

# Bedford House

Community Association in Buckhurst Hill

Arts ♦ Crafts ♦ Leisure ♦ Fitness ♦ Room Hire

## 2018 – 2019



Bedford House Community Association

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

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[www.bedfordhouse.org.uk](http://www.bedfordhouse.org.uk)

Charity Number 1178692

# BEDFORD HOUSE COMMUNITY ASSOCIATION

## About Us

The original charity was 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 courses and workshops in a variety of disciplines and acts as a centre for community activities.

## Donations & Sponsorships

Bedford House 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. To this end, if you wish to help us further, please consider making a donation or providing sponsorship. Donations and sponsorships are gratefully received.

## OFFICE HOURS AT BEDFORD HOUSE

**Term Time Tuesday-Friday: 9.30am–12.30pm; Monday & Wednesday: 7pm – 9.30pm.**  
Outside of these hours please telephone the office before visiting.

**Non-Term Time** Hours will vary.

## TERM DATES FOR SEPTEMBER 2018 – JULY 2019

### Autumn Term (12 weeks)

**Monday 17 September 2018 – Sunday 16 December 2018** (Half Term 22 – 28 October)

### Spring Term (12 weeks)

**Monday 7 January 2019 – Sunday 7 April 2019** (Half Term 18 – 24 February)

### Summer Term (9 weeks)

**Monday 29 April 2019 – Sunday 7 July 2019** (Half Term 27 May – 2 June)

*Our half-term dates are aligned with local schools.*

*Due to Spring Bank Holidays, the last Monday classes of the Summer Term will be held on 8 July or 15 July.*

**PLEASE NOTE SOME CLASSES WILL VARY.**

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**(020) 8504 6668**

**[enquiries@bedfordhouse.org.uk](mailto:enquiries@bedfordhouse.org.uk)**

**[www.bedfordhouse.org.uk](http://www.bedfordhouse.org.uk)**

## FEES & FINANCES

### Membership & Class Fees

All students must join as members, and our membership fees remain frozen this year. Our pricing model for classes reflects this membership contribution and it means students are covered by the Association's public liability insurance whilst attending classes.

Bedford House receives no subsidy of any kind from local or national government and our class (both course and workshop) prices reflect the operational costs to remain financially viable. Prices for courses and workshops can be found next to the class description in this booklet or on our website [www.bedfordhouse.org.uk](http://www.bedfordhouse.org.uk).

Our courses are priced by term and we operate three terms: Autumn, Spring and Summer. Our terms' lengths have changed this year, with an overall extension to 33 weeks – an increase of 2 weeks (from 31 weeks), however classes' schedules do vary, so please check specific brochure entries.

**All classes are subject to cancellation if student enrolment numbers are not viable.**

### Discount Offer!

**Students who wish to pay for all three terms in advance are welcome to do so and we are pleased to offer a 5% discount for any student paying in advance for a course for the whole year.**

### Refunds

Refunds can be requested due to medical reasons if members are no longer able to attend classes. However, we kindly request that refund applications are kept to a minimum as classes are priced to reflect registration by a minimum number of students to cover operational costs.

### Materials

Some classes require students to purchase their own materials. Please see the class Handout for further details. We recommend students do not invest heavily in these materials until it is confirmed the class will go ahead. Handouts for each class are available on our website or on request.

### Gift Aid

**UK taxpayers please tick the Gift Aid box on the Membership Form, as this will enable us to recover 25p from HMRC for every £1 of donation or membership fee.**

### 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 the charity in your Will. Under current legislation any amount left to us in a Will does not incur any inheritance tax as we are a charity. If you have already made your Will and wish to create a legacy, you may 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. If you wish to leave a legacy to us, please use our full charity name in your documentation which is: **Bedford House Community Association**. Thank you.

## WEEKLY COURSE TIMETABLE 2018 – 19 AT A GLANCE

	Day	Evening
Mon	Renaissance Art.	Aerobics; Learning to Draw; Sculpture in Clay. English as a Foreign Language (EFL); Italian.
Tue	Aerotone; Art for All; Ballet; Bridge; Exploring Painting; Guided Walks; Keep Fit for Over 60s; Watercolour; Yoga.	Drawing & Painting; Pottery; Bedford House Bridge Group. French; German; Greek; Mandarin.
Wed	Drawing & Painting; Line Dancing; Local History (Spring); Needlecraft; Poetry; Pottery; Yoga.	Ballet; Drawing & Painting; Garden Design (Spring); Glass Pendants; Local History (Autumn); Planting Design (Summer); Yoga. Spanish; Italian.
Thu	Art Appreciation; Calligraphy; Guided Walks; Sculpture in Clay; Sketching & Painting in Acrylics; Tai Chi; Watercolour; Young Artists. Spanish.	Myths of Britain; Singing; Yoga. German; Spanish.
Fri	Beginning to Paint; Natural History Walks; Pilates; Printmaking. Latin; Spanish.	Drama; Buckhurst Hill Wine Club French; Spanish.
Sat	Creative Writing; Piano Tuition/Music Theory French; Spanish. LAMDA.	

## LEIGH LANGUAGES



Leigh Languages was established 34 years ago and is based at Bedford House in Buckhurst Hill. This **dedicated language school** offers a variety of languages course including **Spanish, French, Italian, German, Latin, Modern Greek, Mandarin Chinese, Russian** and **English as a foreign language**. A **five-week crash course in Spanish** was offered for the summer.

In addition, we also run **short trips to places of interest in Europe**. This year during Easter break a group of students studying Spanish visited Aguilas in Murcia, to see the renowned carnival, and in May another group visited Avila and Segovia, north of Madrid, to view these historical and cultural centres. As a celebration of linguistic learning, we hold one or two **fiestas** per year and encourage as many students as possible to participate alongside professional entertainers and bring family and friends to enjoy the music, recitals, dancing and refreshments. The next fiesta will be Sunday 2 December.

