



Bedford House

Arts Crafts Leisure Fitness
Courses & Workshops

2017 - 18



Buckhurst Hill Community Association

Bedford House, 4 Westbury Road, Buckhurst Hill IG9 5NW

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www.bedfordhouse.org.uk

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Registered Charity No. 301268

BUCKHURST HILL COMMUNITY ASSOCIATION

Formed in December 1946, the Association is a self-supporting, independent registered charity, based since 1950 at Bedford House. It provides a wide range of classes and workshops in a variety of disciplines and acts as a centre for community activities.

BEDFORD HOUSE OFFICE HOURS (Term Time)

	Morning	Afternoon	Evening
Monday	Closed	Closed	7.00 – 9.45
Tuesday	9.30 – 12.30	Closed	7.00 – 9.45
Wednesday	9.30 – 12.30	Closed	7.00 – 9.45
Thursday	9.30 – 12.30	Closed	7.00 – 9.45
Friday	9.30 – 12.30	Closed	Closed

Outside of term time hours may vary and it is advisable to telephone the Office on 020 8504 6668 before visiting Bedford House.

TERM DATES for 2017 - 18

Autumn Term: (11 weeks)	Monday 18 September 2017 – Saturday 9 December 2017 (Half Term 23 – 28 October)
Spring Term: (10 weeks)	Monday 8 January 2018 – Saturday 24 March 2018 (Half Term 12 – 17 February)
Summer Term: (10 weeks)	Monday 23 April 2018 – Saturday 7 July 2018 (Half Term 28 May – 2 June)

Due to the timing of the Spring Bank Holidays, the last Monday classes of the Summer Term will be held on 9 July (16 July for Sculpture in Clay).

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LANGUAGE CLASSES A wide range of language classes are offered at Bedford House by **LEIGH LANGUAGES**, an independent school affiliated to BHCA. For further details and contact information, see page 18.

FEES

Regrettably, this year we have had to increase our course fees by more than we would wish. We emphasise that these increases are purely **to ensure that the Association is able to survive** and remain financially viable. Unlike many other such institutions, **our education programme receives no subsidy of any kind from local or national government**. We trust members will understand the necessity for these measures and still feel our classes represent excellent value.

MEMBERSHIP FEES

We regret that we have also had to increase our membership fees this year, but have pledged to freeze the new fee for the next three years. Please remember that BHCA is constituted as a membership charity and that all students must join as members. This gives all students the opportunity to participate in the governance of the Association through Management Committee meetings and our AGM, and to vote for your Trustees. It also means students are covered by BHCA's insurance while attending classes/activities.

COURSE FEES

are listed under each class entry, as per term: **Autumn / Spring / Summer**

Students who wish to pay for all three terms in advance are welcome to do so and we are pleased to offer a £10.00 discount for any student who does this.

SATURDAY / SUNDAY / EVENING WORKSHOP FEES

Workshop fees are listed under the individual workshop entries.

Please enrol by the date specified for each workshop, to avoid unnecessary cancellation.

UNLESS OTHERWISE STATED:

Classes are open to all levels of ability.

Courses consist of three terms, the first of 11 weeks, the second and third of 10 weeks.

Where appropriate, students need to provide their own materials. We recommend students do not invest heavily in these until certain a class/workshop will go ahead, as **all classes are subject to cancellation if enrolment is unviable**.

Handouts for each course are available on request, or further details of courses can be found at www.bedfordhouse.org.uk .

DONATIONS and GIFT AID

BHCA operates under tight financial constraints and is engaged in a continuing process of ensuring it can continue to survive, thrive and offer its classes and activities for another 70 years.

To this end, we ask that if you enjoy your time here and wish to help us further, please **consider adding a donation** when you enrol. We have added a line to this effect on the enrolment form.

If you are a taxpayer, please also tick the Gift Aid box on the form, as this will enable us to recover 25p from HMRC for every £1 of donation or membership fee. Thank you!



ART and CRAFT COURSES

After-School Art A chance for 8 – 11 year olds to explore drawing, painting, pastels, decorative objects and puppet-making. Fee includes most materials. **(10 week terms)**
 Lorraine Ward/Alice Stanley Monday 4.00 – 5.30 £93.60/£93.60/£93.60

Art Appreciation Variations on a Theme Many themes in narrative art constantly recur: classical myths, biblical stories, warfare, work and recreation. How these compare from one era to another, and one artist to another, will be our study for the coming year.
(10 week terms)

Ron Clark Thursday 10.00 – 12.00 £100.00/£100.00/£100.00

Art for All For beginners, returners and improvers. Watercolours, acrylics, pastels, pencils and other media will be used to explore new techniques and tricks, with friendly tuition and encouragement. **(10 week terms)**

Peter Borrer Tuesday 2.00 – 4.00 £100.00/£100.00/£100.00

Beginning to Paint in Oil, Acrylic and Watercolour A course that examines the basic principles of painting that underlie three seemingly different disciplines.

