

Bedford House



Community Association in Buckhurst Hill

Arts Crafts Fitness Leisure Room Hire



autumn
2019
to
summer
2020

Bedford House Community Association

Bedford House 4 Westbury Road Buckhurst Hill IG9 5NW

020 8504 6668 enquiries@bedfordhouse.org.uk

www.bedfordhouse.org.uk

Charity Number 1178692

BROCHURE FRONT COVER & CONTENTS



This lovely interpretation of Bedford House was created by young artists.

BROCHURE CONTENTS

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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. Our programme is modelled around an academic year, however we welcome members all year round. If there are places available, then students may join most courses at any time during the terms.

STANDARD TERM DATES

Term / Break	Start Date	Finish Date	Half-term Week
Autumn (12 weeks)	Mon 16 th Sept 2019	Sun 15 th Dec 2019	28 th Oct - 3 rd Nov
Christmas (3 weeks)	Mon 16 th Dec 2019	Sun 5 th Jan 2020	
Spring (12 weeks)	Mon 6 th Jan 2020	Sun 5 th Apr 2020	17 th Feb - 23 rd Feb
Easter (3 weeks)	Mon 6 th Apr 2020	Sun 26 th Apr 2020	
Summer (9 weeks)	Mon 27 th Apr 2020	Sun 5 th July 2020	25 th May - 31 st May

Please note:

1. Course durations may vary from the Standard Term Dates so please check the specific course details to find out about the course you are interested in.
2. In some cases, dates may change due to unforeseen circumstances. On occasion a class may need to be cancelled in which case a replacement class may be added on after the end of term.
3. There are usually no classes on Bank Holidays and courses normally on these days may also have extended terms.
4. This year our half-term dates are aligned with Epping Forest schools.

OFFICE OPENING TIMES

Office Opening Times for enquiries are during Standard Term Dates only. During Term Breaks and Half-terms, the hours will vary, and the Office may be closed.

Monday	9.30am - 12.30pm	6.30pm - 9pm
Tuesday	9.30am - 12.30pm	
Wednesday	9.30am - 12.30pm	6.30pm - 9pm
Thursday	9.30am - 12.30pm	
Friday	9.30am - 12.30pm	

ENROLMENT INFORMATION / ADMINISTRATION

MEMBERSHIP & CLASS FEES

Bedford House Community Association operates as a membership organisation. All students and room hirers must join as members, and our pricing model reflects this membership contribution. Student members are covered by the Association's public liability insurance whilst attending classes.

Our courses are usually priced by term and we operate three terms: Autumn, Spring and Summer. **Students may be able to join a course part-way through a term in which case the course fees will be pro rata for the remaining weeks.**

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

Classes are subject to cancellation if student enrolment numbers are not viable.

PRIORITY ENROLMENT

Existing members will be given priority to re-enrol for the next term of their course, at the end of each term. A waiting list may be kept for particularly popular courses for when places do become available during the year (waiting lists will not be carried over to the next academic year). Thereafter, at the end of the academic year any available places will be allocated on a first come first served basis.

MEMBERSHIP FEES

Membership enrolment is annual, and it runs from 1 September to 31 August. A Bedford House Community Association **Membership Form** must be completed by each member, each year. Membership Forms are available from Bedford House or can be downloaded from the website. The following membership options are currently available:

Membership Type*	£	Description
Annual Membership	£12.00	For those attending courses, regular room hirers and supporters of the Association.
Temporary Membership	£1.00	For one day members only, either for a workshop or a single room hire.
Summer Membership	£6.00	For members joining after the Easter break.

* BHCA reserves the right to exclude a member if it considers their behaviour is inappropriate.

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 £1.00 of membership fee or donation. It will not cost you anything extra or require any further administration from you. Our registered charity is Bedford House Community Association (1178692).

ENROLMENT INFORMATION / ADMINISTRATION

FULL YEAR COURSE DISCOUNT

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.

PAYMENT METHODS

Payments can be made by BACS, cash or cheque. Please confirm your place before making payments. See Page 3 for Office Opening Times.