Most of the languages we offer range from beginner level to advanced and whilst the majority of the classes are for **adults**, we also have some **children's classes** which we are currently seeking to expand, especially in French and Spanish, for the under 10 age groups. There are many reasons to learn a language ranging from the pure enjoyment of doing so to the necessity for business or overseas home ownership. You may have studied in the past and wish to revise or extend your level of ability. Local school students often find **extra tuition** beneficial or simply require an additional language, which is not available under their current curriculum. We are an **exam centre** for those who wish to take either GCSE or GCE A levels. Whatever the reason, if you are interested in taking one of our courses or have any questions about them, please visit our website or contact:

**Principal's Office: 07968 796 072**  
**Email: hejrleigh@yahoo.co.uk**

**Administration: 0208 504 9594**  
**Website: leighlanguages.co.uk**

## SUMMER, WEEKEND & EVENING WORKSHOPS

### 2018 Summer Specials - FOR JULY/AUGUST/SEPTEMBER THIS YEAR!

14 and 15 July (Sat & Sun; 10am – 4.30pm) Sculpture Portrait Bust Workshop  
25 July (Weds 10am – 1pm) Mini-Wildlife and Craft Workshop for 6 – 11 yr-olds  
July-Sept (Wed 10am – 12pm) Yoga Drop-In  
4 or 11 Aug (Sat 10am – 2pm) Introduction to Bee Keeping  
15 September (Sat 10am – 3pm) Taking Portrait Photographs

### Autumn Term 2018

**September 22 Sept:** Gardening (1); **29 Sept:** Depicting Buildings.

**October 6 Oct:** Meditation & Mindfulness (1); **13 Oct:** Bookfolding; **28 Oct (Sun):** Halloween Lanterns.

**November 3 Nov:** Painting Animals; **4 Nov (Sun):** Porcelain Tree Decorations; **9 Nov (Fri):** Christmas Card Prints (1); **10 Nov:** Art Appreciation Lecture (1); **11 Nov (Sun):** Glass Tree Decorations; **15 Nov (Thu):** Anxiety (1); **16 Nov (Fri):** Christmas Card Prints (2); **23 Nov (Fri):** Stenciling; **24 Nov:** Botanical Skin Care; Bath Bombs; **25 Nov (Sun):** Glass Tree Decorations; Porcelain Tree Decorations Follow-up.

**December 1 Dec:** Watercolour (First Steps); **8 Dec:** Christmas Wreaths.

### Spring Term 2019

**January 19 Jan:** Calligraphy; **26 Jan:** Drawing Faces; Print on Clay; **27 Jan (Sun):** William Morris Designs.

**February 2 Feb:** Art Appr Lecture (2); **10 Feb (Sun):** Meditation & Mindfulness (2).

**March 7 Mar (Thu)** Anxiety (2); **9 Mar:** Greetings Cards; Art Appr Lecture (3); **16 Mar:** Microgreens; **17 Mar (Sun):** Willow Weaving; **23 Mar:** Portrait Painting; Watercolour (Chagall).

**April 6 April:** Cup Cake Dec.; Gardening (2/3).

### Summer Term 2019

**May 4 May:** Gardening (3); **11 May:** Digital Cameras; **12 May (Sun):** Porcelain Pendants/Decorations; **18 May:** Life Drawing; **19 May (Sun):** Meditation/Music/Art; Local History Walk.

**June 2 June (Sun):** Porcelain Pendants follow-up; **8 June:** Basket Making; **15 June:** Butterflies & Others (Art); Taking Portrait Photographs.

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

## COURSES FOR KIDS

**Young Artists** A chance for 8 – 11 year olds to explore drawing, painting, pastels, and other media. Fee includes most materials.

<i>Anna Bisset /</i>	<i>Thursday</i>	<i>Autumn (12w)</i>	<i>Spring (12w)</i>	<i>Summer (9w)</i>
<i>Lorraine Ward</i>	<i>4pm-5.30pm</i>	<i>£108.00</i>	<i>£108.00</i>	<i>£81.00</i>

## LEISURE COURSES

**Bridge – Beginners** Learn to enjoy the game of Bridge. Lessons consist of a short talk, followed by playing cards.

	<i>Tuesday</i>	<i>Autumn (12w)</i>	<i>Spring (12w)</i>	<i>Summer (9w)</i>
<i>Dave Gifford</i>	<i>9.30am-11.30am</i>	<i>£123.60</i>	<i>£123.60</i>	<i>£92.70</i>

**Bridge – Intermediate** To further develop your skill and enjoyment of the game.

	<i>Tuesday</i>	<i>Autumn (12w)</i>	<i>Spring (12w)</i>	<i>Summer (9w)</i>
<i>Dave Gifford</i>	<i>12.30pm-2.30pm</i>	<i>£123.60</i>	<i>£123.60</i>	<i>n/a</i>

**Creative Writing** Inject fun exploring specific aspects of writing, whether novice, expert, or anywhere in between. Creative stimulus to begin writing or gain new ideas and inspiration. Autumn 6 Oct, 3 Nov, 1 Dec; Spring 12 Jan, 9 Feb, 9 Mar; Summer 4 May, 8 June, 6 July.

	<i>Saturday</i>	<i>Autumn (3w)</i>	<i>Spring (3w)</i>	<i>Summer (3w)</i>
<i>Jane Colman</i>	<i>10am-12.30pm</i>	<i>£38.60</i>	<i>£38.60</i>	<i>£38.60</i>

**Drama Workshop** A flexible workshop encompassing, group work, monologues, exercise, improvisation, rehearsed readings – as a group we will decide the directions we want to go!

	<i>Friday</i>	<i>Autumn (10w)</i>	<i>Spring (10w)</i>	<i>Summer (9w)</i>
<i>Dympna Le Rasle</i>	<i>7pm-9pm</i>	<i>£103.00</i>	<i>£103.00</i>	<i>£92.70</i>

**Garden Design for Beginners** A course that aims to provide students with the techniques and skills that will enable them to design a garden for a particular client and themselves!

Summer term will include Planting Design for Beginners. Dean teaches at Capel Manor and the V&A museum. Spring term starts 6 March; Summer term starts 1 May.

	<i>Wednesday</i>	<i>Autumn</i>	<i>Spring (5w)</i>	<i>Summer (4w)</i>
<i>Dean Blunkell</i>	<i>7pm-9.30pm</i>	<i>n/a</i>	<i>£64.00</i>	<i>£51.50</i>

**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!

	<i>Tuesday</i>	<i>Autumn (12w)</i>	<i>Spring (12w)</i>	<i>Summer (9w)</i>
<i>Robert Levene</i>	<i>10am-12pm</i>	<i>£100.80</i>	<i>£100.80</i>	<i>£75.60</i>
	<i>Thursday</i>	<i>Autumn (12w)</i>	<i>Spring (12w)</i>	<i>Summer (9w)</i>
<i>Robert Levene</i>	<i>10am-12pm</i>	<i>£100.80</i>	<i>£100.80</i>	<i>£75.60</i>

**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.

	<i>Friday</i>	<i>Autumn (10w)</i>	<i>Spring (10w)</i>	<i>Summer (9w)</i>
<i>Tricia Moxey</i>	<i>10am-11.30pm</i>	<i>£63.50</i>	<i>£63.50</i>	<i>£57.20</i>

**Local History – Buckhurst Hill Through the Years** Examining the development of our area through the 19<sup>th</sup>/20<sup>th</sup> centuries – the people, the buildings, gardens and the way of life.