Anne Daniels Friday 10.00 – 12.30 £137.50/£125.00/£125.00

Calligraphy Students will study Roundhand, Italic, Blackletter, uncials and other more advanced alphabets. Those with some experience will be able to do some illumination to complement the lettering.

Gwyneth Hibbett Thursday 1.00 – 3.00 £110.00/£100.00/£100.00

Decorative Objects Design and create 3D decorative objects such as vases, frames, lamp-shades and more, using papier-maché, fabric, and paper. Suitable for both beginners and the more experienced. Fee includes basic materials. **(Spring Term only)**

Alice Stanley Wednesday 7.30 – 9.30 --- / £110.20 / ---

Drawing: Learning to Draw A class for those who think they can't draw, or who have always been too nervous to try! Come and learn the basics, and how to go beyond them, in a relaxed and supportive class.

Tony Swann Monday 7.30 – 9.30 £110.00/£100.00/£100.00

Drawing and Painting Practical courses offering instruction in the basic skills of art, with due consideration for students' widely varied experience and ability, whether beginners or improvers. A variety of media may be used.

Peter Borrer	Tuesday	8.00 – 10.00	(10 wk terms) £100.00/£100.00/£100.00
Patrick Purcell	Wednesday	10.00 – 12.30	£137.50/£125.00/£125.00
Anna Bisset	Wednesday	2.00 – 4.30	£137.50/£125.00/£125.00
Marguerite Horner	Wednesday	7.30 – 10.00	£137.50/£125.00/£125.00
Tony Swann	Thursday	7.30 – 9.30	£110.00/£100.00/£100.00

Exploring Colour For those, beginners or experienced, who wish to go beyond black and white and make the most of colour.

Jason Rose	Tuesday	10.00 – 12.00	£110.00/£100.00/£100.00
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Glass Pendants/Fusing Come and learn the basics of glass fusing: cutting, shaping, assembling, and firing. Working also with decal transfers, enamel paints, glue and recycled glass, you can make glass jewellery & a soap dish or similar piece. No experience needed, just enthusiasm! Fee includes materials. **(Spring Term only, 8 weeks starting 17 Jan)**

Pippa Davismoon	Wednesday	7.00 – 9.00	--- / £84.00 / ---
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Needlecraft – Embroidery A friendly, encouraging group that covers all forms of creative needlework. Gold work a speciality. For all abilities – beginners welcome!

Margaret French	Wednesday	2.00 – 4.00	£110.00/£100.00/£100.00
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Painting in Acrylics Explore the many possibilities and techniques of working with acrylic paint in a variety of subjects and genres.

Jason Rose	Thursday	10.00 – 12.00	£110.00/£100.00/£100.00
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Papercraft Have fun while being creative! Each week create items ranging from cards, boxes, gift bags, special-occasion mementoes and much more. For beginners as well as those with some experience. Materials available at cost from tutor.

Sue Starkey	Wednesday	10.00 – 12.00	£110.00/£100.00/£100.00
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Pottery Working at their own pace in a relaxed, informal class, students will learn the basic techniques of coiling and pinching, slabwork, modelling, carving, and throwing on the wheel, and decorating methods using slips, glazes and oxides. Experienced students will be encouraged to develop more advanced skills. (A small additional charge is made for firing work.) **(11 week terms)**

Martin Chesterman	Tuesday	8.00 – 10.00	£134.00/£134.00/£134.00
Martin Chesterman	Wednesday	10.00 – 12.30	£167.00/£167.00/£167.00

Printmaking Whether a beginner or experienced in other media, come and enjoy experimenting in a range of techniques including monoprint, relief printing (including linocuts), silkscreen, stencil, collograph and collage. Fee includes some materials.

Anne Daniels	Friday	1.30 – 3.30	£120.10/£109.20/£109.20
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Puppet Making This course for adults will enable you to make both a rod-puppet and a marionette, unique characters of your own design and imagination. Suitable for both beginners and more experienced. Fee includes most materials.

(Autumn Term only) For children's puppets, see **Workshops** page 16.

Alice Stanley	Wednesday	7.30 – 9.30	£124.60 / --- / ---
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Sculpture in Clay Learn and explore a variety of methods in 3D sculpture and how to apply materials and techniques to decorate your finished work. Both group and individual tuition given. (A small additional charge is made for firing work.) **(11 week terms)**

Esther Neslen	Monday	7.45 – 9.45	£134.00/£134.00/£134.00
Esther Neslen	Thursday	12.00 – 3.00	£200.30/£200.30/£200.30

Watercolour For those wishing to explore a traditional medium of lasting and limitless appeal. All abilities welcome! **(10 week terms** starting 26 & 28 September.)

