

# Summer Term 1

Online Courses and Workshop

19th April - 21st May 2021

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## Please note:

**Please make sure you check the materials list on the website before booking.  
All course will require you to have a Zoom account.**

- Once booked you will receive a confirmation email to confirm your booking. Between 1 week and on the day of the course you will receive a Zoom link. This link will be valid for the full course.
- If you require any advise about Zoom or the online course before booking, please get in touch with the office.
- If you are looking to do courses in person, please do check in with us next year as we hope to be back open later in the Spring.
- We do offer concession rates for anyone over 65, Student, NHS or claiming Universal Credit (sole income). These prices appear on the website.
- Please refer to our Terms and Conditions on our website under 'How to Enrol' before booking.

# ARTS

## Drawing for Complete Beginners

Course code: OA07

**Tutor:** Roma Widger      **Starts:** Saturday 24 April 2021      10.00am - 4.00pm      1 Wk      **Price:** £42.50

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. Everyone is welcome.

## Drawing for Improvers

Course code: OA08

**Tutor:** Roma Widger      **Starts:** Saturday 22 May 2021      10.00am - 4.00pm      1 Wk      **Price:** £42.50

Extend your drawing skills and develop a transferable skill. In this one day workshop we will look too improve your technique, use new materials and enjoy fresh subjects. Everyone with some drawing experience welcome.

## Printmaking - DIY Screen Printing at Home

Course code: OA06

**Tutor:** Lucy Oates      **Starts:** Thursday 20 May 2021      6.00pm - 8.00pm      1 Wk      **Price:** £50.00

The workshop is for those who are open to experimentation and trying out new ways of working, not afraid to risks. It will be a creative exploration at home.

## Portraiture from Photographs

Course code: OA01

**Tutor:** Bill Guilding      **Starts:** Monday 19 April 2021      2.00pm 4.30pm      5 Wks      **Price:** £92.50

In these 5 online lessons develop your skill at drawing or painting faces, but at home. All levels welcome. Beginners will get be taught about the structure of faces with a drawing demonstration, and if you're painting: how to mix flesh colours and the fall of light and shade.

## Painting in Oils and Acrylics

Course code: OA02

**Tutor:** Bill Guilding      **Starts:** Wednesday 21 April 2021      3.00pm - 5.00pm      5 Wks      **Price:** £70.00

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 and direction from the tutor.

## Creativity for Wellbeing

Course code: OA09

**Tutor:** Miranda Wells      **Starts:** Friday 23 April 2021      2.00pm - 3.30pm      5 Wks      **Price:** £82.50

In these classes we will work with explore our creativity & improve our emotional and mental health. We will learn and explore a new creative technique each week, using experiential art making to recharge your creativity.

## Oil Painting for Beginners

Course code: OA03

**Tutor:** Warren Sealey      **Starts:** Tuesday 20 April 2021      4.00pm - 6.00pm      5 Wks      **Price:** £80.00

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 will include still-life, landscape and portrait painting.

## Oil Painting for Improvers

Course code: OA04

**Tutor:** Warren Sealey      **Starts:** Tuesday 20 April 2021      6.45pm - 8.45pm      5 Wks      **Price:** £75.00

During this course we will extend experience of oil painting including tonal values, colour mixing, painting procedures and technical elements such as when to use oil mediums. Students can choose their own subjects, these can include still-life, landscape and portrait painting.

## Watercolour for Beginners

Course code: OA09

**Tutor:** Warren Sealey      **Starts:** Wednesday 21 May 2021      7.15pm - 9.15pm      5 Wks      **Price:** £75.00

Get off on the right foot with this challenging medium by learning the traditional techniques, which can be applied to all subjects. Regular demonstrations are provided, and paintings are developed step-by-step as a group in an informal atmosphere. This is an online course via zoom. See materials lists for more details of what you need to bring.

