

Bristol Adult Learning Courses 2018 – 2019

www.bristolcourses.com



• Arts • Art History and Architecture • Bridge • Computers and Digital Technologies • Cookery & Wine Appreciation • Crafts • Family History • Film Studies • Gardening and Willow Craft • Health and Wellbeing • History • Languages • Maths • Philosophy • Public Speaking •

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Welcome

I am delighted to welcome you to the 2018/19 Adult Learning course guide.

In my role as Cabinet Member for Education and Skills I get to see the impact of a whole range of learning activities across the city.

Many people choose a course to develop particular skills and knowledge but we also know that being part of group learning activities can play a significant role in our mental health and wellbeing. Helping us to meet people, socialise and share the fun of learning together.

As part of the wider Bristol Learning City initiative to encourage and promote learning, I am really proud of the role Bristol City Council are playing in providing and developing lifelong learning opportunities for residents.

It is fantastic that Adult Learning have such a wide range of courses that allow people to take a short workshop, a longer programme of study or an intensive course.

There are courses here that will challenge and inspire you and I hope you find the right activity for your ongoing learning journey.

Best Wishes

Cllr Anna Keen

Stay in touch

Go online and sign up to our 'in the loop' E-Bulletin to get regular updates:

www.bristolcourses.com

Like us on Facebook to get regular updates:



[/bristolcourses](https://www.facebook.com/bristolcourses)

Follow us on Twitter to get all the latest gossip:



[@bristolcourses](https://twitter.com/bristolcourses)

Bristol City Council
Adult Learning
Stoke Lodge Centre
Shirehampton Road,
Stoke Bishop
Bristol BS9 1BN

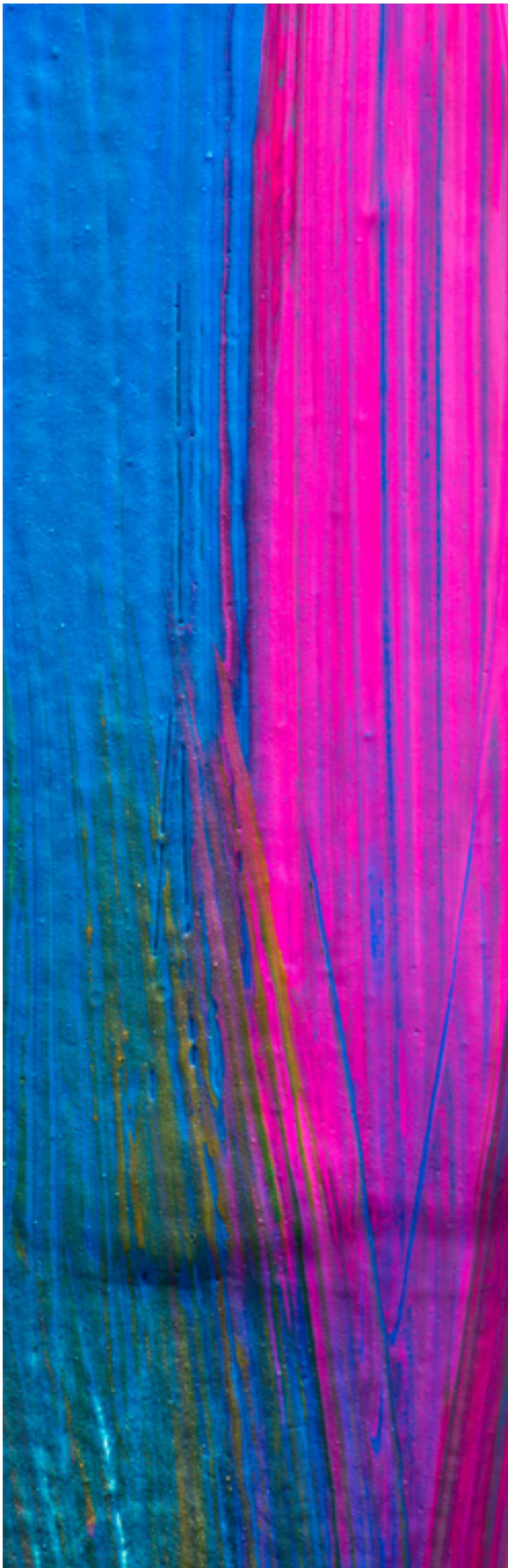
0117 903 8844

stokelodge@bristol.gov.uk

Documents available in other formats:

If you would like this information in another language, Braille, audio tape, large print, easy English, BSL video or CD rom or plain text please contact: 0117 903 8844





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Using this guide

We have hundreds of courses to choose from in a whole range of subjects. We hope you find the right course for you but don't forget we are planning and adding courses to our programme throughout the year so if you haven't found the course you want, check online or give us a call.

This course guide offers a summary description of the courses on offer but all of our courses have a detailed Course Information Sheet which gives more details about what is included and what you can expect. We recommend all learners read these to make sure the course is really right for them. You can download the Course Information Sheets from our website.

NEW Course Title

(These courses take place at the St Paul's Learning Centre.)

NEW Course Title

(These courses take place at Stoke Lodge.)

Brief introduction about the course.

Day	Time	Tutor	Sessions	Start date	Full fee	Reduced fee	Code
Wednesdays	1pm to 3.30pm	John Smith	11 sessions	26 September	£212	£128	A001A
			10 sessions	16 January	£193	£117	A001B

Booking courses



We have a simple online booking and payment system on our website:

www.bristolcourses.com

You can also enrol by post or by phoning or by coming in person to the Stoke Lodge Centre.

For more details of how to enrol see the section at the back of this guide.

Term dates



Autumn

Courses start from:
Monday 10 September

Half term:
29 October to 3 November

Christmas Holiday:
17 December to 6 January

Spring

Courses start from:
Monday 7 January

Half term:
18 February to 22 February

Easter Holiday:
8 April to 22 April

Summer

Courses start from:
Tuesday 23 April

Half term:
27 May to 1 June





Our Venues

The Stoke Lodge Centre in Stoke Bishop is where many of our courses take place, as well as being our main office base. It is a Grade II listed building surrounded by beautiful parkland and with plenty of free parking. While most of the building is accessible there are a few limitations so please get in touch if you have any access enquiries.

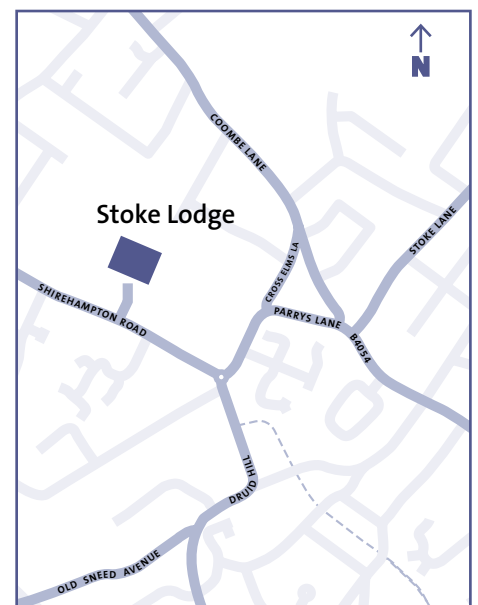
Stoke Lodge Centre
Shirehampton Road, Stoke Bishop, Bristol BS9 1BN

0117 903 8844
 stokelodge@bristol.gov.uk

We also have a selection of courses on offer at the St Paul's Learning Centre which is in Central Bristol. The St Paul's Centre is fully accessible throughout.

St Paul's Learning Centre
94 Grosvenor Road, St Paul's, Bristol BS2 8XJ

0117 914 5470



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Join our team

Teaching

We are always on the lookout for new course ideas and tutors. So if you are interested in working for us you can find information on our website about how to apply.



Venue Hire at Stoke Lodge



Thinking of having a party/
family gathering or conference,
have you thought of Stoke Lodge?

We have very competitive room rates, free large carpark, beautiful grounds and building, wifi throughout the building and for the children a play park on adjacent grounds.

Location

Based in Stoke Bishop, North Bristol, we are easy to access from the city centre via the Portway and from the M4 and M5 motorways.

Facilities

We have a range of spaces available including meeting and training rooms, arts facilities, an ICT suite and even a large demonstration kitchen. All our rooms have a Smart TV. Rooms are available to hire from £8 per hour. Please contact us to find out more.

Refreshments

Tea/coffee and biscuits can be provided, outside catering welcome and for parties very welcome to bring BYO including alcohol.



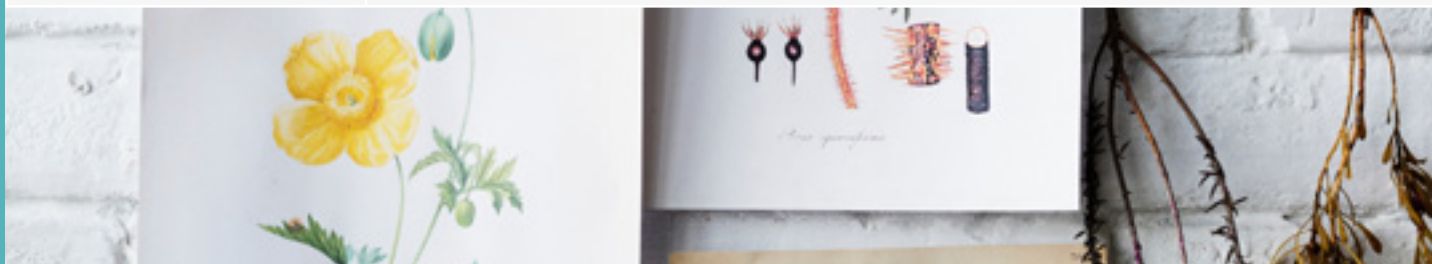
Private bookings and bespoke activities

Hen parties	Birthdays, baby showers and celebrations	Christmas celebrations	Team Building
<p>Want to throw an unforgettable hen do for the bride-to-be.</p> <p>A great alternative or addition to a wild night out. So what are you waiting for, get the girls together and make your own gorgeous garters or naughty knickers!</p> <p>Activities include:</p> <ul style="list-style-type: none"> • Bunting making • Garter making • Knicker making • Flower Crowns • Fascinators • Bath bombs and treats • Sashes • Jewellery making 	<p>Fancy something different for your birthday party.</p> <p>Activities include:</p> <ul style="list-style-type: none"> • Willow weaving • Cookery workshops • Sewing and craft activities • Creative glass workshops • Pop up painting • Traditional party games - pass the parcel, musical chairs, pin the tail on the donkey! 	<p>Try something completely different for your next Christmas Party!</p> <p>Fancy a creative and hands on Christmas party as a change to the office Christmas lunch?</p> <p>Activities include:</p> <ul style="list-style-type: none"> • Make festive wreaths • Create a willow reindeer • Design & print your own Christmas card • Make mad Christmas jumpers • Make a stocking for Santa • Make Santa hats 	<p>Try something completely different for your next team building day!</p> <p>Inspire and enthuse your colleagues</p> <p>Team creative activities:</p> <ul style="list-style-type: none"> • Making a masterpiece • Willow structures <p>Cooking and food:</p> <ul style="list-style-type: none"> • Bake off Challenge • Bread making • Ready Steady Cook • Cheese and Wine Tasting • Pizza Making

Many of our courses can be adapted and offered for bespoke bookings – see something in our course guide you like the look of – just ask

Some of our activities may be suitable to children's or teenage parties – just ask

Extras and add ons	<ul style="list-style-type: none"> • Afternoon tea with a glass of prosecco • Mince pies and mulled wine • Catered lunch and refreshments
Why choose Stoke Lodge?	Fun activities & experienced tutors, easily accessible from the city centre, Free car parking and attractive setting, newly refurbished kitchen



We would love to show you round the venue and our beautiful grounds and discuss your requirements with you further. For help with your event please contact:

Louise Weller on **07342 031888**
or by emailing **louise.weller@bristol.gov.uk**
to arrange an appointment and get information on rooms and charges.





3 Dimensional Art

Pottery with Sculpture

Enjoy making unique pottery/ceramic sculpture with plenty of projects and tutor support. All levels welcome. Learn different hand-building techniques, develop skills in designing, decorating, glazing. Two pottery wheels available. Fee includes materials and firing. [These courses take place at the St Paul's Learning Centre.](#)

Day	Time	Tutor	Sessions	Start date	Full fee	Reduced fee	Code
Wednesdays	1pm to 3.30pm	Isobel Morris	11 sessions	26 September	£212	£128	A10A
			10 sessions	16 January	£193	£117	A10B
			8 sessions	24 April	£155	£94	A10C

Pottery for Pleasure

Spend time creating unique, functional, sculptural or decorative pieces with plenty of tutor support. All levels welcome. Learn hand-building, decoration and glazing. Two pottery wheels available. Develop skills and choose projects. Fee includes materials and firing. [These courses take place at the St Paul's Learning Centre.](#)

Thursdays	6.15pm to 8.45pm	Isobel Morris	11 sessions	27 September	£212	£128	A11A
			10 sessions	17 January	£193	£117	A11B
			8 sessions	25 April	£155	£94	A11C

NEW Soapstone Carving

Come and try your hand at carving soapstone, a lovely, soft stone that can easily be shaped and polished. Make small sculptures, decorations, ornaments or jewellery. Creative space, friendly group, plenty of tutor support. All welcome, no previous experience necessary. Soapstone to be bought directly from tutor. [These courses take place at the St Paul's Learning Centre.](#)

Thursdays	1.30pm to 4pm	Isobel Morris	4 sessions	4 October	£64	£40	A11D
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NEW Home and Garden Ceramics

Prepare for Spring by making special pieces for the home or garden using a variety of techniques, clay and glazes, e.g. plant pots, hanging decorations, tiles or plant labels. All welcome. Plenty of tutor support. Fee includes materials and firing. [These courses take place at the St Paul's Learning Centre.](#)

Thursdays	1.30pm to 4pm	Isobel Morris	4 sessions	7 March	£74	£50	A11E
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Drawing, Painting and Print

Drawing Techniques for Beginners

Enjoy this friendly, encouraging class where you will learn how to build up a range of drawing techniques, step by step, via exercises and projects. Learn how to use B pencils, chalk, charcoal, pen & ink, pastels & crayons to draw a variety of subjects.

Fridays	10am to 12.30pm	Sheila Broun	12 sessions	21 September	£184	£112	A12A
			11 sessions	18 January	£169	£103	A12B
			10 sessions	26 April	£154	£94	A12C

Drawing Techniques for Improvers

Develop your drawing techniques, working on projects of your own choice. Learn how to develop your own style, using your own sketches and photographs as part of the process. Consider the artwork of historical and contemporary artists in relation to your work.

Fridays	1pm to 3.30pm	Sheila Broun	12 sessions	21 September	£184	£112	A13A
			11 sessions	18 January	£169	£103	A13B
			10 sessions	26 April	£154	£94	A13C



Drawing Techniques Summer School 2019

Enjoy improving your drawing techniques in this two day course. We will explore a range of drawing materials and techniques using pencil and tone, pen and ink, and pastel & crayon to draw still life objects. Some previous drawing experience is required.

Wednesday & Thursday	10am to 3pm	Sheila Broun	2 sessions	7 and 8 August	£64	£40	A14A
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NEW Life Drawing for Beginners

An introduction to the skill of drawing the human figure from observation. Drawing from a nude model, you will learn to see shape, proportion, light and shade more objectively and you will explore using various traditional drawing materials. There will be a model fee of £22 (5 week course) or £25 (6 week course) payable to the tutor at your first lesson.

Fridays	10am to 12.30pm	Bill Guilding	6 sessions	21 September	£94	£58	A88A
			5 sessions	26 April	£79	£49	A88E

NEW Mixed Ability Life Drawing

Develop skill at drawing the human figure. Drawing from a nude model, you will have the chance to explore various approaches and materials. With experience, you will be encouraged to be creative in developing your own "hand-writing" and ways of drawing. There will be a model fee of £22 (5 week course) or £25 (6 week course) payable to the tutor at your first lesson.

Fridays	10am to 12.30pm	Bill Guilding	6 sessions	9 November	£94	£58	A88B
			6 sessions	1 March	£94	£58	A88D
			5 sessions	7 June	£79	£49	A88F

Portrait Drawing from Life

Led by an experienced portraiture tutor, learn to draw a variety of faces using a different sitter each week. You may use any preferred medium (pencil, charcoal, pastels, crayons, watercolour, etc). Some experience of drawing from observation is recommended. There will be a model fee of £18 payable to the tutor at your first lesson.

Fridays	10am to 12.30pm	Bill Guilding	5 sessions	18 January	£79	£49	A88C
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Painting Portraits from Photographs

Learn about the structure of faces, the fall of light and shade, and how to mix flesh colours to create a good likeness. Use any preferred medium (watercolour, oils, acrylics, pastels, charcoal or just pencil). Bring your own photographs or use ones from the tutor's collection.

Fridays	1.15pm to 3.45pm	Bill Guilding	6 sessions	9 November	£94	£58	A90A
			6 sessions	1 March	£94	£58	A90B

Painting and Drawing

Try a number of media and techniques in a friendly, all ability group. This course is a mixture of painting and drawing projects led by an experienced tutor offering flexible tuition for each individual. Fee includes materials.

Mondays	1pm to 4pm	Roma Widger	12 sessions	17 September	£232	£146	A15A
			11 sessions	14 January	£214	£135	A15B
			10 sessions	29 April	£196	£124	A15C

Landscape Painting and Drawing-Advanced

A course for experienced landscape painters working on their own projects towards a confident and independent approach to their work, with guidance from the tutor. Use any medium and experiment with new subjects and techniques.

Mondays	10am to 12.30pm	Frances Gale	9 sessions	1 October	£139	£85	A17A
			11 sessions	14 January	£169	£103	A17B

Landscape Painting and Drawing-Intermediate and Advanced

A friendly, relaxed class for both intermediate and advanced levels (some painting and drawing experience necessary). Learners work on their own landscape projects using any medium they choose with guidance and advice from the tutor.

Mondays	1pm to 3.30pm	Frances Gale	9 sessions	1 October	£139	£85	A17C
			11 sessions	14 January	£169	£103	A17D



Oil Painting for Beginners and Improvers

Led by an experienced tutor, beginners will be guided through traditional methods of using oil paints, while those with some experience will be encouraged to develop existing skills. Learners will work on individual projects and will develop confidence and ability throughout the term.

Mondays	6pm to 8.30pm	Jenny Ibrahim	13 sessions	10 September	£199	£121	A18A
			11 sessions	14 January	£169	£103	A18B
			10 sessions	29 April	£154	£94	A18C
Fridays	12.45pm to 3.45pm	Jenny Ibrahim	13 sessions	14 September	£238	£145	A19A
			11 sessions	18 January	£202	£123	A19B
			12 sessions	26 April	£220	£134	A19C

Drawing Skills

Led by an experienced tutor, learners will make rapid progress and explore line, tone, measurement, texture, shading and composition. They will be taught how to 'look' and how to interpret what they see. Suitable for beginners and those wishing to improve.

Thursdays	1pm to 4pm	Jenny Ibrahim	13 sessions	13 September	£238	£145	A20A
			11 sessions	17 January	£202	£123	A20B
			10 sessions	25 April	£184	£112	A20C

Acrylics for Beginners

A friendly, supportive and structured course where you will learn new skills to help develop your confidence with acrylics. It will include painting from still life, landscapes and portraiture. You will be inspired to develop your own individual style of painting.

Wednesdays	9.30am to 12.30pm	Mary Kelly	12 sessions	19 September	£220	£134	A21A
			11 sessions	16 January	£202	£123	A21B
			12 sessions	24 April	£220	£134	A21C

Acrylics for Improvers

This course is an opportunity to develop your painting style. You will sometimes find yourself outside your comfort zone, but not for long! The emphasis will be on creating your own work, alongside tutor led projects designed to help you experiment and progress.

Wednesdays	1pm to 4pm	Jenny Ibrahim	13 sessions	12 September	£238	£145	A22A
			11 sessions	16 January	£202	£123	A22B
			10 sessions	24 April	£184	£112	A22C

Watercolour for Beginners

Learn to use watercolours from an experienced artist. You will acquire traditional skills and improve your painting technique and composition. You will gain the confidence to experiment with this challenging medium.

Thursdays	9.30am to 12.30pm	Christine Howes	10 sessions	27 September	£184	£112	A23A
			10 sessions	17 January	£184	£112	A23B
			6 sessions	2 May	£112	£69	A23C

Improvers Watercolour Painting

You will have the opportunity to continue to learn, apply and extend your watercolour skills and techniques to create vibrant and colourful paintings. Develop your painting style through projects with support from an experienced tutor alongside other progressing artists.

Tuesdays	9.30am to 12.30pm	Roma Widger	12 sessions	18 September	£220	£134	A16A
			11 sessions	15 January	£202	£123	A16B
			10 sessions	30 April	£184	£112	A16C



Watercolour Sketchbook

Have you ever wanted to paint on holiday? Learn to use watercolours from an experienced artist in six weeks. Beginning indoors, we will practise painting techniques and move outdoors to sketch skies and landscape. Some experience of drawing desirable.

Tuesdays	1pm to 3.30pm	Christine Howes	6 sessions	30 April	£94	£58	A25A
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NEW Watercolour for Absolute Beginners

This short course is perfect to get you started with watercolour painting. Each week you will learn new techniques such as wet on wet, stippling, splattering, washes and much more. Experiment with colour mixing and learn which paints, brushes, paper and sponges you need. For absolute beginners.

Wednesdays	6.30pm to 9pm	Mary Kelly	6 sessions	7 November	£94	£58	A21G
			6 sessions	27 February	£94	£58	A21H

NEW Mixed Media Painting – Acrylics, Watercolours and Pastels.

