

Snape Maltings Workshops at the Tack Room

July–December 2016



Aldeburgh Music

This year sees a new, varied programme of hands-on workshops at Snape Maltings Tack Room, covering art, music, food, craft, wellbeing and a host of related topics. There are workshops designed for both adults and children. Workshops will be held in the newly refurbished Tack Room starting in July, with the first season going through until December.

All workshop participants will receive a 10% discount for all cafes at Snape Maltings, valid on the day of their workshop. Refreshments are included for all workshops. A light lunch will be included for all full-day workshops.

Places are limited so please book in advance. You can find full details of all workshops at www.aldeburgh.co.uk/workshops.

Booking

Places can be booked online or by calling our box office on **01728 687110**, or in person at the **Snape Maltings Visitor Centre**.

How to find us

Workshops take place at The Tack Room, Snape Maltings, Snape, Suffolk IP17 1SP

Stay at Snape Maltings

While you're taking part in the workshops, you can stay on site in one of our holiday properties, see our website for more details: www.snapemaltings.co.uk or call 01728 687172

Cooking

A Taste of Basque with José Pizarro

Hands-on classes in authentic Basque cookery with critically-acclaimed chef

Saturday 16th July

9am-11am, 3.30pm-5.30pm

Sunday 17th July 9.30am-11.30am

Critically-acclaimed Spanish chef José Pizarro will take you through the ingredients & heritage of this wonderful region, and show you how to master some of his favourite recipes from his new book, Basque. Participants to sit down for lunch and enjoy the food they have prepared.

Price: £45 a session - includes a glass of wine



Art Island

Art Island is a series of workshops, giving children the opportunity to work with artists Holly Scholfield and Julie Carpenter. Each workshop involves a fun creative project and an opportunity to either exhibit work, or stage a performance with their creations.
for ages 7-11 years

The Exploding Piano Mobile

Create a printed piano mobile inspired by Cornelia Parker's exploding shed

Friday 29th July, 10am-3.00pm

This workshop will interpret Cornelia Parker's idea as a giant piano mobile using drawing printing and construction. The children's works will be installed for public viewing.

Please bring a packed lunch

All workshop leaders and staff are DBS checked

Price: £30

Bird of Paradise Lantern

Construct, create and collaborate to make a large willow lantern bird.

Friday 12th August, 10am-3.00pm

The group will make a joint sculpture of a bird, from willow canes & coloured tissue, to fly in the procession at Aldeburgh Carnival.

Please bring a packed lunch

All workshop leaders and staff are DBS checked

Price: £30

Performing Circus Puppets

Constructing circus performers as jointed rod puppets

Friday 26th August, 10am-3.00pm

Constructing circus performers as jointed rod puppets, decorated with collages costumes, to perform in the circus ring at the close of the day.

Please bring a packed lunch

All workshop leaders and staff are DBS checked

Price £30

Mexican Shadow Puppets

Create puppets inspired by the Mexican festival 'Day of the Dead'.

Friday 28th October, 10am-3.00pm

We will be creating shadow puppets to perform with at the end of the day.

Please bring a packed lunch

Price: £30



Wellbeing

Free Your Mind 1 with Elaine Mitchener

Vocal improvisation/Vocal Movement-Art workshop

Saturday 6th August, 10-11.30am

For non-singers or inexperienced singers

Vocal movement artist Elaine Mitchener leads an introductory workshop on the art of vocal improvisation and movement art practice. Through interactive exercises participants will explore different facets of free improvisation, learn new improvisational tools and rediscover their own instrument and natural physical capabilities

Price: £24

Free Your Mind 2 with Elaine Mitchener

Vocal improvisation/Vocal Movement-Art workshop

Saturday 6th August, 2-5pm

For experienced singers or artists

The workshop includes activities to enable freedom of body / breath / voice warm-up along with vocal exercises specifically designed to open the voice and body as a spontaneous improvisational instrument. Participants are invited to delve into traditional vocal techniques along with extended vocal exploratory elements and discover ways to extend this through the body.

