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# THE FOREST BEE

## *Summer 2015*

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



Find us online at [www.theforestbee.co.uk](http://www.theforestbee.co.uk)  Follow us on Twitter

# Welcome to the third 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

Hot Pot Pottery—large pinch pot

Caroline Jones—Fashion Revived and Forest Bee

Bottom row, left to right—

Way 2 Go adventures—canoeing

Zig Zags—crochet

Luca at Rosa Blue Handmade Originals



## ADULT EDUCATION COURSES

(Workshops begin week of 20th April 2015)

<b>MONDAY'S</b>	<b>10AM-12PM</b> The Knitting & Crochet Experience (only £30) <b>1PM-3PM</b> Discover Drama <b>2PM-4.15PM</b> Start the Week Singing (only £30) <b>6:30PM-8:30PM</b> Looking at Pattern in Art
<b>TUESDAY'S</b>	<b>10AM-12PM</b> Looking at Classical Beauty <b>10AM-12PM</b> Dye, Print, Stitch (Blakeney) <b>1PM-3PM</b> Drawing from Observation
<b>WEDNESDAY'S</b>	<b>10AM-12:15PM</b> 3 Dimensional Ceramic Form <b>10:30AM-12:30PM</b> Painting From Nature (Joys Green) <b>1:45PM-3:45PM</b> Weaving With Willow
<b>THURSDAY'S</b>	<b>10:15AM-12:15PM</b> Garment Design <b>1:15PM-3:45PM</b> Feltmaking <b>6:45PM-9:00PM</b> Creative Pottery
<b>FRIDAY'S</b>	<b>10AM-12PM</b> Creatures of the Forest (Painting) <b>1:15PM-3:15PM</b> Get Crafty – The Art of Mexico <b>1:45PM-3:34PM</b> Weaving With Willow (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](http://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, with 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 there.

To be included in our next edition, coming out for Autumn, please get in touch before the end of July. Anything running between now and then we can promote on our digital pages.

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**T:** (01594) 86127  
**M:** (07919) 851669  
**E:** info@theforestbee.co.uk  
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Greystones, Lydbrook, Glos., GL17 9NA

## ARTS & CRAFTS

**Monday Art at Lydbrook Memorial Hall**—for beginners and improvers or just space to paint or draw.

Mondays, 10.00am – 12.30pm, £5.00 per session, Lydbrook Memorial Hall, Central Lydbrook. Contact Janice Skeates on 01594 860646 for details.

**Handspinning and Handweaving** – Learn to make unique yarns and textiles. 10 weeks from 30 April 2015. Thursdays 9.30am-12.30pm. £130. Coalway Methodist Church Hall, Old Road, Coalway, Coleford GL16 7JJ. Contact Colin Squire on 01452 740639 or 07870 542987.

**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

**Make a Spiral Ring** – Create a spiral ring in one morning, learn shaping, texturing and polishing sterling silver wire. April 11<sup>th</sup> 2015, 10am – 1pm. £35 pp, if booked as a group of 4, £30 each, includes all materials and refreshments.

**Create a Silver Bangle** –make a hammered silver bangle, (basic workshop attendance advised!). May 9<sup>th</sup> 2015, 10am – 1pm. £55 pp, if booked as a group of 4, £50 pp.

**Make your Own Sterling Silver Findings** – Learn how to create simple and elegant clasps, bails and ear hooks for your own beaded jewellery. May 16<sup>th</sup> 2015, 10am – 1pm. £35pp, if booked as a group of 4, £30pp.

**Flower Arranging with Alwyn Page Flower-craft** – Contact Alwyn on 01291 625294 or e-mail alwynpage-flowercraft@hotmail.co.uk. Relaxing and friendly leisure class, qualified tutor, beginners welcome.



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**SARAH TRENCHARD**

Woolaston Methodist Church Schoolroom, Netherend, 4 weeks from Thursday 9<sup>th</sup> April, 7.00pm - 9.00pm. £28 for four sessions, payable week one.

The West Dean Centre, Bream, 6 weeks from Wednesday 8<sup>th</sup> April, 1.00 - 3.00pm £42 for six sessions, payable week one, Sorry, no concessions, Independent Tutor.

**Mocha Pottery**—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.

**Decorating Technique**—Using 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 to include lunch & coffee/tea.



**Fashion Revived**  
Teaching you  
To sew  
Contact Caroline on  
01594 861286  
carolinesfashionrevived@gmail.com

**Sewing with Fashion Revived**—Contact Caroline Jones on 01594 861286, on facebook, or e-mail carolinesfashionrevived@gmail.com

**Dressmaking**—Individual or group tuition at your home. £25 per 2hr session.

10 week courses to make wedding, bridesmaids or prom dresses in your own home, £250.

Suitable for those with some experience

10 week Beginners Dressmaking course, at Pludds Village Hall, Wednesday evenings, 7-9 from April 22nd. £200.

**Sewing with the Forest Sewing Room.** 15 Market Street, Cinderford, GL14 2RT.

Contact Anita Davis on 01594 825385 or e-mail enquiries@theforestsewingroom.co.uk.

**Simple Skirt Making Course** Make an A line skirt to fit you, for beginners. For details of this course at The Forest Sewing Rooms, contact Anita. Also 7-9pm, 6 weeks, starting Monday 18<sup>th</sup> May, £120. Linton Village Hall, Linton, Herefordshire, HR9 7RX.

**Make the 1950's Walkout Dress** as seen on "BBCTV's The Sewing Bee" Includes pattern but not materials. For details of this course at The Forest Sewing Rooms, contact Anita. Also 7-9pm, 6 weeks, starting Wednesday 22<sup>nd</sup> April, £120. Linton Village Hall, Linton.

**Fun After School Children's Club** for ages 8 and up. Come along and learn to make a purse,

a shopping bag and a pyjama case. 4-5.30pm, 6 weeks starting Tuesday 14<sup>th</sup> April. 2015. £60. (material extra). The Forest Sewing Room

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

**Dressmaking with Caroline**—for beginners and intermediate sewers. 10 weeks from Thursday 16th April, 1-3. £200.

**Dressmaking Techniques Workshops** as required, £20 per 2 hr workshop.

**Patchwork courses** as required, £20 per 2hrs

**Patchwork Bag Workshop**—Make a useful carrier type bag from 4 fat quarters. Thursday 9th April, 10-3 £45 to include fabrics, bring your lunch and a sewing machine.

