



Talk

The Lune Valley and the West Indies, 1750-1850

Bill Hosfield Memorial Lecture with Dr Mike Winstanley
Friday 14 Sept 19:00 for 19:30

This talk will explore the connections between farming and yeoman families in the Lune Valley and Britain's sugar colonies in the West Indies, touching on events in Lancaster, Halton, Caton, Wray, Roeburndale, Tatham and Tunstall. Free. Bar available.



Exhibition

Luneside 70: Engineering & Elephants

Friday 14 Sept to Monday 5 Nov

The exhibition tells the fascinating story of Luneside Engineering, founded 70 years ago by a group of Polish ex-servicemen. Includes photographs and artefacts found on the site, plus stories from the people who worked there making everything from precision components to mechanical elephants. Free.



Event

Luneside 70: Engineering & Elephants

Saturday 15 Sept 10:00-16:00

This celebration of the 70th anniversary of Luneside Engineering sees the return of Rajah, a mechanical elephant made in the Mill. Exhibition, Mill tours at 10:30, 11:30, 12:30, 14:30, 15:30 and a talk at 11:00 by Eva Hermacinski, daughter of the company's founder. Free. Refreshments, children's elephant rides.



Workshop

Autumn Glow Yoga

with Emmaline & Kirsty
Saturday 22 Sept 10:00-15:00

This workshop is about reviewing the last year, giving thanks, planting new seeds and celebrating balance, life and new beginnings. It will include empowering vinyasa and gentle yin yoga, to help re-align with who you really are & what is good for us. £45 including lunch. Book via emmalineyoga@outlook.com



Workshop

Mindful Me Day

with Janette Edwards
Saturday 29 Sept 10:30-14:30

The mind and body are our most precious and valuable resources, through which we experience every moment of our lives. So we need to look after them. How well are you looking after yours? Take some time for yourself. £40 including lunch. Book via janetteedwards@hotmail.com



Workshop

Yin Yoga Workshop

with Paul Wooding
Saturday 6 Oct 13:00-17:00

Yin yoga is a quiet, yet intense practice, where you stay in the postures for a much longer period, so as to access the deeper tissues of the body. This brings greater mobility in areas such as the lower back and hips, and has a calming effect on the mind and body. For more information see www.theriverroom.org.uk



Film

In Our Hands

The Landworkers' Alliance and Black Bark Films
Friday 12 Oct 19:00 for 19:30

This film is the story of a quiet revolution, involving a new kind of farm, a new kind of food and a new kind of society. It follows a year in the life of a group of farmers and food producers who are creating an alternative to the industrialised food system. Followed by a discussion. Free. Lift from Lancaster available on request: greenelephantcoop@gmail.com



Workshop

Introduction to Precious Metal Clay

with Rachel Hearne
Saturday 13 Oct 09:30-16:00

This full day workshop will allow you time to play and explore the possibilities of making silver jewellery out of Silver Clay aka PMC / Art Clay and using a torch to fire your work. You will make a pendant or pair of earrings. £75. Book via www.lal.ac.uk



Workshop

Benefits of Pranayama & Meditation

with Jean and Sue
Saturday 13 Oct 14:00-17:00

In this workshop you will learn the many benefits of a regular pranayama and meditation practice and how you can incorporate simple techniques into your daily lives to help keep your whole body as healthy as possible. Contact jeanieweanie@talktalk.net to book.



Workshop

Coming Home Yoga

with Rebecca
Sunday 14 Oct 14:00-19:00

This workshop combines dynamic yoga flow, static posture work and relaxing yin and restorative yoga, to come back to the self and peacefully slow down at this transitional time of the year. £40. To book, contact rebecca@theriverroom.org.uk



Talk

The Last Clarion House

Forgebank Political Cafe
with Bob Sproule, Friends of Clarion House
Sunday 14 Oct 19:00 for 19:30

This film and talk tell the story of Clarion House on the slopes of Pendle Hill. There was once a network of Clarion Houses and Clarion Cycle groups all over pre-war Britain, providing a much needed Sunday respite from the smog of the mills. Free. Bar available.



Film

A Mindful Choice

Introduced by Sevita
Sunday 21 Oct 19:00

This feature-length documentary follows two modern day monks on an international journey to film a diverse range of people including ballet dancers, business people, cancer patients and high security prisoners, finding peace through meditation. Free, donation appreciated.



Play

The Great Austerity Debate

Menagerie/Spot On
Friday 9 Nov 19:30

For Megan K austerity is normal. She juggles low-paid work, ever-deeper debt, two kids and a fancy new red handbag. This interactive play tackles austerity at a human level, giving the audience the opportunity to step in and change how the story plays out. Suitable for 16+. Tickets £10/8. Lift from Lancaster on request: greenelephantcoop@gmail.com. Book via www.ticketsource.co.uk/haltonmillevents.



