



THE FOREST BEE

Spring 2020

COURSES, WORKSHOPS, GROUPS, INDIVIDUAL
TUITION & SERVICES IN THE FOREST OF DEAN



www.theforestbee.co.uk



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Top images from Humble by Nature

Bottom right from Lisa Cherry, Fitsteps

Bottom left from Artspace

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LOVE WHAT WE DO? THEN "BEE" INVOLVED!

Do you know 'The Forest Bee' is run by volunteers?

Come and help us create an even better resource for the Forest. From a few hours several times a year to a few more hours sharing your skills.
We really need you.



Or just come along to one of our meetings and share your ideas for our future.

Please feel free to get in contact for more information: info@theforestbee.co.uk



Welcome to the 17th edition of The Forest Bee

Welcome to the 17th edition.

By the time you read this new issue Christmas and the New Year festivities will all be over for another year and we'll be looking forward to a bright, happy and hopefully prosperous New Year in 2020. Not only a new year a new decade. So why not make your New Year's Resolution to learn something new or take on a new challenge!

As always, some great new additions - Five Rivers Fostering, Pure Body Balance, Ruspidge Garden Club and many more.

The new groups entered in last year's editions 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 or advertise your local business, please do get in touch.

And if you find you still have some time on your hands you could always offer your services to us at The Bee. We are currently looking for someone to do our Social Media.

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***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 Forest Bee or its partners.*

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



T: 01594 842570

E: info@theforestbee.co.uk

www.theforestbee.co.uk

Write to: 62 Lancaster Drive, Lydney, GL15 5SL



@theforestbee

The Forest Bee is a voluntary organisation set up to promote courses, activities and groups across the Dean.

COURSES FOR ADULTS

*Workshops begin week of
20th January 2020*



MONDAY

10:00AM - 12:00PM Volunteering in the Arts
1:15PM - 3:15PM School of Rock and Roll
2:00PM - 4:00PM Start the Week Singing – Barnspace, Blakeney (Dates TBC)

TUESDAY

10:00AM - 12:00PM Exploring Printmaking
1:00PM - 3:00PM An Introduction to Screen Printing

WEDNESDAY

10:00AM - 12:15PM 3 Dimensional Ceramic Form
10:30AM - 12:45PM Reach For The Sky – The Pludds, Ruardean

THURSDAY

10:00AM - 12:00PM Mixed Media Drawing and Painting
10:00AM - 12:00PM Fun With Fabric!
10:30AM - 12:30PM Drawing and Painting – The Pavillion Café, Coleford
12:45PM - 2:45PM Organic Art
1:00PM - 3:15PM Developing Ideas for Textiles
6:45PM - 9:00PM Creative Pottery

FRIDAY

10:00AM - 12:15PM Willow Weaving for Beginners
10:00AM - 12:00PM Discover Drama
10:30AM - 1:30PM Weaving with Willow (Coleford)
1:15PM - 3:15PM It's All In The Detail

Courses are all 12 or 18 hours long (spread over 6, 8 or 9 weeks)

Cost: £60 course fee. Except 'Start The Week Singing'.

Concessions: £25 for people on means tested benefits or for people with disabilities.

Materials (collected weekly): £2 per week on 9 week course / £2.25 per week on 8 week course / £3 per week on 6 week course

If you have fewer than 5 GCSEs or need to gain confidence before re-entering education you may be eligible for **FREE** courses - contact us for details

To find out more or to book a place, contact sue@artspacecinderford.org
call **01594 825 111 (Ext 7)** view full brochure at www.artspacecinderford.org



ARTS & CRAFTS

FELTMAKING & CONTEMPORARY TEXTILES WITH CHRISTINE

WAYGOOD

Workshops, including lunch and materials, generally run from 10am-4pm

Make a Pair of Felt Slippers in a Day Learn how to make the template which you will use as the former, then how to adapt it and decorate it to suit your own design, and how to build up layers of wool to felt into a seamless pair of slippers, ready to decorate. 7th March 2020, £70

Inspirational Feltmaking One day courses in wet and needle felting techniques, covering ways of making a wide variety of items, from pictures to jewellery and decorations. You will be able to choose what you would like to make on the day.

Lots of dates available 25/01/20, 22/02/20, 21/03/20, 4/04/20, 9/05/20, £70

Mad Hatters! Come and make your own beautiful felt hat. Whether you dream of dreadlocks, your own festival hat, a beret, or any other shape, you can come along and have a go at creating it.

8th February 2020, £70

Contact Christine Waygood at The Studio, Kent Cottage, New Road, Blakeney Hill, Blakeney, GL15 4BS.

T: 01594 516902 or M: 07947 123665

E: christine.waygood@sky.com

www.christinewaygood.com

WEST DEAN ART GROUP

You've longed to learn to draw and paint? Come and have a go amongst friends.

10am-1pm, Fridays (no terms dates to worry about). £10 per session (pay on the day). West Dean Centre, High Street, Bream, GL15 6JW. Contact Gary on T: 01594 544774

E: gary_fell@hotmail.com

www.gary-fell.co.uk

NEEDLEFELTING & WOOL SCULPTURE WITH FURZIE

Discover the magic of wool sculpture and make an animal of your choice. Models are around 6 inches in height.

No sewing or gluing is involved, suitable for absolute beginners or improvers. Full day 10am to 4.30pm. £60 includes all materials, lunch and refreshments.

The Milking Parlour, Howle Hill, Ross-on-Wye JAN: Mon 20; FEB: Fri 21; MAR: Fri 20

Trumpet Corner Tea Room, A438

Ledbury, Herefordshire JAN Sat 11; Fri 31; FEB Sat 8; Thu 27 MAR Sat 14; Tue 31 APR Sat 25, Thu 30; MAY Thu 14, Sat 30 JUN Sat 13, Fri 26

Other dates and venues on website

Contact Michelle Hickman

T: 01594 516906 or M: 0794 114 7161

E: felt@furzie.co.uk or

www.furzie.co.uk



Small Sparks

Grants for community groups

**barn
wood**

Do you have a hobby that you could enjoy
with other people where you live?



Our **Small Sparks** grants
can provide funding to get
a group up and running
or fund equipment to help
boost an existing group.



For more information on
our Small Sparks grants and
how to apply
visit barnwoodtrust.org
email grants@barnwoodtrust.org
or call **01242 539935**

F	E	B	K	G	S	W	J	W	E
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V	F	S	T	P	H	S	G	U	P

Can you find the words
in our **Community Group**
inspired Word Search?

Send a photo once
you've found them all to
grants@barnwoodtrust.org
to be in with a chance of
winning a voucher to spend
at your local cafe - Good
luck!

**CARE
GIVE
ENJOY**

**SHARE
FRIENDSHIP
TRUST**





Wyedean
School and Sixth Form Centre
*Aspire together, achieve together
adfecere pariter, perfecere pariter*

Adult Community Learning - Spring Term 2020

- *Clothes Making + Soft Furnishing; *Sewing for Beginners - Lydney;
 - * (All levels: *French; *Spanish; *Italian;
 - *Enjoy Photography; *Latin; *Counselling Skills;
- *Painting and Drawing; *Ink, Watercolours + Gouache;
- *Print Making; *Explore Painting + Drawing + Collage;
 - *Dementia Awareness workshop (free);
 - *Silversmithing Jewellery for all;
 - *Script Writing; *Film Editing;
- *Make a Sterling Silver Pendant of concentric circles;
 - *Make a Sterling Silver Bead Pendant;
 - *Easter Wreath Workshop;
- *Ancient History for Beginners; *Archaeology - Beginners;
 - *Computer Skills – Introduction;
 - *Personal Development;
- *Springtime Beginners Flower Arranging;
 - *Pilates; *Meditation + Mindfulness;
 - *Holistic Facial + Indian Head Massage;
- *Golf Coaching – St Pierre Golf Academy, Chepstow;
 - *Basic First Aid; *Basic Food Hygiene;

Download the Spring Term ACL Brochure from

SILVER RING MAKING WORKSHOP

Design and make your very own silver ring workshop held in the Royal Forest of Dean. Most workshops need between 5/6 people so organise for you and your friends to relax and create over a 2-3 hour period.

