

**Aldeburgh
Library
Foundation**

**LEARNING
AT
ALDEBURGH LIBRARY**

**Programme of Courses
&
Application Form**

January to June 2020

Welcome to the Spring Brochure 2020

It feels unseasonal to be writing about the Spring brochure when winter is barely underway, but I know many of you look forward to a new class (or more!) at the start of the new year.

In the Autumn term it was encouraging to see that all classes had healthy numbers with some being oversubscribed. This term we are hoping to match or even improve on these numbers!

I am very pleased to let you know that from January 2020 we have more classes than ever for you, including new classes and tutors (look out for Italian for Beginners and Human Rights in Today's World). A full list of the range of subjects offered can be found on page 5 and the 'Special Workshop' section (page 4), highlights particular events that may pique your interest.

Thank you to all of you who continue to attend our courses, or have recently started attending, and additionally, become Friends of Aldeburgh Library. Over the year I work with tutors to plan classes so that they reflect your interests and comments; class numbers and feedback show that you enjoy the range available. If you feel that I'm missing an opportunity to cover an interest of yours that other students may also enjoy, please do contact me.

Your continuing support in choosing to attend library classes makes an enormous visible difference to the 'health' of our library, its internal and external environment. Library trustees have asked me to pass on a short message to you: *'Thank you all very much and please do keep coming to classes!'*

Here's to a happy Spring of learning in Aldeburgh Library!

Best wishes

Janet Dolan
Adult Learning Organiser

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 17, 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, as well as the Conservatory in Aldeburgh Hospital.
- **The closing date for courses beginning in January 2020 is 31 December 2019.** Based upon past recruitment, early application is recommended. Please see page 18 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.

Two Workshops for Spring and beyond ...

TRUMP 2020! - with Lynne Walker

Friday 20 March 2020 in the Library from 6:00pm – 8:00pm

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 who might win the nomination to run for President. What will the Super Tuesday results tell us? Will he, won't he, be re-elected?

Absolutely not to be missed!

Please see page 16 for further details.

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

Thursday 11 June in the Library from 1:15pm – 5:15pm

Come and 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.

Please see page 15 for further details.

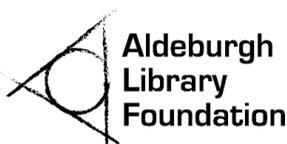
What's on offer this Spring in Learning at Aldeburgh Library

Courses	Page numbers
Art	15
Drama	10
Film	11
Health & Fitness	6, 7
Human Rights	8
IT	12
Languages	8, 9, 10, 14, 16
Literature	11
Music	13
Nature	12, 13
Philosophy	14, 15
Politics	16

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. Come for the whole session or just pop into the library.

All are welcome!



THE PROGRAMME OF COURSES FOR SPRING 2020

WHAT'S ON MONDAYS?

ALF 303 Zumba ALF 306 Zumba	9:30am – 10:30am
Tutor – Coral Stebbings	
ALF 303 – 6 Jan – 10 Feb (6 sessions)	£50.00
ALF 306 – 24 Feb – 30 Mar (6 sessions)	£50.00
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 304 Yoga ALF 307 Yoga	10:45am – 12:15pm
Tutor – Louise Mangeot	
ALF 304 – 6 Jan – 10 Feb (6 sessions)	£80.00
ALF 307 – 24 Feb – 30 Mar (6 sessions)	£80.00
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	