**Rag-Rugging with Caroline**—2 hour workshops as required. £20, 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.

**Craft Parties for Children with Simmi**—great for birthdays or other occasions.



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](http://www.zigzagcrafts.co.uk) and on facebook at ZigZags Coleford.



## ARTS & CRAFTS

Continued

**Patchwork and Quilting Workshops**—Make a quilted cushion and a silk optical illusion cushion. Please email/phone for the latest workshop schedule and to discuss ability level required. 10am – 12.30pm, 3 sessions, £30, Worrall Hill or The Pludds depending on number of participants.

Contact Cathy Rowlands on 01594 862802 or 07791786767, email cas04@live.com.

**Feltmaking with Christine Waygood**—at The Studio, Kent Cottage. New Road, Blakeney Hill, GL15 4BS. Contact Christine Waygood on 01594 516 902 or 07947123665, email Christine.waygood@sky.com, website www.christinewaygood.com.

**Inspirational Feltmaking for Beginners** A one day course in wet felt making .Design and make either a wall hanging, or cushion. £60 includes materials, snacks and lunch. 10am – 4pm, 30<sup>th</sup> May.

**Feltmaking Hats** Make a felt hat using a template, to colour and embellish as you wish. £65.00 including materials, snacks and lunch. 10am - 5pm, Thursday 23<sup>rd</sup>. April,

**Felting Frenzy** Felting is great fun and accessible to all with lots of different things you can make. Day workshops, 10.30am-4.30pm.



Forest of Dean School of Photography

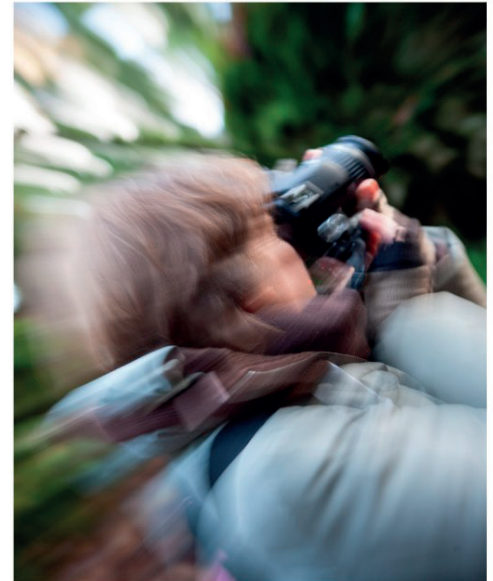
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Jargon busting fun photo training for all levels on location in the fabulous Forest of Dean

- **Group Courses**
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- **one2one training**
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- **Photo software sessions**
- **2015 special events**



£40 including materials and lunch. Lydbrook. Contact Lin for dates on 07970 789933, email lin.powell@gmail.com

### **Handspinning and Handweaving**

Tuition in handspinning and/or handweaving. Learn to make unique yarns and textiles. £130 for 10 weeks, Thursdays 9.30am - 12.30pm starting 30th April. Coalway Methodist Church Hall, Old Road, Coalway, Coleford, GL16 7JJ. Contact Colin Squire on 01452 740639 or 07870 542987.

**Fun with Willow** Learn the basics of weaving and make something simple and decorative for the garden or a gift. Day workshops, 10.30am-4.30pm.£50 including materials and lunch. Lydbrook. Contact Lin for dates on 07970 789933, email lin.powell@gmail.com

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[www.rachelshilston.co.uk](http://www.rachelshilston.co.uk)  
[info@rachelshilston.co.uk](mailto:info@rachelshilston.co.uk)  
01594-844221  
07732-694148



**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](mailto:tinadornerphotography@gmail.com), website [www.tinadornerphotography.com](http://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,

### **Pottery Trial Class (one off 2 hour fun pottery classes)**

A chance to learn a few pottery techniques (including wheel) with friendly advice and encouragement! £25 per person plus a one off delivery cost of £15 if not local or a firing isn't due while you are here. Book-able in advance 11am-1pm/2-4pm, available most days. Hot Pot Pottery, The House of Bread, Ross Road, Christchurch, GL16 7NS. Contact Katie Winterbourne on 07974 983908/01594 837943, email [Info@hotpotpottery.co.uk](mailto:Info@hotpotpottery.co.uk), website [www.hotpotpottery.co.uk](http://www.hotpotpottery.co.uk)

**Crafts with Artspace** —See advert on page 2 for contact and pricing details.

**Dye, Print And Stitch**, with Lizzie Godden. Looking at traditional patterns from the fabrics in Renaissance portraits to revolutionary Soviet textiles and so much more, and creating a painting, figurative or abstract which is full of interest and rich in pattern.

10am – 12.00 noon, 9 weeks, starting 21<sup>st</sup> April. Blakeney and District Recreation Centre, Butts Lane, Blakeney, Lydney, GL15 4DW.

**Painting From Nature** – Landscape And Natural Form, with Diana Gash.

Working from illustration and directly from observation, you'll be painting natural things. Learn to mix a range of natural colours and to use a variety of materials to create paintings. 10.30am – 12.30pm, 9 weeks starting 22<sup>nd</sup> April. Joys Green Community Centre, Joys Green, Lydbrook.

**Weaving With Willow**, with Lin Powell.

Looking at applications of the wonderful natural resource of willow, using basketry techniques to make sculptures, wigwams trugs and more. All tools will be supplied. 1.45pm – 3.34pm, 9 weeks at The Main Place, Old Station Way, Coleford, GL16 8RH.

**Crafts with Wyedean** —see advert on back page for contact and pricing details

Bring your own materials or what you have, and advice will be given at the first class about this if you don't have any.

**Watercolour & Acrylic Painting Workshop**

A chance to settle in and enjoy a concentrated day of painting and drawing. Suitable for intermediate to advanced students. Bring lunch and materials. 26<sup>th</sup> May, 10-3 at the Assembly Rooms, East St, St Briavels, GL15 6TG. £24.00

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e-mail [joannecooper2009@live.co.uk](mailto:joannecooper2009@live.co.uk)





## Wyedean continued

**Painting with Watercolours** Learn the basics of watercolour painting, colour mixing, brush techniques and explore various subjects, such as landscapes and still life. You will use other mediums to create texture and depth. 10am – 12 noon, 9 weeks starting Monday 20<sup>th</sup> April. £50 (*concs* £33)..Lydney Community Centre, Naas Lane, Lydney.GL15 5AT.