Teas and coffees are available and cake

11am, 11th January 2020, £80

25 Tinmans Green, Redbrook, Monmouth
Monmouthshire, NP25 4NB

Contact Chris Lewis on T: 01600715055
or M: 07885829316

E: lewisalbum@gmail.com

www.the-secretwardrobe.com

ANNA FINE JEWELLERY

Make Your Own Wedding Rings at Taurus Crafts

Anna McLoughlin is an experienced goldsmith specialising in bespoke and, most importantly, ethical wedding and engagement rings. She has recently moved from Worcestershire to the Forest Of Dean and is now able to offer couples the chance to spend a day in her studio creating each other's wedding rings. £325 plus materials flexible.

Taurus Crafts, The Old Park, Lydney,
GL15 6BU. Contact Anna McLoughlin
M: 07747691202

E: info@annafinejewellery.co.uk

www.annafinejewellery.co.uk



SEWING WORKSHOPS & CLASSES WITH SEW FOREST OF DEAN

Course price £60 includes all materials.
Courses run 10am to 4pm unless stated otherwise.



Country Sampler Quilt – as seen in British Patchwork and Quilting Magazine
Memory/Keepsake Quilting – New for 2020 - Do you have a collection of old clothes that are just too precious to give or throw away? Then why not transform them into a memory cushion, wallhanging or quilt? Let us guide you through the process of selecting and preparing your fabrics and designing your project. We will show you how to get the most out of your collection with stitching techniques to make a truly unique keepsake.

31st January or 24th February 2020

Beginners Patchwork and quilting - Ideal for those wanting to learn the basic techniques of this fantastic craft. We will explore cutting, piecing and assembling of your patchwork. Building up your skills and confidence each week, you will make a selection of blocks for a cushion, bag or table runner as your finished project.

6 weeks Thursday 10am – 12pm starting Thursday 9th January 2020

Mastering your Sewing Machine - A fun and friendly 1 day workshop to help you get to get the very best out of your sewing machine. We will look at the tension, stitches, buttons, dials and presser feet for your machine to allow you to get professional results from all your projects. Key dressmaking and soft furnishing skills also included throughout the day.

Wednesday 12th February 2020

Free-machine Quilting for the Terrified! – New for 2020 - This fun workshop will aim to move you on from “in-the-ditch” quilting and from quilting straight lines. Using a variety of techniques, we will work on popular patchwork shapes to find a style and method that suits you best. This workshop is aimed at those with some quilting experience who are keen to move their skills on in a completely new direction. However, it is suitable for all abilities as full tuition and hand-holding will be provided on the day.

27th January or 27th February 2020

Please see the website or our Facebook page for further information.

All bookings can be secured with a £15 deposit.

Sew Forest of Dean, High Street,
Clearwell.

Contact Jennifer Johnson

T: 07342 979235

 Sewforestofdean

E: info@sewforestofdean.co.uk

www.sewforestofdean.co.uk



BEE ARTY



COURSES WITH HUMBLE BY

NATURE Courses book up quickly, so book your place now.

Weave a Willow Heart - Weave two willow hearts, the perfect Valentine or Mothering Sunday gift. 1st Feb, 10am - 12.30pm, £50

Lino Print Landscapes - Create a stunning landscape lino print with three layers. 2nd Feb, 10am - 4pm, £105

Hedge-Laying - Learn the traditional skill of hedge-laying. 29th Feb, 10am- 4pm, £105

Willow Garden Structures - Weave stunning plant supports and pea frames for your climbers. 14th March, 10am - 4pm, £105

Humble by Nature, Upper Meend Farm, Penallt, Nr. Monmouth, NP25 4RP.

T: 01600 714595 or M:07941 309958

  @farmerhumble

E: info@humblebynature.com

www.humblebynature.com

See Ad on Page 12

BEE CREATIVE



COURSES WITH WYEDEAN

Inks, Watercolours + Gouache

This course explores the use of watercolours, inks and gouache, individually and sometimes, all together. Bring what materials you have; a materials list will be provided at the first class. 20 Jan, 9 wks Mon: 10-12, £75 - Lydney Community Centre, Naas Lane, Lydney, GL15 5AT

Painting and Drawing

Suitable for all levels. Bring your own materials. Starting with some basic drawing, you will move on to develop your Watercolour and Acrylic painting techniques. 20 Jan, 9 wks Mon: 10-12, £80 - Westbury-on-Severn Parish Hall, Rodley Rd, Westbury, GL14 1PF

OR 20 Jan, 9 wks Mon: 2-4, £80 - Assembly Rooms, East St, St Briavels, GL15 6TG

OR 21 Jan, 9 wks Tues: 10-12, £80 - Woolaston Memorial Hall, Netherend Crescent, Woolaston, GL15 6NW

Painting and Drawing Day Workshop

Suitable for all levels. Enjoy a concentrated day of painting and drawing. Bring your own materials and lunch. Drinks are available. 18 Feb, 1 wk Tues: 10-2, £25 - Assembly Rooms, East St, St Briavels, GL15 6TG

Sewing for Beginners/Refreshers

Get to grips with your sewing machine and learn the basics of sewing in this small, friendly class. You will need to bring your sewing machine and a basic sewing kit and if you have a project in mind, material/pattern. 30 Jan, 7 wks Thurs: 6.30-8.30, £85 - Lydney Community Centre, Naas Lane, Lydney, GL15 5AT.

For details on any courses Contact Wyedean School on T: 01291 625340



FLOWER ARRANGING WITH ALWYN PAGE

Leisure Classes for All

Woolaston Methodist Church, 10.30am - 12.30pm, and The West Dean Centre, Bream from 1.30 - 3.30pm, both on Wednesdays.

I have two 6wk courses, WINTER commencing 15th January 2020, and SPRING commencing 4th March 2020. Cost is £50 per course, payable Wk 1 (or by BACS). Advance booking essential as only viable courses will run.

Contact Alwyn Page

T: 01291 625294

E:alwynpage-flowercraft@hotmail.co.uk to book the course(s) and venue of your choice.

INTRODUCTION TO LIME PLASTERING

A practical 1 day course on using lime to plaster. Students will look at sands and aggregates and learn how to create the perfect mix. £150 10am - 4pm 21 Feb 2020 Stroud Campus, South Gloucestershire & Stroud College, Stratford Road, Stroud GL5 4AH.