Price: £40

Sian Barrett

Sian Barrett is a performing arts workshop leader and educationalist with a particular interest in music, oracy and dance as ubiquitous social activities and universal forms of expression.

Circle Dance with Sian Barrett

Lively workshops exploring the timeless, pancultural art form known as circle dance.

Tuesdays: 23rd August, 20th September, 18th October, 15th November
11.30am-1.00pm

Participants will be shown the steps to a traditional circle dance and given some time to practise at their own pace while the instructor moves around the room supporting and demonstrating. The dancers will then formally join the circle as a selection of world, folk and fusion is played, starting slowly and becoming more energetic as the dancers become more comfortable with the steps. Beginners welcome.

Price: £8 per session



Singing Circle with Sian Barrett

Relaxing sessions using polyphonus vocal music and free-form art activities to promote mindfulness.

Tuesdays: 26th July, 9th Aug, 23rd Aug, 6th Sept, 20th Sept, 4th Oct, 18th Oct, 1st Nov, 15th Nov, 29th Nov
2-3.30pm

Intentional focus on the peaceful experience of the present moment has the power to quieten rumination and foster joy. In this workshop, simple, beautiful part songs and rounds will be taught orally, practised and then sung in meditative repetition. Meanwhile, materials will be provided for art activities that are accessible to beginners but give scope for creative exploration. This combination will provide a relaxed, non-judgmental opportunity for participants to free the artistic potential of their voices and hands while fully immersed in the here and now.

Price: £8 a session, or £70 for all 10 sessions

Finding Your Voice with Sian Barratt

Discussion and storytelling for young people.

