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THE FOREST BEE

Spring 2015



**Courses, Workshops, Groups & Individual
Tuition in the Forest of Dean Area**



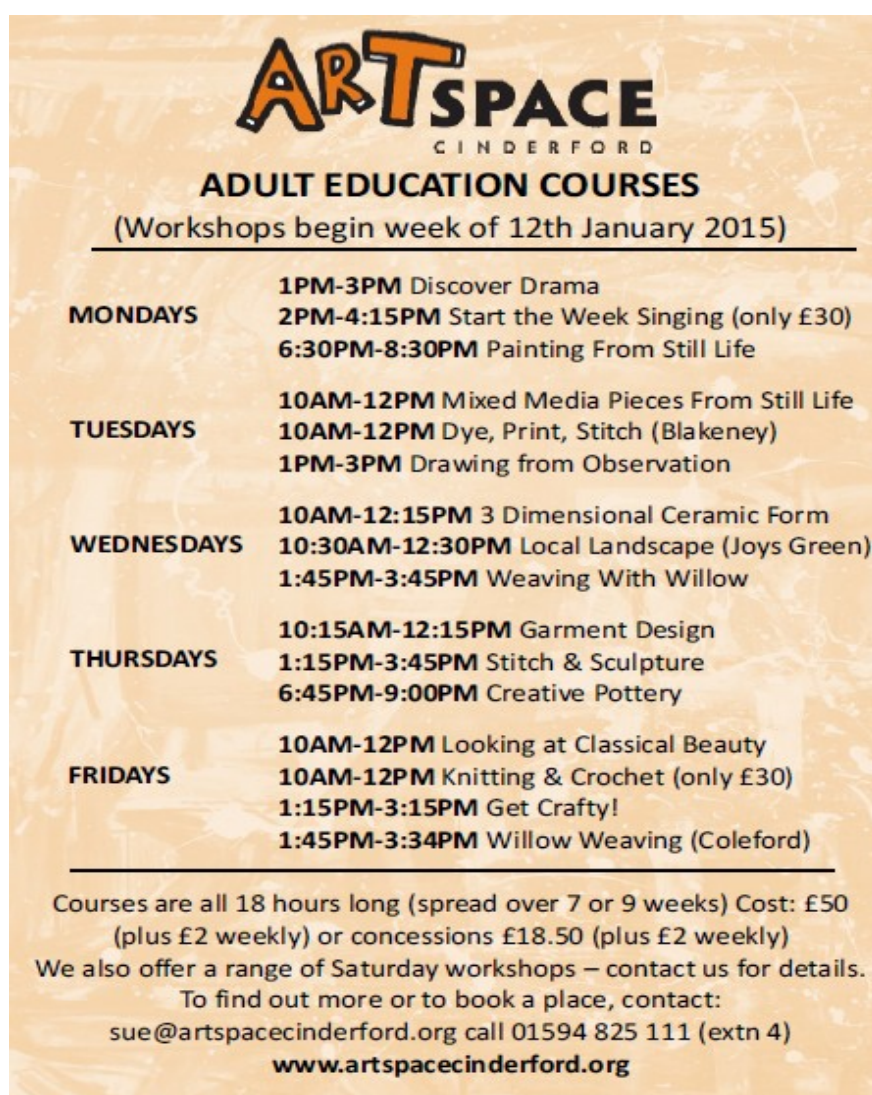
**Welcome to the second edition of The Forest Bee,
a guide to courses, workshops, groups and
one-to-one teaching here in the Forest of Dean.**

Set up in 2014 to promote learning opportunities in the Forest of Dean.

Our grateful thanks to the following for supplying the images on the cover

Top row, left to right—
Caroline Jones—Patchwork at Zig Zags
Helena Arguelles—Kinesiology
Karin Whittaker—Karosa Jewellery
Annette Cass— Transformation Game

Bottom row, left to right—
Russell Clements—guitar teacher
Way2Go Adventures—Nordic Walking
Sarah Jones—The Chocolate Strawberry
Lyn & Gerry Crossman—Jive & Lindy Hop



ARTSPACE
CINDERFORD

ADULT EDUCATION COURSES
(Workshops begin week of 12th January 2015)

| | |
|-------------------|--|
| MONDAYS | 1PM-3PM Discover Drama 2PM-4:15PM Start the Week Singing (only £30) 6:30PM-8:30PM Painting From Still Life |
| TUESDAYS | 10AM-12PM Mixed Media Pieces From Still Life 10AM-12PM Dye, Print, Stitch (Blakeney) 1PM-3PM Drawing from Observation |
| WEDNESDAYS | 10AM-12:15PM 3 Dimensional Ceramic Form 10:30AM-12:30PM Local Landscape (Joys Green) 1:45PM-3:45PM Weaving With Willow |
| THURSDAYS | 10:15AM-12:15PM Garment Design 1:15PM-3:45PM Stitch & Sculpture 6:45PM-9:00PM Creative Pottery |
| FRIDAYS | 10AM-12PM Looking at Classical Beauty 10AM-12PM Knitting & Crochet (only £30) 1:15PM-3:15PM Get Crafty! 1:45PM-3:34PM Willow Weaving (Coleford) |

Courses are all 18 hours long (spread over 7 or 9 weeks) Cost: £50
(plus £2 weekly) or concessions £18.50 (plus £2 weekly)
We also offer a range of Saturday workshops – contact us for details.
To find out more or to book a place, contact:
sue@artspacecinderford.org call 01594 825 111 (extn 4)
www.artspacecinderford.org

Had you any idea there was just so much going on here in the Forest?

From basketry to yoga, bee keeping to crochet, there is something here for everyone. Have a good look through, and perhaps you'll find something you didn't even realise you'd like to learn! If you hear of anything local we haven't got, let us know. If there's something you'd like to learn that you can't find here, get in touch & we'll try



to find a tutor. Please contact the tutors direct about anything that interests you. Also check the website, as we're constantly adding new courses there and on Facebook & Twitter

Local Tutors: Our aim is to promote local courses/workshops/groups & 1:1 learning. At only £5 to list up to 3 courses, 2,500 brochures distributed across the Forest, a very accessible website, features on Facebook and prompts on Twitter – what more could you want? Our aim is to keep it local, so if you are offering something here in the Forest, let us help you get the word out. To be included in our next edition, coming out just before Easter, please get in touch before 13th March. Anything running between now and then we can promote on our digital pages.

As well as this brochure we have our website at www.theforestbee.co.uk, our facebook page [The Forest Bee Education](#) and our Twitter feed [@theforestbee](#)



Index of available courses

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ARTS & CRAFTS

Monday Art at the Garden Café—for beginners and improvers or just space to paint or draw. Mondays, 10.00am – 12.30pm, £5.00 per session, The Garden Café, Lower Lydbrook, GL17 9NN. Contact Janice Skeates on 01594 860646 for details.

Mocha Pottery Decorating Technique—This decorating technique uses boiled pipe tobacco juice to make tree patterns on wet clay.

Beginners Glass Fusing—Cut Dichroic glass to make individual jewellery pieces which are fired to fuse beautifully together.

