

MONDAY

Zumba				9.30 - 10.30am
Coral Stebbings			15 max	Church Hall
ALF 637	6 Sessions	Jan 6 - Feb 10	£	60.00
ALF 638	6 Sessions	Feb 24 - Mar 31	£	60.00

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.

Stretch & Glow				10.45 - 11.15am
Coral Stebbings			25 max	Church Hall
ALF 639	6 Sessions	Jan 6 - Feb 10	£	36.00
ALF 640	6 Sessions	Feb 24 - Mar 31	£	36.00

A chair based exercise class for those who thought that exercise had passed them by. It's exercise to help you stretch and glow!

Tai Chi (Pt 1 Beginners)				11.30 - 12.25pm
Tim Haxell			22 max	Church Hall
ALF 641	6 Sessions	Jan 6 - Feb 10	£30	
ALF 642	6 Sessions	Feb 24 - Mar 31	£30	

Tai Chi is a gentle exercise that allows you to stretch your muscles, tendons, and ligaments in a natural way, creating a feeling of relaxation and providing real health benefits. Part 1 'Beginners' welcomes newcomers and will concentrate on the first moves of the Moy technique. This class will also be suitable for those who only wish to concentrate on the first moves of the set or who may wish to take up Tai Chi again after a break. Please note: Once the class is underway no new beginners will be able to join before the next season.

Tai Chi (Pt 2 Progressors)				12.35 - 1.25pm
Tim Haxell			22 max	Church Hall
ALF 643	6 Sessions	Jan 6 - Feb 10	£	30.00
ALF 644	6 Sessions	Feb 24 - Mar 31	£	30.00

Part 2 'Progressors' is for those who have previously attended a beginners class or have experience of the Moy technique. The class will move at a steady pace to teach moves 50 onwards.

Practical Herbal Medicine - A Toolkit for Health and Wellbeing				2.30 - 4.15pm
Dave Bescoby			15 max	Red House
ALF 646	4 Sessions	May 12 - May 19, Jun 2 - Jun 9	£	40.00

During this four-week workshop we will explore ways in which many of the abundant native medicinal plants can become allies in our search for improved health and wellbeing. Each week we will explore a number of plants in terms of their contemporary and traditional use, mythology and folklore, experiencing them directly as a group through the making and taking of herbal preparations. Participants will gain the knowledge and confidence to apply herbal medicines in the treatment of commonly experienced conditions, building a personalised toolkit of effective natural remedies. The course is suitable for both newcomers and those who have undertaken previous ALF courses on herbal medicine.

MONDAY Evenings

Textiles and Travellers along the Eastern Silk Road				6.30 - 8.00pm
Stephanie Bunn			15 max	Library
ALF 647	3 Sessions		Jan 13 - 27	£30

A further 3 sessions from an anthropological perspective which will explore textiles, travellers and journeys at specific stages of the Silk Road using photos and examples of textiles, felt and clothing from Stephanie's extensive collection.

TUESDAY

Spring into Fabulous Flowers and Irresistible Insects				10.00 - 12.00pm
Steve Massey			12 max	Library & Out
ALF 648	5 Sessions		Apr 1 - 15, May 6 - 13	£ 50.00

This will be Steve's eleventh year leading courses at Aldeburgh Library, with outside visits to different habitats for wildflowers, berries, seeds and insects. During the course we will visit various local habitats such as woods, coasts, heaths, marsh and churchyards. We will meet at the Library and as most of the time will be spent outside, appropriate footwear and clothing is advised, together with water and a hat if it's hot.

The Extraordinary Marys and their Extraordinary Novels				3.15 - 5.00pm
Kate Drayton			20 max	Library
ALF 649	6 Sessions		Jan 28 - Feb 11, Feb 25 - Mar 11	£ 60.00

*This course centres on three Marys: Wollstonecraft, Shelley and Evans (better known as George Eliot). Mary Wollstonecraft, author of *A Vindication of the Rights of Woman* (1792) died 11 days after giving birth to her daughter. The daughter became Mary Shelley and began writing *Frankenstein* only 18 years later. Mary Ann Evans is born a year after that. We will look at the lives and work of these authors, focusing on Shelley's *Frankenstein*, Wollstonecraft's *Maria*; or, *The Wrongs of Woman* and George Eliot's *Mill on the Floss*.*

The Villager's Tale - An Exploration of Rural Life in 14th Century England				3.15 - 5.00pm
Graham Platts			20 max	Library
ALF 650	4 Sessions		Mar 18 - Apr 8	£ 40.00
ALF 651	4 Sessions		Apr 29 - May 20	£ 40.00

Graham specialises in late Medieval culture and society. In a previous course he introduced us to the development of Language, Lore and Legend, and in this two part course he examines the lives and roles of Villagers in rural England. It is intended to be quite participative. Attendees will imagine themselves as a 14C Villager and choose the location of the village so that local features of peoples' lives are taken into account. Graham will lead discussions in the first 7 sessions and provide relevant information about life in the 14C with a variety of materials to support the sessions including literary extracts and music. In the final session our Villagers will come to life when we build their individual identities and give a brief overview of their life based on our interests and information drawn from the earlier sessions.