Contact Kate Kerslake

T: 01452762029

E: info@carringtonlime.co.uk

www.carringtonlime.co.uk

FOREST OF DEAN WOODTURNERS ASSOCIATION

Woodturning club open to all ages and levels. First visit free. 7-10pm, monthly every 3rd Wednesday. Village Hall, Weston under Penyard, Ross HR9 7PA. www.forestwoodturners.co.uk

WOODTURNING COURSES WITH PAUL HANNABY

Woodturning Individual Tuition Tailored to your needs, beginners to advanced, run by AWGB approved tutor. £150 per day or £80 per half day, dates and times by arrangement. **Woodturning Taster Course** Not sure if you want to take up woodturning or just looking for a gift for someone? 2 hour taster for complete novices. £60, by arrangement. Windrush, High Street, Drybrook, GL17 9ET. Contact Paul
T: 01594 544417

E: woodturning@hannaby.com
www.hannaby.com

It's great to have a local publication to keep up with what's available locally. I go to it routinely for information. Having both a paper and online version means it can reach all kinds of people, whether they're internet users or not. Kirsty Abraham

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.

Artist Jo Scott.

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

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

Various Hair and Beauty Studios for all your beauty needs

Sharon Harris Counselling and Paul's Complementary Therapies.

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

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

Forest Of Dean Area Wind Band (FODAWB)

gloucestershire MUSIC

Established in 2003 the FODAWB has had lots of success over the years including several performances at Birmingham Symphony Hall. When the current Musical Director, Sam Davis, took over he discovered that some of the parents were able to play instruments, so opened the group up to adults as well.

If you play brass, woodwind or percussion from beginner to advanced levels and would like to join us please contact us on 01452 330300 or glosmusic@gloucestershire.gov.uk



Photo: Steve Green

MakeMUSIC
gloucestershire

Supported using public funding by



ARTS COUNCIL
ENGLAND



Gloucestershire
COUNTY COUNCIL

PHOTOGRAPHY WITH TINA DORNER

Using the glorious Forest scenery to develop your skills. If you have a camera, and would like help to move beyond the 'Automatic' mode, concentrate on mastering any subject, or technical aspects. Days & times to suit.

1:1 Photography Tuition for All, £28 per hour, £45 for 2 hours, 2 people for 2 hours £65, 5 x 2 hour sessions £185. Processing tuition can be included.

Contact Tina Dorner on T: 01594 860062
E: tinadornerphotography@gmail.com
www.tinadornerphotography.com

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

Gift vouchers, accommodation & course packages are available

www.humblebynature.com UPPER MEEND FARM, NP25 4RP 01600714595



camphill
village
trust
TAURUS CRAFTS

taurus crafts events 2020



Antiques & Vintage Fair
12th April, 10am-4pm
Enjoy a nostalgic day out and rediscover a hidden treasure, with live music.



May Market
17th May, 11am - 5pm
Taste some of the finest food & drink that the area has to offer, with live music and activities.



Art Market
19th July, 11am - 4pm
Discover a plethora of creative talent from the Forest & Wye Valley.



Ukulele Day
9th August, 12am - 5.30pm
A unique musical event featuring a diverse range of local ukulele bands.

Antiques & Vintage Fair
20th September, 10am-4pm
Discover antiques, memorabilia, bric-a-brac and vintage items.

Free Entry & Free Parking

Taurus Crafts, Lydney, GL15 6BU 01594 844841
tauruscrafts.co.uk enquire@tauruscrafts.co.uk

A LIFE OF OPPORTUNITY
EST.1954

Camphill Village Trust is a national charity - to find out how you can support us please visit:
www.camphillvillagetrust.org.uk

All times and dates correct at time of printing

GARDENING

GARDENING WITH CAROLYN STRUDWICK

Creating Fantastic Beds and Borders for your Garden. The six week course (2 hours per session) covers optimising growing conditions for plants, colour theory and design principles, with lots of hands-on practical workshops. 7-9pm, Thursday 20th February 2020 for 6 weeks, £80. Training Room, The Main Place, Old Station Road, Coleford, GL16 8HR.

Contact Carolyn Strudwick

T: 01594781067 or M: 07732020418

enquiries@redgeraniumgardendesign.co.uk

www.redgeranium.co.uk

BLAKENEY HILL GROWERS

Community smallholding - share the work, risks, and rewards. Goat and chicken portion rotas; bees seasonal; vegetable garden Wednesdays 1-3pm winter 2-4pm summer. New members all ages very welcome, training given, £6 per household/individual /year, free if joining a portion.

See website for details.

Contact Pauline T: 01594 510692

www.blakeneyhillgrowers.org.uk

RUSPIDGE GARDENING CLUB

January, speaker Allan Wells - A Sting in the Tail. Not about bees, but the others, also our annual seed swap.

February, speaker Julie Ritchie - Plants for Awkward Corners. Ideas for those tricky spots in the garden, from pond side to dry shade.

March, Andy Pedrick - What's in compost, make your own or find the best. Also help with propagation. £2 per session, including refreshments 7-15pm to 9pm January 8th.

Second Wednesday of every month.

Ruspidge Memorial Hall, Ruspidge, Cinderford, GL14 3AF.

Contact Sally Graham

T: 01594 781449 or M: 07805074657

E: sallymg@live.co.uk

www.ruspidgegardenclub.net

I certainly recommend that you take a look at the 'Bee' free magazine or it's associated website if you are looking to find a new activity or hobby to pass away a few hours, or to find a group to help you keep healthy or fit. I know that many of my own class members have found other activities or potential hobbies from it that they didn't realise were available in the area. Trevor - Crystal T'ai Chi



HEALTH & FITNESS

PILATES IN ST BRIAVELS WITH PENNY JONES

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
T: 01291 627243 or M: 07787 193302
E: pennyjones.fitness@gmail.com
www.pennyjonesfitness.co.uk

TAI CHI CHUAN

Chen Style Tai Chi and Chi Gong
Suitable for all ages and experience. £40 for a 6 week block. Beginners class from 6pm-7pm every Wednesday, ongoing. English Bicknor Village Hall.

Chen Style Tai Chi - FREE TASTER session Jan 15th 2020 - English Bicknor. Free taster session in Chen Style Tai Chi followed by a beginners course every Wednesday from 6 - 7pm at English Bicknor. The syllabus includes loosening and foundation exercises, tai chi form and chi gong (energy work). The class and instructor are affiliated to The Bristol School of Tai Chi. Venue: English Bicknor Village Hall, Ross Road, English Bicknor, GL16 7PD.

Contact Mark Wadsworth on
T: 01594 544060 or M: 07791 738668
E: deantaichichuan@gmail.com
www.bristoltaichi.com/deantaichi.htm

PILATES WITH ESTHER

Classes do not run during school holidays. Monday mornings at The Chamber, Cinderford Town Council, Belle Vue Centre, GL14 2AB - next to the Library (12 weeks) 13 Jan to 30 Mar inc. Pilates & Relaxation for Pregnancy 9.15 to 10.15am Postnatal Pilates with your Baby 10.30 to 11.30am

Trigger Point Pilates – BodyRestore 11.45 to 12.15pm or 12.20 to 12.50pm

Tuesday evenings at Dene Magna School, Mitcheldean GL17 0DU (10 weeks) 14 Jan to 24 Mar inc.

Beginners/Back Care 6pm

Matwork 7pm

Ring school for details 01594 542370

Friday mornings at Bishopswood Village Hall, Kerne Bridge, HR9 5QT. (11 weeks - No class on 20th March due to Mother's Day service at school). Class runs 10 Jan to 3 Apr inc.

Matwork 9.30 to 10.30am

The Club, High Street, Newnham-on-Severn, GL14 1BS (12 weeks) 10 Jan to 3 Apr inc.

