

# COMMUNITY ARTS & EDUCATION

2016 - 2017



# Welcome to our 2016 - 2017 Community Arts & Education programme.

We are once again delighted to be able to offer specific programmes in response to your feedback. Our day schools, evening, weekend and short courses range from:

**Bach: St Matthew Passion, an exploration**

**A Short History of Science**

**An Introduction to Shamanism**

**Earth Bread Oven Building**

**Photography: The Complete Skillset**



... as well as old favourites including Drawing at Canterbury Cathedral, Art Appreciation and Philosophy.

We are also offering certain courses which fall under particular themes: Sustainability, and Health and Wellbeing.

We include specialist courses which extend our commitment to issues concerning diversity and equality. We are running an introduction to British Sign Language, which might be then followed up with an accredited BSL programme.

We are also offering awareness raising courses in aspects of dementia and autism. We are delighted to be working with the England Centre for Practice Development in promoting courses for health and well-being through the arts.

# 2016-2017

Our on-going commitment to the issues surrounding sustainability is reflected in courses offered by members of the University's Sustainability Team as well as old favourites from previous years.

Our latest news concerns our new relationship with MidKent College at Maidstone where we are offering CAE courses for the first time. Full details for all of these initiatives are available in this brochure and on our webpages:

[www.canterbury.ac.uk/cae](http://www.canterbury.ac.uk/cae)

## OUR BOOKING SYSTEM

This allows you to book and pay over the phone, book and pay online, or to book in person at our box office in the foyer at Augustine House.

## BOOK YOUR PLACE ONLINE

[www.canterbury.ac.uk/cae](http://www.canterbury.ac.uk/cae)

## BOX OFFICE

Tel: 01227 782994

## CAE OFFICE / ENQUIRIES

Tel: 01227 863451  
(Mon - Fri 9.30am - 2.30pm)

Email:  
[education.communityarts@canterbury.ac.uk](mailto:education.communityarts@canterbury.ac.uk)

*While every effort is made to ensure that all details provided are correct, please note that the information provided in printed form is only correct on the date it is published.*

**Please be aware that we do not provide the materials required for our courses (unless stated otherwise).**

*If materials are required, we will provide further information about exactly what you will need in the course materials sent to you after you book. If you would like to know this information before making a booking please contact April Doyle on 01227 863451 or email [education.communityarts@canterbury.ac.uk](mailto:education.communityarts@canterbury.ac.uk)*

We are proud of the collaborative and inclusive nature of our programmes, and our friendly and expert tutors will help you to make the most of the course you have selected. For more information about our tutors, please visit our website or call us for further information.

Whilst almost all the Community Arts & Education courses are non-accredited, and to be enjoyed for their own sakes, we are happy to provide certificates of attendance.



## CONTENTS

### CANTERBURY CAMPUS

#### AUTUMN 2016

Day schools .....	04
Short courses .....	15

#### SPRING 2017

Day schools .....	24
Short courses .....	33

#### SUMMER 2017

Day schools .....	39
Short courses .....	47

### MIDKENT COLLEGE AT MAIDSTONE

Courses at MidKent College .....	50
Terms & Conditions.....	55
How to Book.....	58

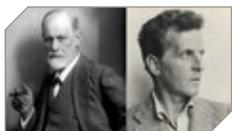
# DAY SCHOOLS

## AUTUMN 2016

### 'NOTHING IS HIDDEN': WHAT CAN WE KNOW OF OURSELVES AND OTHERS?

Saturday 24 September 2016 | 10am-4pm

Tutor: Liz Mitchell | Canterbury campus | £36



What do we think about the 'unconscious'? Full of dreams and desires that are hidden from others, and even from ourselves? Freud is persuasive and flattering. His case studies of 'Little Hans' or 'Anna O' offer fascinating reading.

Yet Wittgenstein puts the opposite view. We have no inner selves. Our minds are not separate entities. Who we are, what we feel is evident so long as we 'Don't think, but look'...

This day school will begin by giving Freud a chance, but then we will move on to see how Wittgenstein challenges us to set aside our preconceptions and see what is before us. He had little regard for Freud's ideas. As he says, 'Trust one Viennese to know another'!

*You may also like to attend the linked day school A Heroic Life: Wittgenstein on Saturday 11 March 2017*

"It has been  
consistently brilliant  
through the three years  
I've been attending  
– always new and  
challenging"

Course participant

## FOCUSING SKILLS FOR LIFE

Saturday 24 September 2016 | 10am-5pm

Tutor: Carolann Samuels | Canterbury campus | £40



Focusing is Mindfulness and more. This day school is an introduction to the Focusing Skills for Life course starting in November. We explore ways of being with ourselves, our experiences and emotions; improving our sense of well-being and physical and mental health. These are natural skills that we can rediscover and reconnect with.

Non-judgmental, safe and gentle, they support us in finding insights into issues in our lives and reconnecting with the flow of life within us. As we turn towards our present moment experience together, we learn ways to help guide us in creativity, decision-making and emotional wisdom. Handouts will be available; no assessment or written work is required, although you may wish to bring pen and paper for note-taking.

This day school can be a stand-alone introduction to Focusing, and it also forms the first six hours of the 60-hour Focusing Skills for Life course, which continues on Wednesday Nov 2nd. *(Please see further details in our brochure entry.)* You do not need to have practised Mindfulness or Focusing before joining this course. For more information, please contact the programme administrator who can put you in touch with the tutor.

*Numbers limited to 15 for this day school.*

## PUCCINI'S MADAME BUTTERFLY: AN EXPLORATION

Saturday 1 October 2016 | 10am-4pm

Tutor: Michael Chandler | Canterbury campus | £36



This day school will explore the origins of this well-known story of the ill-fated love of a Japanese girl for an American sailor, with its prominent themes of love, innocence and experience, loss and betrayal – and a clash of different cultures and 'mores'.

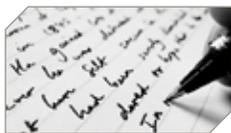
We will explore the structure of this opera, and also discover the element of realism embedded in the story, and the manner in which the librettists and composer – Giacomo Puccini (1858-1924) - enhance this realism *verismo* in word, stage action and music. We will also explore its 'reception history' - from a not so well-received first performance in La Scala, Milan in early 1904 - towards becoming one of the most performed and popular operas, a firm favourite of many opera buffs.

We will also acknowledge this opera's legacy in popular culture; including its 're-incarnation' within a different yet similar setting in the musical *Miss Saigon*.

## LIFE WRITING: TRUTH IS STRANGER THAN FICTION

Saturday 1 and Sunday 2 October 2016 | 10am-4pm

Tutor: April Doyle | Canterbury campus | £72



'Truth is stranger than fiction, but it is because Fiction is obliged to stick to possibilities; Truth isn't.' Mark Twain

During this non-residential writing weekend, we will explore different examples of life writing; including autobiography and biography, diary, memoir and fictionalised life writing, looking at examples from published authors. We will think about the ethics and legalities of

writing about real lives, and there will be time for some writing exercises.

This course will be suitable for beginners and those with some writing experience.

*\*Non-residential. If you would like help finding accommodation in Canterbury please contact the programme administrator on 01227 863451 or email [education.communityarts@canterbury.ac.uk](mailto:education.communityarts@canterbury.ac.uk)*

## A USER'S GUIDE TO ASC (AUTISTIC SPECTRUM CONDITIONS)

Sunday 2 October 2016 | 10am-1.30pm

Tutor: Sally Evans | Canterbury campus | £25



The diagnostic criteria for autistic spectrum conditions are well published but what is 'the spectrum' really about? What is it really like to have an autistic spectrum condition?

This course aims to raise participants' general awareness and looks beyond diagnostic terminology to explore the core of the condition – what it is, its genetic components, the variations in associated

intellectual function and how it relates to behaviour and personality.

Participants will have a chance to put themselves metaphorically in the shoes of someone on the milder end of the spectrum and to see the condition from the inside out.

## HISTORY OF MATHEMATICS

Saturday 8 October 2016 | 10am-4pm

Tutor: Michael Fletcher | Canterbury campus | £36



Have you ever wondered how Mary Queen of Scots' poor mathematical skills led to her demise? Or why the invention of a symbol for zero was such a great step forward in the development of number? This course will answer these questions along with many more. The course will examine the development of number, probability, cryptography, geometry and problem solving. You will have the opportunity to hone your cipher-breaking skills and learn how mathematics can help you win on TV game shows. Is there a way mathematics can help you win the lottery? Come and find out.

## MURDER, MYSTERY AND MAYHEM

Saturday 8 October 2016 | 10am-4pm

Tutor: Michelle Crowther | Canterbury campus | £36



If you enjoy entertaining, dressing up, acting and have a creative flair, then this course is for you. This day school will explore how to write a murder mystery event and will involve practical exercises on how to generate story ideas and settings, write backstories for each character, establish motives and opportunities to commit a crime, build up tension through scripted dialogue, interpret clues and identify red herrings. We will be looking at what makes a good character, and how important it is to create credible evidence which confuses but never deceives. Participants will learn about the mechanics of structuring and performing a murder mystery and will receive advice on invitations, menus and costume. We will be reading some scripted material to get into the mood so be prepared to let your hair down!

## MUSIC SCORE "READING"

Sunday 9 October 2016 | 10am-4pm

Tutor: John Hursey | Canterbury campus | £36



Even the most experienced listeners sometimes find themselves occasionally day-dreaming to music. One way to sharpen concentration is to follow an orchestral score by focussing on the melodic line. This doesn't involve reading notation: it's a simple process, easily practised, and leads to greater awareness of the craft of the work. Miniature scores are provided for all students, and can be taken home for further practice. The music is carefully graded to start with a string orchestra (from Grieg's Peer Gynt Suite), a solo with strings (Mozart's Clarinet Quintet), solo with full orchestra (Grieg's Piano Concerto), solo with orchestra (Mendelssohn's Violin Concerto) and full symphony orchestra (Beethoven's 7th Symphony).

## WILD FERMENT: FERMENTING AND PRESERVING FORAGED OR HOME GROWN FOOD INTO WINE, BEER AND LIQUEURS

Sunday 9 October 2016 | 10am-4pm

Tutor: Alex Metcalfe | Canterbury campus | £50\*



Discover how to produce delicious and exquisite homemade fermented and steeped beverages from produce you have either foraged or grown at home. This one day course will cover the basics of fermentation: scales of production from modest kitchen sink activity to the borderline professional; pitfalls; successful techniques and equipment.

We will explore the range of leaves, fruits and nuts available in the local area and the processes required to transform them in to something to consume yourself, to offer guests or be proud to present as a gift.

This course includes a practical which will involve a stage in the process of liqueur, wine or beer making and a tasting of locally produced fayre.

*\*Cost of materials is included*

## ORPHEUS AND EURYDICE: POEMS ABOUT THE UNDERWORLD

Saturday 15 October 2016 | 10.30am-4.30pm

Tutor: Jane Ireson | Canterbury campus | £36



The Underworld in Greek mythology is the Kingdom of the Dead; a dark and mysterious place. Its landscapes, rivers and inhabitants have inspired many poets to write a wide variety of powerful and moving poems.

Some of these link the Underworld with our world; others explore the myths and legends with which it is traditionally associated.

This day school will take you on a poetic journey into that mysterious realm of darkness, water and death through some imaginative and beautiful poems by writers like Louis MacNeice and Evan Boland.

## LIFE SKILLS USING ART THERAPY

Sunday 16 October 2016 | 10am-4pm

Tutor: Venetia Minns | Canterbury campus | £36



Art Therapy was pioneered by Adrian Hill and Edward Adamson in the 1940s and 50s. It is a process firmly anchored in visual art practice and can be used without any need of previous art experience. This rich and diverse workshop is designed to help you understand more clearly the personal, unique narrative that is your life.

