



# SHARNBROOK LEARNING FOR PLEASURE

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

## **Spring Term 2024**

### **PROGRAMME & ENROLMENT FORM**

8 January to 28 March 2024

(Half-Term: week commencing 19 February 2024)

Some activities continue into the Summer Term and are listed  
separately. These require payment of an additional fee.

**ENROL PLEASE BY 15 DECEMBER 2023**

Return form to: Jane Roberts

**30 Manor Farm Way, Sharnbrook, MK44 1PH**

<b>ACTIVITY</b>	<b>DATES</b>	<b>TIME/LOCATION</b>	<b>NOTES</b>
<b>ART</b> Led by Des Hoar	Weekly Wednesdays starting 10 <sup>th</sup> Jan	10.00 to 11.30 Bowls Club	This is a Watercolour Painting class. Come and have fun. Des will give tuition, support and encouragement. Group size limit of 16 with preference given to Autumn Term participants.
<b>BRIDGE</b> Led by Ann Mayhew	Weekly Mondays starting 10 <sup>th</sup> Jan	2.30 to 4.30 Village Hall	Suitable for those with knowledge of basic bidding and card play. Ann builds on existing skills to help you move onto the next level. Some video lessons will be used this term. No need to come with a partner.
<b>LOCAL HISTORY</b> Led by June Barnes	Alternate Wednesdays starting 17 <sup>th</sup> January	2.00 to 3.45 Methodist Church (except when visits are arranged).	Once again, a varied programme of talks and visits. Members will be asked to make a small contribution towards the fees/expenses of some speakers.
<b>PHOTOGRAPHY CLUB</b>	Weekly Tuesdays starting 9 <sup>th</sup> January	2.00 to 3.45 Village Hall	All levels of expertise welcome - our aim is to learn and share through a variety of activities. Members may be asked to contribute to the cost of an on-line course.
<b>FAMILY HISTORY FORUM</b> Led by John Jarvis	Fortnightly Wednesdays starting 10 <sup>th</sup> January	10.00 to 12.00 Methodist Church	The Family History Forum will consider the many ways and methods by which we can search for our ancestors and share our experiences to help find solutions to problems that may have been encountered when carrying out research. We will use online web searching e.g., Ancestry, Deceased Online, British Newspaper Archive etc.
<b>TRAVEL CLUB</b>	Fortnightly Thursdays starting 18 <sup>th</sup> January	2.30 to 4.00 Village Hall	Sharing photos, stories, facts, tips – whether you are an armchair traveller or globetrotter, we know you will enjoy these sessions. The Travel Club will meet fortnightly, on Thursday afternoons, and we will look forward to sharing holiday experiences from home and abroad.
<b>LfP BOOK CLUB</b>	Half termly Tuesdays 16 <sup>th</sup> January 12 <sup>th</sup> March	2.30 – 4.00 Bowls Club	We meet for friendly discussions on books we choose ourselves. We select one fiction and one non-fiction book. Most frequent comment is, “I never would have chosen this without Book Club, but I really enjoyed it!”

<b>CONVERSATIONAL FRENCH</b> Led by Amélie de Moreau	Weekly day and time to be confirmed	Bowls Club	Improve your conversational French in this small group (8 members) led by a native speaker of the language. You need a basic knowledge but, above all, must be willing to speak up and not be afraid to make mistakes.
---	-------------------------------------	------------	--

## PHYSICAL ACTIVITIES

COURSE	DATE	TIME/LOCATION	NOTES
<b>LINE DANCING (Beginners)</b> Led by Val Cox	Weekly Mondays starting 8 <sup>th</sup> January	09.30 to 11.00 Village Hall	All are welcome and some members of the group lead dances that they particularly like. Mainly it's a group for fun, socialising and exercise.
<b>LINE DANCING (Advanced)</b> Led by Lesley Silk	Weekly Wednesdays starting 10 <sup>th</sup> January	3.00 to 4.30 Village Hall	For more experienced line dancers.
<b>COUNTRY DANCING</b> Led by Lynne Whapples	Alternate Fridays starting 12 <sup>th</sup> January	2.00 to 3.30 Village Hall	All welcome, no experience necessary and you do not have to bring a partner. All the dances and moves will be explained. A relaxed, friendly atmosphere.
<b>INDOOR CROQUET</b> Led by David Bonham	Weekly Tuesdays starting 9 <sup>th</sup> January	2.00 to 4.00 Methodist Church	Beginners welcome. We all learnt to play here at LfP, and have always had new players coming along, so we are used to teaching beginners. If you can stand up for a minute at a time to play, you can then chat and socialise for the rest of the time. This is not a serious course where you must attend every session. Go to your GP, on holiday, grandchildren at half term etc., but come when you can! Group size limited to 15.
<b>PILATES</b> Taught by Barry Green	Weekly Tuesdays starting 9 <sup>th</sup> January	11.00 to 12.00 Village Hall	For those experienced in Pilates. <b><i>Bring own equipment as pre-requisite to joining the group (a mat, head block, ball &amp; stretch bands).</i></b>
<b>WALKING FOOTBALL</b> Co-ordinated by Ray Mayhew	Weekly Thursdays starting 11 <sup>th</sup> January	5.00 to 6.00 Sports Hall Sharnbrook Community Sports Centre	Walking Football is a slower version of the beautiful game – so no running or physical contact and the ball is kept below head height. An excellent way of staying fit and healthy. The emphasis is on fun and pleasure. <b>Join us for a taster session.</b>  <b><i>All abilities, genders and ages welcome, no experience required.</i></b>