A friendly and structured course where, over six weeks, you will work with acrylics, watercolours and pastels. Following this introduction, you may want to join one of our more specialised courses. Suitable for beginners or improvers wanting to experiment with a different medium. Fee includes materials.

Mondays	9.30am to 12.30pm	Mary Kelly	6 sessions	5 November	£132	£89	A21D
			5 sessions	25 February	£114	£78	A21E
			6 sessions	3 June	£132	£89	A21F

NEW Colour Mixing and Brush Work

Mixing colour is an art in itself. However, with so much else to consider, those essential skills often get overlooked. Learn how to manage your palette without the pressure of making a painting. This workshop is aimed at existing painters and beginners. Fee includes materials.

Tuesdays	1pm to 4pm	Jenny Ibrahim	3 sessions	6 November	£63	£42	A91A
			3 sessions	26 February	£63	£42	A91B

NEW Pastels

Pastels have been used by artists since the Renaissance. They are easy to use and they offer an exciting range of possibilities for working with colour and mark. In this introductory course, you will learn some basic techniques and develop your personal style. Fee includes core materials.

Mondays	9.30am to 12noon	Roma Widger	6 sessions	14 January	£106	£70	A92C
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NEW Drypoint Printing

Drypoint is an intaglio printmaking method that involves scratching an image into a plate with a pointed tool. Led by an experienced tutor, you will develop your skills and your knowledge of this ancient craft. You will be able to print artefacts, make Christmas cards, etc. Fee includes core materials.

Mondays	9.30am to 12noon	Roma Widger	6 sessions	17 September	£109	£73	A92A
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Printmaking

An opportunity to explore printmaking techniques including mono-print, collograph, relief, intaglio and stencil screen-printing for printing on paper and fabric. Experimentation is encouraged. Suitable for artists looking at new ways of working and those new to the techniques. Fee includes cost of core materials. For information email: barbara.disney@talk21.com. **These courses take place at the St Paul's Learning Centre.**

Fridays	10am to 12.30pm	Barbara Disney	12 sessions	21 September	£220	£133	A27A
			5 sessions	1 February	£96	£60	A27B
			11 sessions	3 May	£199	£121	A27C

Printmaking and Surface Design Summer School 2019

The summer school encourages a multi-disciplinary approach to working on paper and fabric. Combining techniques and experimentation is encouraged. The course is intensive giving the opportunity to become immersed in the process of making and creativity. Fee includes cost of core materials. For information, email barbara.disney@talk21.com. **These courses take place at the St Paul's Learning Centre.**

Monday to Friday	10am to 4pm	Barbara Disney	5 sessions	29 July to 2 August	£240	£150	A28A
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Saturday Art Courses

Space for Creativity. Self-directed Workshops in Acrylic and Watercolour

Weekend workshops providing creative space and individual tutor support. Ideal for anyone wanting to concentrate on their own work or needing support to overcome a creative hurdle, develop a looser style, etc. Suitable for experienced artists who can work independently. FFI contact tutor: laurel.smart@blueyonder.co.uk

Saturday and Sunday	10am to 4pm	Laurel Smart	2 sessions	12 January	£76	£48	A26A
			2 sessions	16 February	£76	£48	A26B
			2 sessions	16 March	£76	£48	A26C
			2 sessions	27 April	£76	£48	A26D
			2 sessions	25 May	£76	£48	A26E

Saturday Drawing School

Led by an experienced tutor, spend the morning exploring a range of drawing techniques before working towards a finished piece of work in the afternoon. Bring your own materials as per course information sheet. Beginners welcome.

Saturday	10am to 4pm	Jenny Ibrahim	1 session	6 October	£40	£26	A29A
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Still Life in a Day

Bring a blank canvas and take home a finished painting! You will be given a choice of subject matter. You may use any preferred medium (please bring your own materials). Great as a “taster session” before enrolling on a painting course.

Saturday	10am to 4pm	Jenny Ibrahim	1 session	23 March	£40	£26	A29B
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Portraiture Day

Led by an experienced portraiture tutor, you will learn to draw or paint faces from a live model. You may use any preferred medium (pencil, charcoal, acrylics, oils, watercolour or pastels). Some experience of drawing from observation is recommended. There will be a model fee of £10 payable to the tutor on the day.

Saturday	10am to 4pm	Bill Guilding	1 session	18 May	£40	£26	A30A
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Paint or Draw the Clothed Model

An opportunity to work from a clothed life model with tuition. Draw or paint using any preferred medium. Beginners welcome. Please bring own materials. There will be a model fee of £10 payable to the tutor on the day.

Saturday	10am to 4pm	Jenny Ibrahim	1 session	19 January	£40	£26	A29C
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Creative Writing & Literature

Creative Writing for All

Based on process and practice, this will stretch your skills, engage your imagination and help you develop your personal voice. Share your work in a supportive environment as we cover characterisation, place, action and dialogue. All abilities welcome. Although the course does progress, learners may join through the year.

Tuesdays	10am to 1pm	Samantha Forrest	12 sessions	11 September	£220	£134	A31A
			11 sessions	15 January	£202	£123	A31B
			6 sessions	23 April	£112	£69	A31C

Fiction Writing

An opportunity to explore ideas and imagination, examine narrative and perspective, characterisation, plot and dialogue. Writing exercises will stretch your language skills. Write, share and discuss your work within a supportive group. This course is for learners with some experience of creative writing. Although the course does progress, learners may join through the year.

Tuesdays	6.30pm to 9pm	Samantha Forrest	12 sessions	11 September	£184	£112	A32A
			11 sessions	15 January	£169	£103	A32B
			6 sessions	23 April	£94	£58	A32C

NEW Life Writing: Biography and Autobiography

For all who are interested in putting their own story or that of a loved one down on paper for themselves, family or publication. We will look at narration, perspective, tone and pace, as well as how to engage a reader. Writing exercises will develop your language skills. Although the course does progress, learners may join through the year.

Tuesdays	2pm to 4.30pm	Samantha Forrest	12 sessions	11 September	£184	£112	A33A
			11 sessions	15 January	£169	£103	A33B
			6 sessions	23 April	£94	£58	A33C

NEW Writing for Wellbeing

A fun course full of inventive exercises, creative techniques and lots of practice to help you access your personal voice. You will develop confidence while breaking through barriers to imagination and individual expression. A great introduction to short stories, life writing and poetry.

Wednesdays	10am to 12.30pm	Samantha Forrest	6 sessions	7 November	£94	£58	A34A
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NEW Writing Poetry

Explore and experiment with rhythm, pace, structure and imagery. Writing exercises will stretch language skills and encourage self-expression. A supportive environment in which to share and discuss our own and established poets' work.

Wednesdays	10am to 12.30pm	Samantha Forrest	5 sessions	16 January	£79	£49	A34B
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NEW Writing Stories for Children

Taking inspiration from established children's authors, we will look at the particulars of engaging young readers. Fun exercises will stimulate your playful writing side. We will focus on portraying children as characters, consider plot, language, and how to keep them turning the pages.

Wednesdays	10am to 12.30pm	Samantha Forrest	6 sessions	27 February	£94	£58	A34C
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Music – Appreciating Classical Music

Exploring Vivaldi's Four Seasons

Explore and discuss a masterpiece from the Baroque era. No previous knowledge needed - you are welcome whether a novice or an experienced listener!

Mondays	7pm to 9pm	Matthew Heyse-Moore	2 sessions	5 & 12 November	£32	£23	A35A
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Exploring Beethoven's Fifth Symphony

Explore and discuss a work which changed the history of music. No previous knowledge needed - you are welcome whether a novice or an experienced listener!

Mondays	7pm to 9pm	Matthew Heyse-Moore	2 sessions	4 & 11 February	£32	£23	A35B
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Exploring Mozart's Piano Concerto no. 21

Explore and discuss one of Mozart's best-loved piano concertos. No previous knowledge needed - you are welcome whether a novice or an experienced listener!

Mondays	7pm to 9pm	Matthew Heyse-Moore	2 sessions	13 & 20 May	£32	£23	A35C
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Saturday Music Appreciation Courses

NEW Exploring the Music of Arvo Pärt

Explore and discuss the music of a living composer whose music has moved millions. No previous knowledge needed - you are welcome whether a novice or an experienced listener!

Saturday	10am to 4pm	Matthew Heyse-Moore	One day	17 November	£46	£32	A35D
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Exploring Mozart's Requiem

Explore and discuss Mozart's unfinished choral masterpiece written in his final months. No previous knowledge needed – you are welcome whether a novice or an experienced listener!

Saturday	10am to 4pm	Matthew Heyse-Moore	One day	9 March	£46	£32	A35E
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Art History



Art History

Romanticism and European Painting

What is Romanticism? A term difficult to define, although in painting often associated with colour and feeling. We will explore its meaning in the context of European artists from Friedrich in Germany to Géricault in France and Turner in Britain. This course includes a trip to London art galleries on Tuesday 13 November; learners travel independently and meet at the National Gallery.

Mondays	2pm to 4pm	Sarah Kelly	9 sessions	10 September	£112	£69	A36A
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NEW The 15th Century: Early Netherlandish Painting

Explore the art of the Northern Renaissance from Jan van Eyck's exquisite, jewel-like paintings to Hieronymus Bosch's bizarre world of monsters.

Thursdays	10am to 12noon	Sarah Kelly	10 sessions	13 September	£124	£76	A36B
Mondays	2pm to 4pm	Sarah Kelly	8 sessions	29 April	£100	£62	A36E



Art in the 19th Century

A course on European painting from the mid-19th century onwards including artists as diverse as the Pre-Raphaelites in Britain, and Degas and Manet in France. We will also look at American artists working in Paris and London.

Mondays	2pm to 4pm	Sarah Kelly	10 sessions	14 January	£124	£76	A36C
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NEW 16th century painting in Northern Europe

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.

Thursdays	10am to 12noon	Sarah Kelly	9 sessions	17 January	£112	£69	A36D
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NEW 17th Century Painting in Northern Europe

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 everyday life, landscapes and portraits. This course includes a trip to London art galleries on Thursday 13 June; learners travel independently and meet at the National Gallery.

Thursdays	10am to 12noon	Sarah Kelly	9 sessions	2 May	£112	£69	A36J
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Saturday History & Art History Summer School 2019

The First World War: Art and History

Historian John Stevens and Art Historian Sarah Kelly will explore the history and art of WWI. You shall look at the causes, course and consequences of the conflict and focus on the challenging artworks of two soldiers: the British CRW Nevinson and the German Otto Dix.

Saturday	10am to 4pm	John Stevens & Sarah Kelly	1 session	2 March	£40	£26	A36F
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NEW The Spanish Civil War: Art and History

The brutal conflict in Spain is sometimes seen as a European Civil War, but the purely Spanish aspects should be remembered too, as well as the art of Picasso and Salvador Dali. We study both history and art today. Led by Historian John Stevens and Art Historian Sarah Kelly.

Monday and Tuesday	10am to 4pm	John Stevens & Sarah Kelly	2 sessions	29 and 30 July	£76	£48	A36G
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NEW Clowns and Laundresses

Art history through themes - images of people at work or relaxing. Each day we will focus on one activity such as reading or fighting and explore interpretations in paintings and drawings by artists as diverse as Turner and Daumier.

Monday to Friday	10.00am to 12.30pm	Sarah Kelly	5 sessions	12 August to 16 August	£79	£49	A36H
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Bridge



Bridge

Bridge for Beginners 'Taster'

This hands-on taster session will show you how the game of Bridge is played and give you the chance to try it before joining our Beginners' course the following week. You do not need a partner to join the course.

Thursday	1.15pm to 3.15pm	Lorna Watson	1 session	20 September	£6		BB0
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Bridge for Beginners – Term 1

Learn a wonderful social card game! This complete beginners' course covers basic bidding, card play and scoring with lots of practice play. No prior knowledge or card play experience is needed. Tuition is by an English Bridge Union Professional Teacher.

Thursdays	1.15pm to 3.15pm	Lorna Watson	11 sessions	27 September	£138	£82	BBT1
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Bridge for Beginners – Term 2

Continue learning about the Bridge auction. Build on the previous term with more bidding techniques for different hand types. Discover competitive auctions and more card play techniques. Lots of practical tasks to help you learn and enjoy the game.

Thursdays	1.15pm to 3.15pm	Lorna Watson	11 sessions	10 January	£136	£82	BBT2
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Bridge for Beginners – Term 3

Continue learning. Build on each previous term with more bidding techniques for different hand types. Discover bidding sequences for weak and strong hands and perhaps a convention or two. Improve your card play techniques and get lots of practice.

Thursdays	1.15pm to 3.15pm	Lorna Watson	8 sessions	25 April	£100	£60	BBT3
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Bridge for Improvers – Term 1

Brush up your bidding and improve your card play. For new or returning players and previous Bridge for Beginners participants. A revision of the ACOL system with some new techniques. Tuition is by an English Bridge Union Professional Teacher.

Fridays	10am to 12noon	Lorna Watson	11 sessions	28 September	£136	£82	BIT1
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Bridge for Improvers – Term 2

This course continues and builds on the learning acquired in the previous term but new learners are welcome during the year if you have previous experience. Learn more about competitive bidding and complex auctions and gain more card play skills.

Fridays	10am to 12noon	Lorna Watson	11 sessions	11 January	£136	£82	BIT2
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Bridge for Improvers – Term 3

This course continues and builds on the learning acquired in the previous term but new learners are welcome during the year if you have previous experience. Learn more about bidding and complex auctions and gain more card play skills.

Fridays	10am to 12noon	Lorna Watson	8 sessions	26 April	£100	£60	BIT3
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Computers and Digital Technologies



Our computer suite uses Windows 10 and Office 2013. Please note that our maximum number of learners per class is 10. This small class ensures that you get plenty of individual and supportive attention throughout each course.

NEW How the Internet Works – Taster

This taster session will open up the Internet for you, and give you a taste of what the longer course will cover. Knowing how the technology you use everyday works will make you a more thoughtful and powerful user of technology.

Wednesday	7pm to 9pm	Neelakandan Manihatty Bojan	1 session	26 September	£6		CINT
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NEW Internet History, Technology and Security: A Fun Approach to Learn How the Internet Works

Short history of the Internet: how it was created, who created it and how it works. How machines speak with each other, building blocks of the internet, how routers and switches work, how data is carried through internet, what are the current challenges (Security, Privacy etc) and how the Internet will progress in the future.

Wednesdays	7pm to 9pm	Neelakandan Manihatty Bojan	8 sessions	3 October	£100	£60	CINH1
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NEW Improve your Computer Skills

Improve your skills and create useful documents using Microsoft Office. Get to grips with Word, Excel, PowerPoint, Publisher, Email and Internet. Organise files with Windows 10 File Explorer. Includes how to protect your personal information online.

Mondays	10am to 12noon	Carmel Zapata	12 sessions	17 September	£148	£90	ICSM1A
			12 sessions	7 January	£148	£90	ICSM2B
			10 sessions	29 April	£124	£76	ICSM3C
Wednesdays	1pm to 3pm	Carmel Zapata	12 sessions	19 September	£148	£90	ICSW4D
			12 sessions	9 January	£148	£90	ICSW5F
			10 sessions	24 April	£124	£76	ICSW6E

NEW Refresh your Computer Skills

Need to update your computer skills? Feeling left behind with digital technology? We will start with the basics and help you gain confidence in your skills with Windows 10, Microsoft Word, Internet and email.

Mondays	1pm to 3pm	Carmel Zapata	6 sessions	17 September	£76	£46	RCSM1A
			6 sessions	7 January	£76	£46	RCSM2B
Wednesdays	10am to 12noon	Carmel Zapata	6 sessions	27 February	£76	£46	RCSW3C

NEW Get Started with Microsoft Word

Get to grips with the basics of Microsoft Word. Learn how to create useful documents, format text, insert images, adjust the page layout to suit your requirements. Save and retrieve your documents from a folder.

Wednesdays	10am to 12noon	Carmel Zapata	6 sessions	19 September	£76	£46	MW1
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NEW Further Microsoft Word

Go beyond the basics of Microsoft Word. Learn how to produce attractive, professional documents for all occasions and uses. A basic understanding of word processing software and saving files is required.

Wednesdays	10am to 12noon	Carmel Zapata	6 sessions	7 November	£76	£46	FMW2
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NEW Get Started with Microsoft Excel

Get to grips with the basics of Microsoft Excel. Learn how to enter data, format cells, use basic formulae and functions. Sort and filter your data. Create charts. Save and retrieve your spreadsheets.

Wednesdays	10am to 12noon	Carmel Zapata	6 sessions	9 January	£76	£46	ME1
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NEW Get Started with Photo Editing

Learn to edit and manipulate photographs to enhance their appearance using a range of free online software. Photoshop Elements is available if preferred.

Mondays	1pm to 3pm	Carmel Zapata	6 sessions	5 November	£76	£46	SPE1
			6 sessions	25 February	£76	£46	SPE2

NEW Get to Know PowerPoint

Learn how to create a dynamic and informative slide show. Format text, add backgrounds, images and special effects. No prior experience is required but you must be able to use a mouse and keyboard.

Mondays	1pm to 3pm	Carmel Zapata	6 sessions	29 April	£76	£46	PP1
Wednesdays	10am to 12noon	Carmel Zapata	6 sessions	5 June	£76	£46	PP2

Computer Courses on Saturdays

NEW Creative Computer Skills for Christmas

Get creative with your IT skills and produce festive Christmas cards, address labels and more using Microsoft Word and Publisher. Build your own personalised online advent calendar.

Saturday	10am to 4pm	Carmel Zapata	1 session	20 October	£40	£24	CCC1
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NEW Social Media for Business and Leisure

Is Social Media a complete mystery to you? Are you terrified by tweets and horrified by hashtags? Don't feel left out. In this informal workshop your concerns and fears will be addressed, making social media both enjoyable and useful.

Saturday	10am to 4pm	Lisa Malyon	1 session	17 November	£40	£24	SM1
			1 session	9 March	£40	£24	SM2
			1 session	15 June	£40	£24	SM3

Cookery



We have a newly refurbished kitchen at Stoke Lodge and are delighted to be able to offer an exciting new range of cookery courses.

Most of our courses are a mixture of demonstration and hands on activity so please check the individual descriptions for details.

You will of course be provided with all the recipes.

Please note that recipes may include use of nuts or dairy produce or ingredients containing gluten, and therefore please advise the admin office at the point of enrolment if you are allergic to any ingredients.



Weekly Cookery Courses

NEW Age-Well: Health and Nutrition

How to use food to help you maintain health & wellbeing during the ageing process. Including: Why we need key food groups; how to make change; quick & easy healthy dishes (demonstrations, tasters & food preparation); focus on anti-cancer, brain health.

Tuesdays	6.30pm – 8.30pm	Caroline Pringle	6 sessions	9 October	£110	£76	HN1
			6 sessions	4 June	£110	£76	HN2

Look and Cook: 'Beginners to Winners'

Gain confidence and basic cooking skills! On alternate weeks the tutor will demonstrate a choice of dishes and you will cook one of them the following week at Stoke Lodge. At the end of the course you will know how to make a two or three course meal and an additional sweet treat! Please bring your own choice of ingredients for the practical sessions. There is an additional ingredients cost, usually between £5 - £7, payable to the tutor for each demonstration session.

Thursdays	5pm to 7pm	Karen Lawrence	8 sessions	4 October	£116	£70	CBW8
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Look and Cook: Vegetarian Cookery

On alternate weeks the tutor will demonstrate a choice of straightforward, meat-free dishes such as spicy chick peas, sheep-less shepherd's pie or nut-roast. You will cook one of them the following week at Stoke Lodge. (and take it home for supper!) Please bring your own choice of ingredients for the practical sessions. There is an additional ingredients cost, usually between £5 - £7, payable to the tutor for each demonstration session.

Thursdays	1pm to 3pm	Karen Lawrence	6 sessions	10 January	£88	£54	CVC6
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Look and Cook: Moroccan and North African Cuisine

On alternate weeks the tutor will demonstrate a choice of straightforward dishes from the region, such as tagine, chicken with lemon and olives, couscous, tabbouleh and Tunisian Cake. You will cook one of them the following week at Stoke Lodge, and take it home for supper! Please bring your own choice of ingredients for the practical sessions. There is an additional ingredients cost, usually between £5 - £7, payable to the tutor for each demonstration session.

Thursdays	5pm to 7pm	Karen Lawrence	6 sessions	10 January	£88	£54	CNA6
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Look and Cook: Tagine

A demonstration - followed by a chance for you to make a Tagine the following week at Stoke Lodge and take it home for supper! Please bring your own choice of ingredients for the practical session. There is an additional ingredients cost, usually between £5 - £7, payable to the tutor for each demonstration session.

Chicken Tagine

Thursdays	1pm to 3pm		2 sessions	28 February	£38	£24	CCT1
Thursdays	5pm to 7pm		2 sessions	28 February	£38	£24	CCT2

Vegetable Tagine

Thursdays	1pm to 3pm		2 sessions	14 March	£38	£24	CVT1
Thursdays	5pm to 7pm		2 sessions	14 March	£38	£24	CVT2

Kofta Tagine

Thursdays	1pm to 3pm		2 sessions	28 March	£38	£24	CKT1
Thursdays	5pm to 7pm		2 sessions	28 March	£38	£24	CKT2

Look and Cook: Tea Time Treats

Delicious, tempting indulgences for morning coffee, picnics and lunchboxes. One week watch the tutor produce a selection of baked goods from muffins, cupcakes, cookies, buns, brownies, tea loaves or tarts. You will cook one of them the following week at Stoke Lodge. Please bring your own choice of ingredients for the practical session.