# CRAFTS

## Crochet 3D Creations: Make a Toy Monster

Course code: OC01

**Tutor:** Cristina Valladares      **Starts:** Thursday 22 April 2021      6.30pm - 8.30pm      5 Wks      **Price:** £85.00

Learn amigurumi technique (3D crochet) while working on making your own project, making a cute monster in crochet. You will get the knowledge to start your own designs. This course includes materials kit which will be posted to you.

## Macrame Plant Hanger

Course code: OC05

**Tutor:** Gemma Forde      **Starts:** Wednesday 08 May 2021      10.30am - 12.30pm      1 Wk      **Price:** £25.00

Come and learn the 'ropes' in this beginners macramé workshop where you can make a plant hanger using 4 of the main macrame knots which will then get you started on your journey of making many other macrame products. This course includes materials kit which will be posted to you.

## Macrame Plant Hanger

Course code: OC06

**Tutor:** Gemma Forde      **Starts:** Saturday 29 April 2021      7.00pm - 9.00pm      1 Wk      **Price:** £25.00

Come and learn the 'ropes' in this beginners macramé workshop where you can make a plant hanger using 4 of the main macrame knots which will then get you started on your journey of making many other macrame products. This course includes materials kit which will be posted to you.

## Owl Weaving Workshop

Course code: OC04

**Tutor:** Jackie Bennett      **Starts:** Saturday 25 April 2021      11.00am - 1.00pm      1 Wk      **Price:** £15.00

Weave a small owl, (or fantasy bird) using readily available materials from your home, to make a simple loom. In this online workshop, we will meet on Zoom to share a little weaving time together. This is a fun way to explore weaving and you will be amazed that you can weave using materials that you gather yourself.

## Introduction to Art Weaving Techniques

Course code: OC02

**Tutor:** Jackie Bennett      **Starts:** Saturday 24 April 2021      10.00am - 12.00pm      4 Wks      **Price:** £91.50

A series of four classes that will build up your weaving techniques step-by-step and result in a piece of weaving that you will be able to display on a wall. Suitable for complete beginners and those who would like to revise weaving basics. This course includes materials kit which will be posted to you.

## Further Art Weaving Techniques

Course code: OC02

**Tutor:** Jackie Bennett      **Starts:** Saturday 02 May 2021      11.00am - 13.00pm      4 Wks      **Price:** £68.50

Continue to build on your handweaving skills, learning further colour-blending and shading techniques such as hatching and mottling. We will look at how to create your own weaving designs and interpret images in weaving by selecting from the techniques that you have learnt, to create abstract or figurative pieces.

## Japanese Boro - Clothing Repair Society

Course code: OC09

**Tutor:** Rhyannan Hall      **Starts:** Saturday 06 May 2021      6.30pm - 8.30pm      1 Wk      **Price:** £25.00

Japanese Boro is a 'visible mending' method that restores structural integrity to textiles. Originally conceived as a means of prolonging the life of clothing and bedding due to scarcity of fabrics, this traditional artform goes deeper than simply patching up worn-out garments.

## An Introduction to Sashiko Embroidery

Course code: OC08

**Tutor:** Jessica Mackie      **Starts:** Wednesday 21 April 2021      6.00pm - 8.30pm      1 Wk      **Price:** £30.00

This workshop will show you the basic hand embroidery techniques of Sashiko which is Japanese. Meaning 'little stabs' this style of embroidery has been traditionally used as a mending technique. In more recent times, however, it has taken the crafting world by storm, often seen as a beautiful embellishment on clothing, bags and homeware. This course includes materials kit which will be posted to you.

## Basic Hand Applique Skills

Course code: OC07

**Tutor:** Jessica Mackie      **Starts:** Sunday 24 April 2021      2.00pm - 6.00pm      1 Wk      **Price:** £45.00

This workshop will teach you the basic techniques of hand applique, enabling you to create a decorative design on either a tote bag or cushion cover. This course includes materials kit which will be posted to you.