<b>TABLE TENNIS</b> Led by David Barnes	Weekly Thursdays starting 11 <sup>th</sup> January	10.30 to 12.00 Methodist Church	A very enjoyable, not too energetic, sociable morning. No leagues, no heavy competition – JUST FUN!
--	---	------------------------------------	---

## CREATIVE ARTS

COURSE	DATES	TIME/VENUE	DETAILS
<b>CREATIVE WRITING</b> Led by Ven Bolton	Alternate Thursdays starting 11 <sup>th</sup> January	2.30 to 4.00 Bowls Club	Writing on your own can be lonely, sharing your work with others is much more fun. The LfP Creative Writing group does not have a tutor – we simply set ourselves some tasks to do at home, then share them at our fortnightly meetings, along with a spontaneous challenge that provokes thought and laughter. We aim to produce a yearly booklet – possibly the only time some of us will ever have to get published! We meet fortnightly in the Bowls Pavilion and we'd love to welcome you.
<b>RECORDERS</b> Led by Thérèse Mostowfi	Wednesdays starting 10 <sup>th</sup> January	Bowls Club 12.15 to 1.15 Experienced and current players 1.15 to 1.45 Beginners	If you enjoy playing the recorder or would like to learn (the descant recorder), please come and join our small group of descant, treble and tenor players. No concert performances, just lots of laughs. New members always welcome.
<b>SINGING</b> Led by Val Cox	Weekly Thursdays Starting 11 <sup>th</sup> January	Village Hall 12.30 to 2.00	As you all know, 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!

## CRAFTS

TOPIC	DATES	TIME/VENUE	DETAILS
<b>CARD MAKING</b> Led by Linda Hoar	Wednesdays 17 <sup>th</sup> January 28 <sup>th</sup> Feb and 13 <sup>th</sup> March	10.00 – 12.00 Methodist Church	This is an Improvers course for those who have worked with Linda before, or who have previous experience of Card making. Linda will provide all necessary materials at a cost of £1.50 per session. Maximum group size is 9.
<b>PAPER QUILLING</b> Co-ordinated by Marian Blyth	Wednesdays 24 <sup>th</sup> January 6 <sup>th</sup> March	2.30 to 4.30 Methodist Church	Freeform quilling using coloured strips to make unique forms for tags. A group for members with some quilling experience to work on their craft and share the fun. Marian can advise if you need help. Beginners welcome.

<b>CRAFT &amp; CHATTER</b> Co-ordinated by Thérèse Mostowfi	Tuesdays Starting 9 <sup>th</sup> January	10.00 – 12.00 Bowls Club	Join our friendly crafting group and bring your own project to work on while you share ideas, learn from others, have a coffee and chat. Any craft is fine – patchwork, crochet, card making, knitting, paper quilling, lace making, cross stitch or anything else you might be working on! We are trying to introduce more craft activities with taster sessions and specific LfP groups working at Craft & Chatter occasionally – take a break from your own craft to see what they are doing.
<b>MACHINE EMBROIDERY</b> Co-ordinated by Marian Blyth	Tuesdays 27 <sup>th</sup> Feb and 19 <sup>th</sup> March	10.00 – 12.00 Bowls Club (at same time as Craft & Chatter)	This term machine embroidery will be planned into the Craft & Chatter schedule to enable the existing small group to extend their skills. Beginners welcome.
<b>PATCHWORK</b> Co-ordinated by Christine Futter	Thursdays 7 <sup>th</sup> March 21 <sup>st</sup> March	10.00 to 4.00 Bowls Club	An opportunity to work on your own projects and share ideas in the company of fellow enthusiasts. This is not a taught class but Christine, with her vast patchwork experience, will be present to help and advise. <b><i>Sewing machine needed.</i></b> NB – a one-off demo of free motion quilting will take place as part of the Craft & Chatter schedule this term (see LfP Calendar for date).
<b>FLOWER ARRANGING</b>	Monday 25 <sup>th</sup> March	2.00 – 4.00 Bowls Club	A special practical session led by Jackie Biggs and Doreen Boyles to make our own Easter arrangement. As many members will know, Jackie and Doreen have years of experience creating displays in church and of winning prizes locally for their creations. They will let us know nearer the date what we should bring along that day. Group limited to 10 participants.

