry from Nowhere           | 10.00 - 4.00  | 21   |
| <b>S61</b> | Pottery Throwing and Turning  | 10.00 - 4.00  | 18   |
| <b>S62</b> | Macrame Wall Hanger           | 1.30 - 4.00   | 12   |

### SATURDAY 6 JUNE

|            |                                 |              | PAGE |
|------------|---------------------------------|--------------|------|
| <b>S63</b> | Blues Guitar Technique          | 10.00 - 4.00 | 23   |
| <b>S64</b> | Celtic Design Lindisfarne       | 10.00 - 4.00 | 9    |
| <b>S65</b> | Painting with Chemistry         | 10.00 - 4.00 | 11   |
| <b>S66</b> | Modern Calligraphy              | 10.00 - 4.00 | 17   |
| <b>S67</b> | Natural DIY Spa Day             | 10.00 - 4.00 | 12   |
| <b>S68</b> | Brushwork for Ceramics (2 Days) | 10.00 - 4.00 | 18   |
| <b>S69</b> | Printing with Stencils Workshop | 10.00 - 4.00 | 8    |
| <b>S70</b> | Shiatsu for Personal Wellbeing  | 10.00 - 4.00 | 31   |

### SATURDAY 13 JUNE

|            |                                 |               | PAGE |
|------------|---------------------------------|---------------|------|
| <b>S71</b> | Anatomy Heads and Hands         | 10.00 - 4.00  | 6    |
| <b>S72</b> | Crochet Squares and Blankets    | 10.00 - 4.00  | 16   |
| <b>S73</b> | Portraiture Workshop            | 10.00 - 4.00  | 3    |
| <b>S74</b> | Presentation Skills Workshop    | 10.00 - 4.00  | 30   |
| <b>S75</b> | Stained Glass Mirror Taster Day | 10.00 - 4.00  | 13   |
| <b>S76</b> | Every Object Tells a Story      | 10.00 - 4.00  | 21   |
| <b>S68</b> | Brushwork for Ceramics (2 Days) | 10.00 - 4.00  | 18   |
| <b>S78</b> | Wet Plate Collodion Photography | 10.00 - 4.30  | 11   |
| <b>S79</b> | Dirty Dancing                   | 10.30 - 12.30 | 25   |

### SATURDAY 20 JUNE

|            |                               |               | PAGE |
|------------|-------------------------------|---------------|------|
| <b>S80</b> | Free Shoulders and Chest      | 10.00 - 12.30 | 31   |
| <b>S81</b> | Simple Hand Embroidery        | 10.00 - 4.00  | 15   |
| <b>S82</b> | Life Coaching Hypnotherapy    | 10.00 - 4.00  | 30   |
| <b>S83</b> | Lino Printing onto Fabric     | 10.00 - 4.00  | 7    |
| <b>S84</b> | Crochet Plant Hanger          | 10.00 - 4.00  | 16   |
| <b>S85</b> | Family Stories and Poems      | 10.00 - 4.00  | 21   |
| <b>S86</b> | Oil Painting Workshop         | 10.00 - 4.00  | 4    |
| <b>S87</b> | Open Pottery Workshop         | 10.00 - 4.00  | 18   |
| <b>S88</b> | Lith Printing in the Darkroom | 10.00 - 4.30  | 11   |
| <b>S89</b> | Power of the Pelvis           | 1.30 - 4.00   | 31   |

### SATURDAY 27 JUNE

|            |                               |               | PAGE |
|------------|-------------------------------|---------------|------|
| <b>S90</b> | Social Media Business Hobbies | 10.00 - 4.00  | 31   |
| <b>S91</b> | Paper Cutting Workshop        | 10.00 - 4.00  | 16   |
| <b>S92</b> | Blues Harmonica Beginners     | 10.00 - 4.00  | 24   |
| <b>S93</b> | Drawing for Improvers         | 10.00 - 4.00  | 7    |
| <b>S94</b> | Letter Cutting Wood Workshop  | 10.00 - 4.00  | 13   |
| <b>S95</b> | Make Reversible Wrap Skirt    | 10.00 - 4.00  | 14   |
| <b>S96</b> | Skies Seascapes in W'colour   | 10.00 - 4.00  | 6    |
| <b>S97</b> | Burlesque with Feather Fan    | 10.30 - 12.30 | 25   |

### SATURDAY 4 JULY

|             |                              |               | PAGE |
|-------------|------------------------------|---------------|------|
| <b>S98</b>  | Yoga for Healthy Backs       | 10.00 - 12.00 | 27   |
| <b>S99</b>  | Introduction to Cartooning   | 10.00 - 4.00  | 8    |
| <b>S100</b> | Printing Homemade Developers | 10.00 - 4.00  | 11   |
| <b>S101</b> | Architectural Sketching      | 10.00 - 4.00  | 6    |
| <b>S102</b> | Sewing Surgery               | 10.00 - 4.00  | 15   |
| <b>S103</b> | Silver Ring in a Day         | 10.00 - 4.00  | 14   |
| <b>S104</b> | Acrylic Painting             | 10.00 - 4.00  | 5    |
| <b>S105</b> | Ukulele Summer Fun           | 1.00 - 4.00   | 24   |
| <b>S106</b> | Yoga Nidra                   | 1.00 - 4.00   | 30   |

## 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.
- 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 Bristol 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 Bristol 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: 18 April – 4 July 2020  
Half term: 25 – 29 May

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)

# FRIENDS OF THE BRISTOL FOLK HOUSE

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 Charity (no.1184395) is a self-funded 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 Friend 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

## SUMMER TERM 2020

Please complete in BLOCK CAPITALS

FIRST NAME ..... SURNAME .....

ADDRESS (Friends only) .....

..... POSTCODE .....

DAYTIME TELEPHONE .....

E-MAIL .....

You will only be contacted by the office and tutor about this course or workshop. By enrolling you are consenting to our Privacy Policy. Full details can be found on our website and are included in your confirmation email. You can make requests for changes at any time.  Please tick here if you consent to these terms.

**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.**

**BECOME A FRIEND OF THE BRISTOL FOLK HOUSE**

If you would like to become a Friend of the Bristol 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  
40A Park Street,  
Bristol BS1 5JG

## HOW TO BOOK

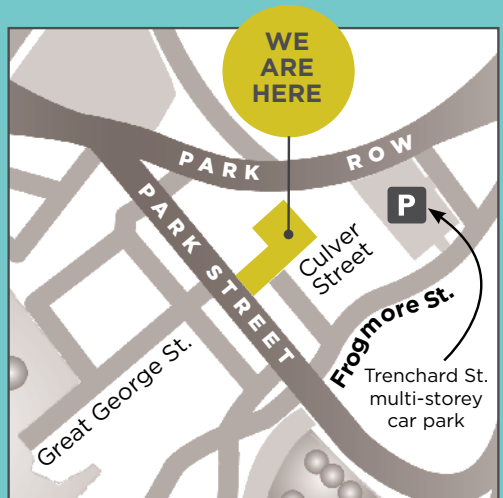
Please visit our website for full listings.  
Enrolment information is listed on page 36.

## 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 step free 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:**

**cafe@bristolfolkhouse.co.uk or call 0117 908 5035**

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



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