



# BRISTOL FOLK HOUSE

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[www.bristolfolkhouse.co.uk](http://www.bristolfolkhouse.co.uk)

# SUMMER 2025

## COURSES + WORKSHOPS


22nd April – 4th July  
Half term 26th – 30th May

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## GET IN TOUCH

 **0117 926 2987**

 **BRISTOL FOLK HOUSE**  
40A Park Street  
Bristol BS1 5JG

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

**PLEASE NOTE:** We do not have parking facilities. Trenchard Street is the closest parking. We encourage those who can, to arrive on foot, by bike or by bus. We currently do not have step free access and accessible facilities.

### SUMMER TERM

#### OFFICE OPENING HOURS:

Monday – Thursday 9.00am – 9.00pm  
Friday + Saturday 9.00am – 4.00pm  
Sunday – Open when workshops are running

### SUMMER TERM DATES 2025

22nd April – 4th July  
**Halfterm** 26th – 30th May

## ENROLMENT INFORMATION

For full descriptions, material lists and terms and conditions please visit

**www.bristolfolkhouse.co.uk**

Please read the full terms and conditions before enrolling.

### You can enrol:



Online



By phone



In person

All courses are in person unless stated otherwise

### PLEASE NOTE

- You will need to have paid in full for your course to guarantee your place. Please book early, as spaces fill up quickly.
- You must be over 18 years old to attend a course. All courses are non-accredited.
- Concession rates are available for Over 65s, Students, NHS (Blue Light cards), or claiming Universal Credit.
- Some courses may involve additional costs for materials. Check the materials section on the course information.
- Please check if the course will be taking place online or in person.

### REFUNDS

- If you wish to cancel your place you must inform us at least 14 days before the start date of your course. In this case you will receive a refund minus a 15% admin fee.
- If you give us less than 14 days' notice, or your course or workshop has already started a refund will be not given unless it is for medical reasons.
- In the event that we have to cancel a course due to low numbers we aim to inform you 24 hours before it starts.
- If we have to cancel a course and we can not transfer you, we will issue credit or a refund.

## ART HISTORY

CODE	COURSE	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
BA01	<b>Medieval Objects and Materials</b>	Maeve O'Donnell	5 wks	Mon	09 Jun	19:45 - 21:15	£82.50
BA02	<b>Medieval Objects and Materials</b>	Maeve O'Donnell	5 wks	Thu	05 Jun	10:00 - 11:30	£82.50
BA03	<b>'I Shut My Eyes in Order to See': An Introduction to Modern Art</b>	Francesca Ramsay	5 wks	Thu	24 Apr	17:30 - 19:30	£105.00
<b>WORKSHOP</b>							
SA52	<b>Medieval Art for Modern Artists</b>	Maeve O'Donnell	1 day	Sat	26 Apr	10:00 - 16:00	£67.00
SA01	<b>Naked Attraction: a History of the Painted Nude*</b>	Francesca Ramsay	1 day	Sat	28 Jun	10:00 - 13:00	£38.50

## DRAWING

CODE	COURSE	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
BA05	<b>Learn to Draw (Beginners)</b>	Marilyn Millard	5 wks	Mon	14 Apr	10:15 - 13:00	£133.75
BA50	<b>Learn to Draw (Beginners)</b>	Marilyn Millard	5 wks	Mon	09 Jun	10:15 - 13:00	£133.75
BA06	<b>Learn to Draw (Improvers)</b>	Marilyn Millard	5 wks	Mon	14 Apr	14:00 - 16:30	£122.50
BA51	<b>Learn to Draw (Improvers)</b>	Marilyn Millard	5 wks	Mon	09 Jun	14:00 - 16:30	£122.50
BA07	<b>Cartoons and Comics</b>	John Rea	4 wks	Mon	28 Apr	19:45 - 21:45	£72.00
BA08	<b>Exploring Drawing</b>	Jenny Mizel	5 wks	Tue	03 Jun	13:30 - 15:30	£90.00
BA09	<b>Urban Sketching</b>	Andy Gray	5 wks	Thu	24 Apr	10:00 - 13:00	£150.00
BA10	<b>Urban Sketching</b>	Andy Gray	5 wks	Thu	05 Jun	10:00 - 13:00	£150.00
<b>WORKSHOP</b>							
SA02	<b>Introduction to Drawing Bristol Architecture</b>	Andy Gray	1 day	Sun	27 Apr	10:00 - 16:00	£67.00
SA04	<b>Introduction to Drawing and Painting Birds</b>	Andy Gray	1 day	Sat	24 May	10:00 - 16:00	£67.00
SA05	<b>An Introduction to Drawing</b>	Marilyn Millard	1 day	Sat	07 Jun	10:15 - 16:15	£62.00
SA03	<b>Nature Journaling Workshop</b>	Andy Gray	1 day	Sat	07 Jun	10:00 - 16:00	£67.00
SA06	<b>Draw Bristol on a Lampshade Workshop</b>	Lisa Malyon	1 day	Sun	08 Jun	13:30 - 16:00	£33.75
SA07	<b>Introduction to Cartooning</b>	John Rea	1 day	Sun	15 Jun	10:00 - 16:00	£57.00
SA08	<b>Urban Sketching on Location - King Street</b>	Andy Gray	1 day	Sun	22 Jun	10:00 - 13:00	£38.50
SA09	<b>Urban Sketching on Location - College Green</b>	Andy Gray	1 day	Sat	05 Jul	10:00 - 13:00	£38.50

## FIGURE DRAWING

CODE	COURSE	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
DD	<b>Drop In and Draw</b>	Lucian McLellan	10 wks	Fri	25 Apr	10:00 - 13:00	£18.00
BA11	<b>Bare Essentials - Life Drawing for Beginners*</b>	Ella Charles	5 wks	Wed	23 Apr	14:00 - 16:00	£140.00
BA12	<b>Complete Figure Drawing and Anatomy</b>	Andy Gray	5 wks	Thu	24 Apr	14:00 - 16:00	£100.00
BA13	<b>Complete Figure Drawing and Anatomy</b>	Andy Gray	5 wks	Thu	05 Jun	14:00 - 16:00	£100.00
BA14	<b>Portraiture</b>	Warren Sealey	5 wks	Thu	24 Apr	19:45 - 21:45	£140.00
BA15	<b>Portraiture</b>	Warren Sealey	5 wks	Thu	05 Jun	19:45 - 21:45	£140.00

## FIGURE DRAWING CONTINUED

CODE	WORKSHOP	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
SA10	<b>I Wish I Could Draw People!</b>	Bill Guilding	1 day	Sat	26 Apr	10:15 - 16:15	£72.00
SA11	<b>I Wish I Could Draw Faces!</b>	Bill Guilding	1 day	Sat	10 May	10:15 - 16:15	£72.00
SA12	<b>Anatomy and Physiology: The Basics</b>	Andy Gray	1 day	Sun	01 Jun	10:00 - 16:00	£67.00
SA13	<b>Life Drawing - the Basics / Essential Skills</b>	Bill Guilding	1 day	Sat	14 Jun	10:15 - 16:15	£87.00
SA14	<b>Anatomy and Physiology: the Head</b>	Andy Gray	1 day	Sun	15 Jun	10:00 - 16:00	£67.00
SA15	<b>Portraiture from Life</b>	Bill Guilding	1 day	Sat	28 Jun	10:15 - 16:15	£87.00

## ILLUSTRATION

CODE	COURSE	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
BA16	<b>Part 1: Discover Your Style: Digital Illustration with Procreate</b>	Femke De Jong	5 wks	Mon	14 Apr	17:30 - 19:30	£90.00
BA17	<b>Part 2: Discover Your Style: Digital Illustration with Procreate*</b>	Femke De Jong	5 wks	Mon	09 Jun	19:45 - 21:45	£90.00
	<b>WORKSHOP</b>						
SA16	<b>Learn Procreate on the Ipad*</b>	Femke De Jong	1 day	Sun	08 Jun	10:00 - 16:00	£57.00

## MIXED MEDIA

CODE	COURSE	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
BA18	<b>Still Life in Mixed Media</b>	Phoebe Moss	5 wks	Mon	02 Jun	10:00 - 11:45	£88.75
BA19	<b>Mixed Media Textile Art*</b>	Phoebe Moss	3 wks	Mon	28 Apr	17:30 - 20:30	£86.00
BA20	<b>Mixed Media, Experimental Art</b>	Jenny Mizel	10 wks	Wed	23 Apr	10:30 - 12:30	£180.00
BA21	<b>Painting Projects: Multi-level</b>	Martin Lovell	10 wks	Thu	24 Apr	14:00 - 16:15	£202.50
	<b>WORKSHOP</b>						
SA17	<b>Charcoal and Pastels</b>	Jenny Mizel	1 day	Sat	03 May	10:00 - 16:00	£62.00
SA18	<b>Still Life in Mixed Media (Collage &amp; Print Focus)*</b>	Phoebe Moss	1 day	Sun	01 Jun	10:00 - 16:00	£67.00
SA19	<b>Postcards &amp; Prose: Collage Card Workshop*</b>	Femke De Jong	1 day	Sat	28 Jun	13:00 - 16:00	£33.50

