



# SHARNBROOK LEARNING FOR PLEASURE

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

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

## **SPRING TERM 2019 PROGRAMME**

7 January to 12 April

(Half term w/c 11 February)

**ENROLMENT PLEASE BY 21 December 2018 TO**

LfP Co-ordinator: Ann Mayhew

Email: [lfpsharnbrook@btinternet.com](mailto:lfpsharnbrook@btinternet.com)

<b>COURSE</b>	<b>DATES</b>	<b>TIME</b>	<b>LOCATION</b>	<b>NOTES</b>
<b>ART</b> Led by Des Hoar John Downes	Wednesdays From 9 January	10.00 – 11.45	Village Hall	Suitable for all levels, Des and John will give tuition, support and encouragement to all! New members very welcome.
<b>BRIDGE</b> Led by Ann Mayhew	Mondays Starting 7 January	2.30 - 4.30	Methodist Church	Suitable for those with knowledge of basic bidding and card play. Ann builds on the skills you already have to help you to move on to the next level. No need to come with a partner. <i>Members will be asked to pay Ann £1 to cover the cost of handouts for the term.</i>
<b>LOCAL HISTORY</b> Led by June Barnes	Alternate Wednesdays Starting 9 January	2.00 – 3.45	Methodist Church	Once again a varied programme of talks and visits will be on offer. New members very welcome. Occasionally members may be asked to contribute to the cost of special speakers.

<b>WEDNESDAY PHOTOGRAPHY CLUB</b> Led by Paul Hayward	Wednesdays From 16 January	10.00 – 11.45	Methodist Church	All levels of expertise welcome - our aim is to learn and share through a variety of activities. <u>Maximum numbers for this course 16</u>
<b>PHOTO FORUM</b> Led by John Jarvis	Alternate Thursdays starting 17 January	10.00 – 11.45	Methodist Church Back room	LfP Photo Forum concentrates on aspects of digital photo editing, primarily using Adobe's Photoshop Elements software package and other resources. <i>Members will be asked to make a contribution towards cost of handouts, which John provides.</i>

<b>PHYSICAL ACTIVITIES</b>				
<b>COUNTRY DANCING</b> led by Lynne Whapples	Fortnightly Starting Friday 11 January	2.00 – 4.00	Village Hall	A great opportunity for fun and exercise. No prior experience needed. No need to come with a partner, everyone can join in. The more the merrier!
<b><u>TEA DANCES</u></b> <b><u>NEW!!!!</u></b> -	<b><u>Fortnightly</u></b> <b><u>starting</u></b> <b><u>Friday 18</u></b> <b><u>January</u></b>	<b><u>2.00 –</u></b> <b><u>4.00</u></b>	<b><u>Village Hall</u></b>	<b><i>Remember when we danced and jived all night? More sedate perhaps but now we can waltz, foxtrot and quickstep as we fancy and stop for a cuppa too! Come with a partner or on your own and just join in. (Please note: This will run if we have enough interest to make a viable social group – non LfP guests £3 a session)</i></b>

COURSE	DATES	TIME	LOCATION	NOTES
<b>INDOOR CROQUET</b> Led by John Dunscombe	Fortnightly starting Wednesday 16 January	2.00 – 3.45	Methodist Church	Indoor croquet provides an enjoyable afternoon of friendly competition – John leads giving gentle guidance and tuition – new members always welcome. <i>Maximum numbers 20</i>
<b>PILATES</b> Taught by Barry Green	Tuesdays from 8 January	11.15 and 12.15	Village Hall	We anticipate that all of last term's members plan to continue and we would ask you to enrol early. You will be allocated to a group so the numbers are equal. (There is already a waiting list.)
<b>RAMBLING</b> Co-ordinated by David Barnes	<b>Thursdays from 21 March</b>	1.45– 4.00	Off site	The group usually meets at a local starting point around 1.45 pm and finishes at a refreshment spot. Group members offer to lead their favourite walks.
<b>TABLE TENNIS</b> led by David Barnes	Thursdays from 10 January	10.00 – 11.45	Methodist Church	A very enjoyable, not too energetic, sociable morning. No leagues, no heavy competition – JUST FUN! <i>Maximum 24</i>

