



SHARNBROOK LEARNING FOR PLEASURE

An Independent, not-for-profit organisation with the objective of sharing skills and interests in our community and surrounding villages

***PROUD WINNERS OF THE SKELTON CUP FOR
COMMUNITY SERVICE 2018***

SPRING TERM 2020 PROGRAMME

13th January to 3rd April

(half-term w/c 17th February)

ENROLMENT PLEASE BY 11 December 2019 TO

LfP Co-ordinator: Terry Westlake

Email: enrollearningforpleasure@gmail.com

COURSE	DATES	TIME	LOCATION	NOTES
ART Led by Des Hoar John Downes	Wednesdays From 15th January	10.00 – 11.45	Village Hall	This is predominantly a Watercolour painting class. Des and John will give tuition, support and encouragement to all. There is no specific programme for a Beginners Group this term.
BRIDGE Led by Ann Mayhew	Mondays Starting 13 January	2.30 - 4.30	Methodist Church, Main Hall	Suitable for those with knowledge of basic bidding and card play. Ann builds on the skills you already have to help you move onto the next level. No need to come with a partner. <i>Members will be asked to pay Ann £1 to cover the cost of handouts for the term.</i>
LOCAL HISTORY Led by June Barnes	Alternate Wednesdays Starting 15th January	2.00 – 3.45	Methodist Church, Main Hall	Once again, a varied programme of talks and visits, including a museum visit on offer. New members very welcome. Members will sometimes be asked to contribute to the cost of an outside speaker.

PHOTOGRAPHY CLUB Led by Paul Hayward	Wednesdays From 15th January	10.00 – 11.45	Methodist Church, Main Hall	All levels of expertise welcome - our aim is to learn and share through a variety of activities. Members may be asked to contribute to the cost of any on-line course we may use. <u>Maximum numbers for this course 16</u>
PHOTO FORUM Led by John Jarvis	Alternate Thursdays starting 16 January	10.00 – 11.45	Methodist Church Back room	LfP Photo Forum concentrates on aspects of digital photo editing, enhancement and creation, primarily using Adobe's Photoshop Elements software package and other resources. <i>Members will be asked to make a contribution towards cost of handouts, which John provides.</i> <u>Maximum group size 10</u>

PHYSICAL ACTIVITIES				
COURSE	DATE	TIME	LOCATION	NOTES
COUNTRY DANCING led by Lynne Whapples	Starting Friday 17 & 24 January & then Fortnightly	2.00 – 4.00	Village Hall Methodist Chapel on Friday 3rd April	A great opportunity for fun and exercise. No prior experience needed. No need to come with a partner, everyone can join in. The more the merrier!
INDOOR CROQUET Led by John Dunscombe	Wednesday Fortnightly starting 22 January	2.00 – 3.45	Methodist Church, Main Hall	Indoor croquet provides an enjoyable afternoon of friendly competition – John leads giving gentle guidance and tuition – new members always welcome. <i>Maximum numbers 20</i>
PILATES Taught by Barry Green	Tuesday from 14 January	11.15 to 12.00 Class 1 12.15 to 13.00hrs Class 2	Village Hall	For those experienced in Pilates. We anticipate that all of last term's members plan to continue and we would ask them to enrol early. You will be allocated to a group so the numbers are equal. Please indicate if you wish to go on the waiting list. <i>Maximum numbers 15 for each group</i>
WALKING FOOTBALL	Tuesday Fortnightly 14 January	17.00 to 18.00	Sports Hall Sharnbrook Community Sports Centre	Following the very enjoyable Walking Football taster session last term, we now have a viable number interested in continuing. All abilities, genders and ages welcome, no experience required. Minimum number per session 10
RAMBLING Co-ordinated by David Barnes	19/3/20 To 23/7/20 (Weather permitting)	1.45 – 4.00	Off site	The group usually meets at a local starting point around 1.45 pm and finishes at a refreshment spot. Volunteers offer to lead their favourite walks. Group members will be emailed walk details
TABLE TENNIS led by David Barnes	Thursdays from 16 January	10.00 – 11.45	Methodist Church, Main Hall	A very enjoyable, not too energetic, sociable morning. No leagues, no heavy competition – JUST FUN! <i>Maximum 24</i>

EXTRA OPPORTUNITY – OVER 60'S GYM CLASS

The Paula Radcliffe Sports Centre at Sharnbrook Academy has advised us that there are some spaces available in the Wednesday morning Over 60's gym session 8 am to 9 am – pay as you go, £3.50 per session. You can ring them to book your place on 01234 783801. (Please note this is not an LfP course; you will not find it on the enrolment form).