27th & 28th July, 10am-12pm

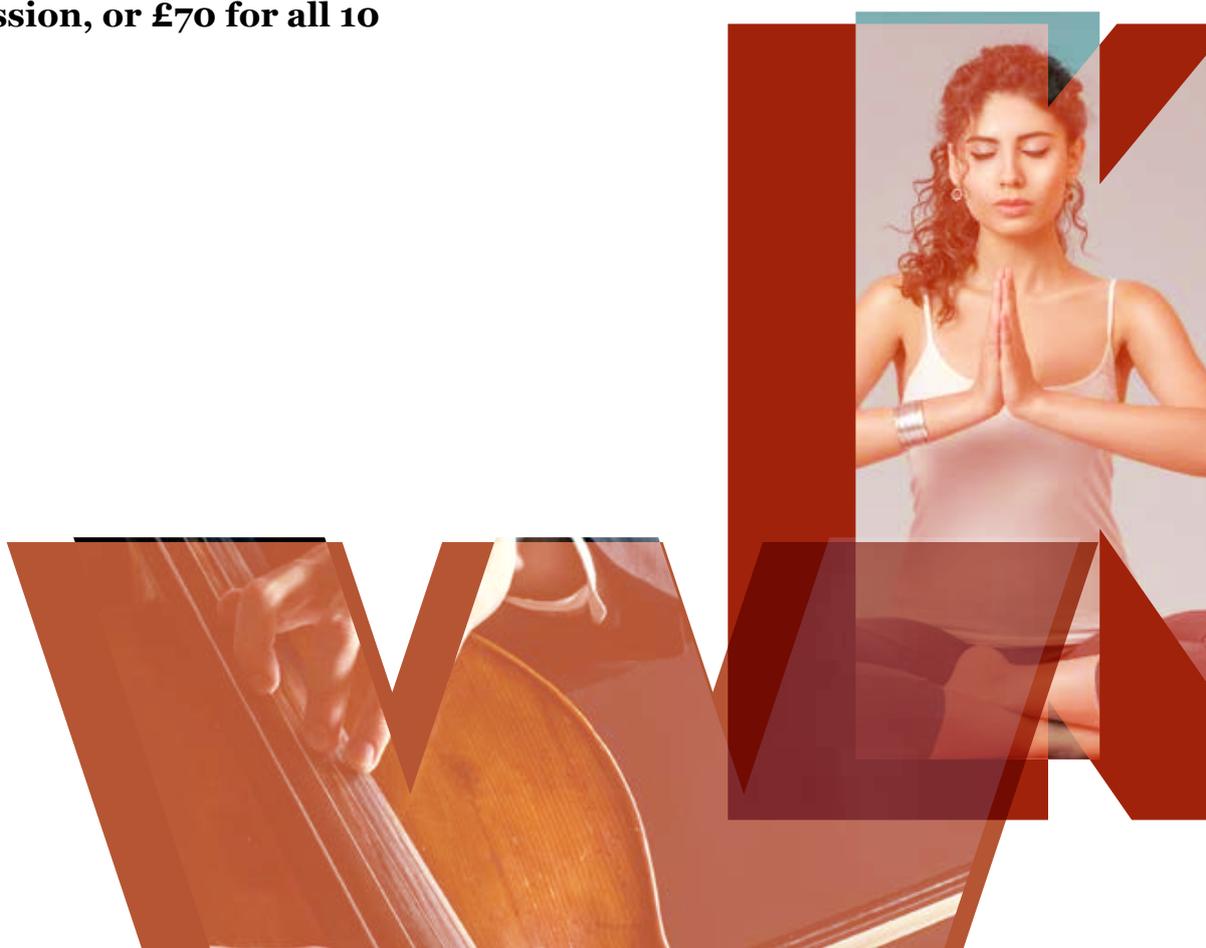
Suitable for age 7 and over

This workshop is an expressive, collaborative space in which young people will have the opportunity to engage in a lively discussion of questions raised by a traditional tale, before working together on a dramatic retelling of the story. These sessions will empower young people to discover their voice, encourage them to develop and delight in their imaginative and creative abilities and make sure that they have a lot of fun just being themselves.

Staff are fully qualified and DBS checked

Price: £12 a session

(or £20 for both sessions)



Wellbeing

Open Minds

Open Minds is led by Kathy Kent (BA (hons), Dip Clin Hyp, Master NLP Coach) and Tracy Virr (GTCL (Hons), ALCM, LTCL, Dip Clin Hyp, Master NLP Coach)

Mindfulness for Wellbeing

An introduction to simple mindfulness techniques to help in your everyday life

Thursday 8th September, 10am-12.30pm

Learn how to make mindfulness a frequent aspect of your daily life, to help reduce stress, help you live life more fully and be truly alive

The session will include a combination of mindfulness meditation, discussions and instruction and will help you to:

- Live in the present moment and live a healthier and fuller life
- Improve emotional resilience, concentration, focus and self-awareness
- Release unhelpful thoughts and emotions
- Improve work performance and creativity

Price £30

The Power of Positive Language

Discover how you can support your wellbeing through your use of language

Friday 7th October, 10am-12.30pm

This is an opportunity to learn how to be influential with language. Positive language has the power to boost physical and emotional well-being, at home and at work. Learn how to:

- Support your well-being
- Make easy subtle changes that will impact on the quality of your life experiences
- Be effective in your happiness

Price £30

Stress Management

Learn how to be calm

Monday 7th November, 10am-12.30pm

Simple techniques, based on NLP, hypnotherapy and mindfulness, can allow you to feel calm when dealing with everyday life. In this workshop, we will look at:

- Basic physiology of the stress response
- Dealing with unwanted symptoms of being worried or anxious
- Eliminate 'worry about being worried' and make way for 'calm and relaxed'

Price £30

Living in your Element

Understand the concept and the value of being in your element and living a life you love.

Monday 5th December, 10am-12.30pm

You will learn how to find and live in your element through discussion, instruction and exploration of techniques

- Discover how to find and be in your element
- Learn how to recognise and feel it
- Enjoy the beneficial impact on your health

These sessions are an introduction to allow you discover the possibilities, there will be opportunity for smaller groups or individuals to work more in depth at a later date

Price £30

Chalky Finish Furniture Painting Workshop

Wednesday 3rd August,
Wednesday 26th October,
10am-5pm

Spend the day with Kent Blaxill learning how to use Rustoleum chalky finish Furniture Paint.