## PAINTING: OILS AND ACRYLICS

CODE	COURSE	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
BA22	<b>Acrylic Painting</b>	Jenny Mizel	10 wks	Mon	14 Apr	10:30 - 12:30	£180.00
BA23	<b>Oil Painting for Beginners</b>	Warren Sealey	10 wks	Tue	22 Apr	16:15 - 18:15	£190.00
BA24	<b>Oil Painting for Improvers</b>	Warren Sealey	5 wks	Tue	22 Apr	18:45 - 20:45	£100.00
BA25	<b>Oil Painting for Improvers</b>	Warren Sealey	5 wks	Tue	03 Jun	18:45 - 20:45	£100.00
BA26	<b>Painting in Oils and Acrylics</b>	Bill Guilding	10 wks	Wed	23 Apr	14:45 - 16:45	£180.00
BA27	<b>Painting in Oils and Acrylics</b>	Bill Guilding	10 wks	Wed	23 Apr	17:15 - 19:15	£180.00



PAINTING: OILS AND ACRYLICS CONTINUED

CODE	WORKSHOP	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
SA20	<b>Oil Painting for Beginners Workshop</b>	Warren Sealey	1	Sat	17 May	10:00 - 16:00	£62.00
SA21	<b>Acrylic Painting Taster Workshop</b>	Jenny Mizel	1	Sat	07 Jun	10:00 - 16:00	£62.00
SA22	<b>I Wish I Could Paint a Landscape! (Acrylics)</b>	Bill Guilding	1	Sat	21 Jun	10:15 - 16:15	£62.00
SA23	<b>Oil Painting for Beginners Workshop</b>	Warren Sealey	1	Sat	05 Jul	10:00 - 16:00	£62.00

## PAINTING: WATERCOLOUR AND INK

CODE	COURSE	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
BA28	<b>Japanese-Style Painting (Beginners)</b>	Sachin Babbar	5 wks	Mon	09 Jun	17:30 - 19:30	£100.00
BA29	<b>Japanese-Style Painting (Advanced) *</b>	Sachin Babbar	5 wks	Mon	09 Jun	14:00 - 16:00	£100.00
BA30	<b>Mindful Spring Watercolours</b>	Holly Foskett-Barnes	5 wks	Mon	14 Apr	17:30 - 19:30	£90.00
BA31	<b>Watercolour for Improvers</b>	Warren Sealey	5 wks	Tue	22 Apr	13:45 - 15:45	£95.00
BA32	<b>Watercolour for Improvers</b>	Warren Sealey	5 wks	Tue	03 Jun	13:45 - 15:45	£95.00
BA33	<b>The Art of Mindfulness</b>	Holly Foskett-Barnes	5 wks	Tue	22 Apr	14:00 - 16:00	£95.00
BA34	<b>Landscapes in Watercolour (Mixed)</b>	Marilyn Millard	5 wks	Wed	23 Apr	10:15 - 13:15	£145.00
BA35	<b>Landscapes in Watercolour (Mixed)</b>	Marilyn Millard	5 wks	Wed	04 Jun	10:15 - 13:15	£145.00
BA36	<b>Simply Watercolour (Beginners)</b>	Marilyn Millard	5 wks	Wed	23 Apr	14:00 - 16:45	£133.75
BA37	<b>Simply Watercolour (Beginners)</b>	Marilyn Millard	5 wks	Wed	04 Jun	14:00 - 16:45	£133.75
BA38	<b>The Versatility of Water Soluble Media</b>	Martin Lovell	10 wks	Thu	24 Apr	10:30 - 12:45	£202.50
BA39	<b>Watercolour for Beginners</b>	Warren Sealey	5 wks	Thu	24 Apr	17:15 - 19:15	£95.00
BA40	<b>Watercolour for Beginners</b>	Warren Sealey	5 wks	Thu	05 Jun	17:15 - 19:15	£95.00
<b>WORKSHOP</b>							
SA24	<b>Introduction to Botanical Painting in Watercolour</b>	Marilyn Millard	1 day	Sat	03 May	10:15 - 16:15	£62.00
SA25	<b>Skies and Seascapes in Watercolour (Beginners)</b>	Marilyn Millard	1 day	Sat	10 May	10:15 - 16:15	£62.00
SA26	<b>An Introduction to Painting in Watercolour</b>	Marilyn Millard	1 day	Sat	24 May	10:15 - 16:15	£62.00
SA27	<b>Botanical Painting and Drawing Watercolour and Pen (Beginners)</b>	Marilyn Millard	1 day	Sat	31 May	10:15 - 16:15	£62.00
SA28	<b>Landscapes in Watercolour and Pens (Beginners)</b>	Marilyn Millard	1 day	Sat	21 Jun	10:15 - 16:15	£62.00
SA29	<b>Japanese-Style Painting</b>	Sachin Babbar	1 day	Sun	22 Jun	10:00 - 16:00	£67.00
SA30	<b>Skies and Seascapes in Watercolour (Beginners)</b>	Marilyn Millard	1 day	Sat	28 Jun	10:15 - 16:15	£62.00
SA49	<b>An Introduction to Painting in Watercolour</b>	Marilyn Millard	1 day	Sat	05 Jul	10:15 - 16:15	£62.00

## ALTERNATIVE PHOTOGRAPHY

CODE	COURSE	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
BA41	<b>Cyanotype Techniques (All levels)</b>	Dulcie Wagstaff	5 wks	Wed	23 Apr	15:00 - 17:00	£110.00
	<b>WORKSHOP</b>						
SA31	<b>Scanography</b>	Sophie Sherwood	1 day	Sat	10 May	10:00 - 16:00	£82.00
SA32	<b>Pinhole Photography*</b>	Martin Edwards	1 day	Sat	17 May	10:00 - 16:00	£87.00
SA33	<b>Mud Photography Workshop</b>	Sophie Sherwood	1 day	Sat	24 May	10:00 - 16:00	£77.00
SA53	<b>Film &amp; Flora - An Intro to Plant Developers</b>	Chloe Tibbatts	1 day	Sat	31 May	10:00 - 16:00	£82.00
SA34	<b>Anthotype and Chlorophyll Printing</b>	Sophie Sherwood	1 day	Sat	07 Jun	09:30 - 12:30	£48.50
SA35	<b>Phytogram &amp; Chemigram: Painting with Chemistry</b>	Sophie Sherwood	1 day	Sat	07 Jun	13:30 - 16:30	£48.50
SA36	<b>Lumen Printing</b>	Sophie Sherwood	1 day	Sat	14 Jun	10:00 - 16:00	£92.00

## DARKROOM PHOTOGRAPHY

CODE	COURSE	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
BA42	<b>Beginners Darkroom Printing</b>	Dulcie Wagstaff	5 wks	Wed	23 Apr	18:00 - 20:00	£140.00
	<b>WORKSHOP</b>						
SA37	<b>Darkroom Basics</b>	Connie Whitham	1 day	Sat	03 May	10:00 - 16:00	£82.00
SA38	<b>Get to Know Your Analogue Camera*</b>	Martin Edwards	1 day	Sun	01 Jun	10:00 - 16:00	£82.00
SA39	<b>Beginners Darkroom Printing</b>	Connie Whitham	1 day	Sat	21 Jun	10:00 - 16:00	£82.00

## DIGITAL PHOTOGRAPHY

CODE	COURSE	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
BA43	<b>Introduction to Digital Photography</b>	Lee Spencer-Fleet	5 wks	Fri	25 Apr	10:00 - 13:00	£135.00
BA44	<b>Next Steps in Digital Photography</b>	Lee Spencer-Fleet	5 wks	Fri	06 Jun	10:00 - 13:00	£135.00
	<b>WORKSHOP</b>						
SA40	<b>Street Photography</b>	Adrian Wyatt	1 day	Sat	26 Apr	10:00 - 16:00	£57.00
SA41	<b>Photographic Journaling</b>	Adrian Wyatt	1 day	Sat	10 May	10:00 - 16:00	£57.00
SA42	<b>Introduction to Studio Photography (Digital)</b>	Lee Spencer-Fleet	1 day	Sat	17 May	10:00 - 16:00	£57.00
SA43	<b>How to Start a Photography Business</b>	Adrian Wyatt	1 day	Sat	24 May	10:00 - 13:00	£28.50
SA44	<b>Using Your Digital Camera</b>	Lee Spencer-Fleet	1 day	Sat	24 May	10:00 - 16:00	£57.00
SA45	<b>Introduction to Photo Editing</b>	Lee Spencer-Fleet	1 day	Sun	01 Jun	10:00 - 16:00	£57.00
SA46	<b>How to Photograph Your Artwork</b>	Martin Edwards	1 day	Sun	08 Jun	10:00 - 16:00	£57.00

## ARTS COACHING

CODE	WORKSHOP	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
SA50	<b>Building Confidence in Sharing Our Creativity*</b>	Amy Powell	1 day	Sun	11 May	13:30 - 16:30	£28.50

BRISTOL FOLK HOUSE

# DARKROOM

Our purpose-built wet-based photographic darkroom has been renovated and will open again soon. Join us on Sunday 30th March to celebrate the space being back in use with a special open day event which will offer free workshops and activities for all.

We offer a whole host of traditional, alternative and experimental darkroom workshops and courses as well as private darkroom hire.

To use our space, you'll need to book an induction with our darkroom manager (free of charge). The darkroom is available to book for 6 days of the week, outside of times when the space is being used for workshops and courses.

