

For more information on any of these events please see our website [www.thefold.org.uk](http://www.thefold.org.uk) or contact Karyn on 01886 833633 or email [Karyn@thefold.org.uk](mailto:Karyn@thefold.org.uk)

## MARCH 2012

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| <b>Fri 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup></b> | The practice of <b>Meditation</b> in the tradition of the Himalayan Masters, "The Royal Path" led by Rajesh Rai 7-8pm at The Fold Natural Therapy centre. No fee; but donations welcome. For more information please contact: Mobile 07766754006, email:rajesh.raie678@gmail.com  |
| <b>Mon &amp; Wed</b>   | <b>Yoga with Lily Stanley - every Monday and Wednesday</b> 7-9pm. For more information and details of when the next course begins contact Lily on 07599 927736 or email <a href="mailto:lily_stanley@hotmail.com">lily_stanley@hotmail.com</a>  |
| <b>Tues</b>  | <b>"A Bit More Tai Chi Easy"™ with Lisa Topping</b> 7.00-8.00pm. For more information and details of when the next course begins contact Lisa Topping on 01886 821548 or email <a href="mailto:topppform@btinternet.com">topppform@btinternet.com</a>   |
| <b>Tues</b>  | <b>Beginners French with Raj Strain</b> Every Tuesday in the Fold Cafe 10-11.00am. Cost £7.00. For more details contact Raj on 01886 830010   |
| <b>Wed 7<sup>th</sup></b>  | <b>Wrekin Forum Café Spiritual - FREE - Donations welcome</b> towards running costs. Monthly meeting in the Fold Natural Therapy Centre. 11.00-1.00pm. This months talk will be on "The Alister Hardy Society" by Marianne Rankin   |
| <b>Sun 11<sup>th</sup></b>   | <b>Textures in Glass</b> – 10am-4pm full day work shop £85. For more details contact Emma on 01886 833331 or 07795243496 / <a href="mailto:emma@glacierglass.co.uk">emma@glacierglass.co.uk</a> Emma has more full day and half day workshops throughout March please see the website for details.  |
| <b>Wed 14<sup>th</sup></b>   | <b>Drawing workshop with Tony Muckle</b> Free yourself up with an introduction to 'Drawing on the Right Side of the Brain'. Anyone can do it. 10.00-12.45pm £25.00. Contact Tony on 07771 964613 or email <a href="mailto:antm1@mac.com">antm1@mac.com</a>  |
| <b>Sun 18<sup>th</sup></b>   | <b>Mother's Day</b> at the Fold Café - Treat Mum to a traditional Sunday roast and we will give her a delicious dessert for free – Booking Essential  |
| <b>Fri 23<sup>rd</sup></b>   | <b>Launch of Blues at the Fold 4 – Mumbo Jumbo</b> and Friends present Musical Gumbo – Food from 6.30pm – Performance starts 8pm – Tickets £6 adv / £8 on the night   |
| <b>Sat 24<sup>th</sup></b>   | <b>Folk @ The Fold</b> Monthly Folk Club 8.30-11.00pm. Cost £2.00. Bring your own drink. For more information contact Eric or Eileen on 01886 832029 or email <a href="mailto:eric_payne@btinternet.com">eric_payne@btinternet.com</a>  |
| <b>Sat 24<sup>th</sup></b>   | <b>3D Side Lying Massage with Andy Fagg</b> - The human body is 3 dimensional. Working in the side lying position offers many creative opportunities. By placing clients in this position, without predetermined responses, they are more easily able to let go. This workshop offers a range of bodywork and energy techniques. £65 or £60 – Sarah Cohen 01386 861931 <a href="mailto:sarah@padibear.demon.co.uk">sarah@padibear.demon.co.uk</a> |
| <b>Mon 26<sup>th</sup></b>   | <b>'Introduction to Healthy Eating'</b> Cooking with Love – Healing through food. A one day hands on demonstration course with David McCaw in the Fold Café. 10.00-4.30pm includes lunch, recipe booklet and take-home samples. Call Karyn on 01886 833633 to reserve a place. £55. Limited to 6 people.  |
| <b>Tues 27<sup>th</sup></b>  | The Fold Book Group – Whats Mine Is Yours – How collaborative consumption is changing the way we live by Rachel Botsman & Roo Rogers. <b>The book group meets on a Tuesday 7.30-9.30pm in the Fold Cafe. Drinks available to purchase.</b>  |