BACS	To pay by BACS it is essential to contact the office for a unique reference number prior to making your bank transfer payment. This unique number is important to allow us to reconcile payments and ensure classes are not oversubscribed.
Cash	Cash payments must be paid directly to the Office.
Cheques	Cheques made payable to 'BHCA' can be posted to Bedford House or dropped through the Office door letter box. Continuing students can also give cheques to their tutors. Please ensure you write on the back of the cheque (or envelope), details of any courses and membership fee for which you may be paying. Your receipt will be available from your tutor at your first class, unless you prefer to provide a SAE with your cheque.

CLASS MATERIALS

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

REFUND REQUESTS

All refunds are at the discretion of the Association. Refunds can be requested due to medical reasons if members are no longer able to attend the remainder of the term. We kindly request that refund requests are kept to a minimum as classes are priced to reflect registration by a minimum number of students to cover operational costs. Refund requests cannot be backdated and will only be considered for classes still to come at the time of the request. Any refund requests which are approved will be subject to an administration charge of £5.00. There is no administration charge for classes which are cancelled by the Association.

DONATIONS, SPONSORSHIP & LEGACIES

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 the local community. If you wish to help us further, donations and sponsorships are gratefully received. Also, you may wish to consider the charity in your Will. If you have already made your Will and wish to create a legacy, please consider a Codicil which is an amendment to your existing Will. Thank you.

COURSE TIMETABLE 2019 / 2020

BEDFORD HOUSE COURSES & REGULAR CLUBS / HIRERS

	Morning	Afternoon	Evening
M O N	10am Mindfulness Smart Raspberry	1pm Art Appreciation	7pm Watercolour 7.30pm Aerobics 7.30pm Learning to Draw 7.45pm Sculpture in Clay
T U E	9.30am Bridge (Beg) 9.45am Aerobics 10am Exploring Painting 10am Yoga 10am Guided Walks 10am Keep Fit (Over 60s) 11am Ballet (Int)	12.15pm Ballet (Beg) 12.30pm Bridge (Int) 2pm Art for All Legends Bridge Club	7pm Oil Painting 8pm Pottery Bedford Bridge Group
W E D	10am Drawing & Painting 10am Yoga 10am Pottery 10am Local History	12pm Yoga 1.30pm Poetry Appreciation 2pm Needlecraft 2pm Drawing & Painting 2pm Line Dancing (Beg) 3pm Line Dancing (Int)	7.30pm Glass Pendants Floral Design
T H U	9.30am Watercolour 10am Art Appreciation 10am Guided Walks 10am Sketching & Acrylics HartBeeps	12.30pm Sculpture in Clay 1pm Calligraphy 2pm Watercolour (Int)	7pm Ballet
F R I	10am Beginning to Paint 10am Natural History Walks Hey Diddle Diddle China Painters	12.15pm Pilates (Int) 1.30pm Pilates (Beg) 1.30pm Printmaking 2.30pm Myths of Britain 4pm Printmaking	Wine Club
S A T	Piano Lessons 10am Creative Writing Creative Art for Kids	LAMDA Speech & Drama	

Please check the brochure or website for full details including running schedule, seasons and offsite locations.

WORKSHOPS 2019 / 2020

Check out our variety of workshops; more details will be available on our website and other promotional media, including Facebook and Flyers.

