



THE FOREST BEE

Summer 2017

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



Find us online at www.theforestbee.co.uk



Our grateful thanks to the following for supplying our cover images:

Top Row Left to Right:

Line Dancing with Jo Gwilliam

Lime Plastering with Carrington Lime

Forest Flute Choir (most of them!)

Bottom Row Left to Right

Clog Dancing with Wimberly Clog

Feltmaking with Christine Waygood

Tai Chi with Dean Tai Chi

Logo created and donated to The Forest Bee by local cartoonist, Ron Tocknell



The Forest Bee AGM



11.00am Thursday 29th June

All welcome, free tea/coffee & biscuits

Coleford Town Council Chambers, The Town House, Lords Hill Walk, Coleford, GL16 8BD



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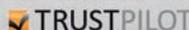
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EDITORIAL - Welcome to our 9th Edition

The brochure is proving so popular that we are having to increase our print run yet again! To do this we have had to increase our prices a little, so we thank all our contributors for their continued support despite this.

As always, some great new additions - Lime Plastering, Clog Dancing and First Aid for Dogs to name just a few.

The new groups entered in the Spring edition are now flourishing, and we'd like to encourage others to follow suit. If you'd like to start a special interest group in your locality, please do get in touch.

Foraging News has some great free food ideas, and we'd like to thank Christopher Robbins for his contribution over this last year. Jeanie from Food Foresters, who is writing our monthly Forage articles for our website is going to take over the brochure slot for 2017-18. Jeanie & Christopher have both supplied some great recipes for this Spring, so do take a look.

We'll be at Forest Activities again in April and the Forest Showcase in October, and look forward to meeting some of you there.

Important—please read While we take every care compiling this brochure to ensure details are correct at the time of printing, changes can occur. Please check with tutors before making arrangements, as The Forest Bee cannot accept responsibility for changes or errors.

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

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We are a not for profit voluntary organisation helping people come together and keep it local!



T: 01594 861278

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www.theforestbee.co.uk

Greystones, Lydbrook, Glos GL17 9NA



Facebook.com/
The Forest Bee



@theforestbee

COURSES FOR ADULTS

(Workshops begin week of 24th April 2017)



MON

1PM-3PM **Arts and Crafts Tasters**

2PM-4.15PM **Start the Week Singing - Blakeney** (*only £45*)

6:30PM-8:30PM **Transformer**

TUE

10AM-12PM **NEW! Graphics & Illustration Introduction**

10AM-12PM **An Introduction to Printmaking**

10AM-12:30PM **Dye, Print, Stitch**

(*Blakeney*) **First session 10AM-1:00PM**

12:45PM-2:45PM **Organic Art**

1PM-3PM **An Introduction to Screen Printing**

WED

10AM-12:15PM **3 Dimensional Ceramic Form**

10:30AM-12:30PM **Drawing & Painting the Natural World**

(*The Pludds*)

1:15PM-3:30PM **Pottery Afternoons**

1:30PM-3:00PM **Silver Circus Project for 50+**

(*£4 per session*)

THUR

10AM-12.00PM **Mixed Media Drawing**

10:15AM-12:15PM **Garment Design**

12:45PM-2:45PM **Fun with 3D Forest Sculptures**

1:15PM-3:30PM **Developing Ideas for Textiles**

6:45PM-9:00PM **Creative Pottery**

FRI

10AM-12PM **The Toy Box**

10AM-12PM **Discover Drama**

10:30AM-12:30PM **Weaving With Willow**

(*Coleford*)

1:15PM-3:15PM **Advertising and Packaging**

Courses are all 18 hours long (spread over 7, 8 or 9 weeks)

Cost: £60 (plus £2 weekly) or **concessions** £18.50/£25 (plus £2 weekly)

If you are unemployed and on job-seekers or ESA, or if you have fewer than 5 GCSEs you may be eligible for **FREE** courses.

To find out more, contact sue@artspacecinderford.org

call 01594 825 111 (extn 1) view full brochure at

www.artspacecinderford.org

ARTS & CRAFTS

Feltmaking & Contemporary Textiles with Christine Waygood Saturday workshops, including lunch and materials, at The Studio, Kent Cottage, New Road, Blakeney Hill, Blakeney, GL15.4BS. Contact Christine on 01594 516902 or 07947 123665, email christine.waygood@sky.com, website www.christinewaygood.com.

Inspirational Feltmaking Wet felting course, covering techniques for designing and making a wide variety of items. Saturday workshops, 10am-4pm. 6th May/1st July/9th September/7th October. £60.

Felt Planters & Green Walls A chance to make Felt Planters, Green Walls and other ideas for your garden. £60. including lunch and materials 10am-4pm Saturday 28th April 2017, Saturday 10th June 2017.

One Day Hat Making Course Come and make a perfect felt hat for yourself, to decorate exactly how you wish! 10am -4pm, Saturday 23rd September, £65.

Felt Slippers Come and make yourself a pair of cosy slippers (ready for the autumn!). 10 am- 4pm, Saturday 21st October, £65

Crafts with ArtSpace. For contact details see ArtSpace ad opposite. All courses £60 (concs £25/£18.50) + £2 a weekly towards materials (concs available). For contact details see ad opposite.

Dye, Print And Stitch Using leaves, berries and rusting items to dye and print onto fabric and paper. 10:00am – 12:30pm, 7 weeks starting Tuesday 25th April. Blakeney Recreation Centre, Butts Lane, Blakeney, GL15 4DW.

Drawing & Painting the Natural World Making studies from local landscape & putting them in your compositions. 10.30am

-12.30pm, 9 weeks starting Wednesday 26th April. Pludds Village Hall, The Pludds. Nr Ruardean.

Weaving With Willow Suitable for beginners and intermediates alike, exploring the many applications of this natural resource. 10.30am-12.30pm starting Friday 28th April., 9 weeks. The Main Place, Old Station Way, Coleford, GL16 8RH.

Mosaic Courses with Rachel Shilston at her Inspiring Creativity Studio, Office 1, Hanley Court Business Centre, Tidenham, NP16 7NA. Contact Rachel on 01594 844221 07732 694148, email info@rachelshilston.co.uk, website www.rachelshilston.co.uk

Mosaic Stepping Stone Have fun designing and creating your own stunning mosaic stepping stone, tools & materials included. 6.30-9.30pm, Monday 8th May, £42

Full Day Mosaic Workshop Create your own stunning picture, using a range of specialist glass and ceramic tiles. 10am to 4pm 25th June, £65 including light lunch.

Mosaic House Number Create your own door number on slate, using the 'direct method', with specialist glass tiles and ceramic beads. 10am to 12 midday, Sunday 28th May, £22.



Rachel Shilston
Inspiring Creativity
ARTIST AND CREATIVE FACILITATOR

Art Classes	School Projects
Arty Parties	Private Commissions

www.rachelshilston.co.uk
The Inspiring Creativity Studio, Office 1, Hanley Farm Business Centre, Tidenham NP16 7NA
Email: info@rachelshilston.co.uk Call 01594 844221 or 07732694148

Facebook, Twitter, Instagram, Pinterest icons

Woodturning Courses with Paul Hannaby, Windrush, High Street, Drybrook, GL17 9ET. Contact Paul on 01594 544417, email woodturning@hannaby.com, website www.hannaby.com

Woodturning Individual tuition, tailored to your needs, beginners to advanced, run by AWGB approved tutor. 10am-5pm by arrangement, £140 per day.

Woodturning Taster Course Not sure if you want to take up woodturning or just looking for a gift to give someone? 2 hour taster for complete novices. £50, by arrangement.

Forest of Dean Woodturners Association

Woodturning club open to all ages and levels. First visit free. 7:00pm - 10:00pm, monthly on 3rd Wednesday, Village Hall, Weston under Penyard, Ross, HR9 7PA.

Website www.forestwoodturners.co.uk.

Craft Courses with Wydean Contact Wydean School on **01291 625340**, or see advert on p9 for more details.

Painting with Watercolours Suitable for all levels. Bring your own materials or seek advice at the first class. 9 weeks starting Monday 8th May, 10-12, £70. Lydney Community Centre, Naas Lane, Lydney, GL15 5AT

Watercolour & Acrylic Painting

Suitable for all levels. Bring your own materials. 10am-12noon, Westbury-on-Severn Parish Hall, Rodley Rd, Westbury, GL14 1PF, **OR** 2-4pm, Assembly Rooms, East St, St Briavels, GL15 6TG, £65.00 for 8 weeks starting Monday 8th May,

OR 10am-12noon, 9 weeks, £70.00, starting Tuesday 2nd May. Woolaston Memorial Hall, Netherend Crescent, Woolaston, GL15 6NW.