**Watercolour & Acrylic Painting** Suitable for beginners to advanced. Starting with some basic drawing, you will move on to develop your watercolour and acrylic techniques. Westbury-on-Severn Parish Hall, Rodley Rd, Westbury, GL14 1PF.10am – 12 noon, 9 weeks starting Monday 20<sup>th</sup> April. £68.00. OR Assembly Rooms, East St, St Briavels, GL15 6TG. 2.00-4.00pm, 9 weeks starting Monday 20<sup>th</sup> April £62 OR Woolaston Memorial Hall, Netherend Crescent, Woolaston, GL15 6NW). 10.00am – 12.00 noon, 10 weeks starting Tuesday 21<sup>st</sup> April £68

## FOOD

**Cake Decorating with the Chocolate Strawberry**, 9 Fairmoor Close, Parkend, GL15 4HB. Contact Sarah on 01594 563081, email [thechocolatestrawberry@gmail.com](mailto:thechocolatestrawberry@gmail.com), website [www.thechocolatestrawberry.co.uk](http://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.



# HARTS BARN cookery school

Set in the picturesque Forest of Dean, relaxed & fun cookery classes & activities all year round.

Classes for all ages and abilities  
Group sessions /bespoke classes  
Wide range of cooking, baking & skills classes  
Tuesday Tasting Club and Supper Clubs  
Venue Hire  
Raw Food Training Centre

call us on  
**01452 831719**  
or see all that we offer at  
[www.hartsbarncookeryschool.co.uk](http://www.hartsbarncookeryschool.co.uk)



## Courses at Harts Barn in April

Breadmaking, 4th/12th April £75  
Butchery 7th/12th April £95  
Cook & Craft 8th April £35  
Pasta, Risotto & Tiramisu 11th April £50  
Low carb, High veg 11th April £50  
Takeaway specials—chicken 24th April £45  
Kids cookery—pastry 25th April £25  
French Macarons 25th April £55  
See the website above for the many courses available in May, June and July.

The school also organises themed hen parties, tailored corporate activities, children's parties, bespoke learning programmes for individuals, companies, schools and youth groups and classes in seasonal foraging and simple survival skills.



## HEALTH & FITNESS

**Simply Yoga with Ali Rose** –classes for all the 'seasons of your life'.

Mixed ability Hatha Yoga classes, Seniors class and Seated Yoga in the Forest of Dean. Awaken the body and calm the mind ! Daytime and evening classes run term-time throughout the year at various venues in the Forest of Dean.

Contact Ali Rose on 07883678629, e-mail [simplyalirose@yahoo.co.uk](mailto:simplyalirose@yahoo.co.uk), website [www.yogawithalirose.co.uk](http://www.yogawithalirose.co.uk)

**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](mailto:Carolyn.thomas@hotmail.com)

**Yoga at Millers Farm**, Brain's Green, Blakeney, GL15 4AP. Contact Sue Chudley on 01594 510655, e-mail [suechudley@btinternet.com](mailto:suechudley@btinternet.com), website [www.millersfarm.co.uk/yogospace](http://www.millersfarm.co.uk/yogospace)

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

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

**Yoga** for all, simple drop-in sessions suitable for all levels and abilities. 6.00-7.15pm, Tuesdays at Heywood Leisure Centre, Cinderford. £5.00 per session. Contact Jane for start and more details on 01594 544149, email [jjrothery@talktalk.net](mailto:jjrothery@talktalk.net)

**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. At Lydney Community Centre, Naas Lane, Lydney (GL15 5AT). Wednesday 22nd April for 10wks, 10-11.30, £48. See Wyedean ad for contacts.

**Yoga Classes at Forest Hills Golf Club** Gentle Hatha Yoga with a lot of stretching and relaxation. Every Tuesday, 6.30-8.00pm. First class free. Forest Hills Golf Club, Mile End Rd, Coleford, GL16 7QD. Contact Ildiko on 07552442963, email [indianwellnessacademy@gmail.com](mailto:indianwellnessacademy@gmail.com) or visit [www.indianwellnessacademy.com](http://www.indianwellnessacademy.com)

**Pilates with Esther** - Invest in your body and develop good posture, strength, flexibility and balance in a fun way. Contact Esther Fransham on 01452 760120 or 07711 832042, email [esther@estherf.com](mailto:esther@estherf.com), website [www.estherf.com](http://www.estherf.com).

**Beginner/Back Care** Discover a whole new way to move more freely. The sessions are done within your ability and range of movement and suit men and women. 6-8pm, 10 weeks from Tuesday 21<sup>st</sup> April, Dene Magna School, Mitcheldean, GL17 0DU or 11.30 - 12.30pm, 12 weeks, from Friday 17<sup>th</sup> April, The Club, High Street, Newnham-on-Severn, GL14 1BS. Prices vary – contact Esther for details.

**Matwork** - develop good posture, strengthen your back, increase flexibility, improve balance and body awareness in a fun way. 9.30-10.30am, 12 weeks starting Friday 17<sup>th</sup> April, Bishopswood Village Hall, Kerne Bridge, HR9 5QT.

**Energy Medicine/Energy Dance.** weekly classes to learn a simple 5 minute routine that will help your body's energy systems, called Meridians, flow as nature intended. Contact Joanne Cooper on 01594 563210 or 07985 100310 or e-mail [joannecooper2009@live.co.uk](mailto:joannecooper2009@live.co.uk)

**HEALTH & FITNESS**

**Fitness with Lisa Cherry** at Broadwell Memorial Hall, North Road, Coleford, GL16 7BG  
 Contact Lisa Cherry on 07909 755222, email Lisa-cherry@sky.com or through Facebook, search LVC Fitness.

**Beginners Fitness Pilates** Incorporates basic Pilates techniques and exercise in an easy to follow way, created for adults of all levels, ages and abilities. Wednesdays, 11-4.45am, Thursdays, 8-8.45pm ongoing. £24 for 6 weeks.

**“FitSteps”** Dance yourself fit with this new Dance Fitness Phenomenon. You don’t have to be able to dance, and there’s no dance partner required, you just have to want to get fit and


have fun! Tuesdays & Thursdays 7 – 7.45pm, Wednesdays 10-10.45am, ongoing. £4 pay-as-you-go per class, £7 pay-as-you-go for 2 classes in the same week, or £28 for 8 classes within 8 week period.

**Zumba for Fun + Fitness**—Easy to follow dance fitness workout that trims and tones the whole body.

At Lydney Community Centre, Naas Lane, Lydney (GL15 5AT). 10 weeks from Tuesday 21 April, 10-11. £37(Concs. £33) or at Woolaston Memorial Hall, Netherend Crescent, Woolaston (GL15 6NW). 10 weeks from Thursday 23 April, 10.30-11.30. £37(Concs. £33).

