

The following message was sent to all those on our DATABASE in mid January and has details of some of the courses planned during the next few months.

The full programme for 2008 will be available , we hope, by early March .

Those on our database will receive the new programme as soon as it available and most probably before the website has been updated.

If you wish to be added to our database please email annieswarb@uwclub.net. We will always reply, so if none is forthcoming, please try again! Thank you.



A Happy New Year to you all..... and for those who have been asking , an *interim* update on the Quirky Workshops taking place here at the Cycle Café over the next few months to tie you over until the full programme is finalised in the spring. Some of the below Workshop days may not yet be mentioned on our website.

For Birthdaysplease remember , giving either 'Specific Days' or 'Open Vouchers' are a perfect solution to a birthday present dilemma - just phone/email for details.



For CYCLISTS (current and aspiring)please email us if you wish to be included in any of these email group loops .. .briefly :

...**Saturday Social Cycling (road)** every Sat at 11am is becoming rather popular and a healthy email loop exists - they plan to start again soon - please contact us if you'd like to be included in this email group . Being included in the loop won't commit you but may enable you to assess whether the rides are suitable for you - often the group splits into 2 abilities and routes vary from week to week etc.

Saturday Family Cycling ... will be starting in season every Saturday for those of you with younger children wishing to cycle together. Routes from the Cycle Café are fairly quiet and flat (ish) and are some ideal circular ones exist. Parents must attend. Times etc to be finalised within loop.

Saturday Mountain Biking.... starting this year an email loop to enable local MTB lovers to find others to ride with . No one expects you to start from here unless you want to ... simply a means of getting in contact and arranging Saturday (or other) trails wherever - ideas for a catchy/quirky name are welcomed

Unfortunately Billy Showell is now unable to join us for Sunday 8th June and will only be here on Monday 9th and Tues 10th June . If you have not yet been contacted about a Sunday booking please get in touch. The picture above was painted by Billy, we hope in the near future she will run a Cartoon Drawing Workshop at the Cycle Cafe.

As ever, please do forward these details to any friends you think may be interested

With best wishes and many thanks

Annie

Quirky Workshops & Creative Days

Currently there are spaces on the following days :

Thu 7th Feb or Fri 8th Feb Scrumptious Scone Making Workshop

Come and join two ladies who run two Tea Rooms in the Lake District and learn some of the secrets of our scone making- we will be working with an Aga and a conventional oven. This will be a hands on course trying out a variety of recipes - both sweet and savoury - there should be plenty to take home at the end of the day. £36 inc a lovely 2 course lunch and refreshments .

Thu 14th Feb- Chinese Ink Painting - Calligraphy

'**Symbols and Signs for Valentines**' with Irene Sanderson 9.30 - 3.30pm A day of learning the techniques and studying the background to these favourites of Chinese and Japanese paintings. Be totally inspired by this wonderful artist, herself a pupil of a Japanese master & well known for her ink painting and watercolour, and try your hand with this lovely and different medium - and learn to write some secret messages for this special day. £38 inc a lovely 2 course lunch and refreshments.

Beautiful Bread Making Machines with Gillian Harris

Tue 26th Feb 10 - 3pm Learn just how easy and simple it is to create a variety of lovely breads using a breadmaker - and how cakes can be conjured up with ease . sourcing quality ingredients, Gillian Harris is widely recognised for teasing the very best out of these wonderful machines.£38 Includes all refreshments and a lovely 2 course lunch

Rag Rug Day Thu 28th Feb 9.30-3.30pm

Susie will bring along some of her colourful rugs and exciting materials to inspire you to create your own design. She will guide you through two of the most popular techniques of producing a rag rug- the 'Hookie' and the 'Proddie' to create your own piece of work. Enjoy the relaxing day learning this local craft. All materials are provided. £38 Includes all refreshments and a lovely 2 course lunch .

Tues 11th March New Date : Discovering Watercolour Pencils Workshop – a day discovering how to get the very best out of this versatile watercolour tool with Margaret Jarvis £38 inc lovely 2 course lunch and refreshments . 9.30 - 3.30pm

Fri 14th March Living Willow Workshop - Arbours and Lattice Screens with Phil Bradley ...Learn how to make these stunning architectural features to recreate in your own gardens £37 inc lovely 2 course lunch and refreshments . 9.30 - 3.30pm

Tues 18th March Designs on Canvas with Gillian This is the ideal opportunity for you to produce a large piece on canvas , a statement , in your very own colour scheme for a particular room in your home. Being mostly abstract in designs, to produce a very acceptable piece of art is actually simpler than you may think and an artistic bent is not necessarily a must with Gill's expert guidance.£38 + inc the usual

Wed 19th March 9am - 5pm Appointed Persons First Aid Course Certificated as approved by HSE for all small employers nowadays. £50 inc lovely 2 course lunch and refreshments

Tue 15th April 9am - 5pm Appointed Persons First Aid Course Certificated as approved by HSE for all small employers nowadays. £50 inc lovely 2 course lunch and refreshments

Wed 16th April Bike Maintenance Evening with Steve Woods 6pm - 8.30pm £17 inc refreshments/ cakes . Learn to be self sufficient when out on your bike - punctures/ brakes/ gears/ hydraulics etc - anything you need to know infact !

