

WINCHELSEA NEW HALL

MAKE IT  
MONDAY

FREE TASTER SESSIONS

Monday 1st October 2018 to  
Monday 29th April 2019



# MAKE IT MONDAY

Thanks to the National Lottery Awards For All fund we have some wonderful taster sessions, all recommended by people in our community. Explore and inspire yourself with something familiar or something new.

Sessions are free, although craft activities request a donation towards material costs.

Can't make a session but are still interested then let us know. Providers may continue and run courses if there is sufficient interest. email: [makeitmonday@winchelsea.com](mailto:makeitmonday@winchelsea.com).

If you are attending a 2pm session please wait in the hallway and cloakroom to the left, while people leave the 1pm session. Allow a 10 minute changeover period between the 1pm and 2pm sessions.

## BOOKING

Most activities need booking. Some have very limited spaces. If you are unable to attend please let us know, as we will keep a waiting list.

Book on Eventbrite at <http://s.coop/makeitmonday>

Text: **07598 375824**

email: [makeitmonday@winchelsea.com](mailto:makeitmonday@winchelsea.com)

Cancellations due to weather/illness may happen.

Keep up-dated on:

[fb.me/WinchelseaNewHall](https://fb.me/WinchelseaNewHall),

[www.winchelsea.com/newhall](http://www.winchelsea.com/newhall)

and the New Hall noticeboard.





## 2018

### 1 October

**1pm - 2pm Songwriting**

**2pm - 3pm Ukulele**

Children's class

**3.30 - 4pm Ukulele**

**4 - 4.30pm Singing tuition**

Join Anna Page for some musical inspiration and fun. Ever wanted to write your own song or play the ukulele? Beginner or experienced come along and have some fun. And if you are a young budding singer come and have a little vocal coaching. Anna has taught music for over 13 years and helped people of all ages and abilities to gain the confidence and ability to perform. She is an experienced singer-songwriter and has played live on radio, TV and at venues around the world for over 23 years. [www.annapagemusic.co.uk](http://www.annapagemusic.co.uk)

**PLEASE BOOK. MAX 12 - 20.**

**Bring a pen, musical instrument and ukulele as appropriate.**

### 8 October

**1 - 2pm Ballroom & Latin Dancing**

**2 - 3pm Latin Line Dancercise**

Children's class

**3.30 - 4.30pm Ballroom Dancing**

Get your Strictly Come Dancing Experience here. Join experienced teacher Linda Hurcombe for a taster session in Ballroom and Latin Dancing for young and old; and a fun Latin Line Dancercise class. Sequins welcome!

**PLEASE BOOK. MAX 40.**



### 15 October

**1pm - 2pm Restorative Chair Yoga**

**2pm - 3pm Hatha Yoga**

Children's class

**3.30 - 4.30pm Yoga**

Yoga for adults, children and people with different movement abilities. Suitable for all levels and a perfect introduction to yoga for the complete beginner, working in a relaxed and nurturing environment with a small group. Leela provides a judgement-free space to explore yoga. She encourages you to find new possibilities in your body and mind whilst providing you with the tools to bring the practice into your daily life.

**PLEASE BOOK. MAX 10.**

**Bring a mat.**

## 22 October

### 1 - 2pm Relaxing Sound Spa

### 2 - 3pm Relaxing Sound Spa

Lose yourself in sound with a light, relaxing journey through clearing and cleansing Sacred Sound and Vibrations music. Jo-anne Burchfield-James is a Gong practitioner, Tuning Fork therapist and Reiki Master. For more information see [www.sound-spa.co.uk](http://www.sound-spa.co.uk).

**PLEASE BOOK. MAX 10 PER SESSION 18+YRS.**

**Bring something comfortable to lie/sit on, a blanket to cover you and a pillow.**

**Medical conditions may be affected, so call Jo on 07962 213087 before booking.**

**Please be quiet when you arrive and leave.**



## 29 October

### 1 - 3pm Knockabout Badminton

Children with parents/carers

### 3.30 - 4.30pm Badminton

We're introducing knockabout badminton to the New Hall. Turn up for a quick and fun knockabout. If you're interested in starting a badminton group, now's your chance.

**TURN UP AND SHARE.**



## 5 November

### 1 - 2pm Creative Writing

### 2 - 3pm Pilates

Join **Joan Taylor-Rowan** for a fun, unscary, creative writing workshop for beginners and improvers. Joan is a prize winning short-story writer and has written a novel **The Birdskin Shoes**.

You can hear some of her stories by googling her name! Contact Joan at [Joantaylorrowan@gmail.com](mailto:Joantaylorrowan@gmail.com) for courses.

Join **Marie-Louise Broadhurst (MJ)** for a taster pilates class and give yourself a welcome stretch and build your core strength. MJ runs pilates classes in the New Hall on Wednesdays and Thursdays from 9 - 10am.

**PLEASE BOOK. MAX 15 EACH.**

**Bring a pen for creative writing.**

**Bring a mat for pilates.**



**12 & 19 November**

**1 - 3pm Pottery**

Children's Class 8+yrs

**3.30 - 4.30pm Pottery**

This is a two week class with ceramicist Anna Thomson. [www.annathomson.co.uk](http://www.annathomson.co.uk).

Adults, indulge your creative side and sign up for taster pottery sessions. Explore different making and decorating techniques and make some fabulous unique pieces.

Children, come and get messy with clay. Try out making different shapes. Use textures and colours to make something amazing!

**PLEASE BOOK. MAX 15 ADULTS AND 10 CHILDREN.**

**Make a donation of £5 - £10 on the first day toward materials depending on use.**

**You must be able to attend both classes as your work will be kiln fired ready for glazing the second week.**



**26 November**

**1 - 3pm Natural Bee Keeping**

Bees and Humans: a natural approach to the care of bees with Phil Cowley Jones from Bee-Leaving. This talk will give you a new understanding of relating to bees which works with natural bee behaviour and is not chemical-dependent.