The Folk House Darkroom is moving towards becoming a more sustainable space by using more plant-based chemistry and processes in our workshops and courses. In the future we hope to have a darkroom garden to use for chemistry, inspiration, and contact printing with other processes such as cyanotypes. All the profit made from our courses and workshops will go towards this aim.

## DARKROOM FACILITIES

- Five black and white enlargers for 35mm and medium format
- Film developing facilities
- UV light for alternative processes
- Technical support and chemistry

## BOOKINGS

Individual session fees are £7.50 per hour. Please book darkroom sessions in advance to ensure access to the equipment. All darkroom users share the workspace.

For more information or to book a session email [sophie@bristolfolkhouse.co.uk](mailto:sophie@bristolfolkhouse.co.uk) or call 0117 926 2987 or visit our reception during opening hours.

DEVELOP YOUR  
DARKROOM  
SKILLS WITH US

## PRINTMAKING

CODE	COURSE	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
BA45	<b>Etching and Drypoint Printmaking</b>	Roma Widger	10 wks	Tue	22 Apr	17:30 - 20:00	£240.00
BA46	<b>Lino Printing</b>	Kerry Day	5 wks	Wed	23 Apr	15:00 - 17:00	£115.00
BA47	<b>Lino Printing</b>	Kerry Day	5 wks	Wed	23 Apr	17:30 - 19:30	£115.00
BA48	<b>Lino Printing</b>	Kerry Day	5 wks	Wed	04 Jun	15:00 - 17:00	£115.00
BA49	<b>Lino Printing</b>	Kerry Day	5 wks	Wed	04 Jun	17:30 - 19:30	£115.00
<b>WORKSHOP</b>							
SA47	<b>Intro to Lino Printing</b>	Kerry Day	1 day	Sat	03 May	10:00 - 16:00	£77.00
SA48	<b>Introduction to Drypoint Printmaking*</b>	Katie Whitford	1 day	Sat	10 May	10:00 - 16:00	£82.00

## CRAFTS

### BATIK

CODE	WORKSHOP	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
SC01	<b>Hand Painted Batik Workshop</b>	Zariq Rosita-Hanif	1 day	Sat	31 May	10:00 - 16:00	£77.00

### BOOK BINDING

CODE	WORKSHOP	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
SC02	<b>Book Arts Workshop (Accordion Fold / Envelope Book / Blizzard Book)</b>	Sophia Link	1 day	Sat	26 Apr	10:00 - 16:00	£67.00
SC03	<b>Bookbinding Workshop (Open Spine Bindings)</b>	Sophia Link	1 day	Sun	11 May	10:00 - 16:00	£67.00
SC04	<b>Long Stitch Bookbinding Workshop*</b>	Sophia Link	1 day	Sun	22 Jun	13:00 - 16:00	£38.50

### FABRIC CRAFTS

CODE	WORKSHOP	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
SC05	<b>Introduction to Natural Dye</b>	Elaine Andrew	1 day	Sat	31 May	10:00 - 16:00	£82.00
SC06	<b>Make a Lampshade Workshop</b>	Hannah Redden	1 day	Sun	22 Jun	10:00 - 12:30	£33.75

### LEATHER

CODE	COURSE	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
BC01	<b>Working with Leather</b>	Filip Balogh	5 wks	Wed	23 Apr	19:45 - 21:45	£130.00
BC02	<b>Working with Leather</b>	Filip Balogh	5 wks	Wed	04 Jun	19:45 - 21:45	£130.00
BC03	<b>Classic Work Chore Jacket*</b>	Filip Balogh	6 wks	Wed	04 Jun	14:00 - 17:00	£272.00



## MOSAIC

CODE	WORKSHOP	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
SC07	<b>Mosaic Workshop</b>	Frankie Hudson	1 day	Sun	01 Jun	10:00 - 16:00	£77.00
SC08	<b>Mosaic Workshop</b>	Frankie Hudson	1 day	Sat	21 Jun	10:00 - 16:00	£77.00

## QUILTING

CODE	COURSE	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
BC04	<b>Learn how to Make a Patchwork Quilt</b>	Rachel Preston	5 wks	Tue	22 Apr	10:00 - 13:00	£165.00

## SEWING: BEGINNERS

CODE	COURSE	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
BC05	<b>Sewing for Beginners</b>	Karen Reilly	10 wks	Thu	24 Apr	17:30 - 19:30	£195.00
BC06	<b>Sewing for Beginners</b>	Karen Reilly	10 wks	Thu	24 Apr	19:45 - 21:45	£195.00

## SEWING: MULTI LEVEL

CODE	COURSE	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
BC07	<b>Dressmaking</b>	Karen Reilly	10 wks	Mon	14 Apr	17:30 - 19:30	£195.00
BC08	<b>Dressmaking</b>	Karen Reilly	10 wks	Mon	14 Apr	19:45 - 21:45	£195.00
BC09	<b>Dressmaking</b>	Karen Reilly	10 wks	Tue	22 Apr	14:00 - 16:00	£195.00
BC10	<b>Dressmaking</b>	Karen Reilly	10 wks	Tue	22 Apr	17:30 - 19:30	£195.00
BC11	<b>Dressmaking</b>	Karen Reilly	10 wks	Tue	22 Apr	19:45 - 21:45	£195.00
BC12	<b>Dressmaking</b>	Lorraine Joseph	10 wks	Wed	23 Apr	17:30 - 19:30	£195.00
BC13	<b>Dressmaking</b>	Lorraine Joseph	10 wks	Wed	23 Apr	19:45 - 21:45	£195.00
	<b>WORKSHOP</b>						
SC09	<b>Visible Mending Masterclass</b>	Ronnie Wright	1 day	Sat	10 May	10:00 - 16:00	£67.00
SC10	<b>Upcycling Garments Workshop</b>	Lorraine Joseph	1 day	Sat	07 Jun	10:00 - 16:00	£67.00
SC11	<b>Visible Mending Masterclass</b>	Ronnie Wright	1 day	Sat	14 Jun	10:00 - 16:00	£67.00
SC12	<b>Sewing Surgery</b>	Karen Reilly	1 day	Sat	21 Jun	10:00 - 16:00	£62.00

## SILVER JEWELLERY MAKING

CODE	COURSE	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
BC14	<b>Beginners Silver Jewellery Making Techniques</b>	Iona Hall	5 wks	Mon	02 Jun	17:15 - 19:15	£130.00
BC15	<b>Intermediate Silver Jewellery Making Techniques</b>	Iona Hall	5 wks	Mon	02 Jun	19:30 - 21:30	£130.00
BC16	<b>Beginners Silver Jewellery Making Techniques</b>	Heather Coleman	5 wks	Thu	24 Apr	17:15 - 19:15	£130.00
BC17	<b>Beginners Silver Jewellery Making Techniques</b>	Heather Coleman	5 wks	Thu	24 Apr	19:30 - 21:30	£130.00
BC18	<b>Beginners Silver Jewellery Making Techniques</b>	Heather Coleman	5 wks	Thu	05 Jun	17:15 - 19:15	£130.00
BC19	<b>Intermediate Silver Jewellery Making Techniques</b>	Heather Coleman	5 wks	Thu	05 Jun	19:30 - 21:30	£130.00

## SILVER JEWELLERY MAKING CONTINUED

CODE	WORKSHOP	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
SC13	<b>Silver Ring in a Day</b>	Heather Coleman	1 day	Sun	11 May	10:00 - 16:00	£92.00
SC14	<b>Silver Ring in a Day</b>	Iona Hall	1 day	Sun	15 Jun	10:00 - 16:30	£96.75
SC15	<b>Silver Ring in a Day</b>	Heather Coleman	1 day	Sun	22 Jun	10:00 - 16:00	£92.00

## STAINED GLASS

CODE	COURSE	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
BC20	<b>Stained Glass: Copper Foiling Method</b>	Stuart Low	5 wks	Tue	22 Apr	10:30 - 12:30	£125.00
BC21	<b>Stained Glass: Copper Foiling Method</b>	Stuart Low	5 wks	Tue	03 Jun	10:30 - 12:30	£125.00
BC22	<b>Stained Glass: Traditional Leaded Method</b>	Stuart Low	5 wks	Tue	22 Apr	13:30 - 16:00	£147.50
BC23	<b>Stained Glass: Traditional Leaded Method</b>	Stuart Low	5 wks	Tue	03 Jun	13:30 - 16:00	£147.50
<b>WORKSHOP</b>							
SC16	<b>Stained Glass Taster Day</b>	April Owens	1 day	Sun	27 Apr	09:30 - 16:30	£111.75
SC17	<b>Stained Glass Mosaic Workshop</b>	April Owens	1 day	Sun	08 Jun	10:00 - 16:00	£85.00
SC18	<b>Stained Glass Taster Day</b>	April Owens	1 day	Sat	05 Jul	09:30 - 16:30	£111.75

## WOOD CRAFTS

CODE	COURSE	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
BC24	<b>Woodcarving Course</b>	Alistair Park	5 wks	Thu	24 Apr	10:30 - 13:30	£155.00
BC25	<b>Woodcarving Course</b>	Alistair Park	5 wks	Thu	05 Jun	10:30 - 13:30	£155.00
<b>WORKSHOP</b>							
SC19	<b>Willow Owl Sculpture Workshop</b>	Sarah Edwards	1 day	Sat	26 Apr	10:00 - 16:00	£72.00
SC20	<b>Weave a Willow Urban Fox Sculpture</b>	Sarah Edwards	1 day	Sat	10 May	10:00 - 16:00	£77.00

