LEARNING
AT
ALDEBURGH LIBRARY

Programme of Classes
And
Application Form

January - May 2014
Introduction

When we launched our programme of adult education classes in Autumn 2012 we hoped things would go well as we knew from our town survey there was a need for such activity. Our expectations have been exceeded thanks to over 250 participants in our classes in 2013. The comments and feedback say it all - “So pleased to have these courses”, “A brilliant way to use the library”, “Thank you for providing this opportunity” “Thanks to all at the library for making it an excellent venue and an opportunity to learn”.

So now it is time for our next programme of activity which, as always, contains the things which have been requested – some popular courses are continuing – such as the Ipad sessions and Italian, together with new courses including: Qi Gong (following the very successful taster session in October), Portraiture led by a local artist, Calligraphy, Poetry and much more. In response to many requests we are undertaking a new venture for us… the Creative Writing Workshop to be run in a different format from our usual courses – see Page 11 for details.

We have had a wonderful response to the initiative to further the services available at the Library in order to try to ensure its future at the heart of our community. The proceeds from the courses and FOAL subscriptions are being used to enhance the facilities. Visitors to the library now have access to a toilet, we have upgraded the kitchen, installed a permanent projector screen and data projector and new blackout blinds are to be fitted in early November. Future plans include redecoration of the interior of the library, new signs inside and out and new furniture.

We are very grateful to our team of volunteers, co-ordinated by Roberta Simpson, who provide tea and coffee for the classes. Their kind work has raised over £1000 towards our library improvements.

We have evaluated all the courses offered in the autumn and provided feedback to all tutors. Many participants have made useful suggestions about future courses and, as we always have things to learn, constructive criticism has also been useful. Overwhelmingly the evaluation forms show that the programme on offer was very well received and very well delivered. Asked how the course went 92% said very well/well and participants said overwhelmingly that tutors were engaging, interactive and involving. The location and facilities were rated as very good/good by
94% but we aim to improve them further. On the important issue of value for money we scored 100%. Thank you to all our supporters!!

As you may have heard the new Library opening hours have led to a tremendous increase in people borrowing and reserving books and joining the library as members (we think the extra adult classes activity may also have helped). The location of the self-service machine into the foyer has further enhanced opening hours when classes are underway and is very popular.

The Aldeburgh Library Foundation is a not-for-profit company chaired by Clive Fox and following the AGM in September the new Board includes: David Grugeon, Tony Bone, Mike Kiff, John Duke, Tony Richards, Anne Parsons (nominated by FOAL members) and Lynne Walker, with Emma Stanley, the Library Manager, as an ex officio member. In the longer term, we want to launch an appeal for an extension to give us more space for adult and young people’s educational activities.

Many thanks are due to all those who are working for the future of Aldeburgh Library: our tutors, Friends, volunteers and the library staff. We hope the programme of courses and other activities justify your support as we aim to protect and enhance the Library for current and future use.

Things You Need To Know About our Adult Classes

These courses are for everyone. Don’t think you are too young (but you need to be over 16 at present) or too old – we welcome everyone who thinks they can learn something whether they are 16 or 94 (our oldest student so far!). Based upon responses to our programme in the past we recommend early application for all courses.

1) From January to May 2014 classes will take place on every afternoon MONDAY - FRIDAY and there is a mix of 3, 4, 6, and 12 week courses.

2) There is a break in the week beginning February 17th for half term and also in the weeks beginning April 7th, 14th and April 21st to accommodate the Easter holiday period.

3) Fees for most classes remain £36 for a six-week course (12 hours) and £72 for a twelve-week course (24 hours). Some courses vary in price due
to the need to hire other venues or particular equipment or, for example, to pay extra visit fees.

4) If you have already paid your FOAL annual subscription during the autumn term 2013 you do NOT have to pay it again if you join one of the new classes.

5) All cheques should be made payable to “Aldeburgh Library Foundation”

6) There will be a three-month break in June, July and August and classes will begin again in mid-September.