Experiential and imaginative creativity, within the context of a group of like-minded people, will enhance your ability to take control of your life and release old patterns of behaviour that no longer serve you. This is a unique and exciting opportunity for you to take a journey of personal growth and self-discovery.

*No previous experience necessary.*

*A materials list will be sent to you with course information.*

## UNDERSTANDING COMMUNITY FOOD SYSTEMS

Sunday 23 October 2016 | 10am-4pm

Tutor: Alex Metcalfe | Canterbury campus | £45\*



Should we all be vegan, eat local, buy lamb from New Zealand, reduce food miles or support communities in developing nations or a mixture of all of the above? With increasing threats and challenges to our food security it is important to understand how factors such as climate change, economics, biotechnology etc. affect our food supply.

If we understand where our food comes from and how it is produced, what can we do with that knowledge to improve the resilience of our own communities and food systems?

In this one day course we will explore how the global and national food systems operate; and through exercises and group work try to map out our own local food webs and visions for a transition towards a more resilient and equitable food culture.

*\*Cost of materials is included*

“Stretched  
my mind  
thanks!”

Course participant

## MARKETING: CREATE A QUALIFIED EMAIL LIST

Saturday 5 November 2016 | 10am-4pm

Tutor: Miles Allen | Canterbury campus | £36



Creating a small niche e-booklet doesn't take much of your time, and can be zero cost. Whether for business, charity or something personal, with a special formula for creating interest using the insights you have in your field, you can not only capture a growing qualified email list (one of the best marketing tools in use today), but also attract clients, donors and members.

This one-day workshop shows you how to get what's in your head 'down on paper', find the best angle, then break down your knowledge into sections and structure your booklet for best effect.

It's a practical course with you finishing with the blueprint for your first draft and knowing what to do next. It will also cover how to create a catchy title, and how to get your booklet under the online noses of interested potential clients in exchange for their email.

Bring laptops or writing materials – and your idea.

## GUNPOWDER TREASON AND PLOT

Saturday 5 November 2016 | 10.30am-4.30pm

Tutor: Geoff Doel | Canterbury campus | £36



This day school will explore the political, religious and espionage background to the events leading up to the Guy Fawkes conspiracy which caused a crisis early in the reign of King James the First and the suppression of which is widely celebrated.

The second part of the day school will explore the November 5th Bonfire celebrations and how these both reflect the older seasonal connections with the Hallowe'en festival and ancestor worship and, in places such as Lewes, Sussex, have reflected both religious controversy and challenges to authority in highlighting 'enemies of Bonfire'.

“A varied and  
stimulating  
course”

Course participant

## UNDERSTANDING OUR SENTIENT FRIENDS: CONSCIOUSNESS AND ANIMALS

Sunday 6 November 2016 | 10am-4pm

Tutor: Sarah Hamilton | Canterbury campus | £36



'The greatness of a nation and its moral progress can be judged by the way its animals are treated', Mahatma Gandhi

On July 7th 2012, after the Francis Crick memorial lectures, a group of eminent scientists signed a declaration.

The Cambridge Declaration of Consciousness acknowledges that animals experience affective states that are very close (some might say identical) to those presumed in humans. We will review the evidence and consider the impact of that knowledge in relation to the demands of the modern world. Many questions, and dilemmas, are raised about the basis of morality and ethical treatment of sentient creatures.

As frontiers of knowledge continue to be extended, these dilemmas are too important to ignore. This will be a valuable opportunity to discuss, further understand and explore the issues.

## WHY SHOULD WE CARE ABOUT PROTECTING THE ENVIRONMENT? A PHILOSOPHICAL PERSPECTIVE

Saturday 12 November 2016 | 10am-4pm

Tutor: Richard Norman | Canterbury campus | £36



It is mostly taken for granted that environmental sustainability is a good thing. But why? Why should we care about future generations – what have they ever done for us? Should we protect the natural world for the benefit of human beings, or do we have obligations to nature itself? Does nature mind what we do to it?

Getting clear about these philosophical questions may help us to decide what our environmental priorities should be, and why they matter.

## WORKING WITH ARCHETYPES AND DREAMS BASED CREATIVELY ON THE BOOK 'WOMEN WHO RUN WITH THE WOLVES' BY DR CLARISSA PINKOLA ESTES

Saturday 12 November 2016 | 10am-4pm

Tutor: Venetia Minns | Canterbury campus | £36



Working together with Archetypes and Dreams, using this insightful, thought-provoking book about women's wildish and instinctual nature, promises to be a revelation. Venetia has studied in Colorado with Dr Estes and she is pleased to offer you the opportunity to benefit from her direct contact with this inspiring teacher and wise elder. If you would like to know yourself better, and love fairy tales, come and be a part of this. We will use dreams, image, metaphor and archetype to explore our own and each other's perception of this story.

In preparation please read Chapter 2 of WWRWTW, *Stalking the Intruder: The Beginning Initiation*; and bring your thoughts and impressions to share generously. 'This volume reminds us that we are nature for all our sophistication, that we are still wild, and the recovery of that vitality will itself set us right in the world.' – Thomas Moore on *Women Who Run With the Wolves*.

*Places are limited to 13.*

## THE CONTEMPORARY AMERICAN SHORT STORY

Saturday 19 November 2016 | 10am-4pm

Tutor: Tristan Ireson-Howells | Canterbury campus | £36



The short story retains an important place in the American literary imagination. American authors have been drawn to the medium for its capacity to portray vivid snapshots of the American experience, but also reflect on much broader personal and historical themes. This day school will explore the American short story in the last twenty-five years.

We will pay particular attention to a shift in emphasis and tone in the twenty first century story by asking how this has reflected a post 9/11 political climate and the beginnings of a distinct artistic development beyond postmodernism.

How relevant does the American short story remain? Our day will aim to introduce readers to a collection of contemporary writers such as Tobias Wolff, Sherman Alexie, Don DeLillo, Robert Coover and Lorrie Moore. Readings will allow us to explore these stories in terms of their cultural and personal depth introducing students to new authors, as well as discussing pertinent themes, as America reaches a moment of transition with the 2016 presidential election.

## HOW TO START YOUR FAMILY HISTORY

Sunday 20 November 2016 | 10am-1pm

Tutor: Nicola Waddington | Canterbury campus | £22



This course focuses on the main sources for researching family history and demonstrates how to access sources via ancestry websites. It takes the participants on a chronological journey, starting with the present, and works backwards looking at which archive sources can be used for which periods of history.

It also includes methods and approaches to family history research, including how to keep records, how to verify your information and possible traps and pitfalls along the way. It is aimed at beginners and introduces GRO certificates, electoral registers, wills, the census, parish records, tithe maps, ancestry websites and how to use a local authority record office.

## MAPP AND LUCIA: THE HISTORY BEHIND THE TOWN OF RYE

Saturday 26 November 2016 | 10.30am-4.30pm

Tutor: Gill Draper | Canterbury campus | £36



The coastal town of Rye in Sussex has been the home and inspiration of artists and authors from the poet of *The Battle of Winchelsea*, written during the Hundred Years' War, to John Ryan, author and cartoonist of *Captain Pugwash*, who lived in Rye in the 1980s.

In the seventeenth century the writer and businessman Daniel Defoe commented on the state of Rye, and a local radical who was deeply involved in the political and religious ferment of the Civil War period amassed a huge collection of books and pamphlets in his home in Mermaid Street.

The writers Henry James, Rumer Godden and E. F. Benson lived in Lamb House (National Trust), with Benson setting the *Mapp and Lucia* novels in the small-town, gossipy society of Rye and its cobbled lanes. Against the backdrop of the works of these and other writers, we will use photographs and magic lantern slides to explore the sense of place provided by the buildings and streets of Rye, the surrounding river valleys and Romney Marsh.

The riches of Rye's historic records will allow us to construct a narrative of the town's history from its origins after the Norman Conquest to the charming place we see today.

## ORIGAMI FOR CHRISTMAS (CARDS AND TAGS)

Saturday 3 December 2016 | 10am-12pm

Tutor: Curie Scott | Canterbury campus | £20\*



In this morning paper-folding workshop for beginners, you will be introduced to the fascinating world of origami! You will take home origami that will work on cards and tags.

The workshop will especially suit those who like paying attention to detail and have good manual dexterity.

*Places are limited to 12.*

*\*The cost includes the price of materials. Please bring a table mat or cutting mat to lean on*

## ORIGAMI FOR CHRISTMAS (DECORATIONS)

Saturday 3 December 2016 | 1pm-3pm

Tutor: Curie Scott | Canterbury campus | £20\*



In this afternoon paper-folding workshop for beginners, you will be introduced to the fascinating world of origami! We will make 3D Christmas decorations to take home.

Designs are from single pieces of paper and also modular structures which are made of several interconnecting parts.

The workshop will especially suit those who like paying attention to detail and have good manual dexterity.

*Places are limited to 12.*

*\*The cost includes the price of materials. Please bring a table mat or cutting mat to lean on*

“Excellent.  
Always gives  
good value for  
money”

Course participant

# SHORT COURSES

## AUTUMN 2016

### VISIONS OF THE GRAIL

Monday 26 September 2016 | 10am-12pm | 5 sessions

Tutor: [Simon Wilson](#) | [Canterbury campus](#) | £49.50



Since its first appearance in writing in the twelfth century, the Grail has haunted the Western imagination. It has inspired artists from Chrétien de Troyes to Richard Wagner, from Thomas Malory to Dan Brown. Many still seek it, and a few believe they have found it. Yet there is no agreement on what it actually is. Some claim it is the cup that held the blood of Christ, others that it is a stone of some sort, or a secret royal bloodline, a dish or even a flying saucer. It is the elusive object of a quest, yet it is also ever-present.

We will explore the different ways the Grail has been understood, and look at some of the places where it is believed to be hidden. British, French and German Grail traditions will be examined. We will also discuss the anti-Grail, the Grail's dark shadow which held such fascination for many in the twentieth century.

### CREATIVE WRITING FOR BEGINNERS

Monday 26 September 2016 | 10am-12pm | 10 sessions

Tutor: [Anstey Spraggan](#) | [Canterbury campus](#) | £98



Whether you are just setting out as a writer for the first time or building on previous experience, this course will provide a platform for you to work on character, setting, structure and story. The course will feature a mix of writing exercises, workshop sessions, personal feedback on prose or poetry, and a light (non-compulsory) reading list designed to inspire and engage you.

It is suitable for all levels of experience and confidence and covers all the craft skills necessary to start or improve stories and novels.

## ART HISTORY: MODERNISM (PART 1)

Monday 26 September 2016 | 3pm-5pm | 5 sessions

Tutor: Petra Ried | Canterbury campus | £49.50



An exciting and challenging series of lectures on modern and contemporary art history and contextual theory. This short course has a special focus on the formal and theoretical structures of Modernism, giving an insight into the movement's origins and investigating its legacy in contemporary art and architecture.

A starting point will be the period of the Industrial Revolution, a period of great social turmoil, which left its distinct mark on artistic production. The course will be a continuation and expansion of the previous art history course on Fridays at 10.30 -12.30 but newcomers are most welcome.

## PHOTOGRAPHY: THE COMPLETE SKILLSET

Monday 26 September 2016 | 7pm-9pm | 10 sessions

Tutor: Andrew Bruce | Canterbury campus | £98



Photography stands out as one of the most vibrant, unfixed and diverse art forms. From diagrams to evidence, to Facebook, to gallery walls; no other medium can claim to be used so widely and in such a diverse way as photography.

