



**Aldeburgh  
Library  
Foundation**

**LEARNING  
AT  
ALDEBURGH LIBRARY**

**Programme of Courses  
&  
Application Form**

**January to May 2019**

## Welcome to the Winter/Spring Brochure

Inside, you'll find details of new courses and new tutors; together with the very welcome return of our regular contributors. A full list of all that is on offer can be found on page 4 and the 'Ones to Watch' section opposite, highlights particular events.

We are so pleased that many of you continue to attend our courses and additionally, become Friends of Aldeburgh Library. We want you to enjoy these Winter and Spring courses. Your feedback has helped us shape this new brochure and we hope it reflects the interests of our community. Take-up of class places is better than ever, but we depend on your continuing interest, comments and still more feedback!

### Important Course Information

- For any questions regarding either the **Courses** or the **Friends of Aldeburgh Library (FOAL)** membership, please contact **Abi Hassett** either at [foalaldeburgh@gmail.com](mailto:foalaldeburgh@gmail.com) or 01394 421769 (between 09:00 and 17:00)
- The booking terms and conditions are on page 15, do please read these
- Courses typically take place in the Library. However, the Church Hall and the Imogen Holst Room at the Red House are also being used. **Please check the venue**
- **The closing date for courses beginning in January 2019 is 14 December 2018.** Based upon past recruitment, early application is recommended
- **We will normally contact you in advance of the start of a course. If you don't hear from us, please assume you are on the course(s) you applied for.**

**Janet Dolan**  
**Adult Learning Organiser**

## ***Ones to watch...***

**We welcome Dr Christopher Hilton, archivist at the  
Britten-Pears Foundation who will offer a talk  
in January 2019 on Sir Bernard Spilsbury.  
ALF joins with the Aldeburgh Society for this evening event.**

### **CSI 1920s: A Pathologist in the Golden Age of Murder**

For thirty years Sir Bernard Spilsbury dominated forensic pathology. From just before the First World War to just after the Second, juries hung on his word and his evidence was said to be enough to hang or save a man. A list of his cases reads like a collection of Agatha Christie stories: The Blazing Car Murder, The Unpleasantness at the Crumbles, and of course the case that made his name, that of Dr Crippen. But the man himself remains elusive; he published virtually nothing and left little trace of his legal thinking or his personality. Christopher Hilton digs into the evidence, telling the story of some of Spilsbury's cases and exploring how a pathologist became a celebrity.

***See page 15 for additional details***

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**Following his popular class on portraiture in Autumn 2018,  
we are pleased to welcome back well-known artist  
Jack Stephenson, who will offer two talks.**

### **British Figuration in the 20<sup>th</sup> Century**

Fitzrovia to Camden Town  
From Euston Road to the Borough

***See page 13 for full details***

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## **Library Events**

**Friendship Fridays:** launched in September in collaboration with Ali Cherry, our Parish Nurse, a Health and Well-being, Drop-In Café from 10:00 – 12:00. This is a new venture and proving very popular. Enjoy tea coffee and biscuits with a programme of short talks, information session and activities. Come for the whole session or just pop in. All welcome!

## THE PROGRAMME OF COURSES FOR WINTER/SPRING 2019

### WHAT'S ON MONDAYS?

<b>ALF 254 Zumba</b> <b>ALF 255 Zumba</b>	<b>9:30am – 10:30am</b>
Tutor - Coral Stebbings	
<b>ALF 254</b> - 7 January - 25 February (7 sessions) No classes on 18 February.	£56.00
<b>ALF 255</b> – 4 March - 29 April (6 sessions) No classes on 18 March and 15 & 22 April	£48.00
The Church Hall, Aldeburgh	
A Dance Fitness class mixed with a hypnotic fusion of Latin style music and moves. It's Easy, It's Fun, and It's Exercise in Disguise. Increase your strength and stamina, your fitness and your energy levels. It's a class with a 'feel good' factor'. Wear well-fitting arch support trainers and comfortable work-out clothing. All you need is a drink and a smile!	
Maximum no: 20	