## WOOL CRAFTS

CODE	COURSE	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
BC26	<b>Knit a Hat in the Round</b>	Jacki Badger	5 wks	Tue	22 Apr	10:00 - 12:00	£105.00
BC27	<b>Learn to Knit Colourwork</b>	Jacki Badger	5 wks	Tue	03 Jun	10:00 - 12:00	£105.00
<b>WORKSHOP</b>							
SC21	<b>Weave Yourself a Scarf</b>	Jo Peake	1 day	Sat	03 May	10:00 - 16:00	£77.00
SC22	<b>Weave Yourself a Bag</b>	Jo Peake	1 day	Sat	28 Jun	10:00 - 16:00	£72.00

## POTTERY BEGINNERS

CODE	COURSE	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
BP01	<b>Pottery: Beginners Throwing*</b>	Jasmine Maier	4 wks	Mon	14 Apr	14:00 - 16:30	£157.00
BP02	<b>Pottery: Beginners Throwing*</b>	Jasmine Maier	6 wks	Mon	02 Jun	14:00 - 16:30	£235.00
BP03	<b>Pottery: Beginners</b>	Margaret Crump	10 wks	Wed	23 Apr	10:00 - 12:30	£330.00
BP04	<b>Pottery: Beginners</b>	Margaret Crump	10 wks	Wed	23 Apr	19:45 - 21:45	£265.00
BP05	<b>Pottery: Beginners</b>	George Myers	10 wks	Thu	24 Apr	17:30 - 19:30	£265.00

## POTTERY IMPROVERS

CODE	COURSE	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
BP06	<b>Pottery: Improvers</b>	Jasmine Maier	10 wks	Mon	14 Apr	10:00 - 13:00	£365.00
BP07	<b>Pottery: Improvers</b>	Margaret Crump	10 wks	Mon	14 Apr	18:00 - 21:00	£365.00
BP08	<b>Pottery: Day Studio</b>	Sam Hallett	10 wks	Tue	22 Apr	10:00 - 16:00	£665.00
BP09	<b>Pottery: Improvers</b>	Sam Hallett	10 wks	Tue	22 Apr	18:00 - 21:00	£365.00
BP10	<b>Pottery: Improvers</b>	Margaret Crump	10 wks	Wed	23 Apr	17:30 - 19:30	£245.00
BP11	<b>Pottery: Improvers</b>	George Myers	10 wks	Thu	24 Apr	19:45 - 21:45	£245.00

## POTTERY WORKSHOPS

CODE	WORKSHOP	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
SP01	<b>Pottery: Throwing and Turning Taster</b>	George Myers	1 day	Sat	03 May	10:00 - 16:00	£90.00
SP02	<b>Pottery: Throwing and Turning Taster</b>	George Myers	1 day	Sat	10 May	10:00 - 16:00	£90.00
SP03	<b>Pottery: Sculpt Your Own Lamp*</b>	George Myers	1 day	Sun	11 May	10:00 - 16:00	£85.00
SP04	<b>Pottery: Throwing and Turning Taster</b>	Jasmine Maier	1 day	Sat	17 May	10:00 - 16:00	£90.00
SP05	<b>Pottery: Animal Magic*</b>	Margaret Crump	1 day	Sat	31 May	10:00 - 16:00	£80.00
SP06	<b>Pottery: Coiling Bottles</b>	Reesha Zubair	1 day	Sun	01 Jun	10:00 - 16:00	£80.00
SP07	<b>Pottery: Open Pottery Workshop</b>	Margaret Crump	1 day	Sat	07 Jun	10:00 - 16:00	£80.00
SP08	<b>Pottery: Bowl and Spoon Set*</b>	Jasmine Maier	1 day	Sat	14 Jun	10:00 - 16:00	£80.00

# MUSIC, DANCE + PERFORMANCE

## BANJO

CODE	COURSE	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
BD01	<b>Exploring 5-String Banjo (Intermediate)*</b>	Ben Duff	5 wks	Wed	23 Apr	17:30 - 18:30	£45.00
BD02	<b>Exploring 5-String Banjo (Intermediate)*</b>	Ben Duff	5 wks	Wed	04 Jun	17:30 - 18:30	£45.00

## DANCE

CODE	COURSE	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
BD03	<b>Line Dance Intermediate</b>	Christine Power	10 wks	Mon	14 Apr	10:30 - 11:30	£90.00
BD04	<b>Circle Dance Advanced</b>	Christine Power	10 wks	Mon	14 Apr	13:30 - 15:00	£135.00
BD05	<b>Line Dance Beginners</b>	Christine Power	5 wks	Mon	14 Apr	15:45 - 16:30	£33.75
BD06	<b>Line Dance Beginners</b>	Christine Power	5 wks	Mon	09 Jun	15:45 - 16:30	£33.75
BD07	<b>Reggaeton</b>	Abelardo Salabet	5 wks	Mon	02 Jun	19:45 - 20:45	£45.00
BD08	<b>Holistic African Dance</b>	Grace Ekall	5 wks	Tue	22 Apr	10:00 - 11:15	£56.25
BD09	<b>Line Dance Improvers</b>	Christine Power	5 wks	Tue	22 Apr	12:00 - 13:00	£45.00
BD10	<b>Line Dance Improvers</b>	Christine Power	5 wks	Tue	03 Jun	12:00 - 13:00	£45.00
BD11	<b>AfroFIT Dance</b>	Grace Ekall	5 wks	Tue	03 Jun	10:00 - 11:00	£45.00
BD12	<b>Line Dance Advanced</b>	Christine Power	10 wks	Wed	23 Apr	10:30 - 11:30	£90.00
BD13	<b>Belly Dancing*</b>	Ting Ting Wu	5 wks	Wed	23 Apr	12:00 - 13:00	£45.00
BD14	<b>Salsa with Willian</b>	Willian Velasquez	10 wks	Wed	23 Apr	19:00 - 20:00	£90.00
BD15	<b>Line Dance Advanced</b>	Christine Power	10 wks	Thu	24 Apr	10:30 - 11:30	£90.00
BD16	<b>Line Dance Advanced Plus</b>	Christine Power	10 wks	Thu	24 Apr	12:30 - 13:30	£90.00
<b>WORKSHOP</b>							
SD01	<b>Beginners Line Dancing</b>	Christine Power	1 day	Sun	11 May	10:00 - 12:00	£19.00
SD02	<b>An Introduction to Circle Dance</b>	Christine Power	1 day	Sun	11 May	13:00 - 15:00	£19.00
SD03	<b>A Day in Havana – a Cuban Dance Experience*</b>	Abelardo Salabet	1 day	Sat	17 May	10:00 - 12:00	£19.00
SD04	<b>Burlesque Dance Workshop</b>	Claire Phipps	1 day	Sat	07 Jun	10:30 - 12:30	£24.00
SD05	<b>20s Charleston for Beginners Workshop</b>	Claire Phipps	1 day	Sat	07 Jun	13:00 - 15:00	£24.00
SD06	<b>Flamenco for All*</b>	Silvana Costa	1 day	Sun	15 Jun	14:30 - 16:30	£19.00
SD07	<b>A Day in Havana – a Cuban Dance Experience*</b>	Aberlardo Salabet	1 day	Sun	15 Jun	10:00 - 12:00	£19.00
SD08	<b>Chair Line Dancing (Seated)</b>	Christine Power	1 day	Sat	21 Jun	10:00 - 12:00	£19.00
SD09	<b>Holistic African Dance Workshop</b>	Grace Ekall	1 day	Sat	28 Jun	10:00 - 13:00	£28.50
SD10	<b>Belly Dance Workshop</b>	Ting Ting Wu	1 day	Sat	28 Jun	14:00 - 16:00	£19.00

## GUITAR

CODE	COURSE	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
BD30	<b>Guitar: Beginners</b>	Joel Bobrucki	10 wks	Thu	24 Apr	19:45 - 20:45	£90.00
BD17	<b>Guitar Beginners Continued</b>	Joel Bobrucki	10 wks	Thu	24 Apr	18:30 - 19:30	£90.00
BD18	<b>Guitar Improvers</b>	Joel Bobrucki	10 wks	Thu	24 Apr	17:15 - 18:15	£90.00
BD19	<b>Guitar: Extended</b>	Steve Haynes	5 wks	Wed	23 Apr	14:30 - 16:30	£90.00
BD26	<b>Guitar: Extended</b>	Steve Haynes	5 wks	Wed	04 Jun	14:30 - 16:30	£90.00
<b>WORKSHOP</b>							
SD11	<b>Blues Guitar: Improvising, Theory and Technique</b>	Steve Haynes	1 day	Sat	14 Jun	10:00 - 16:00	£57.00

## HARMONICA

CODE	COURSE	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
BD20	<b>Play the Harmonica</b>	Aidan Sheehan	5 wks	Mon	14 Apr	13:00 - 16:00	£150.00
BD21	<b>Play the Harmonica</b>	Aidan Sheehan	5 wks	Mon	09 Jun	13:00 - 16:00	£150.00
<b>WORKSHOP</b>							
SD12	<b>Learn to Play Folk and Country Harmonica</b>	Aidan Sheehan	1 day	Sun	22 Jun	10:00 - 16:00	£67.00