WORKSHOP	DATE	TIME	£
Organic Gardening	Sat 5 Oct 19	10am-12.30pm	£15.80
First Steps in Watercolour	Sat 19 Oct 19	10am-3.00pm	£31.50
Art Appreciation: Women Artists	Sat 9 Nov 19	10am-12.30pm	£15.80
Glass Fusing: Christmas Tree Decorations	Sun 10 Nov 19	11am-2.30pm	£28.50
Life Drawing and Painting	Sat 16 Nov 19	10.30am-1pm	£22.50
Making Botanical Skin Care Products	Sat 23 Nov 19	10am-1pm	£26.90
Glass Fusing: Christmas Tree Decorations	Sat 23 Nov 19	11am-2.30pm	£28.50
Christmas Wreath Making	Sat 7 Dec 19	10am-12.30pm	£16.80
Christmas Wreath Making	Sat 7 Dec 19	1.30pm-4pm	£16.80
Drawing Faces	Sat 25 Jan 20	10am-3pm	£31.50
Calligraphy: Decorative Lettering for Children (Age 7+)	Sat 1 Feb 20	10am-1pm	£19.00
Printmaking: William Morris Designs	Sat 8 Feb 20	10am-3pm	£36.50
Printing Images onto Clay	Sat 8 Feb 20	10am-3pm	£34.60
Art Appreciation: History of Drawing	Sat 7 Mar 20	10am-12.30pm	£15.80
Watercolour: Cezanne's Techniques	Sat 14 Mar 20	10am-3.00pm	£31.50
Gardening with Wildlife	Sat 14 Mar 20	10am-12.30pm	£15.80
How to Draw Caricatures	Sat 21 Mar 20	10am-1pm	£18.90
Willow Weaving: Make a Garden Obelisk	Sat 28 Mar 20	10am-3pm	£42.40
Taking Portrait Photographs	Sat 28 Mar 20	10am-3pm	£31.50
Local History Walk	Wed 1 Apr 20	10am-12pm	£10.00
Basketmaking	Sat 9 May 20	10am-6pm	£60.40
Pests & Diseases in the Garden	Sat 16 May 20	10am-12.30pm	£15.80
Getting to Know Your Digital Camera	Sat 16 May 20	10am-3pm	£31.50
Introduction to Beekeeping	Sat 1 Aug 20	10am-2pm	£49.00



Follow us on Facebook

ADULT ART & CRAFT COURSES

Art Appreciation Presentations (Patrick Purcell) NEW! A new course exploring a variety of fascinating art and intriguing artists. Autumn term starts 30 September.

Monday 1pm-3pm 8w £84.80 8w £84.80 8w £84.80

Art Appreciation Presentations (Ron Clark) This year's programme: A Glossary of Art Terms and Expressions, illustrated and explained through the works of renowned artists.

Thursday 10am-12pm 10w £106.00 10w £106.00 10w £106.00

Art for All (Tony Swann) Watercolours, acrylics, pastels, pencils and other media will be used to explore new techniques and tricks, with friendly tuition. All abilities welcome.

Tuesday 2pm-4pm 12w £127.20 12w £127.20 9w £95.40

Beginning to Paint (Anne Daniels) A class examining the basic principles of painting that underlie the three seemingly different disciplines of oil, acrylic and watercolour.

Friday 10am-12.30pm 11w £145.80 11w £145.80 9w £119.20

Calligraphy (Gwyneth Hibbett) An introduction to foundational, italic and other scripts, alongside various decorative and illuminating techniques to complement the lettering.

Thursday 1pm-3pm 12w £127.20 12w £127.20 9w £95.40

Drawing and Painting (Anna Bisset) Instruction in the basic skills of art for students with widely mixed ability and experience. Charcoal, pastels, acrylics and watercolour.

Wednesday 2pm-4.30pm 12w £159.00 12w £159.00 9w £119.20

Drawing and Painting (Patrick Purcell) Learn the basics and develop your skills in a variety of media. For all abilities.

Wednesday 10am-12.30pm 12w £159.00 12w £159.00 9w £119.20

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

Tuesday 10am-12pm 12w £127.20 12w £127.20 9w £95.40

Glass Fusing (Pippa Davismoon) Learn the basics of glass fusing - cutting, shaping, assembling and firing. Make glass jewellery, ring dishes or similar small pieces. There will be a small charge for materials used. Autumn term starts 2 October.

Wednesday 7.30pm-9.30pm 8w £84.80

Learning to Draw (Tony Swann) Learn how to approach drawing, building up from the basics and utilising different techniques and media including pencil, charcoal and others.

