



RUN OF THE MILL!

Halton Mill

Activities at Halton Mill, Feb – March 2017

A low carbon workspace with a community feel. Offices; meeting & coworking spaces; artists' studios; event & rehearsal spaces; workshops & 'makerspace'!

Halton Mill supports individuals and organisations to put on events and courses. To find out more including details of costs, and to book, please contact the named organiser.

Featuring...

Sustainability and Style: clothes swap and supper

with Lancaster Peoples Café & stylist Jasmin Hall. Sat **25th Feb** 14:00-17:00 clothes swap, styling, makeup, alterations, visible darning, photos. 17:00-18:00 catwalk and film show – films on sustainable fashion, food and energy 18:00-21:00 supper, and music with the Wenmel Duo (trumpet/vocals) and Bev Whelan & Celia Briar (flute and harp). £5/£10/£20/pay what you can. In aid of Halton Mill Lift Fund. Drop good quality clothes, scarves, bags, shoes, jewellery off from 12 noon on Friday 24th Feb. For further info call 07582 789406.

See www.theriverroom.org.uk for workshops & regular classes in yoga, tai chi, meditation, gong baths, mindfulness, pilates and more in the River Room, dedicated first floor retreat space at Halton Mill.

Workshops, studios, offices, hotdesking, meeting and event space, and wellbeing rooms... ask us for details!

Please support our lift appeal, www.justgiving.com/crowdfunding/halton-mill-lift-fund

Regular, weekly activities

Yoga from the inside with Sue Garner (BWY Dip): Monday 12:15-13:15 'Revitalising lunch break' and 19:00-20:30 'Unwind the body, still the mind'. Individual sessions available. Tel 07814 295570, email info@yoga-with-sue.co.uk or visit www.yoga-with-sue.co.uk

Shamanic Journey and Drum Circle with the Way of the Buzzard: 19:30-21:30, First Thursdays (2nd Feb, 2nd Mar). Tel 01257 233909 email contact@thewayofthebuzzard.co.uk

Infinite Tai Chi with Nicky Beardsworth. Weds 18:00-19:00. Tel 07949 912540.

Silver Jewellery with Rachel Hearne. Monday 09:00, 18:30, Tuesday 18:30. Tel 0300 1236711.

Creative Writing with Krystina Kellingley. Wednesday 19:30-21:30 starting 15th Feb, 6 week course, £57. Tel 077342 02220.

Creative Writing with Marian McCraith. Friday 10:00-12:00. Tel 0300 1236711.

Silent Writers Club Get over your procrastination and get writing! Friday 12:30-14:30. Tel Fiona 07778 737681.

Art classes with Janet Mary Robinson. Tues & Weds am, Thurs evening. Email jmr@jmr.com or tel 07786 868783.

Cookery, Breadmaking and Decorative Darning classes with Linda. Tel 07576 744528.

Build your own website with Kevin. Tel 07716 246672 for details.

Halton Ukes Beginners' ukulele workshops x 4 weeks Saturdays starting 4th Feb 10:00-12:00. £25.00 inc book. To reserve a place email Kizzy on haltonukes@gmail.com.

Meet on the Mezzanine Wednesday 13:00-14:00. Get your lunch from Linda's 'You can Flourish' Café and get to know people who work at Halton Mill or live nearby. Includes free cake in February and a chance to see the latest mezzanine art exhibition.