Thursdays	1pm to 3pm	Karen Lawrence	2 sessions	25 April	£38	£24	CTT8
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Look and Cook: Healthy Eating

An introduction to healthy eating, using fresh, natural ingredients to create tasty dishes. A choice of dishes will be demonstrated one week - you will cook one of them the following week, at Stoke Lodge, to take home for supper. Please bring your own choice of ingredients for the practical sessions.

Thursdays	5pm to 7pm	Karen Lawrence	4 sessions	25 April	£70	£42	CHE7
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One Day Cookery Courses

Inspired by Mexico

Inspiration, recipes and hands-on practice to discover and create the delicious food of Mexico & Latin America. Fajitas, Burritos, Tacos and Enchiladas are a few of the dishes that Mexico is well known for and enjoyed by so many for their flavours, colours, textures, and great use of healthy, easily available ingredients. Some of the dishes we'll make will be Thyme Roasted Vegetable & Quinoa Burritos, Crispy Baked Avocado & Tomato Tacos, and Chicken Fajitas with Guacamole & Pico de Gallo.

Mondays	10.30am to 3.30pm	Lisa Warrington	1 session	5 November	£54	£38	CMM1
			1 session	4 March	£54	£38	CMM2
Tuesdays	10.30am to 3.30pm	Lisa Warrington	1 session	2 October	£54	£38	CMT1
			1 session	4 June	£54	£38	CMT2
Wednesdays	10.30am to 3.30pm	Lisa Warrington	1 session	9 January	£54	£38	CMW1

Beautiful, Bountiful Brunches

Inspiration, recipes and hands-on practice to create easy and delicious brunches. One of the dishes we'll make and eat, for example, will be a toasted courgette loaf, topped with avocado, grilled halloumi, roasted tomatoes, a poached egg and drizzled with a basil oil. Dishes prepared will be eaten in session and/or taken home.

Mondays	10.30am to 3.30pm	Lisa Warrington	1 session	25 March	£54	£38	CBBM
Tuesdays	10.30am to 3.30pm	Lisa Warrington	1 session	20 November	£54	£38	CBBT1
			1 session	14 May	£54	£38	CBBT2
Wednesdays	10.30am to 3.30pm	Lisa Warrington	1 session	24 October	£54	£38	CBBW

Breads – Savoury & Sweet

Inspiration, recipes and hands-on practice to create sweet and savoury doughs, breads and buns. We'll make quick-breads, flatbreads, yeast breads, wraps, a health loaf, sweet treats, and brioche dough. One of the dishes we'll make and eat, for example, will be a Camembert and Caramelised Onion Pie (brioche dough). In another session, there would be Irish Soda Bread to take home. Dishes prepared will be eaten in session and/or taken home.

Mondays	10.30am to 3.30pm	Lisa Warrington	1 session	21 January	£54	£38	CBSSM
Tuesdays	10.30am to 3.30pm	Lisa Warrington	1 session	6 November	£54	£38	CBSST1
			1 session	12 March	£54	£38	CBSST2
Wednesdays	10.30am to 3.30pm	Lisa Warrington	1 session	6 February	£54	£38	CBSSW1
			1 session	22 May	£54	£38	CBSSW2

Fast and Fabulous Comfort Food

Inspiration, recipes and hands-on practice to create good food quickly and easily. Comfort food is restoring, makes us feel good, and nurtures us. Often this food takes hours to make and cook, but when we need something quicker and beans on toast just won't do, we need inspiration! This course will use tricks, tips and shortcuts to show how we can meet the need for quick and comforting food. From hearty hot-pots, through traybakes, to warm salads. Dishes prepared will be eaten in session and/or taken home.

Mondays	10.30am to 3.30pm	Lisa Warrington	1 session	14 January	£54	£38	CCFM
Tuesdays	10.30am to 3.30pm	Lisa Warrington	1 session	23 October	£54	£38	CCFT1
			1 session	27 November	£54	£38	CCFT2
Wednesdays	10.30am to 3.30pm	Lisa Warrington	1 session	13 February	£54	£38	CCFW



Inspirations for Summer

Inspiration, recipes and hands-on practice to create good food quickly and easily. Comfort food is restoring, makes us feel good, and nurtures us. Often this food takes hours to make and cook, but when we need something quicker and beans on toast just won't do, we need inspiration! This course will use tricks, tips and shortcuts to show how we can meet the need for quick and comforting food. From hearty hot-pots, through traybakes, to warm salads. Dishes prepared will be eaten in session and/or taken home.

Mondays	10.30am to 3.30pm	Lisa Warrington	1 session	1 April	£54	£38	CISM1
Mondays	10.30am to 3.30pm	Lisa Warrington	1 session	20 May	£54	£38	CISM2
Tuesdays	10.30am to 3.30pm	Lisa Warrington	1 session	30 April	£54	£38	CIST
Wednesdays	10.30am to 3.30pm	Lisa Warrington	1 session	8 May	£54	£38	CISW1
			1 session	12 June	£54	£38	CISW2

Inspired by India – Its Food and its People

Inspiration, recipes and hands-on practice to create food inspired by India. Its food and people offer a vast and healthy array of dishes that are simple to make, good to eat, and use all manner of vegetable, herbs, spices, grains, and pulses to make flavour-packed, colourful and healthy food. Some of the dishes we'll make for example, will be Sweet Bombay Potatoes, Roasted Cauliflower Korma, and Shashlik Vegetable Skewers with Mango & Lime Slaw & Coriander Chutney. Dishes prepared will be eaten in session and/or taken home.

Mondays	10.30am to 3.30pm	Lisa Warrington	1 session	22 October	£54	£38	CINM1
			1 session	10 June	£54	£38	CINM2
Tuesdays	10.30am to 3.30pm	Lisa Warrington	1 session	12 February	£54	£38	CINT1
			1 session	5 March	£54	£38	CINT2
Wednesdays	10.30am to 3.30pm	Lisa Warrington	1 session	21 November	£54	£38	CINW

Inspired by the Mediterranean

Inspiration, recipes and hands-on practice to create a range of Tapas from Greece, Portugal & Spain. Tapas are a collection of tasty little dishes or small plates, which are made for sharing and have become one of our favourite ways to eat. They are a great way to add new variety to your meals, and feed your family and friends good food. Some of the dishes we'll make for example, will be Halloumi Saganaki with Honey and Sesame Seeds, Beef Escabeche, and Traditional Crispy Greek Lemon Potatoes. Dishes prepared will be eaten in session and/or taken home.

Mondays	10.30am to 3.30pm	Lisa Warrington	1 session	13 May	£54	£38	CIMM
Tuesdays	10.30am to 3.30pm	Lisa Warrington	1 session	9 October	£54	£38	CIMT1
			1 session	2 April	£54	£38	CIMT2
			1 session	23 April	£54	£38	CIMT3
Wednesdays	10.30am to 3.30pm	Lisa Warrington	1 session	16 January	£54	£38	CIMW1
			1 session	27 February	£54	£38	CIMW2

Middle Eastern Mezze

Inspiration, recipes and hands-on practice to create a range of Middle Eastern Mezze. Mezze a collection of tasty little dishes or small plates made for sharing and have become one of our favourite ways to eat. They are a great way to add variety to your meals. Some of the dishes we'll make will be Hummus with sumac, coriander and garlic, Roasted Beetroot with Za'atar, and lamb & cinnamon kefte. Dishes prepared will be eaten in session and/or taken home.

Mondays	10.30am to 3.30pm	Lisa Warrington	1 session	8 October	£54	£38	CMEM
Tuesdays	10.30am to 3.30pm	Lisa Warrington	1 session	8 January	£54	£38	CMET1
			1 session	21 May	£54	£38	CMET2
Wednesdays	10.30am to 3.30pm	Lisa Warrington	1 session	20 March	£54	£38	CMEW1
			1 session	19 June	£54	£38	CMEW2



Pastry – Savoury & Sweet

Inspiration, recipes and hands-on practice to create a variety of sweet and savoury pastries from scratch and use them to make a range of dishes. By making ahead, pastry can easily be turned into a quick and tasty dishes. The dishes we'll make for example, will include an apple pie from scratch, a walnut pastry goats cheese tartlet, and chocolate fudge or salted butterscotch profiteroles. Dishes prepared will be eaten in session and/or taken home.

Mondays	10.30am to 3.30pm	Lisa Warrington	1 session	17 June	£54	£38	CP1
Tuesdays	10.30am to 3.30pm	Lisa Warrington	1 session	13 November	£54	£38	CP3
			1 session	4 December	£54	£38	CP4
			1 session	22 January	£54	£38	CP5
Wednesdays	10.30am to 3.30pm	Lisa Warrington	1 session	13 March	£54	£38	CP6

Winter Warmers

Inspiration, recipes and hands-on practice to create good winter food, for fuel and sustenance, and for whiling away the dark, rainy days when we can't get outside. From soups & casseroles, through roasts, to pies and puddings. Some of the dishes we'll make for example, will be Lentil & Tomato Soup With Sizzled Garlic And Coriander, Chicken Pie, and Toffee Apple Pudding With Homemade Custard. Dishes prepared will be eaten in session and/or taken home.

Mondays	10.30am to 3.30pm	Lisa Warrington	1 session	1 October	£54	£38	CWW1
			1 session	12 November	£54	£38	CWW2
Tuesdays	10.30am to 3.30pm	Lisa Warrington	1 session	16 October	£54	£38	CWW3
Wednesdays	10.30am to 3.30pm	Lisa Warrington	1 session	28 November	£54	£38	CWW4

Look, Cook and Eat: Scones

A demonstration followed by a chance for the group to bake a variety of scones. We will sample each other's results (with a cup of tea of course!) and you can take the remainder home to delight your family! Recipes and ingredients provided.

Thursdays	1pm to 4pm	Karen Lawrence	1 session	9 May	£28	£16	CSC
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Italian Cookery - Demonstration

Spend the day watching the tutor prepare a wide selection of delicious traditional Italian dishes, which may include antipasti, fresh pasta, risotto, main courses and desserts. You will sample all the dishes for lunch, accompanied by a glass of wine. There is an additional ingredients cost, usually between £5 - £7, payable to the tutor on the day.

Fridays	10am to 3pm	Laura Geraci	1 session	12 October	£40	£28	CITA1
			1 session	25 January	£40	£28	CITC3
			1 session	15 March	£40	£28	CITE5

Italian Cookery – Biscotti

Come and learn how to bake traditional Italian biscuits and sweets, like Cantucci biscotti and Sicilian almond pastes. Many are easy and ideal to make in advance and keep in stock for the festive season!

Fridays	10am to 3pm	Laura Geraci	1 session	23 November	£54	£38	CITB2
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Italian Cookery – Pizza

Come and learn how to make authentic Italian pizza from scratch. This includes making fresh dough and also you can create your own selection of toppings. You can then have your pizza for a very tasty lunch!

Fridays	10am to 3pm	Laura Geraci	1 session	8 February	£54	£38	CITD4
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Italian Cookery – Antipasty

Prepare a selection of delicious Italian antipasti that you will enjoy as part of your garden party or on a summer picnic. Dishes may include savoury bread ring, frittata cubes, mini arancini, Prosciutto and asparagus bites, etc. Lunch is included.

Fridays	10am to 3pm	Laura Geraci	1 session	10 May	£54	£38	CITF6
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Vegetarian Cookery – Demonstration

Share ideas and information about the various benefits of vegetarian foods whilst watching the tutor cook a range of easy, meat-free dishes such as spicy chick peas, sheep-less shepherd's pie and nut-roast. Enjoy eating the results for lunch! There is an additional ingredients cost, usually between £5 - £7, payable to the tutor on the day.

Thursdays	10am to 3pm	Karen Lawrence	1 session	11 October	£40	£28	CVC1
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Gluten Free Cookery – Demonstration

A gluten-free diet need not be restrictive - exchange information and ideas and see a range of main courses and baked dishes, for example Millet Burgers, Chocolate Brownies. Most recipes require basic cooking skills and easily obtained ingredients. Enjoy eating the results for lunch! There is an additional ingredients cost, usually between £5 - £7, payable to the tutor on the day.

Thursdays	10am to 3pm	Karen Lawrence	1 session	25 October	£40	£28	CGF1
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Moroccan and North African Cuisine – Demonstration

Observe, learn, and taste a variety of dishes from the North of Africa. Look at incorporating this style into your own cooking by using the herbs, spices, pulses, grains, nuts and fruit of the region. Dishes could include - tagine, chicken with lemon and olives, couscous, tabbouleh and Tunisian citrus cake. Enjoy eating the results for lunch! There is an additional ingredients cost, usually between £5 - £7, payable to the tutor on the day.

Thursdays	10am to 3pm	Karen Lawrence	1 session	15 November	£40	£28	CNAC1
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Considering Going Vegan? – Demonstration

Begin by changing your lunch – see a range of fast, easy and affordable ideas for midday meals and packable snacks which do not use meat or animal products. We will discuss the benefits of vegan diets and enjoy lunch together. There is an additional ingredients cost, usually between £5 - £7, payable to the tutor on the day.

Thursdays	10am to 3pm	Karen Lawrence	1 session	29 November	£40	£28	CCGV1
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Cookery Courses on Saturdays

Store Cupboard Cookery – Demonstration

Learn to make traditional organic winter staples, such as apple and raisin chutney, bramble jam, elderberry tonic, as well as bread and scones, using Einkorn and Khorasian flour. The day includes a ploughman's lunch and a cream tea.

Saturday	10.30am to 3.30pm	Sheila Broun	1 session	6 October	£54	£38	CSCC1
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West Country Wonders – Demo & Dine

Known for our Pork, Cheeses, Apples, Ciders and Strawberries, we also have great charcuterie, oils, honey, tacos, Middle Eastern breads, truffles, chocolate, salads, vegetables and herbs. This Demo & Dine will showcase seasonal produce with tasters, cooking demos (with some hands-on practice), and plenty of treats. You'll also be able to take away recipes and lots of ideas for yourself, and for gifts and entertaining.

Saturday	10am to 3pm	Lisa Warrington	1 session	17 November	£66	£40	CWCD1
Saturday	10.30am to 3.30pm	Lisa Warrington	1 session	6 April	£66	£40	CWCD2

Italian Cookery: Fresh Pasta

Come and learn how to make authentic Italian pasta from scratch. This includes making fresh pasta dough and also you can make a selection of sauces.

Saturday	10am to 3pm	Laura Geraci	1 session	9 March	£54	£38	CITSFP
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Ch'ang Ming Cookery – Demonstration

Delicious food for an organic spring cleanse. Learn about Ch'ang Ming dietary therapy and make kale crisps, sweet potato hash browns, brown rice and noodles with stir fry vegetable dishes, and apple pancakes. The day includes lunch.

Saturday	10.30am to 3.30pm	Sheila Broun	1 session	23 March	£54	£38	CCMC2
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GM Free Cookery – Demonstration

Enjoy a traditional organic midsummer lunch, and discuss how to shop wisely to avoid GM food. Learn how to make Italian roast chicken, sweet potato and raisin falafels, salads, new potatoes, and strawberry ice cream. The day includes lunch.

Saturday	10.30am to 3.30pm	Sheila Broun	1 session	15 June	£54	£38	CGMF3
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Wine Appreciation

NEW Wine: Anything but Chardonnay, Anything but Cabernet

If this is your view about these 2 famous grape varieties, have you just been unlucky in the bottles you've chosen or would you really prefer something else? We'll explore the options. The cost of wines tasted will be shared (max £15pp).

Saturday	11am to 4pm	Ian Abrahams	1 day	17 November	£34	£22	WAC1
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NEW Wines of Australia

No longer just easy drinking 'Sunshine in a Bottle', Australia is now producing some delicious wines in many different styles. Come and explore with us. The cost of wines tasted will be shared (max £15pp).

Saturday	11am to 4pm	Ian Abrahams	1 day	19 January	£34	£22	WAA2
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NEW The Wines of Italy

With more different native grape varieties than any other country, the wines of Italy can seem confusing. But they don't need to be as you will discover today. The cost of wines tasted will be shared (max £15pp).

Saturday	11am to 4pm	Ian Abrahams	1 day	9 March	£34	£22	WIT3
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NEW Wines: Europe v the Rest of the World

Do you enjoy French wine? Or Spanish? Or do you prefer Australian or Californian? Today, we'll taste a selection of wines 'blind'. Then you will vote for your favourites. Surprises guaranteed! The cost of wines tasted will be shared (max £15pp).

Saturday	11am to 4pm	Ian Abrahams	1 day	6 April	£34	£22	WEW4
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Crafts



Floristry

Further Floristry

For intermediate and advanced florists - extend your skills by exploring traditional and more innovative approaches to simple, elegant, experimental and fun range of floral design ideas. Previous learners are most welcome.

Tuesdays	10am-12.30pm	Cheril McCartney	10 sessions	25 September	£154	£94	A37A
			10 sessions	22 January	£154	£94	A37B

Floristry for Beginners

Have fun learning floral design techniques to create buttonholes and corsages, table arrangements, hand-tied bouquets, contract pieces etc. A great start for budding florists or those who simply love flowers.

Tuesdays	1.30pm to 4pm	Cheril McCartney	10 sessions	25 September	£154	£94	A38A
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Developing Floristry Skills

Extend your skills to create a variety of contemporary and traditional designs: wired work, hand-tied bouquets, posy and front-facing arrangements, wedding and sympathy work, floral gifts etc. Previous learners are most welcome.

Tuesdays	1.30pm to 4pm	Cheril McCartney	10 sessions	22 January	£154	£94	A38B
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Saturday Floristry Courses

Christmas Floral Designs for Beginners

Enjoy the satisfaction of creating your own 'personalised' Christmas door decoration and explore some fun ideas for seasonal table arrangements using a range of professional floristry techniques. Have fun; be inspired! Fees include materials for 2 pieces.

Saturday	10am to 4pm	Cheril McCartney	1 day	1 December	£55	£41	A39A
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Christmas Floral Designs for Improvers

Those with some experience (including previous learners), will explore some fresh, inspirational ideas and use professional techniques to create stylish, fun floral Christmas decorations. Fee includes materials for 2 pieces.

Saturday	10am to 4pm	Cheril McCartney	1 day	8 December	£55	£41	A39B
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Spring Floral Designs

Explore modern floral ideas using seasonal materials to celebrate Mother's Day, Easter or simply the beginnings of Spring. Create fun pieces to give away or to decorate your own home. Previous learners are most welcome. Fee includes materials for 2 pieces.

Saturday	10am to 4pm	Cheril McCartney	1 day	23 March	£55	£41	A39C
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Jewellery Making

NEW Copper & Silver Jewellery – Beginners

Learn how to create your own set of rings and a pendant in silver & copper using a range of techniques including cutting, texturing, shaping, soldering and finishing. Suitable for complete beginners. Fee includes some initial materials. Learners will need to purchase their own silver, with guidance from the tutor.

Fridays	10am to 12.30pm	Sarah McCallum	6 sessions	21 September	£104	£68	A40A
			5 sessions	18 January	£89	£59	A40B
			5 sessions	26 April	£89	£59	A40C

Copper & Silver Jewellery Making-Intermediates

Create your own silver & copper jewellery using a range of traditional metalsmithing techniques including cutting, forming, texturing, joining and finishing. Some previous experience recommended. Fee includes some initial materials. Learners will need to purchase their own silver, with guidance from the tutor.

Fridays	1pm to 3.30pm	Sarah McCallum	6 sessions	9 November	£104	£68	A41A
			5 sessions	18 January	£89	£59	A41B
			6 sessions	1 March	£104	£68	A41C

NEW Copper & Silver Jewellery Making-Choose Your Own Project

Plan and pursue your own jewellery making project, guided by the tutor, using skills acquired in earlier terms. Previous experience necessary. Fee includes some initial materials. Learners will need to purchase their own silver, with guidance from the tutor.

Fridays	1pm to 3.30pm	Sarah McCallum	8 sessions	26 April	£134	£86	A41D
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Papercrafts

NEW Christmas Frippery

This course will be a mixture of demonstrations and hands-on fun, where you will learn to wrap like an expert and embellish so well that your gift will look too good to unwrap! Develop decorative and useful papercraft skills. Fee includes costs of core materials.

Mondays	9.30am to 12noon	Roma Widger	5 sessions	5 November	£94	£64	A92B
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Sewing, Textiles and Upholstery

Dressmaking and Textiles

Construct a garment of your choice using a commercial pattern and a range of sewing techniques and skills. You will be introduced to the art of pattern reading. This course is suitable for beginners and those with sewing skills they want to develop.

Mondays	6.30pm to 9pm	Lorraine Joseph	10 sessions	17 September	£157	£97	A45A
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Learning to Sew and More!

You will learn basic sewing machine skills and techniques to help you make fashionable and stylish clothes and furnishings. You will also learn to read a pattern and discover some of the essential hand stitches needed to finish off your project. All abilities welcome.

Mondays	6.15pm to 8.45pm	Marilyn Mitchelmore	5 sessions	24 September	£96	£60	A42A
Monday courses take place at the St Paul's Learning Centre			5 sessions	5 November	£96	£60	A42B
			5 sessions	14 January	£96	£60	A42C
			5 sessions	25 February	£96	£60	A42D
			5 sessions	29 April	£96	£60	A42E
			5 sessions	17 June	£96	£60	A42F
Fridays	10am to 12.30pm	Marilyn Mitchelmore	12 sessions	14 September	£187	£115	A43A
			11 sessions	18 January	£172	£106	A43B
			10 sessions	26 April	£157	£97	A43C

NEW Blinds, Curtains & Cushions

This course will focus on textiles in the home. You will learn the techniques involved from measuring the window and calculating fabric needed, planning, designing and creating your own project. You will use a sewing machine and will uncover the secret of a professional finish. All abilities welcome.