## Whittling a Wooden Figure

Course code: OC10

**Tutor:** Daniel Bendel      **Starts:** Thursday 22 April 2021      10.30am - 12.30pm      1 Wk      **Price:** £70.00

Using your own design or getting inspired from a picture online or a wooden figure you already have. Preferably the figure should be simple in shape with minimal limbs being to expressive. I have a wooden figure that everyone can use as a starting point.

# Music

## Finding your Voice

Course code: OD04

**Tutor:** Esther Rose Parkes      **Starts:** Monday 19 April 2021      6.00pm - 7.00pm      10 Wks      **Price:** £70.00

This course is for beginners new to singing. The course will focus on you enjoying and exploring your voice. Singing through a range of acapella songs, we will begin to strengthen the breath and work on getting the best out of your voice and developing your musical ear.

## Enhancing your Voice

Course code: OD03

**Tutor:** Esther Rose Parkes      **Starts:** Monday 19 April 2021      7.15pm - 8.15pm      10 Wks      **Price:** £70.00

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. We will work on tone and blend, challenging pitching within harmony singing and learning about the relationships between the notes.

## Music Theory for Guitarists

Course code: OD02

**Tutor:** Steve Haynes      **Starts:** Wednesday 21 April 2021      10.00am - 11.00pm      5 Wks      **Price:** £35.00

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 experience who have covered a range of songs and can play barre chords.

## Guitar Extended

Course code: OD01

**Tutor:** Steve Haynes      **Starts:** Wednesday 21 April 2021      2.30pm - 4.30pm      5 Wks      **Price:** £70.00

For guitarists with more experience. Come along to share your skills and learn from each other. This two hour session will involve a taught element, occasional guest tutors, a chance to play and share knowledge / techniques in small groups, an open session and - for the brave - an opportunity to perform to the group.

## Ukulele for Beginners

Course code: OD06

**Tutor:** Ben Searle      **Starts:** Thursday 22 April 2021      2.00pm - 3.00pm      5 Wks      **Price:** £35.00

This course is complete music novices and those very 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.

## Ukulele Club

Course code: OD05

**Tutor:** Ben Searle      **Starts:** Thursday 22 April 2021      3.30pm - 4.30pm      5 Wks      **Price:** £35.00

Meet other ukulele players for a fun hour of learning more about your ukulele. We will look at techniques, styles, and answer your uke questions. Bring your uke and make some uker friends.

# Writing

## Creative Writing Continued - Exploring Narrative Viewpoint

Course code: OW01

**Tutor:** Joanna Backhouse      **Starts:** Wednesday 21 April 2021      7.00pm - 9.00pm      5 Wks      **Price:** £70.00

This is for new or continuing students. This course is for anyone wanting to explore narrative viewpoint in their creative fiction writing by stepping inside their characters' heads, or observing them at a distance. We will begin with a discussion of the various viewpoints fiction writers use, for example whether the story is told through the eyes of the main character, or in the third person, or from multiple points of view.

## Short Fiction

Course code: OW02

**Tutor:** Liz Cashdan      **Starts:** Monday 19 April 2021      5.30pm - 7.30pm      10 Wks      **Price:** £140.00

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

## Creative Writing for All

Course code: OW03

**Tutor:** Liz Cashdan      **Starts:** Tuesday 20 April 2021      10.30am - 12.30pm      10 Wks      **Price:** £140.00

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 improving your writing skills. Be prepared to be surprised and to fire up your imagination.

## Writing a Commercial Novel

Course code: OW04

**Tutor:** Rosemary Dun      **Starts:** Monday 19 April 2021      5.30pm - 7.30pm      10 Wks      **Price:** £140.00

This course will cover: how to write a beginning to grab your reader, the elements and how-to of a plot, finding your unique voice, research and the importance of time and space, how to develop characters your reader will care about, gaining a writing practice, and insight into the publishing process and more.