Courses for both the above are arranged individually by telephone or email. ½ day, 10.30am – 1.00pm or 1.00-3.30pm. £48.00 including lunch & coffee/tea. Tintern Woodland Studio, Abbey Mill, Tintern, NP16 6SE. Contact Christine on 01291 689580/1594 544183, email: c.hopkins711@btinternet.com, website: www.mochapottery.co.uk.

Silver Jewellery making—with Karosa Jewellery. Dean Pool Cottage, the Rocks, Clearwell, Coleford, GL16 8JR. Contact Karin Whittaker on 01594 832497 or 07717190609, e-mail karinwgb@gmail.com, website www.karosajewellery.co.uk

Create Spiral jewellery—One day workshop learning to create a pendant, ring and earrings from sterling silver wire. January 24th 2015, 10am – 4.30pm. £60 (£50 each if 4 people book together)

Make a spinner ring—Learn how to make a hammered ring which has a loose ring attached. February 7th 2015, 10am – 2pm. £45 (£40 each if a group of 4 books together)

Bangle Making Workshop—Make a solid silver bangle with your own design, hammered or textured. March 14th 2015, 10am – 2pm. £55 (£50 each if 4 people book together)
Groups of 4 contact Karin for alternative dates.



Painting & Drawing—Painting & drawing inspired by your own photographs of local landscapes. Joys Green. Wednesdays 10:30am - 12:30pm, starts 14th January 2015. Contact Sue on 01594 825 111 , e-mail sue@artspacecinderford.org

Willow Weaving—for beginners and intermediates at the Main Place Coleford. Fridays 1:45pm – 3:45pm Starts 16th January 2015. Contact sue@artspacecinderford.org 01594 825 111

Crafts at Harts Barn, Longhope, GL17 0QD. For the next 5 courses, contact Emma or John on 01452 831051, email events@peepshowgallery.co.uk, website www.peepshowgallery.co.uk

Jewellery at Studio 4, Harts Barn. 10.00am-4.00pm, £90 including, homemade cakes and treats and basic materials. Please let us know your dietary need when you book.

Historic Pendant Making Techniques—Make two pendants of semi-precious stones captured in silver or gold wires. 24 January 2015.

Silver Beating and Enamelling—Create pendants, earrings or small brooches in hammered silver and enamelled copper. 25 January 2015. At Memories of Home, 10.00am – 4.00pm, £90. includes lunch, cake and tea and material.

Painting Furniture with Chalk Paint—Full day course, learn over 8 painting techniques Contact us to arrange a course time to suit you.

Absolute Beginners Pastel Drawing—Pastels for complete beginners. You may be surprised at what you can achieve! Starts Thursday 12th March 2015, 1.00-3.00pm, £6 per session plus materials.

Drawing & Painting: Pen and Watercolours—

This course involves drawing experimentation with ink pens and painting with watercolours to achieve subtle, effective, results. Bring your own materials. 9 weeks from 12 Jan 2015. 10-12. £50 (£33 concessions). At Lydney Community Centre, Naas Lane Lydney. Contact Wyedean, see ad on page 8

Watercolour & Acrylic Painting Day Workshop—A chance to enjoy a concentrated day of painting and drawing. Intermediate to advanced students. Bring lunch. Drinks available. Bring your own materials. 17 Feb 2015, 10-3. £24. At The Assembly Rooms, East St, St Briavels. Contact Wyedean, see ad page 8

Also **Watercolour & Acrylic Painting**—beginners to advanced. Basic drawing and development of your watercolour and acrylic techniques. Bring your own materials.

9 weeks from 12 Jan 2015, 2-4. £62 at the Assembly Rooms, St Briavels

9 weeks from 12 Jan 2015, 10-12. £68 at Westbury On Severn Parish Hall

9 weeks from 13 Jan 2015, 10-12. £62 at Woolaston Memorial Hall

Contact Wyedean, see ad on page 8

Forest Lacemaking—Lacemaking for all. Relaxed and friendly environment. Meet the 3rd Friday of each month, 10.00am – 3.30pm, bring lunch. The Trinity Room, Holy Trinity, Primrose Hill, Lydney, GL15 5SL. For details, contact Jane on 01453 731752 or Mary on 01594 562485, email Jane.wright@btinternet.com.

Fashion Revived—individual or group dressmaking tuition at your home. £25.00 per 2hr session.

Contact Caroline Jones on 01594 861286, e-mail carolinesfashionrevived@gmail.com or find me on facebook, just search for FashionRevived

Courses at Zig Zags—contact see advert below, materials are extra for all workshops.

Dressmaking with Caroline—or beginners and more experienced sewers. Fridays, 10-12. £125 per term.

Patchwork with Caroline—Make an heirloom quilt, Thursdays 1-3. £125 per term

Rag-rugging with Caroline—2 hour workshops as required. £20.00, tools can be hired.

Learn to use your sewing machine with Dave—2 hour workshops as required. £20

Knitting with Avril—Beginners and advanced workshops as required.

Crochet with Ailsa—Beginners and advanced workshops. £15 per session.

Creative Textiles with Anne—Learn new skills, techniques and design. 2 hour workshops. £20.



Stockists of fabrics, wools, threads, haberdashery and needlecraft tools.
Running a range of textile courses in our own workshop at
Zig Zags, Pyart Court, Coleford, GL16 8RG. Tel: 01594 836181.
Find us at www.zigzagcrafts.co.uk and on facebook at [ZigZagsColeford](https://www.facebook.com/ZigZagsColeford).

GIBSON'S *The Forest Trading Post*

Artificial Flowers. Huge selection, Oasis, Frogs, Tape and Wire.
All Things Stationery. Note pads, Sketch pads and Drawing pads.
Crafty Stuff. Brushes, Knives, Glue, Coloured Card, Paint.
Jigsaw Puzzles. Always a good range in stock, children and adults.
Pet Goodies. Everything for your dog or cat, food, toys, shampoo.
Cards and Giftwrap. huge display at the lowest of prices.

Edenwall Rd, Coalway, Nr Coleford GL16 7HW -www.gibsonsofcoalway.co.uk- 01594 801301

ARTS & CRAFTS Continued

Dye, Print & Stitch—Textiles made using things from the Forest or garden at Blakeney Recreation Centre. Tuesdays 10am - 12:00pm, starts 13th January 2015. Contact sue@artspacecinderford.org 01594 825 111

Feltmaking—day course to make a cushion, bag, wall hanging, hat, or jewellery . Courses for up to 4 people held in studio at Kent Cottage, (off New Rd,) Blakeney Hill, .GL15 4BS. 10am-4pm. Materials and lunch included. £60, £50 if booking multiple courses. Contact Christine Waygood on 01594 516902 or 07947123665 e-mail, christine.waygood@sky.com

Textile design—covering felt and rug making, machine knitted felts, tapestry weaving and appliqué will be starting in the New Year. Please see www.christinewaygood.com for more information.