	<i>Friday</i>	<i>Autumn</i>	<i>Spring (6w)</i>	<i>Summer</i>
<i>Lynn Haseldine Jones</i>	<i>7.30pm-9.30pm</i>	<i>n/a</i>	<i>£61.80</i>	<i>n/a</i>

## LEISURE COURSES

**Music - Piano Tuition with Music Theory** Individual piano tuition for all ages with an experienced tutor, 30 minutes each week. Times by arrangement with tutor.

	<i>Saturday</i>	<i>Autumn(6w/6w)</i>	<i>Spring(6w/6w)</i>	<i>Summer(9w)</i>
<i>David Brain</i>	<i>Mornings</i>	<i>£136.80/£136.80</i>	<i>£136.80/£136.80</i>	<i>£205.20</i>

**Myths of Britain** From Arthurian legend, Celtic folklore and Norse myths, to adopted Graeco-Roman tales. The British Isles have proved fertile ground for a great diversity of mythical stories to flourish. This course explores the myths that captured our imagination.

	<i>Thursday</i>	<i>Autumn (10w)</i>	<i>Spring</i>	<i>Summer</i>
<i>Ben Pestell</i>	<i>7.30pm-9.30pm</i>	<i>£103.00</i>	<i>n/a</i>	<i>n/a</i>

**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 starts 19 September; Spring starts 27 February.

	<i>Wednesday</i>	<i>Autumn (5w)</i>	<i>Spring (5w)</i>	<i>Summer</i>
<i>Jane Colman</i>	<i>2.30pm-4pm</i>	<i>£38.60</i>	<i>£38.60</i>	<i>n/a</i>

**Singing** The aim of this group class will be to help singers of all levels, from beginners up, to enhance and develop their abilities, and to encourage them as performers.

	<i>Wednesday</i>	<i>Autumn (12w)</i>	<i>Spring (12w)</i>	<i>Summer (9w)</i>
<i>Jocasta Roper</i>	<i>7.30pm-9pm</i>	<i>£92.70</i>	<i>£92.70</i>	<i>£69.50</i>

**Additional classes may be added throughout the year so please check our website or contact the office for further details.**

## FITNESS & EXERCISE COURSES

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

	<i>Monday</i>	<i>Autumn (12w)</i>	<i>Spring (12w)</i>	<i>Summer (9w)</i>
<i>Jennifer Humm</i>	<i>7.30pm-8.30pm</i>	<i>£61.80</i>	<i>£61.80</i>	<i>£46.40</i>

**Aerotone** Suitable for all levels, a total body workout that incorporates traditional aerobic moves to music for cardiovascular benefit and conditioning to improve muscular strength.

	<i>Tuesday</i>	<i>Autumn (11w)</i>	<i>Spring (11w)</i>	<i>Summer (9w)</i>
<i>Helen Wadey</i>	<i>9.45am-10.45am</i>	<i>£56.70</i>	<i>£56.70</i>	<i>£46.40</i>

**Ballet for Adults** 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.

	<i>Tuesday</i>	<i>Autumn (12w)</i>	<i>Spring (12w)</i>	<i>Summer (9w)</i>
<i>Daniela Delerci</i>	<i>11.30-12.30pm</i>	<i>£61.80</i>	<i>£61.80</i>	<i>£46.40</i>
	<i>Tuesday</i>	<i>Autumn (12w)</i>	<i>Spring (12w)</i>	<i>Summer (9w)</i>
<i>Daniela Delerci</i>	<i>12.45pm-1.45pm</i>	<i>£61.80</i>	<i>£61.80</i>	<i>£46.40</i>
	<i>Wednesday</i>	<i>Autumn (12w)</i>	<i>Spring (12w)</i>	<i>Summer (9w)</i>
<i>Daniela Delerci</i>	<i>8.30pm-9.30pm</i>	<i>£61.80</i>	<i>£61.80</i>	<i>£46.40</i>

## FITNESS & EXERCISE COURSES

**Keep Fit for Women Over 60s** Enjoy gentle movement to piano music in a friendly class that will keep your body exercised. Teas and Coffees available afterwards. Held at St James' United Reformed Church Hall, Palmerston Road, Buckhurst Hill.

	<i>Tuesday</i>	<i>Autumn (12w)</i>	<i>Spring (12w)</i>	<i>Summer (9w)</i>
<i>Marion Pretty</i>	<i>10am-11am</i>	<i>£61.80</i>	<i>£61.80</i>	<i>£46.40</i>

**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!

	<i>Wednesday</i>	<i>Autumn (12w)</i>	<i>Spring (12w)</i>	<i>Summer (9w)</i>
<i>Lyn Hill</i>	<i>2pm-3pm</i>	<i>£58.20</i>	<i>£58.20</i>	<i>£43.60</i>

**Line Dance – Intermediate** *Now you know the steps...*

	<i>Wednesday</i>	<i>Autumn (12w)</i>	<i>Spring (12w)</i>	<i>Summer (9w)</i>
<i>Lyn Hill</i>	<i>3pm-4pm</i>	<i>£58.20</i>	<i>£58.20</i>	<i>£43.60</i>

**Pilates** Pilates is a gentle method of exercise to strengthen and lengthen the muscles and improve posture. Regular classes aimed to give you a more toned, supple and balanced body, and a sense of inner calmness.

	<i>Friday</i>	<i>Autumn (12w)</i>	<i>Spring (12w)</i>	<i>Summer (9w)</i>
<i>Belinda Payne</i>	<i>1.30pm-2.30pm</i>	<i>£61.80</i>	<i>£61.80</i>	<i>£46.40</i>

**T'ai Chi** The traditional Chinese form of exercise, breathing, and meditation that aims to improve and maintain health and increase longevity. A great stress-buster, it is also known to improve confidence and balance.

	<i>Thursday</i>	<i>Autumn (12w)</i>	<i>Spring (12w)</i>	<i>Summer (9w)</i>
<i>John Roper</i>	<i>1.15pm-3.15pm</i>	<i>£123.60</i>	<i>£123.60</i>	<i>£92.70</i>

**Yoga** Hatha yoga classes for all levels with modifications where appropriate. Covering breathing, stretching, postures and relaxation leading to greater flexibility, release of tension, calmness and wellbeing.