## SINGING

CODE	COURSE	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
—	<b>Folk House Choir</b>	Nonny Tabbush	10 wks	Tue	22 Apr	19:00 - 21:00	VARIES
BD22	<b>Traditional West African Singing</b>	Batch Gueye	5 wks	Wed	23 Apr	20:15 - 21:15	£45.00
BD25	<b>Traditional West African Singing</b>	Batch Gueye	5 wks	Wed	04 Jun	20:15 - 21:15	£45.00
<b>WORKSHOP</b>							
SD13	<b>Dare to Circle Sing: Collaborative Vocal Improvisation (CVI)</b>	Janne Bird	1 day	Sun	11 May	14:30 - 16:00	£14.25
SD18	<b>Traditional West African Singing and Chanting Workshop</b>	Batch Gueye	1 day	Sat	17 May	13:00 - 15:00	£19.00
SD14	<b>Dare to Circle Sing: Collaborative Vocal Improvisation (CVI)</b>	Janne Bird	1 day	Sun	08 Jun	14:30 - 16:00	£14.25
SD19	<b>Traditional West African Singing and Chanting Workshop</b>	Batch Gueye	1 day	Sat	21 Jun	13:00 - 15:00	£19.00
SD15	<b>Dare to Circle Sing: Collaborative Vocal Improvisation (CVI)</b>	Janne Bird	1 day	Sun	22 Jun	14:30 - 16:00	£14.25



## SONGWRITING

CODE	WORKSHOP	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
SD16	<b>Songwriting Workshop for Fretted, Stringed Instruments (Non-Electric)</b>	Ben Duff	1 day	Sat	24 May	13:00 - 16:00	£28.50

## UKULELE

CODE	COURSE	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
BD23	<b>Ukulele Club for All</b>	Ben Searle	5 wks	Thu	24 Apr	14:00 - 15:30	£67.50
BD24	<b>Ukulele Club for All</b>	Ben Searle	5 wks	Thu	05 Jun	14:00 - 15:30	£67.50
	<b>WORKSHOP</b>						
SD17	<b>You can Play Ukulele Today</b>	Ben Searle	1 day	Sun	15 Jun	13:30 - 16:30	£28.50

## LANGUAGES

## BRITISH SIGN LANGUAGE

CODE	WORKSHOP	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
SL01	<b>Deaf Awareness &amp; Introduction to BSL</b>	Andrew Plaster	1 day	Sat	17 May	10:00 - 16:00	£57.00
SL02	<b>Deaf Awareness &amp; Introduction to BSL</b>	Andrew Plaster	1 day	Sat	14 Jun	10:00 - 16:00	£57.00

## FRENCH

CODE	COURSE	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
BL01	<b>French Beginners Entry</b>	Catherine Sforza	10 wks	Tue	22 Apr	19:30 - 21:00	£140.00
BL02	<b>French Beginners Plus</b>	Catherine Sforza	10 wks	Mon	28 Apr	17:45 - 19:15	£140.00
BL03	<b>French Level 1</b>	Catherine Sforza	10 wks	Mon	28 Apr	16:00 - 17:30	£140.00
BL04	<b>French Level 1 Plus</b>	Catherine Sforza	10 wks	Tue	22 Apr	17:45 - 19:15	£140.00
BL05	<b>French Level 2</b>	Arlette Hodgkin	10 wks	Tue	22 Apr	10:30 - 12:00	£140.00

## GERMAN

CODE	COURSE	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
BL06	<b>German Beginners Entry</b>	Rita Hanks	10 wks	Wed	23 Apr	17:30 - 19:00	£140.00
BL07	<b>German Beginners Plus</b>	Rita Hanks	10 wks	Wed	23 Apr	19:30 - 21:00	£140.00
BL08	<b>German Level 1</b>	Martina Mackintosh	10 wks	Thu	24 Apr	19:45 - 21:15	£140.00
BL09	<b>German Level 1*</b>	Martina Mackintosh	10 wks	Fri	25 Apr	10:00 - 11:30	£140.00
BL10	<b>German Level 2</b>	Martina Mackintosh	10 wks	Thu	24 Apr	18:00 - 19:30	£140.00

## ITALIAN

CODE	COURSE	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
BL11	<b>Italian Beginners Entry</b>	Barbara Bolzoni	10 wks	Tue	22 Apr	17:45 - 19:00	£117.50
BL12	<b>Italian Beginners Plus</b>	Barbara Bolzoni	10 wks	Tue	22 Apr	19:15 - 20:30	£117.50
BL13	<b>Italian Level 1 Intermediate</b>	Barbara Bolzoni	10 wks	Wed	23 Apr	17:45 - 19:00	£117.50
BL14	<b>Italian Level 1 Advanced</b>	Barbara Bolzoni	10 wks	Wed	23 Apr	19:15 - 20:30	£117.50
BL15	<b>Italian Level 2</b>	Davide Ariasso	10 wks	Wed	23 Apr	14:00 - 15:30	£140.00
BL16	<b>Italian Level 3</b>	Davide Ariasso	10 wks	Thu	24 Apr	14:45 - 16:00	£117.50

## SPANISH

CODE	COURSE	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
BL17	<b>Spanish Beginners Entry</b>	Gorka Diaz	10 wks	Tue	22 Apr	19:45 - 21:15	£140.00
BL18	<b>Spanish Beginners Entry *</b>	Gorka Diaz	10 wks	Wed	23 Apr	13:30 - 15:00	£140.00
BL19	<b>Spanish Beginners Plus</b>	Gorka Diaz	10 wks	Wed	23 Apr	19:45 - 21:15	£140.00
BL20	<b>Spanish Level 1.2</b>	Gorka Diaz	10 wks	Mon	28 Apr	18:00 - 19:30	£140.00
BL21	<b>Spanish Level 1</b>	Gorka Diaz	10 wks	Mon	28 Apr	19:45 - 21:15	£140.00
BL22	<b>Spanish Level 2</b>	Gorka Diaz	10 wks	Tue	22 Apr	18:00 - 19:30	£140.00
BL23	<b>Spanish Level 3</b>	Gorka Diaz	10 wks	Wed	23 Apr	18:00 - 19:30	£140.00

## WRITING

CODE	COURSE	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
WW	<b>Writing Group (Bi-weekly Drop in)*</b>	Jane Lawrence	5 wks	Fri	25 Apr	10:00 - 12:00	£8.00
OW01	<b>Writing for Wellbeing (Online)</b>	Marilyn Reynolds	5 wks	Wed	23 Apr	19:00 - 21:00	£90.00
OW02	<b>Writing for All Course (Online)</b>	Liz Cashdan	10 wks	Tue	22 Apr	10:30 - 12:30	£180.00
BW03	<b>Introduction to Novel Writing*</b>	Cara Marks	5 wks	Tue	03 Jun	14:00 - 16:00	£90.00
BW04	<b>Shakespeare for Pleasure*</b>	Suzannah V. Evans	5 wks	Wed	23 Apr	10:00 - 12:00	£105.00
BW05	<b>Sonnet Masterclass*</b>	Suzannah V. Evans	5 wks	Wed	04 Jun	10:00 - 12:00	£105.00
OW06	<b>Weekly Writing Group with Feedback (Online)*</b>	Grace Palmer	5 wks	Wed	23 Apr	10:00 - 12:00	£110.00
BW07	<b>Writing from your Own Life</b>	Jane Lawrence	5 wks	Thu	24 Apr	10:00 - 12:30	£112.50
BW08	<b>Writing Sci-fi, Fantasy and Other Realities</b>	Nick Hunt	5 wks	Thu	24 Apr	19:45 - 21:45	£90.00

## WRITING CONTINUED

	WORKSHOP						
SW01	<b>Starting a Novel from Scratch*</b>	Cara Marks	1 day	Sun	27 Apr	10:00 - 16:00	£57.00
SW02	<b>Loving Poetry and Love Poetry *</b>	Suzannah V. Evans	1 day	Sat	03 May	10:00 - 13:00	£38.50
SW03	<b>Starting to Write: Facing the Blank Page*</b>	Jane Lawrence	1 day	Sat	31 May	10:00 - 16:00	£57.00
OW04	<b>Writing for All Workshop (Online)</b>	Liz Cashdan	1 day	Sat	07 Jun	10:00 - 16:00	£57.00
SW05	<b>Short and Zingy: The Art of the Tiny Poem</b>	Suzannah V. Evans	1 day	Sat	14 Jun	10:00 - 13:00	£38.50
SW06	<b>Just Write</b>	Grace Palmer	1 day	Sat	14 Jun	10:00 - 16:00	£62.00
SW07	<b>Success at Open Mics, Story Slams &amp; Book Launches*</b>	Grace Palmer	1 day	Sun	15 Jun	10:00 - 16:00	£62.00
SW08	<b>The Language of Food*</b>	Cara Marks	1 day	Sat	05 Jul	10:00 - 16:00	£57.00