Beginners/Back Care 11.30 to 12.30

Pilates & Relaxation for Pregnancy 12.45 to 1.45pm

Costs vary. Contact Esther for details on

T: 01452 760120 or M: 07711 832042

E: esther@estherf.com

www.estherf.com



Severn Sun Studio

Not flexible enough for yoga?
Don't worry that's our job
Let us help you



Small, friendly classes
Specifically adapted to meet
Individual needs
Meditation a speciality

YOGA

HEALTH

Coleford Studio

Wednesday Beginners 10-11am

Friday Beginners 10-11.30am

Monday Intermediates 7-8.30pm

Private lessons

Blakeney Class (drop in)

Wednesday 7-8.30pm

8 Newland Street, Coleford, GL16 8AN

Tel: 07786489666 or

07872161736 or

visit our website severnsun.com

Chinese Medical Massage

Acupuncture & Cupping

Neck, Shoulder, Back,
Hip, Leg or Arm pain



When all else has failed
call us

Sports injuries, Pain control

PCOS, IBS or Asthma

Severn Sun Studio

8 Newland Street, Coleford, GL16 8AN

Tel: 07786489666 (answerphone service available)

07872161736 or visit our website severnsun.com

Ear acupuncture for weight loss,
cravings, addiction and smoking

Can you hear us now?



Severn Sun Studio,
8 Newland Street, Coleford,
GL16 8AN

Tel: 07786489666

(answerphone service available)
07872161736 – alternatively, visit
severnsun.com

Fit and fifty plus ? Tai Chi and Qigong for health

Small friendly classes with two of
Gloucestershire's top Instructors
Improve your strength, balance
and aerobic capacity
Learn beautiful forms to practice at home
Experience moving and seated meditation



Severn Sun Studio,
8 Newland Street, Coleford, GL16 8AN

Tel: 07786489666

Or 07872161736 or visit our
website severnsun.com





FITNESS CLASSES WITH WHITE LOTUS

Strictly Fit Fitness 'Strictly' style includes Salsa, Cha Cha, Jive, Samba, Tuesdays, 11.15am-12.15, £5/session, Naas Lane Community Centre.

Tai Chi for Health & Relaxation Seated and standing, people with disabilities welcome. Mondays 11am-12 noon, £3/session, Foxes Bridge Hub, Foxes Bridge Road, Cinderford, GL14 2PQ, Wednesdays 9.30-10.30am, £5/session. Naas Lane Community Centre, Lydney.

Stretch, Tone and Balance A gentle workout for the whole body, suitable for all, exercises can be adapted. Weds 11am-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, GL15 6NW or 5.45pm Naas Lane Community Centre, Lydney.

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.

Boxfit for adults with disabilities - Wednesday 12.45-1.45pm at Forest Fighting Fit Gym at the Miners Hall. Cinderford.

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. **Boxing Gym** – boxing sessions at Forest Fighting Fit Gym for times and days please get in contact.

Private training sessions available

Contact Michelle Gardiner

M: 07790 025743

E: whitelotusuk@aol.com or check our website www.whitelotus.co.uk for more fitness classes and our Martial Arts sessions.

SOPHROLOGY FOR RELAXATION

Experience a renowned Swiss wellness method to support a relaxed body and calm, clear mind. Typical benefits include a reduction in stress levels, improved sleep, more positive outlook. Easy to do physical and mental exercises which are suitable for all abilities. No special equipment or clothing needed.

Classes, workshops and one to one consultations available.

Contact Glenys Tucker

M: 07836271624

E: oskacoaching@gmail.com



YOGA WITH ALI ROSE

Yoga is an invaluable tool for the modern day - 'the body benefits from movement and the mind benefits from stillness'.

Classes/workshops and one to ones in the Forest/Wye Valley area.

Yoga For EveryBODY! Weekday and evening classes, workshops and 1-1 sessions available in the Forest/Wye Valley and Chepstow areas. Join me for a yoga practice to harmonise body, breath and mind. See website for class timetable.

Weekly classes run throughout the Forest of Dean, Wye Valley and Chepstow.

Gentle Yoga A gentle practice suitable for older students and anybody seeking a gentler approach to yoga. Practices are adapted so that the benefits of yoga can be experienced by everyone. Classes focus on improving posture, strength and movement – breathing for well being – relaxation for body and mind. Join me! See website for details See website for class timetable. Bishopswood Hall Mondays 10 - 11.30 am / Bells Hotel, Coleford, Thursdays 10 - 11.30am. Contact Ali Rose for more details on M: 07883 678629

E: ali@yogawithalirose.co.uk
www.yogawithalirose.co.uk



BEE HEALTHY

GENTLE YOGA

with
Ali ROSE (BWY)



Bishopswood Hall

Mondays 10 - 11.30am

Bells Hotel, Coleford

Thursdays 10 - 11.30am

www.yogawithalirose.co.uk

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Yoga

Allergy & Nutritional Therapy



Welcome to "The Forest of Dean Health Forum".

<https://www.forestofdeanhealthforum.org.uk>

email: forest.health.forum@outlook.com

We are an Open Forum who are interested in projects within
Health & Social Services.

Why not come along to our monthly meetings.

Our meetings are held on the **First Tuesday of the Month**
(except January & August) in the

Witherby Room at the West Dean Centre, Bream. GL15 6JW
commencing at 7:00 pm.

We have Forest and County Professionals who give talks on
different Health & Social issues.

Come along and listen and have **"Your Say"**.

VINEY HALL, PHYSIO, PILATES & OTHER THERAPIES

Pilates Mat Classes Monday – Friday,
morning-afternoon-evening. Beginners /
Improvers / Intermediate /Advanced 1
hour classes. Pay per term £84 for 12
week term. Maximum 10 per class.

Pilates Reformer Class Monday, Tuesday,
Thursday & Friday, morning-afternoon-
evening. Our reformer machines have
springs & pulleys to add assistance or re-
sistance to your workout. Pay per term
£90 for 6 week term. Maximum 4 per
class.

Beginners Mat Classes & Assessments

Please phone 01594 516810 for more in-
formation and to book your assessment &
place on a beginners course. Pay per term
£84 for 12 week term (£42 for 6 week
term). Maximum of 10 per class.

Yoga with Carolyn Thomas on Fridays at
9.15am for 1.25 hours. Pay per term £84
for 12 week term. Maximum of 12 per
class.

One to One Pilates also available

Please call reception for prices and
availability T: 01594 516810 or visit
www.vineyhallphysio.co.uk

BEE ACTIVE



WELLBEING in the Forest of Dean and Wye Valley

Wye Dean Wellbeing provide an easily accessible directory of wellbeing practitioners and the services they offer in the Royal Forest of Dean, Wye Valley and surrounding areas.

Here you will find profiles of our Practitioner Members and information about the holistic services they offer. As well as finding out about familiar therapies that interest you, you can also explore new ideas and ways to enhance and maintain your wellbeing.

In addition to posting information about their individual practices on this hub, our Practitioner Members host 'taster' events and other programmes open to all who are interested in learning more about holistic and complementary practices around wellbeing and self-care.