	<i>Tuesday</i>	<i>Autumn (12w)</i>	<i>Spring (12w)</i>	<i>Summer (9w)</i>
<i>Jacqueline Bonham</i>	<i>10am-12pm</i>	<i>£123.60</i>	<i>£123.60</i>	<i>£92.70</i>
	<i>Wednesday</i>	<i>Autumn (12w)</i>	<i>Spring (12w)</i>	<i>Summer (9w)</i>
<i>Susie Holland</i>	<i>10am-11.30am</i>	<i>£92.70</i>	<i>£92.70</i>	<i>£69.50</i>
	<i>Wednesday</i>	<i>Autumn (12w)</i>	<i>Spring (12w)</i>	<i>Summer (9w)</i>
<i>Jacqueline Bonham</i>	<i>12pm-1.30pm</i>	<i>£92.70</i>	<i>£92.70</i>	<i>£69.50</i>
	<i>Wednesday</i>	<i>Autumn (12w)</i>	<i>Spring (12w)</i>	<i>Summer (9w)</i>
<i>Eve Gentilhomme</i>	<i>6.45pm-8.15pm</i>	<i>£92.70</i>	<i>£92.70</i>	<i>£69.50</i>
	<i>Thursday</i>	<i>Autumn</i>	<i>Spring (11w)</i>	<i>Summer (9w)</i>
<i>TBC</i>	<i>7.30pm-8.30pm</i>	<i>n/a</i>	<i>£56.70</i>	<i>£46.40</i>

**Yoga Summer Drop-In Summer 2018** July/August (dates tbc). All levels welcome! £9.00 per 2-hour class. Wednesdays 10am-12pm, tutors will vary.

**Additional classes may be added throughout the year so please check our website or contact the office for further details.**

## ENROLMENT PULL-OUT

### Enrolment

**Priority Booking** for the Autumn Term will start on **Monday 2 July 2018** (the final week of the Summer Term) - during this week existing students will have priority to rebook onto the same courses. Thereafter, from **Monday 9 July 2018** bookings will be allocated on a first come first served basis. 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 Membership Application Form and Class Enrolment Form.
  - (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**  
**Or:** Hand in your forms (including cheque(s) and SAE) to the BHCA Office in Bedford House  
*(Please see office hours)*

There will be an additional **Personal Enrolment Evening** on **Monday 10 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 September 2018** Please check with the Office on availability of places before sending an enrolment form and cheque.

### BHCA Membership

All students must be members of Bedford House Community Association, paying a membership fee which is valid for 12 months from 17 September 2018. 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.**  
**Registered Charity No. 1178692**

## MEMBERSHIP APPLICATION FORM 2018 - 2019

The personal data you provide to **Bedford House Community Association** will be used for administration purposes relating to processes for your membership and class enrolments, and to update our members database. It will also be used to contact you to let you know of any changes or updates to your membership or classes such as temporary cancellations, to inform you of the charity's other news and events, in addition to ask for your views and to process Gift Aid applications.

### Your Personal Details – PLEASE WRITE IN BLOCK CAPITALS

Surname		Title	
First Name(s)			
Address			
Town			
Postcode			
Email			
Home Telephone			
Mobile Telephone			
Age (if Under 18)			

If you have completed this form on behalf of another person, for example if you are a parent or guardian, then please also print your name next to your signature below.

Signature	
Date Signed	

**Membership Fees: Adult £10.00; Under 18s £5.00; Family £15.00; Temporary Workshops £1.00. If joining after Easter 2019 Membership Fees (except Temporary) will be halved.**

- Please tick if you consider yourself to have a disability or learning difficulty.
- Please tick if you are a UK taxpayer and the Charity can claim **Gift Aid** on your Membership Fees and any additional Donations. Registered Charity No. 1178692
- Please tick to give permission to use photographs for publicity materials.
- Tick if you are already a 2018/2019 member but are providing updated details.
- Please tick if you are a returning student, if not please tell us how you found out about us:.....

Please return completed form to: Office, Bedford House, 4 Westbury Road, Buckhurst Hill, IG9 5NW. Please include a cheque made out to BHCA for the total amount. Also include a Stamped Addressed Envelope if you wish to be sent a receipt.

## CLASS ENROLMENT FORM 2018 - 2019

**Your Personal Details – PLEASE WRITE IN BLOCK CAPITALS (These should be the same details as your Membership Application Form).**

Surname		Title	
First Name(s)			
House No.		Postcode	

**I wish to enrol for the following class(es):**

Class Name	Day	Time	Fee (£)
<b>Fee Total</b>			£
<b>* Less Full Year Discounted Total (If applicable)</b>			- £
<b>I would like to add a Voluntary Donation of</b>			£
<b>(If not already paid) Membership Fee</b>			£
<b>Grand Total</b>			£

**\* Discount Offer!**

Students who wish to pay upfront for all three terms in advance are welcome to do so and we are pleased to offer a 5% discount for any student paying in advance for a course for the whole year. Please contact the office to calculate any discount.