## WELLBEING

CODE	COURSE	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
BF01	<b>Yoga Flow - All Levels</b>	Claire Robertson	5 wks	Mon	14 Apr	18:00 - 19:00	£45.00
BF02	<b>Yoga Flow - All Levels</b>	Claire Robertson	5 wks	Mon	09 Jun	18:00 - 19:00	£45.00
BA33	<b>The Art of Mindfulness</b>	Holly Foskett-Barnes	5 wks	Tue	22 Apr	14:00 - 16:00	£95.00
BF03	<b>50+ Pilates for Strength and Balance</b>	Molly Beebee	10 wks	Tue	22 Apr	16:30 - 17:30	£90.00
BF04	<b>Pilates Mixed Ability</b>	Molly Beebee	10 wks	Tue	22 Apr	17:45 - 18:45	£90.00
BF05	<b>Qigong</b>	Sarah Bartlett	10 wks	Thu	24 Apr	14:00 - 15:00	£90.00
BF06	<b>Tai Chi</b>	Sarah Bartlett	10 wks	Thu	24 Apr	15:15 - 16:15	£90.00
BF07	<b>Hatha Flow Yoga</b>	Claire Robertson	5 wks	Thu	24 Apr	17:30 - 18:30	£45.00
BF08	<b>Hatha Flow Yoga</b>	Claire Robertson	5 wks	Thu	05 Jun	17:30 - 18:30	£45.00
BF09	<b>Standing Strength and Balance Pilates</b>	Sylvia Hunt	10 wks	Fri	25 Apr	11:00 - 12:00	£90.00
BF10	<b>Gentle Pilates (Chair Based)</b>	Sylvia Hunt	5 wks	Fri	25 Apr	12:15 - 13:15	£45.00
BF11	<b>Gentle Pilates (Chair Based)</b>	Sylvia Hunt	5 wks	Fri	06 Jun	12:15 - 13:15	£45.00
	WORKSHOP						
SF01	<b>Herbs for Menstrual Health: A Practical Toolkit with Medicine Making</b>	Claire Goulding	1 day	Sun	27 Apr	10:00 - 16:00	£67.00
SF02	<b>Breathe with Ease – Feldenkrais Method</b>	Jackie Adkins	1 day	Sat	03 May	10:00 - 12:30	£28.75
SF03	<b>Effortless Turning – Feldenkrais Method</b>	Jackie Adkins	1 day	Sat	03 May	13:30 - 16:00	£28.75
SF04	<b>What are My Dreams Trying to Tell Me?</b>	Rosanne Jacks	1 day	Sun	11 May	10:00 - 13:00	£33.50
SF05	<b>DIY Natural Spa Product Making Day</b>	Faith Morton	1 day	Sat	17 May	10:00 - 16:00	£72.00
SF06	<b>Gua Sha Facial Massage</b>	Catherine Sforza	1 day	Sat	17 May	13:30 - 16:30	£28.50

WELLBEING CONTINUED

	WORKSHOP						
SF07	<b>Chinese Daoist Morning Exercise</b>	Ting Ting Wu	1 day	Sun	01 Jun	10:00 - 12:00	£19.00
SF08	<b>Using Mindfulness and Compassion in Everyday Life</b>	Marilyn Reynolds	1 day	Sun	01 Jun	10:00 - 16:00	£57.00
SF09	<b>Introduction to Lucid Dreaming</b>	Rosanne Jacks	1 day	Sun	08 Jun	10:00 - 16:00	£62.00
SF10	<b>Herbs for Peri &amp; Menopause Health: Practical DIY Toolkit with Medicine Making</b>	Claire Goulding	1 day	Sat	14 Jun	10:00 - 16:00	£67.00
SF12	<b>Facial Rejuvenation Acupressure</b>	Catherine Sforza	1 day	Sun	15 Jun	13:30 - 16:30	£28.50
SF11	<b>Facial Rejuvenation Acupressure</b>	Catherine Sforza	1 day	Sat	21 Jun	13:30 - 16:30	£28.50
SF13	<b>Herbs for Life and Longevity</b>	John Smith	1 day	Sat	05 July	10:00 - 16:00	£62.00

## LIFE + LEISURE

CODE	COURSE	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
BM01	<b>Interior Design - Mood and Concept Board Creation to Transform your Space</b>	Hannah Redden	5 wks	Mon	09 Jun	17:30 - 19:30	£105.00
BM02	<b>Garden Design for Beginners</b>	Alicia Savage	5 wks	Thu	05 Jun	14:00 - 16:00	£100.00
BM03	<b>Neurodivergent Creative Thinking Processes**</b>	Samatar Elmi	5 wks	Thu	05 Jun	17:30 - 19:30	£90.00
	WORKSHOP						
SM01	<b>Tarot for Everyone</b>	Carolyn Dougherty	1 day	Sat	26 Apr	10:00 - 13:00	£28.50
SM02	<b>Kick-Start Your Career Change</b>	Laurie Eldridge	1 day	Sun	27 Apr	10:00 - 16:00	£62.00
SM03	<b>Neurodivergent Creative Thinking Processes**</b>	Samatar Elmi	1 day	Sat	17 May	10:00 - 16:00	£57.00
SM05	<b>Planting Design</b>	Alicia Savage	1 day	Sat	31 May	10:00 - 16:00	£62.00
SM06	<b>Fermentation Fundamentals (Suitable for Beginners)*</b>	Romy Aitken	1 day	Sat	07 Jun	10:00 - 12:00	£20.00
SM07	<b>Tarot for Everyone - The Cards by Numbers (For Returners)</b>	Carolyn Dougherty	1 day	Sat	07 Jun	10:00 - 12:00	£19.00
SM08	<b>Fermentation Fundamentals (Suitable for Beginners)*</b>	Romy Aitken	1 day	Sat	21 Jun	10:00 - 12:00	£20.00
SM09	<b>The Stoic Mindset: Radical Moderation*</b>	Darren Harper	1 day	Sat	21 Jun	11:00 - 16:00	£47.50
SM10	<b>Neurodivergent Creative Thinking Processes**</b>	Samatar Elmi	1 day	Sun	22 Jun	10:00 - 16:00	£57.00
SM11	<b>Tarot for Everyone - Reading the Cards (For Returners)</b>	Carolyn Dougherty	1 day	Sat	28 Jun	10:00 - 13:00	£28.50

# GIFT VOUCHERS



Our gift vouchers for courses and workshops are the ideal present for those eager to learn and grow, with endless opportunities to expand their knowledge and skills. Share the joy of learning.

Gift Vouchers can be purchased from the Bristol Folk House reception, online or by phone 0117 926 2987. Gift vouchers are valid for one year from the date of purchase. They cannot be used in the Folk House Cafe. You will receive a digital code for the voucher, which you can present as you wish – or you can collect a physical voucher from Bristol Folk House reception.



## CRAFT + FLEA



## MARKETS



11.00am - 4.00pm  
FREE entry

**SUNDAY 27TH APRIL**

We will be playing host to some wonderful local traders and artists who will be selling their wares.

Come on down, browse and buy, drink and eat.

**SUNDAY 27TH JUNE**



## ROOM HIRE

A popular venue in the heart of Bristol city centre. We provide versatile spaces that can accommodate a huge range of events including meetings, training, parties and weddings at a very competitive price.

To make a booking please call **0117 926 2987** or email **events@bristolfolkhouse.co.uk** or fill out the website booking form.

All room hire bookings are processed by Katie. Please request to speak to her when calling. Please allow setting up/clearing up time in your booking request.

ROOM	SEATED CAPACITY	PRICE PER HOUR	DAY RATE
Music Room	30	£30.00	£150.00
Room 2/3	22	£30.00	£150.00
Room 4	10	£25.00	£120.00
Room 5	10	£25.00	£120.00
Art Room	12	£30.00	£150.00
Craft Room	8	£30.00	£150.00
Hall	120	£60.00	£400.00

## BECOME A FOLK HOUSE MEMBER

For just £15 a year, you can become a member of Bristol Folk House, giving you access to a number of benefits.

You will receive early access to the programme and enrolment, 10% discount in the Folk House Cafe & Bar at weekends, discount in Park Street shops and a Children's Scrap Store membership.

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The Bristol Folk House charity (1184395) receives no funding from central government, the city council or other institutions. Our income is wholly derived from course fees, venue hire, members and fundraising events. Our members are crucial to charity. With your support, we can continue to stay committed to serving the local community by providing quality adult education on a wide variety of subjects.