Ann Funston	Tuesday	2.00 – 4.00	£100.00/£100.00/£100.00
Ann Funston	Thursday	9.30 – 11.30	£100.00/£100.00/£100.00

Watercolour – Intermediate For both the more experienced painter in watercolour and those who may have become, once past the basics, frustrated with their lack of progress.

John Tookey	Thursday	2.00 – 4.00	£110.00/£100.00/£100.00
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LEISURE COURSES

Bridge – Beginners Discover the supreme card game!

Dave Gifford	Tuesday	9.30 – 11.30	£110.00/£100.00/£100.00
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Bridge – Intermediate Further explorations in the great game. **(Autumn/Spring Terms)**

Dave Gifford	Tuesday	12.30 – 2.30	£110.00 / £100.00 / ---
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Creative Writing Designed to inject fun while exploring specific aspects of writing.

Whether novice, expert, or anywhere in between, find creative stimulus to begin writing or gain new ideas and inspiration.

Jane Colman	Saturday	10.00 – 12.30	
Autumn	7 October, 11 November, 2 December		£37.50 / --- / ---
Spring	13 January, 10 February, 3 March		--- / £37.50 / ---
Summer	12 May, 9 June, 7 July		--- / --- / £37.50

Evening Nature Walks With lighter evenings, enjoy nature after the working day and see the wildlife, including bats, that emerges at dusk.

(Summer Term, 5 weeks 25 April – 23 May)

Tricia Moxey	Wednesday	7.00 – 8.30	--- / --- / £31.50
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Family History - Who Do You Think You Are? If you saw the TV series and wondered about your own roots, this course is for you! Explore records and compile family trees using various tools, either internet-based or at the record office, to access civil records, census returns and more. Includes a visit to the National Archives. **(Autumn Term only)**

Michael Norris	Wednesday	10.00 – 12.00	£110.00 / --- / ---
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Film Appreciation – Looking at Film Noir Films like *Double Indemnity*, *The Big Heat*, and *Lady from Shanghai*, with their convoluted plots and moody B/W photography, are as popular now as when they were made by some of the most talented artists film has produced. This introductory course will examine what makes a film *noir* and how the style has persisted. Who can't fall for a movie where the main ingredients are 'a girl and a gun'? **(Autumn Term, 5 weeks 21 Sept – 19 Oct)**

Chris Hugo	Thursday	7.30 – 9.30	£50.00 / --- / ---
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Gardening: Garden Design for Beginners A course that aims to provide students with all the techniques and skills that will enable them to design a garden for a particular client, as well as themselves! The tutor teaches at Capel Manor and the V&A museum.

(Spring Term, 5 weeks 21 Feb – 21 Mar)

Dean Blunkell Wednesday 7.00 – 9.30 --- / £62.50 / ---

Gardening: Spring Planting – Food and Flowers in a Mini-Garden The arrival of Spring is erratic, but by April the plant world is starting to move at full speed towards growth. This course will help you get into gear with this process and enjoy creating your own mini-gardens in troughs, tubs and baskets. Beginners welcome! The tutor lectures at Capel Manor. **(Summer Term, 5 weeks 28 April – 26 May)**

Stuart Gillings Saturday 10.00 – 12.00 --- / --- / £50.00

Guided Walks in and around Epping Forest An opportunity to become familiar with this great forest and its history and natural history. Enjoy fresh air, new friends and the landscape on our doorstep!

Robert Levene Tuesday 10.00 – 12.00 £90.00/£84.00/£84.00

Robert Levene Thursday 10.00 – 12.00 £90.00/£84.00/£84.00

Local Natural History Walks An opportunity to explore the natural history of our local countryside and look at trees, plants and animals through the changing seasons. First meeting (22 September) at Bedford House.

Tricia Moxey Friday 10.00 – 11.30 £69.50/£63.50/£63.50

Local History – Buckhurst Hill Through the Years Following on from last year's course, this class will further examine the development of our area through the 19th & 20th centuries – the people, the buildings and gardens, the way of life. There is also a Local History Walk. See **Workshops** page 10.

(Spring Term, 5 weeks 10 Jan – 7 Feb)

Lynn Haseldine Jones Wednesday 10.00 – 12.00 --- / £50.00 / ---

Music - Piano Tuition/Music Theory Individual tuition (all ages) with an experienced tutor, 30 minutes each week. Times by arrangement with tutor; priority enrolment for continuing students.

David Brain Saturday mornings £251.00/£228.00/£228.00

Poetry – Appreciation and Exploration Starting with the question: What is Poetry?, we will read, reflect on and discuss the writing of some of our greatest poets, feeding the mind creatively, as well as the ear! **(Autumn Term, 5 weeks 1 – 29 Nov)**

Jane Colman Wednesday 2.30 – 4.00 £37.50 / --- / ---

Public Speaking Do you feel nervous and lose control when asked to speak in public? Have a best man's speech coming up? Have to make a presentation at work? In this relaxed and informal class, you can develop the skills and confidence to *enjoy* speaking in public! **(Autumn Term only)**

Jayne Gill Wednesday 7.15 – 8.15 £55.00 / --- / ---

FITNESS and EXERCISE COURSES

Aerobics Regular exercise maintains mobility, posture and energy, and boosts general well-being. Classes begin at a low level of aerobic exercise and increase gradually.