COURSE	DATES	TIME/VENUE	DETAILS
CREATIVE WRITING led by Ven Bolton	Alternate Thursdays starting 23 January	2.00 – 3.45 Methodist Church Back Room	This is a self-help group – no tutoring. We never know what we can produce until we try! Last term we produced our own booklet, which has had some rave reviews! Don't be shy. Come and join us – new members always welcome.
RECORDERS led by Therese Mostowfi	Wednesdays from 15 January	12.00 – 1.45 Bowls Pavilion	Therese will offer 2 sessions. 12.00 – 1.15 for experienced players (descant, treble or tenor) 1.15 to 1.45 for beginners/limited experience. New members always welcome. Therese will ring all new members to discuss which session is most appropriate for them. Light-hearted sessions. No competitions or performances – just playing for enjoyment
MUSIC APPRECIATION led by Paul Keeble	Thursdays	2.00 – 3.30 Methodist Church, Main Hall	Paul once again has put together 4 very different programmes – the themes are:
	16 January		Vaughan Williams - The Grand Old Man of British Music
	30 January		Beethoven - The Radical Symphonist
	5 March		Classical Music in the Countryside
	2 April		Overtures
SINGING led by Val Cox	Thursdays from 16 January	12.00 – 1.30 Methodist Church, Main Hall	As you all know, this is not a choir! Everyone who enjoys singing is welcome – no auditions! Val leads us enthusiastically through a wide range of songs in her own inimitable style! New members always welcome – especially gentlemen! <i>Members will be asked for £1 donation towards associated expenses to be paid to Val at the beginning of term.</i>

CRAFT			
CREATIVE ARTS			
SOFT TOY MAKING tutored by Pat Keeble	Thursdays 30 January 2 April	2.00 – 3.45 pm Bowls Pavilion	Always a fun afternoon of stitchery. Choose a toy from Pat's library of patterns, bring your own soft toy kit or use the sessions to complete your unfinished projects. Pat will provide guidance and share her expertise. <i>Maximum numbers for this group is 10</i>
CARD MAKING 1 Beginners – tutored by Linda Hoar	Wednesdays 5 February 12 February	10.00 – 11.45 Bowls Pavilion	Linda is offering Wednesday morning sessions for those new to the craft or who like to work more slowly. <i>£2 per session will cover all materials used on the day. Maximum group size is 8.</i>
CARD MAKING 2 – Improvers – tutored by Linda Hoar	Thursdays 6 February 13 February	2.00 – 3.45 Bowls Pavilion	For those members who have worked with Linda before, new techniques and projects. <i>Linda will provide all necessary materials needed at a cost of £2 Maximum group size 8</i>
GOLDWORK – tutored by Pat Keeble	Thursdays 16 January 5 March	2.00 – 3.45 pm Bowls Pavilion	Use these sessions to complete any unfinished gold work projects or bring along your own kit. Pat will share her expertise and provide support and guidance. New members always welcome. <i>Maximum group size 9</i>
MACHINE EMBROIDERY – tutored by Marian Blyth	Thursdays 23 January 27 February 26 March	2.00 – 3.45 Methodist Church, Main Hall	Continuing to explore what your sewing machine can do for you. Suitable for new or returning students. Marian has planned two projects for this term: Making a scenic picture from materials <i>Cost on the day for specialist materials £1 approx. Maximum group size 8</i>
PATCHWORK tutored by Christine Futter	Thursday 12 March	WHOLE day 10.00 to 3.45pm Bowls Pavilion	This is a one-day session. There is no set project this term, just bring along your unfinished projects, or whatever you are currently working on or would like to start and Christine will be there to provide help and guidance and share her knowledge and expertise. <i>Maximum group size 8.</i>

SOCIAL EVENTS – Please indicate on the enrolment form if you are likely to come to:

QUIZ NIGHT	Saturday, 14th March starts 7.30 pm	Sharnbrook Village Hall
Quiz Master: Paul Keeble	Teams of up to 6. Members are very welcome to bring non-LFP guests. Prizes for winning and losing teams!	Bring your own nibbles and drinks (and glasses) Raffle in support of this term's charity – Multiple Sclerosis Entry £2 per person – payable on the night of the quiz.
END OF TERM BUFFET <u>FOR LFP MEMBERS ONLY</u>	Do not enrol now. Details will be sent later in the term.	Please note numbers limited to 100. Places will be allocated on a first enrolled basis. No charge.

GENERAL INTEREST SESSIONS Wednesdays from 12.00 – 1.30 pm in the Methodist Church		
Worldwide Dental Health	29 January	Sally Gilbert, who had a career in dentistry, will describe the many different efforts made to improve peoples' dental health worldwide. She will also cover aspects beyond the title....
Tracing Family History	5 February	John Jarvis will relate tracing family history based on his experiences. Looking at the many different sources for tracing ancestors and the key first steps on the journey. Be warned once started the journey is never ending!
The Role of the School Governor	12 February	Ven Bolton is a Governor at Queens Park Academy in Bedford and will share her experiences as a volunteer - meetings, training, special roles and requests – as well as the fun bit - interaction with the staff and children.
Nisa Store, Post Office, Fordham Arms	4 March	Mr Gill, who started the Nisa Store in 1993, will share the experience of running his businesses.
Sustainable Transport and Adult Bikeability	11 March	Yo Higton is Team Leader for Sustainable Transport at Bedford Borough Council. She will detail what the Council is doing relating to cycling in Bedford and the help they offer to encourage adults back to cycling.
Domesday Mill to Sharnbrook Mill Theatre: Meeting at the Theatre, - Stoke Mills, Mill Road At 12 noon.	18 March	Theo. Gibbs will give an illustrated talk & tour: <ul style="list-style-type: none"> • 12.00-12.30pm: Slide - Talk in Clubroom, seated. • 12.30pm: All to Auditorium - explanation, projects etc • 12.45 - 1.30pm Tour of the rest of the building. The group will be split in 2 or 3 groups of 10/15. (Tour max. 30) Voluntary donations to the Theatre's 'Cool -Down' Appeal would be appreciated.

