



**Aldeburgh
Library
Foundation**

**LEARNING
AT
ALDEBURGH LIBRARY**

**Programme of Courses
&
Application Form**

September to December 2020

MESSAGE FROM ALF CHAIRMAN

We are very grateful to many students who have kept in touch. This brochure represents some good news at least. We are proposing a limited course offering for the Autumn with a few courses in the Library as a pilot and more courses online – see below. The feedback will help with planning by Suffolk Libraries for when activities are resumed at all other sites later in the year.

Courses in the Library will conform to whatever is current or future Government advice to Libraries. So, these guidelines may evolve over the next 4 months and will focus on keeping everyone safe.

Common sense suggests we will need to reduce social interaction, and to that end, students are to arrive with masks or face coverings no more than ten minutes before class and to leave promptly at the end. There will be no formal break for tea and coffee. Plastic chairs, duly spaced out, will be provided, and cleaned for classes in the Library. Students are invited to bring a cushion if desired. Toilets remain available but with extra arrangements. Class times will be reduced to 90 minutes and additional teaching materials may be available, for preparation and following up between sessions. We are required to participate in the government's voluntary Track & Trace scheme and you will be asked for your agreement to opt in to this on the application form.

Some of our tutors prefer in the circumstances to teach courses online via Zoom video technology. We have trialed this with several courses continuing from Spring and it is workable. Some students may also in the circumstances prefer it and use it for other contacts. The brochure indicates these courses.

To help with this we have also included questions on the application form about your aptitude and willingness to have contact in this way and if you wish a brief introduction to it. This could be particularly helpful if we have to alter the programme through any new restrictions that may be required.

Happy learning as we start our ninth year of teaching.

David Grugeon
Chairman, Aldeburgh Library Foundation

Welcome to the Autumn/ Winter Brochure

In the following pages you'll find details of new courses and the very welcome return of our regular contributors. A full list of all that is on offer can be found on page 4

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 or 01394 421769 (between 09:00 and 17:00)
- The booking terms and conditions are on page 14, do please read these
- Courses typically take place in the Library or by Zoom
- Please see page 15 for the Course Application Form.
- **We will normally contact you in advance of the start of a course.** If in the unlikely event you don't hear from us, please assume you are on the course(s) you applied for.

This is my last brochure as Adult Learning Organiser and my fellow trustee, Jonathan Hodrien, will continue with this work.

It has been a privilege and pleasure to be involved in adult learning over the last three years and thank you for your interest in supporting our library, tutors and classes during this time. Please keep doing this! I look forward to joining you in future classes.

**Janet Dolan,
Adult Learning Organiser
Aldeburgh Library Foundation**

What's on offer this Autumn and Winter in Learning at Aldeburgh Library

Courses to check page numbers when finished	Page numbers
Film	8,10
Health & Fitness	5, 6
Languages	7,8,14
Human Rights	6
Literature	9, 11, 12
Music	13
Nature	9
Philosophy	12
Politics	14

Library Events

Friendship Fridays: launched in September 2018 in collaboration with Ali Cherry, our Parish Nurse, a Health and Wellbeing Drop-In Café from 10:30 – 12:00. This, now well-established venture, has proved very popular. Enjoy tea coffee and biscuits with a programme of short talks, information session and activities.

We hope this will return once guidelines allow.



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THE PROGRAMME OF COURSES FOR AUTUM/WINTER 2020

WHAT'S ON MONDAYS?

ALF 333 Zumba	ON HOLD	9:30am – 10:30am
ALF 336 Zumba	ON HOLD	
Tutor – Coral Stebbings		
ALF 333 (6 sessions)		£52.00
ALF 336 (6 sessions)		£52.00
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		

ALF 334 + ALF 337 Yoga for EVERYDAY LIVES & EXTRAORDINARY TIMES		10:45am – 12:15pm
Here to share some tools to help you find and retain that mind body health balance, some inner peace, presence and 'flow'.		
Tutor – Louise Mangeot		
ALF 334 7 September – 12 October (6 sessions)		£83.00
ALF 337 (6 sessions)		£83.00
Zoom only		
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		

