

# Events, courses and activities

## Spring/Summer 2019



Halton Mill

### Theatre & Improv

**Plus:** yoga & wellbeing, arts & crafts, events, talks, films, battles, Millfest and more...



*Halton Mill – the low carbon space to work, create, perform, relax, play, and learn.*

**Hello,**

**Welcome to the Halton Mill spring/summer brochure, telling you about all the opportunities for creativity, entertainment, stimulation, learning and relaxation at the Mill.**

**As well as a wide range of courses, performances and events, we let private and shared offices, workshop and studio space, and have a variety of rooms for hire.**

**To receive our monthly newsletter, email [greenelephant@haltonmill.org.uk](mailto:greenelephant@haltonmill.org.uk)**

**Hive coworking**



The Hive is a comfortable, friendly coworking space – bring your laptop and hook up to our hyper-fast broadband, wired or wirelessly. There are several screens and two desktop computers for members' use. Printing/scanning/photocopying available. £100/month for a full time desk or £1/hour.

**Lunelab**



Well-equipped community crafts space, run by us for us, with pottery & woodworking facilities & access to a large multipurpose Arts & Crafts room. With pottery wheels, kiln, lathe, band saws and tools. £10 a month for 24/7 access. Contact Luke on 07980 000682 or [info@lunelab.org.uk](mailto:info@lunelab.org.uk).

**Hyperfast BB**



Our broadband is among the fastest in the country (1000 megabits a second), supplied by community owned B4RN Broadband for the Rural North.

**Pop-up Cafe**



A space to make yourself a brew and socialise, serving light lunches and cake once or twice a week. See our website for latest info.

# Spaces for hire

## Seminar Room



Ground floor, light with wooden floor and blackout blinds - ideal for talks, film showings, workshops, classes and meetings. 50m<sup>2</sup>.

## The Atrium



A large, double height, flexible, ground floor space for performances, conferences and celebrations. 116m<sup>2</sup>.

## Cafe / Meetings



An informal ground floor space for small meetings, teaching etc when not in use as our cafe. 35m<sup>2</sup>.

## Arts & Crafts



Ground floor workshop for arts and crafts classes, group work, messy activity for all ages. Sink, jewellery work tables, whiteboard. 52m<sup>2</sup>.

## River Room



A dedicated retreat space, ideal for group activities such as yoga, meditation and therapeutic dance. Book via [rebecca@theriverroom.com](mailto:rebecca@theriverroom.com)

## Rainbow Room



A peaceful, intimate therapy room, available for well-being sessions, classes and meetings. Book via [rainbowtherapies@hotmail.com](mailto:rainbowtherapies@hotmail.com)

For more info, bookings and to check availability go to [www.haltonmill.org.uk](http://www.haltonmill.org.uk) or email [greenelephantbookings@gmail.com](mailto:greenelephantbookings@gmail.com) or call **07582 789406** during office hours: Tuesday, Wednesday, Thursday 09:00-17:00. *Outside these times it may take a while to respond.*

## Workshop series



### Improv & Presence

with **Rachelle Dart** from **Small Dance Collective**

**Saturday 5 January 10:00-13:00, Tuesday 8, Thursday 10 Jan 18:00-20:00**

Saturday: whole body awareness and being present. Evening sessions: fundamentals of comedy improv. All ages/experience. Each workshop £5-£15. [Rachelle.dart@gmail.com](mailto:Rachelle.dart@gmail.com) or 07519 697841.

## Workshop



### Beatnix Young Drummers

with **Cloud Head Creatives**

**Friday 11 January 17:30-18:30**

This taster session for kids explores the basics of drumming using djembes, carnival drums and percussion to make a groove, work on some nice rhythms and have fun! Led by Hannah, a youth worker trained in arts & music. £10 per family. Weekly classes planned once a group is established. [h.houghton@live.com](mailto:h.houghton@live.com) 07790 745852.

## Workshop



### Drawing from Life: Portrait Art

with **Helen Thompson**

**Friday 11 January 10:00-12:30**

Suitable for anyone wanting to start or refresh their drawing skills in a relaxed atmosphere. Live (dressed) model at each class plus Helen's help to understand how and what to observe and how to translate that to paper, or you're welcome to do your own thing. £15. [helenthompsonart@gmail.com](mailto:helenthompsonart@gmail.com) or 07719 586005.