We are looking at and taking more photographs today than we have ever done before; so how do we make our own photographs stand out and what does photography mean to us today?

Photography: The Complete Skillset is a 10 week technical course that provides a detailed and far-reaching understanding of the technical facets of photography. We will cover how cameras record light, aperture, shutter speed and ISO, the use of flash on and off camera, light metering, light quality and temperature, using different lenses and sensor sizes, composure, file formats, photoshop basics and accurate printing.

By looking at the work of key photographers we will study the different ways that they have created images that show their own unique way of looking at the world, enabling you to enhance your understanding of both the technical as well as the cultural scope and theories surrounding photography.

This course can be enjoyed by both beginners and advanced amateurs alike and, as far as possible, will be tailored to meet the needs of the students enrolled. You will need to bring your camera with you (a camera with manual aperture and shutter speed controls is recommended).

## LIFE GOES ON: LIFE WRITING FOR PEOPLE WITH DEMENTIA

Tuesday 27 September 2016 | 10am-12pm | 8 sessions

Tutor: Liz Jennings | Canterbury campus | £78



This course has been specifically designed with people with dementia in mind. We'll work at a pace which suits you, using a variety of creative, stimulating prompts to explore and capture a selection of personal memories for you to share with friends and family, or simply to enjoy the process of recording for yourself.

The course will explore the ways in which your memories, life and experiences make you unique, and will celebrate the stories you have to tell. Our framework will cover a variety of aspects of life, from places you've lived in to family, friends and pets; celebrations and celebrities; life changing moments; the world you've seen and your favourite things. The emphasis is on positive appreciation and valuing of each individual's life journey and experience.

It is intended that there will be support from volunteers to enable those who are experiencing 'foggy days' to participate fully. *Please contact us directly if you would like such help.*

## DRAWING AT CANTERBURY CATHEDRAL

Tuesday 27 September 2016 | 1.30pm-3.30pm | 8 sessions

Tutor: Sonia McNally | Canterbury Cathedral | £87.50



This is a tutored drawing course held at Canterbury Cathedral. It is a creative and productive course where participants learn from the tutor, practical experience, through their own discovery, and from each other.

The course covers a rich variety of material including the architecture, mythological subjects, symbolism and the imagination. We will look at different artists' work and technique as we work in diverse locations around the Cathedral and grounds.

All levels are welcome. Beginners attend for the high quality teaching, a grounding in observational work and to learn about the practicalities of working as an artist. Experienced artists come for the situation, to build up a body of work, as well as to reflect on their own work and meet other practitioners.

*Admission to the Cathedral and precinct is not included in the course fee*

## WHAT ARE THE ARTS AND WHY DO THEY MATTER? AN INTRODUCTION TO PHILOSOPHICAL AESTHETICS

Wednesday 28 September 2016 | 2pm-4pm | 10 sessions

Tutor: Richard Norman | Canterbury campus | £98



Literature, painting, music, drama and the like are often grouped together as 'the arts', with an implication that they have a special importance. What do they have in common? What do we mean by 'art'? Is football an art?

Can a meal be a work of art? Does an unmade bed become art if it is displayed in an art gallery? In this course we'll look at various

attempts to define 'art' and to explain its value and importance.

We'll look at the idea that works of art can have a 'meaning', how to decide what they mean, and whether they can convey a kind of truth.

## ANALYSING EUROPEAN CINEMA

Wednesday 28 September 2016 | 7pm-9pm | 10 sessions

Tutor: Nick Furze | Canterbury campus | £98



Building upon what was studied in the Introduction to European Cinema course from earlier this year (although attendance on the previous course is by no means required) this course will focus on a variety of different film movements and directors, and is aimed at providing a more in-depth analysis of different film-making styles. Each section will include a lecture and a screening with a discussion.

Subjects that will be studied include:

- Soviet Russian experimentation: from Eisenstein to Tarkovsky
- French Poetic Realism: French filmmaking of the 1930s
- The New German Cinema: The Oberhausen Manifesto and its impact on world cinema
- Federico Fellini: His works and his influence
- The Polish Film School: Questioning Identity and History under Censorship.

## SHAKESPEARE – RENAISSANCE MAN

Thursday 29 September 2016 | 2pm-4pm | 8 sessions

Tutor: Geoff Doel | Canterbury campus | £78



To mark the 400th anniversary of Shakespeare's death, this course explores his life and times, his connections with London and Stratford society and the Court and the development of the professional theatre in London.

We shall study some of the most biographically relevant sonnets; *Richard the Second* and its links with the Essex Rebellion; *A*

*Midsummer Night's Dream*, with its anglicised fairies, folklore & workfolk and *The Tempest*, which explores the Jacobean interests in colonial themes and magic, and possibly features Shakespeare's formal farewell to the stage as a full-time dramatist.

Shakespeare's career coincided with the exciting development of the professional theatre in London and we'll explore his links with the early theatres in Shoreditch (currently being excavated) and with the Globe in Southwark and the Blackfriars indoor theatre. DVD extracts of *Richard the Second*; *A Midsummer Night's Dream* and *The Tempest* and of professional readings of the Sonnets will be shown.

Arden or OUP editions of the three plays with their excellent critical introductions and notes are particularly recommended. A good scholarly biography of Shakespeare is Samuel Schoenbaum's *William Shakespeare* (OUP). A readable and accurate popular biography is Bill Bryson's *Shakespeare* (Harper Collins).

## STORY BUILDING FOR SCREENWRITERS

Thursday 29 September 2016 | 7pm-9pm | 8 sessions

Tutor: Liz Jennings | Canterbury campus | £78



Do you long to write screenplays, but struggle when it comes to devising and developing ideas and structuring them into something you can use? This eight-week course will strengthen your creative muscles as we explore and enjoy different approaches to story making and design.

Each session will take the form of a practical workshop that will enable you to birth your own stories through a variety of methods in a relaxed, creative, constructive environment. We'll examine different screenwriters' approaches and try them for ourselves.

As writers, it's all too possible to fall into the trap of having One Great Idea, and getting stuck on it. This course will develop your idea generating process, as well as your ability to structure your ideas into satisfying stories. All ideas will be generated with screenwriting in mind, and we'll use recognised classic screenplay structures as our foundation and guide in forming our own stories.

John Steinbeck said, 'Ideas are like rabbits. You get a couple and learn how to handle them, and pretty soon you have a dozen.' This course will develop that idea generating skill that lies within you, and push it further into story building that you can use.



## INTRODUCTION TO BUDDHIST MINDFULNESS MEDITATION

Tuesday 4 October 2016 | 7pm-9pm | 6 sessions

Tutor: Jennie Lichfield | Canterbury campus | £59



This is a six-week programme offering an Introduction to Buddhist Mindfulness Meditation. This ancient philosophy has existed for 2,500 years and is practiced today by millions of people around the world. It provides a framework of philosophy, psychology and ethics to help us live a life of peace and harmony.

Participants will learn from the tutor, gain practical experience with guided meditations, through their own discovery and from one another in group discussion. We do not recommend that you lie down for meditation sessions so seating is provided. Students wishing to sit on the floor can bring meditation cushions or blankets to use if desired. No special clothing is required although do wear something comfortable.

All levels are welcome and particularly those with little or no meditation experience. Each session is made into a podcast so that you can listen again at home along with reading references, access to the tutor's small lending library and an e-book.

## SUPPORTING COMMUNICATION DEVELOPMENT WITH CHILDREN WITH SEN

Thursday 6 October 2016 | 2pm-4pm | 4 sessions

Co-ordinated by: John-Paul Riordan, Alison Youd, Jon Palmer  
Canterbury campus | £45



This course is designed to explore the vital issue of supporting communication development with children with a variety of special educational needs. It aims to provide an introduction to a range of appropriate strategies and techniques.

Each session aims to provide a significant practical element to enable participants to

experience the intervention in action set against some theoretical background.

Session 1: Introduction to Using Symbols

Session 2: Deaf Awareness

Session 3: Introduction to Makaton Sign Language

Session 4: Introduction to using Augmented and Assistive Communication

“Tutor is  
always patient,  
enthusiastic and  
knowledgeable!”

Course participant

## THE THEORY AND PRACTICE OF POETRY THERAPY

Thursday 13 October 2016 | 10am-12pm | 8 sessions

Tutor: Victoria Field | Canterbury campus | £78



This introductory course will examine the theoretical basis for the use of poetry to promote wellbeing. The course will look at the benefits of reading poems, especially in a group, and different ways of writing in response.

We will examine the mechanisms by which therapeutic, creative and expressive writing can contribute to insight, personal change and transformation. Poetry can offer solace and challenge assumptions and is increasingly being used in health and social care settings as a way of empowering individuals to make better life choices. No formal experience is required. Certificates of attendance can be provided.

## FOCUSING SKILLS FOR LIFE

Wednesday 2 November 2016 | 6.30pm-9pm | Total of 54 hours\*

Tutor: Carolann Samuels | Canterbury campus | £335



We explore ways of being with ourselves, our experience and emotions, improving our sense of well-being and physical and mental health. These are natural skills that we can rediscover and reconnect with.

Non-judgmental, safe and gentle, they support us in finding insights into issues in our lives, and reconnecting with the flow of life within us. As we turn towards our present moment experience together, we learn ways to help guide us in creativity, decision-making and emotional wisdom. Each session builds on the preceding one. Students who have previously attended a Focusing Skills course may join the group for some sessions, after discussion with the tutor.

Supplementary Information:

This course follows the introduction to Focusing Skills for Life on 24th September. Students unable to attend on 24th may be able to arrange another introduction with the tutor. Completion of the course will entitle the student to a Focusing Skills Certificate from the British Focusing Association. Handouts will be available, and you may wish to bring pen and paper for note-taking. No assessment or written work is required. A certificate in Focusing Skills is a pre-requisite for training as a Focusing Practitioner or Teacher with the British Focusing Association.

*\*The full 60 hour course comprises the Introductory day school on 24th September plus these evening classes during term times and some full days on a weekend tbc (for further details please contact programme administrator.) Numbers are limited to 8 for this short course*

## ART HISTORY: MODERNISM (PART 2)

Monday 7 November 2016 | 3pm-5pm | 5 sessions

Tutor: Petra Ried | Canterbury campus | £49.50



An exciting and challenging series of lectures on modern and contemporary art history and contextual theory. This short course has a special focus on the formal and theoretical structures of Modernism, giving an insight into the movement's origins and investigating its legacy in contemporary art and architecture.

A starting point will be the period of the Industrial Revolution, a period of great social turmoil, which left its distinct mark on artistic production. The course will be a continuation and expansion of the previous art history course on Fridays at 10.30 -12.30 but newcomers are always welcome.

## LIVING WITH DEMENTIA AT HOME: A GUIDE FOR CARERS AND THEIR FAMILIES

Sat 19 and Sat 26 November 2016 | 10.30am-4.30pm | 2 days

Tutor: Paul Watts | Canterbury campus | £72



These linked day schools aim to provide information and practical advice to people who provide care or support to a loved one. Family members, friends and informal carers are very welcome.

Presented over two consecutive Saturdays, the first day looks at where we are in understanding dementia, a typical diagnosis pathway and how the dementia may change over time. Afterwards, we consider the effects of dementia on the individual and suggest ways in which care can be tailored according to different needs. Finally, we examine the effects of dementia on family and friends, their need for understanding and sources of support.

The second day considers three topics: communication, risk and behaviour. It aims to provide a thorough grounding as to how a person with dementia may experience changes in understanding and practical advice on managing communication.

Risk, capacity to make decisions and duties of care are studied within a home environment.

Finally, behaviour and simple, practical, tools to manage changing behaviours, are discussed. It is hoped that there will be enough time at the end of each day in which to answer questions about aspects of care.