<b>ALF 256 Yoga</b> <b>ALF 257 Yoga</b>	<b>10:45am – 12:15pm</b>
Tutor - Louise Mangeot	
<b>ALF 256</b> - 7 January - 25 February (7 sessions) No classes on 18 February	£87.50
<b>ALF 257</b> - 4 March - 15 April (6 sessions) No class on 18 March	£75.00
The Church Hall, Aldeburgh	
Whatever your age or physical ability, yoga exercises will enhance your physical and your mental wellbeing. The course will help you to improve your posture, postural alignment, strength, suppleness and balance. The focus and the quiet concentration is an excellent way to start the week. Please wear loose clothing.	
Maximum no: 15	

<b>ALF 258 Stretch and Glow</b>	<b>12:30 – 1:00pm</b>
Tutor - Coral Stebbings	
7 January – 11 February (6 sessions)	£24.00
The Church Hall, Aldeburgh	
This is a chair-based exercise class for those who thought that exercise may have passed them by. It can help improve your strength and stamina and encourage a more efficient cardiovascular and respiratory system, as well as being good fun. It's exercise to help you Stretch and Glow!	
Maximum no: 20	

<b>ALF 259 More Practical Herbal Medicine</b>	<b>10:00am – 12:00pm</b>
Tutor - Dave Bescoby	
7 January – 11 February (6 sessions)	£48.00
Imogen Holst Room, The Red House, Aldeburgh	
Discovering native healing plants	
During this six-week workshop, participants will work together to develop a deeper understanding and relationship with commonly used medicinal plants. Each week we will explore a number of native plants in terms of their contemporary and traditional use, mythology and folklore. We will experience plants directly through tisanes, tinctures, aromatic waters, ointments liniments and creams. The underlying aim is to allow participants to derive personal insights into plants they feel drawn to and to discover ways in which plants can become allies in our quest for health and wellbeing. The course will culminate in the compilation of a unique and contemporary herbal documenting the group's discoveries and experiences. This course is suitable for both newcomers and those who have undertaken either of the previous ALF courses on herbal medicine.	
Maximum no: 20	

<b>ALF 260 World History since 1900</b>	<b>1:15pm – 3:15pm</b>
Tutor - Miles Macallister	
7 January – 11 February (6 sessions)	£48.00
This is a six-week introduction to the recent history of our planet. The twentieth century saw profound change, and unprecedented violence. Looking beyond traditional European history can help us identify its most significant features: empire, atomic weapons, the anthropocene, globalization, and the rise of Asia.	
Maximum no: 20	

## THE PROGRAMME OF COURSES FOR WINTER/SPRING 2019

### WHAT'S ON TUESDAYS?

<b>ALF 261 Conversational Spanish</b> <b>ALF 262 Conversational Spanish</b>	<b>1:05pm – 3:05pm</b>
Tutor - Adrian Nicholson	
<b>ALF 261 - 8 January - 12 February (6 sessions)</b>	<b>£48.00</b>
<b>ALF 262 - 26 February - 2 April (6 sessions)</b>	<b>£48.00</b>
<p>Learn Spanish in an interactive and fun way that will enable you to converse with growing confidence and fluency! The course is aimed at those who, while having a grasp of the basics, have not proceeded far beyond the early intermediate stage. You should be able to understand something like: <i>'Quiero aprender español porque voy a España en septiembre.'</i> On the other hand, if you find the following easy to understand, the course may not be for you: <i>'Aunque haya ido muchas veces a España, todavía no domino bien el idioma.'</i> Each class focuses on an everyday situation and puts into practice the relevant language using games and role play. A part of the class is set aside for grammar and work sheets are provided for study at home in preparation for the next week. To further stimulate enjoyment of and interest in all things Hispanic and Latino, we shall also look at aspects of life and culture in the Spanish-speaking world.</p>	
Maximum no: 12	