Watercolour & Acrylic Painting Day

Suitable for intermediate to advanced, enjoy a concentrated day of painting and drawing. Bring your own materials and lunch. Drinks are available. Tuesday 30th May, 10am-2pm, £25. Assembly Rooms, East St, St Briavels, GL15 6TG.

Crafts at the Salvation Army Hub, 43 North Road, Broadwell, GL16 7BX, telephone 01594 839106, website www.salvationarmy-fod.org.uk

Knit & Natter All ages and abilities welcome. Held in the bar area at the Salvation Army Hub. 11am to 2pm, Mondays, weekly. Contact Emma Cornish on the above number or email at emmacornish.fodsa@gmail.com.

Pottery Classes Pottery for all ages and abilities, 11am-1pm Fridays. Prior booking essential (see ad on left).



POTTERY CLASS

Friday 11 am to 1 pm

£3.50 per session

With our resident potter in the Function Room at Salvation Army, 43 North Road, Broadwell, GL16 7BX
www.salvationarmy-fod-org.uk

Please ring for further information as prior booking is essential.

The cafe is also open for light refreshments & lunches between 10 am & 2 pm

The Salvation Army is a Church and registered Charity No. 214779 and in Scotland SC009359

Handspinning & Handweaving Tuition in handspinning and/or handweaving. Learn to make unique yarns and textiles. 9.30am-12.30pm, 10 weeks starting Thursday 27th April. £140. Coalway Methodist Church Hall, Old Road, Coalway, Coleford GL16 7JJ. Contact Colin Squire on 01452 740639 or 07870 542987, email colin6491@gmail.com

Introduction to Lime Plastering A one day practical course for homeowners and beginners. Tools & materials provided. 10am - 4pm Friday 19th May. £125 inc refreshments. Westbury on Severn. Contact Kate Kerslake by email at info@carringtonlime.co.uk or see our website, www.carringtonlime.co.uk

Courses with Humble by Nature, Penallt, Nr. Monmouth, NP25 4RP, telephone 01600 714595, email info@humblebynature.com, website www.humblebynature.com.

Courses book up quickly. (See advert p27.)
Cyanotype Print Making Discover the Victorian technique of cyanotype and make blue prints using flowers and leaves foraged from the garden. 10am - 1pm, Friday 9th June, £45.

Spinning & Plant Dying Yarn Try spinning yarn and then find out how to dye it using foraged plant materials. 10am - 4pm, Saturday 29th July, £95 including lunch.

West Gloucestershire Art Society encouraging and supporting artists to exhibit their work at various Forest venues. £12 annual subscription. Contact Ailsa Saunders on 01594 542636 or visit www.wgas.org.uk, for more information.



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Jaro!, Wypspinners etc.,
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Tel: 01452 831725
www.creative-needles.co.uk
Harts Barn Craft Centre, Longhope,
Gloucester, GL17 0QD

Art with Gary Fell Group & 1:1 Sessions
1:1 sessions at 'The Studio', Victoria Cottage, Morse Road, Drybrook, GL17 9AT. Contact Gary on 01594 544774, email gary_fell@hotmail.com, website www.gary-fell.co.uk

West Dean Art Group You've longed to learn to draw and paint? Come and have a go amongst friends. £10 per session (pay on the day). 10am-1pm, Fridays (no terms, dates to worry about). West Dean Centre, High Street, Bream, GL15 6JW.

1:1 Non-Toxic Printmaking - Linocuts
Learn to print safely, without a press, on your kitchen table. Old clothes/aprons are advised! 10am. - 4pm, dates by arrangement, £170.00.

1:1 Fine Art Drawing & Painting You've longed to learn to draw and paint? Come join me in my studio in Drybrook. 11am. - 1pm. or 2pm. - 4pm, dates by arrangement.

Taurus Crafts



Craft Studios & Artisan Businesses
Cafe - Local Food & Drink - Gift Shop
School Holiday Creative Activities
Art Exhibitions & Special Events

Open Daily - See website for opening times
Free Parking - Free Entry

01594 844841 - tauruscrafts.co.uk
Lydney, Forest of Dean, GL15 6BU

Taurus Crafts is part of the Camphill Village Trust LTD    

Patchwork and Quilting Workshops suitable for both beginners and improvers. Classes can be tailor-made for groups of 3 or more. Contact me directly for further details. £30 per day, 10am-4pm, various dates from April to September. Near Lydbrook. Contact Cathy Rowlands on 01594 862802, 07791 786767, email cathyrowlands100@yahoo.com or see 'Feeling Quilty' page on Facebook.

Photography with Tina Dorner using the glorious Forest scenery to develop your skills. Days & times to suit. Contact Tina Dorner on 01594 860062, email tinadornerphotography@gmail.com, website www.tinadornerphotography.com.
1:1 Photography Tuition for All - £25 per hour, £40 for 2 hours, 2 people for 2 hours £60, 5 x 2 hour sessions £150. Processing tuition can be included.

Group Photography Tuition - 4-5 Adults, single 2 hour session, £15 per person or 4 x 2 hour sessions £60 per person.

HEALTH & FITNESS

Tai Chi Chuan - Chen style Tai Chi and Chi Gong for all ages/experience. £40/6 week block, 7-8.30pm Wednesdays. English Bicknor Village Hall, English Bicknor, GL16 7PA. Contact Mark Wadsworth on 01594 544060 or 07791 738668, email deantaichichuan@gmail.com, website: www.bristoltaichi.com/deantaichi.htm.

Free Taster Sessions in Chen Style Tai Chi followed by beginners classes every Wednesday, 6-7pm. English Bicknor Village Hall, English Bicknor, GL16 7PA. Contact Mark Wadsworth (details above).

Silver Jewellery Workshops with Karosa Jewellery. Contact Karin Whittaker 01594 832497 or 07717 190609, email karinw@gmail.com, website www.karosajewellery.co.uk.

All workshops at Dean Pool Cottage
The Rocks, Clearwell, Coleford, GL16 8JR.

Precious Metal Casting Course Bring old and broken silver/gold to create a cast item of your choice. 10am - 4pm Saturday 13th May, £60.

Working with Silver Learn how to make some beautiful pieces of silver jewellery in this 7 week course. 6.30-9.30pm, Thursdays evenings starting either on 20th April or 8th June, £100.

Wyedean



School and Sixth Form Centre

Adult Community Learning Courses + Workshops Summer Term 2017

Learning can enhance your life! Grab the opportunity with a fantastic choice of courses or workshops, all highly affordable, relaxed and friendly. Whether at Wyedean School in Sedbury, or in, Westbury, Lydney, Woolaston, Forest Hills, Newnham, St Briavels or Trellech - day or evening, choose from:

- *Excavation Archaeology (Lost city of Trellech);
- *Clothes Making, Alterations & Soft Furnishing;
 - *Italian all levels - Newnham + St Briavels;
 - *Painting with Watercolours;
 - *Watercolour & Acrylic Painting;
- *Flowers: Weddings, Parties + Celebrations;
 - *Silversmithing Jewellery for all;
 - *Excel for Beginners;
- *Photography – moving on from green Auto;
 - *Get to grips with Photoshop & Elements;
 - *Pilates;
- *Golf Coaching – Forest Hills, Coleford;
- *Golf Coaching – St Pierre Golf Academy, Chepstow
 - *Yoga for Well Being;
 - *Zumba for Fun + Fitness;
 - *Wellbeing through Mindfulness;
- *Brush up your French; *Spanish (all levels);
 - *Reiki Workshop (Intro);
 - Forestry + F First Aid;
- *Basic First Aid; *Basic Food Hygiene;
- *Level 2 Health & Safety in the Workplace;
- *Food Hygiene Level 2; *Emergency First Aid at Work;

For further information, please contact the School Office on

01291 625340 (answerphone during School Hols. Please leave a message/contact number).

Download a Summer Term ACL Brochure + enrolment form from

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

'Courses available') Post off your enrolment form, payment, with your email or SAE.

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

Pilates with Esther - Costs vary so please contact Esther for details on 01452 760120 or 07711 832042, email esther@estherf.com, website esther@estherf.com.

Matwork Invest in your body and develop good posture, strength, flexibility and balance in a fun way.

9.30-10.30am, 10 weeks starting Friday 28th April Bishopswood Village Hall, Kerne Bridge, HR9 5QT. Contact Esther for details, or 7-8pm 9 weeks, starting 2nd May, Dene Magna School, Mitcheldean GL17 ODU. Contact Dean Magna on 01594 545318 or 542370.

Beginners/Back Care 11.30am-12.30pm, 10 weeks starting Friday 28th April. The Club, High Street, Newnham-on-Severn, GL14 1BS. Contact Esther for details, or 6-7pm 9 weeks, starting Tuesday 2nd May, Dene Magna School, Mitcheldean GL17 ODU. Contact Dean Magna on 01594 545318 or 542370.