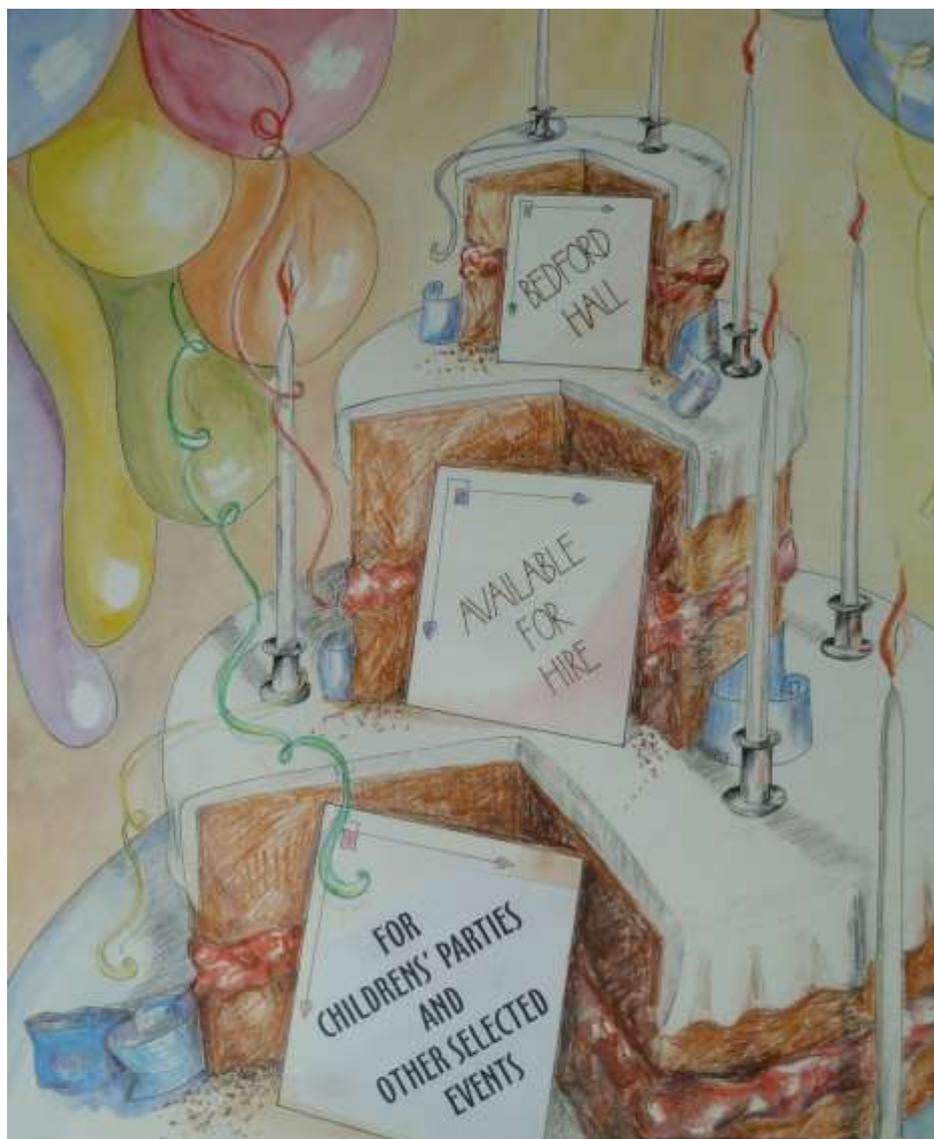
If you have completed this form on behalf of another person, for example if you are a parent or guardian, then please also print your name next to your signature below.

Signature	
Date Signed	

Please return completed form to: Office, Bedford House, 4 Westbury Road, Buckhurst Hill, IG9 5NW. Please include a cheque made out to BHCA for the total amount. Also include a Stamped Addressed Envelope for return of confirmation and receipt; or to return your cheque if the class is full. We regret that without a SAE we cannot return by post.

*Registered Charity No. 1178692*

## HALL HIRE



Bedford Hall has a capacity for up to 80 people, kitchen facilities and is available for children's parties (under 12 year olds) and other selected events. In consideration of our neighbours we regret that discos are not permitted.

For further details please contact the BHCA office on 020 8504 6668

## ADULT ART & CRAFT COURSES

**Art Appreciation Presentations** How quickly do the styles and -isms in art become disseminated? And how similar or distinct can they be at the same time in different places?

	<i>Thursday</i>	<i>Autumn (10w)</i>	<i>Spring (10w)</i>	<i>Summer (10w)</i>
<i>Ron Clark</i>	<i>10am-12pm</i>	<i>£103.00</i>	<i>£103.00</i>	<i>£103.00</i>

**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.

	<i>Tuesday</i>	<i>Autumn (10w)</i>	<i>Spring (12w)</i>	<i>Summer (9w)</i>
<i>Peter Borrer</i>	<i>2pm-4pm</i>	<i>£103.00</i>	<i>£123.60</i>	<i>£92.70</i>

**Beginning to Paint in Oil, Acrylic & Watercolour** A class examining the basic principles of painting that underlie three seemingly different disciplines.

	<i>Friday</i>	<i>Autumn (11w)</i>	<i>Spring (11w)</i>	<i>Summer (9w)</i>
<i>Anne Daniels</i>	<i>10am-12.30pm</i>	<i>£141.60</i>	<i>£141.60</i>	<i>£115.90</i>

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

	<i>Thursday</i>	<i>Autumn (12w)</i>	<i>Spring (12w)</i>	<i>Summer (9w)</i>
<i>Gwyneth Hibbett</i>	<i>1pm-3pm</i>	<i>£123.60</i>	<i>£123.60</i>	<i>£92.70</i>

**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.

	<i>Monday</i>	<i>Autumn (12w)</i>	<i>Spring (12w)</i>	<i>Summer (9w)</i>
<i>Tony Swann</i>	<i>7.30pm-9.30pm</i>	<i>£123.60</i>	<i>£123.60</i>	<i>£92.70</i>

**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.

	<i>Tuesday</i>	<i>Autumn (10w)</i>	<i>Spring (12w)</i>	<i>Summer (9w)</i>
<i>Peter Borrer</i>	<i>8pm-10pm</i>	<i>£103.00</i>	<i>£123.60</i>	<i>£92.70</i>
	<i>Wednesday</i>	<i>Autumn (12w)</i>	<i>Spring (12w)</i>	<i>Summer (9w)</i>
<i>Patrick Purcell</i>	<i>10pm-12.30pm</i>	<i>£154.50</i>	<i>£154.50</i>	<i>115.90</i>
	<i>Wednesday</i>	<i>Autumn (12w)</i>	<i>Spring (12w)</i>	<i>Summer (9w)</i>
<i>Anna Bisset</i>	<i>2pm-4.30pm</i>	<i>£154.50</i>	<i>£154.50</i>	<i>115.90</i>
	<i>Wednesday</i>	<i>Autumn (12w)</i>	<i>Spring (12w)</i>	<i>Summer (9w)</i>
<i>Marguerite Horner</i>	<i>7.30pm-10pm</i>	<i>£154.50</i>	<i>£154.50</i>	<i>115.90</i>

**Exploring Painting** For those who wish to develop their painting skills across a variety of different subjects, styles and genres.

	<i>Tuesday</i>	<i>Autumn (12w)</i>	<i>Spring (12w)</i>	<i>Summer (9w)</i>
<i>Jason Rose</i>	<i>10am-12pm</i>	<i>£123.60</i>	<i>£123.60</i>	<i>£92.70</i>

**Glass Pendants/Fusing** Learn the basics of glass fusing: cutting, shaping, assembling, and firing. Working with decal transfers and glue to make glass jewellery & a soap dish or similar piece. No experience needed, just enthusiasm! Fee includes some basic materials.

	<i>Wednesday</i>	<i>Autumn</i>	<i>Spring (8w)</i>	<i>Summer (8w)</i>
<i>Pippa Davismoon</i>	<i>7pm-9.30pm</i>	<i>n/a</i>	<i>£110.00</i>	<i>£110.00</i>

## ADULT ART & CRAFT COURSES

**Needlecraft** Beginners to advanced are welcome to join this friendly class, all types of needlework covered. A kaleidoscope of work in colour, materials and different techniques.