Workshop

Experiencing the Gift of the Present Moment

with Andrew Wrenn
Saturday 10 Nov 10:00-16:00

This workshop helps you to go beyond the tools of yoga to feel and connect with your practice, and so experience this present moment in all its mystical glory. Suitable for students, student teachers & teachers. £40. Contact rebecca@theriverroom.org.uk to book.



Talk

My Life in Pots

Forgebank Political Cafe
with Philip Pearson
Sunday 11 Nov 19:00 for 19:30

Phil has worked with clay all his life: from labouring at Claughton brickworks to teaching ceramics in London, via an apprenticeship in the potteries and now back to Lancaster. He reflects on his journey and his craft, which has been practised for thousands of years. Free.



Workshop

Asana, Pranayama and Yoga Nidra Workshop

with Rebecca & Will
Saturday 17 Nov 13:00-19:00

This workshop involves a combination of flowing physical sequences, breathing, relaxation and meditation, all designed to bring deep release, relaxation and a sweet return to what most matters to us in life. £45. Contact rebecca@theriverroom.org.uk to book.



Music

Commoners Choir

Led by Boff Whalley
Saturday 17 Nov 19:30

This Leeds based choir, founded in 2015 by playwright, musician and ex Chumbawumba band member Boff Whalley, sing their own songs about inequality, hope and Tory politicians. "A thing of beauty" - The Yorkshire post. Tickets (£10/£8) from www.haltonmill.org.uk. Lift from Lancaster available on request: greenelephantcoop@gmail.com



Workshop

Day of Mindfulness

with Martin Summerfield
Sunday 18 Nov 10:00-16:00

This day of secular mindfulness practice is an opportunity to set aside the busyness of everyday life and to simply abide with ourselves, just as we are. Call 07971 554316 for more information.



Illustrated talk

Images from a warming planet

with Ashley Cooper
Friday 23 Nov 19:30

Ambleside photographer Ashley Cooper has travelled the globe for 13 years capturing images that graphically demonstrate the impact of global warming on people, places and wildlife. He talks about what he has learnt, and how photographs can help change policy and people. £8/£5 book via www.haltonmill.org.uk



Workshop

Weekend Yoga & Feldenkrais

with Dan Gelblum
Saturday/Sunday 24/25 Nov

This workshop focuses on deep relaxation, improved general strength and flexibility (specifically flexibility of hips and shoulders). The workshop is for both students and yoga teachers. Book for one or both days. For more information visit www.theriverroom.org.uk



Event

Arts, Crafts & Makers Fair

Saturday 1 Dec 13:00-17:00

Our popular winter Arts & Crafts fair, with stalls by local artists and makers, is a great place to find unusual, hand-made presents. Refreshments available. Stalls £10 or £5 if you bring your own table. Contact greenelephantcoop@gmail.com to book a stall. Entry 50p, children under 14 free.



Workshop

Seasonal Yoga

with Emmaline & Kirsty
Sunday 2 Dec 10:00-15:00

Seasonal yoga is founded on the knowledge that we are a part of nature and therefore part of its changes which allows us to adapt our yoga practice to promote health on every level. See www.theriverroom.org.uk for more information.



Workshop

Silver jewellery make christmas presents

with Rachel Hearne
Friday 7 Dec 09:30-15:00

This full day workshop will allow you to craft some special Christmas presents out of Silver Clay, using a torch to fire your work. £26, book via www.lal.ac.uk



Talk

Zero Carbon Lancaster

Forgebank Political Cafe
with Cllr Kevin Frea
Sunday 9 Dec 19:00 for 19:30

Lancaster City Council has committed to going zero carbon by 2050. What does this mean and how urgent is it? Cllr Kevin Frea leads a discussion about what needs to happen at a local, national and international level to make this goal a reality. Free, bar available.



Exhibition

Creating with Clay

by Phil Pearson
Friday 9 Nov to Friday 14 Dec

In this exhibition Philip Pearson displays his recent work of ceramic pieces made using a range of techniques. Some of the pieces are crafted in Halton Mill Makerspace where Phil shares his skills and passion for the medium. See Phil's talk on 11 Nov. Free.



Workshop

Candlelit Heart Opening Yoga

with Rebecca
Sunday Dec 16 Dec 14:00-19:00.

The heart in yoga is the source of empathetic awareness. When our practice is centred in the heart we become more closely in tune with our own feelings and can develop greater tenderness and patience towards ourselves and others. £40. Contact rebecca@theriverroom.org.uk to book.