Jennifer Humm	Monday	7.30 – 8.30	£55.00/£50.00/£50.00
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Aerotone A fun class to condition, stretch and relax with aerobic body toning to music.

Helen Wadey	Tuesday	9.45 – 10.45am	£55.00/£50.00/£50.00
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Ballet for the Over 50s Perfect for anyone who has never done a ballet class before, or who did them as a child and would love to return! A friendly class that will improve your posture, balance, body-strength, confidence and general well-being.

Shardae-Rose Angel	Tuesday	11.00 – 12.00	£55.00/£50.00/£50.00
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Shardae-Rose Angel	Tuesday	12.00 – 1.00	£55.00/£50.00/£50.00
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Keep Fit for Women Over 60 Enjoy gentle movement to piano music in a friendly class that will keep your body exercised. Held at St James' United Reformed Church Hall, Palmerston Road, Buckhurst Hill.

Marion Pretty	Tuesday	10.00 – 11.00	£55.00/£50.00/£50.00
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Line Dance - Beginners Fun, sociable and a gentle way to keep fit. No need to bring a partner. Don't worry if you've never danced before: just come along in comfortable clothes and non-slip shoes and join in!

Lyn Hill	Wednesday	1.45 – 2.45	£53.25/£48.50/£48.50
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Line Dance – Intermediate Now you know the steps...

Lyn Hill	Wednesday	2.45 – 3.45	£53.25/£48.50/£48.50
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Yoga Classes are for all levels and cover breathing, stretching, back, forward and side bends and twists in sitting and standing positions, thus leading to flexibility, release of tension, calmness and wellbeing.

Jacqueline Bonham	Tuesday	10.00 – 12.00	£110.00/£100.00/£100.00
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John Cain	Wednesday	10.00 – 11.30	£82.00/£75.00/£75.00
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Jacqueline Bonham	Wednesday	12.00 – 1.30	£82.00/£75.00/£75.00
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Eve Gentilhomme	Wednesday	6.30 – 8.00	£82.00/£75.00/£75.00
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Yoga Drop-In Sessions Summer 2017 July/August (dates tbc) All levels welcome!

Tutors tbc	Wednesdays	10.00 – 12.00	£8.50 per session
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Call the BHCA Office on 020 8504 6668 for further details.



SATURDAY / SUNDAY / EVENING WORKSHOPS

To avoid unnecessary cancellation of workshops, please enrol by the date specified.

Art Appreciation Illustrated Lectures

Let There Be Light From Caravaggio and Rembrandt to Turner and Monet, contrasts in light and dark became one of the main methods of creating visual reality in paintings, and some of the glories of Western art. **Please enrol by 4 October.**

Ron Clark Saturday 14 October 10.00 – 12.30 £15.50

A Point of View Perspective, viewpoints and composition help navigate the viewer's eye through a painting. In the hands of masters like Raphael, Velazquez, Cezanne and Picasso, these techniques become alchemy. **Please enrol by 28 February.**

Ron Clark Saturday 10 March 10.00 – 12.30 £15.50

Basket Making for Beginners

A two day introduction to this traditional craft. Students will take home a basket they have crafted themselves. No experience needed, materials supplied. **Please enrol by 25 May.**

Deb Hart Sat & Sun 9 & 10 June 10.00 – 3.00 £70.00

Book Folding The art of folding book pages to make striking and creative images and sculpture. Turn those old books into art instead of taking them to the charity shop! No experience necessary, materials available at cost from tutor. **Please enrol by 2 May.**

Sue Starkey Saturday 12 May 10.00 – 3.00 £31.00

Botanical Skin Care Learn how to make home-made skin creams and body scrubs using fresh flowers, herbs and natural fragrances from the garden. The botanical way to keep your skin looking its best with the benefits of using natural plant sources without synthetics, preservatives and surfactants. The creams also make perfect Christmas gifts!

Most materials provided. **Please enrol by 15 November.**

Victoria Robertson Saturday 25 November 10.00 – 1.00 £26.60

Butterflies and Others (Art) A day exploring how to depict (in a variety of drawing and water-based painting media) the beauty and fascination of butterflies and other insects, and their habitats. **Please enrol by 6 June.**

Katherine Poluck Saturday 16 June 10.00 – 3.00 £31.00

Calligraphy – Illuminated Medieval Letters Enjoy drawing, painting and gilding your own illuminated capital letter. The designs are based on those produced by medieval scribes and make lovely cards and gifts. The workshop includes learning a technique of flat gilding. Gold leaf will be available at cost from the tutor. **Please enrol by 10 January.**

Gwyneth Hibbett Saturday 20 January 10.00 – 3.00 £31.00

Christmas Tree Decorations Create your own striking and attractive decorations for your tree, from porcelain and/or glass. Fee includes materials.

