



alston hall
Lancashire Adult Learning

Courses Remaining Spring - Summer 2007

Full details on any of the courses can be found on the website **www.alstonhall.com** or by contacting the College

Day course fees shown include lunch and refreshments

Residential course fees include full board in standard accommodation - ensuite may be available at a supplement

Non Residents welcome on residential courses
£15 per night reduction given.

*To book on any of the courses in this booklet
please contact the college*

*Alston Lane, Longridge
Preston, PR3 3BP*

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www.alstonhall.com*

Creative Writing

16-19th July	Creative Writing - <i>No accommodation available</i>	195
11th Sep	Creative Writing - Producing New Work (also 9th October)	27
25th Sept	Creative Writing - The Next Step (also 16th October)	27

Literature

14-16th Sep	Shakespeare's Comedies	138
20th Sep	Introducing 20th Century Poetry	29

Healthy Living

6-8th July	T'ai Chi Residential	£130
14th July	Living Yoga	£25
20th July	Keep Fit for All - Keep Fit and Have Fun - also 21st Sep	£27
27-29th July	Reiki I	£130
18th Aug	Introduction to Massage -Course repeated on 22nd Sep & 6th Oct	£25
7-9th Sep	Reiki II - <i>No accommodation available</i>	£130
8th Sep	Emotional Freedom Technique for General Wellbeing	£25
9th Sep	Beginners Workshop in Pilates - Discover Your Inner Strength	£25
14th Sep	A Day of Belly Dance - No previous experience required	£32.50
16-18th Sep	Retreat and Recharge with Janet Kay Mayor	£130
26th Sep	Crystals for Beginners - Follow on Day on 24th October	£30
28-30th Sep	Alexander Technique for Beginners	£130
30th Sep	Art of Relaxation - Course repeated on 27th Oct	£25
30th Sep	Indian Head Massage For All	£30
7th Oct	Pilates for Sports - Use Pilates to Improve Your Game	£27
19-21st Oct	2 day/1 night Residential Complementary Therapies Course	£145
20th Oct	T'ai Chi	£27
26-28th Oct	Reiki Usui Level III	£130
Yoga Days with Stephen Emmett availability on various days - contact college for further details		£27

Humanities

2nd July	The American Dream	£29
12th July	Architecture, USA - The Home of the Maverick	£29
19th July	The Genius of Picasso and Matisse	£32.50
20-22nd July	'Every Picture Tells a Story' Victorian Art and Society	£138
25-28th July	Antiques Summer School	£247
10th Aug	Dali and the Surrealists Explained	£32.50
4th Sep	'Windmill Land' Revisited	£29
7-9th Sep	Ancient Persia - <i>No accommodation available</i>	£138
10th Sep	Country Churches and Chapels of North Lancashire	£29
12th Sep	Village Life in 16th Century Lancashire - also 24th October	£29
14-16th Sep	Introduction to Geology and the Landscapes of the British Isles	£158
27th Sep	British Political Crises (also 4th October)	£29
12-14th Oct	Wonderful Things - The Story of Tutankhamun	£148
18th Oct	History Around Us - Ulverston, Quakerism to Buddhism	£45.75
19-21st Oct	The Bloomsbury Group	£138

Information Technology

7th July	CD Compilation	30
9th July	Posters and Cards Using Digital Cameras	30
9th July	Getting to Grips with Spreadsheets - <i>Twilight Course</i>	26
3rd Sep	Digital Cameras - Technical Day	30
3rd Sep	Mail Merge Made Easy - <i>Twilight Course</i>	26
10th Sep	Improving Your PowerPoint Presentations - <i>Twilight Course</i>	26
10th Sep	Advanced Photo Editing	30
15th Sep	Creative Computing for Celebrations	30
22/23 Sep	An Introduction to Web Page Design	60
29th Sep	Digital Audio	30