*Note:* (Bring water to drink during the class) See Wyedean ad for contacts.

# DENE MAGNA



**Leading : Learning : Training : Technology**

**Evening courses for the Summer  
Starting Tuesday 21 April**

Pilates Beginners / Back Care	6-7pm	10 wks	£50
Pilates Mat work	7-8pm	10wks	£50
Learn needle Felting and Wet Felting	6.30-8pm	10wks	£50+ Materials
French for Beginners/Holidays	6-8pm	10wks	£70
Computing for Absolute Beginners	6-7pm	10wks	£35
Japanese for Beginners	6-7pm	10wks	£35

**Starting Wednesday 22 April**

Italian for Beginners	6-8pm	5wks	£35
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**Also sessions in**

Tae Kwon Do Classes	Thursdays	6.00-7.30pm	
Zumba	Wednesdays	6.30-7.30pm	£3.50 per session
Bokwa	Monday 7.15-8.15pm	Thursdays 7.40-8.40pm	

Dene Magna Fitness Centre, Monday, Wednesday & Friday. £10 to join + £3.50 per session 6-9pm

Also taking bookings/lettings for clubs and associations, private individuals for your teams or event this Autumn. 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](mailto:p.adams@denemagna.gloucs.sch.uk) or website [www.denemagna.gloucs.sch.uk](http://www.denemagna.gloucs.sch.uk)

**Dene Magna School, Mitcheldean, Glos GL17 0DU**  
 Foundation School: 11-16    NOR: 750    Headteacher: Stephen Brady BSc (Hons)



**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**—An enjoyable and simple sequence of movements taken from the traditions of Chi Kung and Tai Chi – both relaxing and stimulating. Individual and group sessions available.

Contact Jane for further details on 01594 861404, email jane-spray@tiscali.co.uk

**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 / 07791 738668, email dean-taichichuan@gmail.com, website www.bristoltaichi.com/deantaichi.htm.

## COMPLEMENTARY THERAPIES

**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, web www.2intuitive.co.uk

**Back, Neck and Shoulder Massage** – six weeks from 23rd April 2015, 6.30pm - 8.30pm. A recreational course to introduce the benefits and effects of Swedish back massage. See Wyedean ad for contacts

**Self Healing with Aromatherapy** 11th June 2015, 6pm - 9pm. Experience the healing art of aromatherapy using oils to alleviate common ailments safely in the home. You'll be instructed on choosing and blending oils to create your own healing oils and creams. £10.00. See Wyedean ad for contacts.

**Hopi Ear Candling Workshop** –1st June 2015, 10am - 4pm. How to provide ear candling treatments on clients safely. Prerequisite L2 beauty qualification. £150.00.

**Lava Rescue Massage** – Advanced deep tissue massage using heat and ice therapy. 27th April 2015, 9.30am - 6.30pm. Contact Il Intuitive for price' .

**Body Massage Refresher** –31st March, 7th & 14th April, 10am - 4pm. A course to recap and develop further practical skills in providing a body massage treatment for qualified therapists. £75.00

**VTCT Level 3 Certificate in Swedish massage** –20 weeks from 22nd April 2015, 6pm - 9 pm. A course to develop practical skills in providing a relaxing and stress relieving body massage treatment. £595.00.

**VTCT Level 3 Certificate in Indian head massage** –5 weeks from 20 July 2015, 9.30-3pm. Or 10 weeks from 18<sup>th</sup> June 2015, 6-8.30pm. Learn to provide and perform Indian head massage with and without oils. £312.00.

**Energy Medicine**—learn a variety of techniques including tapping for optimum health and vitality. 6 weekly 2hour sessions starting April 2015. Contact Joanne Cooper on 07985100310 or 01594 563210. e-mail joannecooper2009@live.co.uk



**LEARN, LAUGH AND LIVE!**



### **What is U3A?**

The University of the Third Age (U3A) is a nationwide organisation based on local groups providing opportunities for retired and semi-retired people to come together and develop their interests. We don't study for qualifications; we just enjoy taking part and meeting people.

### **What's available in the Forest of Dean?**

The Forest of Dean U3A is currently celebrating its 25<sup>th</sup> year. We meet monthly at Lydney Town Hall, often with a speaker, on such diverse subjects as 'Training Dogs for the Disabled', 'Tidal Barriers on the River Severn' and 'Victorian Underwear'! Our special interest groups meet in members' homes and other venues in the Forest of Dean, usually once or twice a month. At present we have several Walking groups, Arts & Crafts, Photography, Cycling, French, Petanque, Nature Study, Whist, Heritage Detectives, Play Reading, Luncheon Club, Mah-jong, Sing-a-long, Kurling, Skittles, Painting, Cribbage, Bridge and Family History. New members are always welcome. We pay an annual fee of just £15 per person, plus a share of charges for room hire and refreshments for special interest meetings – typically £1.30 each.

### **How do I join?**

You can come along to the next meeting at Lydney Town Hall – third Thursday of every month, at 1:45 pm – to meet members and see what's on offer. Or contact our Chairperson, Enid Peregreen, on 01594 836442. Alternatively, if there is a particular group you're interested in, call the relevant convenor using the number listed on our website: [www.fodu3a.co.uk](http://www.fodu3a.co.uk).

Hope to see you soon!

- Worried you might lose your home?**
- Do you have rent or mortgage arrears?**
- Living in unsuitable accommodation?**
- Been threatened with eviction?**
- Need advice budgeting or with benefits?**

Are you aged 18 or over and need help to avoid homelessness or achieve independence? then our service is for you.

We offer a flexible, mobile service tailored to your needs and led by you. It is a short term intervention service to address housing needs and promote independent living.

### **Local Drop-Ins**

Lydney Food Bank 2nd & 4th Wednesdays, 2-3pm. Lydney Library, 1st Tuesday, 2-3:30pm.  
Coleford Food Bank, 2nd & 4th Mondays, 2.30-3.30pm. Coleford Main Place, 2nd Wednesday, 10am-12noon  
Cinderford Food Bank, every Friday 9:30-11:30am

Please contact us on 01452 726951 if you want more details about the drop-ins we offer. Find us on Facebook & Twitter, or go to our website, [www.greensquaregroup.com](http://www.greensquaregroup.com)

### **New Friends Network**

Come along to GreenSquare social group 'New Friends Network' for a fun morning. The group gets together once a month and is driven by the needs of the group. We aim to help people connect with others from their community to ease social isolation, and improve their social skills at the same time.



