



PILATES @ The Place

Tuesday, Wednesday & Thursday daytime & evenings. £6.75 per class. Qualified Pilates Instructor & postnatal fitness specialist. Contact Vanessa for more details 07979 520085 vanessa@pilates4living.co.uk

STUDYING PLANTS IN WATERCOLOUR

Saturday 31 March 2012, 10am – 12pm
Bring along your watercolours for a painting class based around the close observation of the plant world as it emerges in spring. Tuition will be given by Kate Houghton through demonstration and paint exercises designed to build up confidence and accuracy. Suitable for adults of all levels, beginners welcome. Fee: £10 To book contact: The Place 0115 985 6777 or email artclass@houghtonwyatt.co.uk

CRAFTERS CORNER

every Thursday 10am - 12.30pm
A friendly meeting place for those who enjoy craft-making with beads, textiles, paper, glass etc, and for those who like to draw and paint - everyone is welcome. All you need to bring are your own materials. £2.50 per session. Free refreshments. For more information contact Rita Dobbins 0115-962 1802 or The Place on 0115-985 6777.

POTTERY

Learn to handle clay, and design and make your own ceramics using hand-building techniques, glazing processes, pottery tools and the potters' wheel.

Mondays 6.30 – 8.30pm

Adult evening classes (for adults with additional needs) Fee: £7 per session

Tuesdays & Thursdays 6.30 – 8.30pm

Adult evening classes (for beginners and experienced) Fee: £8 per session

Thursdays 10am - 3pm

Daytime class (for all/mixed abilities)

Fee: £8 per 2 hour session (£7 concession)

Sessions available for School classes (NOCN qualifications), Groups, Team building workshops, Parties for children or adults.

For more information contact Hands on Pottery @ 2a Melrose Street, Sherwood, NG5 2JP on 0115-960 2892 or hands_on_pottery@msn.com

THE PLACE FOR ART

@ The Place every Tuesday 10am – 1pm
We are a friendly, untutored group who meet every week to paint and draw. Newcomers warmly welcome. Each session costs £3.00 For more information contact Rita Dobbins on 0115-962 1802 or The Place on 0115-985 6777

New Art Courses for Winter 2012 tutored by Mark Beaven M.A.

ADVANCED OIL PAINTING COURSE

(10 sessions) Mondays 9 January – 26 March 2012 (excl 16 Jan & 13 Feb) 9.30am – 12.30pm @ The Place
For artists who already have confidence in their painting skills and wish to develop subjects and ideas along with other painters. Working mainly from observation, sessions will be themed – still-life, human figure, landscape or genre subjects, and personal topics. A model will be available for several sessions. Discussion, analysis and practical advice is given throughout. Fee £130 To book call Jane or Jeremy at The Place on 0115-985 6777.

COLOUR OF MONDAY

14 – 20 January 2012, 10am - 4.30pm.
Eleven students from the Advanced Oil Painting class showcase their work at Nottingham Society of Artists, 71/73 Friar Lane. For more information contact info@nottinghamartstudio.co.uk

LIFE DRAWING COURSE

(10 sessions)
Tuesday 17 January – 27 March 2012 (excl 14 Feb) 7.30 – 9.30pm @ The Place
This 10-week course is suitable for students with some previous drawing experience. It will help you develop your observational and expressive drawing skills. Guidance will be given on materials, proportions, construction, modeling form and will embrace a variety of media and techniques. Fee: £130 To book contact Mark Beaven on 07939 571 230 or email: beaven@ntlworld.com

INTRODUCTORY OIL PAINTING COURSE

(6 sessions) Saturdays 14 & 28 Jan, 11 & 25 Feb, 10 & 24 March 2012 10am – 1pm @ The Place
In this instructive 6-week course you will learn the basic methods and craft of oil painting by working from direct observation. Working from still-life subjects, essential advice will be given on materials and techniques to allow you to develop expressive and harmonious paintings. Practical projects will help you learn specific principals of form, tone and colour. Between sessions, simple projects will be set to practice principles learnt in class. Fee: £78 To book contact Mark Beaven on 07939 571 230 or email: beaven@ntlworld.com Visit www.nottinghamartstudio.co.uk for full details of courses & painting holidays