	<i>Wednesday</i>	<i>Autumn (10w)</i>	<i>Spring (11w)</i>	<i>Summer(10w)</i>
<i>Margaret French</i>	<i>2pm-4pm</i>	<i>£103.00</i>	<i>£113.30</i>	<i>£103.00</i>

**Pottery** Working at your own pace in a relaxed, informal class, learn the basic techniques of coiling and pinching, slab work, modelling, carving, and throwing on the wheel, and decorating methods using slips, glazes and oxides. Experienced students are encouraged to develop more advanced skills. An additional charge is made for firing work.

	<i>Tuesday</i>	<i>Autumn (12w)</i>	<i>Spring (12w)</i>	<i>Summer(10w)</i>
<i>Martin Chesterman</i>	<i>8pm-10pm</i>	<i>£150.50</i>	<i>£150.50</i>	<i>£125.40</i>

	<i>Wednesday</i>	<i>Autumn (12w)</i>	<i>Spring (12w)</i>	<i>Summer(10w)</i>
<i>Martin Chesterman</i>	<i>10am-12.30pm</i>	<i>£188.10</i>	<i>£188.10</i>	<i>£156.70</i>

**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, collagraph and collage. Fee includes some materials.

	<i>Friday</i>	<i>Autumn (11w)</i>	<i>Spring (11w)</i>	<i>Summer (9w)</i>
<i>Anne Daniels</i>	<i>1.30pm-3.30pm</i>	<i>£123.20</i>	<i>£123.20</i>	<i>£100.80</i>

**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.

	<i>Monday</i>	<i>Autumn (12w)</i>	<i>Spring (12w)</i>	<i>Summer(10w)</i>
<i>Esther Neslen</i>	<i>7.45pm-9.45pm</i>	<i>£150.50</i>	<i>£150.50</i>	<i>£125.40</i>

	<i>Thursday</i>	<i>Autumn (12w)</i>	<i>Spring (12w)</i>	<i>Summer(10w)</i>
<i>Esther Neslen</i>	<i>12.30pm-3.30pm</i>	<i>£225.70</i>	<i>£225.70</i>	<i>£188.10</i>

**Sketching & Acrylic Painting** Learn sketching skills to then develop into painting with acrylics. Beginners welcome.

	<i>Thursday</i>	<i>Autumn (12w)</i>	<i>Spring (12w)</i>	<i>Summer (9w)</i>
<i>Jason Rose</i>	<i>10am-12pm</i>	<i>£123.60</i>	<i>£123.60</i>	<i>£92.70</i>

**Watercolour** For those wishing to explore a traditional medium of lasting and limitless appeal. All abilities welcome!

	<i>Thursday</i>	<i>Autumn (12w)</i>	<i>Spring (12w)</i>	<i>Summer (9w)</i>
<i>Ann Funston</i>	<i>9.30am-11.30pm</i>	<i>£123.60</i>	<i>£123.60</i>	<i>£92.70</i>

	<i>Tuesday</i>	<i>Autumn (12w)</i>	<i>Spring (12w)</i>	<i>Summer (9w)</i>
<i>TBC</i>	<i>2pm-4pm</i>	<i>£123.60</i>	<i>£123.60</i>	<i>£92.70</i>

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

	<i>Thursday</i>	<i>Autumn (12w)</i>	<i>Spring (12w)</i>	<i>Summer (9w)</i>
<i>John Tookey</i>	<i>2pm-4pm</i>	<i>£123.60</i>	<i>£123.60</i>	<i>£92.70</i>

**The Renaissance Atelier** A new independent class for all levels, to learn Renaissance oil painting and drawing techniques. For further details please contact Victoria King.

<i>Victoria King MA</i>	<i>Monday</i>			<i>Tel: 07973 370122</i>
<i>FRSA</i>	<i>10am-12.30pm</i>			<i>www.victoriakingart.com</i>

## WORKSHOPS

### **Anxiety – Friend or Foe? Please enrol by 6 November/26 February.**

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.

*Christa Stadler/Hatice Ari* Thursday 15 November 7.00 – 10.00 £19.20

*Christa Stadler/Hatice Ari* Thursday 7 March 7.00 – 10.00 £19.20

### **Art Appreciation Illustrated Lecture: Pieces of Eight Please enrol by 1 November**

Examining eight works from the Golden Age of Dutch painting, including Rembrandt's *Night Watch* and Vermeer's *Girl with a Pearl Earring*.

*Ron Clark* Saturday 10 November 10.00 – 12.30 £16.00

### **Art Appreciation Illustrated Lecture: A Different Kind of Madness; the Art of the Surrealists Please enrol by 24 January**

A look at the influences and often remarkable, sometimes disturbing, work of artists associated with the Surrealist movement.

*Patrick Purcell* Saturday 2 February 10.00 – 12.30 £16.00

### **Art Appreciation Illustrated Lecture: Vincent Van Gogh Please enrol by 27 February**

The turbulent last years of a wayward genius when he produced 90% of his greatest works.

*Ron Clark* Saturday 9 March 10.00 – 12.30 £16.00

### **Basket Making (Beginners) Please enrol by 25 May**

An introduction to this traditional craft. You will take home a basket you have crafted yourself. No experience needed, materials supplied.

*Deb Hart* Saturday 8 June 10.00 – 6.00 £59.00

### **Bath Bomb Making Please enrol by 15 November**

Make fabulous bath bombs with natural essential oils and flower heads in a fun creative class. All ingredients supplied to make beautiful, natural and fizztastic bath bombs.

*Victoria Robertson* Saturday 24 November 10.00 – 1.00 £27.00

### **Book Folding Please enrol by 4 October**

The art of folding book pages to make striking and creative images and sculpture. Turn those old books into art! No experience necessary, materials available at cost from tutor.

*Sue Starkey* Saturday 13 October 10.00 – 3.00 £31.90

### **Botanical Skin Care Please enrol by 15 November**

Produce home-made skin creams and body scrubs using fresh flowers, herbs and natural fragrances from the garden. The botanical way to keep skin looking its best with benefits of natural plant sources without synthetics or preservatives. Most materials provided.

*Victoria Robertson* Saturday 24 November 10.00 – 1.00 £26.60

### **Butterflies and Others (Art) Please enrol by 5 June**

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.