Classes in the River Room

Mindfulness Course with Martin Summerfield Monday 19:00-21:00, anchorpointmindfulness.com

Iyengar Yoga with Rozz Cutler, Tuesday 10:00-11:30, email rosemarycutler@yahoo.com

Flow Yoga with Rebecca Ellis, Tuesday 12:30-14:00, email Rebecca@theriverroom.org.uk

Seasonal Vinyasa Yoga with Emmaline Turley Tues 19:30-20:45, email emmalinet@hotmail.co.uk

Flow Yoga with Rebecca Ellis Wednesday 18:00-19:30, email Rebecca@theriverroom.org.uk

Yin/Restorative Yoga with Rebecca Ellis Weds 20:00-21:30, email Rebecca@theriverroom.org.uk

Inner Sun Yin Yoga with Karen Holroyd Thursday 09:30-11:00, tel 07932175443

Turn Inwards: Mindful Hatha Yoga with Sandra Tallon Thurs 18:00-19:00, email sandratallon24@gmail.com

Slow Vinyasa Flow Yoga with Robin Fish Thursday 19:30-21:00, email luneriveryoga@gmail.com

Gentle Yoga with Rebecca Ellis Friday 10:00-11:30, email Rebecca@theriverroom.org.uk

Gong Bath with Ondray & Graham 3rd Friday every month 19:30-21:00, email ondray@hotmail.com

Sound, Mantra and Sing Together with Helen Leece Last Sunday of every month starting 26th February 19:00-20:30, email info@northernapproach.co.uk



Book Halton Mill for YOUR event or course. For a tour of our facilities contact Fiona:

e: greenelephantcoop@gmail.com t: 07582 789406

www.haltonmill.org.uk www.theriverroom.org.uk

Halton Mill: coworking, studios, & event space @haltonmill



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One-off workshops and events

Exhibition in our Mezzanine gallery as part of Holocaust Memorial Day commemorations in Lancaster 'One Person Can Make a Difference' – British Rescuers Before and During the Holocaust An exhibition detailing the contribution of individuals to rescuing those being persecuted by the Nazi regime before and During WW2. To **27th Feb**, open daily.

Forgebank Political Café Sunday **12th Feb** and Sun **12th March**, 19:00. Free. Speaker and discussion, always on a topic designed to interest and challenge. Bar.

Hand Spinning taster with Dora Osborne. Tuesday **21st Feb** 15:00-17:00 & Saturday **18th March** 14:00-16:00. £10. Materials provided. Places limited. To book tel 07717 473 215 or email weave.n.looms@gmail.com

Felting Workshop with Erika Sojkova Grime. Monday **20th February**, 12:00-14:30. Using wet felting techniques making a colourful and textured piece of art, £20+£5 for materials, contact Erika: textilearts1@gmail.com tel 07989 698179.