<b>ALF 263 The Irish Dramatic Movement and Beyond</b>	<b>3:30pm- 5:30pm</b>
Tutor - David Read	
<b>8 January – 12 February (6 sessions)</b>	<b>£48.00</b>
<p>The 20th century was a golden age for drama in Ireland. Until the end of the 19th century, Ireland did not have its own indigenous theatre or any tradition of dramatic writing. Under the leadership of W B Yeats and others an attempt was made to establish an Irish Dramatic Movement, whose aim was to produce plays dealing with Irish material, written and staged by Irish writers and actors. The pioneers of the movement believed that the language of drama must be poetic, rich and imaginative. This course will look at the influence of the movement through the work of major playwrights, such as W B Yeats, J M Synge, Sean O'Casey,</p>	

Samuel Beckett, Brendan Behan and Brian Friel, who, through their revolutionary and innovative drama, radically redefined Ireland's cultural and even political landscapes.

Maximum no: 20

<b>ALF 264 Reawaken your French</b>	<b>6:00pm – 8:00pm</b>
<b>ALF 265 Reawaken your French</b>	
Tutor - Colin Harbin	
<b>ALF 264 - 8 January – 12 February (6 sessions)</b>	£48.00
<b>ALF 265 - 26 February – 2 April (6 sessions)</b>	£48.00
Would you like to revive the French you learned at school or college, but feel may be faltering through lack of practice? You will be surprised how quickly it comes back. By reminding you of the grammar and encouraging enjoyment of the literature, this short course will aim to reawaken your interest in the French language and have you conversing with confidence before you know it.	
Maximum no: 12	

<b>ALF 266 Portrait of the Artist as a Film Icon</b>	<b>3:30pm – 5:30pm</b>
Tutor - David Read	
26 February – 2 April (6 sessions)	£48.00
The lives of famous artists have long been considered ideal subjects for film biopics, since they are often full of crisis and drama, inspiration and beauty. Many great artists live tortured lives, which makes for good drama, but the best of these films can teach us something about the art itself as well as the people who create it. They explore the relationship between art and the viewer, as well as the historical and political context in which artists work. The course will look at a number of films depicting the life and work of artists from different perspectives.	
Maximum no: 20	

<b>ALF 267 Modern Irish Poetry</b>	<b>3:30pm – 5:30pm</b>
Tutor: David Read	
23 April – 21 May (5 sessions)	£48.00
<p>The closing years of the nineteenth century saw the beginnings of an Irish Literature Revival that would have a major influence on the development of Irish Poetry in the twentieth century. Beginning with the work of W B Yeats, whose career encompassed both the Revival and the development of European literary Modernism in the 1920s and '30s, we will look at how later writers tried to come to grips with, or escape from, the legacy of what became known as the Celtic Twilight. The course will include the work of writers inspired by Yeats, such as Padraic Colum and Austin Clarke, as well as the Modernists who helped shape Yeats' own later work, such as James Joyce. We will also explore the work of second-generation Modernists, such as Samuel Beckett, Brian Coffey, Denis Devlin and Thomas MacGreevy, the post-Modernist generation who emerged in the 1950s, such as Antony Cronin, Pearse Hutchinson, Thomas Kinsella and John Montague, and those who came of age in the turbulent 1960s as sectarian violence escalated, such as Seamus Heaney and Michael Longley.</p>	
Maximum no: 20	

<b>ALF 268 Pivotal Moments and Themes in Medicine and Human Biology</b>	<b>6:00pm - 8:00pm</b>
Tutor – Dr Christopher Hilton	
9 April – 21 May (5 sessions) No classes on 23 & 30 April	£40.00
<p>In this course Christopher Hilton will look at some pivotal moments and concepts in the history of the biomedical sciences, exploring the discoveries that changed people's lives but also the wider scientific concepts and assumptions that lay behind them.</p>	
Maximum no: 20	

## THE PROGRAMME OF COURSES FOR WINTER/SPRING 2019

### WHAT'S ON WEDNESDAYS?

<b>ALF 269 iPad Improvers</b>	<b>1:00pm – 3:00pm</b>
Tutor - Wendy Gilbert	
9 January – 13 February (6 session)	£48.00
<p>The iPad improvers course is suitable for people who have completed the iPad beginners course or who are comfortable with their iPads. The course aims to improve knowledge using Face time, camera applications, Air and the iCloud, along with a range of applications. All participants must already have their iPads set up with their email addresses and be able to use the App Store. Please bring your own Apple iPad and your password.</p>	
Maximum no: 10	