Monday 7.30pm-9.30pm 12w £127.20 12w £127.20 9w £95.40

Needlecraft (Margaret French) All levels are welcome to join this friendly class, which covers various types and techniques of needlework in a range of colours and materials. Autumn term starts 25 September.

Wednesday 2pm-4pm 11w £116.60 12w £127.20 9w £95.40

ADULT ART & CRAFT COURSES

Oil Painting (Tony Swann) NEW! Oil painting remains the most versatile of the painting media. This course is suitable for all levels, from beginners to the more advanced.

Tuesday 7pm-9pm	12w £127.20	12w £127.20	9w £95.40
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Pottery (Martin Chesterman) Learn the basic techniques of coiling and pinching, slab work, modelling, carving and throwing on the wheel in a relaxed, informal class. Explore decorating methods using slip, glazes and oxides. Experienced students are encouraged to develop more advanced skills. An additional charge is made for clay and firing.

Tuesday 8pm-10pm	12w £155.00	12w £155.00	10w £129.20
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Wednesday 10am-12.30pm	12w £193.80	12w £193.80	10w £161.50
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Printmaking (Anne Daniels) Whether a beginner or experienced in other media, come and enjoy experimenting in a range of techniques including monoprint, relief printing, silkscreen, stencil, collagraph and collage. Fee includes some materials.

Friday 1.30pm-3.30pm	11w £126.90	11w £126.90	9w £103.90
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Friday 4pm-6pm NEW!	11w £126.90		
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Sculpture in Clay (Esther Neslen) 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. An additional charge is made for clay and firing.

Monday 7.45pm-9.45pm	12w £155.00	12w £155.00	10w £129.20
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Thursday 12.30pm-3.30pm	12w £232.60	12w £232.60	10w £193.80
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Sketching & Acrylic Painting (Jason Rose) Learn sketching skills to then develop into painting with acrylics. Beginners welcome.

Thursday 10am-12pm	12w £127.20	12w £127.20	9w £95.40
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Watercolour (Ann Funston) For those wishing to explore a traditional medium of lasting and limitless appeal. All abilities welcome!

Thursday 9.30am-11.30am	12w £127.20	12w £127.20	9w £95.40
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Watercolour (John Tookey) For both the more experienced painter in watercolour and those who have mastered the basics and wish to progress further.

Thursday 2pm-4pm (Intermediate)	12w £127.20	12w £127.20	9w £95.40
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Watercolour (Kathrine Poluck) NEW! A friendly and supportive class for both those wishing to start in watercolour or extend their skills.

Monday 7pm-9pm	12w £127.20	12w £127.20	9w £95.40
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TRY A CLASS!

Not sure which class to choose? If there are spaces available, then it may be possible to try a class before signing-up to the term. If the class is not for you then just pay for the one class, however if you like it then enrol for the remainder of the term too. If you wish to try a class, then contact the Office to check availability and register your interest.