<b>CREATIVE ARTS</b>			
COURSE	DATES	TIME/VENUE	DETAILS
<b>CREATIVE WRITING</b> led by Ven Bolton	Alternate Thursdays starting 10 January	2.00 – 3.45 Methodist Church – back room	This is a self-help group – no tutoring. We just try different things, share them and enjoy with no pressure. Why not come and join us – new members always welcome.
<b>RECORDERS</b> led by Therese Mostowfi	Wednesdays from 16 January	12.00 – 1.45 Methodist Church Back Room	Therese will offer 2 sessions, 12.00 – 1.15 for regular or experienced players, 1.15 to 1.45 for beginners or those with limited experience. It would be lovely to have new members, beginners or lapsed players! Therese will ring all new members to discuss which session is most appropriate for them.
<b>MUSIC APPRECIATION</b> led by Paul Keeble	Thursdays	2.00 – 3.30 Methodist Church	Paul has put together 4 very different programmes – the themes and dates are:
	10 January		Classical Music inspired by Shakespeare
	31 January		Concertos for Woodwind and Brass
	21 March		Notable 5 <sup>th</sup> Symphonies
	4 April		More British Light Music
<b>SINGING</b> led by Val Cox	Thursdays from 10 January	12.00 – 1.30 Methodist Church	Now known as S Club 60, this is not a choir! Everyone who enjoys singing is welcome – no auditions! Val leads us enthusiastically through a wide range of songs in her own inimitable style! New members always welcome – especially gentlemen! <i>Members will be asked for £1 donation towards associated expenses to be paid to Val at the beginning of term.</i>

<b>CRAFT</b>			
<b>TOPIC</b>	<b>DATES</b>	<b>TIME/VENUE</b>	<b>DETAILS</b>
<b>SOFT TOY MAKING</b> tutored by <b>Pat Keeble</b>	Thursdays 24 January and 4 April	2.00 – 3.45 pm Bowls Pavilion Lodge Road	Always a fun afternoon of stitchery. This term the project is Paddington Bear! Pat will provide a materials list. <i>Maximum numbers for this group is 9</i>
<b>CARD MAKING -</b> <b>Beginners – tutored</b> <b>by Linda Hoar</b>	Wednesdays 23 January 20 February 3 April	10.00 – 11.45 Methodist Church Back Room	Linda is offering Wednesday morning sessions for those new to the craft or who like to work more slowly. <i>£2 per session will cover all materials used on the day. Maximum group size is 8.</i>
<b>CARD MAKING –</b> <b>Improvers – tutored</b> <b>by Linda Hoar</b>	Thursdays 24 January 21 February 4 April	2.00 – 3.45 Methodist Church	For those members who have worked with Linda before, new techniques and projects. <i>Linda will provide all necessary materials needed at a cost of £2. Maximum group size 8</i>
<b>GOLDWORK –</b> <b>tutored by Pat</b> <b>Keeble</b>	Thursdays 17 January 28 March	2.00 – 3.45 pm Bowls Pavilion	The project this term will be a Magnolia! Pat will provide the materials list. New members always welcome. <i>Maximum group size 9</i>
<b>MACHINE</b> <b>EMBROIDERY –</b> <b>tutored by</b> <b>Marian Blyth</b>	Thursdays 17 January 14 March 28 March	2.00 – 3.45 Methodist Church	Continuing to explore what your sewing machine can do for you. Suitable for new or returning students. Week 1 – develop your free motion stitching to make an Art Deco or Art Nouveau tile. Weeks 2/3 – make a colour graded flower picture with embroidered stump and vermicelli stitches.
<b>PATCHWORK</b> <b>tutored by</b> <b>Christine Futter</b>	Thursdays 28 February 7 March	2.00 – 3.45 Methodist Church	Christine will be teaching a range of sample design techniques, some a little more complicated than others, to enable you to tackle your own projects. Sewing machine needed. <i>Maximum group size 8</i>
<b>KNIT AND NATTER –</b> <b>contact Rosemary</b> <b>Ostley</b>	Alternate Thursdays 17 January through to 21 March	2.00 – 4.00 Methodist Church Back Room	What better way to spend a winter's afternoon than catching up with your knitting, crocheting, sewing or other craft work of your choice over a cup of tea and a natter. No tutoring or organising necessary just a lovely social afternoon.