THE SHERWOOD VINTAGE + RETRO EASTER FAIR

Saturday 14 April 2012, 10am - 4pm
Vintage Ceramics, Jewellery, Glass collectables, Clothing & Accessories... original gifts all at affordable prices. Refreshments. Free admission and free parking nearby. For more information contact Andre on 07779 657881 andee_christian@yahoo.co.uk

LIFE SCULPTURE WORKSHOP

taught by David Walton RBSA
Sunday 11 March 2012 10.30am – 4.30pm
A step by step approach to figurative sculpture from the life model Julie, making a stable armature (using wire, paper, string), proper preparation of plaster of Paris, building the form using scrim and plaster bandage. Pose will be a seated or standing figure. Small group – max 10 places. For all, aged 16+ Wear old clothes or apron! Fee: £33. Includes all materials and model fees. Tea, coffee & biscuits provided - bring a packed lunch. Information and bookings, please contact Mike or Julie 0115 950 1260 or 07745 829667 juliemoosburg@fastmail.fm

STABILITY BALL WORKSHOPS

Saturday 4 February & 17 March 2012 10.30am – 12pm @ The Place
Great way to strengthen abdominal muscles and improve overall muscle tone. And it's fun! Bring your own ball. Everyone welcome. Fee: £15 per workshop. To book a place contact Vanessa on 07979 520085 vanessa@pilates4living.co.uk

IMPROVERS OIL PAINTING COURSE

Mondays 16 January – 26 March 2012 (excl 13 Feb) 2 – 4.30pm @ The Place
This weekly oil painting course is for artists who already have some confidence in their painting skills and wish to develop subjects and ideas along with other painters. Working mainly from observation, the sessions will be based around still-life subjects and personal topics. There will be opportunity for discussion and analysis of pictorial themes and ideas, as well as practical advice on working methods. Fee: £125 To book contact Mark Beaven on 07939 571 230 or email: beaven@ntlworld.com

FAIR TRADE NIGHT

Saturday 10 March 2012, from 7pm.

A Fair Trade Fortnight event featuring music, entertainment, talks and quizzes. Free admission. All welcome. Organised by members of Sherwood Justice and Peace Group. For more information contact Jeremy 0115 9621453

SPANISH

with tutor June Smith

Starts on Tuesday 10 January until 20 March 2012 (excl 14 Feb)

An ideal course for those wishing to revise and practice the Spanish they already know and further develop their Spanish language skills in a friendly, supportive atmosphere. Fee: £60. For more details and enrolment contact June on 07773 279783 or The Place Activity Centre on 0115-985 6777.

SHERWOOD WRITERS' GROUP

A positive, informal group with a wide range of activities for everyone interested in writing of any type. We meet on the 2nd Friday monthly at 7.30pm. Come to a meeting – or contact Jeremy on 0115-962 1453

YOGA AND PILATES

Starting Thursday 2 February, 1.45 – 3.45pm

Enjoy Yoga and Pilates exercises. Practise strengthening movements for health and relaxation, and reduce stress. Discuss Yoga theory and try a practical approach to meditation. Bring a mat, blanket, notebook and wear warm loose clothing.

Fee: £53.60 (discounted: £48.25) or free
For enquiries, fee information & to book contact the WEA office: 0115-962 8416

SUN POWER YOGA

Sundays starting 22 January, then alternate weeks thereafter, 3.00 – 4.20pm

Sun Power Yoga is a blend of traditional Eastern styles and contemporary Western innovation: an eclectic mix of Dynamic Hatha, Sivananda and Astanga Vinyasa yoga. Suitable for all levels. Bring your own mat, or hire or buy one. Bring a blanket for relaxation /meditation. Fee: £7 per class, £60 per 10 classes.

For more information contact Jayne on 07981 890 991 or email: jayne.urbanski@ntlworld.com

LAUGHTER & HAPPINESS GROUP

with John Hipkiss

A new, fun way to beat stress and feel great. Laughter is good for you! "Hilarious, infectious and very entertaining" Join us at The Place, 7 – 8.30pm; details about the next meeting available from John on 07545 347462 or john.hipkiss@laughternet.org.uk www.nottinghamlaughter.org.uk

EPIPHANY

Saturday 21 January, 7.30 – 9pm.