GENERAL INTEREST SESSIONS held Wednesdays from 12.00 – 1.30 pm in the Methodist Church		
TRAVEL CLUB		We are grateful to the following members who have offered to share their travel stories with us:
Methodist Church	15 January	Nepal and Tibet - John Clark
Methodist Church	22 January	Japan - June Barnes
Methodist Church	25 March	Peru - Ann and Ray Mayhew

FEES AND COSTS:

The fee for the term for as many courses as you wish will be £16 including insurance.

If you wish to attend just one session e.g. a talk, the fee will be £3, which again includes insurance. There are some short courses so **£3, £6 or £9 for just 1,2, or 3 sessions applies.**

You can pay for a maximum of 3 sessions at this rate – thereafter the full terms fee of £16 applies.

Cheques, made payable please to **SHARNBROOK LEARNING FOR PLEASURE**, should be sent to-Terry Westlake, our Enrollment Co-ordinator at 52 High Street, Sharnbrook, Bedford MK44 1PB

Deadline for all enrolments is **11 December 2019**. We ask for members' co-operation in meeting this deadline, which will help Terry to send enrolment lists to all our tutors in good time before the start of term and subscriptions to Roger Gaunt, our Treasurer.

Other Costs:

For some courses we will be asking for a one-off payment towards costs and expenses - printing, photocopying, downloads, etc. We are anxious to ensure that no tutor is in any way out of pocket when giving up their time to run these courses for us and we know that you will appreciate this.

Refreshments are provided at all courses – 40p for tea/coffee and a biscuit – **please pay this at each and every session** you attend – all profits go towards the end of term buffet which is free to all LfP members. Any surplus enables us to make a donation to Bedford Food Bank or our term's charity.

Rambling – optional refreshment stops are planned at the end of each walk, at members' own expense. Members share transport where appropriate.

If only enrolling for Rambling the fee is £3 per year (Sept to Sept) for insurance purposes.

History Group occasionally will ask for an extra donation where there is an outside speaker – and if there is an entrance fee for specific visits.

Craft – tutors will give members an indication of the cost of any materials required – payable directly to the tutors.

Quiz - £2 per person payable on the night

Learning Lunch – A proposed 'Bring and Share Lunch' details will be circulated after enrolment. *Please make a donation on the day to cover tea/coffee and make a contribution to the MS Therapy Centre Bedford - our nominated charity for this term*

ENROLMENT FORM Spring 2020

Please note that due to the popularity and growth of Learning for Pleasure, we have had to put maximum numbers on some courses. All enrolments will be on a first come, first served basis so please, do enrol as soon as you can.

Enrolment forms, or your written details, can be posted together with a cheque for £16 (£3, £6 or £9 for just 1,2, or 3 sessions) made payable to Sharnbrook Learning for Pleasure to:

Terry Westlake, 52 High Street, Sharnbrook, Bedford MK44 1PB

- **Deadline for enrolment and payment is 11 December 2019**

Any queries please email or ring Terry on 01234 781701, enrollearningforpleasure@gmail.com

NAME.....TEL NO:.....

ADDRESS.

POSTCODE

EMAIL ADDRESS.....

- **Please tick each course required**
- **Please only enrol for those courses you know you will be able to attend regularly**
- **We appreciate that everyone has to miss occasional sessions**

Art		Soft Toy Making	
Bridge		Card Making - Wednesdays	
Local History		Card Making - Thursdays	
Photography Club		Gold Work	
Photo Forum		Machine Embroidery	
Country Dancing		Patchwork	
Indoor Croquet		Quiz Night (yourself & guests)	
Pilates		Worldwide Dental Health	
Walking Football		Tracing Family History	
Rambling		School Governor	
Table Tennis		Nisa Store	
Creative Writing		Sustainable Transport	
Recorders		Sharnbrook Mill Theatre	
Music Appreciation		Travel Programme	
Singing			

State Enrolment Fee enclosed (Please don't pay for the quiz night here)

Signed _____ Date _____

Sharnbrook Learning for Pleasure complies with the requirements of the General Data Protection Regulations and a copy of the LfP Privacy Notice is available on request.