Yoga with Ali Rose. Contact Ali Rose for more details on 07883 678629, email simplyalirose@yahoo.co.uk, website www.yogawithalirose.co.uk.

Yoga for EveryBODY! Awaken the body & calm the mind with a practice seeking to bring body, heart & mind into an experience of wholeness. Day/classes, Forest/Wye Valley areas. Contact Ali for details.

Seniors/Gentle Yoga A gentle practice suitable for older students and anybody seeking a gentler approach to yoga. £6.50 per class, 10-11.30am, Thursday mornings. Bells Hotel, Lord's Hill, Coleford GL16 8BE

Seated Yoga Experience the benefits of yoga from a chair - practicing simple yoga movements, breathing and relaxation techniques. Non residents £16, 4 week course, 2-3pm Wednesdays ongoing, term times. Kings Meade Community Rooms, Coleford, GL16 8RS.

Hatha Yoga Mixed Ability Classes Enjoy yoga at a level to suit you. Increase flexibility & strength. Relax body & mind. Improve balance & mental clarity. £60 per ten weeks. Contact Carolyn on 01594530225 or 07789 893467, email carolyn.thomas@hotmail.com, website

www.freedomyogaandrelaxation.co.uk, Facebook - Freedom Yoga & Relaxation with Carolyn Thomas.

Yorkley Mondays 10:15-11:45am, Yorkley Community Centre, Bailey Hill, GL15 4RS
Taurus Crafts nr Lydney Tuesdays and Wednesdays , 7-8.30pm, Taurus Crafts, Old Park, Lydney.

Lydney Thursdays, 10-11.30am. Lydney Community Centre, Nass Lane, GL15 5AT.

Coleford Thursdays 7-8.30pm, St Margaret Mary Church Hall, High Nash, GL16 8HN.

DANCE YOURSELF FIT!
WITH
LVC FITNESS
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DARCEY BUSSELL'S DDMIX
DANCE WORKOUT CLASS
Every Tues 8pm - Broadwell Memorial Hall, Coleford

AND DON'T FORGET
“**STRICTLY**” **STYLE**
DANCE FITNESS CLASSES
Dance partners not required

FITSTEPS
Fitness that's 'Strictly' fun

Every Tues & Thurs at 7pm - Mon & Weds at 10am
Broadwell Memorial Hall, Coleford
Weds at 7pm, Wesley Hall, Cinderford

Contact Lisa on
07909 755 222


LVC Fitness

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COLEFORD



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Shop, Studio and Treatment room

IMPROVE YOUR HEALTH FITNESS & WELLBEING

Traditional Chinese Medical Massage & Treatments

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YOGA, TAI CHI, QIGONG, MEDITATION, PRANAYAMA & BIOMECHANICS

Bad backs - joint pain, knees, shoulders, hips – high blood pressure – balance - flexibility – anxiety – stress – depression – **GP Exercise Referrals**

Tel: 01594 510666, Facebook 'SevernSun'

Opening 19th April

Health & Fitness with Wydean Contact Wydean School on 01291 625340, or see advert on p9 for more details.

Zumba for Fun + Fitness Easy to follow dance fitness workout to trim and tone the whole body. 10-11am for 8 weeks starting Tuesday 9th May, £35. Lydney Community Centre, Naas Lane, Lydney, GL15 5AT, **OR** 10-11am starting Thursday 11th May, 8 weeks, £35. Woolaston Memorial Hall, Netherend Crescent, Woolaston, GL15 6NW.

Golf Coaching with Wydean at Forest Hills Golf Club Mile End Rd, Coleford.

Beginners Suitable for beginners. Equipment & balls provided. Meet at the Driving Range. 6.30-7.30pm, starting Thursday 4th May, 6 weeks, £50.

Improvers Suitable for improvers. Range balls are provided. Meet at the Driving Range. 6.30-7.30pm, 6 weeks starting Wednesday 3rd May, £50. 01291 625340

Tai Chi for Health - Traditional Sun Style & Modified Forms, 30 years' experience, teaching locally for 16 years. Sessions adapted for all ages/abilities, seated or standing (min 1Hr). 1 to 1 tuition/workshops available (check website or contact Trevor). Tuesdays 6.30pm, Latchen Rooms, Longhope; Wednesdays 7.30pm, The Club, High Street, Newnham (no disabled access); Tuesdays 11.30 am, Taynton & Tibberton Hall; Wednesdays 11am, Parkside Community Centre (2 Rivers), Coleford, GL16 8DA; Thursdays 6.30pm, Linton Village Hall. £3.50 - £4.50/session, concessions available. Contact Trevor on 01452 830000, email enquiries@crystaltaichi.co.uk, website: www.crystaltaichi.co.uk.



Fitness Classes with White Lotus – Contact Michelle Gardiner on 07790 025743, email whitelotusuk@aol.com, or check our website www.whitelotus.co.uk for more fitness classes and our Martial Arts sessions.

Tai Chi For Health & Relaxation Seated and standing, people with disabilities welcome. Mondays 11am-12 noon, £4 /session, Foxes Bridge Hub, Foxes Bridge Road, Cinderford, GL14 2PQ, Wednesdays 9.30-10.30am, Naas Lane Community Centre, Lydney.

Stretch, Tone and Balance A gentle workout for the whole body, suitable for all, exercises can be adapted. Weds 11-12, £5 per session. Naas Lane Community Centre, Lydney

White Lotus Jump - fitness on jump boots - so much fun - improves posture and core strength, decreases impact by 80% and increases aerobic work rate. 9.15am, Monday, Woolaston Memorial Hall, Netherend Crescent, Lydney, GL15 6NW or 5.45pm Naas Lane Community Centre.

Zumba The best fitness activity!! Suitable for those who don't think they can dance. £5 per session. Tuesdays, 10-11am, Naas Lane Community Centre, Lydney, Thursdays 10-11am, Woolaston Memorial Hall. Other classes available.

Kickboxing Suitable for beginners, sparring optional. Grade from white to black. £6/£7, Mondays, weekly. 6.15pm kids, 7.15pm for adults (other classes available – see our website). Forest Fighting Gym, Miners Hall, Cinderford or Thursdays 6.45-7.45pm, Naas Lane Community Centre, Lydney.

Fitness with LVC Fitness Contact Lisa Cherry by email at Lisa-cherry@sky.com or see advert p10 for telephone and Facebook.

Dance Yourself Fit! 'Strictly' style dance fitness exercise class! Transform your body dancing to music. £4/class or £28/8 classes in

Fitness with Lisa Cherry (contd.)

8 weeks, Mondays & Wednesdays, 10-11am, Tuesdays & Thursdays, 7-8pm, Broadwell Memorial Hall, North Road, Coleford, GL16 7BG, Wednesdays 7-8pm, Cinderford Methodist Hall, Cinderford, GL14 2AB

Fitness Pilates Basic Pilates techniques & exercises in an easy to follow format, created for adults of all ages/abilities.

£24 for 6 weeks, 11–12 noon, Mondays and Wednesdays, 8-9pm Thursdays. Broadwell Memorial Hall, Coleford, GL16 7BG.

Darcy Bussell's DDMix! A fun dance fitness workout class based on 26+ different dance styles with easy to follow steps. £4 pay as you go or £28 for 8. Adults 16+. 8pm-9pm, ongoing. Broadwell Memorial Hall, North Road, Coleford, GL16 7BG. (See ad p10.)

Pilates in St Briavels Improve posture, core strength & flexibility with this mind/body exercise program. Wednesdays 2-3pm weekly, £6. St Briavels Assembly Rooms, East Street, St Briavels, GL15 6TG. Contact Penny Jones on 01291 627243 or 07787 193302, email pennyjones.fitness@gmail.com, website www.pennyjonesfitness.com.

Yoga Classes With Glenys Pattman,

telephone 01594 823581, email: bgpattman@btinternet.com

Yoga for all levels and abilities. Classes in **Newnham**, Monday 10-11.30;

Northwood Green, Mondays 5.30-7.00,

Huntley, Tuesdays 1.00-2.30;

Littledean, Wednesday (Intermediate) 7.30-9.00pm;

Berry Hill, Thursdays (50+) 4.15-5.45pm.

Also with Glenys:

Pregnancy Yoga by arrangement. £7 drop-in or £60 for 10 sessions.

ACHES

PAINS

STRAINS

AFFECTING YOUR LIFE?