A variety of informal and interactive meditation zones to help us reflect on the past year and look forward with hope to the new year as we consider life with ourselves, with others, with nature and with transcendence. For more information email: info@spiritedconnections.co.uk

LIFE DRAWING & PAINTING DAYS

Now in our 16th year & recommended by the Artist Magazine...unique treble poses with male and female models Sunday 26 February, 25 March, 22 April, 20 May 2012. 11am – 4.30pm Tea & coffee included. This untutored day includes quick poses, half-hour poses & a two-hour main pose. Beginners & experienced artists welcome. Please bring lunch or visit cafes & supermarket – a few mins walk. ADVISABLE TO BOOK EARLY TO GUARANTEE A PLACE Fee: £21 per day.

Call Philip Lodge on 0115-989 3286 or The Place on 0115-985 6777

DRAWING WITH CONFIDENCE

Tutor: Rosemary Wels 10 meetings Starting Friday 20 January 10am – 12pm This course will develop your drawing skills and encourage creativity. Taking inspiration from artists' work, the focus will be on drawing using a variety of media and approaches. For beginners and those with experience. Cost of materials extra. Fee: £67 (discounted: £60.30) or free For enquiries & to book contact the WEA office on 0115-962 8416

SALSA DANCE NIGHTS

Beginners 7 - 8pm Level 2 8 - 9pm Wednesdays @ The Place. Join us now, £5 per class... students £4 For start dates & information contact Charlie on 07849 649 703 www.charliesalsa.co.uk

NOTTINGHAM CLARION CHOIR

"Postman Pat's gearing up for a Scrap", so sang Nottingham's Clarion Choir as part of their Childsplay miscellany at this weekend's Raise your Banners Festival of political song in Bradford.

The Nottingham socialist choir received a standing ovation with their range of popular children's songs with lyrics covering a whole range of topical issues: the hacking scandal, the financial crisis and the Occupy campaign to name but a few. The Choir is keen to welcome new members and meets Sunday evenings from 7.30pm at The Place in Sherwood. If you enjoy singing and want to learn four part harmony come along. For more information contact Linda Burdett on 0115-8590309.

THE MEETING PLACE

Mondays starting 6 February, 7.30 – 9pm.

A four-week introduction to meditation. The course will help us release the stresses and strains of life and connect more deeply with ourselves, with the world around us and with a sense of transcendence. For more information email: info@spiritedconnections.co.uk

SHERWOOD OXFAM APPEAL

Help us raise £1429 to repair a classroom in places that need it most This gift will fix walls, floors, roofs, and supply furniture and blackboards. For more information please call in and see us at the shop, 650 Mansfield Road.

ADVERTISEMENTS

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660 MANSFIELD ROAD,
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0115-960 3594

9AM – 5.00PM MON – FRIDAY
(CLOSED FOR LUNCH 1PM – 2PM)
SATURDAY 9AM – 2PM

PERSONAL FRIENDLY SERVICE

HOSPITAL EYE SPECIALISTS
ATTENDING

SAME DAY SERVICE AVAILABLE

LOCAL INDEPENDENT COMPANY

NHS VOUCHERS ISSUED

THE EMMA CAIN SCHOOL OF DANCING

@ United Reformed Church,
Edwards Lane, Sherwood
Tap, baby ballet, jazz, disco & majorette
2-5 yrs: Tuesdays 4 – 5pm £4.50
5-12 yrs: Tuesday 5 – 6.30pm £5.50
Adult Tap class Tuesday 7 – 8pm £4.50
Shimmicise Adult Fitness Class:
Weds 8 – 9pm £5.00

@ Edwards Lane Community Centre,
Alderton Road, Sherwood
Tap, baby ballet, jazz, disco & majorette
2-5 yrs: Saturday 10 – 10.45am £4.00
5-12 yrs: Saturday 10.45 – 12pm £5.00

Dancing is great fun.
Come & join in – no experience needed
Contact Emma Cain (A.B.A.T.D.)
07779 875604