## Writing: Play and Imagination

Course code: OW06

**Tutor:** Samantha Forrest      **Starts:** Wednesday 19 April 2021      2.00pm - 4.00pm      5 Wks      **Price:** £70.00

A 5 week online course to explore and expand the realms of your imagination, discover characters and dive into stories as they unfold. We will play with language, pictures and objects to find and develop stories through the written word for young and older alike. A great course for new writers, those looking for fresh inspiration and people wishing to bring more creativity into their lives.

## Short Stories and Flash Fiction

Course code: OW05

**Tutor:** Grace Palmer      **Starts:** Wednesday 20 April 2021      7.00pm - 9.00pm      5 Wks      **Price:** £70.00

For writers with some experience of writing. We'll focus on short stories and flash fiction and explore techniques to make your writing shine and your stories powerful. Develop your unique voice in a supportive group. There will be prompts, writing exercises, feedback and discussion.

# Languages

## Italian: Beginners Entry Level Course code: OL01

**Tutor:** Denise Vargiu      **Starts:** Wednesday 21 April 2021      7.15pm - 8.45pm      10 Wks      **Price:** £110.00

## Italian: Beginners Plus Course code: OL02

**Tutor:** Denise Vargiu      **Starts:** Monday 19 April 2021      8.15pm - 9.30pm      10 Wks      **Price:** £95.00

## Italian: Level 1 Course code: OL03

**Tutor:** Denise Vargiu      **Starts:** Monday 19 April 2021      7.00pm - 8.00pm      10 Wks      **Price:** £75.00

## Italian: Level 2 Course code: OL04

**Tutor:** Davide Ariasso      **Starts:** Wednesday 21 April 2021      5.00pm - 6.30pm      10 Wks      **Price:** £110.00

## Italian: Level 3 Course code: OL05

**Tutor:** Davide Ariasso      **Starts:** Wednesday 21 April 2021      6.45pm - 8.00pm      10 Wks      **Price:** £95.00

## Spanish: Beginners Entry Course code: OL06

**Tutor:** Gorka Diaz      **Starts:** Monday 19 April 2021      7.00pm - 8.00pm      10 Wks      **Price:** £75.00

## Spanish: Beginners Plus Course code: OL07

**Tutor:** Gorka Diaz      **Starts:** Monday 19 April 2021      5.45pm - 6.45pm      10 Wks      **Price:** £75.00

## Spanish Level 1 Course code: OL08

**Tutor:** Gorka Diaz      **Starts:** Wednesday 21 April 2021      7.00pm - 8.00pm      5 Wks      **Price:** £40.00

## Spanish: Level 1.2 Course code: OL09

**Tutor:** Gorka Diaz      **Starts:** Tuesday 20 April 2021      7.00pm - 8.00pm      10 Wks      **Price:** £40.00

## Spanish: Level 2 Course code: OL10

**Tutor:** Gorka Diaz      **Starts:** Wednesday 21 April 2021      5.45pm - 6.45pm      5 Wks      **Price:** £40.00

## Spanish: Level 3 Course code: OL11

**Tutor:** Gorka Diaz      **Starts:** Tuesday 20 April 2021      5.45pm - 6.45pm      10 Wks      **Price:** £75.00

## German Level 1 Course code: OL12

**Tutor:** Martina Mackintosh      **Starts:** Thursday 22 April 2021      7.15pm - 8.15pm      10 Wks      **Price:** £75.00

## German: Level 2 Course code: OL13

**Tutor:** Martina Mackintosh      **Starts:** Thursday 22 April 2021      6.00pm - 7.00pm      10 Wks      **Price:** £75.00

## French: Beginners Entry Course code: OL14

**Tutor:** Catherine Sforza      **Starts:** Tuesday 20 April 2021      6.00pm - 7.15pm      10 Wks      **Price:** £95.00

## French: Beginners Plus Course code: OL15

**Tutor:** Catherine Sforza      **Starts:** Monday 19 April 2021      6.00pm - 7.00pm      10 Wks      **Price:** £75.00