## SUPPORT YOUR LOCAL SHOP



It's the old adage, use it or lose, we've lost so many local shops, let's not lose any more.

Your independently owned, local shop is all about community and communication, there's always a friendly welcome and helpful staff. They're a real treasure, the shops you can walk to, where staff know you and check you're OK when you pop in or know who to ask when you're missed for a few days.

Your local shop will often focus on local suppliers, supporting the local economy, and, of course, employing local people. They will also go that extra mile to try to get what you want and will often offer to deliver essentials if you cannot make it into the shop.

Pricing is straight forward in your local shop and although some things may be dearer than in the local supermarket, many things these days are not. Personally, I do get confused with all the '2 for 1' or '3 for 2', and 'buy this and get that ½ price' anyway.

Local shops often have notice boards, so lots of local information is available to visitors. If you work out of the area, pop into your local shop on your way home, you may find lots of wonderful activities happening on your doorstep that you may have missed.

Oh and of course you can pick up a copy of the Forest Bee in many local shops.

We all know that if we don't regularly support our shop it will close as many already have. Let's not lose any more, so make a point of popping in and buying a couple of items every week. Support your local shop to keep it supporting your community.

## FORAGING



After the Spring Equinox and the changing of the clocks, nature's larder is starting to grow in abundance. But what sort of things can we look for?

### April—

The staples of any forager's haul are growing with enthusiasm. Chickweed and Dandelion leaves can be added to any salad, whereas young stinging nettle leaves make an ideal soup. But why not try making a garlicky pesto using nettle leaves instead of the traditional basil? Quickly boiling the nettles for 2 minutes softens the stems and destroys the formic acid responsible for the sting.

### May—

Burdock (as in Dandelion and Burdock) is growing well now. This plant is abundant in woodlands, wastelands, grasslands and hedgerows. You can easily identify it in early spring by its huge green leaves which are low growing. These leaves and their fleshy stalks can be steamed and eaten as you would spinach.

### June—

Red clover is an easily identifiable grassland plant, its traditional trefoil leaves have a white 'v' on them. The red florets have a tasty nectar at the bottom of each flower which makes them beautifully sweet. It's also worth considering a red clover wine which is a very light wine, but with a beautiful hue to it.

### July—

The flouncy flowers of the dog rose, found mainly in hedges have a delicate flavour. Be careful not to pick these flowers where they could possibly have been sprayed. Infuse the petals in vinegar for an oh so subtle flavour, or crystallise for beautiful cake decorations.

By Annette Fuller



## CENTRAL STORES Lydbrook 01594 860302

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- Medicine cabinet basics



### Opening Hours

Monday-Saturday 7.00am-8.00pm  
Sundays-9.00am-5.00pm

### COMPLEMENTARY THERAPIES contd.

**Reiki Classes** - A natural form of healing anyone can learn, enabling self-treatment and treatment of others.

First degree – 3 hour sessions over 4 days, £150;

Second degree – over 2 to 3 days, £325.

Contact us for details/dates. Coombe Lodge, nr Bishopswood Village Hall. Annette & John Cass, 01600 891325,

email [info@wye-valley-healing.co.uk](mailto:info@wye-valley-healing.co.uk),

website [www.wye-valley-healing.co.uk](http://www.wye-valley-healing.co.uk)

**Meditation for Inner Peace** Achieve inner calm, reduce stress and stop the mental chatter that has become a part of modern day life. 5.55 – 7.25pm, 9 weeks, starting Wednesday 22<sup>nd</sup> April. £40(Concs £30). The Pavilion, St Briavels, GL15 6TG. See Wyedean ad for contacts

### PERSONAL & SPIRITUAL DEVELOPMENT

#### Forest of Dean Chan (Chinese Zen)

**Meditation Group**—Come and explore Buddhist meditation with a supportive group. Occasional day retreats, usually on a Saturday. 7.20pm for 7.30 start, Wednesdays weekly. £1-£2 donation to cover room hire. Lower Lydbrook. Contact Jane for further details on 01594 861404, email [jane-spray@tiscali.co.uk](mailto:jane-spray@tiscali.co.uk)

**Transformation Game, as developed at Findhorn**—with Wye Valley Healing. Contact Annette Cass on 01600 891325, email [annette@wye-valley-healing.co.uk](mailto:annette@wye-valley-healing.co.uk), website [www.wye-valley-healing.co.uk](http://www.wye-valley-healing.co.uk) Bring an issue to the Game to obtain insights in a safe, confidential space. Typically over a weekend with 4 x 3hr sessions, flexible -see website for options/prices. Bishopswood.



## UNIQUENESS GIFTS & THERAPIES

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on 01594 563210 or 07985100310.  
e-mail joannecooper2009@live.co.uk

**Meditation Group**—Ongoing weekly classes. Practices for dropping into stillness, letting go of our stories, finding peace. £3 alternate Tuesdays, Thursdays and most Sundays. 1-2 hours. 117 High Street, Cinderford GL14 2TB. Contact Howard for times and dates on 07753 465783 email meditation@catalyst4change.co.uk

**Reading Astrological Charts**—Ongoing fortnightly classes for beginners and intermediates. Learn how to cast and interpret Astrological charts. £7 per class, alternate Tuesdays and Thursdays. 2-3 hours with a break. 117 High Street, Cinderford, GL14 2TB. Contact Howard for times and dates on 07753 465783 or email astrology@catalyst4change.co.uk

**Forest Man Cave**—Calling gentlemen who wish to share and discuss spiritual /complementary knowledge and experiences. 7pm - 9pm on 21<sup>st</sup> April, 19<sup>th</sup> May, 16<sup>th</sup> June and 14<sup>th</sup> July, £5. Unit 21c, Harts Barn Craft Centre, Monmouth Road,

Longhope, GL17 OQD. Contact Andrew Embling on 01594 824756 or 07966 282365, email Info.andrewembling@gmail.com, website www.seekssomethingnew.com

### Are You an Earth Angel?

Michelle Gordon spiritual author will be talking about the different Earth Angels and their realms. Monday 13<sup>th</sup> April, 6:30pm – 8:30pm, free entry, donations welcome!

Unit 21c Harts Barn Craft Centre, Monmouth Road, Longhope, GL17 OQD. Contact Andrew Embling on 01594 824756 or 07966 282365, email info.andrewembling@gmail.com, website www.seekssomethingnew.com



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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.