ADULT FITNESS & LEISURE COURSES

Aerobics (Helen Wadey) Suitable for all levels, a total body workout that incorporates traditional aerobic moves for cardiovascular benefit, muscle toning and strengthening.			
Tuesday 9.45am-10.45pm	12w £63.60	12w £63.60	9w £47.70
Aerobics (Jennifer Humm) Classes begin at a low level of aerobic exercise, increasing gradually. Exercise to maintain mobility, posture and energy, boosting general wellbeing.			
Monday 7.30pm-8.30pm	11w £58.30	12w £63.60	9w £47.70
Ballet for Adults (Daniela Delerci) Friendly classes that will improve your flexibility, as well as cardio exercises and body conditioning, and raise awareness of posture and coordination. Graceful movements to enjoying the expression and musicality of dance.			
Tuesday 11am-12pm (Intermediate)	12w £63.60	12w £63.60	9w £47.70
Tuesday 12.15pm-1.15pm (Beginners)	12w £63.60	12w £63.60	9w £47.70
Thursday 7pm-8pm NEW!	12w £63.60	12w £63.60	9w £47.70
Bridge (Dave Gifford) Learn to enjoy the game of Bridge. Lessons consist of a short talk, followed by the play of cards. Intermediates further develop their skills and enjoyment of the game. Classes finish at summer half-term.			
Tuesday 9.30am-11.30am (Beginners)	12w £127.20	12w £127.20	4w £42.40
12.30pm-2.30pm (Intermediate)	12w £127.20	12w £127.20	4w £42.40
Creative Writing (Jane Colman) Inject fun exploring specific aspects of writing, from novice to expert. Creative stimulus to begin writing or gain new ideas and inspiration. Autumn 5 Oct+2 Nov+7 Dec; Spring 18 Jan+15 Feb+21 Mar; Summer 2 May+6 Jun+4 Jul			
Saturday 10am-12.30pm	3w £39.80	3w £39.80	3w £39.80
Guided Walks Around Epping Forest (Robert Levene) 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! Walks start at a new location each week.			
Tuesday 10am-12pm	12w £100.80	12w £100.80	9w £75.60
Thursday 10am-12pm	12w £100.80	12w £100.80	9w £75.60
Keep Fit for Women Over 60s (Marion Pretty) Gentle movements 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.			
Tuesday 10am-11am	12w £63.60	12w £63.60	9w £47.70
Line Dance (Lyn Hill) 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!			
Wednesday 2pm-3pm (Beginners)	12w £63.60	12w £63.60	9w £47.70
Wednesday 3pm-4pm (Intermediate)	12w £63.60	12w £63.60	9w £47.70
Local History (Lynn Jones) Examining the development of our area through the 19 th & 20 th centuries – the people, the buildings, and the way of life. Spring term starts 26 Feb.			
Wednesday 10am-12pm		6w £63.60	

ADULT FITNESS & LEISURE COURSES

Mindfulness (Susie Holland) NEW! An enjoyable short course to suit everyone, learn the basic principles of mindfulness, including meditation and breathing practices.

Autumn term starts 30 September and spring term starts 20 January.

Monday 10am-11.30am 4w £31.80 4w £31.80

Myths of Britain (Ben Pestell) 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. Explore the myths that captured our imagination.

Autumn term starts 27 September.

Friday 2.30pm-4.30pm 10w £106.00

Natural History Walks (Tricia Moxey) A chance to enjoy our natural surroundings at a gentle pace and explore trees, plants and animals through the changing seasons. Spring term starts 28 February.

Friday 10am-11.30am 10w £63.00 6w £37.80 10w £63.00

Piano Lessons (David Brain) Individual piano tuition for all ages, 30 minutes each lesson with an experienced tutor. Times by arrangement. For autumn and spring, you may pay for either half a term or a whole term in advance.

Saturday Mornings 6w £140.90 or 12w £281.80 9w £211.30

Pilates (Belinda Payne) 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. The intermediate course progresses to exercises which require more control and core strength.

Friday 12.15pm-1.15pm (Intermediate) 12w £63.60 12w £63.60 9w £47.70

Friday 1.30pm-2.30pm (Beginners) 12w £63.60 12w £63.60 9w £47.70

Poetry Appreciation (Jane Colman) A chance to read, reflect on and discuss the works of some of our greatest poets, feeding the mind creatively, as well as the ear! Autumn term starts on 2 October and runs through half-term. Summer starts 6 May with a break.

Wednesday 1.30pm-3pm 5w £39.70 5w £39.70

Yoga (Jacqueline Bonham) 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.

Tuesday 10am-12pm 12w £127.20 12w £127.20 9w £95.40

Wednesday 12pm-1.30pm 12w £95.40 12w £95.40 9w £71.60

Yoga (Susie Holland) Yoga brings together movement, breathing and relaxation to create a balancing effect on the mind and the body. All ages and stages are welcome.