<b>Sunday 16th March</b> – Chris Brain   LIVE MUSIC
<b>Friday 21st March</b> – Daoiri Farrell   LIVE MUSIC
<b>Saturday 22nd March</b> – Ashley Hutchins ft Blair Dunlop   LIVE MUSIC
<b>Saturday 29th March</b> – Witch   LIVE MUSIC
<b>Sunday 30th March</b> – Darkroom Reopening   OPEN DAY
<b>Wednesday 2nd April</b> – Lili-Rose Womak   LIVE MUSIC
<b>Saturday 5th April</b> – Tales from the Wasteland: Post-Apocalyptic   IMPROV
<b>Sunday 6th April</b> – The Magpies   LIVE MUSIC
<b>Monday 7th April</b> – Whiskey River   LIVE MUSIC
<b>Thursday 10th April</b> – Threaded   LIVE MUSIC
<b>Sunday 13th April</b> – Filkin's Draft   LIVE MUSIC
<b>Wednesday 23rd April</b> – Daphne Chenel & Ollie Dixon   LIVE MUSIC
<b>Thursday 24TH April</b> – Enda McCabe   LIVE MUSIC
<b>Friday 25TH April</b> – Isabella Dorta   POETRY
<b>Sunday 27th April</b> – Craft & Flea   MARKET
<b>Sunday 27th April</b> – The Black Feathers   LIVE MUSIC
<b>Friday 2nd May</b> – Bryony Griffith & Alice Jones (Bristol Folk Festival)   LIVE MUSIC
<b>Saturday 4th May</b> – Bristol Folk Festival Ceilidh   LIVE MUSIC / DANCE
<b>Sunday 5th May</b> – Goblin Band (Bristol Folk Festival)   LIVE MUSIC
<b>Friday 9th May</b> – Bristol Ceilidh   LIVE MUSIC / DANCE
<b>Saturday 10th May</b> – Kit Hawes and Aaron Catlow   LIVE MUSIC
<b>Monday 11th May</b> – Harry NYE   LIVE MUSIC
<b>Thursday 22nd May</b> – Joose Keskitalo   LIVE MUSIC
<b>Saturday 24th May</b> – Bristol Ceilidh   LIVE MUSIC / DANCE
<b>Saturday 31st May</b> – Bristol Swing Riot   DANCE
<b>Sunday 8th June</b> – Craft & Flea   MARKET
<b>Sunday 8th June</b> – Matt Rendell's Inside Stories of Tour De France   TALK
<b>Friday 20th June</b> – Bristol Ceilidh   LIVE MUSIC / DANCE
<b>Monday 23rd - Saturday 28th June</b> – Bristol Pride EVENTS

For more information and bookings:  
 0117 926 2987  
[www.bristolfolkhouse.co.uk/live-music](http://www.bristolfolkhouse.co.uk/live-music)

BRISTOL  
FOLK  
HOUSE

COURSES +  
WORKSHOPS

BRISTOL

FOLK HOUSE

Enrol online at [bristolfolkhouse.co.uk](http://bristolfolkhouse.co.uk)



SUMMER

SCHOOLS '25 21 JULY - 22 AUGUST

## ENROLMENT INFORMATION

For full descriptions, material lists and terms and conditions please visit

**[www.bristolfolkhouse.co.uk](http://www.bristolfolkhouse.co.uk)**

Please read the full terms and conditions before enrolling.

**You can enrol:**



**Online**



**By phone**



**In person**

### PLEASE NOTE

- You will need to have paid in full for your course to guarantee your place. Please book early, as spaces fill up quickly.
- You must be over 18 years old to attend a course. All courses are non-accredited.
- Concession rates are available for Over 65s, Students, NHS (Blue Light cards), or claiming Universal Credit.
- Some courses may involve additional costs for materials. Check the materials section on the course information.
- Please check if the course will be taking place online or in person.

### REFUNDS

- If you wish to cancel your place you must inform us at least 14 days before the start date of your course. In this case you will receive a refund minus a 15% admin fee.
- If you give us less than 14 days' notice, or your course or workshop has already started a refund will be not given unless it is for medical reasons.
- In the event that we have to cancel a course due to low numbers we aim to inform you 24 hours before it starts.
- If we have to cancel a course and we can not transfer you, we will issue credit or a refund.

## GET IN TOUCH



**0117 926 2987**



**BRISTOL FOLK HOUSE**

40A Park Street  
Bristol BS1 5JG



**[admin@bristolfolkhouse.co.uk](mailto:admin@bristolfolkhouse.co.uk)**  
**[www.bristolfolkhouse.co.uk](http://www.bristolfolkhouse.co.uk)**

**PLEASE NOTE:** We do not have parking facilities. Trenchard Street is the closest parking. We encourage those who can, to arrive on foot, by bike or by bus. We currently do not have step free access and accessible facilities.

### SUMMER SCHOOL OFFICE OPENING HOURS:

Monday – Friday 9.00 am – 4.00 pm  
Saturday and Sunday – Closed  
(open on weekends when workshops are running)

### SUMMER SCHOOL DATES 2025

21st July – 22nd August

## ART HISTORY

CODE	WORKSHOP	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
SA01	<b>A Picture Worth a Thousand Words: How to Write About Art *</b>	Francesca Ramsay	1 day	Sat	02 Aug	10:00 - 13:00	£38.50

## DIGITAL ILLUSTRATION

CODE	WORKSHOP	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
SA23	<b>Learn Procreate on the Ipad</b>	Femke De Jong	1 day	Thu	24 Jul	10:00 - 16:00	£57.00
SA02	<b>Pattern &amp; Motif in Procreate *</b>	Femke De Jong	2 days	Tue & Wed	05 & 06 Aug	10:00 - 16:00	£114.00

## DRAWING

CODE	WORKSHOP	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
SA04	<b>Draw Bristol on a Lampshade Workshop</b>	Lisa Malyon	1 day	Sat	02 Aug	13:30 - 16:00	£33.75
SA05	<b>An Introduction to Drawing</b>	Marilyn Millard	1 day	Mon	11 Aug	10:15 - 16:15	£62.00

## FIGURE DRAWING

CODE	COURSE	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
BA02	<b>Bare Essentials – Life Drawing for Beginners</b>	Ella Charles	5 wks	Thu	24 Jul	17:30 - 19:30	£140.00
WORKSHOP							
SA06	<b>Creative Life Drawing Workshop *</b>	Ella Charles	1 day	Sun	27 Jul	10:00 - 16:00	£87.00

## MIXED MEDIA

CODE	WORKSHOP	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
SA07	<b>Postcards &amp; Prose: Collage Card Workshop</b>	Femke De Jong	1 day	Sat	02 Aug	13:00 - 16:00	£33.50

## PAINTING: OILS + ACRYLICS

CODE	COURSE	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
BA03	<b>Oil Painting for Beginners</b>	Warren Sealey	5 wks	Mon	21 Jul	13:00 - 15:00	£95.00
BA05	<b>I Wish I Could Paint (In Acrylics)</b>	Bill Guilding	4 wks	Wed	23 Jul	14:00 - 16:15	£81.00
BA04	<b>Acrylic Painting for All</b>	Jenny Mizel	4 wks	Thu	24 Jul	10:30 - 13:30	£113.00
WORKSHOP							
SA08	<b>Oil Painting for Beginners Workshop</b>	Warren Sealey	1 day	Sat	02 Aug	10:00 - 16:00	£62.00
SA09	<b>Oil Painting for Beginners Workshop</b>	Warren Sealey	1 day	Thu	21 Aug	10:00 - 16:00	£62.00



## PAINTING: WATERCOLOUR

CODE	COURSE	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
BA06	<b>Watercolour for Beginners</b>	Warren Sealey	5 wks	Mon	21 Jul	10:00 - 12:00	£95.00
BA07	<b>Painting With The Moon</b>	Holly Foskett-Barnes	4 wks	Tue	22 Jul	14:00 - 16:00	£72.00
BA08	<b>Summer Watercolour Wildflowers *</b>	Holly Foskett-Barnes	4 wks	Tue	22 Jul	17:30 - 19:30	£72.00
<b>WORKSHOP</b>							
SA10	<b>An Introduction to Painting in Watercolour</b>	Marilyn Millard	1 day	Wed	23 Jul	10:15 - 16:15	£62.00
SA11	<b>Introduction to Botanical Painting in Watercolour</b>	Marilyn Millard	1 day	Sat	26 Jul	10:15 - 16:15	£62.00
SA12	<b>Skies and Seascapes in Watercolour (Beginners)</b>	Marilyn Millard	1 day	Tue	29 Jul	10:15 - 16:15	£62.00
SA13	<b>A Woodland in Watercolour (Beginners)</b>	Marilyn Millard	1 day	Tue	05 Aug	10:15 - 16:15	£62.00
SA14	<b>Sketching in Watercolour and Pen (Beginners) *</b>	Marilyn Millard	1 day	Fri	08 Aug	10:15 - 16:15	£62.00
SA15	<b>Botanical Painting and Drawing Watercolour and Pen (Beginners)</b>	Marilyn Millard	1 day	Fri	15 Aug	10:15 - 16:15	£62.00
SA16	<b>An Introduction to Painting in Watercolour</b>	Marilyn Millard	1 day	Mon	18 Aug	10:15 - 16:15	£62.00
SA17	<b>Landscapes in Watercolour (Beginners)</b>	Marilyn Millard	1 day	Wed	20 Aug	10:15 - 16:15	£62.00

## DIGITAL PHOTOGRAPHY

CODE	COURSE	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
BA09	<b>Unique but the Same. Photography and Health *</b>	Adrian Wyatt	5 wks	Thu	24 Jul	10:00 - 13:00	£135.00

## ALTERNATIVE PHOTOGRAPHY

CODE	WORKSHOP	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
SA18	<b>Phytogram &amp; Chemigram: Painting with Chemistry</b>	Sophie Sherwood	1 day	Wed	30 Jul	14:00 - 17:00	£43.50
SA19	<b>Anthotype and Chlorophyll Printing</b>	Sophie Sherwood	1 day	Wed	13 Aug	14:00 - 17:00	£43.50
SA20	<b>Cyanotypes on Fabric</b>	Dulcie Wagstaff	1 day	Mon	18 Aug	10:00 - 16:00	£72.00
SA21	<b>Cyanotype Techniques (All levels)</b>	Dulcie Wagstaff	2 days	Tue & Wed	19 Aug & 20 Aug	10:00 - 16:00	£134.00