Fridays	1pm to 3.30pm	Marilyn Mitchelmore	6 sessions	9 November	£97	£61	A43D
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NEW Essential Alterations

Alter your clothes and revamp your wardrobe! You will learn how to shorten or lengthen hems, how to take in or let side seams, how to replace zips and lots more. You will use a sewing machine and overlocker if appropriate. All abilities welcome.

Fridays	1pm to 3.30pm	Marilyn Mitchelmore	6 sessions	22 March	£97	£61	A43E
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NEW Getting to Know Your Sewing Machine

Don't know where to start or want to get more out of your sewing machine? This is for you! Use the various stitches, sewing feet and accessories that come with your machine. You will also learn to select the correct needle and thread for fabric. Fee includes fabric for a mini project.

Thursdays	1pm to 4pm	Ann Huntley	1 session	11 October	£24	£17	A47A
			1 session	7 February	£24	£17	A47B
Wednesdays	6pm to 9pm	Ann Huntley	1 session	7 November	£24	£17	A47C

NEW Bag Making

Choose from a variety of styles using different techniques and finishes. You will learn to measure and cut a simple pattern, select fabric, insert lining and magnetic clasps and how to attach handles. Please refer to course information sheet before buying fabric. For beginners and those looking to develop their bag making skills.

Wednesdays	6.30pm to 9pm	Ann Huntley	5 sessions	14 November	£82	£52	A48B
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NEW Creative Stitching with Shimmer and Shine

Make small jewel-like pieces that can be as subtle or glittery as you wish! Suitable for complete beginners or those who want to try stunning contemporary techniques in hand embroidery and textile art. Suitable for all levels. Fee includes core materials.

Mondays	1pm to 4pm	Debby Bird	5 sessions	5 November	£99	£53	A44A
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NEW Around the World with Creative Stitch

Drawing inspiration from artefacts, colours and designs from around the globe, you will explore hand embroidery and textile art. You will learn new stitches and techniques each session. Suitable for complete beginners or those looking for new ideas. Fee includes core materials.

Mondays	1pm to 4pm	Debby Bird	10 sessions	14 January	£189	£117	A44B
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NEW Make an Outfit for a Special Occasion

Going to a wedding or the races? This course will introduce couture techniques in order to make a stunning and unique outfit. Using luxury fabrics, you will learn to use a pattern, cut out and make up. Ideal for learners who want to extend their sewing skills and learn the art of formal/special occasion wear.

Wednesdays	6.30pm to 9pm	Ann Huntley	10 sessions	16 January	£157	£97	A52A
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NEW Beautiful Lingerie

Depending on experience, you will learn to make knickers, camisole tops, sleepwear, slip or bra. You will learn to alter a pattern to your measurements, cut your pieces and sew your items using a range of methods on the sewing machine and by hand. Please consult tutor before buying fabric. Some fabrics and specialist supplies can be bought directly from tutor.

Wednesdays	6.30pm to 9pm	Ann Huntley	10 sessions	24 April	£157	£97	A50B
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NEW Making Children's Clothes-Dungarees

Learn how to make a classic pair of dungarees for your favourite little one in a day. You will learn how to read a pattern, cut out and sew your chosen garment and finish it with some simple design features. Please consult tutor before buying fabric. Some fabrics and specialist supplies can be bought directly from tutor. Suitable for beginners.

Thursdays	10am to 3 pm	Ann Huntley	1 day	28 February	£34	£22	A51A
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Upholstery

Bring a treasured heirloom back to life! You will learn traditional upholstery skills and methods using traditional materials. If your project requires it, you can also learn how to use a sewing machine. Due to limited storage, please bring smaller, lighter pieces.

Mondays	9.30am to 12.30pm	Nicola Hamilton	13 sessions	10 September	£241	£148	A49A
			11 sessions	14 January	£205	£126	A49B
			10 sessions	29 April	£187	£115	A49C
Mondays	1pm to 3.30pm	Nicola Hamilton	13 sessions	10 September	£202	£124	A49D
			11 sessions	14 January	£172	£106	A49E
			10 sessions	29 April	£157	£97	A49F
Tuesdays	6.30pm to 9pm	Nicola Hamilton	13 sessions	11 September	£202	£124	A46A
			11 sessions	15 January	A49F	£106	A46B
			12 sessions	23 April	£187	£115	A46C
Thursdays	6.30pm to 9pm	Nicola Hamilton	13 sessions	13 September	£202	£124	A46D
			11 sessions	17 January	£172	£106	A46E
			12 sessions	25 April	£187	£115	A46F



NEW Upholstery Taster for Beginners

Learn basic upholstery skills whilst making a stool to take home. Learn how to attach webbing, shape a pad, tension and cut fabric and use hand tools such as webbing stretchers and tack hammers. Suitable for beginners. [These courses take place at the St Paul's Learning Centre.](#)

Tuesdays	10am to 3pm	Jenny Smith or Fern Busutill	2 sessions	4 September	£90	£70	C93D
			2 sessions	30 April	£90	£70	C93E
Tuesdays	6.20pm to 8.35pm	Jenny Smith or Fern Busutill	4 sessions	8 January	£90	£70	C93F

Saturday Sewing, Textiles and Upholstery Courses

NEW All that Glitters: Hand Stitched Brooches and Beads

Upcycle sweet wrappers, drink cans, etc. and combine with exquisite silk threads and glass beads to create beautiful brooches to keep or give away. Techniques will show you how to fuse unusual materials with simple hand embroidery stitches. Fee includes core materials.

Saturday	10am to 4pm	Debby Bird	1 day	6 October	£43	£29	A44C
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NEW Machine Stitched Mosaics

Upcycle snippets of silk, foil and fabric and learn how to layer them with free-motion machine embroidery. You will create a beautifully embroidered panel suitable for a bag or for framing. Fee includes core materials.

Saturday	10am to 4pm	Debby Bird	1 day	20 October	£52	£34	A44D
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Knitting for Beginners

Start from scratch -you will learn the basics of knitting including casting on, casting off, some basic stitches and how to read a pattern. Fee includes a starter pack with needles and yarn.

Saturday	10am to 4pm	Debby Bird	1 day	17 November	£54	£36	A44H
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Free Motion Embroidery and Dissolvable Fabrics

Create a tiny piece of garden with grass, poppies, forget-me-nots and dandelions. Practise the basics of stitching on to dissolvable fabric before learning how to form your picture using free motion stitching techniques. Fee includes core materials.

Saturday	10am to 4pm	Debby Bird	1 day	19 January	£54	£36	A44F
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Crochet for Beginners

Start from scratch-you will learn how to hold a hook, create basic stitches and how to read a pattern. Examples and ideas of how to make a simple sample into something useful will be provided. Fee includes a starter pack with a hook and yarn.

Saturday	10am to 4pm	Debby Bird	1 day	2 February	£54	£36	A44G
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Roman Blinds

This 2 day workshop covers measuring, calculating fabric and constructing a Roman Blind. You will use a sewing machine and learn various hand stitches required to finish your blind. All abilities welcome.

Saturdays	10am to 4pm	Marilyn Mitchelmore	Two sessions	9 March and 23 March	£76	£48	A43F
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NEW Bag in a Day Workshop

Learn how to use a sewing machine to construct a simple bag suitable for everyday use. For complete beginners and those looking to develop their sewing skills. This workshop is a great introduction to our longer Bag making course. Fee includes the fabric and lining needed to complete your individual bag.

Saturday	10am to 3pm	Ann Huntley	1 day	10 November	£39	£27	A48A
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NEW Lingerie Workshop

Handmade underwear feels like a luxury, but it is a great way to make something that fits you perfectly. Create a pair of knickers or boxer shorts using a sewing machine. All materials provided; you will leave the workshop with your own finished lingerie piece. For complete beginners and those looking to develop their lingerie making skills. This workshop is a great introduction to our longer lingerie making course.

Saturday	10am to 3pm	Ann Huntley	1 day	30 March	£36	£24	A50A
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NEW T-Shirt Workshop

This workshop will introduce you to working with jersey and knitted fabrics. Learn how to cut and find the direction of stretch, use the correct machine stitch etc. You will also learn some decorative techniques to customise your T-shirt. Fee includes fabric and some specialist supplies.

Saturday	10am to 3pm	Ann Huntley	1 day	16 March	£39	£27	A51B
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Upholstery on Saturdays

These one day workshops can be used as a “taster” or as an opportunity to complete an unfinished project. If you intend to finish a project in a day, please bring fabric and braid (if appropriate). Please choose a small, manageable piece. No previous experience necessary.

Saturday	10am to 4pm	Nicola Hamilton	1 day	6 October	£49	£31	A53A
			1 day	17 November	£49	£31	A53B
			1 day	2 February	£49	£31	A53C
			1 day	6 April	£49	£31	A53D
			1 day	15 June	£49	£31	A53E

Stained Glass

Stained Glass Intermediates

You will be guided through the making process from design, cutting and shaping glass, leading, soldering, cementing and finishing. Suitable for beginners and more experienced wishing to develop skills and explore techniques such as mosaic, fusing and copperfoil. Fee includes classroom sundries; learners can purchase coloured glass, lead and solder from the tutor or from a local supplier.

Wednesdays	1.30pm to 4pm	Ruth Adams	12 sessions	19 September	£203	£131	A82A
			11 sessions	16 January	£188	£122	A82B
			10 sessions	24 April	£172	£112	A82C

NEW Stained Glass for Beginners

Stained glass can be made in a variety of ways. These beginners' courses will introduce you to the basic techniques required to complete your project. They can be taken individually or as a series and are aimed at complete beginners or learners looking to develop skills in a particular technique. Fee includes classroom sundries; learners can purchase coloured glass, lead and solder from the tutor or from a local supplier.

Part 1: Leading

Join pieces of glass together with strips of lead and solder as in traditional windows and doors. This course also includes painting on glass and kiln firing to add detail.

Wednesdays	10am to 12.30pm	Ruth Adams	12 sessions	19 September	£203	£131	A82D
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Part 2: Copper Foil

Sometimes called 'Tiffany' style, this technique uses copper tape to bind edges of glass then solder for lampshades and small hanging light catchers.

Wednesdays	10am to 12.30pm	Ruth Adams	11 sessions	16 January	£188	£122	A82E
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Part 3: Mosaic and Fused Glass

Glue coloured glass fragments to glass and grout to create a mosaic and melt glass together in a kiln for coasters, bowls and jewellery.

Wednesdays	10am to 12.30pm	Ruth Adams	10 sessions	24 April	£172	£112	A82F
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Woodwork

Woodwork Joinery for Beginners

Learn woodworking skills whilst making a tool box to take home: how to saw straight, mark out joinery and use hand tools such as chisels and planes. Suitable for both beginners and those wanting to improve on techniques and accuracy. Fee includes core materials. [These courses take place at the St Paul's Learning Centre.](#)

Mondays	6.20pm to 8.35pm	Jenny Smith or Fern Busutill	8 sessions	3 September	£150	£117	C94A
			8 sessions	29 October	£150	£117	C94B
			8 sessions	7 January	£150	£117	C94C
			8 sessions	4 March	£150	£117	C94D
			8 sessions	13 May	£150	£117	C94E
Mondays	10am to 3pm	Jenny Smith or Fern Busutill	4 sessions	3 September	£150	£117	C95A
			4 sessions	7 January	£150	£117	C95B
			4 sessions	13 May	£150	£117	C95C

Saturday Craft Courses

NEW Paper Making- an Introduction

In this hands-on workshop you will learn how to make paper from recycled paper and natural fibres using a variety of techniques. Your paper (when dry) can be used in a variety of projects or be a piece of art in its own right.

Saturday	10am to 2.30pm	MaryKelly	One day	22 September	£31	£17	A24A
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Bookbinding

An introduction to bookbinding and the repair of books. A practical based course suitable for all levels of ability. Learners will work mainly on their own projects. There will be an extra charge payable to the tutor for materials.

Saturdays	10am to 4pm	John Pursey	3 days	6 October, 20 October, 17 November	£112	£69	A54A
			3 days	19 January, 2 February, 9 March	£112	£69	A54B
			3 days	23 March, 6 April, 18 May	£112	£69	A54C

NEW Copperfoil-Spring Flower

Come and celebrate the joy of Spring flowers by creating a copper foil flower in beautiful coloured glass. Learn the copper foil technique which is easy and fun in this one day workshop. Suitable for complete beginners. Fee includes classroom sundries; learners can purchase coloured glass and solder directly from the tutor for approximately £10.

Saturday	10am to 4pm	Ruth Adams	1 session	18 May	£45	£31	A82G
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NEW Silver Ring in a Day

Create your own unique silver ring using a range of techniques to cut, form and texture. Suitable for all levels. Fee includes some initial materials. Learners will need to purchase their own silver directly from the tutor on the day (£8 - £12 depending on weight). Alternatively, tutor can advise on other suppliers.

Saturday	10am to 2pm	Sarah McCallum	1 day	13 October	£32	£22	A41E
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NEW Silver Bangle in a Day

Create your own silver bangle using a range of techniques to cut, form and texture. Suitable for all levels. Fee includes some initial materials. Learners will need to purchase their own silver directly from the tutor on the day (£15 - £25 depending on weight)..

Saturday	10am to 2pm	Sarah McCallum	One day	26 January	£32	£22	A41F
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Family History



Discover your Family History – Stage 1

You will be amazed what you will discover! The course offers a gentle introduction in how to access and navigate your family history records on line and designed for people with little computer experience - for those just starting their family history search.

Thursdays	1.30pm to 4pm	Rosemary Caldicott	6 sessions	20 September	£94	£58	FHS1
			6 sessions	10 January	£94	£58	FHS12
			5 sessions	25 April	£80	£48	FHS13

Discover your Family History – Stage 2

Learn how you can delve deeper into your ancestral past! Ideal for those who have already attended Stage 1, or have some experience in researching their family history. Social history in connection with our ancestors will also be a feature of this course.

Thursdays	1.30pm to 4pm	Rosemary Caldicott	6 sessions	8 November	£94	£58	FHS21
			6 sessions	28 February	£94	£58	FHS22
			6 sessions	6 June	£94	£58	FHS23

Family History on Saturdays

Family History Taster Day

An introduction to family history research techniques designed for those who have yet to undertake any family history research but would like to explore the possibilities. You will be able to undertake a short tutor led search on our in-house software.

Saturday	10.30am to 1.30pm	Rosemary Caldicott	1 session	6 October	£22	£14	FHTD1
			1 session	2 February	£22	£14	FHTD2

Family History Intensive Research Day

For the novice or experienced genealogist! Designed to advance your ancestral research development, to explore areas of your research that have been neglected or to assist you to begin a new search. The day will also include a series of mini lectures. Limited to 8 participants, to ensure maximum individual support from the tutor.

Saturday	10.30am to 4pm	Rosemary Caldicott	1 session	1 December	£46	£28	FHRD1
			1 session	23 March	£46	£28	FHRD2



Film Studies



NEW Mini Film Festival: Fairytales for Grown-Ups

A chance to see complete films with an introduction and discussion. This mini-festival explores fairytale-based and fairytale-inspired classics and cult films for adults. Screenings will include *The Adventures of Prince Achmed* (1926) by Lotte Reininger, *Beauty and the Beast* (1946) by Jean Cocteau, *Donkey Skin* (1970) by Jacques Demy, *Valerie and Her Week of Wonders* (1970) by Jaromil Jireš, *The Company of Wolves* (1984) by Neil Jordan, and *Alice* (1989) by Jan Svankmajer. £5 payable for DVD hire.

Mondays	4pm to 6.30pm	Davide Ariasso	6 sessions	17 September	£94	£58	A55A
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NEW What is Cult?

What makes a film a cult film? What's the difference between a cult and a classic? At times weird, offbeat, unique, underground, quirky, challenging or simply strange, cult films often hold a special place in every cinephile's heart. We will explore the exciting world of cult, from *Eraserhead* to *Harold & Maude*, from *Being John Malkovich* to *Carnival of Souls* through clips, articles, reflection and debates. We will watch one complete film. £5 payable for DVD hire.

Mondays	4pm to 6pm	Davide Ariasso	6 sessions	5 November	£76	£48	A55B
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NEW Film and the Sacred

What is the relationship between the sacred, religion, spirituality and films? We will explore aspects of these themes in classic films by directors such as Robert Bresson, Federico Fellini, Luis Bunuel, Ingmar Bergman, with the support of essays, articles, reflections and debates. We will watch clips and one complete film. £5 payable for DVD hire.

Fridays	1.15pm to 3.15pm	Davide Ariasso	5 sessions	18 January	£64	£40	A55C
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NEW The Art of Terence Davies

Often hailed as Britain's greatest living director, Terence Davies' filmography often shows the sublime quality of ordinary memories. We will focus on his earlier filmography, from the *Trilogy of shorts* to *'Of Time and The City'*. We will explore recurrent themes and his style through shorts, clips and one complete film. £5 payable for DVD hire.

Fridays	1.15pm to 3.15pm	Davide Ariasso	5 sessions	8 March	£64	£40	A55D
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NEW What is Noir?

What makes a film a 'film noir'? We will explore a few American classics, from *The Big Heat* to *Kiss Me Deadly*, from *Out of The Past* to *The Postman Always Rings Twice*, and we will discover the motifs, the pattern and the styles that helped shape this genre. We will watch clips, shorts and one complete film. £5 payable for DVD hire.

Fridays	1.15pm to 3.15pm	Davide Ariasso	5 sessions	26 April	£64	£40	A55E
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Summer Schools



Drawing Techniques Summer School 2019

Enjoy improving your drawing techniques in this two day course. We will explore a range of drawing materials and techniques using pencil and tone, pen and ink, and pastel & crayon to draw still life objects. Some previous drawing experience is required.

Wednesday & Thursday	10am to 3pm	Sheila Broun	2 sessions	7 and 8 August	£64	£40	A14A
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Printmaking and Surface Design Summer School 2019

The summer school encourages a multi-disciplinary approach to working on paper and fabric. Combining techniques and experimentation is encouraged. The course is intensive giving the opportunity to become immersed in the process of making and creativity. Fee includes cost of core materials. For information, email barbara.disney@talk21.com. **These courses take place at the St Paul's Learning Centre.**

Monday to Friday	10am to 4pm	Barbara Disney	5 sessions	29 July to 2 August	£240	£150	A28A
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NEW Body Mind Awareness through Movement – Summer School 2019

Prepare yourself for summer with this intensive summer school! It aims to raise body awareness, increase flexibility and improve posture through breathing, stretching and gentle exercise & dance/movement to music. These classes fuse together elements of Yoga, Pilates, Franklin method, mindfulness and dance. Suited to all levels and abilities. No previous experience necessary.

Monday to Friday	10am to 12 noon	Saara Nelson	5 sessions	29 July to 2 August	£64	£40	W86G
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NEW Dance Club – Summer School 2019

Dance is well known to improve physical and mental wellbeing in later years. A study led by the Albert Einstein College of Medicine has shown that dancing regularly appears to offer the best chance of helping stave off dementia. So keep dancing with this taster course in gentle dance and movement to improve coordination, balance and body/mind connections!

Thursdays	10am to 12noon	Saara Nelson	4 sessions	8 August	£52	£32	W86H
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NEW The Spanish Civil War: Art and History

The brutal conflict in Spain is sometimes seen as a European Civil War, but the purely Spanish aspects should be remembered too, as well as the art of Picasso and Salvador Dali. We study both history and art today. Led by Historian John Stevens and Art Historian Sarah Kelly.

Monday and Tuesday	10am to 4pm	John Stevens & Sarah Kelly	2 sessions	29 and 30 July	£76	£48	A36G
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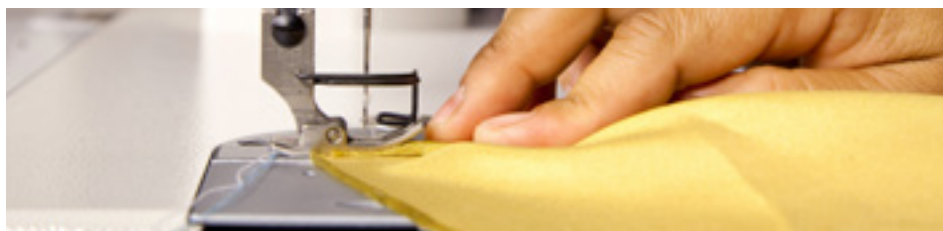
NEW Clowns and Laundresses

Art history through themes - images of people at work or relaxing. Each day we will focus on one activity such as reading or fighting and explore interpretations in paintings and drawings by artists as diverse as Turner and Daumier.