7) Please let us know what you would like to see in our autumn 2014 programme by:
   - adding a note to your application form, or
   - including an idea on your evaluation form when your course ends,
   - or leaving a note at the Library

8) To support the expanding vision for our library we are asking supporters to become Friends of Aldeburgh Library (FOAL). FOAL members receive a newsletter with regular updates on developments at the library are invited to an annual social event in May. All students taking adult classes are asked to take annual FOAL membership. The £10 subscription enables us to claim an additional 25% Gift Aid, so that, for example, 200 members generate £2000 and up to £500 in Gift Aid (*please refer to the back page for the membership form*).

9) The closing date for courses beginning in January is December 17th.

10) The closing date for courses beginning in February is January 31st.

11) The closing date for courses beginning in April is March 28th.

12) If you have any questions or queries regarding the programme please contact the Library on 01728 452502
THE PROGRAMME OF CLASSES FROM JANUARY - MAY 2014

WHAT’S ON MONDAYS?

ALF 45 Zumba 9.30 - 10.30 am
Tutor: Coral Stebbings Fee: £72

*Starting on MONDAY 6th JANUARY for twelve sessions (with a half term break in the week of February 17th)*

*NB THIS COURSE WILL BE HELD AT THE CHURCH HALL IN ALDEBURGH - not the Library*

A Dance Fitness Class mixed with an hypnotic fusion of Latin style music and moves. It's Easy, It's Fun, It's Exercise In Disguise. Increase your strength and stamina, increase your fitness level and increase your energy level. It's a class with a 'feel good' factor. Wear good fitting arch support trainers and comfortable work out clothing. All you need is a drink and a smile! Maximum No: 15
ALF 46 Qi Gong (Chi Kung) 11.00 - 12.30pm
Tutor: John Millar  Fee: £60 for 6 x 90 minutes (with the possibility to extend for a further 6 weeks)

Starting on Monday 6th January for six sessions

NB THIS COURSE WILL BE HELD AT THE CHURCH HALL IN ALDEBURGH - not the Library

Qi Gong is an ancient Chinese practice that aims to help you increase your energy levels without great physical effort, strengthen your body and calm and relax your mind. It uses slow rhythmic movements and deep breathing and is entirely suitable for both men and women of any age (it can be chair based). We are fortunate to have a very experienced internationally renowned Qi Gong teacher to introduce the practice to you. Maximum no: 20

ALF 47 Sewing/Dressmaking for the Home 1 - 3pm
Tutor: Annabelle Reynolds  Fee: £36

Starting on Monday January 6th for six sessions

Come and learn how to sew beautiful projects for yourself or home. Whether you have not stitched since school and wish to learn the basics or are an accomplished sewer who would like to ‘fine tune’ and further your skills, then this course will suit you. Work on your own project at your own pace. Assistance will be given at all stages of selection and construction. Please bring; fabric, pattern (if you have one) and sewing kit. A sewing machine will also be necessary although probably not required on the first week. Maximum no: 12

ALF 48 Getting used to your Ipad 3.30 - 5.30pm
Tutor: Debbie Telkman  Fee: £36

Starting on Monday 6th January for six sessions

Do you own an Ipad? Would you like some help in getting to grips with the Ipad? If so this is the course for you as during six weeks we will cover apps, e-mail and attachments, internet searching and a range of other issues related to using an Ipad. Maximum no: 10
Please bring your own Apple Ipad, as there will not be any equipment for loan. Previous students said: “Debbie is excellent”.

**ALF 49 Ipad Improvers**
Tutor: Debbie Telkman  
Fee: £36  

**Starting on Monday 24th February for six sessions**

If you have an iPad and can use it for basics such as e-mail and internet browsing, why not come along and see what else it can do for you. We have lots of ideas and hints that will help you get the most out of your iPad – we will be working on downloading and organising music, editing and organising photos, using FaceTime, downloading books and library books plus much more. Maximum no: 10

Please bring your own Apple Ipad, as there will not be any equipment for Loan. Previous students said, ”Debbie had time for everyone”, “very stimulating and interesting”.