Wednesday 10am-11.30am 12w £95.40 12w £95.40 9w £71.60

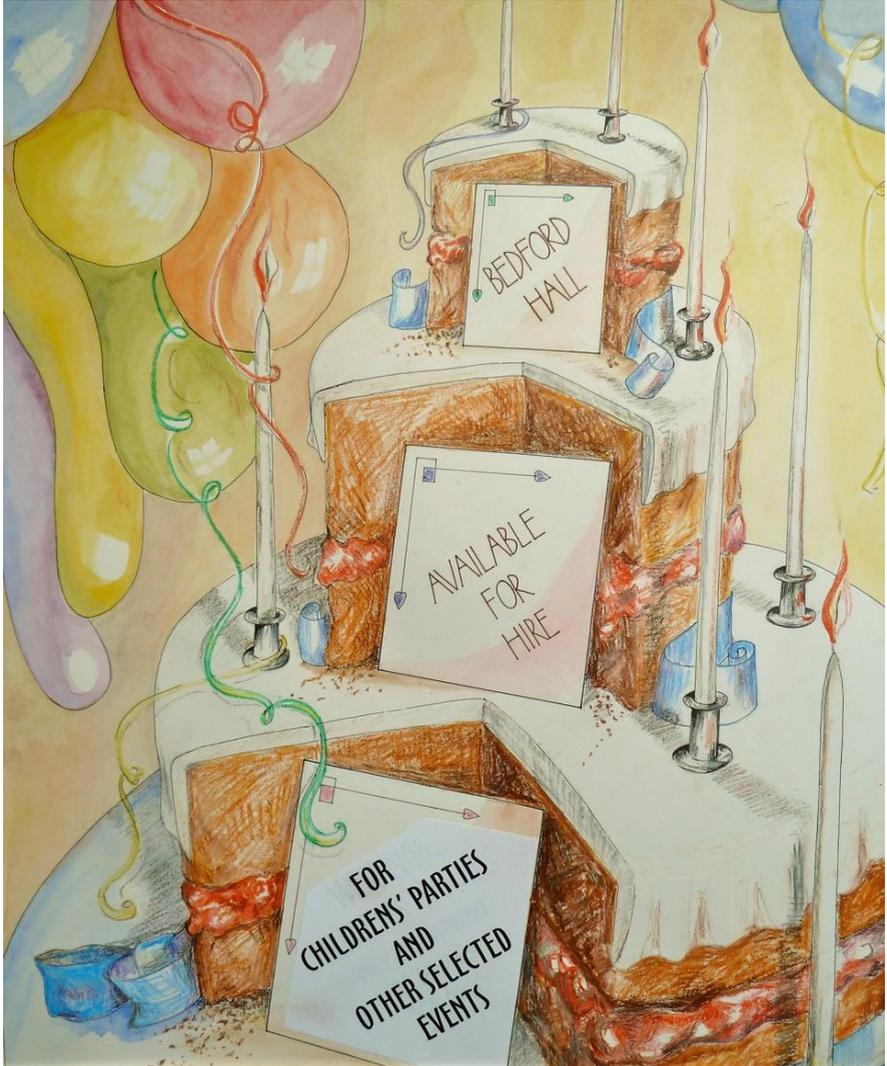
Yoga (Summer Workshops) Drop-in class on selected dates over the summer holidays. All levels welcome. Tutors may vary. Pay on the day (Temporary Membership allowed).

Wednesday 10am-12pm

KIDS

CHILDRENS PARTY VENUE

Bedford Hall is an ideal venue to hold younger children's birthday parties. No discos are permitted due to consideration of our neighbours and local residents. We offer a special party rate at weekends for 4-hours to allow time to set-up, enjoy the party and clear-up, at £120.00 (plus membership fee).



KIDS

CHILDREN'S GROUPS & ACTIVITIES

Bedford House welcomes children's groups and activities. Our venue is hired by the following groups. For further information please contact the businesses directly.

BHCA Piano Lessons are also available to children (see page 11).