ALF 335 Stretch and Glow	ON HOLD	11:00 – 11:30pm
ALF 338 Stretch and Glow	ON HOLD	
Tutor - Coral Stebbings		
ALF 335 (6 sessions).		£32.50
ALF 338 (6 sessions)		£32.50
Aldeburgh Hospital Conservatory		
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: 15		

ALF 340 Human Rights		1:30pm – 3:00pm
Tutor – Celia Allaby		
ALF 340 2 November – 7 December (6 sessions)		£52.00
<u>This course is Library based</u>		
<p>Under cover of a world pandemic we have witnessed the seizure of power (Viktor Orban – Hungary), further restrictions on journalism (Turkey and Russia) and the introduction of mass surveillance (multiple countries). Amongst other things, we will assess the human rights implications of protecting public health. We welcome back previous participants and those new to the study of human rights in the UK and beyond. We will review the background to human rights and the state of human rights both here and globally. There will be plenty of discussion, so come prepared to debate some tricky issues in international relations.</p>		
Maximum no: 12		

THE PROGRAMME OF COURSES FOR AUTUMN/WINTER 2020

WHAT'S ON TUESDAYS?

ALF 341 Conversational Spanish ALF 344 Conversational Spanish (Intermediate Level)	1:30pm – 3:00pm
Tutor – Adrian Nicholson	
ALF 341 8 September – 13 October (6 sessions)	£52.00
ALF 344 20 October – 24 November (6 sessions)	£52.00
<p><u>Adrian will teach this course by zoom technology from his home to all students in their homes, with additional teaching materials available</u></p> <p>Continue or resume learning Spanish in an interactive way that will enable you to converse with growing confidence and fluency. The course is aimed at those who have a sound grasp of the basics and now wish to proceed beyond the early intermediate stage.</p> <p>You should be able to understand: “<i>¿Te gustó la película que vimos ayer?</i>”. On the other hand, if you find the following easy to understand the course may not be for you: “<i>Si yo tuviera tiempo, iría más a menudo a pescar.</i>”</p> <p>Each class focuses on an everyday task or situation and puts into practice the relevant language using games and role play. A part of the class is set aside for grammar with work sheets provided for studying at home. To stimulate enjoyment of and interest in all things Hispanic and Latino, we also look at aspects of life and culture in the Spanish- speaking world.</p>	
Maximum no: 12	

ALF 342 The Art of Adaptation	3:30pm – 5:00pm
Tutor - David Read	
22 September – 3 November (7 sessions)	£61.00
<u>David will teach this course by zoom from his home to all students in their homes, with additional teaching materials available</u>	
<p>From the early days of cinema film has shared with the novel a passion for storytelling. Early pioneer of Silent Film, D W Griffiths, cited the novels of Dickens as an influence on his technique and to this day film-makers continue to use literature as an inspiration. Through a study of the process of adaptation from text to screen, the class will explore similarities of narrative technique, plot and characterisation in the two media. The course will make use of a wide range of video material and will aim to provide learners with the critical tools to enhance their appreciation of the art of film adaptation.</p>	
Maximum no: 20	

ALF 343 Reawaken your French ALF 345 Reawaken your French	6:00pm – 7.30pm
Tutor – Colin Harbin	
ALF 343 8 September – 13 October (6 sessions)	£52.00
ALF 345 27 October – 1 December (6 sessions)	£52.00
<u>Colin will teach this course by zoom technology from his home to all students in their homes, with additional teaching materials available</u>	
<p>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 course will aim to reawaken your interest in the French language and have you conversing with confidence before you know it.</p>	
Maximum no: 12	

THE PROGRAMME OF COURSES FOR AUTUMN/WINTER 2020

WHAT'S ON WEDNESDAYS?