LET

LYDNEY OSTEOPATHS

HELP

CALL 01594 840897

Registered with the General Osteopathic Council and over 30 years experience treating the whole family means you can trust Lydney Osteopaths to safely help you get back on track with your life

Claremont House, High Street, Lydney, Gloucestershire GL15 5DX
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**ST MICHAEL & ALL
ANGELS,
MITCHELDEAN
FLOWER FESTIVAL
'CELEBRATIONS'
JUNE 16TH, 17TH, 18TH
&**

**OPEN GARDENS
17TH & 18TH JUNE
A VILLAGE EVENT
CELEBRATION CONCERT**

**In Church Sat June 17th
@ 7.30pm
Refreshments served in
Church with Ploughman's
lunch.**

**GREEN
DRINKS**

FRIENDLY | LOCAL | INCLUSIVE | ENVIRONMENTAL NETWORKING

Not just for the Green Party - anyone interested in green issues is warmly welcomed.

No agenda, just informal discussion over a drink.

First Thursday, monthly

The Rising Sun, Mosley Green
Near Parkend

**FOREST
SHOWCASE
FOOD FESTIVAL**



Sun 1st October 2017

The Speech House Hotel Grounds Forest of Dean, GL16 7EL 10am 4.30pm
Adults £5, Children £2, U's free, Family ticket £12
Further details www.forestshowcase.org / Tickets available online or on the door

**Showcasing the best: local produce from the FOREST OF DEAN
Lots to taste, try & buy!**

Plus Arts & Crafts, Cookery Demos, Live Music, Children's Workshops
Parent & Child Cookery Classes, talks & more... fabulous food & family fun

Classes with Severn Sun Visit our website or ring us for more courses. Contact details in ad p11, or email Natalie on gnatters@aol.com.

Tai Chi - a friendly relaxed class, helping to improve your well-being. £40 for six week course. 7-9pm every Thursday.

Yoga - a variety of yoga styles tailored around you needs. 7-8.30pm, Wednesdays, £4 per session.

Yoga with Sue Chudley at Millers Farm, Brains Green, Blakeney, GL15 4AP & Flaxley. Contact Sue on 01594 510655, email:

suemchudley@btinternet.com, website: www.millersfarm.co.uk/yogospace

Yoga Weekly classes for mixed ability in Krishnamacharya/Desikachar tradition on Tuesdays, Wednesdays and Fridays at Millers Farm and Flaxley School Rooms. £6 - £8 various starting from 9th May

Yoga Sundays Bi-monthly workshops on Yoga Sutra study or Vedic Chanting to deepen understanding of Yoga. 10am-1pm starting May 21st, £10.

Individual Tuition and Yoga Therapy with Ayurveda One to one lessons for home practice, self development or health issues. By appointment £40/hour.

Yoga Classes with Jane Rothery at The Spotlight Room, Cinderford Leisure Centre, Causeway Road, Cinderford, GL14 2AF. Contact Jane for start dates on 01594 824008 or email jjrothery@talktalk.net.

Yoga for All - Drop In Open to all, presenting a yoga practice to make a difference in life for ordinary people. Wednesdays 6-7.15pm, £5 per session.

Yoga for All - Short Courses Six week courses to help you develop a yoga practice that will make a difference to daily life. Wednesdays 6-7.15pm, 6 weeks, £25.

Yoga with Veronika Penna. Contact Veronika on 01600 890966 or 07799 532826, email veronikapenadere@hotmail.com, website www.herefordshireyoga.com

Neuro-Sensory Yoga Neuro sensory Yoga is an easy way to open up your body and feel young again. £7.50 per session, 5.30-7pm ongoing. Bishopswood Village Hall, Bishopswood

Yoga for Autism 1 to 1 sessions for all ages. Specialist yoga for ASD and all related conditions. £35- £45 depending on location, weekday mornings. Based in Whitchurch, Ross on Wye but will travel.

MUSIC

Music at SoundSpace, Causeway Road, Cinderford, GL14 2AF. Website www.themusicworks.org.uk & see their advert on p 20.

Afterschool Club & Studio Sessions Try out instruments, use music technology and make the music you want to make. £2 per person per hour, Mondays 3-4.30pm (club), 3-6pm (studio session), ongoing. SoundSpace, Contact Mark Bick on 01594 836418, email mbick@themusicworks.org.uk.

The Forest Flute Choir Flute Workshop

*For beginners to grade 3, returners or those who are just plain rusty!
You must be able to read music, & play at least 5 notes (F, G, A, B, [B flat] and C) and have your own flute.*

2pm-5pm, Saturday 13th May 2017

Parkend Memorial Hall, Parkend, Forest of Dean

£5 including tea & cake.

*For further information www.forestflutechoir.co.uk
or call 01594 563079*



John Kyrle High School & Sixth Form Centre

Adult and Community Learning Centre

Summer Term Courses 2017

All courses are held in a relaxed and friendly environment at some of the lowest prices to be found.

★ Computer Courses:

For all levels including ECDL & Advanced ECDL

★ Foreign Languages:

French, Spanish, Italian (*Beginner & Improver levels*)

★ Health & Fitness:

Yoga, Pilates, Circuit classes, Body Conditioning, Boxercise, 50+ Keep-Fit

★ Music:

Ukulele, Drum & Percussion, Singing, Wind Ensemble

★ Arts & Crafts:

Beaded Jewellery for Beginners, Needle & Wet Felting, Ceramics, Dressmaking, Urban Landscapes - Acrylic, Oils & Pen

★ Food & Drink:

Food Hygiene Certificate, National Certificate for Personal Licence Holders

★ Digital & Introductory Photography ★ ESOL

★ First Aid for your Pet ★ Geology

★ Writing for Profit & Pleasure ★ Acoustic Guitar Making

★ Gym & Fitness Centre:

Free Inductions, Cardio Equipment, Strength training, Fitness Classes, Personal Training
(50% reduction for senior citizens, 50% reduction for partners, reduced fees for those on benefits)

Facility Hire at the school

- ★ Fitness Studios ★ Floodlit Tennis & Netball Courts ★ Table Tennis
- ★ Floodlit AstroTurf Pitches ★ Sports Hall ★ Gymnasium
- ★ Dance Studio ★ Class Rooms ★ Meeting Rooms

For more detailed information on facility hire, courses and booking procedures visit our website: www.adultlearningcentre.org.uk

How to enrol:

At the centre by card, cash or cheque - by telephone - by post - online

Cheques should be made payable to John Kyrle High School

*For further information and guidance telephone Paul Mason (01989) 760399
(answer phone at busy time) or e-mail paulmason@jkhs.org.uk*

Forest of Dean Health Forum



Do you care about Health and Social Care
Issues in the Forest?

If so, why don't you come along to our
meetings on the First Tuesday of the month at
the West Dean Centre at 7.00pm?

The Forum was established in 1987 and relies
on a committee of volunteers to organise the
meetings and make contact with the various
organisations providing care in our Forest. At
each meeting a speaker is invited who can give
a first-hand account of existing services and
future plans. In the last few months speakers
covering topics such as Diabetes, Healthy
Lifestyles, Telecare and updates on the
Sustainable Transformation Plans and local
services.

Our future plans include the Fire Service to talk
about home and road safety, the Ambulance
Trust and a meeting with the new Chief
Executive at Gloucestershire Hospital.

If you are interested in participating and
influencing services in this time of change in
the Forest please come along and see what we
do.



Mr Albert Weager - Chair

Email: forest.health.forum@outlook.com
Website: forestofdeanhealthforum.org.uk

**NEED TRANSPORT?
WE CAN HELP**
01594 812613
WWW.FORESTRUTES.ORG

How prepared do you think your community
is to help those who don't drive? Well, in
the Forest of Dean, the answer is very!

For people living in the Forest of Dean,
Community Transport is an option. The four
providers in the district offer reasonably
priced fares and a door to door service for
anyone needing assistance with transport.

When people think of where to retire, their
thoughts may drift to sunnier climes, lower
taxes, or perhaps wherever the
grandchildren live. However, they often
neglect to consider how they would get
from their house to the doctor or the
supermarket if driving were not an option.

In reality, everyone, of any age, should
create a transport backup plan. How would
you get to work, or get the kids to school, if
the car breaks down? If you break a leg? If
you start medication that makes you
drowsy? Walking, biking, car rentals, taxis,
family, friends and neighbors. Your answers
will vary greatly depending on your health,
where you live, your available funds, and
other circumstances.

Get in touch today to find out more about
community transport.

You never know when you might need it!



Forest Routes Community Transport



The Rewild Project is a non-profit social enterprise focused on environmental education and ecological restoration.

We aim to revive traditional, land-based skills to connect people back to nature and ways of living off the land. Through community growing projects, outdoor learning and various craft workshops and courses, The Rewild Project aims to create a renewed interest in land and food, newly skilled people and improved eco-systems.

Our way of life has changed dramatically from where we once began as hunter and gatherers. Ancient knowledge and skills are fast being forgotten and we appear to be seeing the ill effects on people through a disconnection to land and nature. Once thought of as an invaluable resource for food, shelter, medicine, craft and much more, land is being stripped to make way for monoculture farming. We believe a new approach is needed to land use and our food systems.