“Very comfortable venue – nice and central”

Course participant

# DAY SCHOOLS

## SPRING 2017

### DRAWING TO EXPLORE PERCEPTIONS OF GETTING OLDER

Saturday 21 January and Saturday 28 January 2017 | 10am-4pm

Tutor: [Curie Scott](#) | [Canterbury campus](#) | £80\*



Most of us will live well into our seventies as populations age but, beyond politicisation and problematizing, ageing remains a taboo topic. This course allows you to explore thoughts on your own ageing via drawing.

If you want to think about this important topic but 'can't draw' then this is for you! During these two day schools, after practising different mark-making techniques, each person creates individual drawings based on a prompt and then presents the meaning of their drawing to the group.

These workshops build on recent research on the value of adults using the drawing process for thinking. No drawing experience necessary, just willingness to explore and discuss ageing. Places are limited to 10 for these workshops.

*\*The cost includes the price of materials.*

### EXPLORING SUSTAINABILITY

Saturday 21 January 2017 | 10am-4pm

Tutor: [Stephen Scoffham](#) | [Canterbury campus](#) | £36



There is a growing recognition that sustainability and the environment are the key issues of our age. As world population continues to grow and patterns of consumption increase, planetary systems are coming under increasing stress.

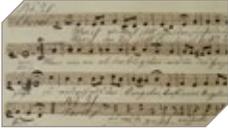
Acknowledging the limits to growth is no easy matter as it challenges many of the assumptions which lie at the heart of modern life. Can humanity come up with new ways of thinking which will begin to address these problems and will people be willing to adopt them? As well as exploring notions such as inclusion and social justice, this one day course will explore some of the challenges and contradictions which are embedded in the notion of sustainability.

Come prepared for a mixture of discussion, practical activities and short lecture inputs and learn more about why we need to be both hopeful and fearful for the future.

## BACH'S ST MATTHEW PASSION: AN EXPLORATION

Saturday 28 January | 10am-4pm

Tutor: Michael Chandler | Canterbury campus | £36



This day school will explore one of the most significant and profound works by J.S.Bach (1685-1750): one that encapsulates in both a dramatic and contemplative manner the sorrow and pain of the human condition, yet provides immense comfort and hope for the human spirit.

We will discover the Lutheran origins of the work; its overall unfolding structure and text; its characters (Jesus, Peter and the other disciples, Pilate, the Crowd); and its use of varied musical forms such as the chorale, the arias that reflect upon the action that has just been enacted; and the all-important and pivotal recitative role of the narrator, the Evangelist.

We will also follow its 'reception': its first performance on Good Friday 1727 in Leipzig's Thomaskirche; its Berlin revival by Mendelssohn in 1829; towards its present acknowledged status as one of the great high-points of Western musical civilisation.

## THE LANGUAGE OF ANIMALS: HOW DIFFERENT SPECIES COMMUNICATE. DO THEY SPEAK TO US?

Sunday 29 January 2017 | 10am-4pm

Tutor: Sarah Hamilton | Canterbury campus | £36



'Some people talk to animals. Not many listen though. That's the problem.' A. A. Milne

Whether herds of bison, flocks of birds, swarms of bees or groups of humans, communication is vital to maintain life of the species. How do we explain how it works?

Is it language, synchronicity, or ritual? Knowledge about brains and body functioning is changing at a rapid rate in the modern world so understanding of this will change. Some key questions include what we understand about language and thought and whether humans are unique in ability.

This will be an exciting opportunity to explore recent evidence relating to species, briefly review what is known about how brains work, and also reflect on any environmental impacts in the context of different ways information is shared.

## JANE AUSTEN AND THE REGENCY

Saturday 4 February 2017 | 10.30am-4.30pm

Tutor: Geoff Doel | Canterbury campus | £36



Jane Austen died 200 years ago in 1817 during the Regency. Her novels give a vivid, dramatic and often ironical view of her middle and upper middle class society (with some satirical glimpses of the aristocracy) in the late Georgian and Regency periods.

Through her novels and through her fascinating and frank correspondence we can explore facts and attitudes concerning marriage and the class structure, the professions (especially the Navy), Bath society, leisure activities, education, literature and landscape gardening.

The critique of the social etiquette at Bath Spa is splendidly exemplified in *Northanger Abbey* and *Persuasion* and the gradations of social relationships and lapses in well-bred behaviour delightfully exposed in *Emma*. Sir Thomas Bertram's income in *Mansfield Park* comes from slave estates and the vicar's wife in *Emma* has Bristol merchant relatives whom she claims support abolition.

*Mansfield Park* and *Persuasion* deal in some detail with the Navy, reflecting Jane's interest in the naval careers of two of her brothers, the army features in *Pride and Prejudice* and the clergy are prominent in many of the novels.

## A USER'S GUIDE TO ASC (AUTISTIC SPECTRUM CONDITIONS)

Saturday 25 February 2017 | 10am-1.30pm

Tutor: Sally Evans | Canterbury campus | £25



The diagnostic criteria for autistic spectrum conditions are well published but what is 'the spectrum' really about? What is it really like to have an autistic spectrum condition?

This course aims to raise participants' general awareness and looks beyond diagnostic terminology to explore the core of the condition – what it is, its genetic components, the variations in associated intellectual function and how it relates to behaviour and personality.

Participants will have a chance to put themselves metaphorically in the shoes of someone on the milder end of the spectrum and to see the condition from the inside out.

## RELIGION AND ATHEISM: BEYOND THE DIVIDE?

Saturday 25 February 2017 | 10am-4pm

Tutor: Richard Norman | Canterbury campus | £36



The last ten years have seen a renewal of hostilities between the critics and the defenders of religious belief. Is the conflict bound to end in deadlock?

Can believers and non-believers learn anything from one another? Is there any room for common ground, or is that just a recipe for woolly thinking and fudge?

In this day-school we'll look for some answers to these questions.

## AN INTRODUCTION TO SHAMANISM

Sunday 26 February 2017 | 10am-4pm

Tutor: Andy Wood | Canterbury campus | £36



Shamanism is a form of spirituality, based on the idea of animism. Animism is the perception that all aspects of the universe are alive with spirit, forming part of an invisible whole consisting of seen and unseen dimensions. Anthropologists and scientists, through western study and research, have finally understood what Shamans have instinctively known regarding unseen dimensions.

In this 'Introduction to Shamanism', we will use the Medicine Wheel and the four directions as our guide. The directions each have an associated element: Fire in the East; Earth in the South; Water in the West, and Air in the North. These elements in the Medicine Wheel each have wisdom and healing to teach. The workshop will include travelling in a sacred space and time, bridging the world of spirit and our physical world, in a grounded and ceremonial way. We will enter into the world of spirit to connect with our power animals and spirit allies.

This is an opportunity to open a doorway to the world of spirit and give you the principles and tools for shamanic practices. This can assist you in re-finding the ancient wisdom that lives within us all, to access your true potential and authentic power. 'An Introduction to Shamanism' is ideal for anyone looking to take their first steps into the shamanic world, or to go deeper with their practices.

*Our tutor, Andy Wood, an intuitive shamanic practitioner, healer, teacher, artist and survivalist, has worked with the Shamans of North America, Mongolia, Mexico and Peru for over thirteen years.*

## WRITING THE PAST

Saturday 4 March 2017 | 10am-4pm

Tutor: Michelle Crowther | Canterbury campus | £36



Historical novels have become increasingly popular, notably Hilary Mantel's Man Booker prize winning *Wolf Hall* and Pat Barker's *Regeneration* trilogy set during the First World War.

This day school will consider the process of recreating history using primary and secondary sources, and will explore how to create credible settings which convey the spirit, manners and social

conditions of the past faithfully, whilst simultaneously exciting and entertaining the reader.

We will look at passages from popular historical novels and examine the way historical research is seamlessly woven into a story, discussing the way fiction can bring the past to life and inform our way of interpreting history.

*The session will involve practical writing exercises using primary sources so bring your laptops, paper and pens.*

## A SHORT HISTORY OF SCIENCE

Saturday 4 March 2017 | 10am-4pm

Tutor: Peter and Lynne Flower | Canterbury campus | £36



In this day school we will explore how we have sought to understand the world around us through the application of scientific methods.

From the first attempts to measure the size of the Earth, to our exploration of the furthest reaches of the Universe, to our investigations into the strange particles that make up our physical world we will meet some of the people and learn of their

contributions to our present day understanding of the Universe.

“Encouraging  
and informative.  
Gave me  
confidence”

Course participant

## UFOS: VISIONS, HALLUCINATIONS AND REVELATIONS

Sunday 5 March 2017 | 10am-4pm

Tutor: Simon Wilson | Canterbury campus | £36



In 1959 the great psychotherapist and mystic CG Jung called UFOs a 'visionary rumour' and 'God-images.' These objects in the sky have been seen by many, but just what are they?

Most of us may assume they are either extra-terrestrial spacecraft or merely hoaxes, but these are in fact the least interesting theories.

This day school will examine some of the other, more compelling

hypotheses regarding UFOs, their nature, and their meaning.

Do they answer a deep psychological and spiritual need, or are they simply the result of exotic neurological events? Are they emissaries from dreams, from other dimensions, or perhaps from the soul of the cosmos? Can they be explained by sociology, religious studies, or simply by the science of allergies? Or are they products of psychological warfare, waged by individuals or the state? Are they benevolent or sinister?

We will examine all these questions and more, without, however, claiming to offer any definitive answers.

## A HEROIC LIFE: WITTGENSTEIN

Saturday 11 March 2017 | 10am-4pm

Tutor: Liz Mitchell | Canterbury campus | £36



Wittgenstein's dates were 1889 to 1951. Thus he was part of the unlucky generation who experienced two world wars. He is known as perhaps the most influential philosopher of the twentieth century. This day school will consider his extraordinary life.

He came from one of the richest families in Austria. He began as an aeronaut, wrote abstract logic in the German trenches, challenged

the philosophical hierarchy in Cambridge, worked at Guy's hospital.

He provides a challenging model of the intellectual life in which ideas count for everything and material comfort for nothing. As we discuss the phases of his life, we will link them to developments in his philosophy, and think about the larger question of the relationship between our work and our life.

*You may also like to attend the linked day school 'Nothing is Hidden': What can we know of ourselves and others? on Saturday 24 September 2016*

## MUSIC IS THE MEDICINE OF THE MIND

Saturday 11 March 2017 | 10am-4pm

Tutor: John Hursey | Canterbury campus | £36



Music and Wellbeing have been linked since Ancient Greece though not always as clearly as today's research shows. There is no one way of listening - for each it is a personal and individual experience not requiring being able to read notation. When music connects it can touch our deepest thoughts and feelings that enlarge our perspective of what it means to be a human being.

The range of music explored during the day (Purcell's opera *Dido and Aeneas*, Beethoven's *4th Piano Concerto*, Chopin's *Etude No.2 Opus 25*, Taverner's *Protecting Veil*, Britten's *Sea Interludes* from *Peter Grimes*, Howells's *Collegium Regale*) will show how memory connects pitches to create melody, how rhythms provide a unity of pulse, all combining in individual forms that can be described and reflected on.

## AUTHORS: SELF-PUBLISHING YOUR BOOKS

Sunday 12 March 2017 | 10am-4pm

Tutor: Miles Allen | Canterbury campus | £36



Six years ago, self-publishing was seen to be for authors 'who couldn't get a publisher'. Now, it's not only a respected form of publishing, but it's fast overtaking the traditional publishing role, with top names giving up lucrative publishing deals to go it alone with their latest books.