<b>ALF 270 Making an Opera 3</b>	<b>10:30am – 12:30pm</b>
Tutors: Dr Lucy Walker Dr Nick Clark	
8 May – 29 May (4 sessions)	£32.00
<i>Imogen Holst Room, The Red House, Aldeburgh</i>	
<p>Following on from the previous two courses, a final look at Britten's stage works. Dr Lucy Walker and Dr Nicholas Clark from the Britten—Pears Foundation will again explore some of Britten's most fascinating dramatic works, from earliest inspiration and the commissioning process, through to the gathering of the creative team, the logistics of stagecraft, plus the various 'site specific' requirements and challenges represented by each work. This year, we shall be exploring pieces which demonstrate Britten's remarkable range and development over time: his first and last operas, <i>Paul Bunyan</i> and <i>Death in Venice</i>; the enchanting and enduringly popular, <i>A Midsummer Night's Dream</i>, and the radical departure from operatic convention in the three 'Church Parables': <i>Curlew River</i>, <i>The Burning Fiery Furnace</i> and <i>The Prodigal Son</i>. The course will take place at The Red House, and each session will be introduced by a short talk on an archival object related to the work in question.</p>	
Maximum no: 20	

<b>ALF 271 Wild Flowers and Insects</b>	<b>1:00pm – 3:00pm</b>
Tutor - Steve Massey	
24 April – 22 May (5 sessions)	£40.00
Over the five meetings we will visit various local sites; that is woodland, heathland and coastal habitats, to identify spring wildflowers and early insects.	
Maximum no: 10	

## THE PROGRAMME OF COURSES FOR WINTER/SPRING 2019

### WHAT'S ON THURSDAYS?

<b>ALF 272 Ethics: Six of the Best</b>	<b>3:30pm – 5:30pm</b>
Tutor - Sue Pine	
10 January – 14 February (6 sessions)	£48.00
This course explores the ideas of six philosophers whose ideas have enriched our culture and had a lasting influence on thought in Western society. There will be plenty of discussion, as we discover the links between them and show how their ideas are still relevant today. Our six philosophers will be: Plato; Aristotle; Aquinas; Descartes; Kant and Rousseau.	
Maximum No: 20	

<b>ALF 273 Issues in Ethics</b>	<b>3:30pm – 5:30pm</b>
Tutor - Sue Pine	
28 February – 4 April (6 sessions)	£48.00
Ethics is the branch of philosophy that deals with questions of right and wrong. In this course, we look at some controversial issues and investigate the ethical theories that might help us (and society) make good moral decisions about them. There will certainly be lively discussion. Our issues will be: War and peace; Sexual ethics in a gender fluid society; Business and the workplace; Environmental ethics; Crime and punishment; Refugees and giving to charity.	
Maximum no: 20	

<b>ALF 274 What Has Art Got To Do With It?</b>	<b>3:30pm– 5:30pm</b>
Tutor - Sarah Lakin-Hall	
24 April – 22 May (5 sessions)	£40.00
This course will look at five contemporary British artists to explore themes and practices associated with their work. In addition, our focus will include more about the artist behind the art work and how art production sits in context with broad social, political, and economic global art markets. There will be a major focus on examining and analysing art work to encourage participation and interpretation of art in context. The artists	

include Grayson Perry, Antony Gormley, Mona Hatoum, Banksy, and Damien Hirst. How has the establishment participated in their success and what were the motives? Finally, what are the constraints from the artist's perspective of slotting into a critical framework which becomes fixed?
Maximum no: 20