ALF 346 Wild Flowers and Insects	1:15pm – 2:45pm
Tutor – Steve Massey	
16 September – 7 October (4 sessions)	£36.00
<i>Classes take place outside</i> Over the four meetings we will visit various local sites; that is woodland, heathland and coastal habitats, to identify wildflowers and insects.	
Maximum no: 15	

ALF 347 Darkness Visible: Philip Pullman's <i>His Dark Materials</i>	6:00pm – 7:30pm
Tutor – Dr Nick Clark	
9 September – 14 October (6 sessions)	£52.00
<u><i>This course is Library - based</i></u> This course will focus on the fictional worlds created by one of the most influential story-tellers of recent years. Philip Pullman has reinterpreted Milton and Blake in a strikingly original way, bringing natural and supernatural worlds into contact with one another. His story has been translated from the page to drama as well as to radio, film and television. We'll examine these translations, reading Pullman's narrative as story and allegory. We'll see how he has presented vital questions about life and free will in the compelling odyssey of his heroine Lyra. Concentration will be on the <i>His Dark Materials</i> trilogy. However, we will also place this in context with some of Pullman's other works—notably the Sally Lockhart books, his fairy tales and writings on literature, religion, art and society, and the first two volumes of <i>The Book of Dust</i> . Please note that you'll get most out of this course by having read <i>His Dark Materials</i> before we begin.	
Maximum no: 12	

ALF 348 Footprints on the Moon	6:00pm – 7:30pm
Tutor – Dr Lucy Walker	
21 October – 4 November (3 sessions)	£27.00
<u>This course is Library - based</u>	
<p>From the birth of cinema lunar voyages have been the subject of immense fascination to novelists, artists, and above all to film-makers. Decades before there were actual footprints on the moon's surface, there have been imaginative cinematic trips galore: from <i>A Trip to the Moon</i> right back in 1902, to Fritz Lang's <i>Woman in the Moon</i> (1929) to the more scientific <i>Destination Moon</i> (1950) and the fantastically pulpy <i>Cat-women of the Moon</i> (1953). Along the way was an adaptation of HG Wells' <i>The First Men in the Moon</i> (1964) and a very British satire of the space race in <i>The Mouse on the Moon</i> (1963). As the space race gathered pace, there were even more (a Jules Verne romp <i>Rocket to the Moon</i> in 1967, and a more serious exploration of lunar travel, <i>Marooned</i> in 1969). And there have been many more since, with the very recent <i>First Man</i> (2018) dealing directly with the 1969 lunar landings. There have been other fascinating films about the 'backroom' staff enabling the lunar landings, such as <i>Hidden Figures</i> (2016) and (more comically) <i>The Dish</i> in 2000; and other films about failed missions, such as Ron Howard's <i>Apollo 13</i> (1995).</p> <p>The moon also has ancient poetic and metaphorical associations, which film - as well as literature and art - has been drawn to time and again. This is an extended voyage around the Moon, based on 2019's workshop and spread over three 90-minute sessions, where we will look at all these films, and many, many more. Come and explore the extraordinary array of filmic moon-gazing over more than 100 years from <i>A Grand Day Out</i> to <i>Moonstruck</i> to <i>Melancholia</i> to the 2009 film simply called: <i>Moon</i>.</p>	
Maximum no: 12	

THE PROGRAMME OF COURSES FOR AUTUMN/WINTER 2020

WHAT'S ON THURSDAYS?

ALF 328 WORKSHOP – The Fallen Woman and the Femme Fatale in 19th Century British Art	1:15pm – 5:15pm
Tutor – David Read	
20 August 1 SESSION	£20.00
<u><i>We aim to arrange a shared zoom screen for home learners to see the tutor, other students and a good depiction of each picture under discussion</i></u>	
<p>In 19th century Britain the popular ideology of the separate spheres meant that while men were able to pursue their ambitions, women were obliged to content themselves with domesticity. British society in the 19th century was preoccupied with the figure of the angel in the house, but it was equally obsessed with her counterparts: the fallen woman and the femme fatale. This workshop will look at the ways in which artists depicted women who strayed from the angelic ideal of womanhood, as well as exploring the underlying social issues that helped establish these stereotypes in the public mind.</p>	
Maximum No: 20	

ALF 349 Ethics: Philosophy and Landscape + Buddhism and Indigenous Cultures from Philosophy Goes Round the World	3:30pm – 5:00pm
Tutor – Sue Pine	
10 September – 29 October (8 sessions)	£70.00
<p><u>Sue will teach this course by zoom technology from her home to all students in their homes, with additional teaching materials made available</u></p>	
<p>The course will begin with two sessions that complete the previous course, Philosophy Goes Round the World: the philosophies of Buddhism and indigenous cultures.</p> <p>This gentle course, Philosophy and Landscape, explores the relationship between the environment and thought. We will be discussing how mountains, deserts, the sea, woodland, the arctic region and the city have affected and inspired philosophers, and creative people past and present. As we consider their insights, we may develop some new perspectives of our own.</p>	
Maximum No: 20	

