

## Event



### Table Top Sale

Saturday 25 January, 09:00-12:00

Come & buy all kinds of pre-loved things that your neighbours no longer need, at great prices. It's fun and a chance for a chat and a rummage. FREE entry. Refreshments. Book a table (£10) via [www.haltonmill.org.uk](http://www.haltonmill.org.uk) or email [greenelphant@haltonmill.org.uk](mailto:greenelphant@haltonmill.org.uk).

## Workshop



### Five day Creative Glass courses

with Sarah Galloway

Monday – Friday 27-31 Jan & 23-27 March, 10:00-16:00

Exploring the creative practices that Sarah uses in her work, you will learn to generate design ideas using a range of media. After experimenting with different techniques, you will create your own 50cm x 40cm art glass panel to keep. £400, inclusive of materials. [www.sarahgalloway.co.uk](http://www.sarahgalloway.co.uk).

## Workshop series



### Bringing Meditation to Life

with Will Medd & Rebecca Ellis

February – April

Exploring meditation and how you can apply it to your everyday life – from managing stress and difficult emotions to experiencing more fully the beauty of life. Both for beginners and those wanting to develop their practice. For info and a taster session contact [willmedd@gmail.com](mailto:willmedd@gmail.com).

## Workshop



### Queen of Hearts jewellery making

with Rachel Hearne

Saturday 1 February, 10:00-15:00

Make a silver heart pendant or a silver bangle with a heart charm for yourself or someone you love. For total beginners and beyond. Costs: £50 plus materials (£5 upwards depending on what you choose to make). Book via [www.rachelhearne.com/courses](http://www.rachelhearne.com/courses).

## Workshop



### Yoga Philosophy

with Sue Denerley

Saturday 1 February, 10:00-13:00 / 14:00-17:00

Deepen your understanding of the origins & philosophy of yoga. Morning session: history & disciplines of Yoga; Patanjali's Yoga Sutras. Afternoon session: Eight Limbs of Yoga; the Five Koshas; Chakras. £15 half day, £25 full day. Text Sue 07962 449297.

## Food & Music



### African Sunday Supper Club

with Mercy Statter & NDodo

Sunday 23 February, 19:00-21:30

A delicious two course West African 'street food' meal with music. Food prepared by Mercy Statter from the MTJ market stall – meat/veggie/vegan options. Followed by music and dancing with NDodo – Afro jazz/rock with warm flowing sax. £20. Wine & beer on sale or BYOB. Book early via [www.haltonmill.org.uk](http://www.haltonmill.org.uk).

## Workshop



### Creative Printing

with Sarah Galloway

Saturdays 08 Feb / 29 Feb / 07 Mar / 28 Mar / 25 Apr, 10:00-16:00

Day courses exploring printing techniques including screen printing, working from your own drawings and ideas. All abilities welcome. £60 inclusive of materials. [www.sarahgalloway.co.uk](http://www.sarahgalloway.co.uk).

## Talk



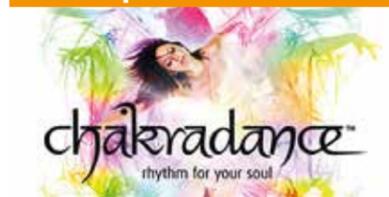
### Cohousing on Vancouver Island

Forgebank Political Café with Catriona Stamp & Chris Coates

Sunday 9 February, 19:30

Find out about Cohousing Canadian style. In summer 2019 Chris & Catriona visited two cohousing projects on Vancouver Island: one a recent senior cohousing scheme on the Pacific coast, the other an established intergenerational project in Nanaimo town. Entry free. Bar.

## Workshop



### Chakradance – A journey through the Chakras

with Sarah Swindlehurst

Saturday 15 February, 11:00-12:45

Sarah will take you through a healing journey of a Chakradance. You will discover and balance your chakras, freeing the energy in your body, using blindfolded dance, mandala making & meditation. £15. <https://theyogicprescription.com/workshops>.