Materials included, but please bring along an item that you wish to make-over – (a wooden frame/wooden tray/small wooden footstool/wooden crate) and let us show you how easy and effective this amazing paint is.

- Hands on workshop with individual help
- Advice, tips and ideas
- Materials
- Additional activities experimenting with the new paint colours
- A discount card for Rustoleum products from any branch of Kent Blaxill

Includes a light lunch

Price £85 per session

Stained Glass with Naomi Brangwyn

Stained Glass workshop for Christmas

Saturday 12th November
10am-5pm

Using the Tiffany Technique (copper foiling), the day invites you to make a selection of tree decorations or perhaps a small hanging panel. All tools and materials provided. Suitable for beginners or improvers.

Taught by Naomi Brangwyn, a professional Glass Artist whose work is seen widely in Art Galleries and exhibitions across East Anglia. Naomi uses the traditional stained glass techniques but has developed her own distinctive style, inspired by nature, her work celebrates the colours and textures of glass, she layers, leaves gaps, incorporates other materials.

Includes a light lunch

Price: £85

Floral Art with Helen Newman

Create a stunning hand tied bouquet

13th July, 10th August, 10am-12.30pm

No experience necessary

During this two and a half hour workshop, leading floral artist Helen Newman will show you how to create your very own stunning hand tied bouquet that you will be able to take home and enjoy. Helen will be on hand all morning offering advice and guidance, ensuring you leave with a bouquet you are proud of. All the materials for your class will be provided for you, so just turn up and enjoy!

Using a beautiful combination of seasonal blooms Helen will advise you on selecting your flowers and foliage, show you how to prepare your stems, how to construct the bouquet and then gift wrap your masterpiece in water.

Price: £55 (includes materials)

Music

Recorder Consorts

Led by early music specialist William Summers, Recorder Consorts give musicians at all levels the chance to learn to play dances, songs and choral music from the 16th - 18th centuries in several parts, dealing with playing technique, style and phrasing and tuning, as well as putting the music together.

Staff are fully qualified and DBS checked

Recorder Consorts 1

16th August, 9am-11pm

Suitable for aged 8 - 14 at Grade 1 - 4 standard

Price: £15

Recorder Consorts 2

16th August, 11.30am-1.30pm

Suitable for players aged 15 and older (including adults) playing at Grade 5 standard and above

Price £15

Recorder Consorts 3

17th August, 9am-11pm

Suitable for aged 8 - 14 and playing at Grade 1 - 4 standard

Price: £15

Recorder Consorts 4

17th August, 11.30am-1.30pm

Suitable for players aged 15 and older (including adults) playing at Grade 5 standard and above

Price: £15

Rolston Quartet

A one-off string quartet masterclass to experienced players.

15th September, 11am-1pm

Open to established string quartets and individual violinists, violists and cellists.

Canadian ensemble, the Rolston Quartet will be giving a one-off string quartet masterclass to experienced players. This two-hour session, run by the Shepherd's School of Music Quartet-in-Residence, will focus on the technicalities and historical awareness of performing quartets of the Classical era (Haydn, Mozart, early Beethoven, etc). The specific works will be chosen based on the preference of the workshop participants.

This will be a practical workshop, so all participants should bring instruments.

Price: £40

Writing Poetry about Music with Richard Scott

Join poet and Open Spaces artist Richard Scott and learn how to express your feelings about music through poetry.

Monday 22nd August, 5.00-6.30pm

By reading poems together and attempting stimulating and relaxed writing exercises, you will leave the workshop with your very own poem written in response to Tchaikovsky's Swan Lake (being performed in the Concert Hall at 7.30 this evening, by the BBC Concert Orchestra)

Price: £25

Music Circle

A series of workshops providing opportunities for musicians to enjoy playing chamber music together. Aimed at providing an inspirational setting for musicians to play together in small groups of between 8 and 12, they will be led by three local musicians, Mandy Summers (cello), Helen Stanley (violin and viola) and Claire Baughan (clarinet).