TUESDAY Evenings

Why Read Poems?				6.30 - 8.00pm
Ian Patterson			20 max	Library
ALF 652	3 Sessions	Feb 11 - Feb 18, Mar 4		£30

In each session we will take two or three poems, linked by subject matter, from different periods, and look at them in detail to see how they work and what they can offer us .

WEDNESDAY

Yoga				9.30 - 11.00am
Louise Mangeot			15 max	Fairfield Centre
ALF 653	4 Sessions	Jan 15 - Jan 29, Feb 12		£40
ALF 654	5 Sessions	Feb 26, Mar 12 - Mar 26, Apr 9		£50
ALF 655	3 Sessions	Apr 30, May 14 - May 21		£30

Yoga can enhance your physical and mental wellbeing. The course will aim to help you improve:

Physically - your posture, strength, suppleness and balance;

Mental and emotional stability, calm and insight – awareness of own physical and mental states; focus and quiet concentration are an excellent way to start your day.

Energetic – restore and rebalance

Practices include: Asana (postures); Pranayama (Breath/Life force and Sensory Awareness); Mindfulness; Nidra (Guided Relaxation & Rejuvenation).

Guidance

Please wear layers of loose clothing – practices can be warming and cooling.

Bring own mat and props if have them.

Recommend (health and blood sugar permitting) no meal for at least 1 hr prior to class, only light snack.

Arrive 10 to 15 mins before class starts, to prepare.

WEDNESDAY Evenings

Aldeburgh Conversations				6.30 - 8.00pm
Aldeburgh Library Foundation			15 max	Library
ALF 656	3 Sessions	Feb 12, Apr 2, May 7	£	15.00

Based on the idea of disagreeing agreeably, these sessions will be roundtable discussions on current topics and political issues. Topics will be announced ahead of time. Come prepared to participate.

Reach for the Stars and Discover/rediscover Astronomy				6.30 - 8.00pm
David Gwynn			20 max	Library
ALF 657	3 Sessions	Feb 26 - Mar 5, Mar 26	£	30.00

David's sessions are as non-mathematical, broad based and up-to-date as possible to make astronomy accessible to all levels, and as the new generations of telescopes are constantly finding discoveries David hopes to cover these during his series of talks:

- 1) The Life Cycle of Stars inc Hertzsprung- Russell diagram, an important graph which shows stars at various stages of their cycles and plots their temperature –v- brightness.*
- 2) Spectroscopy has always been a valued tool for scientists and David will introduce us to its huge importance in astronomy.*
- 3) Latest Astronomical Discoveries identified via a range of land and space telescopes inc the James Webb Space Telescope which is going to WOW us for many years to come.*

THURSDAY

Continuing Watercolour				9.30 - 11.30am
Mel & Brenda Keable			16 max	Fairfield Centre
ALF 658	6 Sessions	Jan 9 - Feb 13	£60	

These classes are for those who have already done “Beginners Watercolour” or those who already have a grounding in watercolour techniques.

Beginners Watercolour				9.30 - 11.30am
Mel & Brenda Keable			16 max	Fairfield Centre
ALF 659	6 Sessions	Feb 27 - Apr 3	£	60.00

Each week will explore techniques for painting subjects such as skies, water and tree. Allowing participants to build on the foundation needed to paint landscapes, still life and more.

Continuing Watercolour				9.30 - 11.30am
Mel & Brenda Keable			16 max	Fairfield Centre
ALF 660	6 Sessions	May 1 - Jun 5	£	60.00

These classes are for those who have already done “Beginners Watercolour” or those who already have a grounding in watercolour techniques.

THURSDAY - Continued

How to Paint a Still Life - an Illustrated Talk				2.30 - 4.15pm
David Gillingwater			20 max	Library
ALF 661	1 Session		Jan 23	£10

Demonstrating in oil paint, David will guide you through the process of creating a simple still life. Using his 'box system,' he will show you how to light the subject and explain his choice of colours, surfaces, and brushes. This is an excellent introduction for any budding artist seeking top tips.