**WHAT'S ON TUESDAYS?**

**ALF 50 Italian Improvers**
Tutor: Monika Cilmi  
Fee: £72  

**Starting on Tuesday 4th February for twelve sessions**

**NB. This group does NOT meet in the library but in a private home in Aldeburgh (details will be provided) as the library is open in the mornings.**

The group has 3 places available to join in this ongoing class.

*Previous students said 'a brilliant teacher...so enthusiastic...so well prepared.”*

**ALF 51 Italian for Beginners**
Tutor: Monika Cilmi  
Fee: £72  

**Starting on Tuesday 4th February for twelve sessions**

This is the continuation of the course for absolute beginners that began in
September. It is a basic introduction to the Italian language and culture. The course uses a creative approach, using charts, games and visual resources. The tutor gives group and individual support, and students will have the opportunity to practise the language. Maximum no. 15

ALF 52 Japanese Brushwork 3.30pm - 5.30pm
Tutor: Monika Cilmi Fee: £36

**Starting on Tuesday Feb 25th for six sessions**

Come and create beautiful ink painting in the Japanese tradition of Zen Brushwork. The course will introduce you to the basics of Japanese brush painting, exploring ink, paper, stone and brushwork.

*Materials are not included in the fee and will be discussed in the first session.*

Maximum no: 12

ALF 53 Movies: Very Dapper - Costumes and Related Drama
Tutor: Thomas Gerstenmeyer and Dr Ruby Cheung Fee: £36

**Starting on Tuesday 29th April for four sessions 3.30 - 5.30pm**

Ever since moving images first came along an endless source of fascination has been not only what people in the pictures did but also what clothes they wore. Costumes have important roles in all types of films from all parts of the world. We will examine the role of costume in depicting the culture and values of historical and contemporary times with some outstandingly interesting examples. Suitable for all, no previous or specialist knowledge required - with a general interest in all things film you’ll be well prepared.

Maximum no: 15

Previous students said this: “Every session was very stimulating”, “…Thomas is so knowledgeable”.

**WHAT’S ON WEDNESDAYS?**

ALF 54 Calligraphy Re-Discovered 1 - 3pm
Tutor: Monika Koch Fee: £36
**Starting on Wednesday January 8th for six sessions**

Calligraphy nowadays is an enjoyable, relaxing and wide-ranging skill, from pure craft pen lettering to colourful, creative artworks. The course will offer a good mixture of theory and practical exercises to introduce you to the subject. We will make use of the invaluable benefit of being surrounded by books and will discover and draw inspiration from perfectly handwritten letters, fascinating historical inscriptions and wonderful medieval manuscripts as well as experimental modern artworks designed with letters.

You will have to bring passion, creativity and commitment and I will take your interests into account as much as possible in a group session. Beginners and improvers are equally welcome.

*Materials are not included in the fee and will be discussed in the first session.*
Maximum No: 10

**ALF 55 An Introduction to Wildflowers on your doorstep 1 – 3pm**
Tutor: Stephen Massey
Fee: £20

**Starting on Wednesday 30th April with two further sessions on 14th and 21st May.**

We start with an introduction on 30th April, where we discuss local wild flowers - Theberton Wood, Thorpeness, Slaughden - and we plan the next two sessions in May for local walks from the Library (the river, the sea front) and/or car sharing as far as Thorpeness. Maximum no: 12

**WHAT’S ON THURSDAYS?**

**ALF 56 Aldeburgh Birds are best in Winter 1 - 3 pm**
Tutor: Mike Swindells
Fee: £36

**Starting on Thursday January 9th for six sessions**

Designed to increase the knowledge and enjoyment of those who would like to understand more about the winter visitors around Aldeburgh. This course is based on identification and behaviour of our more common visiting birds. Maximum no: 12
ALF 57 Talking about Painting
Tutor: Jack Stephenson
Fee: £36
3.30 - 5.30pm

Starting on Thursday 9th January for six sessions

Jack Stephenson, a figurative painter working mainly in oils, who has concentrated on the portrait, will cover aspects of late 19th and early 20th Century realism. Portraiture will feature as a major component. Despite the huge influence that Impressionism was to have on subsequent developments in modern painting, it will play only a minor part in the story of this course. Some students may choose to visit Jack’s studio in Theberton for a demonstration of some of the techniques and practices of the artists whose work we consider.