## Life and Leisure

### Social History - Activism, Arts & Culture in 20thC Feminist Movements

C code: OM01

**Tutor:** DM Withers      **Starts:** Tuesday 20 April 2021      7.00pm - 8.30pm      5 Wks      **Price:** £57.50

In this five-week course you will learn about the fascinating and dynamic history of how feminists mobilised cultural forms to claim social space, communicate political messages and build international networks. Our main focus will be the feminist movements of the 70s and 80s. You will also learn about the cultural activism in Suffrage movements of the Edwardian era, inter-war international peace organisations and post-war Afro-Asian networks.

## Fitness and Wellbeing

### Gentle Pilates

Course code: OF01

**Tutor:** Deborah Newth      **Starts:** Monday 19 April 2021      12.00pm - 1.00pm      5 Wks      **Price:** £40.00

Pilates is an exercise system designed to improve posture by stretching tight muscles, improving joint mobility and building strength in the deep core muscles of your midsection. This is a mat based class so the ability to get up and down from standing to seated and lying positions unaided is essential.

### Pilates Mixed Ability Classes

Course code: OF02

**Tutor:** Deborah Newth      **Starts:** Tuesday 20 April 2021      5.45pm - 6.45pm      5 Wks      **Price:** £40.00

Pilates builds strength from the inside out by targeting deep postural muscles to improve muscle tone and give you great posture. Exercises are non impact and performed in standing, seated and lying positions with the focus on body alignment and core stability. Unsuitable for Pre & post natal women. This course is for mixed levels.

### 50+ Strength and Balance Pilates

Course code: OF03

**Tutor:** Deborah Newth      **Starts:** Friday 23 April 2021      11.00am - 12.00pm      5 Wks      **Price:** £40.00

Challenging Body Awareness, breathing, range of movement and strength & balance from your core, whilst focusing on the pelvic floor and deep abdominal muscles. A combined Chair, standing and Mat based practice of controlled movement and stretch that allows both the mind and body to grow in physical strength, settle and release. Designed to encourage ease of movement within the body and a release in the mind.

### Mindful Yoga

Course code: OF08

**Tutor:** Zoe Pither      **Starts:** Wednesday 21 April 2021      5.30pm - 6.30pm      10 Wks      **Price:** £35.00

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.

### Qi Gong

Course code: OG01

**Tutor:** Ann Sheldon      **Starts:** Thursday 22 April 2021      6.15pm - 7.15pm      5 Wks      **Price:** £35.00

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.

## Wellbeing with Flower Essences

Course code: OG05

**Tutor:** Ellie Little      **Starts:** Sunday 14 May 2021      7.30pm - 9.30pm      1 Wk      **Price:** £24.00

Flower essences are very popular worldwide and used to support emotions and balance subtle energies. In this workshop you will learn some background about the theories, history and practice of using flower essences. You will then get to connect and discover flower essences for your self, as we go on a journey with a guided meditation and a chance to try the essence that will be sent to you in the post.

## Mobilise your Spine

Course code: OG03

**Tutor:** Jackie Adkins      **Starts:** 01 May 2021      10.00am - 12.30pm      1 Wks      **Price:** £20.00

Discover length and fluidity throughout your whole self by exploring the articulation of your spine - using the gentle, yet powerful floor-based lessons of the Feldenkrais Method®. By bringing awareness to the way you move, you will be able to access greater ease and comfort in everyday actions.

## Breathe with Ease

Course code: OG04

**Tutor:** Jackie Adkins      **Starts:** 15 May 2021      10.00am - 12.30pm      1 Wks      **Price:** £20.00

Explore how you can access effortless breathing - using the subtly powerful floor-based movement lessons of the Feldenkrais Method®. As you uncover what you unconsciously do to interfere with easy breathing, greater possibilities for freedom are revealed - often resulting in a feeling of calm.