Recently, Amazon announced that four in the top-ten best-selling eBooks were now self-published. But self-publishing is fraught with costly mistakes that bring down many a budding author. Miles Allen, self-published author and owner of REDBAK Publishing, takes you through the do's and don'ts of self-publishing and how to avoid the many pitfalls awaiting the unwary.

This day school covers how to take your draft manuscript and turn it into a professional book to match any of the top publishers, then publish both on Amazon Kindle and paperback. The day also includes: what external help you should pay for and what to do yourself; how to process and format your book to professional standard including a great cover design; getting your books into Waterstones.

*Bring laptops or writing materials.*

## WONDERING WHAT YOUR PURPOSE IS IN LIFE?

Saturday 18 March 2017 | 10am-4pm

Tutor: Maureen Dickie | Canterbury campus | £36



This course is for you if:

You wish to uncover your purpose in life, and how that could manifest; you already understand your purpose but would like to embody it more fully; you wish to feel fully aligned with what you do, enlivened with greater clarity and focus.

In a small group, I bring my insights as we use self-reflection exercises to uncover your unique contribution.

Join me, Maureen Dickie, and experience the release this work can bring.

[www.maureendickie.com](http://www.maureendickie.com)

## OBSERVING ANIMAL BEHAVIOUR: RELATIONSHIPS WITH HUMANS

Sunday 19 March 2017 | 10am-4pm

Tutor: Sarah Hamilton | Canterbury campus | £36



Relationships between humans and many known species are well documented; dogs and horses being obvious examples.

There are striking comparisons to be made between human cultures and how those relationships are maintained within them throughout history.

In addition to this, the work of researchers living in the natural world of animals to observe behaviour outside of the confines and stifling cruelty of laboratory studies is of particular interest.

We will draw on the fascinating work of pioneers like Dame Jane Goodall and Desmond Morris.

This will be an opportunity to consider how animal behaviour relates to, and compares with, humans as well as recognising some of the psychological implications for the modern world.

“Consistently  
high standard  
of tuition and  
facilitation”

Course participant

## LIFE SKILLS USING ART THERAPY

Saturday 25 March 2017 | 10am-4pm

Tutor: Venetia Minns | Canterbury campus | £36



Art Therapy was pioneered by Adrian Hill and Edward Adamson in the 1940s and 50s. It is a process firmly anchored in visual art practice and can be used without any need of previous art experience.

This rich and diverse workshop is designed to help you understand more clearly the personal, unique narrative that is your life.

Experiential and imaginative creativity, within the context of a group of like-minded people, will enhance your ability to take control of your life and release old patterns of behaviour that no longer serve you. This is a unique and exciting opportunity for you to take a journey of personal growth and self-discovery.

No previous experience necessary.

*Maximum 13 people.*

*A materials list will be sent to you with course information.*

## TED HUGHES AND SEAMUS HEANEY: A POETIC RELATIONSHIP

Saturday 25 March 2017 | 10.30am-4.30pm

Tutor: Jane Ireson | Canterbury campus | £36



Of all his literary contemporaries, Seamus Heaney said Ted Hughes had inspired him the most, calling his introduction to his work a 'confirmation' that helped him find his own poetic voice.

Despite their differences as poets, their work has many interesting parallels. In this day school we shall explore the complex relationship between the two, through works by both poets on a range of

similar themes, drawn both from the natural world and from that of human relationships. We shall examine ideas that they both shared and also those that differentiated them.

*No prior knowledge is needed, just an interest in reading and discussing poetry.*

# SHORT COURSES

## SPRING 2017

### CREATIVE WRITING WORKSHOPS – ADVANCED

Friday 13 January 2017 | 10am-12pm | 9 sessions

Tutor: [April Doyle](#) | [Canterbury campus](#) | £89



Writing is, by its nature, a solitary business. Would you welcome the opportunity to share your work with other writers in a supportive environment, and in turn offer constructive feedback to others?

This is a place for you to develop your skills and confidence in your writing. Group members will take it in turns to submit pieces of work to the group for feedback.

Teaching points will arise from our discussions. This short course will be suitable for those who have attended writing workshops for some time.

### CREATIVE WRITING FOR BEGINNERS

Monday 16 January 2017 | 10am-12pm | 10 sessions

Tutor: [Anstey Spraggan](#) | [Canterbury campus](#) | £98



Whether you are just setting out as a writer for the first time or building on previous experience, this course will provide a platform for you to work on character, setting, structure and story.

The course will feature a mix of writing exercises, workshop sessions, personal feedback on prose or poetry, and a light (non-compulsory) reading list designed to inspire and engage you.

It is suitable for all levels of experience and confidence and covers all the craft skills necessary to start or improve stories and novels.

## MACRO: THE CREATIVE CAMERA CLUB

Monday 16 January 2017 | 7pm-9pm | 10 sessions

Tutor: Andrew Bruce | Canterbury campus | £98



In the same way that the macro lens enables the photographer to zoom-in on the fine details of an object and study them in great detail, this course will focus on zooming-in and really studying and mastering your photographic skills.

The course is based around a structure of seminars including camera challenges, access to a Mac-suite with photo editing software, group discussions with sharing of images and ideas along with optional weekly challenges.

Importantly the course will cover not only camera control but also IT skills and artistic vision to an advanced level.

This course is ideal for those who have completed the 'Photography: The Complete Skillset' course who are looking to embed their knowledge and hone their skills still further. It could also be suitable for those with a good basic knowledge of their camera looking to explore the medium further. You will need to bring your camera with you (a camera with manual aperture and shutter speed controls is essential).

## LIFE GOES ON: LIFE WRITING FOR PEOPLE WITH DEMENTIA

Tuesday 17 January 2017 | 10am-12pm | 8 sessions

Tutor: Liz Jennings | Canterbury campus | £78



This course has been specifically designed with people with dementia in mind.

We'll work at a pace which suits you, using a variety of creative, stimulating prompts to explore and capture a selection of personal memories for you to share with friends and family, or simply to enjoy the process of recording for yourself.

The course will explore the ways in which your memories, life and experiences make you unique, and will celebrate the stories you have to tell. Our framework will cover a variety of aspects of life, from places you've lived in to family, friends and pets; celebrations and celebrities; life changing moments; the world you've seen and your favourite things.

The emphasis is on positive appreciation and valuing of each individual's life journey and experience.

It is intended that there will be support from volunteers to enable those who are experiencing 'foggy days' to participate fully. *Please contact us directly if you would like such help.*

## INTRODUCTION TO BRITISH SIGN LANGUAGE

Tuesday 17 January 2017 | 10am-12pm | 10 sessions

Tutor: Jon Palmer | Canterbury campus | £185



This course will give you a basic introduction in how to communicate with Deaf people using British Sign Language. You will learn:

- The A-Z Fingerspelling Alphabet
  - How to Meet and Greet People
  - Numbers
  - Weather
- Transport
  - Directions
  - Emotions & Feelings
  - Colours

This course will run for a period of 10 weeks at 2 hours per session. When the course is coming to an end, candidates will then be given the opportunity to continue their learning and achieve an accredited BSL Level 1 qualification with Signature, the awarding body for BSL exams.

If candidates choose to continue their learning and complete this Level 1 course, it will continue to run on the same day with sessions being increased to a period of 3 hours per session each week to enable candidates to complete the course and achieve accreditation before the end of the summer term.

*Please note, these additional sessions will be costed separately.*

## DRAWING AT CANTERBURY CATHEDRAL

Tuesday 17 January 2017 | 1.30pm-3.30pm | 8 sessions

Tutor: Sonia McNally | Canterbury Cathedral | £87.50



This is a tutored drawing course held at Canterbury Cathedral. It is a creative and productive course where participants learn from the tutor, practical experience, through their own discovery, and from each other. The course covers a rich variety of material including the architecture, mythological subjects, symbolism and the imagination.

We will look at different artists' work and technique as we work in diverse locations around the Cathedral and grounds.

All levels are welcome. Beginners attend for the high quality teaching, a grounding in observational work and to learn about the practicalities of working as an artist. Experienced artists come for the situation, to build up a body of work, as well as to reflect on their own work and meet other practitioners.

*Admission to the Cathedral and precinct is not included in the course fee*

## DEMOCRACY, FREEDOM, JUSTICE: AN INTRODUCTION TO POLITICAL PHILOSOPHY

Wednesday 18 January 2017 | 2pm-4pm | 10 sessions

Tutor: Richard Norman | Canterbury campus | £98



Words such as 'democracy', 'rights', 'freedom' and 'justice' are regularly used in political debate and discussion without any clear meaning. What are they, and why do they matter?

Conflicting interpretations of them underpin conflicts between different political positions of 'left' and 'right'.

In this course we'll aim to look at them more philosophically and analytically, and to explore what room there is, if any, for rational argument in politics.

## INTRODUCTION TO WORLD CINEMA

Wednesday 18 January 2017 | 7pm-9pm | 10 sessions

*(please note there will be no half term break/week for this short course)*

Tutor: Nick Furze | Canterbury campus | £98



This course will provide an introduction to various filmmaking styles from across the world, looking at how various cultures have presented their society and history on film, either at an industrial, personal or cultural level.

Each topic will consist of a lecture and a screening with a discussion. Topics that will be studied include:

- Hong Kong cinema: an in-depth look at what was until recently the third largest film industry in the world.
- Kurosawa and Ozu: the contrasting styles and reputations of two very different filmmakers.
- Satyajit Ray: The Apu trilogy and Indian Neorealism
- Modern Latin American Cinema: a look at the ongoing rise of Latin American cinema on the world stage.
- Modern African Cinema: 'African Cinema is the search for an own specific style and a way to overcome alien influences' Hans-Christian Mahnke. This session will look at the emerging film movements and filmmakers from across the African continent.

## WRITING THE EARTH: ECOLOGY AND CREATIVE WRITING

Thursday 19 January 2017 | 10am-12pm | 8 sessions

Tutor: Victoria Field | Canterbury campus | £78



This course will look at the way contemporary writers are approaching ecological issues through poetry, memoir, fiction and the 'new nature writing'.

Each week we will read examples of writing, discuss their implications and do some of our own writing in response.

There will be an opportunity for students to recommend books and texts to share.

## CRUSADES AND TEMPLARS

Thursday 19 January 2017 | 2pm-4pm | 8 sessions

Tutor: Geoff Doel | Canterbury campus | £78



The controversial medieval Crusades and the establishment of the iconic Knights Templars, whose Order has fuelled so many bizarre legends, give a fascinating insight into the medieval mind and its attitude to the new concept of 'holy war', but also to older established ideas of the importance of pilgrimage and the veneration of holy sites and relics.

The origins of the Knights Templar in the early twelfth century are mysterious and there were legends about the Order during its lifetime, plus a huge volume of modern myths, many completely unfounded in reality.

But what we know about the Templars is as fascinating as the wildest modern speculations. They were involved in banking and commercial concerns that brought huge wealth, and were confidants to kings and popes.

But this wealth, combined with the failure of the Crusades in the Holy Land, led to their downfall... This course will explore the background to, and events of, the first three crusades and the evolution of the Knights Templar.

“Thoroughly  
enjoyed the  
course”

Course participant

## DEVELOPING YOUR SCREENWRITING SKILLS

Thursday 19 January 2017 | 7pm-9pm | 8 sessions

Tutor: Liz Jennings | Canterbury campus | £78



In this eight-week course, we'll work together through practical examples and exercises to deepen our understanding of the vital elements of screenwriting.

We'll cover themes, heroes and villains, dialogue, handling exposition, getting the most from your scenes, creating dynamic action and tension, as well as dealing in conflict, effective methods

to create empathy and the keys to arousing strong emotions in your audience, knowing your characters' voices, ensuring believability, the use of subtext and how to write between the lines, as well as lots of other little practical exercises all aimed at strengthening your analytical muscles in the ways films are sold to us.