Maximum no: 12

ALF 58 Some East Anglian Poets
Tutor: David Grugeon
Fee: £20
1 – 3pm

Starting on THURSDAY MAY 1st for three sessions

East Anglia has its share of poets and I have selected some of my favourites for us to read, discuss and enjoy. In a short time we will look at some poems by John Clare, the “Northamptonshire Peasant Poet”, George Crabbe, born in Aldeburgh and later medic and curate here, Anne Beresford, born in London but migrated to rural Suffolk and others who have been inspired by our region.

Maximum no: 15

WHAT’S ON FRIDAYS?

ALF 59 If Walls Could Talk – an introduction to house history
Tutor: Rosemary Steer
Fee: £36 plus £5 for the Record Office tour (group visit fee)
1 - 3pm

Starting on Friday February 28th for six sessions

Are you curious to learn more about your house or other local buildings? Using real-life examples, we will explore sources and techniques to help you research the history of a house/building and to discover who lived/worked there. Even if you live in a modern house, the site it is built on will have a story to tell. The final session on 4th April will be held at the Ipswich Record Office for an introductory tour and a chance to carry out
your own research. Participants will need to make their own travel arrangements to the Record Office. Maximum no: 15

Previous students said “A very knowledgeable and engaging tutor”

ALF 60 Getting used to your Ipad 3.30 - 5.30pm
Tutor: Debbie Telkman Fee: £36

Starting on Friday 10th January for six sessions

Do you own an Ipad? Would you like some help in getting to grips with the Ipad? If so this is the course for you as during six weeks we will cover apps, e-mail and attachments, internet searching and a range of other issues related to using an Ipad. Maximum no: 10

Please bring your own Apple Ipad, as there will not be any equipment for loan. Previous students said: “Debbie is excellent”.

ALF 61 Ipad Improvers 3.30 - 5.30pm
Tutor: Debbie Telkman Fee: £36

Starting on Friday 28th February for six weeks

If you have an iPad and can use it for basics such as e-mail and internet browsing, why not come along and see what else it can do for you. We have lots of ideas and hints that will help you get the most out of your iPad – we will be working on downloading and organising music, editing and organising photos, using FaceTime, downloading books and library books plus much more. Please bring your own Apple Ipad, as there will not be any equipment for loan. Maximum no: 10

And a very exciting new venture for us……a much requested topic in a different format!

ALF 62 Becoming A Writer
Tutor: Pam Johnson Wednesday – Friday 7th, 8th and 9th May

You want to write but where will you get your ideas? How will you keep finding new ones? And will you write fiction, memoir or poetry? This extended workshop offers you the time and space to find out.
10 hours of writing workshops over three days 1-3pm on 7th May, 1-5.30pm on 8th and 9th May – with a half hour tea break from 3.00-3.30

With experienced tutor and part-time Aldeburgh resident, Pam Johnson, you will explore ways of gathering material using memories, dreams, the local landscape, newspaper cuttings, photographs and much more. The aim is to go away with a notebook full of raw material and some idea of how you might develop it further.

Terms & Conditions for Aldeburgh Library Foundation Courses

Our courses are organised entirely by volunteers and have to be self-financing, so we are obliged to set some standard terms of booking for all participants to ensure that courses remain viable. Please note that in booking a place on these courses, you will be committing yourself to the following conditions.

● Classes are **pre-booked and payable in advance** of the course start date to secure your place.
● Classes must be **booked as a whole course** and cannot be booked as individual sessions.
● Class fees are **non-transferable and cannot be carried forward** from course to course.
● Any missed classes in a course **cannot be refunded** separately.
● Late cancellations (within 48 hours of the start of a course) or ‘no shows’ will be charged at the full course fee.
● Places are **subject to availability** and given the popularity of certain classes, 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 future courses.