ALF 352 The History of Western Music in Song	6:00pm – 7:30pm
Tutor – Chris Milton	
10 September – 15 October (6 sessions)	£52
<p><u>This course is Library - based</u></p> <p>Songs form such an integral part of our lives, whether it be the nostalgic triggers of nursery and folk songs, the ‘high-art’ of Schubert, Schumann and Strauss, the counterculture of pop or the cross-cultural otherness of Jazz. There is an immediacy and intimacy to the song form that can illustrate profound human thought and feeling in seemingly ‘simple’ ways.</p> <p>In this course we explore the history of Western Music from the Medieval period to the present day through the lens of six styles of song. How do structures and expectations change and what does that say about the times of the past and the way we live now?</p> <p>No deep musical knowledge is required or ability to read notation. Just keep an open mind and an open ear!</p>	
Maximum No: 12	

THE PROGRAMME OF COURSES FOR AUTUMN/WINTER 2020

WHAT'S ON FRIDAYS?

ALF 350 Further Italian ALF 351 Further Italian	10am – 11:30am
Tutor – Louise Quirke	
ALF 350 – 11 September – 16 October (6 sessions)	£52.00
ALF 351 – 30 October – 4 December (6 sessions)	
<p><u>Louise will teach this course by zoom technology from her home to all students in their homes, with additional teaching materials made available</u></p> <p>For students who have completed a beginners course and who feel they have a sound knowledge of the present tense of regular verbs and the key irregular verbs (<i>fare, avere, andare, essere</i> etc.).</p> <p>A strong sense of main categories of nouns (singular and plural) will be required and an ability to create simple sentences. Some familiarity with the topic areas of eating and drinking, home life, work and hobbies will be helpful.</p>	
Maximum No: 12	

ALF 331 Trump 2020!	6:00pm – 7.45pm
Tutor – Lynne Walker	
11 September or 25 September 1 SESSION presented twice to keep student numbers viable. <i>Please indicate which session you wish to attend</i>	£20.00
Come along and join our favourite commentator on American politics, Lynne Walker! With a glass of wine in hand, get ready to take a look at the nominations to run for President. What will happen? Will he, won't he be re-elected?	
Maximum No: TBC	

ALF 332 Enigma and ISIS	6:00pm – 7.45pm
Tutor – Derek Wyatt	
9 October 1 SESSION	£20.00
<p><u>Derek will present this workshop by zoom technology from his home to all students in their homes, with additional teaching materials made available</u></p> <p>This workshop will explore what lessons we could still learn from the Enigma success story, as ISIS regroups in Africa, Indonesia, the Philippines and still in parts of the Middle East.</p>	
Maximum no: 20	

Three Special Workshops hosted by Aldeburgh Library Foundation

David Read - The Fallen Woman and the Femme Fatale in 19th Century British Art

Join David for another of his popular summer workshops, this time combining art and literature. Find out more about the ways in which artists depicted women who strayed from the angelic ideal of womanhood, as well as exploring the underlying social issues that helped establish these stereotypes in the public mind.

Thursday 20 August 2020

Venue: Online only

Time: 1:15pm – 5:15pm

Maximum number: 20

Cost: £20

Derek Wyatt - Enigma and ISIS

In this workshop Derek will explore what lessons we could still learn from the WW2 strategy to break the Enigma Code of the German secret service, as ISIS regrouped in Africa, Indonesia, the Philippines and still in parts of the Middle East.

Friday 9 October 2020

Venue: Online only

Time: 6:00pm – 7.45pm

Maximum number: 20

Cost: £20

Lynne Walker - The American Primaries 2020

Lynne returns for a one-off special in September 2020 – the thinking person's guide to the American Election. Not to be missed! It is offered on two occasions, Friday 11 September and Friday 25 September, to maintain proper distance in our newly refurbished Library.