<b>ALF 275 British 20th Century Figuration</b>	<b>6:00pm – 7:30pm</b>
Tutor - Jack Stephenson	
Thursday 11 April and Thursday 9 May (2 talks) <i>Each talk will be one and a half hours, with the usual refreshment break</i>	£15.00 (for both talks)
<p><b>Fitzrovia to Camden Town</b></p> <p>We will look at the development of the British response to Impressionism; Walter Sickert being the main conduit of “French” ideas. Sickert’s main French influence came through Degas who, though exhibiting with the Impressionists and taking up much of their cause, never really considered himself one of them. Sickert was a huge influence on many painters of the first part of the 20C but considering himself “more Fitzrovia than Bloomsbury” was opposed to many of the ideas advanced by Roger Fry. However, he led and encouraged a group of young painters who represent the best of early twentieth century figurative painting.</p>	
<p><b>Euston Road to The Borough</b></p> <p>William Coldstream, the leading member of the Euston Road School, was perhaps the most influential painter of the figure during the second half of the 20C. Not only a much sought-after portrait painter and highly collectable painter of other subjects, including the nude, he was a successful teacher at the Camberwell School of Art in the forties and went on to run The Slade during the fifties and early sixties, training many students who went on to be successful painters.</p> <p>David Bomberg, who taught at The Borough during the 40s and early 50s, encouraged an approach to painting that was innovative and hugely influential. A significant number of his students went on to become the most important members of the London Group of painters which included Auerbach, Kossoff and Creffield</p>	
Maximum no: 20+	

<b>ALF 276 Photography Walks with your DSLR</b>	<b>1:00pm – 3:00pm</b>
Tutor - Andy Greenacre	
25 April – 23 May (5 sessions)	£40.00
<p>This course is ideal for beginner and intermediate students who would like to spend time developing their photographic skills in a group setting. Each week will start at the library with an overview of the guided walk to take place. We will identify potential subject matter and discuss photographic challenges that we may face. Photography walks will include a leisurely 1-2-mile stroll around different areas of Aldeburgh, and throughout this there will be one to one support on camera settings and controls. Suitable for all digital camera users. Please wear appropriate footwear for a variety of surfaces (beach, grass, paths etc.) In the event of inclement weather, we will spend time in the library improving our still life photography and indoor based photographic experimentation with a variety of tutor led tasks.</p> <p>This new from September course has attracted the following student comment ...' <i>I have learnt so much; not just the theory, but how to put it into practice. I'd recommend this course to newbies, but also to those with knowledge. Our tutor is keen to help you move further...</i></p>	
Maximum no: 12	

## THE PROGRAMME OF COURSES FOR WINTER/SPRING 2019

### WHAT'S ON FRIDAYS?

<b>ALF 277 Conversational Italian (Intermediate)</b>	<b>1:15pm – 3:15pm</b>
Tutor - Anna Morter	
11 January – 15 February (6 sessions)	£48.00
Anna's approach to language teaching is informal and mainly based on developing conversational skills focussing on daily life in Italy. Grammar and language structure are introduced where necessary, but the emphasis is on speaking and pronunciation. Ideas and participant input are always most welcome as is a positive approach towards developing Italian speaking skills and building up confidence.	
Maximum No: 12	

<b>ALF 278 CSI 1920s</b>	<b>6:30pm – 7:30/8:00pm</b>
<b>A Pathologist in the Golden Age of Murder</b>	
A talk by Dr Christopher Hilton	
18 January	£5.00
The Church Hall, Aldeburgh	
Christopher Hilton presents Sir Bernard Spilsbury, telling the story of some of Spilsbury's cases and exploring how a pathologist became a celebrity.	
Maximum No: 50+	
<b>A joint event for ALF with the Aldeburgh Society.</b>	
<b>Wine and soft drinks available from 6:00pm</b>	

## Terms & Conditions for Aldeburgh Library Foundation Courses

We have set some standard terms of booking for all participants to ensure that courses remain viable and we can fulfill our contractual commitments to our Tutors. Please note that in booking a place on these courses, you will be committing yourself to the following conditions.