Our members, Maxine Smith, John Stevenson, Deborah Iles, Helena Arguelles, Andrew Embling, Helen Brand, Caeredwen Gregson-Barnes, Nadia Smith, Angela Pell-Walpole, Jane Tillings, Amy Browning, Elly Adams, Jackie Jackson, Mark Harris, Bequi Mae, Jill Stern, Carol Hampton, Natalie Faria-Vare, Rachel Peacock and Lynsey Wellington offer the following: Acupressure, Alexander technique, Animal Reiki, Body Talk, Bounaries training, Bowen Technique, Canine Bowen, Clinical Aromatherapy, Coaching with horses, Counselling, Cranio-sacral therapy, E.F.T., Equine based therapy, Expressive Arts, Holy Fire II, Hypnosis, Indian Head Massage, Karuna, Kinesiology, Kinetic Chain Release, Massage, Mindfulness with horses, N.L.P., Peripatetic counsellor, Psychological therapist, Qi Gong, Reflexology, Reiki, Reset-TMJ, Siechem, Smart Bowen, The Emotion Code, Therapeutic Arts, Time Line Therapy, Tui Na - the list keeps growing.

If you would like to know more please visit our website and keep reading The Forest Bee where will be publishing articles about holistic treatments over the next few issues.

Additionally if you are a practitioner and would like to join please get in touch via the website.

www.wyedeanwellbeing.co.uk



FOREST RIDING FOR THE DISABLED

Our Vision - to enrich the lives of all disabled people through horses.
Established in 1989, Forest RDA offers riding lessons to all local disabled children and adults who feel they can benefit from being on a horse or pony. We now do weekly term-time sessions from the Severnvale Equestrian Centre Chepstow.

Forest RDA meet at Severnvale Equestrian Centre, NP16 7LL, on Thursday afternoons in term-time. Volunteers are always needed. Contact us to come for a visit and see what we do. New riders are also welcome.

Contact Carole Reader on 01594 516328 or e-mail carole.reader@hotmail.co.uk

See our website with our picture gallery and information on volunteering or riding www.forestrda.org.uk or follow us on Facebook www.facebook.com/forestrda





DEAN FOREST BEEKEEPERS

The primary purpose of Dean Forest Beekeepers is to provide education and promotion of all aspects of beekeeping to members of the DFB regardless of experience. We welcome beginners and interested members of the public, tea and biscuits available, and are able to provide protective jackets for your visit. Visitors are able to drop into our apiary on the outskirts of Lydney from the beginning of April until the end of September, Thursday evenings from 6.00pm. All welcome.

We provide 'hands on' teaching, with practical demonstrations and an opportunity to discuss all aspects of beekeeping. Beginners have the opportunity to learn handling skills, hygiene methods and beekeeping techniques following best practice plus a host of other topics.

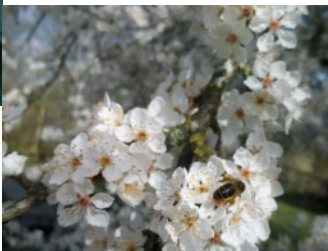
We offer a series of excellent courses in both theory & practical, prepared by our Master Beekeepers and presented by our most experienced members, they represent very good value for money.

We enable and encourage more experienced beekeepers to look at wider topics of interest. We provide support to all those who wish to complete the BBKA assessments from Basic to General Husbandry through to Master Beekeeper.

We are committed to raising the awareness of bees, advertising Dean Forest Beekeepers to the wider public at various shows around the Forest of Dean and Wye Valley. Find out more about us at www.deanforestbeekeepers.co.uk



Photographs by
Phillipa Klaiber.





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HEALTH & FITNESS (contd.)

LVC FITNESS **fp Mums & Tots**

Fitness Pilates

Brand New Fitness Pilates Class for Mums & Tots!
 Thursdays 11.15am - 12 noon & 12.15pm- 1pm
 Broadwell Memorial Hall Coleford

*Fitness Pilates Mums & Tots is not a Pre or Post Natal class for new Mums. It is a general level Fitness Pilates class aimed at mums to bring toddlers or babies in car seats to exercise together without the hassle of having to have a nappy or childcare. Babies can be in car seats in the class and toddlers can take part with Mums, Dads, Grandparents or Guardians *

CONTACT LISA
07909 755222

Follow us **LVC Fitness**

LVC FITNESS CLASSES

Pilates for Mums & Tots This is not pre or post natal class for new Mums, it is a general level Fitness Pilates class aimed at Mums to bring toddlers or babies in car seats to exercise together. Mums /Dads/ Grandparents or Guardians also welcome.

Silver Swans Ballet Classes Suitable for anyone. Whether you're an experienced dancer, have briefly dabbled or are a complete novice, everyone is welcome! Ages 16+ All abilities, all welcome.

FitSteps & Fitsteps FAB Classes Calling all 'Strictly' Fans! Come and learn the steps you see on the TV! "Strictly" style Dance Fitness exercise class. No dance experience or partners needed! All abilities, all welcome. Ages 16+. Contact Lisa on 07909 755222 or LVC Fitness

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 WITH **LVC FITNESS**

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 TUES & THURS AT 7PM
 BROADWELL MEMORIAL HALL, COLEFORD

WEDS AT 7PM
 SOUDLEY VILLAGE HALL,
 LOWER ROAD, SOUDLEY
 GL14 2TS

'A Strictly Style' DANCE FITNESS CLASS

DANCE PARTNERS & DANCE EXPERIENCE NOT REQUIRED

FOLLOW US **LVC FITNESS** **CONTACT LISA ON 07909 755 222**

LVC FITNESS
Silver Swans
 BALLET CLASSES

Thursdays 10am Broadwell Memorial Hall, Coleford.
 Beginners welcome.
 All abilities welcome.
 Tutu's welcome!
 No ballet shoes or experience needed.

CONTACT LISA
07909 755222
TO BOOK

Follow us **LVC fitness**

FELDENKRAIS CLASSES WITH BÄRBEL RÜCKER

Invest in your body and develop good posture, flexibility and balance. Group classes, workshops and private classes available in the Forest of Dean/Wye Valley area. These classes are non-strenuous and suitable for all ages. Get rid of the aches and pains from your daily life. It works! Check www.movingexperience.eu for prices. Check website for dates and times. Moving Experience Studio @ Taurus Crafts, The Old Park, Lydney, GL15 6BU – Function Room @ Taurus Crafts, The Old Park, Lydney, GL15 6BU -- Parkend Memorial Hall, Parkend, GL15 4LA Contact Bärbel Rücker on T: 07474 612701 E: info@movingexperience.eu www.movingexperience.eu

YOGA CLASSES WITH GLENYS PATTMAN

Yoga for all levels and abilities. Classes in Newnham, Monday 10-11.30am; Northwood Green, Mondays 5.30-7.00pm; Huntley, Tuesdays 1.00-2.30pm; Littledean, Wednesday (Intermediate) 7.30- 9.00pm; Berry Hill, Thursday (50+) 4.15-5.45pm. £7 drop in or £60 for 10 sessions. Pregnancy Yoga by arrangement. Contact Glenys T: 01594 823581 E: bgpattman@btinternet.com

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Traditional Sun Style & Modified Forms for Health. Over 30 years' experience, teaching locally & nationally for 19 years. Sessions can be adapted for all ages/abilities, seated or standing and include Qi Gong. Advanced sessions include Sword & Fan forms. Public local sessions Tuesday to Thursday. Visit our website for details or contact Trevor directly to find out more. Cost depends on venue £2 to £5 (min 1 hr). 1 to 1 tuition, talks and local workshops or taster sessions also available. Contact Trevor on T: 01452 830000 E: contact@crystaltaichi.info www.crystaltaichi.co.uk