## SPECIAL EFFECTS MAKEUP

CODE	WORKSHOP	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
SA22	<b>Intro to Special Effects Makeup</b>	Anna Randall	1 day	Sun	27 Jul	10:00 - 16:00	£67.00

## BOOKBINDING

CODE	WORKSHOP	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
SC01	<b>Bookbinding Workshop</b>	Sophia Link	1 day	Sat	26 Jul	10:00 - 16:00	£67.00

## CALLIGRAPHY

CODE	WORKSHOP	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
SC02	<b>Introduction to Copperplate Calligraphy *</b>	Shelley Jones	1 day	Sat	26 Jul	10:00 - 16:00	£67.00
SC03	<b>Introduction to Copperplate Calligraphy *</b>	Shelley Jones	1 day	Tue	19 Aug	10:00 - 16:00	£67.00

## FABRIC CRAFTS: QUILTING

CODE	WORKSHOP	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
SC04	<b>Quilt Making for Returners *</b>	Rachel Preston	2 days	Tue & Wed	12 & 13 Aug	10:00 - 16:00	£149.00

## MOSAIC

CODE	WORKSHOP	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
SC05	<b>Mosaic Workshop</b>	Frankie Hudson	1 day	Sat	26 Jul	10:00 - 16:00	£77.00
SC06	<b>Mosaic Workshop</b>	Frankie Hudson	1 day	Sun	03 Aug	10:00 - 16:00	£77.00

## SILVER JEWELLERY MAKING TECHNIQUES

CODE	WORKSHOP	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
SC07	<b>Silver Ring in a Day</b>	Iona Hall	1 day	Sun	27 Jul	10:00 - 16:30	£96.75
SC08	<b>Intermediate Jewellery Workshop *</b>	Iona Hall	1 day	Thu	21 Aug	10:00 - 16:00	£92.00

## WOOD CRAFTS

CODE	WORKSHOP	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
SC09	<b>Carving Medieval Designs in Wood *</b>	Alistair Park	2 days	Sat & Sun	09 & 10 Aug	10:00 - 16:00	£124.00

## POTTERY

## POTTERY BEGINNERS

CODE	COURSE	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
BP01	<b>Pottery: Three-part Throwing, Turning and Glazing Taster *</b>	Jasmine Maier	3 wks	Tue	22 Jul, 29 Jul, 19 Aug	18:00 - 21:00	£140.00
BP02	<b>Pottery: Beginners Hand Build Course</b>	Holly Young	5 wks	Thu	24 Jul	18:00 - 21:00	£200.00
BP03	<b>Pottery: Three-part Throwing, Turning and Glazing Taster *</b>	Jasmine Maier	3 wks	Tue	05 Aug, 12 Aug, 19 Aug	18:00 - 21:00	£140.00

## POTTERY WORKSHOPS

CODE	WORKSHOP	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
SP01	<b>Pottery: Singing Ocarina Whistles *</b>	Jasmine Maier	1 day	Sat	26 Jul	10:00 - 16:00	£80.00
SP02	<b>Pottery: Soap Dish &amp; Toothbrush Holder Set</b>	Jasmine Maier	1 day	Sun	27 Jul	10:00 - 16:00	£80.00
SP03	<b>Pottery: Open Studio</b>	Margaret Crump	1 day	Wed	30 Jul	18:00 - 21:00	£40.00
SP04	<b>Pottery: Bud Vases</b>	Holly Young	1 day	Sat	02 Aug	10:00 - 16:00	£80.00
SP05	<b>Pottery: Throwing and Turning Taster</b>	Holly Young	1 day	Sun	03 Aug	10:00 - 16:00	£90.00
SP06	<b>Pottery: Make a Ceramic Lidded Box</b>	Holly Young	1 day	Sat	16 Aug	10:00 - 16:00	£80.00
SP07	<b>Pottery: Throwing and Turning Taster</b>	Holly Young	1 day	Sun	17 Aug	10:00 - 16:00	£90.00

## MUSIC + DANCE

### MUSICAL INSTRUMENTS

CODE	COURSE	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
BD01	<b>Exploring 5-String Banjo (Intermediate)</b>	Ben Duff	5 wks	Thu	24 Jul	14:00 - 15:00	£45.00
	<b>WORKSHOP</b>						
SD06	<b>Four Fiddle Tunes for Harmonica *</b>	Aidan Sheehan	1 day	Mon	21 Jul	10:00 - 16:00	£67.00
SD08	<b>You Can Play Ukulele Today</b>	Ben Searle	1 day	Sun	03 Aug	13:00 - 16:00	£28.50

### DANCE

CODE	COURSE	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
BD02	<b>Flamenco for All *</b>	Silvana Costa	4 wks	Wed	23 Jul	10:30 - 11:30	£36.00
	<b>WORKSHOP</b>						
SD01	<b>Circle Dance to Classical Music *</b>	Christine Power	1 day	Mon	21 Jul	13:30 - 15:30	£19.00
SD02	<b>Gentle Line Dance</b>	Christine Power	1 day	Thu	24 Jul	10:00 - 12:00	£19.00
SD03	<b>Bridgerton Themed Dance Workshop</b>	Claire Phipps	1 day	Sat	26 Jul	10:30 - 12:30	£24.00
SD04	<b>70s Disco</b>	Claire Phipps	1 day	Sat	26 Jul	13:00 - 15:00	£24.00
SD05	<b>Meditational Circle Dance *</b>	Christine Power	1 day	Mon	28 Jul	13:30 - 15:30	£19.00

### SINGING

CODE	COURSE	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
BD03	<b>Traditional West African Singing</b>	Batch Gueye	5 wks	Tue	22 Jul	19:00 - 20:30	£67.50
	<b>WORKSHOP</b>						
SD07	<b>Traditional West African Singing &amp; Chanting</b>	Batch Gueye	1 day	Sun	27 Jul	13:30 - 15:30	£19.00

CODE	COURSE	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
OW01	<b>Writing for All Course (Online)</b>	Liz Cashdan	5 wks	Tue	22 Jul	10:30 - 12:30	£90.00
<b>WORKSHOP</b>							
SW03	<b>Stealing Hollywood: Novel Writing</b>	Rosemary Dun	1 day	Sun	27 Jul	10:00 - 16:00	£57.00
SW04	<b>Poetry from Nowhere</b>	Rosemary Dun	1 day	Sat	02 Aug	10:00 - 16:00	£57.00
SW05	<b>Couplets: The Art of Two *</b>	Suzannah V. Evans	1 day	Sun	03 Aug	10:00 - 13:00	£38.50
SW01	<b>Ways to Read a Poem *</b>	Suzannah V. Evans	2 days	Tue & Wed	05 & 06 Aug	10:00 - 13:00	£67.00
SW06	<b>Starting to Write: Facing the Blank Page</b>	Jane Lawrence	1 day	Thu	07 Aug	10:00 - 16:00	£57.00
SW02	<b>Writing the Body *</b>	Francesca Ramsay	1 day	Thu	07 Aug	14:00 - 17:00	£38.50

# WELLBEING

CODE	COURSE	TUTOR	LENGTH	DAY	START	TIME	FULL FEE
BF01	<b>Hatha Flow Yoga</b>	Claire Robertson	5 wks	Thu	24 Jul	17:30 - 18:30	£45.00
BF02	<b>Pilates for Beginners *</b>	Sylvia Hunt	5 wks	Fri	25 Jul	10:00 - 11:00	£45.00
BF03	<b>Standing Strength and Balance Pilates</b>	Sylvia Hunt	5 wks	Fri	25 Jul	11:15 - 12:15	£45.00
<b>WORKSHOP</b>							
SF01	<b>Tonic Herbs and Pure Fragrances from Around the World, to Support Mind, Body &amp; Spirit *</b>	John Smith	1 day	Sat	26 Jul	10:00 - 16:00	£62.00
SF02	<b>The Pilates 34 Repertoire *</b>	Sylvia Hunt	1 day	Sat	02 Aug	13:30 - 16:30	£28.50
SF03	<b>Understanding your Stress Response - Breath, Focus and Relaxation Techniques *</b>	Claire Robertson	1 day	Sun	03 Aug	10:30 - 12:00	£14.25
SF04	<b>Barre Workshop (Mixed Ability) *</b>	Sylvia Hunt	1 day	Mon	11 Aug	10:00 - 11:00	£9.50
SF05	<b>Flow: Writing and Yoga *</b>	Francesca Ramsay & Holly Delafield	1 day	Thu	14 Aug	18:45 - 20:45	£24.00

# LIFE + LEISURE

<b>WORKSHOP</b>							
SM04	<b>Thriving at Work with ADHD *</b>	Ellie Starkwood	1 day	Sun	27 Jul	10:00 - 16:00	£62.00
SM03	<b>Tarot for Everyone</b>	Carolyn Dougherty	1 day	Sun	03 Aug	10:00 - 13:00	£28.50
SM05	<b>Kick-Start Your Career Change</b>	Laurie Eldridge	1 day	Sun	03 Aug	10:00 - 16:00	£62.00
SM01	<b>Transform Your Space: Two-Day Interior Design Workshop</b>	Hannah Redden	2 days	Thu & Fri	07 & 08 Aug	10:00 - 16:00	£129.00
SM02	<b>Stoicism and the Tranquil Mind *</b>	Darren Harper	2 days	Thu & Fri	21 & 22 Aug	10:00 - 16:00	£114.00

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