We work with people and communities on fun and engaging projects, offering them the skills and resources to be more resilient and self sufficient. We are currently working in partnership with various organisations across the Forest including Dean Heritage Centre and Foresters' Forest Landscape Partnership Programme to deliver a variety of courses and workshops.

Website: www.therewildproject.com

E-mail: info@therewildproject.com

Severn Dean Lions Club

The Severn Dean Lions Club was founded in January 1981. We are one of two Lions clubs that operate within the Forest of Dean. Each year we raise funds through the organisation of events, collections and support for other locally organised activities. Our two key annual events are the **“Wild Boar Chase”** held in May each year and the **“Fern” Bonfire display** held in November at Speech House field.

Monies raised are used to support communities, organisations and individuals who live or operate within postcodes GL14 and 17. In the past year we have supported organisations such as ,The Dilke Hospital, Mitcheldean Cub Scouts, The Heart of the Forest Community School, Riding for the Disabled and The Forest Food Bank. In addition numerous individuals have been supported through welfare payments to meet an identified immediate need such as food vouchers for families at Christmas or the provision of items of furniture for individuals overcoming personal difficulty.

Severn Dean Lions are ordinary people from all backgrounds who want to give some of their free time for the benefit of others in the community. Why not come and join us?

Contact our Secretary on 0845 8335836



The Rewild Project

MUSIC (contd.)

SoundSpace Practice & Recording Sessions

SoundSpace offers three practice rooms and a recording studio for bands, singers and solo artists. Over 18s: £8-10, under 18s: £2-£7. Forest High School site, Causeway Road, Cinderford, run by the charity The Music Works. Contact Mark Bick on 01594 836418, email mbick@themusicworks.org.uk, website www.themusicworks.org.uk

Audio-Base Saturday Morning Music

Sessions Whatever music you're into, we can help you make it, using instruments and music technology. From £3. £3,£5,£6 11am-1pm Saturdays, term time. Contact Anita Holford or Beth Blowers, email bblowers@themusicworks.org.uk

Piano Playing I teach anyone, any age, from beginner to advanced. Many years' experience & fully trained. £25 per 45-60 minute lesson, any time, by arrangement. 15 Marsh Way, Sling, Coleford, GL16 8JN. Contact Dorothy Wilson on 01594 810820 or 07886 491801, email doffwildor@gmail.com, website DEWPiano.co.uk.

Lydbrook Band If you are interested in playing with the Championship Section Brass Band, please get in touch. Subscriptions to be agreed. Sundays 6.30pm, Wednesdays 7.45pm (flexible). Lydbrook Bandroom, Upper Lydbrook, GL17 9LQ. Contact Robert Morgan on 01594 860944 or 07796 442463

Lydbrook Training Band open to members who wish to play a brass instrument from age 8 up to adults. Instruments are provided. £1 per week, 6.30-8pm, Monday evenings. Contact and venue same as Lydbrook Band (above).

Forest Flute Choir Afternoon Workshop An open afternoon hosted by The Forest Flute Choir; group playing, Q and A, afternoon tea and informal concert. Contact/venue information under Forest Flute Choir (above) or see advert on p14. For more information contact Fiona Crawley on 01594 563079, email fiona.crawley@yahoo.co.uk, website forestflutechoir.co.uk. Rehearsals and workshops held at Parkend Memorial Hall, Fancy Road Parkend Lydney GL15 4JA. **Forest Flute Choir** Fortnightly rehearsal for flautists of all ages and abilities. Annual membership of £20/£12. 2-4pm Sundays, April 23, May 7, June 4 & 25 & July 9. Contact Fiona as above.

Singing with Kirsty Abraham Contact Kirsty on 07905 789683, email peopleandsinging@gmail.com.

Singing for Breathing Singing for Breathing is to help people with diagnosed lung conditions. You'll have fun too. £3/what you can afford. From 2 pm, Thursdays, 15th June, ongoing, Lydney Community Centre, Naas Lane, Lydney, GL15 5AT www.blf.org.uk/support-for-you

Singing at the Garden Café Come singing for pleasure with a friendly bunch of people at the Garden Cafe. £25 for 5 weeks or £6 on door. 7-9pm, Wednesdays from 14th June. The Garden Cafe, The Malthouse, Lower Lydbrook, GL17 9NN. Tel Kirsty on 01594 860075 (venue) or see website www.gardencafe.co.uk (singing page)

Sing for Water - Wateraid Fundraiser! An opportunity to sing in Gloucester Docks on Saturday Sept 2nd. Registration £10 by 22 June, £12 by 21 August. Practice workshops: Maisemore Village Hall, Church Rd, Maisemore, GL2 8JE. Contact Kirsty or or visit www.wateraid.org/uk

Forest Of Dean Area Wind Band

gloucestershire
MUSIC

Established in 2003 the Forest of Dean Area Wind Band (FODAWB) has had lots of success over the years including several performances at Birmingham Symphony Hall. At its peak the Band had over 60 young people from around The Forest. When the current Musical Director, Sam Davis, took over he soon discovered that some of the parents were able to play instruments and thought it would be a good idea to open the group up to adults as well. The FODAWB is now, for the first time, accepting both young people and adults. So if you play brass, woodwind or percussion from beginner to advanced levels and would like to join us please contact Sam Davis on **07971 555576** or email **sammy-davi@hotmail.com**



Photo: Salsie Green

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gloucestershire

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Gloucestershire
COUNTY COUNCIL

Want to learn, make, rehearse, record music?

Search on **touchBass** for tutors, mentors, rehearsal spaces, studios, music groups, and more.

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SOUNDSPACE

Recording & Rehearsal Studios

Whatever music you're into,
we can help you make it.

Clubs, studio sessions, lessons
and much more (coming soon -
adult groups) - check our
website for more info

Prices from:

£2 per person per
hour for under 18s

Please don't let
cost put you off
- contact us
if you need
help
with
fees

Something
for all ages!

Studio sessions

Adults (bands, soloists etc)
- by arrangement
Ages 11-18 - various times
- call us to book a slot

Afterschool clubs

Ages 11-16 - Mondays 3-4.30pm
Ages 11-18 not educated in school
- Mons 1.30-3pm

Audio-base - Saturdays

Ages 11-16 - Saturdays 11am-1pm

www.themusicworks.org.uk



Gloucestershire Music Makers trading as The Music Works. Registered office: Box Hedge Cottage, Horsley, GL6 0PP.
Registered in England & Wales with company registration number: 519345. Registered charity number: 1106979.

Forest Swing Band (Blakeney) We hold regular jazz jamming sessions for intermediate musicians.

For more details contact Tony Bayliss on 01594 516654 or email forestswingband@gmail.com

Drybrook & District Male Voice Choir A traditional male voice choir - all ages welcome. 7.30-9.30pm, Wednesdays, £10 monthly.

Drybrook & District Male Voice Choir Room, Hawthorn Road, Drybrook, GL17 9BX. Contact Anita Chaloner on 01594 821207 or 07565 909492, email anita.warren1@gmail.com

Forest Singers A friendly group for people who just want to sing for fun. No experience necessary. 7.30- 9.15pm, Mondays. Contact & venue - see Drybrook Male Voice Choir above.

Start the Week Singing Start your week with the pleasure of singing with others, in a light airy venue. 2-4.15pm, 6 weeks starting Monday 12th June. Millers Farm Barnspace, Brains Green, Blakeney, GL15 4AP Contact Sue Carruthers at Artspace - see ad on p4.

Forest of Dean Male Voice Choir Free taster session for anyone interested in singing in a friendly group. Monday & Friday evenings, 7.30-9.15 weekly. West Dean Community Centre, Bream. Contact Janet Hart on 01594 542671 or 07730 885395, email janet.hart570@btinternet.com, website www.forestofdeanmalevoicechoir.org.uk

DANCE

Line Dancing Fun, friendly line dance classes. No partner required, just bring your friends and your feet! Mondays 7pm Beginners, 8-10pm Intermediates. £3.00 for one hour, £4.00 for two, £5.00 for whole evening. Lydbrook Community Hall, Central Lydbrook. Wednesdays, 8-10pm Intermediates, Broadwell Evergreen Hall, Broadwell, Coleford. Contact Jo Gwilliam on 0777 600 1845 or 01594 827189 for further details, email jgast2010@yahoo.com.

Wimberry Clog We are traditional Step Clog Dancers, New members, novice and experienced, always very welcome. Thursdays 8pm (except the third in the month). Pludds Village Hall, Nr Ruardean, GL17 9UQ. For more information contact Tom and Ann on 01594 542923, or visit our website www.wimberryclog.btik.com.btck.co.uk

Guitar Lessons Available



Love the guitar? Have you wanted to play? Or would like to improve?