*Katherine Poluck* Saturday 15 June 10.00 – 3.00 £31.90

### **Calligraphy – Illuminated Medieval Letters Please enrol by 10 January**

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. Learning a technique of flat gilding. Gold leaf will be available at cost from the tutor.

*Gwyneth Hibbett* Saturday 19 January 10.00 – 3.00 £31.90

## WORKSHOPS

### **Christmas Wreaths Please enrol by 28 November**

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).

*Anne Daniels Saturday 8 December 10.00 – 12.30 £17.00*

### **Cup Cake Decorating Please enrol by 8 May**

Cake decorating with a unique creative difference – learn how to make shoe designs you can eat! All materials provided to show you how to make an amazing edible shoe collection, all you need to bring is a tray or box to take them home.

*Victoria Robertson Saturday 6 April 2.00 – 5.00 £27.00*

### **Depicting Buildings and Landmarks Please enrol by 20 September**

We all have photos of local buildings and landmarks that have caught our eye or have a special meaning for us. This will show you how to take that source material and transform it into a considered artwork, using a variety of drawing tools and water-based media.

*Katherine Poluck Saturday 29 September 10.00 – 3.00 £31.90*

### **Drawing Faces Please enrol by 16 January**

Portraiture needs careful observation of form and proportion to achieve a likeness – bring along photos of a face/faces (it could be your own!) and learn how to draw it accurately.

*Jason Rose Saturday 26 January 10.00 – 3.00 £31.90*

### **Fashion Illustration Please enrol by 1 November/ 31 January**

A workshop that will teach the basics of fashion drawing – the techniques to draw the fashion face and clothing on a fashion body, in various media including watercolour.

*Sarah Smart Saturday 10 November 10.00 – 3.00 £31.90*

*Sarah Smart Saturday 9 February 10.00 – 3.00 £31.90*

### **Gardening - Propagation Please enrol by 13 September**

The basics of how to increase and look after plants using cuttings, division and sowing.

*Helen Lowther Saturday 22 September 10.00 – 12.30 £16.00*

### **Gardening -Fruit & Vegetables Please enrol by 28 March**

How to start growing your own vegetables and fruit.

*Helen Lowther Saturday 6 April 10.00 – 12.30 £16.00*

### **Gardening – Hanging Baskets Please enrol by 25 April**

Learn how to plant up your own basket of colourful varieties.

*Helen Lowther Saturday 4 May 10.00 – 12.30 £16.00*

*Various materials for the gardening workshops will be available to buy on the day.*

### **Glass Tree Decorations Please enrol by 2 November/ 16 November**

Create your own striking and attractive glass decorations to hang on your Christmas tree or elsewhere! Fee includes materials.

*Pippa Davismoon Sunday 11 November 11.00 – 2.30 £26.00*

*Pippa Davismoon Sunday 25 November 11.00 – 2.30 £26.00*

### **Greetings Cards Please enrol by 28 February**

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.

*Sue Starkey Saturday 9 March 10.00 – 3.00 £31.90*

## WORKSHOPS

### **Life Class Please enrol by 3 May**

This workshop will consist of short poses followed by one long pose. Draw or paint in your own choice of medium. All levels welcome!

*Teresa Witz*                      *Saturday*                      *18 May*                      *10.30 – 1.00*                      *£22.70*

### **Local History Walk Please enrol by 10 May**

A relaxed and informative stroll down Queens Road and across the tracks, looking at both shops and houses, and what they tell us about social history, architecture, and the development and growth of Buckhurst Hill.

*Lynn Haseldine Jones*    *Sunday*                      *19 May*                      *2.00 – 4.00*                      *£7.50*

### **Meditation, Music, Art Please enrol by 9 May**

Starting with guided meditation and evocative music, we will turn the feelings, visualisations and experiences thus produced into inspired paintings.

*Jason Rose*                      *Sunday*                      *19 May*                      *10.00 – 3.00*                      *£31.90*

### **Meditation and Mindfulness Please enrol by (1) 27 September, (2) 1 February**

Learn to manage stress, pain and anxiety with mindfulness and body-based meditation. The sessions can be taken separately or together, the first emphasizing the body, the second the breath.

*Christa Stadler*                      *Saturday*                      *6 October*                      *2.00 – 5.00*                      *£19.20*

*Christa Stadler*                      *Sunday*                      *10 February*                      *10.00 – 1.00*                      *£19.20*

### **Microgreen/Super Seed Growing Please enrol by 7 March**

How to grow your own microgreens and small seedlings gardens that will mature to produce big flavour. These superfoods are very healthy but can be pricey to buy – so come along and discover how to grow your own - indoors or out – and their health benefits. Learn how to create a mini microgreen garden to sit on a windowsill. All materials provided.

*Victoria Robertson*    *Saturday*                      *16 March*                      *10.00 – 1.00*                      *£29.00*

### **Painting Animals Please enrol by 25 October**

Bring along photos of your pet - or something much wilder! - and discover how to accurately depict the animal kingdom. All levels welcome.

*Jason Rose*                      *Saturday*                      *3 November*                      *10.00 – 3.00*                      *£31.90*

### **Photography - Get to Know Your Digital Camera Please enrol by 2 May**

Want to move on from a film or basic digital camera, but hesitant? This class will remove the mystery and aid your full use of the facilities of digital photography. Bring your camera! A follow-up session may be possible, to enable manipulation of your work on computer.

*Louise Moore*                      *Saturday*                      *11 May*                      *10.00 – 3.00*                      *£31.90*

### **Photography - Taking Portrait Photographs Please enrol by 6 June**

Explore photographing people to create dramatic images, indoors with studio lighting or outdoors in Bedford House grounds. Enthusiasm and a camera the only requirements!

*Louise Moore*                      *Saturday*                      *15 June*                      *10.00 – 3.00*                      *£31.90*

### **Porcelain Summer Decorations and Pendants Please enrol by 10 May**

Come and make porcelain decorations or pendants, using flat or rolled clay that can be left plain or glazed. No experience necessary, only enthusiasm! All materials provided.

*Pippa Davismoon*    *Sundays* *19 May 10.30-1.00 and 9 June 10.30 – 11.30*    *£34.00*

## WORKSHOPS

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

Create your own striking and attractive porcelain decorations to hang on your Christmas tree or elsewhere! Fee includes materials.

*Pippa Davismoon* Sundays 4 Nov. 10.30 – 1.00 and 25 Nov. 3.00 – 4.30 £34.00

### **Portrait Painting Please enrol by 7 March**

A day drawing and painting from a model to learn the skills and techniques of portraiture. All levels welcome!