Monday to Friday	10am to 12.30pm	Sarah Kelly	5 sessions	12 August to 16 August	£79	£49	A36H
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Saturday Courses



Autumn Term

22 September

- 30 **NEW** Paper making-
an introduction

6 October

- 12 Saturday drawing school
- 23 Store Cupboard Cookery
(Demonstration)
- 28 **NEW** All that glitters:
hand stitched brooches
and beads
- 29 Upholstery on Saturdays
- 30 Bookbinding (1)
- 31 Family History Taster Day
- 37 Tree Identification
- 39 Urban Fox Willow
Workshop
- 54 Cinema Italiano e
Migrazioni Nuovomondo

13 October

- 30 **NEW** Silver ring in a day

20 October

- 18 **NEW** Creative computer
skills for christmas
- 28 **NEW** Machine stitched
mosaics
- 30 Bookbinding (2)
- 38 Pruning – All you need
to know
- 39 Willow Owl Workshop
- 54 Italian Day: Sicily
(held in Italian)

10 November

- 28 **NEW** Bag in a day workshop
- 37 Growing Fruit and
Vegetables
- 38 Design your own garden (1)
- 48 French Day: La Bretagne
- 50 German Day:
Marlene Dietrich
- 54 Cinema Italiano e
Migrazioni Il Cammino
della Speranza

17 November

- 14 **NEW** Exploring the music of
Arvo Pärt
- 23 West Country Wonders
(Demo & Dine)
- 18 **NEW** Social Media for
Business and Leisure
- 24 **NEW** Wine: Anything but
Chardonnay, Anything but
Cabernet
- 28 Knitting for beginners
- 29 Upholstery on Saturdays
- 30 Bookbinding (3)
- 38 Design your own garden (2)
- 40 Reindeer Willow Sculpture
Workshop

24 November

- 38 Design your own garden (3)

1 December

- 25 Christmas floral designs for
beginners
- 31 Family History Intensive
Research Day
- 40 Reindeer Willow Sculpture
Workshop
- 50 **NEW** German Day:
Deutsche Komponisten:
Felix Mendelssohn-
Bartholdy, Fanny Hensel
und Franz Liszt
- 54 Cinema Italiano e
Migrazioni Pane e
Cioccolata
- 58 Día sobre Latino América:
(en español)

8 December

- 25 Christmas floral designs for
improvers
- 50 **NEW** German Day: Wien



Saturday Courses



Spring Term

12 January

- 12 Space for creativity.
Self-directed workshops in acrylic and watercolour

19 January

- 12 Paint or draw the clothed model
- 24 **NEW** Wines of Australia
- 28 Free motion embroidery and dissolvable fabrics
- 30 Bookbinding (1)
- 40 Willow Birdhouse and Bird Feeder
- 48 French Day: La Bretagne: Découvrir le Morbihan et Finistère
- 54 Cinema Italiano e Migrazioni: Lamerica

26 January

- 30 **NEW** Silver Bangle in a day

2 February

- 28 Crochet for beginners
- 29 Upholstery on Saturdays
- 30 Bookbinding (2)
- 31 Family History Taster Day
- 38 Pruning – All you need to know
- 40 Willow Plant Support Workshop
- 50 **NEW** German Day: Der romantische Rhein
- 54 Italian Day: Sicily (held in English)

16 February

- 12 Space for creativity.
Self-directed workshops in acrylic and watercolour

2 March

- 15 The First World War: art and history

9 March

- 14 Exploring Mozart's Requiem
- 23 Italian Cookery: Fresh Pasta (Hands-on Course)
- 18 **NEW** Social Media for Business and Leisure
- 24 **NEW** The Wines of Italy
- 30 Bookbinding (3)
- 38 Garden styles: Front Garden
- 40 March Hare Willow Workshop
- 58 Día sobre Colombia: (en español)
- 28 Roman Blinds (1)

16 March

- 12 Space for creativity.
Self-directed workshops in acrylic and watercolour
- 29 **NEW** T-shirt workshop
- 38 **NEW** Garden styles: Cottage Garden
- 50 **NEW** German Day: Die Museumsinsel in Berlin
- 54 Cinema Italiano e Migrazioni: Terraferma

23 March

- 12 Still life in a day
- 23 Ch'ang Ming Cookery (Demonstration)
- 28 Roman Blinds (2)
- 30 Bookbinding (1)
- 31 Family History Intensive Research Day
- 38 **NEW** Garden styles: Woodland Garden
- 40 Berry Basket Workshop
- 54 Scrittura creativa in italiano

30 March

- 28 **NEW** Lingerie workshop
- 38 **NEW** Garden styles: Ponds

6 April

- 23 West Country Wonders (Demo & Dine)
- 24 **NEW** Wines: Europe v the Rest of the World
- 29 Upholstery on Saturdays
- 30 Bookbinding (2)
- 40 Easter Bunny and Basket Workshop
- 50 **NEW** German Day: Die Romantische Strasse
- 54 Cinema Italiano e Migrazioni: A Ciambra

27 April

- 37 Choosing Plants for your Borders (1)
- 12 Space for creativity.
Self-directed workshops in acrylic and watercolour



Saturday Courses



Summer Term

4 May

37 Choosing Plants for your Borders (2)

11 May

37 Choosing Plants for your Borders (3)

18 May

30 Bookbinding (3)

38 **NEW** Garden styles: Sensory Garden

12 Portraiture day

40 Willow Hanging Basket

54 Grammatica della Fantasia

55 Portuguese Language and Culture Taster Day

30 Copperfoil-Spring flowers

25 May

12 Space for creativity. Self-directed workshops in acrylic and watercolour

8 June

38 **NEW** Garden styles: Prairie Garden

48 Holiday French (1)

54 Holiday Italian (1)

15 June

23 GM Free Cookery (Demonstration)

39 Urban Fox Willow Workshop

29 Upholstery on Saturdays

18 **NEW** Social Media for Business and Leisure

48 Holiday French (2)

54 Holiday Italian (2)



Gardening



Please note that all our gardening courses are classroom based and, for a variety of reasons, cannot involve practical gardening outside. The only exceptions are the 'Pruning' course, during which learners will spend some time outside pruning trees and bushes, if the weather allows, and the 'Tree Identification' course, during which learners will look at and identify trees around the Stoke Lodge Centre, weather permitting.

Plants and Planting

A course on plants and planting for all purposes in the garden: covering flowers, evergreens, bushes, and the growing of fruit and vegetables. With content ranging from soil science to plant history this course has something to offer all gardeners who are serious about expanding their knowledge of plants and planting.

Mondays	7pm to 9pm	Jon Wheatley	8 sessions	1 October	£100	£60	GPP
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Garden Design

A basic introduction to garden design, construction and plant use, including restoration and a range of simple maintenance solutions. Course content will also include: design principles, drawing and drafting skills, site analysis, construction methods and techniques, as well as water, lighting, irrigation and drainage.

Mondays	7pm to 9pm	Jon Wheatley	10 sessions	14 January	£124	£76	GDJ
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Design Your Own Garden

An opportunity to improve and refresh your garden with support and help from a professional garden designer. You will learn how to redesign your own plot, beginning with basic principles and going on to cover choosing the right plants. NB It is important that participants have a garden, or part of a garden, to work on during the sessions. Deadline for enrolment: 3 weeks before the course takes place as an information pack will be sent out to students before the first session of the course. (Deadline for enrolment: 23 January)

Wednesdays	10am to 3pm	Christine Pritchard	3 sessions	13, 27 February, 13 March	£94	£58	GDYG1
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Choosing Plants for Your Borders

An enjoyable and informal course on choosing the right plants for your garden. Professional garden designer Christine Pritchard will discuss suitable trees, shrubs and perennials and how to put them together for best effect. No previous gardening experience necessary.

Wednesdays	10am to 3pm	Christine Pritchard	3 sessions	1, 8, 15 May	£94	£58	GCPB1
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Gardening Courses on Saturdays

Tree Identification

A workshop with a practical approach to simple identification of broadleaf trees (deciduous trees) and conifers. A mixture of classroom based theoretical and outside practical work, weather permitting. Please bring sturdy shoes/boots, warm clothing, a waterproof anorak and a good pair of secateurs.

Saturday	10am to 4pm	Jon Wheatley	1 session	6 October	£40	£24	GTIC
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Growing Fruit and Vegetables

A one day classroom based course focussing on some practical and basic principles in home-growing techniques: practical propagation, vegetable growing and edible planting.

Saturday	10am to 4pm	Jon Wheatley	1 session	10 November	£40	£24	GFV
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Design Your Own Garden

An opportunity to improve and refresh your garden with support and help from a professional garden designer. You will learn how to redesign your own plot, beginning with basic principles and going on to cover choosing the right plants. NB It is important that participants have a garden, or part of a garden, to work on during the sessions. Deadline for enrolment: 3 weeks before the course takes place as an information pack will be sent out to students before the first session of the course. (Deadline for enrolment: 20 October)

Saturdays	10am to 3pm	Christine Pritchard	3 sessions	10, 17, 24 November	£94	£58	GDYG3
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Pruning – All You Need to Know

A practical workshop which shows you how to prune fruit, shrubs and roses. If the weather permits, part of this workshop will take place outside. Please bring sturdy shoes/boots, warm clothing, a waterproof anorak and a good pair of secateurs.

Saturday	10am to 4pm	Jon Wheatley	1 session	20 October	£40	£24	GP1
			1 session	2 February	£40	£24	GP2

Choosing Plants for Your Borders

An enjoyable and informal course on choosing the right plants for your garden. Professional garden designer Christine Pritchard will discuss suitable trees, shrubs and perennials and how to put them together for best effect. No previous gardening experience necessary.

Saturdays	10am to 3pm	Christine Pritchard	3 sessions	27 April, 4 May, 11 May	£94	£58	GCPB2
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NEW Garden Styles

A series of short day courses designed to give you more detailed information about specific aspects of garden styles. With a varied programme from ponds to prairies, we will have the opportunity to look at both design and planting.

Garden Styles: Front Garden

Saturday	10am to 3pm	Christine Pritchard	1 session	9 March	£34	£22	GSFG1
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Garden Styles: Cottage Garden

Saturday	10am to 3pm	Christine Pritchard	1 session	16 March	£34	£22	GCG2
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Garden Styles: Woodland Garden

Saturday	10am to 3pm	Christine Pritchard	1 session	23 March	£34	£22	GWG3
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Garden Styles: Ponds

Saturday	10am to 3pm	Christine Pritchard	1 session	30 March	£34	£22	GSP4
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Garden Styles: Sensory Garden

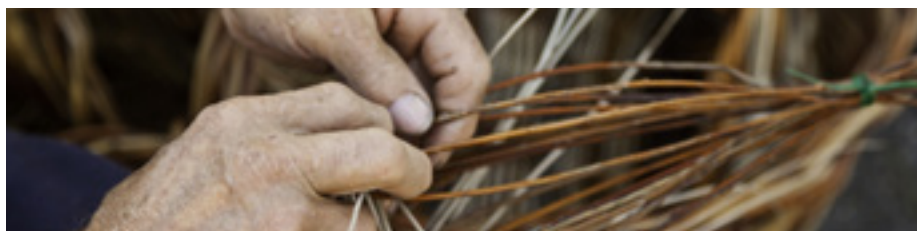
Saturday	10am to 3pm	Christine Pritchard	1 session	18 May	£34	£22	GSG5
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Garden Styles: Prairie Garden

Saturday	10am to 3pm	Christine Pritchard	1 session	8 June	£34	£22	GPG6
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Willow Craft Courses



If you are interested in joining a Willow Craft course, please make sure you enrol by the deadline (usually a week before the course takes place) as enough willow needs to be soaked for several days before the course.

Please note: All willow craft courses are limited to 8 participants, in order to ensure maximum individual support and practical assistance from the tutor.

Introduction to Basket Weaving

An introduction into the wonderful world of willow: learn the basic techniques to create two beautiful items.

Week 1: Create a Catalan tension tray.

Week 2 & 3: Weave a rustic berry basket Maximum number of participants: 8 Deadline for enrolment: 1 week before the course takes place. Materials cost: £20.00 per student, payable to the tutor on the first session.

Wednesdays	6pm to 8.30pm	Sarah Edwards	3 sessions	3, 10, 17 October	£62	£38	WIBW1A
			3 sessions	5, 12, 19 June	£62	£38	WIBW2B

Christmas Willow Crafts

Create a beautiful range of nature inspired decorations to decorate your home.

Week 1 - Festive lanterns: Create beautiful willow and paper lanterns decorated with pressed flowers and leaves.

Week 2 - Christmas Tree Decorations: Create mini woven Christmas tree shaped decorations and beautiful tree decorations.

Week 3 - Willow Wreaths: Make your own willow wreaths and stars to decorate walls and doors.

Maximum number of participants: 8 Deadline for enrolment: 1 week before the course takes place.

Materials cost: £20.00 per student, payable to the tutor on the first session.

Wednesdays	6pm to 8.30pm	Sarah Edwards	3 sessions	21, 28 November 5 December	£62	£38	WCC1
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Introduction to Willow Weaving

An introduction to the intriguing world of willow sculpture. Create three lovely items to decorate your home or garden.

Week 1 Sphere, Week 2 Heart, Week 3 Bird. No previous experience necessary.

Maximum number of participants: 8 Deadline for enrolment:

1 week before the course takes place. Materials cost: £20.00 per student, payable to the tutor on the first session

Wednesdays	6pm to 8.30pm	Sarah Edwards	3 sessions	20 & 27 March, 3 April	£62	£38	WWW1
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Willow Craft Courses on Saturdays

Please note: All willow craft courses are limited to 8 participants, in order to ensure maximum individual support and practical assistance from the tutor. Discover the creative potential of willow and learn the basic techniques

Urban Fox Willow Workshop

Make your own woven willow urban fox, from locally sourced willow, to take home, so please allow for necessary transportation. Deadline for enrolment: 1 week before the course takes place. Materials cost: £15.00 per student, payable to the tutor on the day.

Saturday	10am to 4pm	Sarah Edwards	1 session	6 October	£50	£30	WF1A
			1 session	15 June	£50	£30	WF2B

Willow Owl Workshop

Create one of these enchanting creatures for your garden. Make your own woven willow Owl, from locally sourced willow, to take home, so please allow for necessary transportation. Deadline for enrolment: 1 week before the course takes place. Materials cost: £15.00 per student, payable to the tutor on the day.

Saturday	10am to 4pm	Sarah Edwards	1 session	20 October	£50	£30	WO3
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Reindeer Willow Sculpture Workshop

Create a festive Reindeer out of willow. Make your own woven willow Reindeer decoration up to 1 metre tall to take home, so please allow for necessary transportation. Deadline for enrolment: 1 week before the course takes place. Materials cost: £15.00 per student, payable to the tutor on the day.

Saturday	10am to 4pm	Sarah Edwards	1 session	17 November	£50	£30	WRS1A
			1 session	1 December	£50	£30	WRS2B

Willow Birdhouse and Bird Feeder

Create a beautiful woven willow bird house and bird feeder using basketry weaving techniques. Deadline for enrolment: 1 week before the course takes place. Materials cost: £12 per student, payable to the tutor at the session.

Saturday	10am to 4pm	Sarah Edwards	1 session	19 January	£50	£30	WBHF1
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Willow Plant Support Workshop

Willow is a renewable and sustainable resource that is ideal for creating garden structures. We will be making a tall plant support for climbers, a border plant support and a woven willow ball, all to take home so please allow for necessary transportation. Deadline for enrolment: 1 week before the course takes place. Materials cost: £15.00 per student, payable to the tutor on the day.

Saturday	10am to 4pm	Sarah Edwards	1 session	2 February	£50	£30	WWPS1
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March Hare Willow Workshop

Make your own woven willow March Hare to take home, so please allow for necessary transportation. Deadline for enrolment: 1 week before the course takes place. Materials cost: £15.00 per student, payable to the tutor on the day.

Saturday	10am to 4pm	Sarah Edwards	1 session	9 March	£50	£30	WMH1
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Easter Bunny and Basket Workshop

Weave your own willow Easter Bunny to adorn your home or garden and make a beautiful nest basket for collecting your eggs. Deadline for enrolment: 1 week before the course takes place. Materials cost: £15 per student, payable to the tutor on the day.

Saturday	10am to 4pm	Sarah Edwards	1 session	6 April	£50	£30	WEBB1
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Berry Basket Workshop

Weave a fabulous berry basket from locally sourced willow, perfect for collecting homegrown produce, foraging for berries or a stylish eco-friendly option for popping to the shops. Deadline for enrolment: 1 week before the course takes place. Materials cost: £15 per student, payable to the tutor on the day.

Saturday	10am to 4pm	Sarah Edwards	1 session	23 March	£50	£30	WBB2
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Willow Hanging Basket

Weave a beautiful conical hanging basket using basket weaving techniques. Suitable for beginners and improvers. Deadline for enrolment: 1 week before the course takes place. Materials cost: £15.00 per student, payable to the tutor on the day. Plants not included.

Saturday	10am to 4pm	Sarah Edwards	1 session	18 May	£50	£30	WHB1
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Health and Wellbeing



NEW Body Mind Awareness through Movement Workshops

Pick up some useful tips for posture, active alignment, self-care, balance and use of efficient movement. You will learn some gentle exercises to use at home to stimulate the nervous system and the body. These workshops fuse together elements of Yoga, Pilates, Franklin method, mindfulness and dance. No floor work. Wear loose clothes. Great as a taster to one of our longer courses.

Thursdays	10am to 12noon	Saara Nelson	1 session	1 November	£16	£11	W86D
			1 session	21 February	£16	£11	W86E
			1 session	30 May	£16	£11	W86F

NEW Body Mind Awareness through Movement – Summer School 2019

Prepare yourself for summer with this intensive summer school! It aims to raise body awareness, increase flexibility and improve posture through breathing, stretching and gentle exercise & dance/movement to music. These classes fuse together elements of Yoga, Pilates, Franklin method, mindfulness and dance. Suited to all levels and abilities. No previous experience necessary.

Monday to Friday	10am to 12 noon	Saara Nelson	5 sessions	29 July to 2 August	£64	£40	W86G
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NEW Dance Club – Summer School 2019

Dance is well known to improve physical and mental wellbeing in later years. A study led by the Albert Einstein College of Medicine has shown that dancing regularly appears to offer the best chance of helping stave off dementia. So keep dancing with this taster course in gentle dance and movement to improve coordination, balance and body/mind connections!

Thursdays	10am to 12noon	Saara Nelson	4 sessions	8 August	£52	£32	W86H
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Tai Chi for Everyone

You will learn some Tai Chi Form-an ancient Chinese way of moving that brings benefits to both body and mind. To really enjoy the benefits, participants are encouraged to practise between classes. Wear comfortable clothing and flat shoes.

Tuesdays	9.30am to 11am	Nen Crosby	11 sessions	18 September	£103	£64	W83A
			11 sessions	15 January	£103	£64	W83B
			11 sessions	23 April	£103	£64	W83C

Exercises That Make You Feel Great!

You will learn gentle movements that aim to: • improve balance • keep joints flexible • release muscle tension • improve circulation • regulate breathing. Exercises can be adapted and can be done either standing or sitting. Participants are encouraged to practise between classes. Wear comfortable clothing and flat shoes.

Tuesdays	11.30am to 12.30pm	Nen Crosby	11 sessions	18 September	£70	£44	W84A
			11 sessions	15 January	£70	£44	W84B
			11 sessions	23 April	£70	£44	W84C

Intermediate Tai Chi

For people who have practised Tai Chi previously or for beginners who feel they would pick it up quite quickly. The course will cover the basics but won't start right at the very beginning so some basic understanding would be an advantage. Participants are encouraged to practise between classes. Wear comfortable clothing and flat shoes.

Tuesdays	1.30pm to 3pm	Nen Crosby	11 sessions	18 September	£103	£64	W85A
			11 sessions	15 January	£103	£64	W85B
			11 sessions	23 April	£103	£64	W85C



Body/Mind Awareness Through Movement

These sessions aim to raise body awareness, increase flexibility and improve posture through breathing, stretching and gentle exercise & dance/movement to music. These classes fuse together elements of Yoga, Pilates, Franklin method, mindfulness and dance. Suited to all levels and abilities. No previous experience necessary.

Thursdays	9.30am to 10.45am	Saara Nelson	12 sessions	20 September	£94	£58	W86A
			10 sessions	17 January	£79	£55	W86B
			10 sessions	25 April	£79	£55	W86C

NEW Autumn Body Quest

As we move towards the shadows, this course provides an opportunity to spend time on yourself and engage in your individual expression. Writing, drawing, painting and mixed media blend with movement and meditation, and lead to the full-length representation of your body in texture, imagery and words.

Wednesdays	10am to 12.30pm	Samantha Forrest	6 sessions	12 September	£99	£63	W87A
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Spring Body Quest

As we move towards the light, this course provides an opportunity to spend time with yourself and engage in your individual expression. Writing, drawing, painting and mixed media blend with movement and meditation, and lead to the full-length representation of your body in texture, imagery and words.

Wednesdays	10am to 12.30pm	Samantha Forrest	6 sessions	24 April	£99	£63	W87B
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NEW Introduction to CBT

Cognitive Behavioural Therapy is proven to help people manage their mental states. During this workshop, participants will learn theory and tools. This session is accessible to all and would also be useful to practising therapists who want to add CBT to their skill-set.

Friday	10am to 4pm	Jackie Hawken	One day	5 October	£40	£26	W89F
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Mindfulness for Beginners

During these 3 hour workshops, you will become acquainted with Mindfulness and its benefits. There will be practical exercises, ideas on how to address troubling mind states and time for discussion. Enjoy a relaxing and friendly evening.

Wednesdays	6pm to 9pm	Jackie Hawken	One session	5 December	£22	£15	W89D
			One session	27 February	£22	£15	W89E

Mindfulness Workshop

Mindfulness can be defined as 'paying attention to the present moment'. In this workshop you will learn how Mindfulness and self-compassion will help improve your life. You will leave with meditation practices and a real understanding of the benefits of Mindfulness.

Fridays	10am to 4pm	Jackie Hawken	One day	28 September	£40	£26	W89A
			One day	7 December	£40	£26	W89B
			One day	1 March	£40	£26	W89C



History



American History

NEW The Founding Fathers and the Birth of the US Constitution

An overview of the men who fought for independence, led the new nation and drafted the US constitution — 1776 to 1812.

Tuesdays	7pm to 9pm	Russell Walker	10 sessions	25 September	£124	£76	AHFF1
			10 sessions	23 April	£124	£76	AHFF2

NEW The Descent to the War Between the States — 1820 to 1865

An overview of the key events, laws, and people in the decades leading to the American Civil War. A look at causes, politics and missed chances that resulted in the bloodiest war in American history, the role slavery played, and its consequences still at play in American life today.