ALF 305 Stretch and Glow ALF 308 Stretch and Glow	11:00am – 11:30am
Tutor – Coral Stebbings	
ALF 305 – 6 Jan – 10 Feb (6 sessions)	£30.00
ALF 308 – 24 Feb – 30 Mar (6 sessions)	£30.00
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 309 Spanish for beginners ALF 311 Spanish for beginners	1:15pm – 3:15pm
Tutor – Adrian Nicholson	
ALF 309 – 6 Jan – 10 Feb (6 sessions)	£50.00
ALF 311 – 17 Feb – 23 Mar (6 sessions)	£50.00
<p>A course that will enable anyone with little or no previous knowledge to acquire enough Spanish for basic communication. The course is structured to cover key topics, from ordering food and drink to getting to know people, with only as much grammar as is absolutely necessary! The classes aim to enthuse and inspire the student in an enjoyable way through activities, including games and role play, that relate to real-life situations.</p> <p>Being able to connect on a more personal level with the inhabitants of another country can deepen one's experience of a place and its culture in a way that cannot be achieved through books, television or even the internet!</p>	
Maximum no: 12	

ALF 310 Human Rights in Today's World.	6:00pm – 8:00pm
Tutor – Celia Allaby	
6 Jan – 10 Feb (6 sessions)	£50.00
<p>Our starting point will be the Universal Declaration of Human Rights (1948) which sprung from the horrors of the 2nd world war and remains the template for ensuring human rights are upheld throughout the world. We will unpack some of these, such as, 'Everyone has the right to life, liberty and security of person' (Article 3); 'Everyone has the right to freedom of thought, conscience and religion' (Article 18) and explore how some countries are protecting, ignoring or assaulting them. We will look at the role of international courts and judge how the UK manages human rights here. There will be plenty of discussion, so come prepared to debate some tricky issues in international relations.</p>	
Maximum no: 20	

ALF 312 Herbal Medicine	10:30am –12:30pm
Tutor – Dave Bescoby	
24 Feb – 30 Mar (6 sessions)	£50.00
The Red House, Imogen Holst Room	
<p>In this year’s workshop on healing plants, participants will have the opportunity to dive deeply into the healing world of nature, known to our ancestors as <i>Vis medicatrix naturae</i>. We continue our journey into the traditional use of plants as medicines, uncovering their mythology and folklore and exploring how they may be used in contemporary ways. Participants will have the opportunity to gain personal insight into plants they feel drawn to and discover ways in which they may become allies in our quest for improved health and wellbeing. The course will include short herb walks local to the venue and is suitable for both newcomers and those who have undertaken previous ALF courses on herbal medicine.</p>	
Maximum no: 20	

THE PROGRAMME OF COURSES FOR SPRING 2020

WHAT’S ON TUESDAYS?

ALF 313 Conversational Spanish ALF 316 Conversational Spanish (Intermediate Level)	1:15pm – 3:15pm
Tutor – Adrian Nicholson	
ALF 313 – 7 Jan – 11 Feb (6 sessions)	£50.00
ALF 316 – 18 Feb – 24 Mar (6 sessions)	£50.00
<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: “¿Te gustó la película que vimos ayer?”. On the other hand, if you find the following easy to understand the course may not be for you: “Si yo tuviera tiempo, iría más a menudo a pescar.”</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.

Maximum no: 12

ALF 314 Television Drama	3:30pm – 5:30pm
Tutor – David Read	
7 Jan – 11 Feb (6 sessions)	£50.00
This workshop will delve once again into the Television Drama archives to unearth some forgotten gems. The plays we will be looking at this time are David Rudkin's <i>Penda's Fen</i> , Mike Leigh's <i>Nuts in May</i> , Alan Bleasdale's <i>Boys from the Blackstuff</i> , Troy Kennedy Martin's <i>Edge of Darkness</i> , Alan Bennett's <i>Talking Heads</i> and Peter Greenaway's <i>TV Dante</i> .	
Maximum no: 20	

ALF 315 Reawaken your French ALF 318 Reawaken your French	6:00pm – 8:00pm
Tutor – Colin Harbin	
ALF 315 – 7 Jan – 11 Feb (6 sessions)	£50.00
ALF 318 – 25 Feb – 31 Mar (6 sessions)	£50.00
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 course will aim to reawaken your interest in the French language and have you conversing with confidence before you know it.	
Maximum no: 12	