My name is Nick and I'm a Guitar Tutor living in the Forest of Dean. I have 30 years experience playing the guitar and song writing.

I now have availability for new students. Please contact me for available slots or to discuss your requirements. Email nido70@hotmail.com Mobile 07899 672718



Not sure if it's for you? First 30 minute lesson is FREE!!

Prices

1 Lesson £25 (1hr)

5 Lessons (bought in advance £90)

Monday-Friday 10-6pm

N.b. Saturday and Sunday lessons £30 per hour or 5 bought in advance £140

Gift voucher available for 1+ lessons

PERSONAL & SPIRITUAL DEVELOPMENT

Shamanism with Mandy Pullen - contact Mandy on 01594 541850 or 07805 800313, email info@mandypullen.co.uk, website www.mandypullen.co.uk.

Shamanic Sundays Monthly meetings with guided shamanic journeying. Beginners welcome. Bring blanket, pen, notebook. 10.30am-1pm, check website for dates. £8 (incl tea & biscuits). Millers Farm, Blakeney, GL15 4AP.

Eco Shamanism - An Introduction Day workshop introducing Eco Shamanism - a marriage of shamanism and deep ecology. 10am-5pm Saturday 1st July, £45, Millers Farm, Blakeney, GL15 4AP.

Learn the Shaman's Journey Learn how to journey shamanically in a day (7 hours incl lunch), £150/day or over 6 weeks, £300 date tbc. Mountjoy, Hillside Road, Drybrook, GL17 9EW.

Sacred Drum Day A day to work with the shaman's drum - individually and collectively for healing and more. 10am-5pm, Saturday 3rd June, £50 Millers Farm, Blakeney, GL15 4AP.

Eco Shamanism in the Forest 2 hour exploration in the Forest using eco- mapping to communicate with the 'more than human world'. 11am - 1pm Sunday 6 August £10 Somewhere in the Forest tbc.

May Hill Pilgrimage From May Hill to St Anthony's Well - walking the land as ritual. 4-5 miles. Bring a picnic lunch. 11am-1pm, Monday 7th August, £10, Contact Mandy for meeting place and parking.

Courses with Green Beech Therapies

Contact Mark Harris on 07824 449011, email alderhollyltd@yahoo.co.uk, website www.greenbeech.org.uk (see ad opposite).

Introduction to Astronomy & Astrology & Energy Introduction to these connected subjects with practical activities including how to start to read your own birth chart. 9.30am-5.00pm, Saturday 20th & 27th May, £55, discounts apply. Belle Vue Centre, Cinderford.

Living in a Conscious Universe Introduction to dowsing and energy consciousness. Option of 3 parts, £59 each part. 9.30am 5.00pm, 8th July, 12th August, 9th September, Belle Vue Centre, Cinderford.

REIKI AND SPIRITUAL HEALING

that aims to stimulate the body's own natural healing and bring balance to body, mind and spirit.

£25 per session

Telephone: Caroline Gostling to book an appointment on 07795 835967 or 01594 861216

Wye Valley and Forest of Dean Therapy and Healing Centre

Spring Cottage, The Moorwood,
Lydbrook, GL17 9SU



JAQUI/FABIAN
 HOLISTIC THERAPY, COURSES AND WORKSHOPS

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 m: 07919 851669
 e: info@jaquifabian.co.uk
 www.jaquifabian.co.uk

TRANSFORMATIONAL THERAPY

An eclectic mix of therapeutic techniques including working the energy matrix, helping to restructure thought processes, guided imagery & deep relaxation to help you rediscover your vitality and inner wisdom.

Each session is very specifically structured to meet your needs, help you rediscover yourself, and become the joyful empowered person you were always meant to be.

15 years experience as an holistic therapist

30 years experience teaching personal & spiritual development

BSc (Hons) Psychology, HMNFSH (Healing Trust), CertEd (FE), BA (Hons) Art

GREEN BEECH THERAPIES

KCR Therapy – Bring Your Body Back to Balance & Health!

KCR (Kinetic Chain Release TM) is a series of mobilisations and stretches which allows your body to return to natural balance. It is gentle non-invasive and safe for all ages.

Benefits can include:

Relief from Chronic Pain, Increased Energy Levels,
 Improvement In Sports.

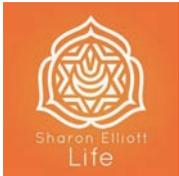
It was created by Hugh Gilbert PT who now trains therapists in his protocol based around the UK. Green Beech Therapies are your local KCR therapists in the Forest of Dean.

Some conditions helped or eliminates include
 Carpal Tunnel, Chronic Fatigue, Knee Leg Ankle Problems,
 IBS, PTSD, ME Symptoms, RSI, Insomnia, Bloating,
 Snoring/Sleep Apnoea, Tennis Elbow, Fibromyalgia, Back Pain.

KCR is has been subjected to clinical review in the United States and is recognised as providing the possible results suggested

For assessments and appointments please contact Mark Harris at Green Beech Therapies on 07682 444 9011 by text or call. First session £55 up to 90 mins.

Follow up sessions £45

Sharon Elliott - Metaphysical Counsellor Spiritual Teacher & Medium

**Are you struggling with life? People? Relationships?
 Confidence?**

I can help you regain your power and be the perfect version of yourself in this lifetime. Through 1-1 sessions we will work through what holds you back and why you no longer need to suffer. I have 13 years experience working as a Medium and Spiritual Mentor. I understand how life can be challenging and at times and we all need to reach out to someone for guidance. Contact me to arrange weekly or fortnightly sessions.

Or are you looking to connect with a loved one in spirit? I can give you the peace and healing needed to move forward through a 1-1 sitting.

www.sharonelliottlife.com

Mobile 07984 388071

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Instagram sharonelliottlife

WYE VALLEY AND FOREST OF DEAN THERAPY AND HEALING CENTRE

Hypnotherapy and Psychotherapy

Specialist help for adults and children to deal with stressful-traumatic experiences.

**Emotional, Sexual or Physical Abuse,
 Rape, Bullying, Anxiety, Panic Attacks,
 Trauma, Depression, Stress or Insomnia.**

**Recent separation, Divorce, Relationship
 Difficulties, or are you in an Abusive
 Relationship and not sure who to turn to?
 Abortion and Miscarriage, Bereavement,
 Addictions, Weight and Eating Disorders,
 Fears and Phobias, M.E/Chronic Fatigue**

*Free consultation, Caroline Gostling,
 Tel: 07795 835967 or 01594 861216
 Spring Cottage, The Moorwood, Lydbrook,
 Gloucestershire, GL17 9SU.*

GENERAL INTEREST

Forest of Dean Meditation Group

Welcoming to newcomers. Meditation instruction given. 7.20pm, Tuesday evenings. Ragmans Lane Farm, The Forest Road Centre, Forest Road, Cinderford, changing to Ragman's Lane Farm, Lower Lydbrook, GL17 9PA. Contact Jane Spray on 01594 861404 or email jane-spray@tiscali.co.uk

Louise Hay - You Can Heal Your Life

Friendly transformational Life Coaching Courses starting soon. Identify limiting beliefs, make positive changes to your life. Lydbrook. Contact Caroline Gostling on 01594 861216 or 07795 835967, email carolinelouisehostling@hotmail.com.

Re-Imagining Gaia Experiential workshop applying meditation and mindfulness to explore Well Being we will re-place ourselves in nature. 10am-4.30pm, Saturday 6 May, £65. Ragmans Lane Farm, Lydbrook, GL17 9PA. Contact Steve England, email TheArtofSustainability@hotmail.com, website www.ragmans.co.uk/learn_with_us/courses/re-imagining_gaia_id_88/

Courses with Jaqui Fabian contact Jaqui on 01594 861278 or 07919 851669, email jaqui@jaquifabian.co.uk, website www.jaquifabian.co.uk or see ad p22.

Meditation 1:1 Training 1:1 or small groups - basic meditation and relaxation techniques tailored to your needs. 1 : 1 £25 per hour (concs £18), small groups £10 each.

Tools for Life Transformational tools to help you rediscover the innately happy, powerful and wise being you truly are! Series of 2½ hour workshops starting in September. Places are limited, so get in touch soon. £25 per workshop.

Sustainable Bee-Keeping Learn how to keep bees in a more sustainable way. 10am-4pm, Saturday 8th July, £95, including lunch. Humble by Nature Penallt, Nr. Monmouth, NP25 4RP, telephone 01600 714 595, email info@humblebynature.com, website www.humblebynature.com.

Forest of Dean Health Forum The Forum aims to raise awareness of Health & Social Care matters within the Forest of Dean in order to influence and effect positive change. Free. 7-8pm, 1st Tuesday of every month. West Dean Centre, Bream, GL15 6JW. Contact Linda Vaughan on 01594 564230 or 07789 621238, email forest.health.forum@outlook.com, website: www.forestofdeanhealthforum.org.uk.