Sorolla vs Sargent - an Illustrated Talk				2.30 - 4.15pm
David Gillingwater			20 max	Library
ALF 662	1 Session		Feb 13	£10

A fascinating look at the life of Joaquín Sorolla and his role in art during the late 19th century, including how Sorolla compares to other artists of his time, especially John Singer Sargent. The talk will also feature a demonstration of his palette and his approach to painting.

Philosophy Through Art: Perspectives on Reality				2.30 - 4.15pm
Sue Pine			20 max	Library
ALF 663	6 Sessions		Feb 27 - Apr 3	£60

Through art, we'll explore ideas about the reality of our world and worlds beyond. We'll include the afterlife, the realm(s) of the gods and faery and perspectives on human life, past and future; on other planets and in an ideal world. Descartes, Hegel and Chalmers will be there as well as ideas from other cultures.

How can I maintain good health and well-being?				2.30 - 4.15pm
Rachael Martin			15 max	Library
ALF 664	3 Sessions		May 1 - May 15	£ 30.00

Rachael will explore how psychological principles can improve our overall health, enrich our wellbeing and help us live more balanced lives. Health and wellbeing go beyond the absence of disease encompassing physical, mental and emotional vitality. The choices we make, our thought patterns, and how we cope with stress all impact our wellbeing. This course will delve into how psychological factors influence these aspects, giving you tools to better understand and improve your own health and wellbeing.

THURSDAY Evenings

Engaging With Issues Facing Britain and Beyond

6.30 - 8.00pm

Denis Kennedy

Derek Wyatt

Hilary McCallion CBE

Celia Allaby

35 max

Library

ALF 665

4 Sessions

Feb 6 (DK)

Mar 13 (DW)

Apr 10 (HM)

May 22 (CA)

£10 each

Denis Kennedy - Brexit nearly 10 yrs on

Following the momentous decision of the UK to leave the EU in 2016, the talk will focus on the underlying factors which gave rise to it in the first place and thereafter on a number of key issues and considerations which have been instrumental in shaping UK policy both domestically and internationally.

Derek Wyatt - The Future of the BBC

Although Keir Starmer has ruled out changes to how the BBC is funded until 2027, the future of the BBC is in question. Over the past few years, the BBC has lost over a million licence fee payers who have migrated elsewhere; many young people no longer watch live television. What would happen if the BBC lost five million licence fee payers or more over the next five years? Lisa Nandy's first opinion piece when appointed Secretary of State at DCMS was to suggest a 'mutual' model. Do we know what that means?

Many approaches have been mooted: advertising on BBC radio or television, reduce stations and output, the Government takes over paying for BBC World Service and so on. Something needs to change, but what?

The previous government commissioned this funding review:

<https://www.gov.uk/government/publications/bbc-funding-model-review-terms-of-reference>. Once select committees have been announced this year, we will know if and how BBC funding is to be reviewed.

Our session will develop discussion and flesh out ideas. Working in groups, we will concentrate on our responses.

Hilary McCallion CBE - NHS - Dispelling the Myths

In 1948 the NHS was introduced and celebrated, in the present day, there is a different attitude towards the NHS and its delivery. This session will explore the public expectations of the NHS, the challenges that are faced daily and what changes could be introduced.

Celia Allaby - Has Democracy had its day?

Having been through 2024 – a record for the number elections – is the world any more democratic? In the US, 'democracy was on the ballot'. In the 1990s commentators thought that the arc of history would bend toward justice and that peoples everywhere would see that democracy is the 'least worst' system we could have. Now, opinion polls tell us that democracy is out of favour, particularly amongst the young. We will unpack all this against the current backdrop.

FRIDAY

Pilates for Men

Sophie Martin

ALF 666

5 Sessions

12 max

Jan 17 - Feb 14

10.00 - 11.00am

Fairfield Centre

£50

Pilates is a safe sequence of exercises which combines mental and physical conditioning and develops a strong body and a sound mind. The Pilates method focuses on using our deep core muscles which support the spine in order to build strength from within.

Classes are capped at 12 to allow for the highest level of intimacy, personal attention and individual progression. These sessions are for men only to give confidence and allow a relaxed environment.

Pilates is a wonderful discipline that can work for everyone, regardless of age and fitness ability. Whatever stage of life you are in, I would love to help you along with your Pilates journey.

Maidens, Good Wives, Spinsters & Widows - the History Sessions

Stephen Poulter

ALF 667

4 Sessions

15 max

Jan 24 - Feb 14

1.00 - 2.45pm

Library

£ 40.00

Maidens, Spinsters, Goodwives and Widows – The Lives of East Anglian Women from the Tudors to the Victorians

Experienced local historian and author Stephen Poulter has collected a variety of original manuscripts from Norfolk & Suffolk County Archives which he uses, along with online research material, to reveal the stories of variety of women from across the social spectrum who lived between 1500 and 1900. These include a Lady of the Manor, a female innkeeper, a Georgian Gentlewoman and a twice-widowed 19th century farmer. You will use historic documentation to piece together biographies of a section of rural society which has, until recently, been largely ignored and marginalised.