Photography with Tina Dorner—using the glorious Forest of Dean Scenery to enhance your photography skills. Bookable convenient days & times including weekends. Contact Mrs.Tina Dorner on 01594 860062, e-mail tinadornerphotography@gmail.com, website www.tinadornerphotography.com

1to1 Photography Tuition for All—£25 per hour session, £40 per 2 hour session, £60, per 2 hour session with a friend. 5 week courses (2 hrs £150)

Can include post processing tuition at: 17 Camomile Green, Lydbrook GL17 9LN

Group Photography Tuition—for 4-5 Adult Groups. Single 2 hour sessions for 'ready-made' groups of 4-5 adults - £15 each person. Courses 4 weeks (each session lasts 2 hours) from £60 for each person. Bespoke courses available

FOOD



Cake decorating with the Chocolate Strawberry, 9 Fairmoor Close, Parkend, GL15 4HB.

Contact Sarah on 01594 563081, email thechocolatestrawberry@gmail.com, website www.thechocolatestrawberry.co.uk Dates to suit you. Half day: 10.00am –1.30pm from £60.00pp shared, or full day 9.30am – 3.00pm, from £95.00 pp shared. Private class £95.00/£180.00. Includes tea/coffee and cakes.

Cake Design—Learn contemporary fine decoration on celebration cakes and cupcakes.

Hand Painting on Cakes—Learn contemporary hand-painting decoration on celebration cakes and cupcakes.

Food Safety (Level 2 Award in Food Safety in Catering)—Essential accredited training for those involved in food handling and preparation. 17th February 2015, 09.30 – 15.30. £65. At The Lodge, Orchard Trust , Upper Stowfield, Lower Lydbrook,

GL17 9PD.

Contact Charlotte Morgan on 01594 860090,
e-mail admin@orchardtrusttraining.co.uk,
website www.orchardtrusttraining.co.uk

Harts Barn Cookery School courses, for Spring 2015
see advert on back page for contact details.

Baking with Heritage Wheat, 11 Jan, £55
Balanced Meals on a Budget, 16 Jan, 18 Jan, £120
Chocolate Dreams, 17 Jan, 21 March, £45
Takeaway Specials - Chicken, 17 Jan, £45
Bread Basics, 24 Jan, £50
Sweet Bread, 24 Jan, £45
Taste of Thai, 31 Jan, £55
Flavours of Mexico, 31 Jan, £55
Butchery Courses - 7 sessions, 3 Feb, £550
Butchery Courses - Pork, 3 Feb, £95
Takeaway Specials - Vegetarian, 7 Feb, £45
Butchery Courses - Pork, 8 Feb, £95
Valentine chocolates, 12 Feb, £45

I Knead You - Bread for Lovers £75 /couple, 14 Feb
Pasta for Lovers - £75/couple, 14 Feb
Pasta, Gnocchi and Focaccia, 21 Feb, £50
Curries of the World, 21 Feb, £55
Gluten Free Baking, 7 March, £55
Intro to Whole Foods Cookery, 7 March, £50
Bread Making, 14 March, £75
Butchery Courses - Lamb, 22 and 24 March, £95
The school also organises themed hen parties,
tailored corporate activities, childrens parties,
bespoke learning programmes for individuals,
companies, schools and youth groups and classes in
seasonal foraging and simple survival skills.

Ayurvedic Cooking and Healthy Lifestyle Workshop
Learn about yourself through cooking and food. 20
February 10.00 - 16.00.
Contact Ildiko on 07552442963 or
email indianwellnessacademy@gmail.com
visit www.indianwellnessacademy.com



YOUR ROUTE INTO YOUR CHOSEN CAREER

If you're looking for a new career, our qualifications and programmes could give you the skills and knowledge to help you find your perfect job.

And the good news is, it could be FREE

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Belle Vue Road,
Cinderford
01594 827405**

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Warehousing
English
Retail
Customer service
Health and social care
IT
Security
Hospitality



Adult Community Learning

Courses + Workshops Spring Term 2015

Starting week beginning 12th January

Give learning a go! There is no excuse not to with such a fantastic choice of courses or workshops, all highly affordable, relaxed and friendly. Whether at Wyedean School, Westbury, Lydney, ~~Woolaston, Bream, Newnham~~ or St Briavels, choose from:

- *Basket Making; *Clothes Making; *Watercolours; *Painting & Drawing;
- *Flower Arranging for all; *Silver Jewellery; *Floral Decorations for Easter;
- *Computing for Beginners or Improvers; *Computer Confidence for Work;
- *Basic Maths for the Nervous; *Dyslexia Demystified; *Make the most of your ~~lpad~~;
- *Photography or Photo Editing; *eBay;
- *Ballroom & Latin American Dancing;
- *Golf Coaching; *Pilates; *Dance yourself Fit!;
- *Yoga; *~~Zumba~~ for Fun + Fitness; *~~Yogalates~~;
- *Look Good Feel Confident Be Happy;
- *Make your own Beauty Products & Easter treats; *Meditation;
- *The Psychology of Happiness – a toolkit for living;
- *Traditional Afternoon Tea Cakes;
- Chakras; Reflexology;
- *Make-up Master Class workshop;
- *Reiki Level 3; *Basic First Aid; *Basic Food Hygiene;
- *Health & Safety in the Workplace;
- *Food Hygiene Level 2; *Emergency First Aid at Work;
- *Italian; *Spanish.

For further information, please contact the School Office on 01291 625340 (~~answerphone~~ during the Xmas Hols, please leave your details and we will get back to you. Post off your enrolment form (+ ~~SaE~~ if you wish for a receipt).

School Office shuts on 19th December & re-opens on 5th January)

Download an enrolment form + Spring Term ACL Brochure from

www.wyedean.gloucs.sch.uk (Go to 'Community', then 'Adult Learning')

Wyedean School & Sixth Form Centre, Beachley Road, Sedbury, Chepstow, ~~Glos~~, NP16 7AA

Funded by AdEd in Gloucestershire

HEALTH & FITNESS

Yoga for all—Improve your strength, suppleness, posture and stamina whilst developing techniques to calm and relax you. Bring a yoga (non slip) mat and blanket and wear loose, comfortable clothing. 9 weeks from 14 Jan, 10-11.30. £45
At Lydney Community Centre, Naas Lane, Lydney.
Contact Wydean, see ad on page 8

Yoga with Ali Rose—Contact Ali for next 3 courses on 07883678629, email simplyalirose@yahoo.co.uk website www.yogawithalirose.co.uk

At The Main Place, Coleford

Seniors Yoga—A gentle yoga practice for older students, including relaxation and short meditations. Thursdays 10-11.30am, term times January to July 2015.

Seated Yoga—Experience the benefits of Yoga from a chair! Improving well-being for mind and body. Monday mornings from January 2015, £20 for 5 weeks.

At St Briavels Assembly Rooms, St Briavels.

Simply Yoga —Yoga sequences, breathing and relaxation practices to awaken the body and calm the mind. Daytime or evening class available. Term times Jan-July 2015, ongoing 6 week blocks, £6 per class. Tuesdays 9.30-11.00am, Thursdays 7-8.30pm.