ACTIVITY	DATES	DETAIL
<b>LfP Theatre Club</b>	Various dates to be arranged.	The Sharnbrook LfP Theatre Club currently has about 85 members who over the months have expressed an interest in participating in theatre visits. When the Club was first formed a straw poll indicated that most would enjoy musicals and comedy productions but we are open to suggestions from members for any production they fancy. We tend to limit bookings to theatres within about an hour's travelling time but members must arrange their own transport – hopefully car sharing. Recent offerings have included Sister Act, Strictly Ballroom, Best Exotic Marigold Hotel, Hairspray, Evita and The King and I. So that we can book good seats as a block, our initial bookings must be made months in advance and usually just as the theatres announce

		<p>their programmes or first advertise their productions. Having obtained these reservations emails are sent to members about three months or so before the shows to obtain their bookings and payment for the tickets. If all the tickets are allocated a reserve list is kept in case members find themselves unable to attend. It is then left to the interested parties to arrange transfer and payment for these tickets. If you are <b>already</b> a member of the Group or are interested in <b>becoming</b> so please indicate your continuing or new interest on the LfP enrolment form. The list of members is updated on an annual basis and we do not wish to continue to send emails to those who are no longer interested in participating. Your name will be added to the list and passed to the Co-ordinator who will keep you informed on the offerings available. If you have any queries please contact Bryan Steiner on 01234 782432 or Ven Bolton on 07909 508261.</p>
<b>Quiz</b>	Saturday 2 <sup>nd</sup> March	<p>7.30 to 10.00 pm at the Village Hall A fun and interesting evening, come and join us.</p>
<b>LfP AGM and Buffet</b>	Thursday 28 <sup>th</sup> March	<p>A chance for LfP members to get together to celebrate another term and to thank our wonderful tutors. Donations welcome for our chosen charity for the year – Sight Concern Bedfordshire. <b>(Sorry but due to maximum capacity of the venue, we must limit the event to LfP members only on a first come, first served basis).</b></p>

## FEES AND COSTS

Our Membership Subscription for the Spring term is **£25**. For the Summer Term it is **£10**. We are asking members who wish to join Summer Term activities to send payment with this enrolment form. So, £25 for Spring Term only and £35 for both terms.

You can apply for as many courses as you wish. **You must be enrolled with a class to attend (you will be notified if a course is over subscribed)**. If you decide to join a class later in the term that you did not initially sign up for, then please let Jane Roberts know so that class lists can be kept up to date for insurance purposes.

If you want to do a one-off taster session the fee will be **£3**.

Refreshments are available at the main venues – there is no longer a separate charge for these.

For some courses we may ask for a one-off payment towards costs and expenses. We are anxious to ensure that no tutor is out of pocket when they are giving up their time to run these courses and we know that you will appreciate this.

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

Photography Club may ask Members to contribute to the cost of the on-line course.

## DATA PROTECTION ACT

By returning this form you consent to Sharnbrook Learning for Pleasure processing data about you. We will use and store the information for the provision of membership administration, the communication of information and the organisation of courses and events. We do not pass your details to third parties to use. A copy of the LfP Privacy Notice is available on request.

Any queries, please email or ring Jane on 07808 270835 – [lfpsarnbrook23@gmail.com](mailto:lfpsarnbrook23@gmail.com)

## ENROLMENT

The Enrolment Form is below, tick each activity requested (even if you enrolled last term). Please only enrol for those courses you know you will be able to attend regularly. We appreciate that everyone will miss occasional sessions.

PLEASE ENROL ASAP and by **15 December 2023** at the latest

If a course is full, you will be notified by 22 December 2023

# ENROLMENT FORM – SPRING/SUMMER 2024

We have a maximum number on courses. All enrolments will be on a first come, first served basis. LfP now offers the opportunity to pay by bank transfer as well as cash/cheque.

The fee for the Spring Term is £25.00 (including refreshments). Fee for Summer Term £10.00

Please tick your chosen method of payment: ☐ Cash ☐ Cheque ☐ BACS

**Cheques** should be payable to **Sharnbrook Learning for Pleasure**

**BACS payment details:**

**Payee:** Sharnbrook Learning for Pleasure **Sort code:** 08-92-99 **Account No:** 65382802

**Reference:** Your surname + S24 (e.g. Smith S24) to indicate who paid and Spring/Summer 2024.

We cannot accept enrolments by email. A completed enrolment form must be received whichever method of payment is chosen – please post or deliver the completed enrolment form to:

**Jane Roberts, 30 Manor Farm Way, Sharnbrook, MK44 1PH**

NAME ..... EMAIL .....

ADDRESS.....

POSTCODE ..... TEL NO .....

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

Spring Term Activities	Tick the Subject you want to do
Art	
Bridge	
Local History	
Photography Club	
Family History Forum	
Travel Club	
LfP Book Club	
Conversational French	
Line Dancing - Beginners	
Line Dancing - Advanced	
Country Dancing	
Indoor Croquet	
Pilates	
Walking Football	
Table Tennis	
Creative Writing	
Recorders	
Singing	
Card Making	

Spring Term Activities Cont'd	Tick the Subject you want to do
Paper Quilling	
Craft & Chatter	
Machine Embroidery	
Patchwork	
Flower Arranging	
LfP Theatre Club	
LfP Quiz Night	
LfP AGM & Buffet	

SUMMER TERM	Tick subject if you want to continue
Bridge	
Line Dancing (Beginners)	
Pilates	
Walking Football	
Table Tennis	
Singing	
LfP Book Club	