Porcelain Tree Decorations **Please enrol by 25 October.**

Pippa Davismoon Sunday 5 November 10.30 – 1.00 £20.50

Glass Tree Decorations **Please enrol by 22 November.**

Pippa Davismoon Sunday 3 December 11.00 – 2.30 £25.00

Christmas Wreaths Make a traditional Christmas wreath for your door! Basic materials provided (fir cones/dogwood for a base, foliage to cover it) but students need to bring their own decorative materials (some available to buy on the day).

Please enrol by 29 November.

Anne Daniels	Saturday	9 December	10.00 – 12.30	£16.50
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Depicting Buildings and Landmarks We all have photos of local buildings and landmarks that have caught our eye or have a special meaning for us. This class will show you how to take that basic source material and transform it into a considered artwork, using a variety of drawing tools and water-based media. **Please enrol by 20 September.**

Katherine Poluck	Saturday	30 September	10.00 – 3.00	£31.00
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Gardening: Sustainable and Wildlife-Friendly Gardening

1) Work for Autumn/Preparing for Winter Please enrol by 4 October.

Helen Lowther	Saturday	14 October	10.00 – 12.30	£15.50
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2) Preparing Beds, Pots and Soil Please enrol by 17 January.

Helen Lowther	Saturday	27 January	10.00 – 12.30	£15.50
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3) Seeds and Seed-sowing Please enrol by 7 March.

Helen Lowther	Saturday	17 March	10.00 – 12.30	£15.50
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4) Pricking Out and Planting Please enrol by 15 March.

Helen Lowther	Sunday	25 March	10.00 – 12.30	£15.50
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5) Wildlife, Pests, and Diseases Please enrol by 30 May.

Helen Lowther	Saturday	9 June	10.00 – 12.30	£15.50
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Various materials for these workshops will be available to buy on the day. Details in the workshop handout, available from the BHCA Office.

Greetings Cards An introduction to papercraft that will enable students to make three general greetings cards. Suitable for all, no experience needed! Materials, including envelopes and inserts, available at cost from tutor. **Please enrol by 14 February.**

Sue Starkey	Saturday	24 February	10.00 – 3.00	£31.00
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Life Class This workshop will consist of short poses followed by one long pose. Draw or paint in your own choice of medium. All levels welcome! **Please enrol by 19 October.**

Teresa Witz	Saturday	4 November	10.30 – 1.00	£22.00
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Local History Walk A relaxed and informative stroll around some of the notable sights of Buckhurst Hill, and back into its history. **Please enrol by 10 May.**

Lynn Haseldine Jones	Sunday	20 May	2.00 – 4.00	£12.40
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Meditation, Music, Art Starting with guided meditation and evocative music, we will turn the feelings, visualisations and experiences thus produced into inspired paintings.

Please enrol by 10 May.

Jason Rose	Sunday	20 May	10.00 – 3.00	£31.00
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ENROLMENT PULL-OUT

Enrolment for the Autumn Term will start on **Monday 3 July 2017** during the final week of the Summer Term. All applications will be date-stamped and dealt with in strict order of arrival. Please allow 2-3 weeks for processing, after which receipts and confirmation will be despatched.

- To enrol:
- (1) Fill in the enrolment form **overleaf**.
 - (2) Write a cheque for the full amount due to: **BHCA**
(Don't forget to include the BHCA membership fee!)
 - (3) Make out a **stamped, self-addressed envelope** for the return of your receipt (or your cheque if the class is full).
 - (4) **Either:** Send or deliver your enrolment form, cheque and SAE to:
ENROLMENTS
Bedford House
4 Westbury Road
Buckhurst Hill IG9 5NW
to arrive Monday 3 July onwards
 - Or:** Hand in your enrolment form (including cheque and SAE) to the BHCA Office in Bedford House
from Monday 3 July
(See Office hours, page 2)

There will be an additional **Personal Enrolment Evening** on **Monday 11 September** from **7.00 – 9.00pm** at Bedford House.

PLEASE NOTE: We cannot accept cash for Autumn Term enrolments, except at the **Personal Enrolment Evening**. We regret that, at the moment, we do not have the facilities for phone, credit or debit card enrolments.

New students enrolling after 11 September 2017 Please check with the Office on availability of places before sending an enrolment form and cheque.