JUST WRITE! - A Short Film Script

Vanessa Raison

ALF 668

5 Sessions

12 max

Jan 17 - Feb 14

3.15 - 5.00pm

Library

£ 50.00

Jan 17th What is a short film? Genre

Jan 24th Research Generating ideas

Jan 31st Writing the script

Feb 7th Shot List and Storyboard and the Language of Film

Feb 14th Planning the shoot

iPad Improvers

Wendy Gilbert

ALF 669

4 Sessions

12

Feb 28 - Mar 21

3.15 - 5.00pm

Library

£ 40.00

Wendy is going into more depth with improvers taking topics such as organising emails, the cloud, photography and editing pictures. She looks at security and the pitfalls to avoid with shopping and banking.

SATURDAY

Rag Rugs and More - Using Recycled Materials Creatively

10.00 - 4.00pm

Liz Shackleton

15 max

Fairfield Centre

ALF 670

1 Session

Feb 1

£

49.00

A chance to try out rag rugs and other projects using recycled materials creatively. Bring some preloved clothing or fabric to use to create a small item while exploring the process. The tools Liz uses to create works are simple and effective: hessian and a frame plus a rug-hook and something to "prog" (make a hole in the hessian) with. Anything goes for materials! Wool, nylon, cotton, lace, polyester, balls of wool, fleece, but if you are keen to make a floor rug then use as much woollen fabric as possible as wool has a natural springiness which does not easily flatten.

Materials: A meter of hessian is included in the price of the course. You will also need: a rag rug hook, a proggie tool, good sharp scissors and a felt tip pen (for marking patterns), also a frame for the hessian and, or course, a selection of materials and scraps.

Please bring tools you have, though a few will be available. Liz can supply some rag rug hooks at £15 for the hook. You can use an empty biro for the proggie tool. The frame could be something you have at home: an old picture frame with flat edges, a strong hand quilting frame which will work for the day or for small projects. Or Liz can supply a reusable frame made out of wood for £10 which produces a finished piece of 35 sq. cms. Bring also your ideas and references for inspiration.

Please bring a packed lunch.

Stained Glass

10.00 - 4.00pm

Mary Lamb

12 max

Fairfield Centre

ALF 671

2 Sessions

Mar 1, Mar 22

£90

There will be some simple patterns to help you to start to learn the techniques and then participants can develop own ideas if desired. It is mainly copper foil technique with glass.

Materials: Some tools will be available to use or share, but do bring your own if you already have them. Bring an apron, your ideas and a design. Please bring a packed lunch.

Introduction to Patchwork

10.00 - 4.00pm

Kate Lemon

10 max

Fairfield Centre

ALF 672

1 Session

Sat May 10

£45

This workshop will teach you the basics of Patchwork, you will then have the opportunity to be creative with your chosen fabrics and shapes and make your own small piece (purse, glasses case, bag etc.) to take home. Please bring a packed lunch.

Material and tools: Please bring any fabrics you have at home you would like to use for your patchwork piece and needles, pins, threads, scissors, a ruler and paper for your design. Some card (A4 size but can be from recycled box) is also helpful.

SATURDAY - Continued

The Garden Sketchbook - Botanical Illustration			10.00 - 3.00pm
Ruth Wharrier		12 max	Red House
ALF 673	1 Session	May 31	£45
ALF 645	1 Session	Jul 14	£45

Two sessions (book one or both) to create a garden sketchbook in pencil, ink and watercolour with Ruth Wharrier. Learn sketching techniques to record your garden in bloom.

Materials: Please bring a new sketchbook or Ruth has some A4 books available with hand made paper covers available to buy at £12.

Bring a packed lunch.

Twentieth Century Women War Artists - an Illustrated Talk			3.00 - 4.45pm
Andrew Casey		15 max	Library
ALF 674	1 Session	Mar 29	£10

This session will explore the contribution women artists made recording war over the twentieth century from the First World War to the Falklands, and the difficulties they faced having their work accepted by the British Government. Whilst prominent male artists went to the front women were restricted to recording the war effort in Great Britain. We will explore the work of Anna Airy, Flora Lion, Clare Atwood and from the Second World War Dame Laura Knight and Anna Zinkeisen. We will also look at the work by Linda Kitson the first female war artist to be sent overseas to record the Falklands conflict.