Yoga at Studio 4, Harts Barn, Longhope, GL17 0QD
Contact Emma or John on 01452 831051,
email events@peepshowgallery.co.uk
website www.peepshowgallery.co.uk

Gentle Yoga—Experienced teacher Gemma, creates a gentle, relaxing yoga session for all abilities. Ongoing Thursday nights, 8 - 9pm, £6 weekly.

Core Strengthening Yoga—Invigorating and strengthening yoga. Excellent for post natal conditioning, metering your posture and

strengthening your core. Ongoing Tuesdays, 11.30am – 12.30pm, £6 per week.

Yoga Classes (Hatha)—Integrating body, breath and mind through movement and stillness to establish balance in life. Ongoing classes, £60 for ten sessions. 7.00-8:30pm Tuesday and Wednesday evenings, Taurus Crafts, Old Park, Lydney Park Estate, Nr Lydney, GL15 6BU. Contact Carolyn on 01594 530225/07793 503046,
email Carolyn.thomas@hotmail.com

Yoga Classes—For all levels and abilities. Also Pregnancy Yoga by arrangement. £6 drop- in rate or £50 for 10 sessions. Classes in Newnham, Monday 10-11.30; Northwood Green, Monday 5.30-7.00, 7.15-8.45pm; Huntley, Tuesday 1.00-2.30; Littledean, Wednesday (Intermediate) 7.30-9.00pm; Berry Hill Thursday(for the 50+) 4.15-5.45.
Contact Glenys on 01594 823581,
email bgpattman@btinternet.com

Yoga with the Indian Wellness Academy, contact Ildiko on 07552442963 or
email indianwellnessacademy@gmail.com
visit www.indianwellnessacademy.com

Hatha yoga—gentle exercises, breathing, meditation and relaxation techniques. Starts Tuesday 27th January 2015, 6.30 – 8.00, 10 weeks, £70. Forest Hills Golf Club, Mile End Road, Coleford
One day Yoga Practice—Emphasis on relaxation and physical & mental well-being, massage treatments can be booked. At Ragmans Lane Farm, Ruardean, 24 January 10.00 - 17.00. £50 to include all food and drink.

Iyengar Yoga—Beginners, general and intermediate classes in the Forest of Dean & Wye Valley. All classes start w/b Monday 5th January 2015. Morning & evening sessions. Ongoing until Easter. Drop-in fee £6.50. Please visit website for times & venues. Contact details on next page.

HEALTH & FITNESS

Iyengar Yoga Contd.

Contact Kische Redwood on 01594 531410 or 07805 729893. E-mail kische@wildwoodyoga.co.uk, website www.wildwoodyoga.co.uk

Yoga at Millers Farm, Brain's Green, Blakeney, GL15 4AP. Contact Sue Chudley on 01594 510655, e-mail suechudley@btinternet.com, website www.millersfarm.co.uk/yogaspace

One to One Yoga and Yoga Therapy—Individual lessons for home practice and Yoga Therapy for health problems. By appt through the year. £35/hr

British Wheel of Yoga Foundation Course 1—To deepen your understanding of Yoga or prepare for Teacher Training. April to November 2015, Introductory Day March 8th. 10am - 5pm, 10 Sun-days over 8 months. £475 includes BWY enrolment

fee and a copy of TKV Desikachar's Heart of Yoga.

Weekly Yoga Classes—Mixed ability classes on Tuesdays, 7-8.30pm and Fridays, 9.30-11.00am in Blakeney, Wednesdays, 5.30-7pm in Flaxley School Rooms. £6 at Millers Farm, £7 at Flaxley.

Gentle Yoga/Pregnancy Yoga—Gentle, restorative yoga, for everybody! Private classes at home or a venue of your choice. Private/small group classes to suit you, from £5 per person.

Contact Gemma Daffurn on 810903/07813947704, email purplepatchyoga@yahoo.co.uk, website www.purplepatchyoga.co.uk.

Yoga for all—simple drop in sessions at Heywood Leisure Centre, Cinderford. £4 per session. Check with Jane for start date. Contact Jane on 01594 544149 e-mail jjrothery@talktalk.net.

DENE MAGNA



Leading : Learning : Training : Technology

Evening Workshops for Adults Winter 2015

Starting Tuesday 13 January

| | |
|----------------------------------|------------------------------------|
| Pilates Beginners/BackCare | 6-7pm, 10weeks, £50 |
| Pilates Mat Work | 7-8pm, 10weeks, £50 |
| Needle and Wet Felting | 6.30-8pm, 10weeks, £50 + materials |
| Italian for Improvers | 6-8pm, 10weeks, £70 |
| Japanese for Beginners | 6-7pm, 10weeks, £30 |
| Computing for Absolute Beginners | 6-8pm, 5 weeks, £35 |
| Basic Cake Decorating | 6-7pm, 10weeks, £30 |

Starting Wednesday 14th January

| | |
|---------------------------------------|--------------------------------|
| Zumba | 6.30-7.30pm, £3.50 per session |
| Italian for Beginners (Taster Course) | 6-8pm, 5 weeks, £35 |

Starting Thursday 15th January

| | |
|-------------|----------|
| Tae Kwon-Do | 6-7.30pm |
|-------------|----------|

Gym/Circuit Class - In Dene Magna's Fitness Centre. Monday, Wednesday and Friday evenings* £10.00 joining fee, then £3.50 per session.

Please book to avoid disappointment

To book or any enquiries please contact Peter Adams 01594 545318 24hrs

or e-mail p.adams@denemagna.gloucs.sch.uk or website www.denemagna.gloucs.sch.uk

Tai Chi for Health—Traditional and Modified Forms, also Care Home Programs. Suitable for all ages and abilities, seated or standing. Minimum 1 hour, check website or ring for confirmed dates. Tuesdays 6.30pm, Latchen Rooms, Longhope, Wednesdays 7.30pm, The Club, High Street, Newnham (no disabled access). Tuesdays 11.30 am, Taynton & Tibberton Hall Thursdays 6-30pm, Linton Village Hall 1on1 tuition available on request. £3-50 - £4-50 per session, concessions available. Contact Trevor on 01452 830000, email enquiries@crystaltaichi.co.uk, website www.crystaltaichi.co.uk

Tai Chi Movements for Wellbeing—at Bishopswood Village Hall, Kerne Bridge, HR9 5QT. Learn these simple and enjoyable Chi Kung and Tai Chi Movements Contact Jane on 01594 861404, e-mail jane-spray@tiscali.co.uk. Taster session on Tuesday 27 January, 11am – 12 noon, Bishopswood Village Hall, £5. With follow on sessions starting in February, same time, same place.

Tai Chi Chuan—Regular weekly classes in Traditional Chen Style Tai Chi Chuan and related Chi Gong. £39 for a 6 week block, Wednesdays 7:00 – 8:30pm, ongoing classes with occasional breaks for school holidays etc. English Bicknor Village Hall, Ross Road, English Bicknor, GL16 7PD. Contact Mark on 01594 544060 / 07791738668, email deantaichichuan@gmail.com, website www.bristoltaichi.com/deantaichi.htm.