BHCA Membership

All students must be members of Buckhurst Hill Community Association, paying a membership fee which is valid for 12 months from 18 September 2017. The current fee is:
Adults: £10 Under 18s: £5 Family: £15 Temporary (for One Day workshops): £1

PLEASE NOTE: BHCA reserves the right to close a class and refund class fees pro rata where numbers make it unviable to continue. Other refunds can only be made in very exceptional circumstances and at the discretion of the BHCA Trustees. *The Association also reserves the right to exclude a student if it considers their behaviour is inappropriate.*

GIFT AID

BHCA, as a charity, can claim 25p of Gift Aid from HMRC from every £1 of membership fees and/or donations. Please tick overleaf if you are a UK taxpayer and wish to Gift Aid your membership/donation to help the Association. BHCA will make the claim to HMRC and members are not required to do anything further.
BHCA Registered Charity No. 301268

ENROLMENT FORM 2017 - 18

PLEASE WRITE IN BLOCK CAPITALS (If enrolling for a child, fill in her/his details.)

All information provided below will be stored on our database and not passed on to any other parties.

Surname: Title: Date:

First Names: Age (if under 18):

Address:

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..... Postcode:

E-mail:

Tel: Home..... Tel: Other

I WISH TO ENROL FOR THE FOLLOWING COURSE/S:

Subject	Day	Time	Fee
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.....
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Membership Fees:

(For those joining after Easter 2018

membership fees, except for

workshops, are halved.)

Adult	£10.00
Under 18	£ 5.00
Family	£15.00
Temp m/s per Workshop	£ 1.00

TOTAL: £.....

I would like to add a donation of: £.....

TOTAL: £.....

Are you are returning student? Yes/No If not, please tell us how you found out about us:

.....

Would you like a handout with more details of the course/s? Yes/No

Do you consider yourself to have a disability or learning difficulty? Yes/No

If you are a UK taxpayer and would like to Gift Aid your membership fee/donation (see page 11. BHCA Reg Charity No.301268) please tick here:

PLEASE RETURN COMPLETED FORM TO: **Enrolments, BHCA, Bedford House, 4 Westbury Road, Buckhurst Hill, IG9 5NW** with a **cheque made out to BHCA** for the **total amount due plus SAE** for return of confirmation and receipt, or cheque if class is full.
We regret that without an SAE we cannot return receipts, confirmation or handouts.

BHCA SURVEY

BHCA seeks your opinions to inform the future planning of the Association and so would appreciate your comments as below:

1. What classes/activities would you like BHCA to offer?

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.....

2. Please TICK – Target Audience for activities?

Family Events Children: 4 - 10 yrs 11 - 15 yrs

Adults: 20 - 35 yrs 35 - 50 yrs 50 yrs +

3. Please TICK – Suitable times for activities to take place?

Mon – Fri: Morning / Afternoon / Evening

Sat / Sun: Morning / Afternoon / Evening

After-School Activities

Holiday Activities

4. Would you like to support future BHCA events and activities by becoming a volunteer?

Yes / No

5. Can you offer any local business contacts for sponsorship?

Yes / No

If YES to 4 and/or 5, please give your name and a contact number/email:

.....

6. Do you have any other comments?.....

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Please return this survey with your enrolment form, or it can be posted separately, emailed to us, or left at the BHCA Office in Bedford House.

If you have any further queries, please email: office@bedfordhouse.org.uk

We look forward to welcoming you at a BHCA activity and thank you for your time in completing this survey!



Calligraphy



Monoprint



Yoga



Glass pendants

Paint like Turner Learn some of the styles and techniques that Turner would have used. For both beginners and the more experienced. **Please enrol by 10 January.**

Jason Rose Saturday 20 January 10.00 – 3.00 £31.00

Pet Portraits Bring along a photo of your pet and transform it into a drawing/painting that will make a much more personal and creative depiction. **Please enrol by 1 November.**

Jason Rose Saturday 11 November 10.00 – 3.00 £31.00

Photography

Get to Know Your Digital Camera Want to move on from a film or basic digital camera, but hesitant? This workshop will remove the mystery and aid your full use of the facilities of digital photography. Bring your camera and lots of enthusiasm! (A follow-up session may be possible, enabling students to manipulate their work on computer.)

Please enrol by 11 October.

Louise Moore Saturday 21 October 10.00 – 3.00 £31.00

Taking Portrait Photographs Explore photographing people to create dramatic images, indoors with studio lighting or outdoors in the grounds of Bedford House. Enthusiasm and a camera the only requirements! **Please enrol by 6 June.**

Louise Moore Saturday 16 June 10.00 – 3.00 £31.00

Portrait Painting A day drawing and painting from a model to learn the skills and techniques of portraiture. All levels welcome! **Please enrol by 15 February.**

Ron Clark Saturday 3 March 10.00 – 4.00 £51.00

Print on Clay A technique for transferring drawn/collaged/photographic images onto a ceramic surface which is then fired. The process will be demonstrated and then you will be able to transfer your own personalised images onto flat slabs/tiles of clay. (A small additional charge is made for firing work.) **Please enrol by 17 January.**

Louise Moore Saturday 27 January 10.00 – 3.00 £34.00

Printmaking

Christmas Card Prints Two evening sessions to enable students to produce their own personal printed cards for family and friends. **Please enrol by 1 November.**