Tuesdays	7pm to 9pm	Russell Walker	10 sessions	15 January	£124	£76	AHCW2
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British and European History

The Early Stuarts, 1603-1660

We explore a turbulent era, in which the English fought a civil war, executed their King, endured Puritan military dictatorship- and then restored the dead King's son amidst general rejoicing.

Mondays	7pm to 9pm	John Stevens	12 sessions	17 September	£148	£90	HES1
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The Later Stuarts, 1660-1714

So much begins in this period- Parliamentary government, modern banking, the British Empire- but it is also an era of great poetry, theatre and architecture. We explore all these aspects and more.

Mondays	7pm to 9pm	John Stevens	12 sessions	7 January	£148	£90	HLS2
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Early Georgian England, 1714-1760

We explore these crucial years, in which hard won peace and stability triumphed over Jacobite and French threats, Pope and Gray wrote their greatest poetry, and England acquired dominion over Canada and India.

Mondays	7pm to 9pm	John Stevens	8 sessions	29 April	£100	£60	HEG3
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NEW British Political Mavericks, 1660-2018

From Lord Shaftesbury in the C17 to Nye Bevan and Enoch Powell, we look at famous figures who have challenged the political establishment. Some are Right-wing, some Left-wing, others harder to categorise. All are fascinating.

Tuesdays	7pm to 9pm	John Stevens	12 sessions	18 September	£148	£90	HBPM1
Thursdays	1.15pm to 3.15pm	John Stevens	12 sessions	20 September	£148	£90	HBPM2

NEW Politics in Historical Perspective

Few of today's political issues are wholly new. We look at questions like Northern Ireland, devolution, EU membership and many others, adopting a historical perspective going back two or three hundred years, or even longer.

Tuesdays	7pm to 9pm	John Stevens	12 sessions	8 January	£148	£90	HUS1
Thursdays	1.15pm to 3.15pm	John Stevens	12 sessions	10 January	£148	£90	HUS2

NEW They Made History: Great Historians and their Works

History is not set in stone. Much depends on the men and women who write it, be they Catholics, Protestants or atheists, conservatives, liberals or socialists. Gibbon, Macaulay and AJP Taylor come under scrutiny, with many others less well known.

Tuesdays	7pm to 9pm	John Stevens	8 sessions	30 April	£100	£60	HGH1
Thursdays	1.15pm to 3.15pm	John Stevens	8 sessions	2 May	£100	£60	HGH2



British Prime Ministers from Pitt to Palmerston, 1784-1865

We get to know the men who governed the nation in peace and war during eighty turbulent years: how they rose and fell, their public deeds and their - sometimes colourful - private lives.

Wednesdays	1.15pm to 3.15pm	John Stevens	12 sessions	19 September	£148	£90	HPM1
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Twelve more Prime Ministers, 1866-1940

In the era between the premierships of Disraeli and Neville Chamberlain, middle and even working-class men rose to the heights of power. How did they compare to their aristocratic predecessors? We explore change and continuity over 75 eventful years.

Wednesdays	1.15pm to 3.15pm	John Stevens	12 sessions	9 January	£148	£90	HPM2
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British Titans of the Nineteenth Century

From Cardinal Newman to General Gordon, Mary Carpenter to Rudyard Kipling, British life in the C19 was studded with great men and women in all walks of life. We explore these and many others.

Wednesdays	1.15pm to 3.15pm	John Stevens	8 sessions	24 April	£100	£60	HBT1
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George III and the Loss of America, 1760-1782

Whilst the political and military aspects of the American problem dominate this period, it was also the era of Dr Johnson, David Garrick and Sir Joshua Reynolds, which means there is much more to be studied and enjoyed this term.

Wednesdays	7pm to 9pm	John Stevens	10 sessions	3 October	£124	£76	HGLA1
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Britain in an Age of Revolution, 1782-1815

Two revolutions dominate this course- the Industrial Revolution, which set Britain on the road to prosperity, and the French, against which the nation fought a war of twenty-three years. The poets and writers of the age also feature.

Wednesdays	7pm to 9pm	John Stevens	10 sessions	9 January	£124	£76	HBAR2
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Years of Regency and Reform, 1815-1846

We study an era of Regency dandies and penniless workers threatened by industrialisation, earnest reformers and Romantic poets, and see the stage being set for world-wide empire in the Victorian age.

Wednesdays	7pm to 9pm	John Stevens	8 sessions	24 April	£100	£60	HYRR3
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Languages

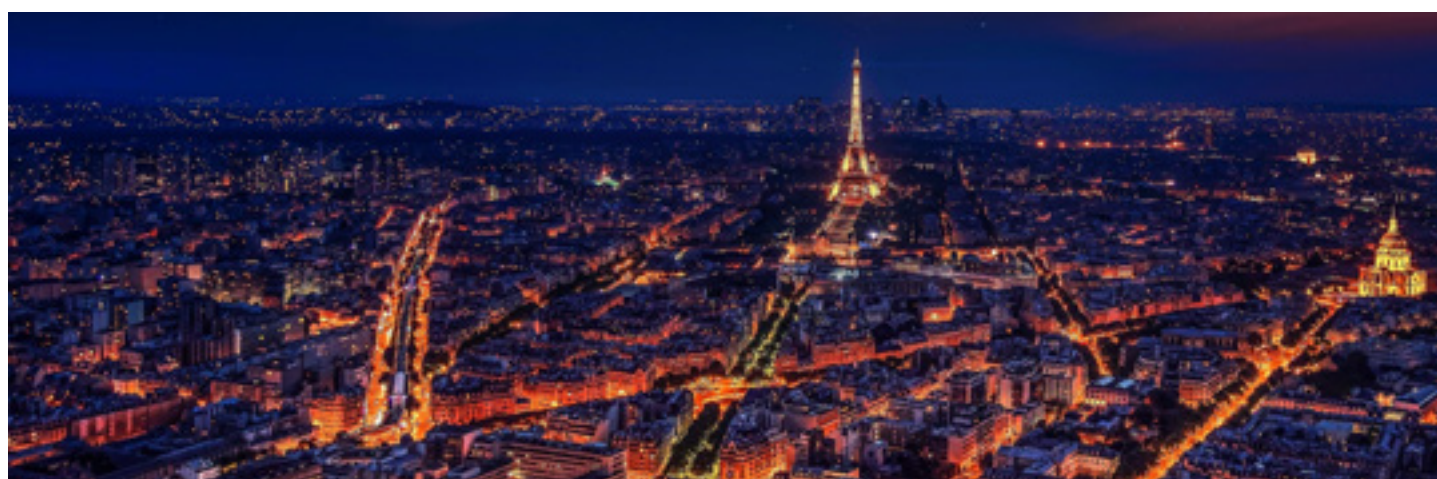


Language Levels 2018 – 2019

Levels	Who is it for?	What will it cover?	Common Academic (Equivalent approximate)
Level 1 A Term 1	For complete beginners – please do not join this course if you already know any of the language.	Simple expressions, vocabulary and grammar to enable you to get by in everyday situations.	
Level 1 A Term 2	For learners who have studied the language at beginners' level for app 30 hours. This course is a continuation of the Term 1 September course.	Extending the range of simple expressions, vocabulary and grammar to enable you to get by in everyday situations.	
Level 1 B Term 1	For students at 'Not quite beginner's' level who have studied the language to a limited extent (app 60 hours) or students who would like to refresh previously acquired basic knowledge of the language.	Communication for everyday situations.	Pre GCSE



Level 1 B Term 2	Learners must have studied French at post-beginners' level for app 90 hours. This course is a continuation of the Term 1 September course.	Communication for everyday situations.	Pre GCSE
Level 1 C and D	For learners at post - beginners' level who have completed courses at Level 1 A & B, have studied the language to some extent.	Coping with less predictable everyday situations and learning to maintain a social conversation.	GCSE Grade D–G
Level 2 A and B	For lower intermediate learners who have completed Level 1, or have a good basic understanding of the language..	Language skills to enable you to deal with ease in most practical and social situations.	GCSE Grade A–C
Level 2 C and D	For upper intermediate learners who are reasonably competent.	Conversation and advanced grammar to enable you to use the language with confidence.	AS Level
Level 3 A and B	For advanced learners who have been learning for several years and are almost fluent.	Fairly fluent conversation about a wide range and variety of topics.	A Level
Level 3 C and D (Advanced Conversation)	For very advanced students who are fluent in the language.	Discussions on topical issues. Read and discuss literature and current affairs.	First year degree course.



French

Get by in French on Holiday

Learn some basic French for your next holiday in a French speaking country! Topics may include: finding your way, booking accommodation, visiting places of interest, shopping, travelling around and eating out. Please note that this course is for total beginners.

Fridays	10am to 1.30pm	Pavla Hartl-Sammut	3 sessions	8, 15, 22 March	£66	£40	LFGB1
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French Level 1 B Term 1

This course is suitable for students at post-beginners' level who have studied the language to a limited extent in the past (app 60 hours) or students who would like to refresh previously acquired fairly basic French.

Tuesdays	7pm to 9pm	Pavla Hartl-Sammut	16 sessions	18 September	£196	£118	LFBT1
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French Level 1 B Term 2

This course is a continuation of the September course. Learners wishing to join Term 2 must have studied French at post-beginners' level for app 90 hours.

Tuesdays	7pm to 9pm	Pavla Hartl-Sammut	16 sessions	5 February	£196	£118	LFBT2
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French Level 1 C and D

These courses are suitable for students who have completed a beginners' Level 1 A and Level 1 B course or have studied French to some extent in the past.

Mondays	10am to 12noon	Albane Herpin	Part C: 16 sessions	17 September	£196	£118	LF1CA
			Part D: 16 sessions	4 February	£196	£118	LF1DA
Wednesdays	7pm to 9pm	Maggie Williams	Part C: 16 sessions	19 September	£196	£118	LF1CM
			Part D: 16 sessions	6 February	£196	£118	LF1DM
Thursdays	7pm to 9pm	Pavla Hartl-Sammut	Part C: 16 sessions	20 September	£196	£118	LF1CP
			Part D: 16 sessions	7 February	£196	£118	LF1DP

French Level 1D and 2A

These courses are suitable for students who have completed a post-beginners' Level 1 C and D course or have studied French to some extent in the past.

Tuesdays	1pm to 3pm	Pavla Hartl-Sammut	Part 1 D: 16 sessions	18 September	£196	£118	LF1DP1
			Part 2 A: 16 sessions	5 February	£196	£118	LF2AP2
Thursdays	1pm to 3pm	Maggie Williams	Part 1 D: 16 sessions	20 September	£196	£118	LF1DM1
			Part 2 A: 16 sessions	7 February	£196	£118	LF2AM2

French Level 2 A and B

These courses at lower intermediate level are suitable for students who have completed courses at Level 1, and have a good basic understanding of the language.

Thursdays	10am to 12noon	Albane Herpin	Part A: 16 sessions	20 September	£196	£118	LF2AA
			Part B: 16 sessions	7 February	£196	£118	LF2BA
Thursdays	7pm to 9pm	Eve Bechmann-Johnson	Part A: 16 sessions	20 September	£196	£118	LF2AE
			Part B: 16 sessions	7 February	£196	£118	LF2BE
Fridays	1pm to 3pm	Maggie Williams	Part A: 16 sessions	21 September	£196	£118	LF2AM
			Part B: 16 sessions	8 February	£196	£118	LF2BM

French Level 2 C and D

These courses at upper intermediate level are suitable for students who are reasonably competent in the language.

Thursdays	10am to 12noon	Pavla Hartl-Sammut	Part C: 16 sessions	20 September	£196	£118	LF2CP
			Part D: 16 sessions	7 February	£196	£118	LF2DP
Thursdays	7pm to 9pm	Maggie Williams	Part C: 16 sessions	20 September	£196	£118	LF2CM
			Part D: 16 sessions	7 February	£196	£118	LF2DM



French Level 3 A and B

This course at lower advanced level is suitable for students who have been learning French for several years and are fairly fluent and proficient.

Tuesdays	10am to 12noon	Pavla Hartl-Sammut	Part A: 16 sessions	18 September	£196	£118	LF3AP
			Part B: 16 sessions	5 February	£196	£118	LF3BP

French Level 3 C and D - Advanced Conversation

Ce cours s'adresse à des personnes qui ont un bon niveau de français. Afin d'approfondir leurs connaissances, elles discuteront des articles de presse/internet sur divers thèmes, principalement d'actualités culturelle, politique ou sociale dans le but d'élargir leurs vocabulaire et de réviser un peu de grammaire.

Mondays	7pm to 9pm	Pavla Hartl-Sammut	Part C: 16 sessions	17 September	£196	£118	LF3CP
			Part D: 16 sessions	4 February	£196	£118	LF3DP

French Culture

French Book Club

The French Book Club introduces readers to contemporary authors writing in French and aims to present varied aspects of modern French fiction. In the introductory taster session on 3 October, we will choose the six books to be discussed during the year. A very good level of French is necessary for this course.

French Book Club Taster

Wednesdays	1pm to 3pm	Pavla Hartl-Sammut	1 introductory taster session	3 October	£6		LFBC1
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French Book Club

Wednesdays	1pm to 3pm	Pavla Hartl-Sammut	6 sessions (1 per month)	7 November, 5 December, 6 February, 6 March, 3 April, 1 May	£76	£46	LFBC6
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Films français avec sous-titres français.

Avant le film, il y aura une courte introduction sur le contexte, le réalisateur et les acteurs. Ensuite, vous pourrez en discuter avec les autres participants.

Wednesday	7pm to 9pm	Pavla Hartl-Sammut					
Made in France			1 session	26 September	£13		LFF1
Le fils de Jean			1 session	17 October	£13		LFF2
Aurore			1 session	21 November	£13		LFF3
Une enfance			1 session	16 January	£13		LFF4
Le ciel attendra			1 session	13 February	£13		LFF5
Visages Villages			1 session	20 March	£13		LFF6
Juste la fin du monde			1 session	24 April	£13		LFF7
Toutes nos envies			1 session	15 May	£13		LFF8
Les Souvenirs			1 session	19 June	£13		LFF9

French Slang

This short course will provide a comprehensive and in-depth look at colourful French slang: curses, insults, vulgarisms, plus idioms, expressions, and a lot more, that appear in everyday French, on French TV and radio, in modern French literature, films, music and other forms of entertainment. A good knowledge of French is needed for this course.

Fridays	1pm to 3pm	Albane Herpin	3 sessions	15, 22, 29 March	£40	£24	LFFS
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French on Saturdays

French Day: La Bretagne

Venez profiter d'une journée d'immersion totale en français, et découvrir l'une des plus jolies et plus connues régions de France, d'où vient la tutrice. Veuillez apporter votre déjeûner, mais les participants pourront goûter des spécialités régionales bretonnes pour une somme de £4 qui sera à donner à la tutrice le jour même. Une bonne connaissance du français est recommandée pour ce cours.

Saturday	10am to 4pm	Albane Herpin	1 session	10 November	£40	£24	LFFDB
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French Day: La Bretagne: Découvrir le Morbihan et Finistère

Venez profiter d'une journée d'immersion totale en français, et découvrir l'une des plus jolies et plus connues régions de France, d'où vient la tutrice. Venez apprendre des choses sur la Bretagne en découvrant sa géographie, son histoire, ses sites importants sans oublier sa culture et ses traditions. Veuillez apporter votre déjeûner, mais les participants pourront goûter des spécialités régionales bretonnes pour une somme de £4 qui sera à donner à la tutrice le jour même. Une bonne connaissance du français est recommandée pour ce cours.

Saturday	10am to 4pm	Albane Herpin	1 session	19 January	£40	£24	LFDMF
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Holiday French

Learn some basic French for your next holiday in a French speaking country! This course over two Saturdays will be intensive and practical, and is for total beginners.

Saturdays	10am to 3pm	Maggie Williams	2 sessions	8,15 June	£64	£40	LFHF
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German

NEW German Level 1 B – Term 1

This course is suitable for students at post-beginners' level who have studied the language to a limited extent in the past (app 60 hours) or students who would like to refresh previously acquired fairly basic German.

Fridays	10am to 12noon	Stefanie Weller	16 sessions	21 September	£196	£118	LGB1
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German Level 1 B – Term 2

This course is a continuation of the September course. Learners wishing to join Term 2 must have studied German at post-beginners' level for app 90 hours.

Fridays	10am to 12noon	Stefanie Weller	16 sessions	8 February	£196	£118	LGB2
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German Level 1 C and D

These courses are suitable for students who have completed a beginners' Level 1 A and Level 1 B course or have studied German to some extent in the past.

Mondays	10am to 12noon	Christel Stöcker-Danby	Part C: 16 sessions	17 September	£196	£118	LG1CC
			Part D: 12 sessions	4 February	£148	£90	LG1DC
Mondays	10am to 12noon	Christel Stöcker-Danby	Part C: 16 sessions	17 September	£196	£118	LG1CC
Tuesdays	7pm to 9pm	Stefanie Weller	Part C: 16 sessions	18 September	£196	£118	LG1CS
			Part D: 16 sessions	5 February	£196	£118	LG1DS



German Level 2 A and B

This course at lower intermediate level is suitable for students who have completed courses at Level 1, and have a good basic understanding of the language.

Thursdays	1pm to 3pm	Christel Stöcker-Danby	Part A: 16 sessions	20 September	£196	£118	LG2AC
			Part B: 12 sessions	7 February	£148	£90	LG2B2C

German Level 2 C and D

This course at upper intermediate level is suitable for students who are reasonably competent in the language.

Tuesdays	1pm to 3pm	Christel Stöcker-Danby	Part C: 16 sessions	18 September	£196	£118	LG2CC
			Part D: 12 sessions	5 February	£148	£90	LG2DC

German Level 3 A and B

This course at advanced level is suitable for students who have been learning German for a number of years and who are fluent and proficient.

Monday	1pm to 3pm	Christel Stöcker-Danby	Part A: 16 sessions	17 September	£196	£118	LG3AC
			Part B: 12 sessions	4 February	£148	£90	LG3BC

German Level 3 A and B

This course at advanced level is suitable for students who have been learning German for a number of years and who are fluent and proficient.

Tuesdays	10am to 12noon	Marlis Mülder	Part A: 12 sessions	9 October	£148	£90	LG3AM
			Part B: 12 sessions	5 February	£148	£90	LG3BM

NEW German Level 3 C and D

Dieser Kurs ist für Teilnehmer, die schon sehr gute Deutschkenntnisse besitzen. Im Kurs sprechen wir über aktuelle Tagesthemen aus den Bereichen Politik, Wirtschaft, Soziales, Kunst und Kultur in den deutschsprachigen Ländern Deutschland, Österreich und der Schweiz. Wir beschäftigen uns in diesem Kurs auch mit deutscher Geschichte und / oder deutscher Literatur.

Wednesdays	7pm to 9pm	Annette Krause	Part C: 16 sessions	19 September	£196	£118	LG3CA
			Part D: 16 sessions	6 February	£196	£118	LG3DA

German film and literature

NEW Deutscher Buchklub: "Das Leben der anderen"

Während unserer 6 Buchgruppentreffen werden wir uns zum einen mit dem Drehbuch des Filmes "Das Leben der anderen" auseinandersetzen, zum anderen mit den Motivationen und Hintergründen für den Film. Der Film wurde mit verschiedenen Auszeichnungen prämiert, unter anderem mit einem Oscar.

Thursdays	4pm to 6pm	Christel Stöcker-Danby	6 sessions	4 October, 8 November, 13 December, 17 January, 7 February, 21 March	£76	£46	LGBC
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NEW Deutscher Filmklub: Leben im geteilten Deutschland

Auch wenn die meisten Filme keine englischen Untertitel haben, wird hoffentlich jeder Teilnehmer mit Hilfe einer Einführung, gelegentlichen Unterbrechungen und einer Diskussion am Ende die Filme verstehen. Gute Deutschkenntnisse sind erforderlich für diesen Kurs.

Thursdays	3.30pm to 6.30pm	Christel Stöcker-Danby					
Tannbach - Schicksal eines Dorfes – Part 1			1 session	18 October	£18		GF1
Tannbach - Schicksal eines Dorfes – Part 2			1 session	22 November	£18		GF2
Sonnenallee			1 session	31 January	£18		GF3
Die bleierne Zeit			1 session	14 February	£18		GF4
Barbara			1 session	7 March	£18		GF5
Das Leben der Anderen			1 session	4 April	£18		GF6

German on Saturdays

German Day: Marlene Dietrich

Leinwandlegende, Hollywood-Star, Chanteuse, Stil-Ikone – das alles und viel mehr war Marlene Dietrich. Wir verfolgen ihren Lebensweg von ihrer Kindheit in Berlin, über Cabaret, Glanz und Glitter in Hollywood, ihre Karriere als Sängerin, die Rückkehr ins Nachkriegsdeutschland bis zu ihrem letzten rührenden Film in Paris. Gute Deutschkenntnisse sind erforderlich für diesen Kurs.

Saturday	10am to 4pm	Annette Krause	1 session	10 November	£40	£24	LGGMWD
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NEW German Day: Deutsche Komponisten: Felix Mendelssohn-Bartholdy, Fanny Hensel und Franz Liszt

Leben und Werk dieser interessanten Persönlichkeiten werden wir durch kleine Hörspiele, Musik und vielseitige Aktivitäten kennenlernen und hoffentlich auch viel Spaß miteinander haben! Gute Deutschkenntnisse sind erforderlich für diesen Kurs.