This course can be used to develop an idea for students who attended the Autumn term course, Storybuilding for Screenwriters, but it will work just as well if you're interested in writing a screenplay, or already have one on the go, and are looking to deepen your understanding of the form.

## DEMENTIA FRIENDLY FILM CLUB

Friday 20 January 2017 | 11am-1.30pm | 8 sessions

Tutor: Liz Jennings | Canterbury campus | £78\*

This course follows the success of the Dementia Friendly Film Club, set up by Liz Jennings and Keith Oliver (East Kent's Dementia Service User Envoy) which ran in Canterbury in the Spring of 2016.

Run for people with a diagnosis of dementia and their partner, family member or a friend who is affected by their dementia, this club is for people who enjoy films and enjoy the social stimulation of chatting with others about what they've seen.

Each session will involve watching a carefully chosen recent release: films will be uplifting and positive, with lots of interesting themes to stimulate discussion. Before each film, a synopsis will be given to those with a diagnosis of dementia, which was found to be very helpful by those attending the original group. After watching the film, we'll break into small groups to discuss what we've seen. These discussions will be guided by Liz, with visual prompts and reminders throughout.

Here's what attendees had to say about the Dementia Friendly Film Club:

"A very pleasant experience... I found it a very relaxing environment."

"It's really good to be able to discuss the film with my husband after and we in turn discuss it with family members and friends – it helps to keep the mind active with things that he would not necessarily take part in. It's the stretching of minds which is so good."

"Discussion groups help my partner (who has dementia) to remember what he has been watching."

*\*One carer per paying attendee may come free of charge*

# DAY SCHOOLS

## SUMMER 2017

### CANTERBURY: A SUSTAINABLE CITY?

Saturday 8 April 2017 | 10am-4pm

Tutor: [Alex Metcalfe](#) | [Canterbury campus](#) | £45\*



How do communities adapt to the challenges of the 21st century and beyond?

What would you change if you had the ability to redesign the city of Canterbury to enable sustainable transport, food production, housing, energy, biodiversity, livelihoods, and education?

In this one day school we will examine the challenges of designing and planning for urban sustainability and apply these considerations to the real life context of the City of Canterbury with its unique constraints. Using resources such as maps, demographic and population data we will develop a new design for the sustainable city of Canterbury.

*\*Cost of materials is included*

### LIFE SKILLS USING ART THERAPY

Saturday 15 April 2017 | 10am-4pm

Tutor: [Venetia Minns](#) | [Canterbury campus](#) | £36



Art Therapy was pioneered by Adrian Hill and Edward Adamson in the 1940s and 50s. It is a process firmly anchored in visual art practice and can be used without any need of previous art experience.

This rich and diverse workshop is designed to help you understand more clearly the personal, unique narrative that is your life.

Experiential and imaginative creativity, within the context of a group of like-minded people, will enhance your ability to take control of your life and release old patterns of behaviour that no longer serve you.

This is a unique and exciting opportunity for you to take a journey of personal growth and self-discovery. No previous experience necessary.

*Maximum 13 people.*

*A materials list will be sent to you with course information.*

## READ ALL ABOUT IT! WRITE ALL ABOUT IT!

Saturday 22 April 2017 | 10am-4pm

Tutor: Michelle Crowther | Canterbury campus | £36



Journalism is merely history's first draft. Geoffrey C. Ward

Newspapers, letters and diaries provide us with a fascinating and often frank insight into the past with plain-spoken, lively and intimate recollections of the minutiae of private and public lives.

For those interested in writing historical fiction they are valuable sources of information.

This day school will examine the commonalities of human experience such as birth, marriage and death which are detailed in written accounts and how personal memories can inform historians and writers about societal values whilst revealing the exceptionality of the individual.

The risk and pleasure of personal expression displayed in diaries, the cultural conventions used in letter-writing, and the inflammatory, often out-spoken tone of the newspaper will be considered, as will intended audiences and the reliability of the written word.

*The session will involve practical writing exercises.*

## A USER'S GUIDE TO ASC (AUTISTIC SPECTRUM CONDITIONS)

Saturday 29 April 2017 | 10am-1.30pm

Tutor: Sally Evans | Canterbury campus | £25



The diagnostic criteria for autistic spectrum conditions are well published but what is 'the spectrum' really about? What is it really like to have an autistic spectrum condition?

This course aims to raise participants' general awareness and looks beyond diagnostic terminology to explore the core of the condition – what it is, its genetic components, the variations in associated

intellectual function and how it relates to behaviour and personality.

Participants will have a chance to put themselves metaphorically in the shoes of someone on the milder end of the spectrum and to see the condition from the inside out.

## THE POETRY OF MIND, BODY AND SPIRIT

Saturday 29 April, 6 May and 13 May 2017 | 10am-4pm

Tutor: Victoria Field | Canterbury campus | £108



These three day schools will explore how writers, especially poets, have responded to issues around mind, body and spirit. The first day will focus on images and ideas of madness and sanity with respect to poetry.

The second will take the body as a theme and explore how poets have responded to the physical self, especially in relation to illness.

Finally, the third day will examine what is meant by 'spirit' and how poets have engaged with that idea. The days will involve close reading of mostly contemporary poems, some writing in response and other creative activities as appropriate.

## KENT'S ANCIENT HABITATS: A RICHNESS OF WILDLIFE

Sunday 30 April 2017 | 10am-4pm

Tutor: Peter and Lynne Flower | Canterbury campus | £36



An in-depth look at the habitats and wildlife of Kent. From the early Stone Age clearances forming the chalk downland rich with orchids and butterflies, to the charts and heathland of the Greensand Ridge.

From the flora and fauna of the ancient woodlands of the High Weald, to the rich clay meadows, ponds and woods of the Low Weald.

We then follow the rivers of Kent with their amphibians, dragonflies and water voles to the coast.

## NEW AUTHORS: SELLING THOUSANDS OF BOOKS

Saturday 6 May 2017 | 10am-4pm

Tutor: Miles Allen | Canterbury campus | £36



In 2003 Miles Allen gave up his successful 25-year career in engineering to become a fantasy author. With average sales for first-time authors being just 100 books, he achieved thousands of sales of his first book, knocking *The Hunger Games* from the number one and two slots in Waterstones, and reaching number-one best-seller status on Amazon Kindle for his genre.

In this one-day workshop he'll explain how he did it without breaking the bank, and how you can create your own author platform to do the same in any genre.

*Bring laptops or writing materials.*

## EARTH BREAD OVEN BUILDING

Sunday 7 May 2017 | 9am-5pm

Tutor: Alex Metcalfe | Canterbury campus | £68.80\*



Learn how to build and use your own cob or earth bread oven.

Over the course of the weekend you will learn all the stages required to create a beautiful and functional addition to your outdoor space at home or workplace.

There will be some time spent understanding the materials and theory behind the oven. However the majority of the time will be spent building the oven itself from start to finish. All stages of building the oven will be covered including; siting, safety design and cooking ideas.

All materials such as the clay soil required for making the oven are sourced locally wherever possible. Throughout the day snacks and food will be prepared with our own oven onsite.

This is a fun and practical course which will require appropriate clothing and the ability to carry out hands-on messy work.

*\*Cost of materials is included*

## THE MERCHANT'S TALE? LIFE IN LONDON AND KENT IN THE MIDDLE AGES

Saturday 13 May 2017 | 10.30am-4.30pm

Tutor: Gill Draper | Canterbury campus | £36



Did Chaucer's *Canterbury Tales* and other literature accurately reflect what life was like in the later fourteenth century, a period of great social, economic and cultural change following the huge loss of population from the Black Death?

We will investigate the ways in which Chaucer made the Pilgrim's Way through Kent the framework of his tales and how he sited some of his work around Canterbury. Chaucer's life as a public servant in a number of roles is well documented and this opens up for us both his career and his day-to-day life.

We will explore the streets, port, riverside and buildings of the city of London which Chaucer knew so well, and the members of the royal court, the merchants, citizens and clerks of London amongst whom he lived and moved.

These people formed the primary readership or audience of the works of Chaucer and other writers of the later Middle Ages. We will compare his writings with a small, varied selection of political, moralising and chronicle works.

## MUSIC IN THE CASTLE OF HEAVEN

Sunday 14 May 2017 | 10am-4pm

Tutor: John Hursey | Canterbury campus | £36



The title of the day school is taken from John Eliot Gardiner's new book on J.S. Bach. We will explore some of the marvellous music by this great composer and his enduring fascination for today's many listeners.

Also, we will discuss the essentially German idea that the craft of music is founded on principles of knowledge that can be analysed, and so it can be called a science as well as an art.

*The Chorales: Little Organ Book. Concertos: Brandenburg No. 5, Organ works: Prelude and Fugue in G minor, B minor Mass: Crucifixus and Sanctus, and finally the treasures in the 48 Preludes and Fugues.*

## LOCAL HISTORY RESEARCH FOR BEGINNERS

Saturday 20 May 2017 | 10am-1pm

Tutor: Nicola Waddington | Canterbury campus | £22



This course aims to introduce people to archive sources for local history research and give them some understanding of what is available, how to use the sources and where to find them.

It covers (in varying degrees of detail): O/S Maps, Tithe maps, Finance Act maps, National Farm Survey, Estate records, Deeds, Sale catalogues, Electoral Roll, Census, Parish Records, Poor Law assessments and disbursements, Will inventories, Photographs and Printed Sources. Illustrations of different sources are provided in a power point and certain sources are looked at in more depth, through examples worked out in class.

The final exercise looks at a copy indenture and participants have the chance to read it through for themselves and to answer questions. If participants have questions relating to research they are already undertaking they are encouraged to raise these at appropriate points through the class.

“All expectations exceeded”

Course participant

## INTRODUCTION TO PERMACULTURE

Saturday 20 May 2017 | 9am-5pm

Tutor: Alex Metcalfe | Canterbury campus | £60.40\*



Understanding the impacts of our relationship with the environment can be overwhelming so it is vital to equip one's self with the knowledge of what can be done in order to try and address the imbalance. How can humanity design ourselves out of a corner? Permaculture design is an empowering set of tools that can be used for designing human systems for sustainability.

Permaculture is... 'a creative design process based on whole-systems thinking that uses ethics and design principles. It guides us to mimic the patterns and relationships we can find in nature and can be applied to all aspects of human habitation, from agriculture to ecological building, from appropriate technology to education and even economics.' (D. Holmgren).

In this day school we will explore the principles of permaculture design and apply them in a design exercise. We will combine tutor led instruction, group and outdoor activities.

*\*Cost of materials is included*

## DESERT ISLAND CHOICE

Sunday 21 May 2017 | 10am-4pm

Tutor: John Hursey | Canterbury campus | £36



Since the mid-20th century technology has allowed people to listen alone if they wished. Sometimes then a sense of loneliness creeps in - as it does so often in its creation by the composer.

The *Desert Island Discs* radio programme picks up that idea, about choosing pieces of music to alleviate personal loneliness, and has run with it for fifty years.

What one piece would you choose for your Desert Island? Each person at enrolment will be asked to state the one choice allowed, so the tutor can prepare beforehand and then be ready to open it up for everyone to appreciate during the day school. The tutor's own choice will be *The Four Last Songs* by Richard Strauss.