Cost includes two x 2 hour workshops

All staff are DBS checked

1. Wind and Strings

Tuesday 30 August &
Wednesday 31 August
10am – 12.00pm

Suitable for musicians at Grade 5+

An opportunity to play a diverse range of strings and wind repertoire.

Price: £30 for 2 sessions

2. Double Quartet

Tuesday 30 August &
Wednesday 31 August
12.30 – 2.30pm

**For Grade 6+, in violin,
viola and cello**

£30 for 2 sessions

3: String Group

Tuesday 30 August & Wednesday 31st
August 3.00 – 5.00pm

**Grade 4 standard in violin, viola
and cello**

These two sessions will encourage the players to enjoy making music together

£30 for 2 sessions

A Practical Introduction to Luthiery with Otis Luxton

Instrument maker Otis Luxton introduces the craft of luthiery in a morning.

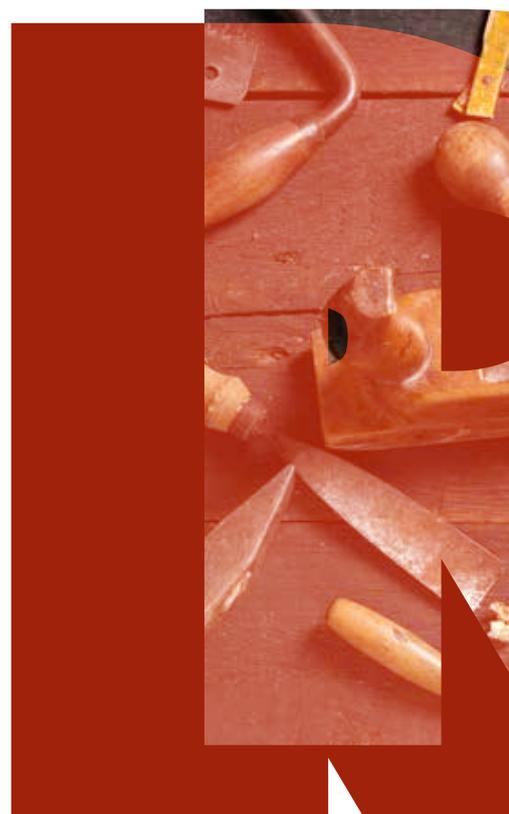
Saturday 1st October, Saturday 3rd
December 10am-1pm

Discover the methods and tools of the trade and see what it takes to go from tree to tune! No prior woodworking or musical experience necessary.

This workshop will take the form of an informative demonstration, with some opportunity to have a go at using some of the specialist tools involved.

Born and raised in East Anglia, Otis Luxton is a stringed musical instrument maker whose work has been largely informed by vernacular crafts and his natural surroundings. From his workshop in Suffolk, Otis makes a variety of instruments using predominantly locally grown woods.

Price: £40 a session



Sewing

'Learn to Sew' series with Emma Nisse

Emma Nisse has been sewing since the age of five and is now a designer and founder of Secondary Modern, an online shop and gallery. Emma's work reflects her love of 20th century design and decoration and she uses vintage and upcycled materials wherever possible.

Participants to choose and bring their own main fabric. Please ask for information and quantities given when booking.

1. Tote Bag

Gain knowledge, confidence and a brand new bag in this comprehensive back-to-basics workshop.

Monday 18th July, Tuesday 13th September, Wednesday 5th October
10am-1pm

Suitable for beginners

How to start using sewing patterns and read their markings
How to lay out a pattern and cut it out.
How to thread a sewing machine and fill & replace the spool.
Practice machine sewing simple seams and how to neaten them
How to follow a pattern - make your bag!

Price: £40 a session

2. Pull-On PJs

For confident beginners, this 3 hour workshop covers the basics needed to make your own clothes.