Saturday	10am to 4pm	Christel Stöcker-Danby	1 session	1 December	£40	£24	LGDDK
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NEW German Day: Wien

Eine Reise zu den berühmten Wiener Sehenswürdigkeiten und Persönlichkeiten: Stephansdom, Schloss Schönbrunn, Prater, Wiener Museen und Kunstgalerien, Haus der Musik, Wiener Secessionsgebäude, Hundertwasser, Freud, Mozart, das Kaffeehaus und last but not least die Donau. Gute Deutschkenntnisse sind erforderlich für diesen Kurs.

Saturday	10am to 4pm	Annette Krause	1 session	8 December	£40	£24	LGGDW
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NEW German Day: Der romantische Rhein

Seit 2002 gehört das Obere Mittelrheintal zum UNESCO- Weltkulturerbe, auch wenn es schon 200 Jahre vorher Dichter und Künstler bezauberte u.a. auch Lord Byron und JMW Turner. Mit Filmclips, Bildern, Artikeln, Liedern und vielseitigen Aktivitäten werden wir diese schöne deutsche Gegend besser kennenlernen. Gute Deutschkenntnisse sind erforderlich für diesen Kurs.

Saturday	10am to 4pm	Christel Stöcker-Danby	1 session	2 February	£40	£24	LGDDR
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NEW German Day: Die Museumsinsel in Berlin

Wir werden uns beschäftigen mit: der Architektur und den Sammlungen des Alten und Neuen Museums, des Bode Museums, der Alten Nationalgalerie, des Pergamon Museums, und eine Vorausschau auf das Humboldtforum machen. Gute Deutschkenntnisse sind erforderlich für diesen Kurs.

Saturday	10am to 4pm	Annette Krause	1 session	16 March	£40	£24	LGDMB
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NEW German Day: Die Romantische Strasse

Wir fahren von Franken nach Südbayern. Auf der Strecke besuchen wir viele Orte wie die Würzburger Residenz, das mittelalterliche Rothenburg ob der Tauber, das Rathaus in Augsburg mit seinen wunderbaren Brunnen, die Schlösser von Hohenschwangau und Neuschwanstein, sowie die Pilgerkirche Wies. Gute Deutschkenntnisse sind erforderlich für diesen Kurs.

Saturday	10am to 4pm	Annette Krause	1 session	6 April	£40	£24	LGDRS
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Italian

Get by in Italian on Holiday

Learn some basic Italian for your next holiday in Italy! The following topics will be covered amongst others: finding one's way, booking accommodation, visiting places of interest, shopping, travelling around and eating out. This course is for total beginners.

Thursdays	1pm to 3pm	Davide Ariasso	12 sessions	24 January	£148	£90	LITGBH
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Italian Level 1 A – Term 1

These courses are for complete beginners – please do not join this course if you already know any Italian.

Mondays	10am to 12noon	Laura Geraci	16 sessions	17 September	£196	£118	LITAT1L
Mondays	7pm to 9pm	Felicia Ferrara	16 sessions	17 September	£196	£118	LITAT1F
Thursdays	10am to 12noon	Davide Ariasso	16 sessions	20 September	£196	£118	LITAT1D

Italian Level 1 A – Term 2

These courses are a continuation of the September courses. Learners wishing to join Term 2 must have studied Italian at beginners' level for app 30 hours.

Mondays	10am to 12noon	Laura Geraci	16 sessions	4 February	£196	£118	LITAT2L
Mondays	7pm to 9pm	Felicia Ferrara	16 sessions	4 February	£196	£118	LITAT2F
Thursdays	10am to 12noon	Davide Ariasso	16 sessions	7 February	£196	£118	LITAT2D

Italian Level 1 B – Term 1

These courses are suitable for students at post-beginner level who have studied the language to a limited extent in the past (app 60 hours) or students who would like to refresh previously acquired fairly basic Italian.

Wednesdays	10am to 12noon	Davide Ariasso	16 sessions	19 September	£196	£118	LITBT1D
Wednesdays	7pm to 9pm	Felicia Ferrara	16 sessions	19 September	£196	£118	LITBT1F

Italian Level 1 B – Term 2

These courses are a continuation of the September courses. Learners wishing to join Term 2 must have studied Italian at post-beginner's level for app 90 hours.

Wednesdays	10am to 12noon	Davide Ariasso	16 sessions	6 February	£196	£118	LITBT2D
Wednesdays	7pm to 9pm	Felicia Ferrara	16 sessions	6 February	£196	£118	LITBT2F



Italian Level 1 C and D

These courses are suitable for students who have completed beginners' Level 1 A and B courses or have studied Italian to some extent in the past.

Mondays	1pm to 3pm	Davide Ariasso	Part C: 16 sessions	17 September	£196	£118	LIT1CD
			Part D: 16 sessions	4 February	£196	£118	LIT1DD
Tuesdays	10am to 12noon	Davide Ariasso	Part C: 16 sessions	18 September	£196	£118	LITC1DA
			Part D: 16 sessions	5 February	£196	£118	LIT1DDA
Tuesdays	1pm to 3pm	Laura Geraci	Part C: 16 sessions	18 September	£196	£118	LIT1CL
			Part D: 16 sessions	5 February	£196	£118	LIT1DL

Italian Level 2 A and B

These courses at lower intermediate level are suitable for students who have completed courses at Level 1, and have a good basic understanding of the language.

Mondays	7pm to 9pm	Laura Geraci	Part A: 16 sessions	17 September	£196	£118	LIT2AL
			Part B: 16 sessions	4 February	£196	£118	LIT2BL
Wednesdays	1pm to 3pm	Davide Ariasso	Part A: 16 sessions	19 September	£196	£118	LIT2AD
			Part B: 16 sessions	6 Februar	£196	£118	LIT2BD
Fridays	10am to 12noon	Davide Ariasso	Part A: 16 sessions	21 September	£196	£118	LIT2ADA
			Part B: 16 sessions	8 February	£196	£118	LIT2BDA

Italian Level 2 C and D

These courses at upper intermediate level are suitable for students who are reasonably competent in the language.

Mondays	1pm to 3pm	Laura Geraci	Part C: 16 sessions	17 September	£196	£118	LIT2CLM
			Part D: 16 sessions	4 February	£196	£118	LIT2DLM
Tuesdays	10am to 12noon	Laura Geraci	Part C: 16 sessions	18 September	£196	£118	LIT2CLT
			Part D: 16 sessions	5 February	£196	£118	LIT2DLT
Thursdays	1pm to 3pm	Laura Geraci	Part C: 16 sessions	20 September	£196	£118	LIT2CL2
			Part D: 16 sessions	7 February	£196	£118	LIT2DL2



Italian Level 3 A and B

These courses at advanced level are suitable for students who have been learning Italian for several years and are fairly fluent and proficient.

Mondays	10am to 12noon	Davide Ariasso	Part A: 16 sessions	17 September	£196	£118	LIT3AD1
			Part B: 16 sessions	4 February	£196	£118	LIT3BD1
Tuesdays	1pm to 3pm	Davide Ariasso	Part A: 16 sessions	18 September	£196	£118	LIT3ADA
			Part B: 16 sessions	5 February	£196	£118	LIT3BDA
Tuesdays	7pm to 9pm	Laura Geraci	Part A: 16 sessions	18 September	£196	£118	LIT3AL
			Part B: 16 sessions	5 February	£196	£118	LIT3BL

Italian Level 3 C and D - Advanced Conversation

Il nostro corso offre agli studenti avanzati di lingua Italiana la possibilità di conversare in Italiano su vari argomenti di attualità, cultura, letteratura, interesse generale. Si leggeranno in classe brevi testi e articoli di quotidiani online che offriranno lo spunto per la discussione.

Wednesdays	10am to 12noon	Laura Geraci	Part C: 16 sessions	19 September	£196	£118	LIT3CLW
			Part D: 6 sessions	6 February	£196	£118	LIT3DLW
Thursdays	10am to 12noon	Laura Geraci	Part C: 16 sessions	20 September	£196	£118	LIT3CLT
			Part D: 16 sessions	7 February	£196	£118	LIT3DLT

Italian Culture and Literature courses

Italian Film on Wednesdays

An opportunity to watch and discuss selected Italian language films (with Italian subtitles) whilst enjoying some Italian food and a glass of wine. There will be a small additional charge of about £1.50 for the food and drink, payable to the tutor on the day.

Wednesdays	1pm to 4pm	Laura Geraci	1 session	17 October	£18		LITF1
			1 session	30 January	£18		LITF3
			1 session	6 March	£18		LITF5

Italian Culture and Literature courses

Italian Book Club

We will read and discuss a famous book of Italian literature. As the tutor will order the book for all students, in order to ensure that all learners have the same edition, please enrol early in order to enable the tutor to order books in time. Reading and speaking will be mainly in Italian. Deadline for enrolment: 1 week before the course starts. Good knowledge of Italian necessary.

Wednesdays	1pm to 3 pm	Laura Geraci	8 sessions	10 October	£100	£60	LITBC1
			8 sessions	16 January	£100	£60	LITBC2

Italian Cookery - Please see in cookery section



Italian on Saturdays

Cinema Italiano e Migrazioni

Each Saturday course in this series will show a film either focused on Italy as a land of migrants, or as Italy on the receiving end of international migrations. A very good level of Italian is necessary for these courses, as the sessions, including debates, lectures, games and exercises, will be held completely in Italian and the films will be shown in Italian with Italian subtitles.

Saturday	10pm to 3pm	Davide Ariasso					
Nuovomondo			1 session	6 October	£34	£22	LITC1
Il Cammino della Speranza			1 session	10 November	£34	£22	LITC2
Pane e Cioccolata			1 session	1 December	£34	£22	LITC3
Lamerica			1 session	19 January	£34	£22	LITC4
Terraferma			1 session	16 March	£34	£22	LITC5
A Ciambra			1 session	6 April	£34	£22	LITC6

Scrittura Creativa in Italiano

L'insegnante comincerà a leggere una breve storia al gruppo. Poi vi guiderà nella scrittura per scrivere la continuazione della storia e trovare la fine. Potete scegliere di lavorare a gruppi di due se volete. Ci saranno anche altre attività che vi aiuteranno ad attivare la parte creativa di voi stessi!

Saturday	10am to 3 pm	Laura Geraci	1 session	23 March	£34	£22	LITLC1
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Grammatica della Fantasia

A workshop for intermediate/advanced learners of Italian to learn how to free your imagination, based on the famous 'Grammatica della Fantasia' by writer and educator Gianni Rodari. We will have fun playing with words, their structure, their meaning and their sound, inventing stories, writing poems and limericks. These games will definitely improve your confidence: learning comes easier when you're having fun!

Saturday	10pm to 3pm	Davide Ariasso	1 session	18 May	£34	£20	LITGF
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Italian Day: Sicily (held in Italian)

Questa giornata italiana offre la possibilità di esplorare la geografia, la storia, l'arte e le tradizioni della Sicilia. E anche di assaggiare i piatti tipici di questa fantastica isola. La giornata include un pranzo con 3 portate e vino. Per piacere portate £10 per pagare l'insegnante per il costo degli ingredienti. Per partecipare è necessario saper parlare l'italiano a un livello molto buono.

Saturday	10am to 4pm	Laura Geraci	1 session	20 October	£52	£32	LITSI1
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Italian Day: Sicily (held in English)

This Italian Day offers the opportunity to explore the geography, history, art and traditions of Sicily, and to also taste typical dishes from this amazing island. The day includes a 3 course lunch with wine, for which an additional charge of £10 is payable to the tutor on the day. This course will be held in English.

Saturday	10am to 4pm	Laura Geraci	1 session	2 February	£52	£32	LITSE2
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Holiday Italian

Learn some basic Italian for your next holiday in Italy.

Saturday	10am to 3pm	Felicia Ferrara	2 sessions	8, 15 June	£64	£40	LITH2
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Polish

Polish Level 1 A – Term 1

This course is for complete beginners.

Wednesdays	7pm to 9pm	Magda Lowson	16 sessions	19 September	£196	£118	LPOL1
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Polish Level 1 A – Term 2

This course is a continuation of the September Term 1 course. Learners wishing to join Term 2 must have studied Polish at beginners level for app 30 hours.

Wednesdays	7pm to 9pm	Magda Lowson	16 sessions	6 February	£196	£118	LPOL2
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Portuguese

Get by in Portuguese on Holiday

This course will introduce enough Portuguese for you to get by on holiday in a Portuguese speaking country and will make you more confident in shopping, travelling, finding accommodation and dealing with emergencies.

Mondays	10am to 12noon	Margarida Rodrigues da Silva	8 sessions	21 January	£100	£60	LPH1
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Portuguese Level 1 A – Term 1

This course is for complete beginners.

Tuesdays	7pm to 9pm	Margarida Rodrigues da Silva	16 sessions	18 September	£196	£118	LPT1A
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Portuguese Level 1 A – Term 2

This course is a continuation of the September Term 1 course. Learners wishing to join Term 2 must have studied Portuguese at beginners level for app 30 hours.

Tuesdays	7pm to 9pm	Margarida Rodrigues da Silva	16 sessions	5 February	£196	£118	LPT2A
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Portuguese Level 1 B – Term 1

This course is suitable for students at post-beginner level who have studied the language to a limited extent in the past (app 60 hours) or students who would like to refresh previously acquired basic Portuguese.

Thursdays	7pm to 9pm	Margarida Rodrigues da Silva	16 sessions	20 September	£196	£118	LPT1B
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Portuguese Level 1 B – Term 2

This course is a continuation of the September course. Learners wishing to join Term 2 must have studied Portuguese at post-beginners' level for app 90 hours.

Thursdays	7pm to 9pm	Margarida Rodrigues da Silva	16 sessions	7 February	£196	£118	LPT2B
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Portuguese Level 3 A and B

This course at lower advanced level is suitable for students who have completed courses at Level 1 and Level 2 and have a good understanding of the language.

Wednesdays	10am to 12noon	Margarida Rodrigues da Silva	Part A: 16 sessions	19 September	£196	£118	LP3A
			Part B: 16 sessions	6 February	£196	£118	LP3B

Portuguese Level 3 C and D

Este curso oferece aos estudantes com um nível avançado de português a possibilidade de consolidar seus conhecimentos abordando temas de atualidade, literatura, cultura e temas de interesse geral.

Fridays	10am to 12noon	Margarida Rodrigues da Silva	Part C: 16 sessions	21 September	£196	£118	LP3C
			Part D: 16 sessions	8 February	£196	£118	LP3D

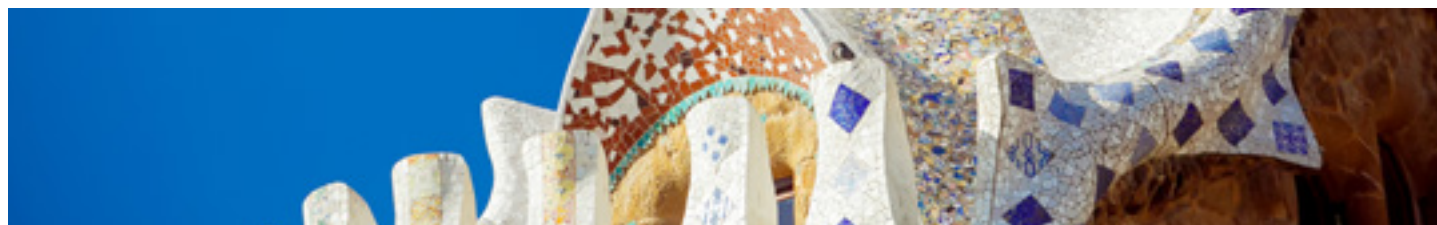
Portuguese on Saturdays

Portuguese Language and Culture Taster Day

This course will cover a basic introduction to the Portuguese language, culture, geography, arts and music. Students will also learn about Portuguese food and taste some delicious Portuguese pastéis de nata and port. Please bring a packed lunch. There will be a small additional charge of app. £3 - £5 for the food, payable to the tutor on the day.

Saturday	10am to 4pm	Margarida Rodrigues da Silva	1 session	18 May	£40	£24	LPTD1
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Spanish

Get by in Spanish on Holiday

Learn some basic Spanish for your next holiday in a Spanish speaking country! The following topics will be covered amongst others: finding one's way, booking accommodation, visiting places of interest, shopping, travelling around, eating out. This course is for total beginners.

Wednesdays	10am to 12noon	Caroline Davenport	10 sessions	16 January	£124	£76	LSGBC
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Get by in Spanish on Holiday

Learn some basic Spanish for your next holiday in a Spanish speaking country! The following topics will be covered: finding one's way, booking accommodation, visiting places of interest, shopping, travelling around, eating out. This course is for total beginners.

Wednesdays	1pm to 3pm	Luz Marina Lecomte	8 sessions	27 February	£100	£60	LSGBL
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Holiday Spanish

Learn some basic Spanish for your next holiday in a Spanish speaking country! This course over two days will be intensive and practical, and is for total beginners.

Wednesdays	10am to 3pm	Luz Marina Lecomte	2 sessions	5, 12 June	£64	£40	LSHS1
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Spanish Level 1 A – Term 1

These courses are for complete beginners – please do not join these courses if you already know any Spanish.

Mondays	1pm to 3pm	Julian Segura	16 sessions	17 September	£196	£118	LSAT1M
Mondays	7pm to 9pm	Julian Segura	16 sessions	17 September	£196	£118	LSAT1J
Thursdays	10am to 12noon	Diego Soto	16 sessions	20 September	£196	£118	LSAT1D

Spanish Level 1 A – Term 2

These courses are a continuation of the September courses. Learners wishing to join Term 2 must have studied Spanish at beginner's level for app. 30 hours.

Mondays	1pm to 3pm	Julian Segura	16 sessions	4 February	£196	£118	LSAT2M
Mondays	7pm to 9pm	Julian Segura	16 sessions	4 February	£196	£118	LSAT2J
Thursdays	10am to 12noon	Diego Soto	16 sessions	7 February	£196	£118	LSAT2D

Spanish Level 1 B – Term 1

These courses are suitable for students at post-beginner level who have studied the language to a limited extent in the past (app 60 hours) or students who would like to refresh previously acquired basic Spanish.

Tuesdays	1pm to 3pm	Julian Segura	16 sessions	18 September	£196	£118	LSBT1J
Wednesdays	10am to 12noon	Luz Lecomte	16 sessions	19 September	£196	£118	LSBT1L
Wednesdays	7pm to 9pm	Caroline Davenport	16 sessions	19 September	£196	£118	LSBT1C

Spanish Level 1 B – Term 2

These courses are a continuation of the Term 1 courses, and are suitable for students at post-beginner level who have studied the language to a limited extent in the past (app 90 hours).

Tuesdays	1pm to 3pm	Julian Segura	16 sessions	5 February	£196	£118	LSBT2J
Wednesdays	10am to 12noon	Luz Lecomte	16 sessions	6 February	£196	£118	LSBT2L
Wednesdays	7pm to 9pm	Caroline Davenport	16 sessions	6 February	£196	£118	LSBT2C



Spanish Level 1 C and D

These courses are suitable for students who have completed beginners' Level 1 A and B courses or have studied Spanish to some extent in the past.

Mondays	1pm to 3pm	Luz Marina Lecomte	Part C: 16 sessions	17 September	£196	£118	LS1CLM
			Part D: 16 sessions	4 February	£196	£118	LS1DLM
Tuesdays	1pm to 3pm	Luz Marina Lecomte	Part C: 16 sessions	18 September	£196	£118	LS1CLT
			Part D: 16 sessions	5 February	£196	£118	LS1DLT
Tuesdays	10am to 12noon	Julián Segura	Part C: 16 sessions	18 September	£196	£118	LS1CJT
			Part D: 16 sessions	5 February	£196	£118	LS1DJT
Thursdays	10am to 12noon	Julián Segura	Part C: 16 sessions	20 September	£196	£118	LS1CJU
			Part D: 16 sessions	7 February	£196	£118	LS1DJU

Spanish Level 2 A and B

These courses at lower intermediate level are suitable for students who have completed courses at Level 1, and have a good basic understanding of the language.

Mondays	10am to 12noon	Luz Marina Lecomte	Part A: 16 sessions	17 September	£196	£118	LS2ALM
			Part B: 16 sessions	4 February	£196	£118	LS2BLM
Tuesdays	7pm to 9pm	Julián Segura	Part A: 16 sessions	18 September	£196	£118	LS2AJT
			Part B: 16 sessions	5 February	£196	£118	LS2BJT
Wednesdays	10am to 12noon	Julián Segura	Part A: 16 sessions	19 September	£196	£118	LS2AJW
			Part B: 16 sessions	6 February	£196	£118	LS2BJW

Spanish Level 2 C and D

These courses at intermediate level are suitable for students who are reasonably competent in the language.

Tuesdays	10am to 12noon	Luz Marina Lecomte	Part C: 16 sessions	18 September	£196	£118	LS2CLT
			Part D: 16 sessions	5 February	£196	£118	LS2DLT
Thursdays	1pm to 3pm	Diego Soto	Part C: 16 sessions	20 September	£196	£118	LS2CDT
			Part D: 16 sessions	7 February	£196	£118	LS2DDT

Spanish Level 3 A and B

En este curso practicaremos estructuras gramaticales, expresiones, vocabulario, procurando y fomentando la conversación sobre diferentes temas de cultura, gastronomía, costumbres, literatura, actualidad. Normalmente seguimos un libro guía; durante el curso además de actividades y documentos adicionales. Si tienes un buen nivel de comunicación en español y quieres practicarlo y aprenderlo más, este es tu curso.

Mondays	10am to 12noon	Julián Segur	Part C: 16 sessions	17 September	£196	£118	LS3AJM
			Part D: 16 sessions	4 February	£196	£118	LS3BJM



Spanish Level 3 A and B

Este curso de conversación es para aquellos que han estudiado español durante varios años y quieren practicar con un grupo dirigido por una profesora nativa. Discutiremos temas de actualidad, literatura, cultura y costumbres españolas.