Friday 11 September or 25 September 2020

Venue: The Library

Time: 6:00pm – 7.45pm

Cost: £20 (including a glass of wine)

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 (or paid by contact card at the first session.) 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 foalaldeburgh@gmail.com

COURSE APPLICATION FORM - The closing application for all courses is OPEN

Personal Information:

SURNAME	
FORENAME	
ADDRESS	
POSTCODE	
TELEPHONE	
EMAIL	
APPLICATION DATE	

Course Application:

COURSE CODE	COURSE TITLE	FEE (£)
<i>Would you like to join FOAL? Please see our website for details</i>		£15.00
TOTAL		
Please return applications to Aldeburgh Library, Victoria Road, IP15 5EG. Payment: Cheques, Cash, BACS transfer or Contactless card in Library Cheques should be made payable to: Aldeburgh Library Foundation Please mark your envelope: 'Autumn Courses' For BACS transfer, please pay 'ALDEBURGH LIBRARY FOUNDATION' <ul style="list-style-type: none"> • Sort code: 20-98-07 A/C 43995291 • Payment reference - use the course number (e.g. ALF 157) 		

Please indicate your interest in the possibility of joining a class by zoom

I should be interested in contact by zoom from home	<input type="checkbox"/>
I should prefer to join a class or talk at the Library	<input type="checkbox"/>
I would like to be given some help to use zoom	<input type="checkbox"/>
I need to use zoom as my main means of contact	<input type="checkbox"/>

For Library-based classes, I am happy for my data to be available for track and trace identification if requested by the NHS

Our Tutors

Celia Allaby is currently completing a master's degree in *human rights and global ethics* and looks to unpack issues with other interested people. She has enjoyed a career in education – both teaching children and advising teachers on best practice. Most recently she has been working with education ministries in developing countries to make curriculum changes in state schools; improving life chances. Travel to Africa and elsewhere has provided insights into the crucial importance of supporting human rights globally as she has seen closeup the effects of not taking them seriously.

Dr Nick Clark PhD is the Librarian at Britten Pears Arts. 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.

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.

Louise Mangeot is a highly experience Yoga, Yoga for Sports, Breathing Practices and Meditation teacher, trainer and mentor - with a background in community engagement, health education and training. She has benefited from the teaching and generous sharing of many renowned teachers and researchers of yoga, Buddhist practices and of theoretical and applied knowledge of neuroscience and respiratory physiology.

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.

Chris Milton Chris has been giving highly successful courses on music at Aldeburgh Library since 2012. He read music at Oxford and Cambridge and has previously worked at Woodbridge School and Britten-Pears Foundation.

Adrian Nicholson taught English as a foreign language in Spain, where he lived for 15 years, leading him to train for and be awarded a CELTA qualification. Primarily he is a musician and Music teacher with a Bachelor of Music degree and PGCE and was initially drawn to Spain in order to further his guitar playing. At present, in addition to teaching Guitar and Piano, he is organist at Aldringham and Orford churches.

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.

Louise Quirke After studying Italian and French at university, Louise did a PGCE and taught at Cheltenham Ladies College for four years. Following seven years in full time teaching she did a Masters on Renaissance studies at the Warburg Institute and was awarded a scholarship at the Vatican to carry out further research. While in Rome she worked in an administrative role in an Italian publishing house. She has recently returned to Italian teaching and now teaches groups and individuals.

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.

Dr Lucy Walker is the Director of Public Programming and Learning at Britten-Pears Arts. 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.

Lynne Walker completed her work as Chair of ALF in November 2016 to take on the role of Chair of the Trustees of Pancreatic Cancer UK. She is one of the rare survivors of this disease, and is determined to drive forward improvements in research, access to treatment and better care for everyone. Lynne is also our very popular specialist for American Presidential Elections.

Derek Wyatt has recently moved to Aldeburgh where he has joined the local lifeboat committee. He works as Editor-at-Large for Atlantic Books and published *Led by Donkeys* just before Christmas which made *The Sunday Times* top ten non-fiction list. He sits on the board of the Digital Parliamentary Alliance which connect businesses with Peers & MPs. He is on the Advisory Board of the Aspen UK Initiative and is training to be a Facilitator. Recently he was awarded his MA in International Relations at King's College. He has previously been an MP and played rugby for Ipswich, Oxford University, the Barbarians & England.

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