Data Protection Act 1998

Aldeburgh Library Foundation (ALF) collects, stores and processes personal data about students for the purpose of administering and managing the educational programme and will continue to hold data to comply with the requirements of HMRC in claiming Gift Aid. The information may be disclosed to HMRC and other government organizations where necessary for the fulfillment of obligations. We will not disclose your data to third parties except where under a legal requirement to so do. In signing the application Form and the FOAL form you are stating that you understand and agree to ALF using your data to create and maintain records in accordance with the Data Protection Act 1998.
APPLICATION FORM

When completed please return this form together with your payment to: Aldeburgh Library, Victoria Road, Aldeburgh, IP15 5EG and mark your envelope “Spring/Summer Classes” – thank you. **The closing dates for courses beginning in January is December 17\(^{\text{th}}\), for courses beginning in February it’s January 31\(^{\text{st}}\) and for courses beginning in April it’s March 28th.**

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Cheques should be made payable to Aldeburgh Library Foundation and returned to Aldeburgh Library, Victoria Road, Aldeburgh, IP15 5EG – thank you.
The Aldeburgh Library Foundation is a company with charitable status with a Friends group that enables us to maintain and develop the Library and to enhance the facilities. Membership subscriptions can be treated as Gift Aid. If you pay tax on any income or savings, please indicate your willingness to participate below, adding your signature and date.

Gift Aid Declaration

Please treat the enclosed gift of £…… as a Gift Aid donation. I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for the current tax year (6 April to 5 April) that is at least equal to the amount of the tax that all charities and Community Amateur Sports Clubs (CASCs) that I donate to will reclaim on my gifts for the current tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 25p of tax on every £1 that I have given. I agree that this information will be kept for sufficient time to comply with HMRC Gift Aid requirements. I am aware I have the right to request a copy of the data held about me.

Name (please print) …..........................................................................................................

Signature ..........................................................................................................................

Date........................................

If you wish to become a Friend of Aldeburgh Library, and are NOT currently enrolling for a course, please sign and date above and add your address below.

NAME (block capitals) ....................................................................................................

ADDRESS..........................................................................................................

Post Code..................

If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self Assessment tax return or ask HM Revenue and Customs to adjust your tax code. Please return completed forms to the Library with your cash/cheque made payable to Aldeburgh Library Foundation. Many Thanks.
Meet the Tutors

Monika Cilmi – a native of Sicily she is a qualified teacher and artist, is based in Ipswich and has taught Italian and a range of art courses for many years both in UK and abroad.

Thomas Gerstenmeyer – is the manager of our wonderful independent Aldeburgh cinema having previously worked in Germany and in Dundee.

David Grugeon – taught English in primary schools and to adults for the BBC and the National Extension College until working on pedagogical support for the Open University.

Pam Johnson - has published fiction and poetry, she teaches on the MA in Creative Writing and Life Writing at Goldsmiths College, University of London.

Monika Koch - studied with German calligrapher Gottfried Pott. She graduated in colour design and has taught typography, calligraphy, creative techniques and colour theory for many years.

Stephen Massey – a part-time helper at Minsmere and local resident

John Millar – is a very experienced trainer and teacher trainer of Qi Gong and also delivers talks in schools, organisations and other groups on wellbeing.

Annabelle Reynolds is a qualified teacher who has also made furnishings for an interior design firm and private clients; designed and packaged a collection of embroidery kits; designed knitwear for various clients and featured in books and magazines.

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

Rosemary Steer – a family history researcher and tutor who also worked in the Suffolk Records Office and Library Service.

Jack Stevenson – a very well known Suffolk-based artist primarily a portraitist working to commission who has made the modern ‘conversation piece’ something of his own speciality. He recently exhibited at the Aldeburgh Gallery.

Mike Swindells – a local birder who also rings birds.

Debbie Telkman – is a very experienced IT trainer who also spends time as a guide at Sizewell.