## PERSONAL & SPIRITUAL DEVELOPMENT

### Shamanism with Mandy Pullen—

Contact Mandy on 01594 541850/07805 800313,  
email [info@mandypullen.co.uk](mailto:info@mandypullen.co.uk)  
website [www.mandypullen.co.uk](http://www.mandypullen.co.uk)

### Balancing the Flame - Beltane / May Day—

Weekend workshop exploring and celebrating Beltane / May Day and the land at Ragmans Farm. Change date to: Fri 24th April 6.30pm £210 (2 concession places available, please ask), Fri 30th Ragmans Lane Farm, Lower Lydbrook, Glos, GL17 9PA.

### Shamanic Pilgrimage

Small group experiences of shamanic pilgrimage, visiting sacred sites seeking to connect with earth / landscapes.

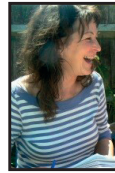
All pilgrimages are local to the Forest of Dean - please contact me for more information. Four pilgrimages in Spring, Summer, Autumn and Winter. Spring Pilgrimage Saturday 4<sup>th</sup> April, Summer July, date tbc. £25/30 includes lunch. Working out of Drybrook as base station!

**Shamanic Sundays** Regular meeting to journey and discuss shamanism. Beginners welcome. Dates can change so please check. 1st Sunday every month, 10.30am – 1.00pm, Millers Farm, Brains Green, Blakeney, GL15 4AP, £6.00.

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*Contact Jaqui on 01594 861278, 07919 851669, email  
[jaqui@jaquifabian.co.uk](mailto:jaqui@jaquifabian.co.uk), website [www.jaquifabian.co.uk](http://www.jaquifabian.co.uk)*



### Elemental Earth Celebrations –Fire A

workshop exploring the element of Fire. £25.  
10am – 4pm, Saturday 18<sup>th</sup> April, Ragman's Lane Farm, Lower Lydbrook, GL17 9PA. Contact Freya Davies & Marguerite Cooper 07763 051800 & 01453 759765, email [freypad@rocketmail.com](mailto:freypad@rocketmail.com) or [shadoola2@yahoo.com](mailto:shadoola2@yahoo.com), website [www.ragmans.co.uk](http://www.ragmans.co.uk)

**Chakras**—Learn about the energy centres of the body and how to balance and energise them. 7.30-9.00pm, 9 weeks starting Wednesday 22<sup>nd</sup> April. £40 (Concs £30). The Pavilion, St Briavels GL15 6TG. See Wyedean ad for contacts



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[www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)

and type in your postcode to find a walk near you

**Meditation for a Quiet Mind** – Experience a wide variety of approaches to find what suits you best. Ideal for overactive minds. Suitable for beginners and returners. 6 weeks starting May 2015. £30 (concessions available) . Lydbrook area. For contact details see ad opposite.

### OUTDOOR ACTIVITIES

**Activities with Way 2 Go Adventures**—For details contact Di Worrall or Wayne Morgan on 01594 800908,

email [active@way2goadventures.co.uk](mailto:active@way2goadventures.co.uk)  
website [www.way2goadventures.co.uk](http://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. Over 16's £30 pp half day £45 pp full day. Free place for teacher/ leader with every 10 students. Locations are Mallards Pike Lake, Forest of Dean or River Wye,

depending on the activity.

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



**Golf Coaching at Forest Hills Golf Club**, Mile end Road, Coleford, GL16 7QD.

Under Professional tuition, covering all aspects of the game and held in a friendly, relaxed environment. All equipment and balls provided. (Class numbers are limited). Meet at the Pro Shop.

**Golf Coaching (Beginners)** 4.00-5.00pm, 6 weeks starting Thursday 23<sup>rd</sup> April. £42.00.

**Golf Coaching (Improvers)** 2.00-3.00pm, 6 weeks starting Saturday 25<sup>th</sup> April. £42.00.

See Wydean ad for contacts.

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Email: [jessabelflowers@ymail.com](mailto:jessabelflowers@ymail.com)  
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## HORTICULTURE & BEEKEEPING

**Permaculture Design Course**—A practical 2 week residential permaculture design course, covering principles, ethics and practice. £700. 2 week residential, starting 31<sup>st</sup> May.

Ragman's Lane Farm, Lower Lydbrook, GL17 9PA. Contact Caroline Aitken on 07938 213664, email [caroline@patrickwhitefield.co.uk](mailto:caroline@patrickwhitefield.co.uk), website [www.patrickwhitefield.co.uk](http://www.patrickwhitefield.co.uk)

### **Sustainable Beekeeping Weekend Course**

Meet the bees, learn bee biology and how to make a low cost hive. 9am-5pm both days, 22-23 August 2015, £180 (Accommodation available £15). Ragmans Lane Farm, Lower Lydbrook, GL17 9PA. Contact Katherine on 01600 714848 email [bfdoffice@beesfordevelopment.org](mailto:bfdoffice@beesfordevelopment.org), website [www.beesfordevelopment.org](http://www.beesfordevelopment.org).

## LANGUAGES

Languages with Wyedean see the ad on the back page for contacts.

**Italian for Beginners (Term 3)** This course is for students who have attended the previous course and for those who have a basic knowledge of the language. 10.00am – 12.00 noon, 9 weeks starting Tuesday 21st April. £50 (Concs £33). Assembly Rooms, East St, St Briavels GL15 6TG

**Italian for Beginners** This course is suitable for beginners. A fun course covering topics such as: greetings, ordering food, drinks which will allow you to get by while on holiday in Italy. 9.45 – 11.45 am, 9 weeks starting Thursday 23<sup>rd</sup> April. £50 (Concs £33), Armoury Hall, Dean Rd, Newnham (GL14 1AD)

**Spanish Beginners (Level 1)** This course is suitable both for absolute beginners and those who have already done a term or two. 'Fun'

course delivered by a native speaker. 12.15-2.15pm, 9 weeks starting Thursday 23<sup>rd</sup> April. £50 (Concs £33). Assembly Rooms, East St, St Briavels, GL15 6TG

### **Spanish Beginners Year 2 (Level 2)**

This course is suitable for those who have studied the language for a year or so. It is a gentle continuation of the above 'Beginners' course, 10.00am – 12.00 noon, 9 weeks starting Thursday 23<sup>rd</sup> April. £50 (Concs £33). Assembly Rooms, East St, St Briavels. GL15 6TG

## DANCING

**Ballroom & Latin American Dancing**—Learn to dance the basic steps of the Quickstep, Waltz, Slow Foxtrot, Tango, Cha Cha, Samba, Rumba and Jive.