Anne Daniels Fridays 10 and 17 November 7.00 – 9.00 £30.00

Exploring Monoprints An opportunity for students to produce their own work in this fascinating and creative form of printmaking. **Please enrol by 9 November.**

Anne Daniels Sunday 19 November 10.00 – 3.30 £38.00

Psychology

Relationship Dynamics, Past and Present A workshop for all those with experience of difficult relationships and/or an interest in understanding relationship dynamics. **Please enrol by 25 October.** Saturday 4 November 10.00 – 4.00 £37.00

Anxiety – Friend or Foe? We will explore the many aspects of anxiety and discover how to manage it and even find it useful. For anyone interested in, or with experience of, this widespread and powerful condition. **Please enrol by 22 November.**

Saturday 2 December 2.00 – 5.00 £18.50

Existential Perspectives on Everyday Struggles We will look at meaning, 'stuckness', choices and responsibility, and how these dilemmas can be addressed. **Please enrol by 14 February.** Saturday 24 February 10.00 – 4.00 £37.00

Emotions Emotions play a crucial role in our lives. We will look at how they are expressed, regulated and identified, and how we can learn from our experience of them, whether negative or positive. **Please enrol by 9 May.**

Saturday 19 May 10.00 – 4.00 £37.00

Who Am I? Can I know myself fully? How does other people's perception of me affect my self-perception? Can I change, or is my personality fixed? We will investigate these questions as a way towards greater self-awareness, the opportunity for change and, ultimately, self-acceptance. **Please enrol by 13 June.**

Saturday 23 June 2.00 – 5.00 £18.50

Christa Stadler/Hatice Ari/Ingrid Hall

Puppets for Children – Your Hero/Favourite Character Two sessions for children enabling them to create a puppet of a character of their choice. Parents are welcome to join in! Materials provided. **Please enrol by 21 February.**

Ages 5 – 8 years Saturday 3 March 10.00 – 12.00 £16.50

Ages 8 – 11 years Saturday 3 March 2.00 – 4.00 £16.50

Alice Stanley

Watercolour: Learning from the Artist Enabling students to examine the techniques of great watercolourists and thereby develop their own work. Suitable for all levels.

John Singer Sargent 2 December **Please enrol by 22 November.**

Barbara Rae 24 March **Please enrol by 14 March.**

Ann Funston Saturdays 10.00 – 3.00 each day: £31.00

Willow-Weaving

Garden Obelisk An introduction to this fascinating traditional craft in which you can construct and take home a free-standing willow obelisk, a support for climbing plants that will enhance any garden. No experience necessary, materials provided.

Please enrol by 5 March.

Jill Leheup Sunday 18 March 10.00 – 3.00 £41.50

Halloween Lanterns for Children/Families Make a spooky lantern to light up Halloween, using tissue paper over a willow frame. All materials provided. For children aged 5 and over, but under-10s must have an adult with them. Materials provided. Fee is per child, accompanying adults free! **Please enrol by 2 October.**

Jill Leheup Sunday 15 October 1.30 – 3.30 £13.50



TIMETABLE 2017 – 18

- Mon pm:** After-School Art
eve: Aerobics; Learning to Draw; Sculpture in Clay
- Tue am:** Aerotone; Ballet (over 50s); Bridge (Beg); Exploring Colour; Guided Walks; Keep Fit (women over 60); Yoga
pm: Art for All; Bridge (Int); Watercolour
eve: Drawing & Painting; Pottery; **Bedford House Bridge Group**
- Wed am:** Drawing & Painting; Family History (Autumn); Local History (Spring); Papercraft; Pottery; Yoga
pm: Drawing & Painting; Line Dance (Beg/Int); Needlecraft; Poetry; Yoga
eve: Decorative Objects (Spring); Drawing & Painting; Evening Nature Walks (Summer); Garden Design (Spring); Glass Pendants (Spring); Public Speaking (Autumn); Puppet-Making (Autumn); Yoga
- Thu am:** Art Appreciation; Guided Walks; Painting in Acrylics; Watercolour
pm: Calligraphy; Sculpture in Clay; Tai Chi (over 60s); Watercolour (Int)
eve: Drawing & Painting; Film Appreciation (Autumn)
- Fri am:** Beginning to Paint; Natural History Walks
pm: Printmaking
eve: **Buckhurst Hill Wine Club**
- Sat am:** Creative Writing; Gardening (Summer); Piano Tuition/Music Theory

Saturday / Sunday / evening Workshops

2017: Autumn Term

30 Sept: Depicting Buildings; **14 Oct:** Art Appreciation Lecture; Gardening (1); **15 Oct (Sun):** Willow Lanterns; **21 Oct:** Digital Photography; **4 Nov:** Life Class (half-day); Psychology (1); **5 Nov (Sun):** Porcelain Tree Decorations; **10 Nov (Fri):** Christmas Card Printing; **11 Nov:** Pet Portraits; **17 Nov (Fri):** Christmas Card Printing; **19 Nov (Sun):** Monoprints; **25 Nov:** Botanical Skin Care; **2 Dec:** Psychology (2); Watercolour; **3 Dec (Sun):** Glass Tree Decorations; **9 Dec:** Christmas Wreaths.