## Workshop series



### Replenish, Rejuvenate & Joy

with **Rebecca**

**Sundays 13 January 14:00-19:00, 3 March 14:00-19:00**

Two workshops to help cleanse, refresh & fight the blues. Session 1 explores the power of transformation both on and off the mat to build hope, love and optimism into our lives. Session 2 focuses on gratitude and wonder to tune in to our innate joy and happiness. £40 includes refreshments. [rebecca@theriverroom.org.uk](mailto:rebecca@theriverroom.org.uk)

## Talk



### Forgebank Five Years On

**Forgebank Political Café with Chris Coates**

**Sunday 13 January 19:30**

Forgebank Cohousing is an ambitious attempt to find a way to live a lower impact lifestyle. Founder member Chris Coates asks the question; what did we say we would do & did we do it? He looks back over the first five years of the community and tries to assess how far the project achieved its original aims. Free entry. Bar available.

## Exhibition



### Feeding Body and Soul

with **Walter Lewis**

**Friday 18 January – Friday 8 March**

This photographic exhibition tells the story of a small but growing group of passionate and committed farmers around England and Wales, who have rejected globalised, factory-scale food production. Instead they have begun producing food in ways which constitute an agrarian renaissance. Free.

## Workshop



### Mindful Me Day

with **Janette Edwards**

**Sunday 20 January 13:00-16:00**

The mind and body are our most precious and valuable resources, through which we experience every moment of our lives. We need to look after them. How well are you looking after yours? Take some time for yourself. £40 including lunch & refreshments. Contact Janette on: 07753 194002 or email [janetteedwards@hotmail.com](mailto:janetteedwards@hotmail.com)

## Workshop



### Crane Qigong

with **Jude Pereles**

**Saturday 26 January 14:00-17:00**

Learn a Crane Qigong sequence. Suitable for beginners and those with previous experience of qigong and Tai Chi. Crane Qigong is particularly beneficial for the breathing and balance. Cost £30/£25 concessions. To book contact [jude.pereles@btinternet.com](mailto:jude.pereles@btinternet.com)

## Workshop series



### Mothers and Makers

with **Small Dance Collective: Anya Hernandez and Rachelle Dart**

**Saturday 2 – Thursday 7 February**

5 sessions exploring motherhood and development work. Participants engage in the creative process through interviews, storytelling, embodied listening, and movement composition. Donations £0-10 per session. [smalldancecollective@gmail.com](mailto:smalldancecollective@gmail.com) or call 07519 697841 for times / more info.

## Workshop



### Creative Printing

with **Sarah Galloway, architectural glass artist & screen printer**

**Saturdays 2 Feb / 2 March / 27 April 10:00-15:00**

Explore creative printing techniques – using themes relating to natural forms – including mono printing, press tile printing and creative screen printing techniques, plus ideas generation and drawing. £40 per day. [info@sarahgallowayassociates.co.uk](mailto:info@sarahgallowayassociates.co.uk)

## Workshop



### Living Sober: An Introduction to becoming Alcohol-Free

with **Suzee Tylee & Nicki Sorbie**

**Saturday 9 February 10:00-15:30**

Functional nutritional therapist and living sober practitioner, Suzee joins yoga and meditation teacher Nicki to guide you through an enriching, informative and nourishing day on the subject of living your life free from alcohol. £45 including a tasty, nourishing and liver detoxing lunch. [nourishlancaster@gmail.com](mailto:nourishlancaster@gmail.com), 07811 677680.

## Workshop



### Georgian Three Part Harmony singing

with **Malkhaz Erkvanidze, International Centre for Polyphony Research**

**Sunday 10 February 14:30-18:00**

Learn from one of the masters of Georgian traditional folk harmony, designated part of the world's Intangible Cultural Heritage by UNESCO. Malkhaz, an ethnomusicologist, teaches Georgian Folk Music at Tbilisi State Conservatoire. £15/12. [beth@bethdelange.co.uk](mailto:beth@bethdelange.co.uk)

## Film & discussion



### Accidental Death of an Anarchist

**Forgebank Political Cafe with Geof Atwell**

**Sunday 10 February 19:30**

Showing of the 1985 Channel 4 TV production of Dario Fo's farce based on the real-life story of Italian railwayman and anarchist, Giuseppe Pinelli, who fell – or was thrown – to his death from the fourth floor of a Milan police station in 1969. Followed by discussion with Geof Atwell, lecturer in Physical Theatre, on the work of Dario Fo. Free entry. Bar available.