Please wear shoes with a heel. 7.30-9.00pm, 6 weeks starting Monday 20<sup>th</sup> April. £33.00. Lydney Community Centre, Naas Lane, Lydney, GL15 5AT. See Wyedean ad for contacts.

## MUSIC

**Start the Week Singing** – Come and sing on a Monday afternoon as a great way to start off your week. 8 weeks with a half term break, 2-4.15pm, check Artspace website for start details. At Millers Farm Barnspace, Brains Green, Blakeney GL15 4AP. Contact Sue Carruthers at Artspace or Kirsty Abraham (course tutor). 01594 510866 (Millers Farm), e-mail [Kirsty.peopleandsinging@gmail.com](mailto:Kirsty.peopleandsinging@gmail.com) or Sue [sue@artspacecinderford.org](mailto:sue@artspacecinderford.org), website <http://artspacecinderford.org/>

**Make Your Heart Sing**—with Wye Valley Healing. Contact John Cass on 01600 891325 or email [john@wye-valley-healing.co.uk](mailto:john@wye-valley-healing.co.uk) website [www.wye-valley-healing.co.uk](http://www.wye-valley-healing.co.uk). Simple chants from around the world, some peaceful, some lively. No need to be a singer. 7:30-9:30 pm, £5. One Friday each month at Bishopswood.



**Piano Lessons** – for all ages, all grades. Theory coaching. Accompaniment for exams. Thursday 1.30pm - 8pm, Saturday 9am - 12noon. £25 per 45 minutes with an extra 15 minutes when needed at no extra charge. Payable in advance. Contact Dorothy Wilson on 01594 810820 or 07886 491801, e-mail Doffwildor@gmail.com

**Singing at the Garden Café** – Weekly singing upstairs at the Garden Café, The Malthouse, Lower Lydbrook, GL17 9NN – all welcome. Ongoing 7-9pm (check website for updates & breaks). £6 on the door, cheaper if you pay for sessions in advance.

Contact Paul Hayes at garden-cafe@btinternet.com or Kirsty Abraham at peopleandsinging@gmail.com or ring the Garden Café on 01594 860075. Website www.gardencafe.co.uk.

### **Guitar, Bass and Ukulele Lessons**

Experienced, highly recommended RGT registered tutor available for lessons in The Forest and surrounding area. £17 child or £27 adult (block booking discount possible), Daytime, evenings or weekends. Cinderford or will travel for extra fee. Contact Russell Clements on 01594 780479 or 07767 760979, email russellclementsguitarist@yahoo.co.uk, website on Facebook, search 'Russell Clements:Guitarist/Tutor/Consultant'

### **Lydbrook Open Uke Night**

Open to all/no musical abilities. Bring your ukulele or borrow ours. Strum and sing. First Wednesday of every month, 8pm, free. The Anchor, Lydbrook, GL17 9SB. Just come along or contact Annette Fuller on 07930 858699, email netty.fuller@gmail.com, or search on Facebook for Lydbrook Ukulele Club.

**Piano and Singing Teacher**—Piano and singing lessons - all ages and beginners welcome. Jazz, rock, pop, folk, classical. 30/45/60 minute

Russell Clements

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- £17 child (40 mins; 6 for £90), £27 adult (1 hour; 4 for £90)
- Tailored sessions to suit you. Daytime, evenings or weekends

*"I have learnt more with Russell Clements in one session than in 30 years on my own."*

Ian Walker, 49

*"Russ is patient, reliable & knowledgeable & his enthusiasm for his subject is infectious."*

Bob Johnson, 67

sessions, £12 per 30 minutes - £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

**Forest of Dean Male Voice Choir** – Free taster sessions for anyone interested in singing and enjoying the camaraderie of a friendly group. No auditions! Monday & Friday evenings. 7.30-9.15pm every week of the year except public holidays at West Dean Community Centre, Full membership - £2.50 per week' after 'auditions! Bream. Contact Eric Woods (Secretary) on 01594 836050 or 07920 762426, e-mail woodse@waitrose.com, website www.forestofdeanmalevoicechoir.co.uk



## BEAUTY

**Beauty Courses with 2 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](mailto:info@2intuitive.co.uk), website [www.2intuitive.co.uk](http://www.2intuitive.co.uk)

**Intimate Waxing Course** –18th May 2015, 10am - 4pm. To advance your practical skills in intimate waxing techniques. Prerequisite L2 waxing qualification. £110.00

**FHT Accredited Semi-Permanent Lashes**  
Develop your skills in the art of single lash extensions. 20th, 27th of April & 11th of May 2015 - Option 1. 22nd, 29th of June & 6th of July 2015 - Option 2, 6pm - 9pm. Course Cost £200.00. Kit cost £145.00.

**Creative Nail Art Workshop** – Qualified and unqualified nail art creatives can learn to develop new nail designs to enhance fingers and toes. 13th April 2015, 6.30-8.30pm. £15.00.



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### Training Workshops

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[miranda@skillstogo.co.uk](mailto:miranda@skillstogo.co.uk)

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## BUSINESS SKILLS

**Business Workshops with Skills To Go** -  
contact details see advert above

**Business Start-Up Half Day**—6th May, 9-12.30.

Introduction to setting up your business. £12

**2 day Intensive Business Start-Up**—3rd and

4th June, 9-5. Work on your business plan to ensure you are ready to launch a successful business. £48.



**Making the Most of Linked-In for Business—**

19th May, 9-12.30. Intensive workshop introducing principles for using Linked In as a business networking tool. £18.

**Presenting with Impact—**19th May, 1.30-5. For anyone who needs to build confidence speaking to groups. £18.

**Using Excel to Improve your Business**

**Financial Record-Keeping—**25th June, 9-12.30. How to build a straightforward and easy Profit and loss account and a cashflow forecast. £18.

**Using Excel to Create a Simple Customer**

**Database—**25th June, 1.30-5. Learn to enter clients details, what to record and how to sort information and export details. £18.

All the above course are free if you are in receipt of state benefits.

An advertisement for 'Accountancy & Payroll Services for Small Businesses'. The background is a sunset over water with a silhouette of a man lifting a woman. The text is white and bold. It lists services: Book keeping, VAT Returns, Payroll - CIS, Year end accounts, and Tax returns. It includes the slogan 'Relax. We can help.' and contact information for Dianne Worrall: Tel: 01594 832248, Email: dianneworrall@yahoo.co.uk.

**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 logo for Harts Barn Craft Centre, featuring a stylized house icon above the text 'HARTS BARN CRAFT CENTRE' in a serif font.