*Ron Clark* Saturday 23 March 10.00 – 4.00 £52.50

### **Print on Clay Please enrol by 16 January**

A technique for transferring drawn/collaged/photographic images onto a ceramic surface which is then fired. After demonstration, 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.

*Louise Moore* Saturday 26 January 10.00 – 3.00 £35.00

### **Printmaking - Christmas Card Prints Please enrol by 31 October**

Two evening sessions to enable students to produce their own personal printed cards for family and friends. Up to 10 cards/envelopes included in cost.

*Anne Daniels* Fridays 9 and 16 November 7.00 – 9.00 £30.60

### **Printmaking - Stencilling Please enrol by 13 November**

Try Stencilling, a simple but highly effective printing technique that has been used since prehistoric times. Anyone can produce striking and colourful images.

*Anne Daniels* Friday 23 November 7.00 – 9.30 £13.90

### **Printmaking - William Morris Designs Please enrol by 20 January**

An introduction to Morris's outstanding textile designs which students can then use as a basis for their own work in linocut (all printing materials supplied) or in watercolour.

*Anne Daniels* Sunday 27 January 10.00 – 3.00 £39.00

### **Watercolour - First Steps in Watercolour Please enrol by 22 November**

For those new to this great and rewarding medium. No need to be nervous!.

*Ann Funston* Saturday 1 December 10.00 - 3.00 £31.90

### **Watercolour - Learning from the Artist: Marc Chagall Please enrol by 13 March**

Enabling students to examine the techniques of a great watercolourist and thereby develop their own work. Suitable for all levels.

*Ann Funston* Saturday 23 March 10.00 – 3.00 £31.90

### **Willow-Weaving - Garden Obelisk Please enrol by 4 March**

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.

*Jill Leheup* Sunday 17 March 10.00 – 3.00 £42.75

### **Willow-Weaving - Halloween Lanterns for Children/Families Please enrol by 15 Oct.**

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!

*Jill Leheup* Sunday 28 October 1.30 – 3.30 £13.90

## WITH THANKS

### Front Cover

Our Brochure Front Cover: Thanks to Oonagh Dawson for the sketch of Bedford House.

### Our Sponsors

Thanks to **Academy Heating Ltd** for their sponsorship this year.

### Working in the Community

Since 2004, Year 6 children of **Buckhurst Hill Community Primary School** have had the opportunity to explore the making of objects in clay at to our purpose-built pottery studio at Bedford House. They 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.

The Community Association also works with **Buckhurst Hill Parish Council, Buckhurst Hill Residents' Society, Buckhurst Hill Horticultural Society, Epping Forest District Museum** and **St James' United Reform Church**.

### Membership Clubs & Groups

**Bedford House Bridge Group** Meets Tuesday evenings 8pm-10pm at Bedford House. Visitors welcome!

**Buckhurst Hill Wine Club** Meets second Friday evening of the month, 8pm-10pm 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.

**Form a Group?** Book clubs, topical discussion groups and knit and natter sessions...

### Regular Hirers

The following independent clubs and groups regularly hire Bedford House or Hall. For further information please contact the businesses directly.



**LAMDA Speech and Drama Classes** with **Jayne Gill**: The classes improve communication skills, increase self-confidence and develop strong social skills. Working on diction, public speaking, poetry, sight reading, mime and acting. *Saturday 2-3pm Juniors Age 7+; Saturday 3-4pm Seniors Age 11-15 years.* For further info contact Jayne Gill: **07901 555560/ JayneGill2017@gmail.com**



**National Childbirth Trust (NCT)** Meets at various times. We run antenatal and postnatal courses, to find out more please call us on **0300 330 0700**, email **bookings5vl@nct.org.uk** or visit our website **www.nct.org.uk**

**Buckhurst Hill China Painting Group** Friday mornings.

**HartBeeps** Thursday mornings. Baby, toddler & preschool group.

**Hey Diddle Diddle** Friday mornings. Pre-school musical nursery rhyme group.

**Legends Bridge Group** Tuesday afternoons.

**Slimming World** Tuesday evenings.

## HALL & 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 / enquiries@bedfordhouse.org.uk**

## CHRISTMAS CRAFT FAIR

**SUNDAY 25 NOVEMBER 2018 11am - 4pm**

All welcome! Enquiries from prospective stallholders to the office.

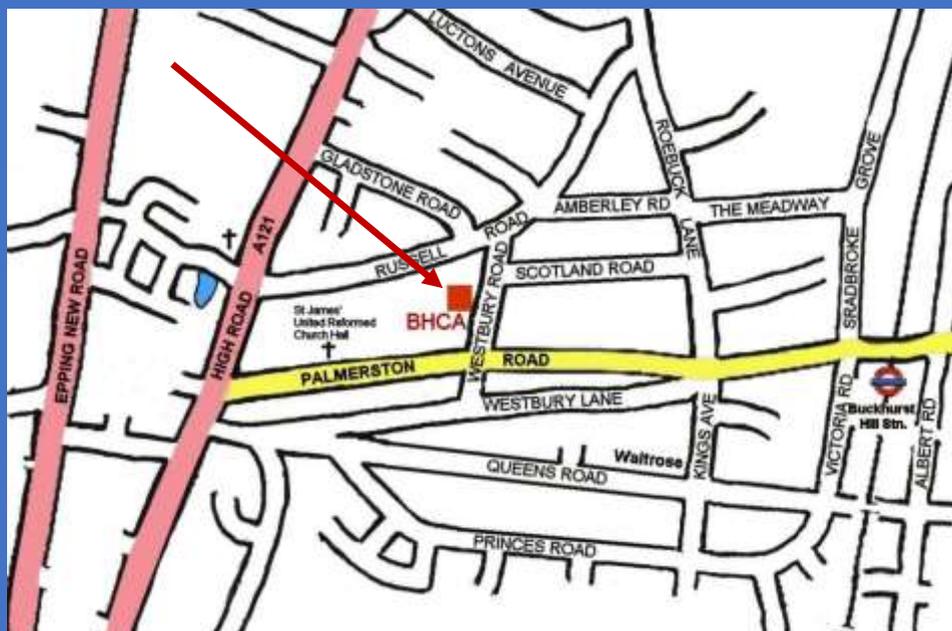
## BHCA SUMMER EXHIBITION

**PREVIEW EVENING FRIDAY 28 JUNE 2019 7.30pm - 9pm**

**SATURDAY 29 JUNE 2019 10am - 4pm**

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

## BEDFORD HOUSE MAP



With regret access to Bedford House and Bedford Hall is unsuitable for wheelchairs.