## Workshop



### Mass battle: All's Fair in Love & War

with **Rachelle Dart**

**Saturday 16 February 14:00-17:00**

What is a better way to follow Valentines Day than with a Mass Battle? The first half of the workshop will cover the basics of Unarmed Stage Combat and safety in theatrical violence. The second half will be choreographing and staging a mass battle. £5-£15. Book via [Rachelle.dart@gmail.com](mailto:Rachelle.dart@gmail.com) or 07519 697841.

## Workshop



### Feminine Awakening: Womb Yoga & Massage

with **Liz Bortoli**

**Sunday 17 February 13:00-17:00**

Restore balance and vitality through the art of Mizan self-massage, connecting with your womb space through meditation and pranayama breathing, and Yoga asanas. Easy to follow course booklet to take away. To book contact Liz via [holistichealthderbyshire.com/womb-yoga](http://holistichealthderbyshire.com/womb-yoga)

## Play



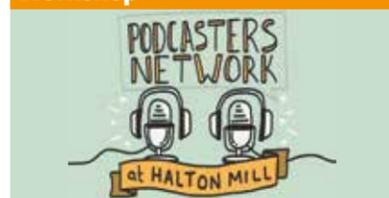
### The Tin Soldier

**Musical adaptation by Folksy Theatre**

**Wednesday 20 February 15:00**

This enchanting production combines live music, multimedia, puppetry and talented acting to tell the story of a tin soldier's love for a music box ballerina, and his pursuit by a wicked goblin. The Times said Folksy provides a "truly magical afternoon." Ages 4-12 £10/8. Tickets from [www.folksytheatre.co.uk](http://www.folksytheatre.co.uk)

## Workshop



### Podcasters & Would-be Podcasters' Network

with **Fiona Frank & Aaron Kara**

**Thursday 21 Feb 10:00-13:00**

Do you produce a podcast or are you thinking of starting one? Share ideas about recording, editing, & publishing. £3 including coffee and cake. Contact [fionafrank@gmail.com](mailto:fionafrank@gmail.com) for further information.

## Play



### Joan and Jimmy

with **Blaize and Spot On Rural Touring**

**Friday 8 March 19:30**

The story of Joan Littlewood and Jimmy Miller (singer-songwriter Ewan MacColl) standing among the rubble of 1945 post war Britain. They founded Theatre Workshop with a travelling troupe of storytellers, musicians and outlaws committed to the overthrow of the established order. £10/£8. Tickets from [www.haltonmill.org.uk](http://www.haltonmill.org.uk)

## Talk



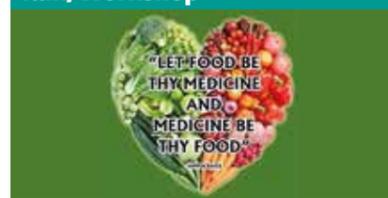
### A Hero for High Times

**Forgebank Political Cafe with Ian Marchant**

**Sunday 10 March 19:30**

Author Ian Marchant talks about his book which tells the hippy story. Enlightening for those who've never heard of Oz, the Divine Light Mission or Greenham Common, but who want to understand their grandparents' stories of turning on, tuning in and not quite dropping out. Ageing hippies might enjoy it too. Free entry. Bar available.

## Talk/Workshop



### Bridging the Nutritional Gap

with **Dawn Keyse**

**Tuesday/Saturday 12/16 March 19:00/14:30 & Sat 30 March 10:00-13:00**

Two chances to hear a free talk on Natural Nutrition for improved health, outlining simple sustainable steps towards health and vitality. Followed by a motivational 3 hour workshop on Natural Nutrition and Supplementation, including coaching on implementing simple dietary changes. £45. Book via [dawnkeyse@gmail.com](mailto:dawnkeyse@gmail.com)

## Workshop



### Silver Jewellery: Make Presents

with **Rachel Hearne**

**Friday 15th March 09:30-15:00**

An opportunity for people with some experience of jewellery making to use some concentrated time making one or more gifts with the support of a teacher. Alternatively you could produce a more complicated piece or explore, in-depth, a specific technique. £32. [www.lal.ac.uk](http://www.lal.ac.uk) or call 0333 0031717.