Children & Parent/Carer

**3.30 - 4.30pm**

**Special Kids Parent Support Group**

Do you parent or care for a special child with extra needs? This is a start-up support group. Come and have a cup of tea, slice of cake and a chat and we will provide some child-friendly entertainment.

**PLEASE BOOK. MAX 20 SYRS+.**

**Pre-schoolers welcome, but parents/carers need to supervise.**

# 2019

## January – February

### **SOUP SESSIONS FOR 50+YRS.**

We are putting on some winter warming Soup Sessions (weather permitting). Come chat over a warming cup of homemade soup and tasty bread, and stay for fun and games.

### **14 January**

#### **1 – 3pm Story Soup**

Storyteller Ben Fairlight will engage you with winter stories. Ben is a storyteller, musician and workshop leader. Check out [www.songstory.co.uk](http://www.songstory.co.uk)

### **21 January**

#### **1 – 3pm Game Soup**

Bring your fun side with you and play some favourite board games, old or new.

### **28 January**

#### **1 – 3pm Card Soup**

Our card tables have been repaired so after soup, whatever your level, play your favourite card games from Snap to Canasta and Bridge.

### **4 February**

#### **1 – 3pm Knitted Soup**

Bring along your knitting for a mass knitting session. Don't worry if you don't knit, come along and chat while others do.

### **11 February**

#### **1 – 3pm Scrabble Soup**

We'll have words after soup... and a game!

If you are local and have mobility problems, we have a couple of very kind people who will take you to the Hall, so let us know if you need transport.

### **4 March**

#### **2 – 3pm Shamanic Drumming**

##### Children

#### **3.30 – 4.30pm Drumming**

Adults. Learn the how's and why's of shamanic drumming. Experience the deep ancient connection.

Children. A fun talk and workshop where you will learn how the sound of the drum and its beats can help with everyday situations.

Run by Phil and Lynne Cowley Jones, makers and players of European shamanic drums.

[www.ancientkent.blogspot.com](http://www.ancientkent.blogspot.com).

**PLEASE BOOK. MAX 15.**

### **11 March**

#### **2 – 3pm Arnica Group**

Share and learn home-based wellbeing tips with this new start-up group. We will start by looking at the home benefits of Lavender Essential oil. Sample bottles will create a relaxing session!

##### Children with parents/carers

#### **3.30 – 4.30pm Rye District Woodcraft Group**

Parents! Are you interested in co-operative games, crafts and songs for children?

Come along to a start-up a Woodcraft Folk group. Be involved. [www.woodcraftfolk.co.uk](http://www.woodcraftfolk.co.uk).

## 18 March

**1 - 2pm Tai Chi**

**2 - 3pm Tai Chi**

Children (with parents)

**3.30pm - 4.30pm Tai Chi**

Come and join Ann Simpson and explore this low impact gentle body exercise from the Far East. Tai Chi concentrates on correct posture and breathing for movement which is fluid, graceful and well balanced, promoting harmony of body and mind.

**BOOK. MAX 15.**

**Wear loose clothing.**



## 25 March

**1 - 3pm Celebration Quiz**

A celebration Quiz for our wonderful volunteers in Winchelsea and the surrounding area, who make life happier for everyone. You don't need to have helped out in the New Hall; you just need to have volunteered in Winchelsea. So if you've made teas, provided transport, baked cakes, given resources, washed-up, etc. then come along and be treated to a fun quiz and a finger buffet at half-time. Feel free to bring anything else you need.

**PLEASE BOOK. MAX 78.**

## 1 April

**1 - 3pm Apple Dabble**

A 'how to' beginner and intermediary workshop answering your individual questions about software programmes.

**Bring your devices if possible.**

**Or take a little video.**

## 8 April

**1 - 3pm Easter Wreaths**

Come and make an Easter floral arrangement with Etchingham florist Jessica from Bramble & Twine. [www.brambleandtwine.co.uk](http://www.brambleandtwine.co.uk)

**PLEASE BOOK. MAX 10.**

**Make a donation of £10 towards materials.**

## 29 April

**1 - 3pm Weaving**

Children's Class

(under 12's with parents)

**3.30 - 4.30pm Weaving**

Adults, come and create an obelisk/cone for peas or beans in your garden, with local weaver Julie Gurr from the Basketmaking Workshop in Iden. [www.willowweaver.com](http://www.willowweaver.com)  
Bring someone to help if you have mobility issues in your hands.

Children, come and sample weaving with a simple structure.

**PLEASE BOOK. MAX 10 ADULTS/CHILDREN.**

**Make a donation on the day towards materials £3 - £5 children, £5 - £10 adults.**

**Under 12yrs, bring an adult as it will be difficult to manage entirely on your own.**

**WINCHELSEA NEW HALL  
RECTORY LANE  
WINCHELSEA  
EAST SUSSEX TN36 4AA**

**WEBSITE: [WINCHELSEA.COM/NEW-HALL](http://WINCHELSEA.COM/NEW-HALL)  
EMAIL: [NEWHALL@WINCHELSEA.COM](mailto:NEWHALL@WINCHELSEA.COM)  
HALL BOOKING ENQUIRIES TEL: 07941 458628  
EMAIL: [MAKEITMONDAY@WINCHELSEA.COM](mailto:MAKEITMONDAY@WINCHELSEA.COM)  
MAKE IT MONDAY TEL: 07598 375824**



**NATIONAL  
LOTTERY FUNDED**

**Thank you to Awards for All for  
supporting local people's ideas.**

**REGISTERED CHARITY NO 235174**