<b>GENERAL INTEREST SESSIONS held Wednesdays from 12.00 – 1.30 pm in the Methodist Church</b>		
<b>THE HAT TRADE</b>	<b>Wednesday 9 January</b>	Michael Roper today is a postman but in his past was a hat maker and he will take us through the process, working practices and the history of this fascinating trade.
<b>CHARITY LEARNING LUNCH</b> Families First	<b>Wednesday 16 January</b>	FAMILIES FIRST is a Bedford based charity providing services to families and children in Bedford and surrounding villages. Chief Executive, Michael Howe, will outline their work, their challenges and successes. Come along and hear how they do this and enjoy a buffet lunch. Minimum £2 donation on the day will cover the cost of the lunch and make a contribution to FAMILIES FIRST – our nominated charity for this term.
<b>SHARNBROOK BUSINESS –</b>		<i>We are hoping to have a speaker from <b>Oakhouse Foods</b> – date to be advised</i>
<b>ALLERGY AND SKIN</b>	<b>Wednesday 3 April</b>	David Basketter has spent much of his working life on “the toxicology of contact dermatitis” and is an internationally recognised expert on the subject. However, questions such as: Why do we get allergy? What are the worst allergens? What can I do to avoid the problem? Why don't manufacturers stop using allergens? And many more questions of interest to us all. Come and listen to whether there are any answers.
<b>POLICE MATTERS</b>		<i>We have invited the <b>Police Commissioner</b> to speak to us – date to be advised</i>
<b>TRAVEL CLUB</b>	<b>Wednesdays 12.00 – 1.00</b>	We are grateful to the following members who have offered to share their travel stories with us:
	23 January	Walking the Yorkshire Dales Highway – Bob Whapples
	30 January	Rajasthan – Land of the Maharajahs – June Barnes
	6 February	Roger Gray – Compilation of trips to China
	20 February	Ralph Sewell – Moldova, Transnistria and Painted Churches
	27 February	Journey to Enlightenment – Cruise along the Ganges – Paul Hayward
	6 March	
	13 March	USA – New England and California – Linda and Ron Stander
	20 March	
	27 March	New Zealand – The Return (a focus on the North Island). Marilyn Basketter will talk, assisted by David's photos, on various aspects of wildlife, geology, scenery and the general bonhomie to be found there.
	3 April	

### EXTRA OPPORTUNITY – OVER 60'S GYM CLASS

The Paula Radcliffe Sports Centre at Sharnbrook Academy has advised us that there are still some spaces available in the Wednesday morning Over 60's gym class. This will run from the 9 January – 8 am to 9 am – pay as you go, £2.50 per session. You can ring them to book your place on 01234 783801. (Please note this is not an LfP course, you will not find it on the enrolment form).

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

<b>QUIZ NIGHT –</b>	<b>Saturday, 30 March starts 7.30 pm</b>	<b>Sharnbrook Village Hall</b>
Quiz Master: Paul Keeble is working up another challenge for us – always a fun night	Teams of up to 6 – Members are very welcome to bring non-LfP guests. Prizes for winning and losing teams!	Bring your own nibbles and drinks (and glasses)
	Raffle in support of this term's charity – FAMILIES FIRST	Entry £2 per person – <b>payable on the night of the quiz.</b>
<b>END OF TERM BUFFET/AGM FOR LFP MEMBERS ONLY</b>	Wednesday 10 April 12.30 pm in Village Hall	Please note that we now have to limit numbers to 100 maximum – these will be allocated on a first enrolled basis. <b>No charge.</b>
<b>SATURDAY 13 APRIL</b>	<b>TUTORS LUNCH</b>  12.30 pm in the Village Hall	An opportunity for the Committee to say a big thank you to all our wonderful tutors who give up their time week after week, often term after term, to contribute to the success of the LfP. Committee members and tutors only. <b>Tutors: please put this date in your diary</b>
<b>SATURDAY 13 APRIL</b>	<b>PHOTOGRAPHY EXHIBITION and BAKE OFF</b>  2.30 pm in the Village Hall	Following on from the tutors' lunch, we will open the door to all LfP members and their guests to see the work of the Wednesday Photographers and Photo Forum.  At the same time, we invite all LfP bakers (male and female) to take part in a fun Bake Off – bring your offering along at 2.30 pm for a quick judging and then sharing spoils over a cup of tea – prizes for the winners!  The Challenge is: Mary Berry's Heavenly Chocolate Cake (recipe attached)