Tuesdays	10am to 12noon	Mariví O'Leary	Part A: 16 sessions	18 September	£196	£118	LS3AMT
			Part B: 16 sessions	5 February	£196	£118	LS3BMT

Spanish Level 3 A and B

Este curso ofrece la oportunidad de practicar español en grupo discutiendo temas de actualidad, literatura española, cultura y costumbres de España, y aprendiendo nuevas expresiones y vocabulario. También habrá repaso de gramática.

Thursdays	7pm to 9pm	Caroline Davenport	Part A: 16 sessions	20 September	£196	£118	LS3ACD
			Part B: 16 sessions	7 February	£196	£118	LS3BCD

Spanish Level 3 C and D, Advanced Conversation

Este curso ofrece la oportunidad de practicar español en grupo discutiendo temas de actualidad, literatura española, cultura y costumbres de España, repaso de algún punto gramatical y aprender nuevas expresiones y vocabulario.

Mondays	7pm to 9pm	Reyes Velazquez	Part C: 16 sessions	17 September	£196	£118	LS3CRM
			Part D: 16 sessions	4 February	£196	£118	LS3DRM

Spanish Level 3 C and D, Advanced Conversation

Si hablas español con soltura éste curso de conversación avanzada te ofrece la oportunidad de mantenerlo y mejorarlo discutiendo temas de actualidad, películas, literatura española, cultura y costumbres de España.

Wednesdays	10am to 12noon	Mariví O'Leary	Part C: 16 sessions	19 September	£196	£118	LS3CMW
			Part D: 16 sessions	6 February	£196	£118	LS3DMW

Spanish on Saturdays

Día sobre Latino América: (en español)

Un día para hablar de diferentes aspectos de Latino América: geografía, historia, gastronomía, lengua, cultura, a la vez de practicar tu español y pasar un buen momento. Por favor traer tu propio almuerzo.

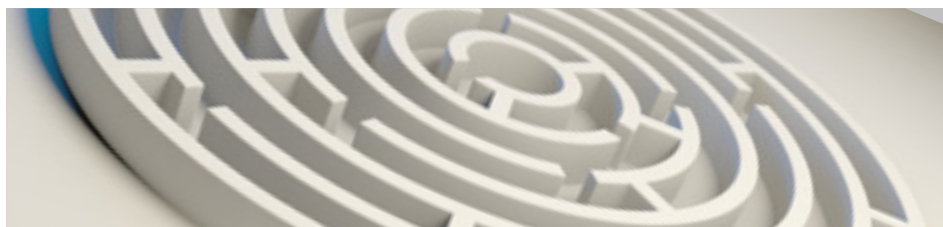
Saturday	10am to 3pm	Julián Segura	1 session	1 December	£34	£22	LSSP1
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Día sobre Colombia: (en español)

Un día para hablar de diferentes aspectos de Colombia: geografía, historia, gastronomía, lengua, cultura, a la vez de practicar tu español y pasar un buen momento. Por favor traer tu propio almuerzo.

Saturday	10am to 3pm	Julián Segura	1 session	6 April	£34	£22	LSSD2
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Maths



Maths Café 1

We will look at: Dodgy statistics and how to send secret messages. Voting systems and why logicians like wearing coloured hats. Polyhedrons, networks and why there are only 17 types of wallpaper. And much more. You do not need to know any maths to take this course.

Wednesdays	1.30pm to 3.30pm	Eric Smith	10 sessions	3 October	£124	£76	MC1
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Maths Café 2

We will look at: Algorithms and how to send pictures back from Pluto. Magic squares and how to colour a map. Logic puzzles and why a piano doesn't sound like a guitar. And much more. You do not need to know any Maths to take this course.

Wednesdays	1.30pm to 3.30pm	Eric Smith	10 sessions	16 January	£124	£76	MC2
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Philosophy



Introduction to Philosophy – Part 1

The course will introduce key topics from the history of philosophy, and from current philosophical debates. We will study the theory of knowledge and ethics, starting with the ancient Greek philosophers and ending in the Middle Ages. The course is for people who have little or no experience of philosophy but are curious.

Thursdays	7pm to 9pm	Leopold Chaligha	12 sessions	20 September	£148	£90	PT1A
Fridays	10am to 12noon	Leopold Chaligha	12 sessions	21 September	£148	£90	PT1B

Introduction to Philosophy – Part 2

This course will follow on from Part 1, dealing with rationalism including Descartes, Empiricism and philosophy of mind including David Hume, contemporary realism and relativism. Students can join this course without having attended Part 1.

Thursdays	7pm to 9pm	Leopold Chaligha	12 sessions	10 January	£148	£90	PT2A
Fridays	10am to 12noon	Leopold Chaligha	12 sessions	11 January	£148	£90	PT2B

Introduction to Philosophy – Part 3

In this stimulating course we will examine major philosophical trends and contributions from great minds of our time. Keep your mind active, challenge your ideas about the universe and see the meaning of our existence from different perspectives. Students can join this course without having attended Part 1 and/or 2.

Thursdays	7pm to 9pm	Leopold Chaligha	8 sessions	25 April	£100	£60	PT3A
Fridays	10am to 12noon	Leopold Chaligha	8 sessions	26 April	£100	£60	PT3B

Public Speaking



NEW Public Speaking for Everyday Life

A fun introduction to speaking in public, from formal presentations, interviews, small group discussion to that frightening best man or best woman speech.

Thursdays	7pm to 9pm	Russell Walker	8 sessions	4 October	£100	£60	PS1
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NEW Public Speaking for Everyday Life

A fun introduction to speaking in public, from formal presentations, interviews, small group discussion to that frightening best man or best woman speech.

Thursdays	7pm to 9pm	Russell Walker	8 sessions	25 April	£100	£60	PS2
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Volunteering at Stoke Lodge

Interested in our volunteer programme?

We need volunteers to help:

- Maintain and improve the gardens surrounding the house (**Gardening Volunteer**)
- Prepare refreshments for learners (**Catering Volunteer**)
- Promoting our courses around the city (**Publicity and Marketing Volunteer**)
- Supporting the delivery of courses (**Volunteer Education Assistant**)

By joining our volunteer programme you will meet new people, share and gain new skills as well as have fun!

If you are able to help on a regular basis with teas and coffees for our morning or afternoon learners we can reimburse you with Stoke Lodge Course gift vouchers giving you a reduction on a course of your choice.

Want to know more?

Chat to Louise on 07342 031888 (Mon-Fri 9.00am – 4.00pm) or email louise.weller@bristol.gov.uk



Enrolment Form 2018 - 2019

Adult Learning

For full fee debit/credit card payments it's quickest to enrol and pay online at www.bristolcourses.com to secure your place immediately.

Alternatively, fill out the form below and return to Stoke Lodge Centre, address below.

Your Details

Title	First name	Family name
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Address

Tel landline

Mobile

Email

Date of birth

Equal Opportunities

Gender ☒ Male ☐ Female

Please make sure your details are correct. We will need to contact you if your course changes.

Ethnicity

White

British

Irish

☐ Gypsy or Irish Traveller

Dual Heritage

White and Asian

White and Black African

White and Black Caribbean

Other:

other Asian background

other Black background

other mixed background

other White background

please state:

Asian or Asian British

■ Bangladeshi

☐ Indian

Pakistani

Chinese

Black or Black British

African

Caribbean

Disability

Do you consider yourself to be a disabled person?
(for example hearing impairment, access needs or mental health issues)

☐ Yes☐ No

Do you have a learning difficulty?

☐ Yes☐ No

If you have access or support needs please contact us to discuss.



Course Details

Course title	Course code	Start date	Fee	Receipt no.	Enrolling officer

Fees are paid in full at the time of enrolment.

- the quickest and easiest way to pay is by credit or debit card online at www.bristolcourses.com (full fee payments only)
- alternatively you can pay in person at Stoke Lodge - by credit or debit card, cash
- by phone on **0117 903 8844** (lines can be very busy) - credit and debit card only.

Fee concessions

If you receive any of these benefits, you may be entitled to a fee concession. You will need to show us evidence (please see details in How to Enrol) or have your form stamped.

- ☐ Universal Credit (and/or the benefits it replaces listed below)
- ☐ Income Support
- ☐ Income-based Jobseekers Allowance
- ☐ Income-related employment support allowance
- ☐ Housing Benefit
- ☐ Working Tax Credit
- ☐ Guaranteed Pension Credit

Where did you hear about us? (please tick)

Online:

- ☐ Google or internet search
- ☐ Bristol City Council website
- ☐ Other website or link
- ☐ Facebook, Twitter or other social media

In person:

- ☐ Friend or family
- ☐ Member of staff (Development Worker, Tutor or Administrator)

From the course guide:

- ☐ Course guide from Stoke Lodge
- ☐ Course guide from library
- ☐ Course guide from shop or other venue

Advertising:

- ☐ Poster or flyer
- ☐ Advert in community magazine
- ☐ Advert in newspaper

We require all learners agree for us to contact them about information related to their course and accept our terms and conditions. Our full T&C and Privacy notice can be found at www.bristolcourses.com

- ☐ I accept the terms and Conditions (required)
- ☐ I confirm I can be contacted with information related to my courses (required).
- ☐ By phone (this is used if we need to contact you quickly, for example if a class is cancelled)
- ☐ By post (we occasionally mail learners course information)

Can we contact you:

- ☐ By email (this is required for all booking confirmations and to share detailed course information)
- ☐ Tick here to be included in our mailing list for news about new courses and events at Stoke Lodge. Our full privacy policy can be found online at www.bristolcourses.com



Enrolling and paying course fees

How to enrol

- Classes can book up quickly so book early to secure your place!
- Fees must be paid in full at the time of enrolment.
- If you are interested in a course that has started, it may be possible to join late or part way through. Please contact us to discuss.

Ways to Pay

You can pay by credit or debit cards, or cash (if paying in person only).

Enrol and pay online



The quickest and easiest way to book a place and pay by credit or debit card is directly on our website
www.bristolcourses.com

Enrol and pay over the phone



You can contact us on **0117 903 8844** to enrol and pay by credit or debit card.

Enrol and pay in person



You can enrol in person at Stoke Lodge and pay by credit or debit card, or cash. Please bring your completed enrolment form with you.

Please note you will be unable to enrol and pay at the St Paul's Learning Centre.

Office and telephone opening



Stoke Lodge is open 9am to 5pm Monday to Thursday and 9am to 4pm on Friday.

We try to deal with calls quickly but at peak enrolment times we are quite busy, so we appreciate your patience.

Concessionary fees

If you are in receipt of income-related benefits you may be entitled to apply for a concession on the full cost of your chosen course(s). Concessions are available on course fees only and do not apply to materials or exam fees.

If you pay online or over the phone you will need to pay the full fee at the time of enrolment. You will then need to provide original evidence of your entitlement to concessionary fees before the start of your course to receive a concession refund.

If you enrol in person with original evidence of entitlement you may enrol at the concessionary fee.

Please note: photocopies will not be accepted.

If you receive one or more of the following benefits you will be entitled to apply for concessionary fees.

- Universal Credit (and/or the benefits it replaces listed below)
- Income support
- Income-based Jobseekers Allowance
- Income-related employment support allowance
- Housing benefit
- Working tax credit
- Guaranteed Pension Credit

Learners who receive a pension do not qualify for the concessionary rate unless they also receive an income-related benefit.

Course Cancellations and Refunds

If we have to cancel your course your fees will be refunded in full. We are unable to reimburse the cost of materials you may have bought for the course.

If you cancel your course booking a week (7 days) or more before the start date we will refund your fees minus an admin charge of 20%.

If you cancel with less than a week (7 days) before the start date or after the course has started, we will not be able to refund your fees.

Transfers will incur a fee of 10% unless you are transferring to another course because your original course was cancelled or if you are transferring to a different level on a language course.

If you are due a refund you must contact the office within 3 months of the course to arrange payment as we do not keep card or payment details.



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- 8 Pottery for Pleasure
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- 10 Acrylics for Improvers
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- 10 Drawing Skills
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- 11 Mixed Media Painting -Acrylics, Watercolours and Pastels
- 10 Oil Painting for Beginners and Improvers
- 12 Paint or Draw the Clothed Model
- 9 Painting and Drawing
- 9 Painting Portraits from Photographs
- 11 Pastels
- 9 Portrait Drawing from Life

- 12 Portraiture Day
- 11 Printmaking
- 11 Printmaking and Surface Design Summer School 2019
- 12 Saturday Drawing School
- 12 Space for Creativity. Self-directed Workshops in Acrylic and Watercolour
- 12 Still Life in a Day
- 11 Watercolour for Absolute Beginners
- 10 Watercolour for Beginners
- 11 Watercolour Sketchbook
- 13 Creative Writing & Literature
- 13 Creative Writing for All
- 13 Fiction Writing
- 13 Life Writing: Biography and Autobiography
- 13 Writing Poetry
- 13 Writing Stories for Children
- 13 Writing for Wellbeing
- 13 Music
- 14 Exploring Beethoven's Fifth Symphony
- 14 Exploring Mozart's Piano Concerto no. 21
- 14 Exploring Mozart's Requiem
- 14 Exploring the Music of Arvo Pärt
- 14 Exploring Vivaldi's Four Seasons
- 14 Art History
- 14 15th Century: Early Netherlandish Painting
- 15 16th Century painting in Northern Europe
- 15 17th Century Painting in Northern Europe
- 15 Art in the 19th Century
- 15 Clowns and Laundresses - Summer school
- 15 The First World War: Art and History
- 14 Romanticism and European Painting
- 15 The Spanish Civil War - Summer school

Bridge

- 16 Bridge for Beginners
- 16 Bridge for Improvers

Computers and Digital Technologies

- 18 Creative Computer Skills for Christmas
- 17 Further Microsoft Word
- 18 Get Started with Microsoft Excel
- 17 Get Started with Microsoft Word
- 18 Get Started with Photo Editing
- 18 Get to Know PowerPoint
- 17 How the Internet Works
- 17 Improve your Computer Skills
- 17 Internet History, Technology and Security: A Fun Approach to Learn How the Internet Works
- 17 Refresh your Computer Skills
- 18 Social Media for Business and Leisure



Cookery	
19	Age-Well: Health and Nutrition
20	● Beautiful, Bountiful Brunches
20	● Breads - Savoury & Sweet
23	Ch'ang Ming Cookery
23	● Considering Going Vegan?
20	● Fast and Fabulous Comfort Food
23	● Gluten Free Cookery
23	GM Free Cookery
21	● Inspired by India - Its Food and its People
21	● Inspired by the Mediterranean
20	● Inspired by Mexico
21	● Inspirations for Summer
22	● Italian Cookery
23	● Italian Cookery: Fresh Pasta
19	Look and Cook: 'Beginners to Winners'
19	Look and Cook: Healthy Eating
19	Look and Cook: Moroccan and North African Cuisine
19	Look and Cook: Tagine
19	Look and Cook: Tea Time Treats
19	Look and Cook: Vegetarian Cookery
22	● Look, Cook and Eat: Scones
21	● Middle Eastern Mezze
23	● Moroccan and North African Cuisine
22	● Pastry - Savoury & Sweet
23	Store Cupboard Cookery
23	● Vegetarian Cookery
23	West Country Wonders
22	● Winter Warmers
24	Wine Appreciation
24	Wine: Anything but Chardonnay, Anything but Cabernet
24	Wines of Australia
24	Wines: Europe v the Rest of the World
24	The Wines of Italy

Crafts	
24	Floristry
25	Christmas Floral Designs for Beginners
25	Christmas Floral Designs for Improvers
25	Developing Floristry Skills
24	Floristry for Beginners
24	Further Floristry
25	Spring Floral Designs
25	Jewellery Making
25	Copper & Silver Jewellery - Beginners
25	Copper & Silver Jewellery - Intermediates
25	Copper & Silver Jewellery Making - Choose Your Own Project
30	Silver Bangle in a Day
30	Silver Ring in a Day
25	Papercrafts
30	Bookbinding
25	Christmas Frippery
30	Paper Making- an Introduction
30	Silver Bangle in a Day
30	Silver Ring in a Day
26	Sewing, Textiles and Upholstery
28	All that Glitters: Hand Stitched Brooches and Beads
27	Around the World with Creative Stitch
28	Bag in a Day Workshop
26	Bag Making
27	Beautiful Lingerie
26	Blinds, Curtains & Cushions
27	Creative Stitching with Shimmer and Shine
28	Crochet for Beginners
26	Dressmaking and Textiles
26	Essential Alterations
28	Free Motion Embroidery and Dissolvable Fabrics
26	● Getting to Know Your Sewing Machine

28	Knitting for Beginners
26	Learning to Sew and More!
28	Lingerie Workshop
28	Machine Stitched Mosaics
27	Make an Outfit for a Special Occasion
27	● Making Children's Clothes-Dungarees
28	Roman Blinds
29	T-Shirt Workshop
27	Upholstery
29	Upholstery on Saturdays
28	Upholstery Taster for Beginners
29	Stained glass
30	Copperfoil-Spring Flowers
29	Stained Glass for Beginners
29	Stained Glass Intermediates
30	Stained Glass Saturday
30	Woodwork
30	Woodwork Joinery for Beginners

Family History

31	Discover your Family History - Stage 1
31	Discover your Family History - Stage 2
31	Family History Intensive Research Day
31	Family History Taster Day

Film Studies

32	The Art of Terence Davies
32	Film and the Sacred
32	Mini Film Festival: Fairytales for Grown-Ups
32	What is Cult?
32	What is Noir?



Gardening	
37	Choosing Plants for Your Borders
37	Choosing Plants for Your Borders
37	Design Your Own Garden
38	Design Your Own Garden
37	Garden Design
38	Garden Styles: Cottage Garden
38	Garden Styles: Front Garden
38	Garden Styles: Ponds
38	Garden Styles: Prairie Garden
38	Garden Styles: Sensory Garden
38	Garden Styles: Woodland Garden
37	Growing Fruit and Vegetables
37	Plants and Planting
38	Pruning – All You Need to Know
37	Tree Identification
Willow Craft Courses	
40	Berry Basket Workshop
39	Christmas Willow Crafts
40	Easter Bunny and Basket Workshop
39	Introduction to Basket Weaving
39	Introduction to Willow Weaving
40	March Hare Willow Workshop
40	Reindeer Willow Sculpture Workshop
39	Urban Fox Willow Workshop
40	Willow Birdhouse and Bird Feeder
40	Willow Hanging Basket
39	Willow Owl Workshop
40	Willow Plant Support Workshop

Health and Wellbeing	
42	Autumn Body Quest
41	● Body/Mind Awareness Through Movement
41	Body Mind Awareness through Movement – Summer School
41	Dance Club – Summer School
41	Exercises That Make You Feel Great!
41	Intermediate Tai Chi
42	● Introduction to CBT
42	● Mindfulness for Beginners
42	● Mindfulness Workshop
42	Spring Body Quest
41	Tai Chi for Everyone

History	
43	American History
43	The Descent to the War Between the States — 1820 to 1865
43	The Founding Fathers and the Birth of the US Constitution
43	British and European History
44	Britain in an Age of Revolution, 1782-1815
43	British Political Mavericks, 1660-2018
44	British Prime Ministers from Pitt to Palmerston, 1784-1865
44	British Titans of the Nineteenth Century
43	Early Georgian England, 1714-1760
43	The Early Stuarts, 1603-1660
15	The First World War: Art and History
44	George III and the Loss of America, 1760-1782
43	The Later Stuarts, 1660-1714
43	Politics in Historical Perspective
15	The Spanish Civil War: Summer school
43	They Made History: Great Historians and their Works

44	Twelve more Prime Ministers, 1866-1940
44	Years of Regency and Reform, 1815-1846
Languages	
45	French
47	Films français avec sous-titres français.
47	French Book Club
48	French Day: La Bretagne
48	French Day: La Bretagne: Découvrir le Morbihan et Finistère
45	French Level 1
46	French Level 2
47	French Level 3
47	French Slang
45	Get by in French on Holiday
48	Holiday French
48	German
49	Deutscher Buchklub: "Das Leben der anderen"
49	Deutscher Filmklub: Leben im geteilten Deutschland
50	German Day: Die Museumsinsel in Berlin
50	German Day: Die Romantische Strasse
50	German Day: Der romantische Rhein
50	German Day: Deutsche Komponisten: Felix Mendelssohn-Bartholdy, Fanny Hensel und Franz Liszt
50	German Day: Marlene Dietrich
50	German Day: Wien
48	German Level 1
48	German Level 2
48	German Level 3



51	Italian
51	Get by in Italian on Holiday
54	Grammatica della Fantasia
54	Italian Book Club
54	Italian Day: Sicily (held in Italian)
54	Italian Day: Sicily (held in English)
53	Italian Film on Wednesdays
51	Italian Level 1
52	Italian Level 2
52	Italian Level 3
54	Holiday Italian
54	Scrittura Creativa in Italiano
54	Polish
54	Polish Level 1
54	Portuguese
54	Get by in Portuguese on Holiday
55	Portuguese Language and Culture Taster Day
54	Portuguese Level 1
55	Portuguese Level 3

55	Spanish
58	Día sobre Colombia: (en español)
58	Día sobre Latino América: (en español)
55	Get by in Spanish on Holiday
55	Holiday Spanish
58	Spanish Advanced Conversation
56	Spanish Level 1
56	Spanish Level 2
56	Spanish Level 3
Maths	
58	Maths Café
Philosophy	
59	Introduction to Philosophy
Public Speaking	
59	Public Speaking for Everyday Life