Zumba for Fun + Fitness—Easy to follow dance fitness workout that trims and tones the whole body. £34 (£30 concs). Bring water to drink. 9 weeks from 13 Jan 2015, 10-11. at Lydney Community Centre. 9 weeks from 12 Jan 2015, 9.30-10.30 at Bream

Rugby Social Club. 9 weeks from 15 Jan 2015, 10-30-11.30 at Woolaston Memorial Hall. Contact Wyedean, see ad on page 8

Pilates with Esther—Invest in your body and develop good posture, strength, flexibility and balance in a fun way. Contact Esther on 01452 760120, 07711 832042 or email esther@estherf.com, website www.estherf.com.

Beginners/Back Care—at Dene Magna School, Mitcheldean GL17 ODU from Tuesday 13th January 2015, 6 – 7pm for 10 weeks, OR at The Club, High Street, Newnham-on-Severn, GL14 1BS from Friday 9th January 2015, 11.30am-12.30pm for 11 weeks, .

Matwork— at Dene Magna School, Mitcheldean GL17 ODU from Tuesday 13th January 2015, 7-8pm for 10 weeks, OR at Studio 4, Harts Barn, Longhope, GL17 0QD from Friday 27th February 2015, 1.30-2.30pm for 4 weeks. Prices vary.

COMPLEMENTARY THERAPIES

At Claremont House, High St Lydney. Contact Wyedean, see ad on page 8. Further *accredited courses are also available* . cost: £5 to tutor on night

Complementary Therapy - Introductory Workshop Introduction to massage techniques to de-stress and relax shoulders, head and neck, whilst encouraging balance in the body's innate healing energy systems. You will be expected to work on a peer over clothing as an introduction to massage therapies. 5 Feb, 6-9. £5.

Reflexology Introductory Workshop—Introduction to the benefits and effects of Reflexology as a therapy, discusses the treatment history and allows you to try out some of the practical elements of a treatment. 5 March, 6-9. £5.



Upcycling-Fashion Reviving

I'm a dressmaker who likes to take an unwanted and unloved piece of fabric, clothing or soft furnishing and use it to make something lovely to wear or use in the home.

Most of my garments to upcycle come from charity shops where there are good bargains to be had. I can look for garments that can be revived with a bit of trim or a simple alteration, but more often I look for the fabric content with a view to deconstructing and remaking a garment or perhaps a pair of curtains, usually in another form!

Skirts and dresses are good because they can contain big panels of fabric that you can cut pattern pieces from. A garment I upcycle lots is jeans, these can be made into skirts, long or short with frills or panels and decorated or not. Jeans can also be made into funky bags and of course they can be deconstructed and the fabric used for something completely different. I also take apart ties and use the fabric to make waistcoats and skirts, men's ties often being made of lovely silks.

Doing all this means I have lots of scraps and these invariably go into rag rugs although I do buy old duvet covers and sheets for that purpose, except that the last duvet cover I bought I liked so much I made a lovely flared, panelled skirt out of it!

So get out to your local charity shop, there are lots in the Forest towns, look for fabrics to re-use and make something lovely for yourself or your home.

By Caroline Jones of Fashion Revived.
Find out more at www.fashion-revived.co.uk



Dyslexia— How aware are you?

Dyslexia literally means difficulty with words, but such a narrow definition doesn't accurately describe the condition and how it affects people in many different ways.

Dyslexia is classified as a Specific Learning Difficulty and as a disability. These statements are both true, but can give a rather negative view and some people are worried about having such a label.

I prefer to think of Dyslexia as a difference that can be a gift. People with dyslexia (about 1 in 10 of the population) process information they see and hear differently. Often extremely creative and good at problem solving, a dyslexic brings 'added value' to any classroom, team or workplace. They can quite often see the big picture and have inspired ideas.

You only have to look at Alan Turing who broke the Enigma Code, or Steve Jobs who created Apple to get an idea about two dynamic dyslexic people who used the condition to do inspirational things.

Would you like to know more about how dyslexia can affect people in the workplace and how to tap into the positive?

Do you know someone or are you someone who thinks they might be dyslexic and would like a chat about support available?

Do you work in education and would you like to know practical tips for working with individuals with dyslexia?

If so visit www.kvfetc.co.uk or contact Kris Ventris-Field on 01594 563361



Foraging for wild foods



January - One must be pretty astute to forage for wild food during this dark cold time of year. But there are still plants around if you know what to look for... For a tasty winter salad why not try Cleavers, Chickweed, Cow Parsley, White Dead Nettle, Lesser Celandine, Navelwort, Ground Ivy and Nipplewort. These leaves will be small at this time of year and may take some searching, but well worth the effort!

Wash and combine the leaves and serve with a delicate dressing.

February - Still in the dark dormant months, but all is not lost! A handful of Gorse flowers infused for a few minutes in boiling water make a delicious coconutty tea. Be sure to wear thick gloves when picking the brilliant yellow flowers to protect you from the vicious spikes of the bush. Greater Plantain – The leaves are not really edible in a salad at this time of year, but blanched and sprinkled with salt or soy sauce, or added to a stew, they are similar to kale in flavour.

March - Hoorah!! Spring is on its way and so our wild food larder is starting to grow with more vigour. Jack of the Hedge or Garlic Mustard makes an appearance. The leaves are wonderful in a salad or crushed to make a sauce for roast lamb. Wood Sorrel also starts to make a comeback. The vivid green leaves of this trefoil plant are easy to identify (see picture above) and are abundant in our coniferous woodlands. They have a tangy lemony flavour, a great addition to cheese sandwiches or to accompany fish dishes.

By Annette Fuller



MindSCAPE

is an exciting 4 year Big Lottery funded project for the Forest of Dean designed and led by the Wye Valley Area of Outstanding Natural Beauty (AONB) and co-ordinated by Artspace Cinderford.

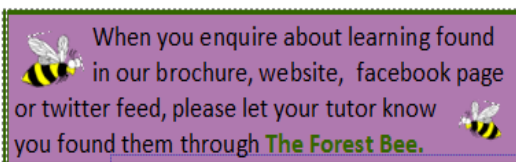
The project is designed for people living with dementia, their families and carers, and has been developed to enable people to reconnect back to the landscape, through a regular series of meetings and workshops at Bracelands Adventure Centre, near Coleford and at venues throughout the Forest of Dean.

Activities will be creative, stimulating, enjoyable and inspired by nature; they range from a short walk in the countryside to wood carving, willow weaving or painting and drawing. In a nutshell, it's all about having a relaxing time, in a relaxing environment.

Activities are **FREE**, transport can be arranged and refreshments are included (a light lunch, coffee/tea and excellent cakes!)

Booking is essential. If you, or someone you know, has dementia or cares for someone with dementia and would like to access the programme, please contact hannah@artspacecinderford.org or call 01594 825 111 (extn 4).