Wed 30th April Beginners Watercolours in Springs' Garden with Margaret Jarvis. Spend an enjoyable and relaxing day being guided through and experimenting with the wonderful medium of watercolour. In the morning you will learn the principles of colour mixing, how to use washes and master various techniques for effects and textures. By lunchtime you may have chosen a feature in the garden, perhaps a stone wall or a section of a flower border, even a single bloom - or possibly even a first landscape across parkland to Greystoke Castle, working in the garden where possible. £38 inc the usual. 9.30 – 3.30pm

Tue 6th May 9.30 - 3.30pm Willow Hens and Cockerels with Phil Bradley who will guide us through a day of sculpting and creating our own willow hens and cockerels either for our own gardens or fireplaces. Phil runs a number of workshops for us, all of which are extremely popular £38 +

Wed 7th May Helter Skelter Wigwams These are a contemporary twist on the original wigwam with a helix type binding Phil Bradley is a very well known local organic grower and creator of things willow & runs a number of workshops for us - all of which are extremely popular. .Wigwams add structure , make great statements in the veg patch and can be used for climbing flowers and veg. Includes lovely 2 course / refreshments £38 +

Sunday 11th May Water Divining and Dowsing Enjoy a memorable day discovering and practising the fascinating art of dowsing, a skill which has been used widely for thousands of years to locate hidden water courses and other unknown underground features. Eleanor will show you first how to build your own rods and put together other dowsing tools that may be used, you will then be guided through the various aspects of dowsing and exploring the gardens at the Cycle Café which once used to be part of the Castle Estate and are on the site of a Roman Road. £43 inc the usual.

Thu 15th May Willow Deer Spend the day creating your very own life size small willow deer- to graze in the corner of your orchard (if you're lucky enough to have one!) - Phil runs a number of workshops for us - all of which are extremely popular. £38 + inc lovely 2 course lunch and all refreshments

Tuesday 27th May and/or Wed 28th May Mountain Biking Day on Barton Fell with Steve Woods MIAAS Qualified Mountain Bike Guide and Cycle Coach. The day starts at a venue near to Barton Fell tba for a short mountain bike maintenance session, Steve will then lead you across onto Barton Fell for a days mountain biking . Packed lunch included.9.30 - 3.30pm Aged 14 and over...a reasonable level of fitness, helmets and mountain bikes will be required.- these can be hired from Steve. £42 see www.adventurecycling.co.uk

Wed 4th June 9am - 5pm Appointed Persons First Aid Course Certificated as approved by HSE for all small employers nowadays. £50 inc lovely 2 course lunch and refreshments

Sunday 8th June Improvers Watercolours in Summers' Garden with Margaret Jarvis A rare opportunity to join Margaret on a Sunday here and learn yet more tips and techniques of watercolour painting, looking further into textures and colour mixing. - hopefully in the garden again if the weather allows. 10.30 - 4.30pm £38 inc lovely 2 course lunch and all refreshments

Mon 9th June and/or Tues 10th June Botanic Illustration with Billy Showell see www.billyshowell.co.uk - Although botanically illustrative, Billy's style is modern in its approach and is primarily about creating an arrangement that symbolises the simplicity and beauty of the natural world. Design and composition are therefore as important to her as the true colours and shapes of the subjects. With vegetables featuring in many of her paintings, she also experiments with more unusual arrangements to create simple, fun images that demand a closer look. She has exhibited her work across Britain and is in constant demand for private commissions. With her eye for detail and creative compositions, her pictures are both vibrant and inspiring. These day workshops are suitable for those with some previous experience, possibly to art club standard.£48 inc the usual .

Fri 20th June Willow Sculptures HERONS AND STORKS with Phil Bradley A new workshop creating an elegant lifesize waterbird perhaps to grace your water feature, but they look equally lovely anywhere in the garden .£38+ inc the usual.

Fri 27th June First Aid for Parents of babies and infants with fully qualified First Aid Trainer 10am - 2pm £22 inc refreshments. Lunch available at the café at extra charge or bring your own sandwiches.

Thursday 10th July Summer Sugarcraft with Gillian Harris 9.30 - 3.30pm - details available and to follow

Friday 11th July Willow Sculptures - HARES - another new course with Phil Bradley and another interesting subject to inspire. £38+ inc the usual.

Sunday 13th July and/ or Monday 14th July Giant Willow Insects with Julie Starks
www.juliestarks.com (please take time to look) Julie is a renowned environmental artist - her artwork reflects a fascination with ecosystems and the fractal nature of our world. She creates artwork based on looking closely at the everyday, emphasizing the beauty of structure, texture and pattern. These wonderful contemporary sculptures are now most sought after in many contemporary gardens - many will be in evidence at Chelsea this year. Create these wonderfully impressive large sculptures - out of willow in a variety of colours.

Tues 15th July Hens and Cockerels with Phil Bradley Phil Bradley will join us yet again and guide us through a day of sculpting and creating our own willow hens and cockerels either for our own gardens or fireplaces. Phil runs a number of workshops for us, all of which are extremely popular. £38 inc lovely 2 course lunch and refreshments 9.30 - 3.30pm