AERIAL FIT CLASSES

Take to the air with this unique flying fitness course combining yoga and aerial circus. Using an aerial hammock to support stretching, improve flexibility and core strength plus an opportunity to swing and explore aerial poses. Aerial fit is a brilliant, fun way to keep fit and is suitable for all ages. Places limited, booking essential ! £6 per class. Tuesday evenings 6-7pm or 7-8pm for beginners Newnham armoury. New classes - Studio no 3 Cinderford, Aerial yoga Thursday 6.15-7.15pm, circus tots 9.45-10.30am Weds & Aerial fit 10.45-12pm Weds. Contact Nix Barnaville M: 07718229732 E: nix@nixbarnaville.com or visit www.nixbarnaville.com

NATHAIR TRIBAL FUSION BELLY DANCE

With over 10 years of Tribal Fusion belly dance experience, qualified fitness instructor and a JWAAD 'safe deliver of belly dance' certificate, Liv will guide you through the charming serpentine movements of belly dance fused with poise of flamenco, pops & locks of hip hop & bare foot stomp of Balkan Roma dance. Nathair ("Nah-hir"): Adder in Welsh. £6 drop in, £15 for 3 weeks up front 6-7pm Thursday January 02 2020 3 weeks per month, 1st, 2nd & 3rd Thursdays, Evergreen Hall, Broadwell, Coleford, GL16 7BN Contact Liv M: 07429232021 E: nathair_bellydance@yahoo.com

YOGA WITH KAREN MAIDMENT

Functional Yoga for All

A practise focused on mobility, strength and stability. This class moves at an accessible pace, waking up the body thoughtfully and methodically with the assistance of props. Come prepared to work hard as you learn how your body is designed to move. Tue 10:00 or Thur 18:30. £7. Blaisdon Village Hall, Blaisdon, Longhope.

Functional Yoga for All

A practise focused on mobility, strength and stability. This class moves at an accessible pace, waking up the body thoughtfully and methodically with the assistance of props. Come prepared to work hard as you learn how your body is designed to move. Tue 10:00 or Thur 18:30. January onwards. Clearwell Village Hall, Clearwell. £7

Yoga for Mountain Bikers

A non-spiritual form of yoga specifically designed for riders by a rider. These classes focus on stability, strength and mobilisation with clearly defined riding objectives in mind. Enhance performance and recovery, both mentally and physically so that you can enjoy more of what you love, time out on the trail! Tuesday, 6:00-7:15pm, January onwards £7. Pedal A Bike Away, Cannop. Contact Karen Maidment M: 07773787104

E: karen@purebodybalance.co.uk

See advert on page 26



FREEDOM YOGA & RELAXATION WITH CAROLYN THOMAS

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. £7 per session drop-in.

Yorkley Mondays 10.15-11.45am, Yorkley Community Centre, Bailey Hill, GL15 4RS

Taurus Crafts nr Lydney Tuesdays and Wednesdays 5.30-7pm and 7.15 – 8.45pm, Taurus Crafts, Old Park, Lydney

Lydney Thursdays, 10-11.30am. Lydney Community Centre, Naas Lane, GL15 5AT
Coleford Thursdays 7-8.30pm, St Margaret Mary Church Hall, High Nash, GL16 8HN.

Morning classes £39 per six week term or £8 per class PAYG

Evening classes £42 per six week term or £8.50 per class PAYG

Contact Carolyn on

M: 07789 893467

E: Freedomyogaandrelaxation@gmail.com

www.freedomyogaandrelaxation.co.uk

WALKING FOR HEALTH

Regular short easy walks throughout the Forest of Dean suitable for all abilities, walking from 10 minutes up to 1 hour with refreshments at the end. Free, all year.

15 starting points throughout the Forest of Dean. Contact Anne McDonald

T: 01594 727014

E: fodwfh@outlook.com

W: www.walkingforhealth.org.uk

YOGA WITH SUE CHUDLEY

Classes, Individual Tuition, Yoga Therapy and Ayurveda at Millers Farm, Brains Green, Blakeney, GL15 4AP

Sue follows the Krishnamacharya/Desikachar tradition. Working with body, breath and mind as appropriate to the individual.

One to One Tuition, Yoga Therapy and Ayurveda. By appointment throughout the year £45/hour

Weekly classes all mixed ability from 7th January.

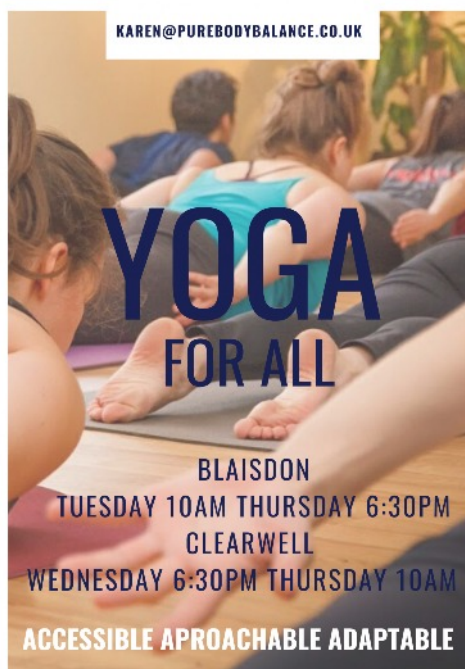
Tuesdays 7pm, Fridays 9.30am £7 at Millers Farm.

Wednesdays 5.30pm £8 at Flaxley School Rooms.

Workshops: Yoga Sutra study, Ayurveda intro, Vedic Chant - email for details and dates. Contact Sue on T: 01594 510655

E: millersfarm.info@gmail.com

www.millersfarm.co.uk/yogaspace



MUSIC

SINGING WITH KIRSTY ABRAHAM

Breathe In Sing Out

Fun and improved breathing for people diagnosed with COPD and other lung conditions. £3/what you can afford or free for some conditions. 2-3pm, Thursdays dates ongoing. Lydney Community Centre, Naas Lane, Lydney, GL15 5AT. Contact Karen Lawton M: 07989 936270 (Mindsong)/ Kirsty M: 07905 789683 E: admin@mindsong.org.uk or peopleandsinging@gmail.com www.mindsong.org

Singing at The Garden Café

Come and sing songs and harmonise for pleasure with a friendly bunch in Lower Lydbrook. 7-9pm, Contact Kirsty for dates. £7 on door, £25 for 5 weeks paid in advance. The Garden Café, The Malthouse, Lower Lydbrook, GL17 9NN. Contact Kirsty see details opposite. <https://naturalvoice.net/practitioner/kirstyabraham>

Singing and breath

Improvement for people with long-term lung conditions. Anyone with a persistent breathing difficulty (eg COPD, bronchiectasis, and others) is welcome to come along and try it out. No need to consider yourself a singer. £4 or whatever contribution you can afford 11 am to 12 pm, 16th January 2020. 12 The Bridges Centre, Drybridge Park, Monmouth NP25 5AS. Contact Kirsty Abraham <https://naturalvoice.net>

Start the Week Singing

Start your week harmoniously. Come and sing for pleasure with a bunch of others. Try it out for free. 2-4pm. Contact Kirsty for more information. Millers Farm, Brains Green, Blakeney, GL15 4AP. Contact Kirsty (Tutor) M: 07905 789683 E: peopleandsinging@gmail.com or Sue Carruthers at ArtSpace *See ad on page 4*

FOREST SINGERS

A friendly group for people who just want to sing for fun. No experience necessary. 7.30-9.15pm, Mondays ongoing. Drybrook & District Male Voice Choir room, Hawthorn Road, Drybrook, GL17 9BX. Contact Anita on T: 01594 821207 or M: 07565 909492, E: anita.warren1@gmail.com

FOREST OF DEAN MALE VOICE CHOIR

Practice Monday and Friday nights. 7.30 pm West Dean Centre, Bream. New members always welcome. Available for charity events, weddings, funerals, etc. Contact Janet for more details. E: janet.hart570@btinternet.com



BEE TUNEFUL



MUSIC (contd.)