For further information, visit the Wye Valley AONB website <http://www.wyevalleyaonb.org.uk/index.php/mindscape/>





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COMPLEMENTARY THERAPIES

Touch for Health Kinesiology—The Beck Clinic, Awre. Contact Helena Argüelles on 07748841820, e-mail Helena@essentialtimeout.com, website www.essentialtimeout.com

Kinesiology Workshop Proficiency Level—or practitioners and non-practitioners. 21st and 22nd March 2015, 9:30am – 5:30pm. £230

Kinesiology Workshop Level 3—for practitioners and non-practitioners. 17th and 18th January 2015, 9:30am – 5:30pm. £230

Kinesiology Workshop Level 4—for practitioners and non-practitioners. 14th & 15th February 2015, 9:30am – 5:30pm. £230

Your Power to Heal—No doctrine, no dogma, just reconnect with your natural abilities, with a few insights from modern science thrown in! 10 weeks

starting Monday 19th January 7-9pm/Thursday 24th January 10am-12noon. £75.00 (concessions available). Contact Jaqui on 01594 861278/07919 851669. email jaqui@jaquifabian.co.uk, website www.jaquifabian.co.uk

Courses with II Intuitive at Claremont House, High Street, Lydney, Gloucestershire. GL15 5DX. Contact Sian on 07739 172329 or Tara on 07522 718062 or 01594 846293. E-mail info@2intuitive.co.uk, website www.2intuitive.co.uk

Introduction to Complementary Therapies

Taster—Introduction to massage skills to help relaxation in shoulders, neck and head. Accredited courses available. 5th February 2015, 6pm - 9pm. £10.00

Lava Rescue Massage—Advanced deep tissue massage using a combination of heat and ice therapy. 23rd February 2015, 9.30am - 6.30pm

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Lava Shell Detox Treatment—A detoxifying massage treatment using a combination of hot and cold shells. 26th January 2015. 9.30am - 5.30pm

VTCT Level 3 Certificate in Indian Head Massage—A course to develop practical skills in providing a stress relieving shoulder, neck and head treatment. 12th February 2015, 1 night for 10 weeks, 6pm - 9pm. £300.00

Hopi Ear Candling—How to provide ear candling treatments on clients safely. Prerequisite L2 beauty qualification. Can apply to complete qualification without beauty training. 9th March 2015, 10am - 4pm. £150.00

VTCT Level 3 Certificate in Swedish Massage—A course to develop practical skills in providing a relaxing and stress relieving body massage treatment. 1 evening a week for 20 weeks, 13th January 2015, 6pm - 9 pm. £575.00 or 1 day a week for 12 weeks, 13th January 2015, 9.30am - 3pm. £575.00

Introduction to Homeopathy—Learn to use homeopathy in first aid and minor ailments. Saturday 10 Jan 2015 10.30 -3.30. £25 Concessions £20. Andrea Degen, Hom Green, Ross on Wye. For contact, see ad to the left.

PERSONAL & SPIRITUAL DEVELOPMENT

Meditation—One-to-one support for personal development, as required. Or courses run over 8 months. Contact Jane on 01594 544149 e-mail jrothery@talktalk.net.

Shamanism with Maxine Smillie at Redbrook Village Hall, Redbrook, NP25 4LR. Contact Maxine on 01873 858391 or 07845 933860, e-mail shamanismwales@gmail.com, website maxinesmillie.com.

Practical Shamanism—Nine individual days to expand our knowledge of ceremonial practice and connection to spirit. 31 January, 10.30am - 5pm. 1 day a Month for 9 Months, £650 (£550 earlybird)

The Heart of the Drum—Finding your Sacred Beat. Awaken with a drum or rattle and gain confidence to drum a Shamanic Journey beat. Sunday 15th March, 10.30am - 4pm. £75.00.

The Shamen's Song—Connecting to the Web of Life. You do not have to be a singer, but come to have fun with sound. Sat 14th March, 10.30am - 4pm. £75.00

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Shamanic Healing—6 week course for practitioners with background in holistic medicine (Reflexology, Reiki, etc) who wish to expand their knowledge of energy medicine. Starts Monday February 2nd, 7.00-9.30pm, Ragmans Lane Farm, Lower Lydbrook, GL17 9PA. Contact Ginnie Blakey on 07872 612856, email ginnieblakey@gmail.com, website www.tellingthestones.co.uk

Shamanism with Mandy Pullen—Contact Mandy on 01594 541850/07805 800313, email info@mandypullen.co.uk website www.mandypullen.co.uk

Introduction to Shamanism—Learn the shamans journey technique, experience ceremony and explore the World Tree. Saturday 7th February 2015, 10am - 5pm, £45 inc lunch, Dean venue tbc.

Shamanic Journeying. Learn the shaman's journey one to one—Learn the shamans journey technique over 6 weeks - for those who require individual tuition. 2 hour sessions, 6 weeks (weekly or fortnightly). £300 (concessions available). Drybrook.

Shamanic Gong Bath Day—Experience a gong bath from a shamanic perspective - no experience necessary! £55 includes lunch. Sunday 15th March 10am - 5pm. Millers Farm, Brains Green, Blakeney, GL15 4AP

Balancing the Flame - Imbolc/Candlemas—Weekend workshop exploring and celebrating Imbolc, the herald of Spring and the land. £210 (2 concession places available, please ask), Fri 30th Jan 6.30pm - Sun 1st Feb 3pm, Ragmans Lane Farm, Lower Lydbrook, Glos, GL17 9PA.

Meditation for a Quiet Mind—Introducing several techniques, both modern and traditional, to help you find what works best for you. 10.30-12.00, £30 (Concs £18), starting Monday 12th January,

Assembly Rooms, East Street, St Briavels, GL15 6TG. Contact Wydean, see ad on page 8

Transformation Game—as developed at Findhorn. Bring an issue to the Game to obtain insights in a safe, confidential space. Typically over a weekend with 4 x 3hr sessions, by arrangement. See website www.wye-valley-healing.co.uk for options. Held at Bishopswood. Contact Annette Cass on 01600 891325 email annette@wye-valley-healing.co.uk,

Courses with Jaqui Fabian, Contact Jaqui on 01594 861278/07919 851669, email jaqui@jaquifabian.co.uk, website www.jaquifabian.co.uk

Practical Meditation—Covering a variety of techniques and practical applications to help you get the most from it. 6 weeks, starting Saturday 10th January 10-11.15am or Wednesday 18th February 7-8.15pm. £30.00.

The Psychology of Happiness—Tools for Living Pt 1 Find out how you became you, evaluate what works for you, and use the tools to change what doesn't. Starting Friday 16th January, 10am-12.30, 5 weeks, £40. Lydbrook

Life, the Universe & Energy—Series of workshops linking spirituality & modern science, plus who we are as humans, our potential and our gifts. Free information sessions March/April 2015. Contact Jaqui as above or Karen on 07531 459727, email karen@severnsideholistichealing.co.uk, website www.severnsideholistichealing.co.uk.