Monday 18th July, Tuesday 13th September, Wednesday 5th October
2-5pm

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- How to start using sewing patterns and read their markings
 - How to adapt a pattern to your shape and size.
 - How to lay out a pattern and cut it out.
 - How to thread a sewing machine, sew simple seams and neaten them.
 - How to follow a pattern - make your trousers!
 - How to add pockets to a pattern.
 - How to make a casing for elastic
 - How to create and stitch a hem.

Price: £40 a session

3. Cushion Cover

Stock your sofa by learning 3 ways to make cushion covers - zipped, buttoned and envelope-style.

Tuesday 19th July, Wednesday 14th September, Thursday 6th October,
10am-1pm

Suitable for beginners

- How to use a ready-made template or create your own.
- How to shorten a zip
- How to insert a zip into a cushion
- How to use your sewing machine to create button holes
- Tips on making your cushion cover look neater
- How to make a cushion cover without fastenings
- Tips on upcycling and fun ways to trim and decorate cushions.

Price: £40 a session



4. Luxury Padded Eyemask

Sleep easy by learning how to make a fabulous eye mask to an exclusive design using less than a half metre of fabric.

Tuesday 19th July, Wednesday 14th September, Thursday 6th October, 2-5pm

Experience using a sewing machine essential

- How to create your own pattern template from scratch
- How to work with decorative trims
- Ideas for using up small pieces of fabric

Price: £40 a session

Sew for Christmas series

Christmas Stocking

Learn how to make large stockings in 2 different styles

Wednesday 23rd November, 9.30am-1.00pm

Suitable for all levels

you can make either or both and as many as you like! Go simple and classic or indulge your creativity and learn how to do rough patchwork. Embellish and personalise to your heart's content! Great for using up scraps and remnants. Full instructions will be given.

Price: £40

Fabric Advent Calendar

Create Christmas memories for your family with an advent calendar you can use year after year.

Wednesday 23rd November, 2-6pm

Suitable for all levels

In this class we will make a hanging fabric panel with separate numbered pockets. Go for a classic theme or go wild with your fabric stash!

Price: £40

Christmas Decoration Workshop

Learn how to make simple and beautiful decorations

Thursday 24th November, 10am-1pm

Suitable for all levels

In this class we will make hanging decorations such as mini stockings you can stuff with sweets or small gifts, and scented trees and hearts. Learn how to do simple embroidery and decorate with buttons. These projects are ideal for using up smaller scraps and remnants or upcycling textiles. Everything can be made without using a machine if you prefer.

Price: £40

Stocking Filler Workshop

Thursday 24th November, 2-5pm

Suitable for all levels

Lovely inexpensive gift ideas, including purses, bags and bookmarks - just bring a variety of fabric and trims and make whatever you like. This class is great for using up smaller pieces of material, or even upcycling. Full instructions will be given.

Price: £40

Roman Blind

Learn how to make professional roman blinds.

9th November 10am-5pm

Some experience on a sewing machine is helpful

You will learn how to measure the window correctly, fully line the blinds, attach the necessary parts to make the blind functional and how to fit it to the window.

On this course you will make a sample blind to take away with you as well as a detailed handout.

Some experience in using a sewing machine is desirable, although much of the process involves hand sewing. Cake and tea will be provided to help the sewing process along!

All materials provided. Light lunch included.

Price: £75

Natural Skincare with Lotta Skincare

Learn to make homemade natural skincare products

10th September, 8th October, 5th November, 10am-12.30pm

Learn the basics of natural skincare and get hands on experience blending your own luxury body butter in this informative workshop. You'll learn how to use essential oils and wonderful natural ingredients such as shea butter and coconut oil to nourish your skin.

Uncover the secrets of the beauty industry and find out what to look for and avoid on product labels.

You'll take home two handcrafted products to share with your friends and family, as well as the knowledge and skills to continue making them at home.

Materials included

Charlotte Bones is a final year Natural Sciences student at the university of East Anglia and founder of Lotta Skincare, a new natural skincare brand. She has been making her own products for three years, working to produce effective and natural formulations for face and body.

Price: £40