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
T: 01594 781913 or M: 07886 491801
E: doffwildor@gmail.com

DANCE

ARGENTINE TANGO WITH BÄRBEL RÜCKER

Learn Argentine Tango. Group classes, workshops and private classes available in the Forest of Dean/Wye Valley area. No partner needed. No previous dance experience required. All ages welcome.

Check website for dates and prices.

NEW complete beginners courses starting every couple of months. Check website for dates and prices. More information on website. 14 Village Room, Newland, Coleford, GL16 8NP -- Parkend Memorial Hall, Parkend, GL15 4LA Moving Experience Studio, Taurus Crafts, Lydney, GL15 6BU

Contact Bärbel on M: 07474 612701
E: info@movingexperience.eu
www.movingexperience.eu

Space to Dance

Fridays 1.30 - 3.00
at Yorkley Community Centre

Express and enjoy yourself through dance to a wide variety of music



'There are shortcuts to happiness
..... and dancing is one of them' (Vicki Baum)

Contact Richard on 01594 837874 or email:
richardhenson19@gmail.com

FOOD & DRINK

BREAD MAKING

Bread Making with Hobbs House Bakery, An evening of simple yet inspiring bread making. 5th March, 6.30 - 9.30pm, £75 Humble by Nature, Upper Meend Farm, Penallt, Nr. Monmouth, NP25 4RP.

T: 01600 714595 or M: 07941 309958

  @farmerhumble

E: info@humblebynature.com

www.humblebynature.com

See Ad on Page 12

REGENERATIVE AGRICULTURE

Regenerative Agriculture led by Jairo Restrepo, will be specifically structured to provide farmers and small scale growers with the practical tools to create fertile systems using home made biofertilisers and minimal-cost pest and disease control methods. 9am - 5.30pm, 26th June, £300 / £270 Early Bird until 17th January 2020 Ragmans Lane Farm, Lower Lydbrook, Gloucestershire, GL17 9PA
Contact Angie Horsley T: 01594 860244
E: info@ragmans.co.uk
www.ragmans.co.uk





Volunteers Required

**Could you spare a few
hours a month?**

**Do you want to get
involved and help the
community?**

***Volunteers needed for
Social Media or
Distribution?***

**Contact Suzie on:
01594 842570 or email
info@theforestbee.co.uk**





LANGUAGES

LANGUAGES AT WYDEAN SCHOOL

Italian - Beginners (Year 2) This course is suitable for beginners who have already studied for at least one year or those who studied the language years ago and need to refresh their knowledge of it.

20 Jan, 8 wks Mon: 10.30-12.30, £80 – St Briavels Pavilion, Coleford Rd, St Briavels

Italian – Advanced This course is suitable for students who have studied Italian for 3/4 years. Conversation will be the focus, as well as other activities and you will be introduced to new grammar rules and consolidate your skills. 20 Jan, 8 wks Mon: 12.45-2.45, £80 - St Briavels Pavilion, Coleford Rd, St Briavels GL15 6TG

Italian – Intermediate This course is suitable for students who have studied Italian for 2/3 years. Suitable for those who can converse using: present, future and past tenses. 23 Jan, 8 wks Thurs: 10.30-12.15, £80 - Westbury-on-Severn Parish Hall, Rodley Rd, Westbury, GL14 1PF

Brush Up Your French Suitable for those who wish to improve their French and consider themselves 'rusty' beginners. Increase your confidence in conversation situations. 27 Jan, 8 wks Mon: 10-11.30, £70 - Assembly Rooms, East St, St Briavels, GL15 6TG

Spanish for Absolute Beginners

On this fun course delivered by a native speaker, the emphasis will be on speaking at a basic level, covering a range of topics useful for holidays and every-day predictable scenarios, with many games and interactive role play. Start: 27 Jan, 8 wks Mon: 2-3.30, £70 - Assembly Rooms, East St, St Briavels, GL15 6TG

Contact Wydean School for more details
T: 01291 625340

PERSONAL & SPIRITUAL DEVELOPMENT

SHAMANISM WITH MANDY PULLEN

Shamanic Sundays Monthly meetings with guided shamanic journeying. Beginners welcome. Bring blanket, pen, notebook. 10.30-1pm, check website for dates. £10 (incl tea & biscuits).

Eco Mapping - Healing with Nature

A day to introduce shamanic/alternative practitioners to the Eco Mapping technique - an element of Ecoshamanism that involves middle world healing with nature. 9.30am - 5.30pm, Sunday 15th March Millers Farm, Brains Green, Blakeney, GL15 4AP. £75/£65 concessions (includes lunch)

Learn the Shaman's Journey

A day to explore shamanism, to understand and experience simple ceremony and the use of personal power. Learn how to use the shaman's journeying technique, explore the shaman's map and drum to gain information and healing in your daily life. And find a power animal! 10am - 5pm, 14th March, Millers Farm, Brains Green, Blakeney, GL15 4A. £60/£50 concessions (includes lunch)

Contact Mandy on

T: 01594 541850 or M: 07805 800313

E: info@mandypullen.co.uk

www.mandypullen.co.uk





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Contact Angie Pell-Walpole

T: 07743419807

E: a.p-w@hotmail.co.uk

www.creativedepths.weebly.com

COURSE WITH TAMARA PEIRSON

Shamanic Journey Workshops

Shamanic Journeying is a technique that enables us to connect with Spirit Energy around us, seek guidance, direction, and offers opportunities for personal and spiritual growth by harnessing our personal power. Spirit Energy takes the form of different Power Animals and Spirit Guides that has great significance for each individual. £10 / Concessions £5
7-9.30pm Thursday 30th January 2020.

Clairvoyant Spiritual Mentor

Private Readings. Individually tailored Sessions for Personal and Spiritual growth
£40 / Concessions £30.

Stowfield, Lower Lydbrook

Contact Tam Peirson

T: 01594 861366 or M: 07596 476486

E: info@psychicmoon.co.uk

www.psychicmoon.co.uk

SHAMANISM WITH MAXINE SMILLIE

The Sacred Song - Sing Your Soul Awake

This one day workshop is suitable for those with Shamanic experience and those who are beginning to seek the Sacred within. Come and have fun, learn chants of this land. Explore voice & sound, the natural tone which heals, refreshes and resonates with our Soul. Connect to the spirit of your 'soul music'. 10.30 - 5pm, 29th February 2020, £85

Ancestral Twine

In this two day ceremony, step out of time and listen to the wisdom of our Descendants, connect with Ancestors of blood and Spirit who stand with us in loving support. Often in this work insights into habitual patterns and traumas can be revealed bringing an opportunity for healing. 10.30 - 5pm, 7th March 2020, £195.

Redbrook Village Hall, Redbrook Rd, Redbrook, NP25 4LR.