U3A (University of the 3rd Age) Come and find out what we have to offer for the over 50s at our general meeting, 3rd Thursday of each month, 1.40pm, Lydney Town Hall, High St, Lydney GL15 5DY. See ad on p 26.

Reading Group Small, friendly, Coleford-based reading group meets on the 3rd Monday afternoon of each month, 2.30-4.30pm, ongoing. We meet in members' homes, so no charge. Contact Anita Herniman on 01594 835344, email anitaherniman@googlemail.com

Excavation Archaeology Alternate weeks at Wyedean and Trellech, exploring both practical excavations on site at the lost city of Trellech and follow up theory at Wyedean. 7-9pm, /6-8pm 8 weeks starting Tuesday 2nd May 7pm at Wyedean School, Sedbury. £63. For enrolment details see ad on p9 or ring Wyedean on 01291 625340.

BIKER FIRST AID COURSES



Simple things save lives in minutes!!!

A motorcyclist has crashed, and regardless of blame or circumstances would you know what to do? Even if you have some first aid training would you be confident to use it and did the training cover this eventuality? Seated car casualties, safety helmets, rider kit & armour?

DATES: Sat 15 July, Sat 19th Aug, Sat 18th Nov

VENUES: Cinderford

COST: £75 per person

10% discount per person if more than one from same organisation or address. Also applies to MAG, BMF, IAM, Rospa, BMW club, members
Includes: +A5 size Biker specific first aid booklet +opportunity to be assessed as competent in road-user first aid +Certificate valid for 3 yrs

BLOCK BOOKINGS AVAILABLE FOR CLUBS & GROUPS AT YOUR VENUE, PLEASE ENQUIRE.

To Book or discuss call/text course tutor Mark Harris on 0782 444 9011
email alderhollyltd@yahoo.co.uk Web www.alderholly.co.uk

A regulated training centre with awarding organisation ITC First

Salvation Army Forest of Dean See the 'What's On' page at www.salvationarmy-fod.org.uk for further details of activities and courses. Salvation Army Forest of Dean, 43 North Road, Broadwell, Coleford. GL16 7BX. See advert opposite for details.

Courses with Alder Holly Ltd. Contact Mark Harris on 07824 449011, email alderhollyltd@yahoo.co.uk, website www.alderholly.co.uk.

Teaching & Assessing First Aid Qualifications New RQF Level 3 Award for those who wish to teach and assess first aid. 9am-5.30 daily 17th - 21st July, £575. Glos Cave Rescue Centre, St Whites Road, Cinderford.

ITC First Aid for Motorcyclists One day certificated course in roadside and off road emergency first aid. 9am-6.30pm, Saturdays, 15 July, 19 August. £75, discounts apply. The Main Place, Coleford. See ad p25 for details.

First Aid for Dogs & Dog Owners One & half day options in this certificated course (3 years). See ad p 29 For details. ½ day 9.30-1.30, £45, full day 9.30-5pm £65. Sat 6 May & Sat 1 July Gloucester Cave Rescue Centre, St Whites Road, Cinderford.

OUTDOOR ACTIVITIES

Permaculture Design Course This course is certified by the Permaculture Association of Britain. 2 week residential starting 9am 10th July, £780 (concs £580). Ragmans Lane Farm, Lower Lydbrook, GL17 9PA. Contact Caroline Aitken on 01626 821567 or 07938 213664, email caroline.aitken@mail.com, website patrickwhitefield.co.uk

Courses at Ragmans Lane Farm Lower Lydbrook, GL17 9PA. Contact Angie Horsley on 01594 860244, email info@ragmans.co.uk, website www.ragmans.co.uk

One Day Practical Biofertilisers & Fermenting An introduction to Biofertiliser, Native micro-organisms, Aerobic and Anaerobic compost teas. 9am-4.30pm, 19th May, £75.

Regenerative Agriculture & Chromatography 6 day residential course on Regenerative Agriculture & Chromatography. Starts 9am 29th June, £600.

Foraging: A Wild Taste of the Hedgerow Discover the delicious delights of summer. - 10am-4pm, Saturday, 17th June, £95, including lunch. Humble by Nature, Penallt, Nr. Monmouth, NP25 4RP, telephone 01600 714595, email info@humblebynature.com, website www.humblebynature.com (see advert opposite).

Borderlands Outdoor - contact Martin Sweeney on 01291 624667 or 07580 135869, email info@borderlandsoutdoor.com, website www.borderlandsoutdoor.com

Outdoor First Aid Practical, regulated qualification for outdoor enthusiasts, instructor, forest school leader, forestry contractors. 9am-6pm over 2 days, 13-14 April or 30 April-1 May. Viney Hill Adventure Centre, Viney Hill, Lydney, GL15 4NA.

Introduction to Navigation (NNAS Bronze Award) Learn to navigate with a qualified Mountain Leader. Practical course suitable for all. 9.30-4pm over 2 days, 3rd - 4th June, £120. Forest of Dean and Wye Valley.





THE UNIVERSITY OF THE THIRD AGE

Forest of Dean U3A is an excellent way of making friends and gaining new skills and interests for the over 50s.

Meetings with Speakers on 3rd Thursday of the month at Lydney Town Hall @1.40 pm

Lots of lively activity groups for members - Kurling, Ukulele, Art & Craft, French, Poetry, Knitting, Painting, Walking, Whist, Petanque, Lunch club, Cycling, Book Club, Heritage Detectives, Skittles and more...

Join us on the 3rd Thursday or visit <http://u3asites.org.uk/forest-of-dean/home> Or phone 01594 833607

HUMBLE BY NATURE

BRING LEARNING TO LIFE ON OUR FANTASTIC RURAL SKILLS COURSES...

Humble by Nature's a working farm and rural skills centre. Whether you're thinking about getting animals, want to learn a practical skill like sheep shearing or hedge laying, wild food foraging or learn how to butcher a pig. Our hands-on courses will give you the knowledge and confidence to get started at home.



UPCOMING COURSES

- Smallholding
- Dry Stone Walling
- Bee Keeping
- Charcuterie
- Foraging
- Willow Weaving
- Hedge-Laying
- Crafts

Gift vouchers, accommodation & course packages are available



WWW.HUMBLEBYNATURE.COM UPPER MEEND FARM, NP25 4RP 01600714595



Open from 10 am to 2 pm on a Monday, Tuesday & Friday at The Salvation Army, 43 North Road, Broadwell, GL16 7BX

Drinks & Cakes available for purchase

Phone No: 01594 839106

Sunday worship every Sunday at 5pm in the URC Chapel, Littledean

www.salvationarmy-fod-org.uk

The Salvation Army is a Church and registered Charity No. 214779 and in Scotland SC009359



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For training, personal development, spiritual and alternative health

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PAST LIFE REGRESSION

Are you curious to find out if you have lived a past life?

Contact qualified Hypnotherapist Caroline Gostling

Tel: 07795 835967 or 01594 861216

Spring Cottage, The Moorwood, Lydbrook, GL17 9SU.

LANGUAGES

Languages with Wydean Contact Wydean on 01291 625340, or see advert on p9 for more contact details.

Spanish for Beginners Fun course for absolute beginners, with emphasis on speaking at a basic level. 12-1.45pm, 9 wks starting Thursday 4 May, £63. Assembly Rooms, East St, St Briavels, GL15 6TG.

Spanish (Year 2) Suitable for those who have studied the language for about 1 year. 12.15-2pm, 9 weeks starting Thursday 4 May, £63. The Assembly Rooms, East St, St Briavels, GL15 6TG.

Spanish (Advanced) Suitable for those who have studied the language for at least 3 years. 10-11.45am, 9 weeks starting Thursday 4th May, £63. The Assembly Rooms, East St, St Briavels, GL15 6TG.

Italian - Beginners This course is suitable for beginners. 12.15-2.15pm, 6 weeks starting Wednesday 3rd May, £50. George Café, Station Rd, Newnham, GL14 1BS.

Italian – Post Beginners (Year 2/3) This course is suitable for those students who have studied the language for at least 2 years. 10am - 12noon, 6 weeks, starting Wednesday 3rd May, £50. George Café, Station Rd, Newnham, GL14 1BS.

Italian – Pre Intermediate (Year 3) This course is suitable for students who have studied Italian for 2-3 years. 10am - 12 noon, 6 weeks starting Tuesday 2nd May, £50. St Briavels Pavilion, Coleford Road, St Briavels.

We would like to thank
Coleford & Cinderford Town
Councils & Severn Dean Lions
for their support.



Forest of Dean Entrepreneurs

Start up Business Training

Networking Speaker Evenings, topics include:
tax, life style businesses and taking on employees.