ALF 317 More Artists in Film	3:30pm – 5:30pm
Tutor – David Read	
18 Feb – 24 Mar (6 sessions)	£50.00
Another look at films depicting the life and work of artists from different perspectives. The course will explore a range of films from conventional biopics to fictional narratives and at least one entirely fictional painter. The emphasis will be on what these films tell us about the lives and preoccupations of artists and the artistic process itself.	
Maximum no: 20	

ALF 319 Green and Pleasant Land: British Poetry and Prose of Town and Country	3:30pm – 5:30pm
Tutor – David Read	
21 Apr – 19 May (5 sessions)	£42.00
This class will focus on poems and stories connected with the English landscape in both its pastoral and urban contexts. Each week we will look at a different theme through the eyes of a wide variety of British writers, covering a broad historical range.	
Maximum no: 20	

THE PROGRAMME OF COURSES FOR SPRING 2020

WHAT'S ON WEDNESDAYS?

ALF 320 Birds in the Aldeburgh Area	1:30pm – 3:30pm
Tutor – Mike Swindells	
8 Jan – 12 Feb (6 sessions)	£50.00
<p>The course is intended to be of interest to a range of birders, from casual garden watchers to regular walkers taking a strong interest in the birds they see. Each week will include a general topic, such as migration, structure, breeding or flight. This will be followed by some identification help with a group of birds such as thrushes or finches, with tips on picking out less common birds. I hope the course will rapidly develop into more of a question and discussion group. There will be opportunities to include topics of your own choosing. There may also be opportunities to have several short bird walks which will be independent of the course.</p>	
Maximum no: 12	

ALF 321 iPad Improvers	1:00pm – 3:00pm
Tutor – Wendy Gilbert	
19 Feb – 25 Mar (6 sessions)	£50.00
<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.</p> <p>To join this class please ensure your iPad is fully set up, the email app works, you are able to access the Play Store and know your Apple ID and password.</p> <p>BRING YOUR OWN APPPLE IPAD.</p>	
Maximum no: 12	

ALF 322 Britten's Contemporaries.	10:30am - 12:30pm
Tutors – Dr Lucy Walker & Dr Nick Clark	
4 Mar – 25 Mar (4 sessions)	£34.00
The Red House, Imogen Holst Room	
<p>Following on from previous courses on Britten's music, staff at the Britten - Pears Foundation are delighted to offer a course on musical developments during Britten's lifetime and the careers of some of his contemporaries. We shall be looking at and listening to the work of his musician friends and associates, from both the UK (Malcolm Arnold & Richard Rodney Bennett) and elsewhere (Igor Stravinsky & Leonard Bernstein). Each composer shall be discussed in terms of their musical and historical context and the contribution they made to 20th century music.</p>	
Maximum no: 20	

ALF 323 Wild Flowers and Insects	1:00pm – 3:00pm
Tutor – Steve Massey	
8 Apr – 13 May (6 sessions) Class takes place outside	£50.00
<p>Over the six meetings we will visit various local sites; that is woodland, heathland and coastal habitats, to identify spring wildflowers and early insects.</p>	
Maximum no: 12	

THE PROGRAMME OF COURSES FOR SPRING 2020

WHAT'S ON THURSDAYS?

ALF 324 Beginners French ALF 326 Beginners French	6:00pm – 8:00pm
Tutor – Colin Harbin	
ALF 324 – 9 Jan– 13 Feb (6 sessions)	£50.00
ALF 326 – 27 Feb – 2 Apr (6 sessions)	£50.00
<p>Would you like to be able to speak a second language? This course is targeted at complete beginners, and no previous knowledge of foreign languages is assumed, but it could also suit those who may have picked up some French at school but barely played with it since. Starting gently but gathering pace, you will soon be able to converse in simple French. Although the course will begin at the very beginning, its aim from the outset will be to stimulate your interest in further study of the language and literature.</p>	
Maximum no: 12	