Contact Maxine Smillie

T: 01873858391

E: aberhealing@gmail.com
shamaniclife.co.uk



**BEE
SPIRITUAL**



GENERAL INTEREST

LEARN
LAUGH
LIVE

THE THIRD AGE TRUST



THE UNIVERSITY OF THE THIRD AGE

LEARN
LAUGH
LIVE

Joining The Forest of Dean U3A

Come and find out about the activities we have to offer for the over 50s at our general meeting on the 3rd Thursday of each month, 1.45pm at Lydney Town Hall, High Street, Lydney, GL15 5DY.

It's free to attend if you join on the day or £1 if you are a visitor.

Our Annual Membership Fee is just £10

Joining The U3A is an excellent way of making new friends and gaining new skills and interests.

Meetings with Speakers are on 3rd Thursday of the month at 1.45pm where you can also find out about all the lively activity groups which take place throughout each month.

Art & Craft, Bird Watching, Book Group, Cards: Bridge, Cribbage & Whist, Cycling, French, Gardens & Gardening, Heritage Detectives, Jazz Appreciation, Kurling, Lunch Club, Mahjong, Natty Knitters, Painting, Petanque, Photography, Play Reading, Poetry, Singalong, Skittles, Trips, Ukelele, 4 Walking Groups and more. New Groups are added from time to time.

Join us on the 3rd Thursday or visit

<http://u3asites.org.uk/forest-of-dean/home>

or phone 01594 832599

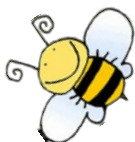
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NEW for 2020! Six specially designed workshops to help poets use time, place, narrative, form etc to best effect. Friendly and informal. Max 10 participants/workshop. All welcome. £10pp per workshop, £55 for all six. Saturday mornings 10am - 12.30pm. For more dates and more information contact Vicky Hampton
T: 01594 542974
E: shoutinghorse@outlook.com

BEE YOURSELF



GENERAL INTEREST (contd.) FOREST OF DEAN CHESS CLUB

Forest of Dean Chess Club are looking for new members to play competitively in the league or just for fun. We meet most Mondays at Mitcheldean Community Library starting at 7pm. For more information. Contact Ray Francis
M: 07815597714

E: rayonline2@gmail.com



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Thanks ever so for your publication. It really is a godsend to have something to get the word out there and it shows a huge amount of people read it. I have 7 new people join from the Autumn 2019 edition.
Barbara (Crochet2together)

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NEW YEAR'S RESOLUTION

Do not make another New Year's Resolution Until You Read This

by Rachelle Strauss | The Health and Wellness Grid |
www.thehealthandwellnessgrid.com

I love the potential and promise of a New Year. And who doesn't love setting a New Year's Resolution? According to research, most resolutions focus on health and wellness. So, whether you want to exercise more, eat more healthily or reduce stress, you're in good company.

In my twenties I had a particular resolution I wanted to achieve. Despite my best efforts I failed over and over. In fact, I made the same resolution for nine years in a row!

Maybe you can relate!

Perhaps you want to lose weight but find yourself with a half-eaten packet of biscuits in your hand. Or you decide to go to the gym yet find yourself sitting on the sofa watching box sets. It's not that you lack motivation or will power, its that you've *forgotten how to use them.*

Think about it; in your lifetime you've achieved some pretty impressive things that took commitment and determination. You've learned to walk, studied at school, perhaps taken a driving test, secured a job, learned new skills and overcome numerous life challenges. So you've already got what it takes. You just need accountability from someone who can clearly see where you are and can give you a roadmap to get where you want to go.

By using a tailored programme of hypnotherapy, EFT and other complementary therapies, we'll unlock your willpower, help you move through sabotaging behaviours and give you the mindset for success so that you achieve all your goals with ease.

See advert page 17



BEE MOTIVATED



SPRING GARDENING

In the early months of the year the garden can appear quite sparse but this time is an opportunity to see its structure, the 'bare bones' so to speak. After leaf fall, the graceful architecture of branch systems are revealed.

Japanese Maples and deciduous Azaleas look great and for a real 'twist', contorted Hazel or Willow have branches that look almost like springs with wide coils. For coloured stems Dogwood is hard to beat with beautiful shades of red and orange on younger growth that really stands out. Regular pruning will keep the bushes manageable and encourage new wood with the richest colour.

Evergreens of course really come into their own at this time of year. The Holly with its glossy red berries against dark green leaves is a classic.

Variegated forms are available with shades of white or yellow on the leaf edges. Many are slow growing and easy to keep trimmed as a reasonable sized bush. Remember to make sure if you want berries to get a female plant, and it's good for birds too!



For some plants this is actually their flowering season! Ivy has many varieties, one of my favourites is 'Sulphur Heart' with a beautiful deep yellow splash in the centre of each dark green leaf.

Christmas rose will provide a reliable palette of muted colour in various shades of white flushed with green, pink and purple as a result of setting seed and spreading. It's actually a member of the buttercup family and is useful for growing in shady areas.

Try not to be too tidy with cleaning the borders if you can. I leave various seed heads in place which look magical with a dusting of frost on them and also a layer of leaves to protect the soil and new shoots of the bulbs coming through as nature intended.

Snowdrops are of course another early contender for flowering in the harshest of conditions, tough and easy to grow, divide any clumps not long after this to increase their numbers rapidly. Soon after these showy crocus will come through to unfurl in the sunshine bringing with them the promise of a new spring.

Article by ANDY GOOD

Blooming Good

Garden Design and Landscaping

City and Guilds Horticulture

T: 01594 839313 or M: 07837 612410

SPRING RECIPE

CHICKEN POT PIE

This one pot dish not only looks but tastes amazing. Can be made with Salmon instead of Chicken.

Ingredients:

2 tbsp olive oil, plus a little extra for brushing over the pastry

Bunch spring onions, sliced into 3cm pieces

250g frozen spinach (Defrosted) / Fresh Spinach

6 ready-cooked chicken thighs or 4 chicken breasts

350ml hot chicken stock

½ tbsp wholegrain mustard

200g frozen peas

200ml half-fat crème fraîche

½ small bunch tarragon, leaves finely chopped

270g pack filo pastry

Method:

Heat oven to 200C/180C fan/gas 6.

Heat the oil in a large, shallow casserole / frying pan dish on a medium heat. Add the spring onions and fry for 3 mins, then stir through the frozen spinach and cook for 2 mins or until it's starting to wilt.

Remove the skin from the chicken and discard. Dice the chicken, removing all bones (alternatively purchase chicken breasts) and put into the pan. Stir through the stock and mustard. Bring to a simmer and cook, uncovered, for 5-10 mins.

Stir in the peas, crème fraîche and herbs, then remove from the heat (Place in oven proof dish if not already in one). Scrunch the filo pastry sheets over the mixture, brush with a little oil and bake for 15-20 mins or until golden brown.



Image / details from www.bbcgoodfood.com



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(up to 2 listings, per issue)



6000 copies of our brochure are distributed across the Forest of Dean, and into Chepstow, Monmouth & Ross on Wye, including places other brochures can't go – for more information on this please visit our website, www.theforestbee.co.uk and type 'distribution' into our search engine.

Listings for courses, groups, workshops and 1:1 teaching cost just £7.50 for the first 2, then £4.50 for any additional ones, including entry on our busy website.

Full colour advertisements cost:

£25 for 1/8 page

£42 for ¼ page

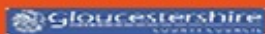
£76 for ½ page

£130 for an inside full page

Adverts over a certain size 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 April 2020

Next print deadline: 24th February 2020



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