Hey Diddle Diddle Friday mornings at 9.30am & 10.30am

www.heydiddle-diddle.co.uk or contact Sue on **07768 262 509**

Drop-in and pay-as-you-go at £6 for 1 child and just £4 for siblings

Preschool nursery rhyme music group classes, full of interactive musical fun. Come along and join Sue and Daisy Diddle the Cow for 45 minutes of songs, musical instruments, a unique parachute full with every colour and of course bubbles too!



LAMDA Speech and Drama Classes Saturday afternoons

For further info contact **JayneGill2017@gmail.com** or **07901 555560**

These classes aim to 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+ & 3-4pm Seniors Age 11-15 years



Parents & Toddler Cookery Monday mornings

Gee Angelo 0772 522 1384

geeangelo@smartraspberry.com

We are very excited to be launching classes for young cooks aged 2-5years old. Our classes are a great way to encourage all children but especially fussy eaters to try something new whilst having lots of messy fun in the process www.smartraspberry.com



In Touch: Family Workshops (Walk the Talk Coaching)

Enjoy making and creating. Seasonal activities inspired by nature that provide families time together without the stress of everyday demands and routines. First event **26th October 10.30am-1pm: Joy of Autumn Colours and Leaves.**

Creative Kids Art Club with **Jill Sherlock** on the **2nd Saturday of each month at 9.30am-10.30am Age group: 8-12years.** Contact jillsherlockartist@gmail.com for further information and to book a place. In a relaxed environment, children are taught some technical "tricks", whilst exploring a variety of media and styles. They might even learn a little art history along the way! Individual creativity is encouraged; promoting a lifelong love of art. Each session will be a different project, and club members can always take their artwork home at the end.

Hartbeeps Thursday mornings Baby & Toddler classes <https://www.hartbeeps.com>

Also, since 2004, Bedford House has welcomed the year 6 children of **Buckhurst Hill Community Primary School** to have the opportunity to take part in weekly pottery classes where they create a different project each term. To celebrate their achievements, their project work is displayed at our annual Summer Exhibition each year.

LEIGH LANGUAGES & COMMUNITY PARTNERSHIPS

LEIGH LANGUAGES

Bedford House is proud to be the venue host to this well-known language school in Buckhurst Hill. Please contact Leigh Languages directly for further information.



Leigh Languages was established 35 years ago and is based at Bedford House in Buckhurst Hill. This **dedicated language school** offers a variety of language courses including **Spanish, French, Italian, German, Latin, Modern Greek, Mandarin Chinese, Russian and English as a foreign language.** A separate **five-week crash course in Spanish** is usually offered for the summer. Applications for the regular weekly classes need to be made with payment by the 9th September. No classes will start without a minimum of 7 students.

In addition, we also run **short trips to places of interest in Europe.** This year during the Whitsun break a group of 20 adult students studying Spanish visited Galicia, to experience the history and culture of the Rias Bajas, Pontevedra, Santiago, Vigo and Bayona. 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 at the end of term in 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 classes for younger students. 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 **leighlanguages.co.uk** or contact the principal **Mrs Heather Leigh** on **[07968 796 072](tel:07968796072)** For administration telephone **[020 8504 9594](tel:02085049594)** or email **hejrleigh@yahoo.co.uk**

IN THE COMMUNITY

Bedford House Community Association is pleased to work with other local community groups. Working together with **Buckhurst Hill Parish Council, Buckhurst Hill Residents' Society (BHRS), Buckhurst Hill Horticultural Society, Epping Forest District Museum and St James' United Reformed Church.**

BHCA & BHRS together hold an annual **Quiz Night** in Bedford Hall. The next quiz will be on the evening of **Saturday 15 February 2020.** Keep an eye out for more information!

CLUBS, GROUPS & OTHER EVENTS

CLUBS & GROUPS

Bedford House is a perfect venue to hold your club, group or event. Venue hire rates for regular hirers are by arrangement. Single hire rates are available on our website.

Bedford House Bridge Group meet every Tuesday evening from 8pm.

Buckhurst Hill Wine Club meet on the second Friday evening of the month from 8pm, to study and appreciate the pleasure of wine.