## Event



### Land. Presence. Place.

with **Miles Doubleday**

**Friday 15 March 20:00**

Local musicians & artists collaborate in a meditation on what it means to live in an area of outstanding natural beauty in a time of environmental catastrophe. Elephant In The Room improvise live to films, plus contributions from artists inspired by the area. Pay what you feel. Bar available. [miles.doubleday@gmail.com](mailto:miles.doubleday@gmail.com)

## Music



### Live Music Night

from the team behind **Halton Millfest**

**Friday 29 March 19:30 until late**

Live music, craft beer and DJs from the people that bring you the Mill's annual festival, Halton Millfest. Follow Halton Millfest on Facebook for more details and line-up announcements. Tickets £7 on door, or £5 in advance from [www.haltonmill.org.uk](http://www.haltonmill.org.uk)

## Workshop



### Raku Pottery Days

with **Philip Pearson**

**Saturdays 6 April and 22 June 10:30-16:00**

Glaze and fire pots outside using this traditional Japanese art. Bring a couple of your own biscuit fired pieces to glaze or use ones supplied by us. Glazes and materials included. A fun day out in a great setting by the river at Halton Mill. Age 18+. £35. [philiplaster@yahoo.co.uk](mailto:philiplaster@yahoo.co.uk)

## Workshops & performances



### Physical Theatre & Improv

with **Lizzy & Andreas, Awkwardly Quiet**

**Saturday 13 April, weekend 18/19 May**

Workshops open to anyone wanting to play. 13 April: having creative fun as a team. 18 May: creating characters. 19 May: generating scenes together. Each workshop 10am-5pm, £55, discounts available. Book via [awkwardlyquiet@gmail.com](mailto:awkwardlyquiet@gmail.com). Improv Shows 13 April, 18 May 7.30pm: £10/8.

## Drama & spoken word



### Greyhound

with **Monkey Poet, Matt Panesh**

**Saturday 27 April 20:00**

Award winner Matt, founder of the Morecambe Fringe Festival, brings you a hilarious and horrifying true story of a simple poet's bus journey through the dark heart of America, sitting next to a body-mutilating, beheading, bandito. Plus poetry set. £10/8. [www.haltonmill.org.uk](http://www.haltonmill.org.uk)

## Event



### Halton Millfest

**Saturday 15 June midday to late**

This family festival returns to the banks of the River Lune. Enjoy hours of great music, delicious food, craft beers, and a party atmosphere. It's a showcase for the district's huge musical talent. Daytime free, evening tickets from [www.haltonmill.org.uk](http://www.haltonmill.org.uk). More details via Millfest Facebook page.

## Workshop



### Diving Deeper into Yoga and Meditation

with **Krishna Premananda from Mandala Ashram**

**Sunday 30 June 10:00-16:00**

Using meditation, yoga nidra, pranayama and mudra we will explore the subtle, yet beautiful landscape that lies within us all. Accessible practices that you can continue at home. £50. Book via [rebecca@theriverroom.org.uk](mailto:rebecca@theriverroom.org.uk)

# Regular courses and events

## Monday

- 09:30-12:00 Silver Jewellery Intermediate with Rachel Hearne (from 21/1) [www.lal.ac.uk](http://www.lal.ac.uk)
- 09:30-10:30 Pilates with Nickey [hotcatpilates@yahoo.com](mailto:hotcatpilates@yahoo.com)
- 18:00-19:15 Beginners Yoga with Rebecca [rebecca@theriverroom.org.uk](mailto:rebecca@theriverroom.org.uk)
- 18:30-21:00 Silver Jewellery Beginners/Beginners + with Rachel Hearne (from 21/1) [www.lal.ac.uk](http://www.lal.ac.uk)
- 19:30-20:45 Yoga for Runners & Cyclists with Rebecca [rebecca@theriverroom.org.uk](mailto:rebecca@theriverroom.org.uk)

## Tuesday

- 09:30-12:00 Ladies Mean Business Networking (2nd Tuesday of month) [dawnkeyse@gmail.com](mailto:dawnkeyse@gmail.com)
- 10:00-11:30 Iyengar Yoga with Rozz [rosemarycutler@yahoo.com](mailto:rosemarycutler@yahoo.com)
- 12:30-14:00 Hatha/Vinyasa Flow Yoga with Rebecca [rebecca@theriverroom.org.uk](mailto:rebecca@theriverroom.org.uk)
- 18:00-19:15 Traditional Yoga with Oliver [cothorne@hotmail.com](mailto:cothorne@hotmail.com)
- 18:30-21:00 Silver Jewellery Advanced with Rachel Hearne (from 22/1) [www.lal.ac.uk](http://www.lal.ac.uk)
- 19:30-20:45 Seasonal Vinyasa Yoga with Emmaline [emmalinet@hotmail.co.uk](mailto:emmalinet@hotmail.co.uk)