**HARTS BARN  
CRAFT CENTRE**

*An excellent venue for a day out, set in beautifully landscaped grounds, this historic award winning centre provides an eclectic mix of craft and gift shops, a cookery school and the Apple Barn with bar for parties, meetings and exotic-cuisine-tasting with invitation chefs .*

*On site you can find—*

*The Creative Needles Haberdashery department within Enrico Interiors.*

*The Fabric Press at Rosablue, printing fabrics to your requirements.*

*Artists Jilly Barr and Sally Stafford and photographer Stephen Evans.*

*Mathew Tradgett Furniture and Antiques & 20th Century Design*

*TJ Hart Jewellery, The Duffy Archive and The Tree Shop.*

*Fern Health and Beauty.*

*Sharon Harris Counselling and Andrew Embling Complementary Therapies.*

*The Old Dairy Tearoom and of course Harts Barn Cookery School.*

*For more information go to [www.hartsbarncraftcentre.co.uk/](http://www.hartsbarncraftcentre.co.uk/)*



## GENERAL INTEREST

**Dementia Awareness**—Informal information sessions which give you practical guidance and support so that you can consider how as a tutor, community group, organisation or individual you can be more inclusive of others living in your community.

There are many forms of dementia, but they are all diseases of the brain which can cause problems with memory, everyday tasks, communication and perception.

It is progressive—in that it starts off with very mild symptoms and gets worse over time. It affects everyone differently. No two people with dementia are the same.

People experience dementia in different ways and they can be affected differently by the people and environment around them.

See the Person first not the Dementia - Providing information and education is key in supporting people to consider how as an individual, a tutor, a community group or an organisation they can be more inclusive and supportive of people living with dementia and their carers. How together we can help people living with dementia and their carers to do the things that are important to them.

To attend a **FREE** informal dementia awareness session contact: Lena Maller, Community Engagement Officer, Forest of Dean District Council. Telephone number 01594 812609 or email [lena.maller@fdean.gov.uk](mailto:lena.maller@fdean.gov.uk)

**Tutors, group leaders & 1:1 teachers** – Lena will do a special free training session to enable us to be more inclusive – contact Jaqui at The Forest Bee if you are interested. Dates and times to be sorted when we have enough interest



**Forest of Dean Twiddlemuff Challenge** for Dementia Awareness week 17-23rd May 2015



Twiddlemuffs are a knitted hand muff with interesting bits and bobs attached inside and outside.

They have been designed and developed to provide simple stimulation for active hands, while promoting increased flexibility and brain stimulation. Bradford Teaching Hospital NHS Trust, who have developed use of these within their hospital say many patients with dementia have found the Twiddlemuff reassuring and comforting.

You can find out more by going to The Forest of Dean District Council Website

[www.fdean.gov.uk/nqcontent.cfm?a\\_id=7728](http://www.fdean.gov.uk/nqcontent.cfm?a_id=7728)

### ***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 changes and errors.*

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





We hope you have found this brochure to be both enjoyable and very useful. Copies are to be found all over the Forest. Please tell your friends so they can get a copy.

The deadline for advertising and listings to be included in the Autumn issue, due out towards the end of August and covering the Autumn term is—

### **Friday 31st July**

If you would like your course, workshop or group to be included or if you'd like to advertise your services or product to our readers then please get in touch. Costs to appear in the Forest Bee are to be found on our website at [www.theforestbee.co.uk](http://www.theforestbee.co.uk). Which is also where you will find the very latest news on opportunities to learn something new in the Forest of Dean.

### **THE FOREST BEE NEEDS YOU!**



Could you help us grow 'The Forest Bee' into a really useful community resource? If you have a passion for learning, community and the Forest of Dean we would welcome your help on our Management Committee. From just a few hours every couple of months, to as much time as you'd like to give.

### **CAN YOU HELP US TO DISTRIBUTE THE FOREST BEE?**

The Forest Bee is run for you, the Forest of Dean community, by just a few very busy people, could you help us to distribute the Forest Bee brochure, ensuring it reaches all corners of the Forest of Dean?

We'd really appreciate your help distributing The Forest Bee in your area

Could you collect a few copies and put them in your local shop/hairdresser/dentist or tourist attraction?

### **WE NEED YOUR FEEDBACK**

We'd really like to know what you think of the Forest Bee. Have you found that course you've always wanted in our pages? Have you made new friends through the classes you've joined? Tutors, have you gained new student from our brochure or website?

Let us know by sending us your testimonial or comments.

To get in touch about any of the above please use our contact details below.



**T:** (01594) 86127  
**M:** (07919) 851669  
**E:** [info@theforestbee.co.uk](mailto:info@theforestbee.co.uk)  
**[www.theforestbee.co.uk](http://www.theforestbee.co.uk)**



**[Facebook.com/  
The Forest Bee](https://www.facebook.com/TheForestBee)**



**[@theforestbee](https://twitter.com/theforestbee)**

Greystones, Lydbrook, Glos., GL17 9NA



## Adult Community Learning

Courses + Workshops Summer Term 2015

**Starting week beginning 20<sup>th</sup> April**

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 St Briavels, or Newnham-on-Severn, choose from:

- \*Chakras
- \*Clothes Making;
- \*Watercolours;
- \*Painting & Drawing;
- \*Flowers for all;
- \*Silver Jewellery;
- \*Flowers: Weddings, Parties + Celebrations;
- \*Computing for Beginners or Improvers;
- \*Twitter;
- \*Basic Maths for the Nervous;
- \*Dyslexia Demystified;
- \*Make the most of your Ipad;
- \*Photography or Photo Editing;
- \*eBay;
- \*Ballroom & Latin American Dancing;
- \*Golf Coaching;
- \*Pilates;
- \*Yoga;
- \*Zumba for Fun + Fitness;
- \*Back, Neck + Shoulder Massage;
- \*Self-Healing with Aromatherapy;
- \*Meditation Inner Peace;
- \*Reiki Recap;
- \*Basic First Aid;
- \*Basic Food Hygiene;
- \*Health & Safety in the Workplace;
- \*Food Hygiene Level 2;
- \*Emergency First Aid at Work;
- \*Chinese – for absolute beginners;
- \*French;
- \*Italian;
- \*Spanish.

For further information, please contact the School Office on 01291 625340 (answerphone during the Easter Hols, please leave your details and we will get back to you. Post off your enrolment form (+ SaE if you wish for a receipt) during the Hols. School Office re-opens 13 April)

Download an enrolment form + Summer ACL Brochure from [www.wyedean.gloucs.sch.uk](http://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