Sign up for free monthly newsletter with up and coming events.

Website: www.fodentrepreneurs.co.uk

Facebook: ForestofDeanEntrepreneurs

Twitter: @FoDEntrepreneurs

BUSINESS

First Aid Courses with Alder Holly Ltd.

Contact Mark Harris on 07824 449011, email alderhollyltd@yahoo.co.uk, website www.alderhollyltd@yahoo.co.uk

ITC Level 3 First Aid at Work Regulated initial 3 day course. Meets all HSE requirements. No due diligence required. 9am-4.45 daily, 3 days, 11-13 September, £200, discounts apply
9.00am to 4.45pm daily. Dean Heritage Centre, Camp Mill, Soudley.

ITC L2 Emergency First Aid at Work (plus F) Regulated one day first aid, meets all HSE, risk assessment and insurance requirements. 9am-5pm, 21st July & 18th August, £75. Glos Cave Rescue Centre, St Whites Road, Cinderford.

COMPLEMENTARY THERAPIES

Kinesiology with Helena Arguelles The Beck Clinic, Awre. All courses run from 9.30am to 5.30pm over both days, and cost £240. Contact Helena on 07748 841820, email helena@essentialtimeout.com, website www.essentialtimeout.com

Touch for Health Kinesiology Level 1

Balance your own and other's energy using muscle testing, meridians, food and stress relief. 4th and 15th October.

Touch for Health Kinesiology Level 2

Learn more about Meridians, Chinese 5 Elements and how to find foods that deplete our energy. 25th and 26th November.

FOOD & DRINK

Pork Butchery, Curing & Sausage Making

Make your own delicious bacon and sausages with Native Breeds. 10am-4pm, Sunday 9th July, £95 including lunch. Humble by Nature, Penallt, Nr. Monmouth, NP25 4RP, telephone 01600 714595, email info@humblebynature.com, website www.humblebynature.com. (See advert p29.) Courses book up quickly so get in touch soon.



Cookery Courses

Learn to cook meals and desserts from scratch

Sessions held in the kitchen at the Salvation Army, 43 North Road, Broadwell, GL16 7BX

www.salvationarmy-fod-org.uk

Please ring for further information as prior booking is essential

7 week course: £56 inc. Ingredients, payable on booking

The Salvation Army is a Church and registered Charity No. 214779 and in Scotland SC009359

Cookery Courses Develop your cookery and baking skills. Ideal for beginners. Prior booking essential. 7 x 2 hour sessions. £56.00. Salvation Army Kitchen. See advert above for contact details.

Cookery Courses at Harts Barn - call, email or check out our website for details (see below).

Do you
love
food?

Set in the
picturesque
Forest of Dean

01452 831719

info@hartsbarncookeryschool.co.uk

www.hartsbarncookeryschool.co.uk

- Cookery classes
- Supper clubs
- Venue hire
- Party packages
- Hire a Chef
- Corporate days
- Holiday activities

HARTS BARN
cookery school



Volunteering – Be part of 'The Buzz'



'The Forest Bee' is run totally by volunteers, but with our growing success we are now struggling under the weight of the work – please come and help if you can.

Join our Management Committee Help us grow 'The Forest Bee' into an even more useful resource for the people of the Forest. We meet most months, usually on a Thursday 11am – 1pm, new members and new ideas always welcome. Friendly group, new ideas always welcome.



Distributors Could you help for a couple of hours in your local area? We need distributors in Chepstow, Newnham, Tintern, St Briavels, Llandogo & Redbrook. Ideally collecting from Lower Lydbrook but not essential.

Secretary To help with general admin work, including improving current systems.

Marketing/Publicity Officer Someone to reach out to groups and local tutors as well as local businesses to encourage them to become part of The Forest Bee. We could also do with someone who has excellent communication skills to refine our publicity material and/or write press releases, as well as assisting with our editorial section in the brochures.

Newent Representative Making contact with tutors and groups in the Newent area to encourage them to join The Forest Bee as well as liaising with local businesses both to hold copies and/or advertise their businesses with us.

Young Persons Representative - Young Bee! To explore opportunities available specifically for young people in the area, encourage voluntary groups to take advantage of our free editorial opportunities, to perhaps write a column specifically aimed at young people, and encourage youth groups to advertise with us.

Grants Opportunities Someone to keep up to date with grant opportunities available that may be suitable to help support The Forest Bee in its aim to grow to an even better local community resource. Also, an opportunity to develop your skills in writing grant applications.

Contact Jaqui on 01594 861278, 07919 851669, email info@theforestbee.co.uk, message us on Facebook or Twitter, or via our website, www.theforestbee.co.uk/contact/

Foraging in the Forest: Spring and Summer

with Christopher Robbins



Already the Wild Garlic has appeared and is mingling in my salads, soups, and sandwiches. Even earlier were the young stinging nettles shoots that are about 5 cms high. A bit fiddly to pick, but such a delicious filling for baked potato (search 'Pesto' on our website,). Treats to come in the next few weeks are Jack-by-the-Hedge and wild Chicory. Add these leaves to young Dandelion leaves for a really fresh salad hit.

Into May, the Elderflower flowers offer perfume and strong flavour for the apple pies and syrups for the wine-spritzers as hotter evenings tempt you into the garden. Get ready for the Elderberry harvest and the dark jellies for ice-cream and kir drinks that'll have you hearing the angels singing. With the heat comes thick-clumps of nettles; so great for pesto, soups, and nettle-and-feta pies with that unique flavour. And the Meadowsweet flowers for blissful apple and wild Strawberry drinks.



Damsons are plentiful in the Forest come Mid-July, making the most heavenly jam....and so easy. Plus the Hawthorn, Rowan, and Crab Apples giving hedgerow jellies. As a treat, go back to the Jack-by-the-Hedge plants you found earlier pick the seed pods. They are good for whole-grain mustard or seeds to add tang to your casseroles or curries in the coming winter.

Why Learn Emergency First Aid for Dogs?

Being prepared and knowing what to do can make a difference and could even save the life of your beloved dog. Accidents can happen while walking your dog, at home or on a road which may need immediate attention before calling the vet.

Short or full day courses available covering first aid techniques on dogs.

Short Course (Approx 3hrs)

- 🐾 Know your Dog
- 🐾 Weekly Health Checks
- 🐾 Managing an Incident
- 🐾 Checking Vital Signs
- 🐾 CPR
- 🐾 Drowning
- 🐾 Choking
- 🐾 Bleed Injury
- 🐾 Shock
- 🐾 Restraints & Carries
- 🐾 First Aid Kits

Full Day Course (Approx 6hrs)

Also includes all of the short course material

- 🐾 Illness
- 🐾 Common Medical Problems
- 🐾 Burns
- 🐾 Poison
- 🐾 Bites & Stings
- 🐾 Heat and Cold
- 🐾 Dog Bites on Humans

All delegates will receive an ITC First Aid for Dogs & Dog Owners certificate which is valid for 3 years.

Contact us for more information on various local venues


ITC First
Approved ITC
First Centre



Course compliant with Veterinary Act 1966 & Vet Recover Guidelines 2012.
Supported by vets and canine behaviourists

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 cooker 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.

Artist Jo Scott.

Stephen Gurney & Theresa Rose Furniture and Antiques & 20th Century Design

TJ Hart Jewellery, The Duffy Archive and The Tree Shops.

Crow & Wild Yoga & Pilates Classes, Complementary Therapies

Sharon Harris Counselling and Paul's Complementary Therapies.

The Old Diary Tearoom and of course Harts Barn Cookery School.

For more information, go to www.hartsbarncraftcentre.co.uk/

Run courses, activities, a group, a regular gathering?

Let us help spread the word for just £5 (up to 2 listings, per issue)



Want to create a group to enjoy a shared hobby or interest?

Several people have already had success through placing a listing with us.

If you'd rather not give your contact details, you can use ours (see p3 for details), and we will pass enquiries on to you to follow up.

Contact us for more information or just complete our form at www.theforestbee.co.uk/advertise/

6000 copies are distributed across the Forest of Dean, and into Chepstow, Monmouth & Ross on Wye. To better meet demand, we plan to increase this to 7,500, but still need to cover our printing costs so prices have had to go up a little. We do hope you will continue to support us.

A listing for a course, group, workshop or 1:1 teaching costs just £5 for the first 2, then £3 for any additional ones, and go onto our website as well as into the brochure.

Full colour advertisements cost:

£25 for 1/8 page

£42 for ¼ page

£76 for ½ page

£130 for a full inside page

Adverts of ¼ page and over qualify for a 'click through' web advert for just £10 for the brochure run time. These are limited, so are allocated on a 'first come first serve' basis

Next publication date: 1st September 2017

Next print deadline: 1st August 2017