## Workshop



### Lampshade Making

with Neevy B

Saturday 29 February, 13:30-16:30

Try your hand at making a lampshade in this three hour course. No sewing required. Everyone welcome. You can work at your own pace with plenty of friendly support and guidance. Materials & refreshments provided. £30. Book via [neevyb@hotmail.co.uk](mailto:neevyb@hotmail.co.uk).

## Workshop



### Awakening the Heart Space

with Krishna Premananda

Sunday 8 March, 10:00-16:00

We'll work with accessible practices – like meditation, yoga nidra, asana, pranayama and mudra – to connect with and patiently open the heart. We'll explore our emotional landscape and the defences we use to protect the heart. £50. [rebecca@theriverroom.org.uk](mailto:rebecca@theriverroom.org.uk).

## Talk



### The Lancaster Hydrogen Hub

Forgebank Political Café with Steve Wrigley

Sunday 8 March, 19:30

Could Lancaster District become a showcase for hydrogen-based energy, decarbonising local industry and transport and the heating of buildings? Steve Wrigley, a project manager at 'Energy Lancaster' at Lancaster University, will outline the opportunities for hydrogen-based energy across the district. Free entry. Bar.

## Concert



### Truckstop Honeymoon

A Spot On production with Katie & Mike West

Saturday 14 March, 19:30

Having toured across three continents with four kids, Katie & Mike West tell stories about the strangeness of everyday life. Hollering with all their hearts over a five-string banjo and a doghouse bass, their music combines elements of bluegrass, music hall jazz and rock'n'roll. For ages 10+. Book: [www.haltonmill.org.uk](http://www.haltonmill.org.uk). £10/£8.

## Workshop



### Mother's Day Make a Silver Bangle

with Rachel Hearne

Saturday 21 March, 10:00-14:00

Do something totally different for Mother's Day! Treat her to a day out and make something truly unique and memorable. Learn to make a bangle out of silver using hand tools and soldering equipment to craft a wearable memory. For beginners and beyond. £70 including materials. Booking [www.rachelhearne.com/courses](http://www.rachelhearne.com/courses).

## Workshop



### An Afternoon of Guided Mindful Practice

with Martin Summerfield

Saturday 21 March, 13:15-17:15

Mindfulness practice with a general theme of self-care and self-compassion. A series of guided practices – sitting, walking and gentle movement – suitable for those with experience of mindfulness. £20. Contact Martin Summerfield, [martin@anchorpoint.org](mailto:martin@anchorpoint.org) to book.

## Training course



### Toddler Yoga Teacher Training

with Yogakidz Worldwide

Sunday 22 March, 9:00-16:00

This training will qualify you to become an accredited toddler yoga teacher and give you the ideas and resources you need to run a class. Classes include the traditional Eight Limbs of Yoga alongside fun practices such as song and story with yoga postures and breathing. £285. Book via [office@yogakidzworldwide.com](mailto:office@yogakidzworldwide.com).

## Training course



### Yin Yoga Module 2

with Gaby Maass

Friday 27 – Sunday 29 March

This 40-hour course focuses on the spine, torso and upper body and is suitable for any level of practice. It provides essential training if you are wanting to teach Yin yoga with a functional approach and provides a good foundation for any yoga teacher or student. £400. Book via [gabrielamaass@hotmail.com](mailto:gabrielamaass@hotmail.com).

## Storytelling



### A Spring Sunrise

with David Dale & Ian Midgley

Saturday 28 March, 19:30

The dark nights are behind us and the light has returned. Performance storyteller David Dale and musician Ian Midgley entertain with a bloom of stories, songs and poems to celebrate springtime and spring festivals. Ages 16+. £7.50. Book via [www.haltonmill.org.uk](http://www.haltonmill.org.uk).

## Food & Music



### Seasonal Sunday Supper Club

with Charlie Moon & Friends

Sunday 5 April, 19:00-21:30

A farm-to-table, two-course meal with relaxing music. Using foraged, organic and home-made produce grown locally at Monkley Ghyll Farm. Veggie/vegan and free-range meat options. With an acoustic guitar duo playing Spanish & Latin American music. £20. Wine & beer on sale or BYOB. Book early via [www.haltonmill.org.uk](http://www.haltonmill.org.uk).