The Coach of Life Confidence Course—Confidence and self-esteem building sessions. Discover your strengths and learn how to empower your life at The Angel, Ruardean. From January 2014, Variable – Monday to Saturday. 1 to 10 weeks – ongoing. Cost is variable depending on requirements. Call for quotation. Contact JC on 01594 541257, e-mail jc@coachoflife.info, website www.coachoflife.info

HORTICULTURE & BEEKEEPING

Sustainable Beekeeping Weekend Course

Meet the bees, learn bee biology and how to make a low cost hive. 28 – 29 March, 2 days, £180 (Accommodation available £15). (please see website for options). Ragmans Lane Farm, Lower Lydbrook, GL17 9PA. Contact Catrin on 01600 714848 email BFDOoffice@beesfordevelopment.org, website www.beesfordevelopment.org.

Introduction to Permaculture—Introducing permaculture principles with practical sessions at Ragmans Lane Farm, Lower Lydbrook. GL17 9PA. 21 & 22nd March 2015, 9.30am. £180 (book by 20th January 2015 for early bird discount £150). Contact Angela Horsley on 01594 860244, e-mail info@ragmans.co.uk, website www.ragmans.co.uk

Grow Your Own Firewood—Everything you need to know about growing your own willow firewood at The Willow Bank, Ragmans Lane Farm, Lower



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Lydbrook, Gloucestershire GL17 9PA. 7th February 2015, 10am. £60. Contact Steve Pickup on 01594 861782, e-mail pickwillow@yahoo.co.uk, website www.thewillowbank.com

OUTDOOR ACTIVITIES



Activities with Way 2 Go Adventures—For details contact Di Worrall or Wayne Morgan on 01594 800908, email ative@way2goadventures.co.uk website www.way2goadventures.co.uk

Water and Land Based Activities—for schools and groups. Dates & times vary, ½ day from £35 pp group size 10 -16 Full day from £50 pp group size 10-16. Under 16's £30 pp half day £45 pp full day. Free place for teacher/leader with every 10 students. Mallards Pike Lake, Forest of Dean or River Wye, depending on the activity.

Canoe & Kayak Course—Introductory sessions for 8—14year olds, Tuesday 7th April 2015, 9.am – 11.30 am, £20 per child (discount of £5 for two). 6 week course starts Sunday 3rd May, £180 .

Nordic Walking—taster technique course and weekly walks. Improve your fitness levels while enjoying the outdoors. Booking required. 9.45am meet. 1 week followed by 4 x 1 hr sessions. Taster £10pp. Course 4 x 1hr sessions £60pp includes use of poles. Available as Gift Voucher - £10 pd for taster session is deducted from cost of course. Beechenhurst, Speech House Road

DANCE

Ballroom & Latin American Dancing—Learn to dance the basic steps of favourite dances. Please wear shoes with a heel.

6 weeks from 19 Jan, 7.30-9. £33

At Lydney Community Centre, Naas Lane, Lydney. Contact Wydean, see ad on page 8

Easy Jive lessons, Lindy Hop/Rock'n'Roll—Absolute beginners with two left feet welcome! Wednesday

evenings, 7.30-8.30pm, £5 including tea and biscuits and half hour practice afterwards, no partner necessary, no acrobatic steps. Lydney Community Centre, Naas Lane, Lydney, GL15 5AT. Contact Lyn on 01594833765, more details on website www.fodjiveandswing.co.uk

LANGUAGES

Languages with Wydean, see advert on page 8

At the **Armoury Hall, Dean Rd, Newnham Italian for Absolute Beginners**—Students can enjoy learning, using a variety of activities such as videos, songs and recipes, in a friendly atmosphere. Topics covered will allow you to get by while on holiday in Italy. 9 weeks from 15 Jan, 10-12. £50 (£33 Concs)

At **St Briavels Pavilion, Coleford Rd, St Briavels Italian Beginners (Term 2)**—For students who have attended the previous course and have a basic knowledge of the language. Topics include tenses, directions and family and a deeper insight into the grammar. 9 weeks from 13 Jan, 10-12. £50 (£33 concessions)

At the **Assembly Rooms, East St, St Briavels Spanish Beginners (Level 1)**—‘Fun’ course delivered by a native speaker covering the language necessary for everyday life and holiday situations focusing on speaking and listening skills. 9 weeks from 22 Jan, 12.15-2.15. £50 (£33 concessions)

Spanish Beginners Year 2 (Level 2)—Gentle continuation of the above ‘Beginners’ course, with more emphasis on grammar so that students can

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All Monday/Wednesday evenings. Locations are Soudley Village Hall, Lower Road, Soudley, and Alvington Memorial Hall, Knapp Lane, Alvington. All 6 week courses on a rolling basis. £70.00

Puppy School Puppy Training—lots of fun and easy for your dog. Open to all puppies under the age of 5 months.

Junior School Older Dog Training—lots of fun and easy for your dog. Starter training for dogs of 5 months plus.

Mission Impawsible K9—advanced level. A fun introduction to obedience, agility, trick and target training.

BEAUTY

Beauty Courses with II Intuitive at Claremont House, High Street, Lydney, Gloucestershire. GL15 5DX. Contact Sian on 07739 172329 or Tara on 07522 718062 or 01594 846293. E-mail info@2intuitive.co.uk, website www.2intuitive.co.uk

Make Up Workshop—Enhance your personal presentation and improve confidence in applying your make-up. 22nd January 2015, 6pm - 9pm. £10

Airbase Spray Make-up—Creating a flawless make up base. Ideal for special occasions. 30th January 2015, 10am - 4pm. £37.50. Min.10 learners to run.

Spray Tanning Course—Develop your practical skills to provide self tanning services to the body. 2nd February 2015, 10am - 4pm. £99.00

Intimate Waxing Course—To advance your practical skills in intimate waxing techniques. Prerequisite L2 waxing qualification. 2nd March 2015. 10am - 4pm. £110.00

FHT Accredited Semi-Permanent Lashes—Develop your skills in the art of single lash extensions, 23rd February, 2 March & 16th March 2015. 6pm - 9pm. £200.00. Kit cost £130.00

Level 2 Certificate in Beauty Specialist

Techniques— For those seeking a career as an employed/self employed beauty specialist/beautician. 1 Day for 30 weeks, 7th January 2015, 9.30am - 2.45pm. £1750.00

Level 2 Award in Eyelash and Eyebrow Treatments

A qualification to develop your skills in the art of eye care. 1 Evening for 6 weeks, 12th January 2015. 6pm - 9pm. £299.00

Level 2 Award in Nail Technology - Gel Nails

—A qualification to develop your skills in the art of gel nail application. 1 evening for 10 weeks, 27th January 2015, 6pm - 9pm. £399.00. Kit cost – TBC

Level 2 Award in wax depilation—A qualification to develop your skills in the art of hair removal using wax. 1 Day for 6 weeks, 7th January 2015. 9.30am -

2.45pm. £350.00

Make-up Master Class Workshop—This will allow you to improve your confidence in choosing and applying make-up products to suit skin type, age and colouring more effectively. (cost: £5 to tutor on night for resources). *Accredited courses are available for those wishing to progress into full training.* 22 Jan, 6-9. At Claremont House, High Street, Lydney, GL15 5DX . See Wydean ad page 8