Music

14th July	Acoustic Guitar - From Basics to Beyond	£27
16th July	Singing - Working Towards a Better Performance	£32.50
26th July	Schumann and the Piano	£29
5th Aug	Mendelssohn's Visit to Scotland	£29
5th Sep	Opera Houses of the World	£29
16th Sep	Recorder Ensemble	£32.50
17th Sep	Singing for Beginners	£32.50
21-23rd Sep	Choral Singing Weekend	£148
11th Oct	Poulenc and the Piano	£29
12-14th Oct	Viol Consort Playing	£138
15th Oct	Singing - Diction	£32.50

Dance

5th July	English Folk Dancing Days - also on 6th Sep and 4th Oct	£29
16-18th Aug	Ballroom and Latin American Dancing	£138

Lacemaking & Textile Art

3rd July	Lacemaking Days also on 10th July, 4th and 11th Sep	£32.50
11th July	Another Fine 'Mesh' You've Got Me Into - repeated on 18th July	£32.50
23-25th July	Honiton Lace for All	£138
17-19th Aug	Second Time Around - Ancient into Modern	£138
5/12th Sep	Beginners Hand Embroidery	£60
10/17th Oct	Beginners Machine Embroidery	£60
19th Oct	Beaded Vessel	£32.50
19-21st Oct	Hearts and Flowers	£138
28-30th Oct	Contemporary Whitework	£138

Introduction to Learning

During the month of August these short courses offers you the chance to try out or learn a little more about a subject. All courses start at 10 am and end with lunch at 1 pm offering 3 hours of tuition.

Cost £19.75 per day

6th August - ***A Taste of Flowers*** - Learn how to wire flowers and leaves and make ribbon bows. All students will make a corsage.

7th August - ***Have a go at Playing Bridge*** - At the end of the session you will have a good idea of what the game is all about.

13th August - ***Exploring Origami, The Art of Paper Folding*** - Birds, Frogs and ornate boxes will be made as well as napkin folding.

13th August - ***Reflexology*** - An opportunity to learn the basic principles of reflexology.

14th August - ***An Introduction to Emotional Freedom Technique*** - An interactive workshop which will include demonstrations and participation

14th August - ***English Folk Dancing*** - A gentle introduction to the pleasures of English Folk Dancing

15th August - ***Introduction to Handwriting Analysis*** - The aim of this course is to see the significance of individual features and gestures which appear in peoples handwriting

15th August - ***Enhance Your Garden*** - View your garden through the eyes of a designer. Utilise your garden space to best advantage.

16th August - ***Family History Taster*** - Curious about your family history? This taster session will give you the confidence to start the search.

17th August - ***Nail Care*** - Learn professional tips and techniques to improve your nails and hands.

21st August - ***Art of Relaxation*** - Gain a practical experience of relaxation techniques to help cope with our increasingly busy lives.

22nd August - ***Crystal Healing*** - Learn about the many uses of crystals, including how they can be used for general health and well being.

23rd August - ***Belly Dance for Beginners*** - This taster course for beginners will provide the opportunity to learn the basic moves.

28th August - ***A Taste of Medicinal Plants*** - Learn about the basic principles and practice of medical herbalism

<i>Creative Crafts</i>		
7th July	Walking Sticks also on 8th July	70
9-12th July	Fabric Covered Constructed Boxes	207
13th July	Spinning and Other Fibre Crafts (also on 14th Sep)	29
20-22nd July	Build & Decorate a Large Pot	130
22-27th July	Sew with Janet Movice Summer School	335
25th July	Pergamano (also on 19th Sep)	32.50
28th July	China Painting - also on 15th September	32.50
4th Aug	Dressmaking for Improvers	38
9th Aug	Patchwork and Quilting (also on 6th Sep and 4th Oct)	32.50
13-16th Aug	Painting on China	207
3rd Sep	Floral Craft - Wonderful Autumn Flowers	30
10th Sep	Ceramic Heads - also on 15th Sep	30
14-16th Sep	Card Making Extravaganza	130
15/16th Sep	Overlocking Techniques Workshop	76
23-27th Sep	Stained Glass Foiling and Leading Techniques	260
23-26th Sep	Problem Solving Workshop for Machine Knitters	207
28th Sep	Punch Art Cards	30
5th Oct	Sugarcraft Flowers and Foliage	30
8th Oct	Floral Craft - Flowers for Christmas	30
13/14th Oct	Picture Framing Workshop	76