- Courses are open to everyone aged 16 years and over.
- To secure your place, courses must be **booked** and **paid for in advance** of the course start date. Your application will be held with others until we know that particular course will run. Your cheque will only be cashed once you have been notified of your confirmed place on the course.
- Courses must be **booked as a whole course** and cannot be booked as individual sessions. Fees are **non-transferable** and **cannot be carried forward** from course to course.
- We do not offer refunds and any missed sessions in a course **cannot be refunded** separately.
- Cancellations by one or two people can mean the cancellation of the whole course; we have reluctantly introduced a policy that means cancellations within 14 days of the start of a course or 'no shows' will normally be charged at the full course fee.
- Places are **subject to availability** and given the popularity of certain courses, you may be put on a waiting list.
- If you are unable to attend a course, your space cannot be guaranteed at the same class on a future course, but you are always welcome to re-apply.
- We will normally notify you of the outcome of your application; however, if you don't hear from us please assume you are on the course.
- **Due to emergency or unforeseen circumstances we may need to re-schedule the date**, day of the week or time of a session at short notice. We will always do **our best to contact you in advance**.
- Any changes to a course will be made on our website – **please ensure you keep an eye out for these**.

### Aldeburgh Library Foundation Data Policy

**COURSES:** We will hold your data only as a necessary part of running these courses and keeping you informed about the Library and other course related events. We do not share your data with other organisations. If you wish to receive no further information, let us know after your course. Data is stored securely but you may request information on what we hold or its deletion at

## COURSE APPLICATION FORM

The closing application date for courses beginning in January 2019 is **14 December 2018**.

### Personal Information:

<b>SURNAME</b>	
<b>FORENAME</b>	
<b>ADDRESS</b>	
<b>POSTCODE</b>	
<b>TELEPHONE</b>	
<b>EMAIL</b>	
<b>APPLICATION DATE</b>	

### Course Application:

<b>COURSE CODE</b>	<b>COURSE TITLE</b>	<b>FEE (£)</b>
<p>Cheques should be made payable to:  <b>Aldeburgh Library Foundation</b>            Please return applications to Aldeburgh Library, Victoria Road,            Aldeburgh IP15 5EG.            Please mark your envelope <b>'Winter/Spring Courses'</b></p> <p>To pay by BACS, please pay to 'LIBRARY'</p> <ul style="list-style-type: none"> <li>• Sort code: 20-98-07</li> <li>• A/C 43995291</li> </ul> <p>Payment reference - use the course number (e.g. ALF 157)</p>		<p><b>TOTAL</b></p>

**Abi Hassett our administrator will be available in the Library to offer support on booking courses and answer any queries between 10 and noon on 19 and 26 November and December 3 and 10.**

## *Our Tutors*

**Dave Bescoby** is a fully qualified medical herbalist and runs a busy East Suffolk practice from Beccles and Wickham Market. He is a member of the National Institute for Medical Herbalists and an honorary lecturer at the University of East Anglia. Dave's interest in botanical medicine and traditional healing arts spans over 25 years; he is a passionate promoter of the importance of botanical medicine in contemporary healthcare.

**Nick Clark** PhD is the Librarian at the Britten Pears Foundation. During the first part of his career he taught a range of courses focusing on all major periods in English Literature. In 2002 he switched fields professionally and came to work at the Library and Archive at The Red House, Aldeburgh.

**Wendy Gilbert** has successful experience of teaching classes at the library and elsewhere in the area.

**Andy Greenacre** is a practicing photographer and artist, specialising in creating editorial content for online and magazine publications. Having grown up in Suffolk he went onto study Fine Art at BA and MA level in Lancashire. Andy is passionate about helping people get the most from their cameras. He has five years' experience of teaching photography and runs local PhotoWalkshops as well as teaching on leisure learning courses.

**Sarah Lakin-Hall** is a Teacher of Art and a recent lecturer in Fine Art in London and Suffolk. She is an Artist who makes abstract paintings, drawings and prints, which respond to the landscape and in addition contributes as site (archaeological) artist at Blick Mead, Stonehenge.

**Colin Harbin** studied languages at university in Durham and Leicester. He is interested in all aspects of French literature and culture, particularly in the history of the French language. He has taught French to adults for a number of years and believes firmly that the learning process should be fun.