China Painting Group meet on Friday mornings at 9.30am during term time. A social group for those who are confident in china painting and have their own materials. Bedford House offers the use of a small kiln.

Legends Bridge Group meet on Tuesdays at 12.30pm all year round.

Further details of the above membership clubs and groups are available from the club or group secretary. If you contact the BHCA Office, we will put you in touch.

REGULAR EVENTS

Reiki Space offer Reiki and Gong events at Bedford Hall. Gong meditation is a unique type of sound practice that involves using therapeutic gong sounds and vibrations to bring about healing. Contact Nina on **07718 170 915** or **Nina@reikispace.co.uk**, or Louise Ann Gandolfi Green on **07792 190 457** or **Gandolfi.green@gmail.com**
www.reikispace.co.uk Find Reiki Space on Facebook & Instagram: seed sister



National Childbirth Trust (NCT) meets at various times, running antenatal and postnatal courses, to find out more visit the website **www.nct.org.uk**, email to **bookings5vl@nct.org.uk** or, call on **0300 330 0700**.

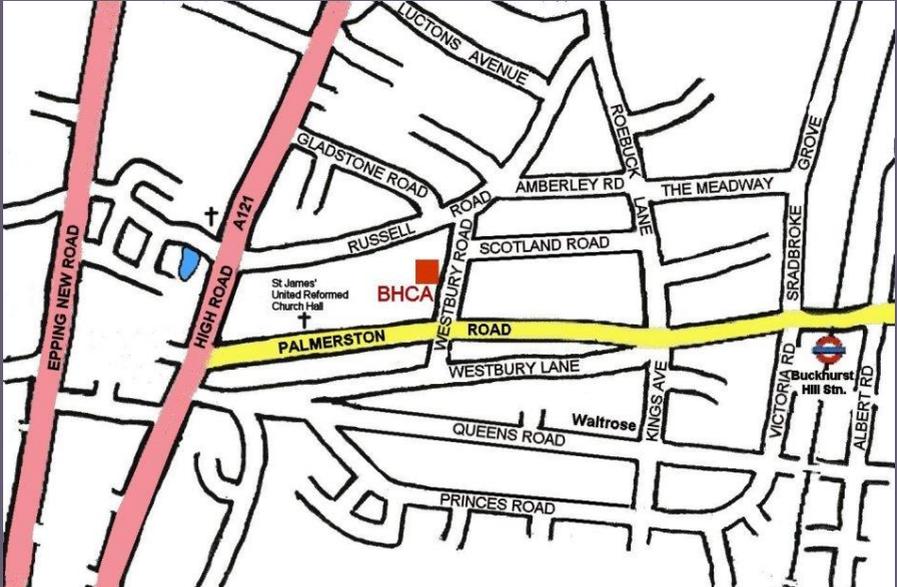
NEW COURSES & WORKSHOPS

If you have a specific interest, either as a student or a tutor, then please get in touch with us. If there is sufficient interest in a particular subject area, then we will consider it for future programmes.

VOLUNTEERS & PROMOTIONS

As a charity we welcome volunteers and support, if you have some time or resources to spare then please contact the Centre Manager.

BEDFORD HOUSE COMMUNITY ASSOCIATION



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

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. **We regret that discos are not permitted in consideration of our neighbours.** Rooms in Bedford House are also available for hire at very reasonable rates. Single hire rates are published on our website, regular hire rates are by arrangement.

CHRISTMAS CRAFT FAIR

SUNDAY 24th NOVEMBER 2019 11am - 4pm

All welcome! Enquiries from prospective stallholders to the Office.

BHCA SUMMER EXHIBITION

SATURDAY 27th JUNE 2020 10am - 4pm

(MEMBERS' PREVIEW EVENING FRIDAY 26th JUNE 2020 7.30pm - 9pm)

Our annual exhibition of students' work at Bedford House includes painting, drawing, printmaking, calligraphy, pottery, sculpture and needlecraft. An excellent opportunity for prospective members to see the Association's work. All welcome!