## Exhibition



### Bespoke Traditional & Contemporary Furniture

by Paul Martyn

April 17 – June 30

This exhibition of handcrafted furniture reflects Paul's passion for the natural beauty of wood. Paul creates furniture that brings out that beauty, resulting in something unique, timeless and a work of art. Paul is giving a talk on his craft on Sunday 19 April.

## Talk



### Handcrafting furniture in wood

Forgebank Political Café with Paul Martyn

Sunday 19 April, 19:30

Paul Martyn trained at the London College of Furniture in the East End of London. Paul talks about the joy of hand crafting furniture in an age of mass production, creating an object of beauty to fit in a specific space. Examples of Paul's furniture will be on show in the Mill's exhibition area. Entry free. Bar.

## Workshop



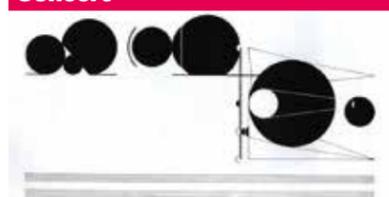
### Silver Metal Clay: stone settings

with Rachel Hearne

Saturday 25 April, 09:30-16:00

Silver metal clay is a unique material that opens up many possibilities for designers and crafters. This course is for those with some experience with the material who would like to further their skills and learn how to incorporate gemstones in their designs. £90 including materials. [www.rachelhearne.com/courses](http://www.rachelhearne.com/courses).

## Concert



### Graphic Scores

with Elephant In The Room

Saturday 25 April, 19:30

Four musicians (keyboard, percussion, guitar and saxophone) interpret and improvise from a variety of graphic scores – musical scores which have images instead of notes. The scores will be visible to the audience. Pay as you feel, minimum £5 recommended. For more info contact [miles.doubleday@gmail.com](mailto:miles.doubleday@gmail.com).

## Film



### The Battle of Orgreave

Forgebank Political Café

Sunday 10 May, 19:30

A showing of artist Jeremy Deller's realistic re-enactment of the confrontation between striking miners and police in June 1984. Described as 'more flashback than re-enactment' it involved 200 former miners who had been part of the original conflict alongside 800 historical re-enactors. Free entry.

## Workshop



### Reversible Pendant Making

with Rachel Hearne

Friday 15 May, 09:30-16:00

Make a versatile pendant with two different sides. Learn how to make your own patterns and surface decoration on silver tiles using stamping tools and rolling mill. Ideal if you've tried a bit of jewellery making and want to improve your skills. Beginners welcome. £70 including materials. Book via [www.rachelhearne.com/courses](http://www.rachelhearne.com/courses).

## Talk



### Uncovering Halton Mill

with Lancaster Uni Regional Heritage Centre

Saturday 16 May, 10:00-16:00

Halton Mill has a fascinating history, touching on many aspects of local life. A range of speakers will explore its story in the context of the economic and social significance of the Lune mills during the past 200 years. Supported by the National Lottery Heritage Fund. Details & booking via [www.lancaster.ac.uk/rhc](http://www.lancaster.ac.uk/rhc).

## Workshop



### Sacred Feminine Workshop

with Reva

Sunday 7 June, 10:00-17:00

This day for women offers a rare gift to share deeply with other women. We will explore the different phases of woman; maiden, mother and crone and our innate connection to the Goddess. The day will include asana, chanting, mantra and yoga nidra (deep relaxation). £50. Book via [rebecca@theriverroom.org.uk](mailto:rebecca@theriverroom.org.uk).

## Food & Music



### Seasonal Sunday Supper Club

with ALEX café and live music

Sunday 7 June, 19:00

The last of three Mill Supper Clubs offers an evening of seasonal food and live music showcasing new menu ideas from the ALEX team – the juicing and smoothie specialists. Meat/veggie/vegan options. £20 / head. Wine and beer on sale or BYOB. Book early via [www.haltonmill.org.uk](http://www.haltonmill.org.uk).