## JOSEPH CONRAD OF CANTERBURY

Saturday 10 June 2017 | 10.30am-4.30pm

Tutor: Geoff Doel | Canterbury campus | £36



Joseph Conrad was born in Poland, but after a career in the Merchant Navy he achieved fame as a novelist and settled in England, renting many homes in Kent and finally living at Oswalds, Bishopsbourne, where he died in 1924. He is buried in Canterbury Cemetery

This day school explores Conrad's unique ironic vision, which combines exploring old-fashioned, primitive virtues such as truth, honour and trust, with a modern awareness of psychology and political insight.

In particular, we'll explore his terrifying novella *Heart of Darkness*, involving exploitation of the Congo; *The Secret Agent*, a profoundly ironic look at terrorists in Edwardian London; and two of his superb short stories of nautical life with psychological insight, the 'doppelganger' *The Secret Sharer* and *Typhoon*.

## ADVANCED SKILLS IN LOCAL HISTORY RESEARCH

Saturday 17 June 2017 | 10am-1pm

Tutor: Nicola Waddington | Canterbury campus | £22



This course is for people who have already begun to research their local or house history but who need more knowledge of archive catalogues and archive offices to explore less used documents.

It comprises:

- An explanation of how archive catalogues work, and how they are constructed by archivists to facilitate access by users. This is followed by a live demonstration of an on-line catalogue.
- County council and District council files - how to use them and where to find them.
- Diocesan records – the relationship between the parish and the diocese and the records this has generated.
- Family and estate records – this is a large and complicated records series which will be demonstrated on-line in the class
- Local records at The National Archives. Searching their on-line catalogue and using TNA.
- Advanced English Palaeography – Includes the reading of 17th century wills

## BLEAK HOUSE? RICH AND POOR IN VICTORIAN ENGLAND

Saturday 24 June 2017 | 10.30am-4.30pm

Tutor: Gill Draper | Canterbury campus | £36



In recent years TV serialisations in particular have brought home the plight of the poor in the century-and-a-half before the introduction of pensions in 1908 and national insurance in 1911.

Alongside these portrayals of the poor life derived from literature, there has been a huge growth in the availability of materials which allow us to investigate aspects of historical poverty for ourselves.

These include re-issues of classic works such as *Street Life in London*, with interviews, articles and photographs from 1876-77, and R. Seebohm Rowntree's *A Study of Town Life*, from which we will discuss extracts. In response to works like this, charities such as the Waifs and Strays Society were set up, to save children from what was seen as a future life of crime and we will investigate their nature.

Meanwhile towns and cities expanded alongside the growth in population, and we will consider the housing available for rich and for poor, and the concept and practice of philanthropy (or not) by some employers.

We will also examine the deep agricultural poverty which was one of the factors behind the New Poor Law of 1834, looking at an example of the establishment of one of the enormous Union workhouses in Sussex from contemporary letters, reports, memoranda and maps.

Here we can learn about the lives of the inmates and the workers, the governor and his wife, the schoolteacher, nurse and porter, as well as exploring the attitudes of the wealthy ratepayers who funded poor relief.

“Great  
enthusiasm and  
energy!”

Course participant

# SHORT COURSES

## SUMMER 2017

### DRAWING AT CANTERBURY CATHEDRAL

Tuesday 18 April 2017 | 1.30pm-3.30pm | 5 sessions

Tutor: [Sonia McNally](#) | [Canterbury Cathedral](#) | £56



This is a tutored drawing course held at Canterbury Cathedral. It is a creative and productive course where participants learn from the tutor, practical experience, through their own discovery, and from each other.

The course covers a rich variety of material including the architecture, mythological subjects, symbolism and the imagination. We will look at different artists' work and technique as we work in diverse locations around the Cathedral and grounds.

All levels are welcome. Beginners attend for the high quality teaching, a grounding in observational work and to learn about the practicalities of working as an artist. Experienced artists come for the situation, to build up a body of work, as well as to reflect on their own work and meet other practitioners.

*Admission to the Cathedral and precinct is not included in the course fee*

### WOMEN POETS OF THE SACRED

Thursday 20 April 2017 | 10am-12pm | 6 sessions

Tutor: [Victoria Field](#) | [Canterbury campus](#) | £59



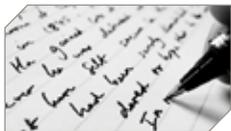
This short course will explore the idea of the sacred and the spiritual through reading and responding to the life and work of women poets of this and the twentieth century, including Denise Levertov, Mary Oliver, Jane Hirshfield, Elaine Feinstein and Kathleen Raine.

The sessions will include some creative writing in response to what we have read. No experience necessary.

## CREATIVE WRITING WORKSHOPS – ADVANCED

Friday 21 April 2017 | 10am-12pm | 5 sessions

Tutor: [April Doyle](#) | [Canterbury campus](#) | [£49.50](#)



Writing is, by its nature, a solitary business. Would you welcome the opportunity to share your work with other writers in a supportive environment, and in turn offer constructive feedback to others?

This is a place for you to develop your skills and confidence in your writing. Group members will take it in turns to submit pieces of work to the group for feedback.

Teaching points will arise from our discussions. This short course will be suitable for those who have attended writing workshops for some time.

## CREATIVE WRITING FOR BEGINNERS

Monday 24 April 2017 | 10am-12pm | 5 sessions

Tutor: [Anstey Spraggan](#) | [Canterbury campus](#) | [£49.50](#)



Whether you are just setting out as a writer for the first time or building on previous experience, this course will provide a platform for you to work on character, setting, structure and story.

The course will feature a mix of writing exercises, workshop sessions, personal feedback on prose or poetry, and a light (non-compulsory) reading list designed to inspire and engage you.

It is suitable for all levels of experience and confidence and covers all the craft skills necessary to start or improve stories and novels.

## MAKATON FOUNDATION WORKSHOP

Friday 2 June and Friday 9 June 2017 | 9.30am-4pm

Tutor: John-Paul Riordan | Canterbury campus | £150



Makaton is a sign and symbol language programme used by children and adults with speech language and communication difficulties and those who care for them. It is designed for use to support spoken language, so the signs and symbols are used with speech, and in spoken word order.

It is used by more than 100,000 people in over 40 different countries (Devarakonda, 2012). John-Paul Riordan is a qualified Makaton Regional Tutor and an experienced teacher working part-time in a school for children who have learning difficulties.

The foundation course is for a minimum of 12 people and a maximum of 15, lasts 2 days and gives a detailed introduction to Makaton and half of the 'core' vocabulary (called stages 1 to 4). The cost of the workshop includes participant manuals (Modules 1-4), and pocket books of signs and symbols (Stages 1-4 and Additional).

## MAKATON ENHANCEMENT WORKSHOP

Friday 23 June, Friday 30 June and Friday 7 July | 9.30am-4pm

Tutor: John-Paul Riordan | Canterbury campus | £250



The enhancement workshop is only available to people who have completed the foundation workshop (please bring your foundation workshop certificate of attendance if you did this with another tutor) and is for a minimum of 12 people and a maximum of 15.

It lasts for 3 days and allows participants to improve and develop their skill in using signs and symbols and covers the rest of the core vocabulary (stages 5 to 8). The cost of the workshop includes participant manuals (Modules 5-8), and pocket books of signs and symbols (Stages 5-8).

These short courses are designed for professionals like teachers, teaching assistants, speech therapists, care workers etc., but are also suitable for parents or guardians of children and adults with speech, language and communication difficulties.

For more details about these courses please go to: [www.makaton.org/training](http://www.makaton.org/training)

*If you are a student of the University who is interested in taking these courses, you will only have to pay for the materials. Limited places available. Please contact the Box Office.*

# SHORT COURSES AT MIDKENT COLLEGE

## AUTUMN 2016

### HOW FREE AM I?

Tuesday 27 September 2016 | 7pm-9pm | 7 sessions

Tutor: [Derek Mitchell](#) | [MidKent College campus](#) | £69



Are you free? Or could you have done something else? Does it matter?

We all want to think that we are free and we will all resist when someone tries to take away our freedom to act. But are we right to think of ourselves as free, or are we just fully programmed machines doing whatever we have to do next?

During this course, we will examine the history of the question of free will and see how we understand it today, including the closely related notions of determinism, responsibility and punishment.

We will use Julian Baggini's lively and intelligent recent book *Freedom Regained – The Possibility of Free Will*, as the background to our work over seven weeks. We will look at views of free will from a range of thinkers including, Hume, Kant, Schopenhauer, Hegel, Mill and Sartre to see if, and how, these thinkers have addressed and tried to answer the question, 'How Free Are You?'

The course will allow students to reflect on their own experiences of the exercise of free will in themselves and in others and to gain a greater understanding of what it means to have free will and to be responsible. The course will be conducted as an open discussion of the questions at issue with guidance from the tutor.

If you think you are free then make a free choice and join this course, how could you do otherwise?

## LIFE SKILLS USING ART THERAPY

Thursday 29 September 2016 | 7pm-9pm | 6 sessions

Tutor: Venetia Minns | MidKent College campus | £69\*



Art Therapy was pioneered by Adrian Hill and Edward Adamson in the 1940s and 50s. It is a process firmly anchored in visual art practice and can be used without any need of previous art experience.

Come and join this course of rich and diverse workshops which are designed to help you understand more clearly the personal, unique narrative that is your life. Experiential and imaginative creativity within the context of a group of like-minded people will enhance your ability to take control of your life and release old patterns of behaviour that no longer serve you.

This is a unique and exciting opportunity for you to take a journey of personal growth and self-discovery over a set period of time. We will work through these initial 6 sessions together and see what comes up for us in the group on this exciting journey of exploration.

Please bring your favourite paints/colours/brushes if you wish, and bits and pieces for collage – eg magazines/material.

*No previous experience necessary.*

*\*A £10 charge for materials is included in the course price*

## WRITING YOUR BOOK FOR BUSINESS: CREATE THE BLUEPRINT FOR YOUR FIRST DRAFT

Thursday 29 September 2016 | 7pm-9pm | 5 sessions

Tutor: Miles Allen | MidKent College campus | £49.50



Establishing yourself as the go-to person in your industry has a profound effect on your income and life-style. One of the key catalysts for achieving such a change is the publication of your own business book.

A business book shows that you have credible insight into your field, can be trusted to get things done (very few people have published a book), and creates an invisible badge of office that you wear establishing you as an authority.

This five-session workshop shows you how to get what's in your head, down on paper, finding the best angle, then breaking down your knowledge into chapters, and structuring your book for best effect. It's a practical course with you finishing with the blueprint for your first draft.

*Bring laptops or writing materials.*

## INTRODUCTION TO BUDDHIST MINDFULNESS MEDITATION

Wednesday 5 October 2016 | 7pm-9pm | 6 sessions

Tutor: Jennie Lichfield | MidKent College campus | £59



This is a six week programme offering an Introduction to Buddhist Mindfulness Meditation. This ancient philosophy has existed for 2,500 years and is practised today by millions of people around the world.

It provides a framework of philosophy, psychology and ethics to help us live a life of peace and harmony. Participants will learn from the tutor, gain practical experience with guided meditations, through their own discovery and from one another in group discussion.

We do not recommend that you lie down for meditation sessions so seating is provided. Students wishing to sit on the floor can bring meditation cushions or blankets to use if desired.

No special clothing is required although do wear something comfortable.

All levels are welcome and particularly those with little or no meditation experience. Each session is made into a podcast so that you can listen again at home along with reading references, access to the tutor's small lending library and an e-book.

## AUTHORS: SELF-PUBLISHING YOUR BOOKS

Thursday 10 November 2016 | 7pm-9pm | 5 sessions

Tutor: Miles Allen | MidKent College campus | £49.50



Six years ago, self-publishing was seen to be for authors 'who couldn't get a publisher'. Now, it's not only a respected form of publishing, but it's fast overtaking the traditional publishing role, with top names giving up lucrative publishing deals to go it alone with their latest books.