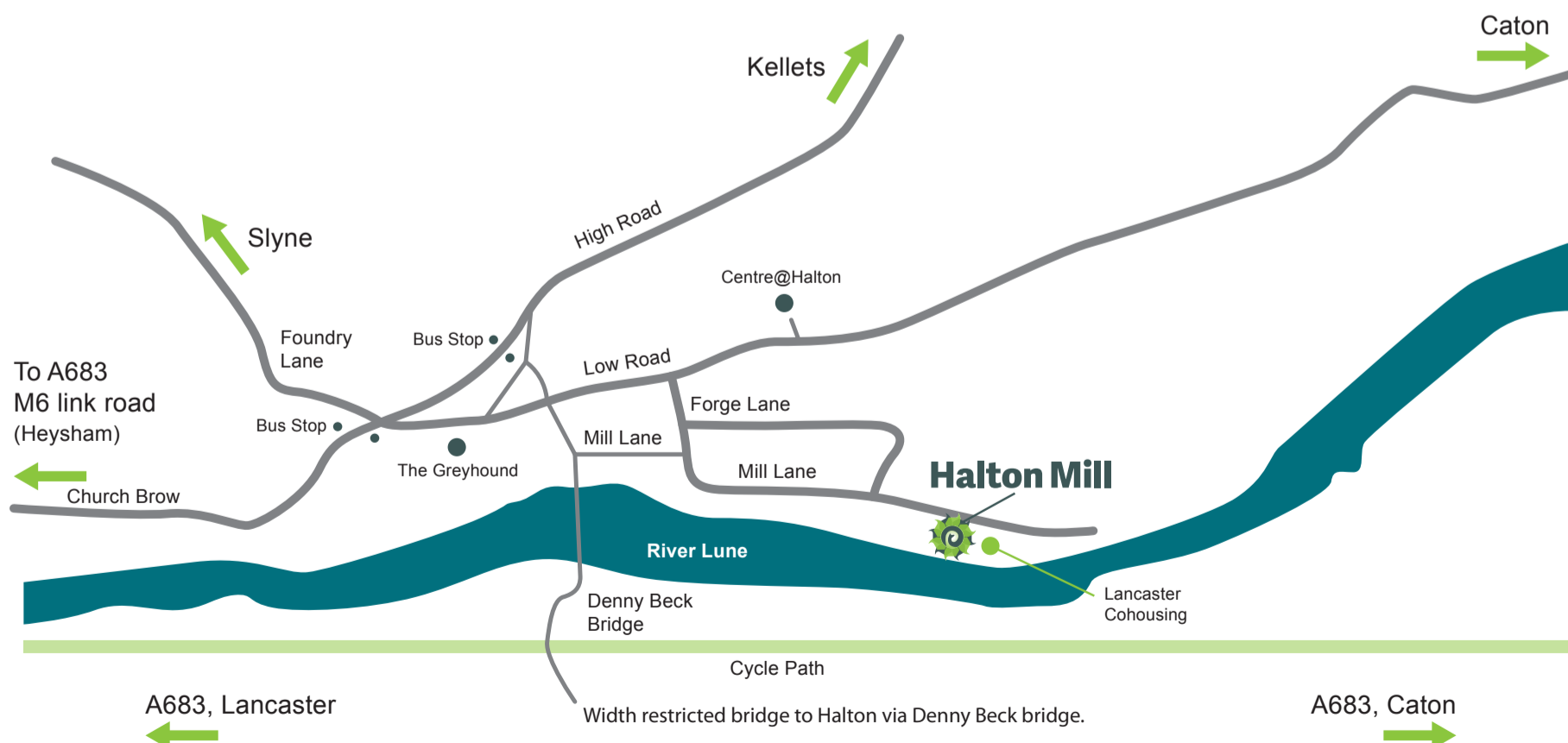
Sustainability and Style: clothes swap and supper with Lancaster Peoples Café & stylist Jasmin Hall. Saturday **25th Feb** 14:00-17:00 clothes swap, styling, makeup, alterations, visible darning, photos. 17:00-18:00 catwalk and film show – films on sustainable fashion, food and energy 18:00-21:00 supper, and music with the Wenmel Duo (trumpet/vocals) and Bev Whelan & Celia Briar (flute and harp). £5/£10/£20/pay what you can. In aid of Halton Mill Lift Fund. Drop good quality clothes, scarves, bags, shoes, jewellery off from 12 noon on Friday 24th Feb. For further info call 07582 789406.

Artist's Talk and workshop with artist Chris Agnew. Tuesday **28th Feb**; talk 13:00, workshop 14:00-17:00. Detailed drawings and Roumanian influenced icon panel etchings. Suggested donation £10 in aid of the Mill Lift Fund. www.chrisagnew.co.uk To book email greenelephantcoop@gmail.com or tel 07582 789406.

Mindfulness with Martin Summerfield. Saturday **18th March** 10:00-16:00. Secular mindfulness practices. Open to those with some experience of mindful meditation. £25. Tel 07971 554316.

Forge your own Singing Bowl An Alchemical Process with Gabriella Kapfer and Heather Smith Cowen. "An exhilarating and dynamic experience of working with fire and metal". Friday **31st March** to 2nd April. £330. More info and booking at www.resoundingearth.org

Also in Halton: at The Centre @ Halton: **The Chef Show** – Thursday **9th Feb**; Family Fun Night, **25th Feb**; Children's Nearly New sale: Saturday **25th March**. Contact Maureen, 01524 811316.



Halton Mill, Mill Lane, Halton, LA2 6ND www.haltonmill.org.uk

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