## Wednesday

- 18:00-19:00 Infinite Tai Chi/Chi Gung with Nicky Beardsworth 07949 912540 / [beardsworth72@hotmail.co.uk](mailto:beardsworth72@hotmail.co.uk)
- 18:15-19:45 Hatha/Vinyasa Flow Yoga with Rebecca [rebecca@theriverroom.org.uk](mailto:rebecca@theriverroom.org.uk)
- 18:30-21:00 Pottery for beginners & improvers with Philip Pearson [philiplaster@yahoo.co.uk](mailto:philiplaster@yahoo.co.uk)
- 20:00-21:30 Yin/Restorative Yoga with Rebecca [rebecca@theriverroom.org.uk](mailto:rebecca@theriverroom.org.uk)

## Thursday

- 09:30-10:30 Pilates with Janet Butler [janet@janetbutlerpilates.co.uk](mailto:janet@janetbutlerpilates.co.uk)
- 17:00-18:00 Re:Junked Afterschool Upcycling Club (starts 7/2) [h.houghton@live.com](mailto:h.houghton@live.com)
- 18:00-19:00 Turn Inwards: Mindful Hatha Yoga with Sandra [sandratalton24@gmail.com](mailto:sandratalton24@gmail.com)
- 18:30-21:00 Creative Printing with Sarah (10 wks starts 24/1 & 25/4) [info@sarahgallowayassociates.co.uk](mailto:info@sarahgallowayassociates.co.uk)
- 19:00-21:00 Work, Rest & Play with Janey Todd (starts 10/1) [aberlass@gmail.com](mailto:aberlass@gmail.com)
- 19:15-20:15 Mindfulness with Janette Edwards [janetteedwards@hotmail.com](mailto:janetteedwards@hotmail.com)

## Friday

- 10:00-11:30 Gentle Yoga with Rebecca [rebecca@theriverroom.org.uk](mailto:rebecca@theriverroom.org.uk)
- 10:00-12:00 Creative Writing with Marian McCraith (from 25/1) [www.lal.ac.uk](http://www.lal.ac.uk)
- 10:00-12:30 Portrait Art and Life Drawing (from 11/1) [helenthompsonart@gmail.com](mailto:helenthompsonart@gmail.com)
- 18:30-21:00 Creative Printing (10 wks starts 25/1 & 26/4) [info@sarahgallowayassociates.co.uk](mailto:info@sarahgallowayassociates.co.uk)
- 20:00-21:15 Gong Bath (2nd Friday of month except Sat 10/11) [ondray@hotmail.co.uk](mailto:ondray@hotmail.co.uk)

## Saturday

- 10:30 -12:00 Saturday Refresh Yoga with Rebecca (or 8:00-9:30 - check [www.theriverroom.org.uk](http://www.theriverroom.org.uk))
- 12:00-17:00 Soulful Saturdays, taster sessions of massage, reiki, reflexology (first Saturday of month) [rainbowtherapies@hotmail.com](mailto:rainbowtherapies@hotmail.com)

## Sunday

- 11:00-12:15 Pranacharya Yoga with Sonia Welch [welchsonia3@gmail.com](mailto:welchsonia3@gmail.com)
- 16:00-18:00 Georgian Harmony Singing with Beth de Lange (6/1, 27/1, 10/3, 31/3) [beth@bethdelange.co.uk](mailto:beth@bethdelange.co.uk)
- 19:00-21:30 Raising Vibrations Spiritual Sessions (songs, books, films - from 27/1/19) [rainbowtherapies@hotmail.com](mailto:rainbowtherapies@hotmail.com)

For up to date information and details about events and courses at Halton Mill see our website

[www.haltonmill.org.uk](http://www.haltonmill.org.uk) | Halton Mill, Mill Lane, Halton, Lancaster, LA2 6ND

mobile: 07582 789406 email: [greenelephant@haltonmill.org.uk](mailto:greenelephant@haltonmill.org.uk)



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