2018: Spring Term

20 Jan: Calligraphy; Paint like Turner; **27 Jan:** Gardening (2); Print on Clay; **24 Feb:** Greetings Cards; Psychology (3); **3 Mar:** Portrait Painting; Puppets for Children; **10 Mar:** Art Appreciation Lecture; **17 Mar:** Gardening (3); **18 Mar (Sun):** Willow Weaving; **24 Mar:** Watercolour; **25 Mar (Sun):** Gardening (4).

2018: Summer Term

12 May: Book-Folding; **19 May:** Psychology (4); **20 May (Sun):** Meditation, Music, Art; Local History Walk; **9 June:** Gardening (5); **9 & 10 June:** Basket Making; **16 June:** Butterflies & Others (Art); Taking Portrait Photographs; **23 June:** Psychology (5).

BHCA WORKING IN THE COMMUNITY

Since 2004, Year 6 children of Buckhurst Hill Community Primary School have had the opportunity to explore in depth the making of objects in clay. On Wednesday afternoons, they come to our purpose-built pottery at Bedford House for a 90 minute session and investigate the techniques of coiling, slabbing and sculpting to create a different project each term. To celebrate their achievements, we display their work alongside all the other art and craft at our annual Summer Exhibition.

MEMBERSHIP CLUBS and GROUPS (Part of BHCA)

Bedford House Bridge Group Meets Tuesday evenings 8.00 – 10.00 at Bedford House. Visitors welcome!

Buckhurst Hill Wine Club Meets second Friday evening of the month, 8.00 – 10.00 at Bedford House, to study and appreciate the pleasure of wine.

Further details of membership clubs and groups are available from the Secretary of each activity. Telephone the BHCA Office on **020 8504 6668** for contact information.

AFFILIATED CLUBS and GROUPS

LEIGH LANGUAGES provide courses at Bedford House for adults and children in Spanish, French, Italian, German, Latin, Russian, Greek (*modern*), Chinese (*Mandarin*) and English as a Foreign Language. For further details, please ring **07968 796072** or visit www.leighlanguages.co.uk

The following independent clubs and groups are affiliated to BHCA and most meet regularly at Bedford House or Hall:

Buckhurst Hill Parish Council

Buckhurst Hill Residents' Society

Hey Diddle Diddle (pre-school musical nursery rhyme group)

National Childbirth Trust

Senior Swans Ballet

Slimming World

Further details of independent clubs and groups are available from the Secretary of each activity. Telephone **020 8504 6668** for contact information.

Buckhurst Hill China Painting Group and **Legends Bridge Group** also hold their meetings at Bedford House.

Form a Group? BHCA often receives suggestions for classes and activities, including such groups as bookclubs, topical discussion groups and knit and natter sessions. If any members would like to set up a group, the Association will be happy to assist by putting people in touch with each other, providing a venue, helping publicise events etc. If you are interested, please contact the Office: **020 8504 6668** or email: office@bedfordhouse.org.uk

LEGACIES

If you have enjoyed attending Bedford House over many years and wish to help it continue to provide the same services to future generations, you may wish to consider us in your Will. It is worth remembering that, as we are a charity, under current legislation any amount left to us in a Will does not incur any inheritance tax.

If you are in the process of preparing a Will and wish to leave a legacy to us, please use our full charity name in your documentation which is:
Buckhurst Hill Community Association.

If you have already made your Will and wish to create a legacy for us, please consider a **Codicil** which is an amendment to your existing Will. Your professional advisers will be able to assist you on Will preparation or a Codicil to an existing Will.

Thank you.



Willow-Weaving: Garden Obelisk

HALL and ROOM HIRE

Bedford Hall has kitchen facilities and a capacity for up to 80 people. Available for children's parties and other selected events. (In consideration of our neighbours, we regret that discos are not permitted.) Rooms in Bedford House are also available for hire at very reasonable rates. For hire rates and further details contact the Office on 020 8504 6668 or email office@bedfordhouse.org.uk

BHCA SUMMER EXHIBITION SATURDAY 30 JUNE 2018 10.00 – 4.00

Our annual exhibition of students' work at Bedford House includes painting, drawing, printmaking, calligraphy, china painting, sculpture, pottery and needlework. It provides an excellent opportunity for prospective students to see the work of the Association. All welcome! Further details from the Office.

BEDFORD HOUSE



BHCA regrets that access to Bedford House and Bedford Hall is unsuitable for wheelchairs.