Recently, Amazon announced that four in the top-ten best-selling eBooks were now self-published.

But self-publishing is fraught with costly mistakes that bring down many a budding author.

Miles Allen, self-published author and owner of REDBAK Publishing, takes you through the do's and don'ts of self-publishing and how to avoid the many pitfalls awaiting the unwary.

The five evening sessions cover how to take your draft manuscript and turn it into a professional book to match any of the top publishers, then publish both on Amazon Kindle and paperback.

Also included is what external help you should pay for and what to do yourself; how to process and format your book to professional standard including a great cover design; getting your books into Waterstones.

*Bring laptops or writing materials.*

# SPRING 2017

## AUTHORS: SELF-PUBLISHING YOUR BOOKS

Thursday 19 January 2017 | 7pm-9pm | 5 sessions

Tutor: Miles Allen | MidKent College campus | £49.50



In 2003 Miles Allen gave up his successful 25-year career in engineering to become a fantasy author. With average sales for first-time authors being just 100 books, he achieved thousands of sales of his first book, knocking *The Hunger Games* from the number one and two slots in Waterstones, and reaching number-one best-seller status on Amazon Kindle for his genre.

Over the five sessions this workshop will explain how he did it without breaking the bank, and how you can create your own author platform to do the same in any genre.

*Bring laptops or writing materials.*

## THE EXPERIENCE MACHINE

Tuesday 24 January 2017 | 7pm-9pm | 7 sessions

Tutor: Derek Mitchell | MidKent College campus | £69



If you thought that philosophy was too difficult for you, you should come to this course. We will take a romp through a wide range of philosophical themes and ideas including, ethics, aesthetics, theories of knowledge and the self. The course will be based on Julian Baggini's book *The Pig that Wants to be Eaten (and ninety-nine other thought experiments)* which is widely and cheaply available in hard

and paperback and provides an easy way to discuss philosophical problems and ideas including questions about morality, free will, trust, knowledge and belief, existence, personal identity, beauty, art and taste, and justice and fairness. The course will concentrate on those ideas in which the participants are most interested in.

This course will provide an accessible introduction to a range of philosophical ideas and problems. It will give participants the opportunity to think about and discuss ideas which they may have previously found either difficult to grasp or even irrelevant to their lives.

Each session will be based on a linked set of five of the one hundred stories in Baggini's book. The first part of each session will be a discussion of the ideas which link the stories. In the second part of the session the tutor will provide relevant philosophical input which will further illuminate the ideas under discussion and show how philosophy gives us a way of understanding the world. The teaching style will be open and invite all participants to contribute to the discussion. Suggestions from members of the group for sets of stories from the book for discussion in later sessions will be welcome. In this way the course will follow the interests of the participants.

## ARE YOU REALLY BEING SERVED? THE MAGIC AND MYSTERY OF LOCAL GOVERNMENT, ITS HISTORY AND CONTEXT

Tuesday 2 March 2017 | 7pm-9pm | 5 sessions

Tutor: Sarah Hamilton | MidKent College campus | £49.50



Have you ever wondered how it all works and why it might be the fault of the Saxons?

During the course we will explore the fascinating history of how local government came to be and how it works today.

There will be opportunity for participation and discussion while exploring issues such as what it means to serve as local councillor, civic events, roles of officers and clerks, decision making and accountability to the public.

# Terms and Conditions

Please ensure that you have read and agree with our terms and conditions before making a booking with us as they apply to you from the point of booking.

**IT IS IMPORTANT TO BE AWARE THAT THIS IS OUR CANCELLATION POLICY WHICH APPLIES TO YOUR BOOKING**

## CANCELLATION POLICY

The Community Arts and Education programme is self-financing; therefore we must recruit the minimum class numbers for our short courses and day schools in order for them to run. As you will appreciate, we can only afford to run classes if we recruit sufficient numbers. Therefore, we operate a cancellation policy and, in exceptional circumstances, we may need to cancel a particular course. Exceptional circumstances will be considered on a case by case basis by the Programme Director.

Once you have booked and paid online, by phone, or in person, this cancellation policy applies to you:

### What if I change my mind and wish to cancel within the 'cooling off' period?

- You can cancel your booking and receive a full refund if you cancel within 14 days of the date you made the booking. This is known as a 'cooling off' period.
- If you attend a course or attend the first of a series of courses within 14 days of the date of making the booking, we will be entitled to keep all or part of your fee to fully cover our cost for what you have received up to the date of cancellation.

The right to cancel is lost during the 'cooling off' period if the course is provided in full before the 14 days elapses. If the course is the first of a series, you must pay for the value of the series that is provided up to the point you cancel.

### What if I change my mind and wish to cancel after the 'cooling off' period?

- After the 'cooling off' period has ended, provided you notify us more than 14 days before a course start date, you may cancel your booking and receive a refund less a 20% administration fee.
- You will not be entitled to any refund if you cancel a booking within 14 days of the course start date.

### What if I wish to change my booking and attend a different course?

- If you wish to change your booking and you notify us of this at least 14 days before the course start date we will transfer your fee to another course.
- If you wish to change your booking within 14 days prior to the course start date, and the course you originally booked is still viable without your attendance, the University may offer to transfer your fee to another course. However, if your proposed change of booking would mean that the course you originally booked is no longer viable we will treat this as a cancellation within 14 days of the start date and no refund or transfer of your fee to another course will be available.

**What if the University has to make any changes to the course?**

- Unfortunately, in some circumstances such as insufficient bookings, tutor illness or other operational emergency, the University reserves the right to change or cancel any programme. In these cases, the University will endeavour to notify you as soon as possible of any changes to the course and in the event of a course cancellation you will be refunded in full.

**OTHER TERMS AND CONDITIONS**

- Out of consideration for your classmates and the tutor, please switch off mobile phones during lessons unless you have the prior agreement of the tutor.
- Please help us to keep our records up to date by informing the course administrator if you have a change of email address, address or telephone number.

**Acceptable behaviour**

- The CAE programme reserves the right to exclude any student whose behaviour is considered unacceptable.

**Adverse weather conditions**

- In the unlikely event that we have to cancel a class due to adverse weather conditions or unforeseen circumstances, we will notify you as soon as we can and try to reschedule the class. Please let us know of any change of telephone and email details so that we can contact you if necessary.

**Minimum age**

- If you are under 18 years of age and you would like to attend one of our courses or day schools, please contact us for further details.

**Limitation of Liability**

Nothing in these Terms and Conditions excludes or limits the liability of the University for death or personal injury caused by the University's negligence, or for fraudulent misrepresentation.

Subject to the preceding sentence, the entire financial liability of the University (including any liability for the acts or omissions of its employees, agents and sub-contractors) to you in respect of: (i) any breach of these Terms and Conditions; and (ii) any representation, statement or negligent act or omission, including negligence arising under or in connection with the contract shall be limited to the course fee you paid. We will not be liable to you for loss of profit, loss of business or depletion of goodwill nor for any indirect or consequential liability, loss or damage which arises out of or in connection with the contract.

- It is the policy of the CAE programme to undertake risk assessments for all trips or excursions related to its courses.
- If your travel costs to and from any CAE course are likely to be substantial, it is strongly recommended that you take out insurance against cancellation of the course.

**Mailing list and data protection**

- If you attend one of our day schools or short courses and you opt in when prompted on booking, your contact details will be kept on our database in order to inform you about new courses. We do not give out your details to other organisations. If you do not want us to keep your details on our database, you will be able to communicate this to us when you book your place.

**Complaints procedure**

We hope you are fully satisfied with our courses. However, if a dispute arises between you and the University relating to this agreement please raise your concerns with the CAE programme administrator by email to [education.communityarts@canterbury.ac.uk](mailto:education.communityarts@canterbury.ac.uk) who will attempt to resolve the matter on an informal basis.

Where a dispute cannot be settled informally, please contact the CAE programme director in writing with full details. The CAE programme director shall investigate the matter and give you a response within 21 working days. If the programme director needs longer than 21 working days to resolve the complaint then s/he will notify you of this and estimate a reasonable timeframe for resolving the complaint.

# Community Arts & Education

## HOW TO BOOK

### BOOK ONLINE

To make a booking for one of our day schools or short courses online, please browse the course pages on our website

[www.canterbury.ac.uk/cae](http://www.canterbury.ac.uk/cae)

...and use the booking links in the course information to book your place. You will then be directed to our secure payment gateway.

### HOW TO BOOK OVER THE PHONE

Please call the Box Office on

**01227 782994**

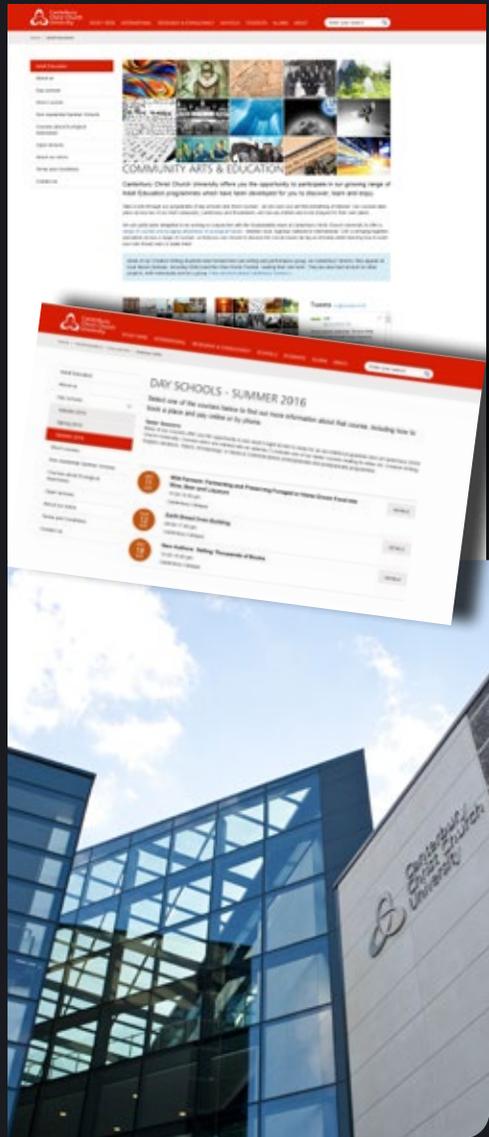
You will be able to pay via debit or credit card.

### HOW TO BOOK IN PERSON

Please visit our Box Office in the foyer at Augustine House

Before your programme begins you will be sent course details in the post or by email.

**DISCOVER | LEARN | ENJOY**



[www.canterbury.ac.uk/cae](http://www.canterbury.ac.uk/cae)

DISCOVER | LEARN | ENJOY

“The tutor  
put everyone  
at their ease!”

Course participant



“Exceptional!”

Course participant

“An excellent  
tutor. I shall be  
attending her next  
day school”

Course participant

“Inspiring”

Course participant



“Tutor was  
excellent in every  
way and had taken a  
great deal  
of trouble”

Course participant



Canterbury  
Christ Church  
University

ENQUIRIES

01227 863451

[education.communityarts@canterbury.ac.uk](mailto:education.communityarts@canterbury.ac.uk)

[www.canterbury.ac.uk/cae](http://www.canterbury.ac.uk/cae)

# Course locations

## Canterbury Christ Church University Canterbury Campus

North Holmes Road  
Canterbury  
Kent, CT1 1QU

[www.canterbury.ac.uk](http://www.canterbury.ac.uk)

## MidKent College Maidstone Campus

Tonbridge Road  
Maidstone  
Kent  
ME16 8AQ

[www.midkent.ac.uk](http://www.midkent.ac.uk)