ALF 325 Philosophy Goes Round the World	3:30pm – 5:30pm
Tutor – Sue Pine	
13 Feb – 26 Mar (No class 27 Feb) (6 sessions)	£50.00
<p>What <i>did</i> Confucius say? Who were the great Islamic philosophers? This course takes us on a journey through the rich philosophies of other cultures, whose insights into the world and the human condition may be very different from our own. We will be looking at the philosophies of China; Islam; Judaism; India; Buddhism and indigenous cultures. There will be plenty of discussion.</p>	
Maximum no: 20	

ALF 327 Philosophy and Landscape		3:30pm – 5:30pm
Tutor – Sue Pine		
2 Apr – 7 May (6 sessions)		£50.00
<p>This gentle philosophy course 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		

WORKSHOP		
ALF 328 The Fallen Woman and the Femme Fatale in 19th Century British Art		1:15pm – 5:15pm
Tutor – David Read		
11 June		£20.00
<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+		

THE PROGRAMME OF COURSES FOR SPRING 2020

WHAT'S ON FRIDAYS?

ALF 329 Italian for Beginners ALF 330 Italian for Beginners	1:15:pm – 3:15:pm
Tutor – Louise Quirke	
ALF 329 - 10 Jan – 14 Feb (6 sessions)	£50.00
ALF 330 - 21 Feb – 27 Mar (6 Sessions)	
Do you have an interest in Italian life and culture and long to speak the language? Whether you are a complete beginner or have a little knowledge of the language, this course will help in building your competence as a speaker of Italian. With an effortless acquisition of the building blocks of grammar, you will quickly be able to build simple sentences and, through a technique that is fun and accessible, acquire new vocabulary. Lessons include opportunities to engage in dialogues that will prepare you for real-life situations when visiting Italy.	
Maximum no: 12	

WORKSHOP	
ALF 331 TRUMP 2020!	6:00pm – 8:00pm
Tutor – Lynne Walker	
20 Mar	£20.00
Can he do it again? As the presidential primaries get underway things become more serious for all involved. It's time to take a look at who's in the running to win the nomination to run for president. We'll explore the Democratic hopefuls, those from the Republican party with the courage to run against Trump and possible outcomes. Join me this evening for a lively discussion and a look at what the Super Tuesday results tell us about who might be the possible victor on November 3 rd 2020	
Maximum no: 20+	

Terms & Conditions for Aldeburgh Library Foundation Courses (please note asterisked change)

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 be cashed shortly after it has been received.** *
- **BACS is an increasingly popular option and helpful to ALF as a charity. Please do consider using it.**
- 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 date for all courses is **31 DECEMBER 2019**.

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> NB reduced cost until renewal!		£10.00
Please return applications to Aldeburgh Library, Victoria Road, Aldeburgh IP15 5EG. Please mark your envelope 'Spring Courses' To pay by BACS, please pay to 'LIBRARY' <ul style="list-style-type: none"> Sort code: 20-98-07 A/C 43995291 (BACS is an increasingly popular option and most helpful for ALF as a charity – please do consider using it). Payment reference - use the course number (e.g. ALF 157) Cheques should be made payable to: Aldeburgh Library Foundation		TOTAL

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 Nov 18 and 25 and Dec 2 and 9.

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.

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.

Dr Nick Clark 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.

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 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.

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.

Mike Swindells is an aging Aldeburgh birder (his description) who volunteers for the RSPB, Suffolk Wildlife Trust, and the British Trust for Ornithology. His activities have a scientific bias and are based mainly on bird ringing (in the delightful surroundings of a sewage works) and breeding surveys. He is a qualified trainer for new ringers, and also gives talks to various organisations.

Dr Lucy Walker 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 Library Refurbishment Appeal

We are asking **EVERY STUDENT** of our adult classes and **FRIENDS OF ALDEBURGH LIBRARY** to **support our appeal.**

Please use the form available at the library
or on our website:

www.aldeburghlibraryfoundation.org.uk

We are able to do **MORE** with your support!

If you are a UK taxpayer tick the box for **Gift Aid**
and your donation will be increased by **25%**

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