MUSIC

Start the Week Singing— Fancy a sing on a Monday afternoon? It's a great way to start the week. Mondays 2-4pm, £30 starting 12th January, 8 weeks, Millers Farm Barnspace, Brains Green, Blakeney GL15 4AP. Contact either Sue Carruthers at Artspace on 01594 825111 or Kirsty Abraham (course tutor) on 01594 510866. Emails sue@artspacecinderford.org or peopleandsinging@gmail.com, website <http://artspacecinderford.org/>

Classical Singing—Individual and group weekly coaching sessions in classical singing technique. £40 per hour individual coaching, £10 for 2 hour group coaching. Contact Virginia Blakey FRSM on 07872 612856, ginnieblakey@gmail.com



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Piano Lessons – Private piano tuition from beginner to advanced, no age limit. Free consultation lesson before you decide. Saturday mornings, Coleford area. Contact Dorothy Wilson, LRAM, ABSM on 01594 810820/07866 491801 or email doffwildor@gmail.com

Singing at the Garden Café—Weekly singing upstairs at the Garden Café – all welcome. 7-9pm, usually alternate Wednesdays (check website for updates) £6 per session. The Garden Café, The Malthouse, Lower Lydbrook, GL17 9NN, contact Paul on 860075, emails gardencafe@btinternet.com or peopleandsinging@gmail.com, website <http://www.garden-cafe.co.uk/>

Piano and Singing Teacher—Piano and singing lessons - all ages and beginners welcome. Jazz, rock, pop, folk, classical. 30/45/60 mins sessions, £12 per 30 mins - £24 for 1 hour (concessions – please ask). Mountjoy, Hillside Road, Drybrook, Glos GL17 9EW. Contact Mandy on 01594 541850/ 07805 800313, email www.mandysmusicbox.co.uk, website mpullen8@btinternet.com

RADIO SKILLS


Making Radio—Learn how a radio station works and how to make your own programmes. 7-9pm, 23rd January 2015 or 6th March 2015 for 6 weeks. Free. Triangle Radio, The Miner’s Welfare Hall, Wesley Road, Cinderford, GL14 3JN. Leave a message on 01594 822526 and someone will get back to you or email us at Triangle@triangleradio.co.uk.

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Contact Sharon Norris on 07946 045 682, email s.norris690@btinternet.com

Emergency First Aid at Work—A hands-on course, with group work and practical exercises.

23rd February, 09.00 – 17.00. £70. The Lodge, Orchard Trust, Upper Stowfield, Lower Lydbrook, GL17 9PD. Contact Charlotte Morgan on 01594 860090, e-mail, admin@orchardtrusttraining.co.uk, website www.orchardtrusttraining.co.uk

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Business Start Up Half Day Taster—An introduction to launching your own business including finance essentials, marketing & clarifying your business aims. £12. 9.00 - 12.30 on 10th February 2015 at The Main Place, Coleford.

2 Day Intensive Business Start-Up Programme—Covering all aspects of your business plan including sales, marketing, financial record keeping & pricing. £48. 9.00 – 17.00 on 3 & 4th March 2015 at The Main Place, Coleford.

Building Your Low Cost Marketing Plan—Learn how to build an approach to marketing that delivers the results you need on a budget. £18. 9.00 – 12.30 on 23rd March 2015 at Claremont House, Lydney.

Negotiation Skills—Learn the skills for achieving great results during tricky situations that require a 'win-win' outcome at work & business. £18. 13.30 – 17.00 on 4th February 2015 at the BelleVue Centre, Cinderford.

Planning Your First Website—Don't dive in and choose the cheapest option available. Plan your first website to ensure that the investment made

brings the results you need. £18. 13.30 – 17.00 on 23rd March 2015 at Claremont House, Lydney.

Skills for Savvy Selling—See your business take off by building a gentle relationship based approach to sales. £18. 9.00 – 12.30 on 4th February 2015 at the BelleVue Centre, Cinderford.

GENERAL INTEREST

Level 3 Certificate in Assessing Vocational Achievement—Practical based for those who assess both occupational and vocational skills. 2 input days followed by practical assessments, 5th & 19th January 2015, 9.30 - 5pm. £395.00

II Intuitive at Claremont House, High Street, Lydney, Gloucestershire. GL15 5DX. Contact Sian on 07739 172329 or Tara on 07522 718062 or 01594 846293. E-mail info@2intuitive.co.uk, website www.2intuitive.co.uk

Courses with The Orchard Trust, at The Lodge, Orchard Trust, Upper Stowfield, Lower Lydbrook, GL17 9PD. Contact Charlotte Morgan on 01594 860090, e-mail, admin@orchardtrusttraining.co.uk, website www.orchardtrusttraining.co.uk

Safeguarding Adults Foundation Training (Alerters) Course includes lively discussion, case studies and real life examples. 18th March, 09.30 – 12.30. £38

Making Activities Matter—Fun course re-creating rewarding, meaningful activities in care settings. Two day course: 26th February and 12th March, 09.30 – 15.30. £75. Held at The Old School, Highnam Community Centre, Newent Road, Highnam Gloucester, GL2 8DG. See website for other dates.

Disclaimer—the views expressed in this brochure are not necessarily those of the Forest Bees partners or its supporters.



Forest Bee Update

As many of you will know, Wendy has moved on to pastures new, so we would like to take this chance to wish her every success and happiness for the future. Coming in Wendy's place is Caroline Jones of Fashion Revived. As well as being a talented seamstress, Caroline already edits a craft magazine, so is an incredible asset to The Forest Bee, and we hope you are enjoying her first creation as Editor of The Forest Bee. She also deals with the advertising side of our venture, whilst Jaqui continues in her role dealing with tutors and course providers

Teaching Venues: We are setting up a database of suitable teaching venues in the Forest area to supply to local tutors. If you would like to be on that database, please get in touch.

Our values and aims.

Our aim in creating The Forest Bee, a not for profit organisation, is to help people make the most of the huge diversity of talent we have in the Forest of Dean, through the promotion of local learning opportunities. This in turn supports the local economy, cuts down on travel costs and emissions and helps communities come together, thus supporting the development of greater social cohesion, self-reliance and resilience across this very special rural area.

Important—please read

While we take every care in compiling this brochure to ensure details, times and prices are correct at the time of printing, we are sure you will realise that changes and errors can occur.

Please check with the tutors before making arrangements, as we at The Forest Bee cannot accept responsibility for such changes and errors.



**Accountancy
& Payroll
Services**
for Small Businesses

- Book keeping
- VAT Returns
- Payroll - CIS
- Year end accounts
- Tax returns

Relax. We can help.

Contact Dianne Worrall
Tel: 01594 832248
Email: dianneworrall@yahoo.co.uk



The Forest Bee

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(office hours or text anytime)
Email: info@theforestbee.co.uk
Web: www.theforestbee.co.uk
Find us on Facebook at
www.facebook.com/theforestbee?fref=ts
Or on Twitter @theforestbee

The Forest Bee is a not for profit organisation



Reward your tutor—
by telling them you found their course through us and we will enter them into a prize draw to win a meal for two at the Vegetarian Supper Club at Crooked End Farm or another valuable prize.

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