<i>Calligraphy</i>		
21st Jul	Calligraphy Workshops - Lombardic Vessels	30
29th Sep	Beginning Calligraphy	30
13th Oct	Calligraphy - Moving On	30
27th Oct	Capital Letters	30

NLP Courses with Margaret Walton
 Check with the college for dates & availability

Visual Arts

8/13th July	Portrait and Figure Painting	350
15/18th July	Creative and Exploratory Pastel Techniques in Landscape Art	207
22nd July	Painting with Gouache	32.50
27/29th July	Wildlife Illustration	138
4/5th Aug	An Introduction to Botanical Art	65
10/12th Aug	Expressive and Exciting Techniques in Life Drawing	148
18/22nd Aug	Chinese Brush Painting - Landscapes	207
20/24th Aug	Calligraphy Summer School - Dressing Old Words New	260
26th Aug	Painting Subject and Background	32.50
28-31st Aug	Let's Just Paint	220
8/9th Sep	An Adventure in Chinese Brush Painting	65
19th Sep	Painting Coastal Scenes	32.50
21-23rd Sep	Encaustic Exchange	138
30th Sep	Painting - Create impact and Texture	32.50
10th Oct	Painting the Golden Tones of Autumn	32.50
14/16th Oct	Painting with Gouache	138

General Interest Courses

14th July	Improve Your Photography	£30
19th July	Mediterranean Cookery	£30.50
21st July	Introduction to Numerology - Follow on day 11th August	£27
12-17th Aug	Summer Walking Week - 5 varied walks on the theme of Rivers	£395
30th Aug	Cookery - Vegetarian Main Courses and Accompaniments	£30.50
26th Sep	Making a Start in Astronomy - Fee includes Evening Meal	£24
7th Oct	Styles to Flatter Your Body - also being held on the 28th October	£30.50
11th Oct	Cookery - Learn How to Take the Anxiety Out of Entertaining	£30.50
22nd Oct	The Autumn Garden with Peter Foley	£32.50
26-28th Oct	Dowsing for Earth Energies and Geopathic Stress	£138

Alston Programme

Why not come in good time and enjoy a walk in the grounds, or pre-dinner drinks from the bar and simply enjoy being in this beautiful location

- 8th July **Plutocrats on Vacation - Roger Mitchell** introduces us to the Holiday Homes of the American Rich - 1870 - 1940
- 22nd July **Music for a Summer's Evening** Andrew Wilde returns to us for a programme of delightful piano classics including Schubert and Chopin
- 2nd Sept. **The Forts and Palaces of Rajputana**—Pam Dowson explores many of the regions magnificent forts and palaces and the stunning scenery
- 9th Sept. **Virtuoso Music for Recorders** - Join Polyphonica as they take you on a musical journey through the Medieval, Renaissance, Baroque and 21st century. There will be something for everyone to enjoy.
- 16th Sept. **Taking Coal to Newcastle** - John Shaw journeys from Altham, through Pendleside, Craven, Wensleydale and on to Newcastle.
- 30th Sept. **The Melody Makers** - Enjoy and evening down memory lane with songs from the 40s and 50s.
- 7th Oct **The River Thames from Source to 'Tide-End-Town'** - Cliff Astin describes the history and beauty to be found along this interesting river
- 14th Oct **The George Formby Story** - Denis Taylor returns to Alston Hall with his fascinating presentation on George Formby
- 21st Oct **Historical Paris Through the Eyes of the Impressionists** - With the extensive use of slides Valerie Marshall explores the new Paris through the eyes of the painters.
- 1st Nov **Rafting the Grand Canyon and Driving the West Coast of USA**
Original date full - new date for this popular talk by Steuart and Anita Kellington