**Mary Berry's Heavenly Chocolate Cake** (taken from *Mary Berry Complete Cookbook* p570)

**Ingredients:**

**Cake:**

125 g butter  
200 g plain dark chocolate, broken into pieces  
2 tbsp water  
3 eggs, separated  
125 g caster sugar  
90 g self-raising flour  
60 g ground almonds

Deep 20 cm (8 in) Cake Tin

**Fudge Icing:**

125 g butter  
60 g cocoa powder  
about 6 tbsp milk  
500 g icing sugar, sifted  
white chocolate curls to decorate

Preheated Oven 180 C (160 C fan)

- 1 *Lightly grease the tin and line the bottom with baking parchment.*
- 2 *Heat broken chocolate, butter and water over a pan of hot water, melt and set aside to cool.*
- 3 *Whisk egg yolks and caster sugar until fluffy and very light in colour. Stir in the cooled chocolate mixture. Carefully fold in the flour and ground almonds.*
- 4 *Whisk egg whites till stiff but not dry. Fold into sponge mixture gently but thoroughly.*
- 5 *Pour mixture into prepared tin and bake for 50 minutes or until well risen and firm to the touch.*
- 6 *Leave cake to cool in tin for a few minutes, turn out on to a wire rack and peel off lining paper. Cool completely.*
- 7 *Make the fudge icing by melting butter in a pan, adding cocoa powder and cook, stirring, for 1 minute. Stir in the milk and icing sugar. Beat well until smooth. Leave to cool until thickened.*
- 8 *Split the cake in half horizontally and sandwich the layers together with half the fudge mixture. With a palette knife, spread the remaining icing over top and sides of the cake. Decorate with white curls.*

## **FEES AND COSTS:**

**Our termly fee for as many courses as you wish will be £16 including insurance.**

If you wish to attend just one session the fee will be £3, which again includes insurance (you can pay for a maximum of 3 sessions at this rate – thereafter the full termly fee of £16 applies).

Cheques, made payable please to **SHARNBROOK LEARNING FOR PLEASURE**, should be given to Ann Mayhew, our Course Co-ordinator – deadline for all enrolments and payment **21 December 2018**.

We ask for members' co-operation in meeting these deadlines, which will help Ann to send enrolment lists to all our tutors in good time before the start of term and subscriptions to Roger Gaunt, our Treasurer.

## **Other Costs:**

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

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

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

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

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

**Learning Lunch** – a minimum contribution of £2 a head will be requested to cover the cost of a light lunch and a donation to our nominated charity – **payable on the day**.

**Quiz - £2 per person payable on the night.**



## **ENROLMENT FORM Spring 2019**

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

Enrolment forms can be posted with a cheque for £16 made payable to Sharnbrook Learning for Pleasure to: Ann Mayhew, 2 Churchill Close, Sharnbrook, Bedford MK44 1HS.

Or enrol by emailing the enrolment form to Ann at [lfpsarnbrook@btinternet.com](mailto:lfpsarnbrook@btinternet.com) with payment by post.

Deadline for enrolment and payment is **21 December 2018**.

Any queries please email or ring Ann on 01234 781648.

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

ADDRESS. ....POSTCODE .....

EMAIL ADDRESS.....

**Please tick each course required (THEY ARE LISTED AS SHOWN IN THE PROGRAMME) we would ask that you only enrol for those courses where you know you will be able to attend on a regular basis. We appreciate that everyone has to miss the occasional session.**

Art			Soft Toy Making	
Bridge			Card Making - Wednesdays	
Local History			Card Making - Thursdays	
Wednesday Photography Club			Goldwork	
Photo Forum			Machine Embroidery	
Country Dancing			Patchwork	
Tea Dances			Knit and Natter	
Indoor Croquet			The Hat Trade	
Pilates			Charity Learning Lunch (Families First)	
Rambling			Oakhouse Foods (Provisional)	
Table Tennis			Allergy and Skin	
Creative Writing			Police Commissioner (Provisional)	
Recorders			Travel Programme	
Music Appreciation			Quiz Night (yourself & guests)	
Singing			End of Term Buffet	

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

Signed \_\_\_\_\_ Date \_\_\_\_\_

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