**Christopher Hilton** is Head of Archive and Library at the Britten-Pears Foundation. He has worked in archives for thirty years, his previous roles including local government in London and the Wellcome Library for the history of medicine. His abiding interest is in the way that the archive tells human stories that connect us to the past, pivotal moments and themes in medicine and human biology. In this course Christopher Hilton will look at

some pivotal moments and concepts in the history of the biomedical sciences, exploring the discoveries that changed people's lives but also the wider scientific concepts and assumptions that lay behind them.

**Miles Macallister** is writing his PhD at Princeton University in New Jersey. There he has taught classes on US Foreign Relations, early American History and 20<sup>th</sup> Century Capitalism. Miles grew up in Knodishall and regularly returns to Suffolk.

**Louise Mangeot** is a highly experienced Yoga teacher and Yoga for Sports Coach. She works with all levels of ability from athletes to the elderly and draws on 30 years of teaching experience underpinned by training and personal practice.

**Steve Massey** has an enduring interest in the natural world and its varied wildlife, especially wildflowers. Steve works part time at RSPB Minsmere and has led walks and identification courses for various Wildlife Trusts and other organisations. This will be Steve's sixth year leading courses at Aldeburgh Library on wildflowers, seeds and berries as well as insects.

**Anna Morter** is a teacher of French, Italian and English and has been teaching since 1992 in both London and Rome where she taught widely. Additionally, she taught for many years in her home town, Marsica, in central Italy. She is married to an Italian and now lives locally.

**Adrian Nicholson** is our Spanish tutor and you may have heard him playing the classical guitar at a variety of local venues.

**Sue Pine** is a specialist in Religious Education and Philosophy. She was a high school head of RE for 17 years. Nowadays she concentrates on adult education and teaches Philosophy for the WEA and Coastal Leisure Learning. She also teaches classes in the ancient Chinese exercise system, Chi Kung.

**David Read** is a freelance tutor with a background in adult and higher education, specialising in Literature and the Visual Arts, a playwright whose work has featured on BBC Radio and in theatres.

**Coral Stebbings** is a local, popular, well-known and very experienced dance teacher, examiner and fitness instructor.

**Jack Stephenson** has concentrated on several aspects of figurative painting and has become best known for his portraits and 'conversation pieces' but is also concerned with ways of representing the human form in its context, usually the studio. He teaches portraiture and life painting in oil at his studio in the grounds of Theberton House. He has exhibited locally and at the Royal Academy and his work is in several private collections in Europe and the USA. He has been a member of the Suffolk Group of Painters, Sculptors and Print Makers and is president of the Southwold Art Circle.

**Lucy Walker** PhD is the Director of Public Programming and Learning at the Britten-Pears Foundation. Her day job finds her running the extensive events programme and overseeing learning projects at The Red House, and she makes occasional appearances as a speaker for other organisations - such as Snape Maltings, Glyndebourne, Britten Sinfonia and English Touring Opera. Outside work, her main interest is films and cinema history, mainly from the 'classic' Hollywood era, but also British cinema and more contemporary films.

# ALDEBURGH CAFÉ

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**aldeburghcafe@btconnect.com**  
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## ALDEBURGH HOSPITAL SENSORY GARDEN IS OPEN TO VISITORS

The Hospital Sensory Garden is both a beautifully tranquil space and a stimulating and interesting place to spend time. Although it has been designed for anyone requiring rehabilitation and recuperation in the fresh air, everyone is welcome to the use garden to enjoy the peace it offers. The gardens are wheelchair friendly and child friendly so come and along with your family, with friends or care-givers whenever you wish.

We are planning to work in partnership with Aldeburgh Library Foundation with the potential to hold some courses at the hospital and in the gardens. You will also be hearing more about Social Prescribing as we develop plans to work with your GPs to encourage residents to spend time in the garden and join in with creative activities or gardening in friendly supportive groups. If you are interested in joining the volunteer gardening group to help look after the hospital gardens, please contact: [anneparsons46@gmail.com](mailto:anneparsons46@gmail.com)

We look forward to seeing you enjoying the gardens.

The Aldeburgh Library Foundation is a Company Limited by Guarantee, registered in England number 8211480, and a Registered Charity number 1150450, registered office Aldeburgh Library, Victoria Road, Aldeburgh IP15 5EG