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| <b>Wed 28<sup>th</sup></b> | Follow on Drawing workshop with Tony Muckle<br><b>How to create a landscape by putting into practise the techniques learnt on my induction workshop</b><br>10.00-12.45pm £25.00. Contact Tony on 07771 964613 or email <a href="mailto:antm1@mac.com">antm1@mac.com</a> |
| <b>BST Begins</b>          | Don't forget the clocks go forward an hour and British summer time begins.<br>The Fold café will change it's opening hours to 8.30am till 5pm.  |

## APRIL 2012

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| <b>Wed 4<sup>th</sup></b>   | <b>Wrekin Forum Café Spiritual - FREE - Donations welcome</b> towards running costs Monthly meeting in the Fold Natural Therapy Centre. 11.00-1.00pm. This months talk will be on "Shared Messages of Transitional Times from the Other Side by Louisa Crisp"  |
| <b>Fri 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup></b>          | The practice of <b>Meditation</b> in the tradition of the Himalayan Masters, "The Royal Path" led by Rajesh Rai 7-8pm at The Fold Natural Therapy centre. No fee; but donations welcome. For more information please contact: contact information: Mobile 07766754006, email:rajesh.raie678@gmail.com  |
| <b>Fri 6<sup>th</sup>, Sat 7<sup>th</sup>, Sun 8<sup>th</sup>, Mon 9<sup>th</sup></b> | <b>Easter at the Fold Café – We will be serving seasonal cakes and treats and traditional seasonal fayre over Easter. The café will also be open for full service on Bank Holiday Monday, come for breakfast (served from 8.30am) or pop in for lunch (12-2.30pm).</b>   |
| <b>Wed 18<sup>th</sup></b>  | <b>Cafe Philosophique</b> 6.30pm in the Fold Cafe. £8.00 to include a light supper. Booking is essential (see our website under Café Philosophique for subject)  |
| <b>Wed 18<sup>th</sup></b>  | Follow on Drawing workshop with Tony Muckle<br><b>How to create a landscape by putting into practise the techniques learnt on my induction workshop</b><br>10.00-12.45pm £25.00. Contact Tony on 07771 964613 or email <a href="mailto:antm1@mac.com">antm1@mac.com</a>  |
| <b>Wed 18<sup>th</sup>, 25<sup>th</sup></b>   | <b>4 Weeks 4 Health – A springboard to vitality</b><br>A 28 day nutritional education and coaching programme run by a qualified nutritional therapist/NLP Practitioner. The programme can help you make long term behaviour change. Individual coaching included. 19.00-20.15. £99 for 5 group sessions + 1 individual session. Book with a friend and receive 20% discount. Clare Daley 0781 3599461 <a href="mailto:clare@nutrition-for-health.co.uk">clare@nutrition-for-health.co.uk</a>   |
| <b>Wed 18<sup>th</sup></b>  | <b>Drawing workshop with Tony Muckle</b> Free yourself up with an introduction to 'Drawing on the Right Side of the Brain'. Anyone can do it. 10.00-12.45pm £25.00. Contact Tony on 07771 964613 or email <a href="mailto:antm1@mac.com">antm1@mac.com</a>   |
| <b>Sat 21<sup>st</sup></b>  | <b>Show &amp; Sew with Catherine Howie – A series of monthly demonstration sewing projects – cost £40 including materials</b> 10am-4pm for more information please contact Catherine: 07854 486869   |
| <b>Sat 21<sup>st</sup>, Sun 22<sup>nd</sup></b>                                       | <b>BCMB Introduction to Massage with Sarah Cohen</b><br>An innovative 2-day course teaching massage as a creative process Learning effective techniques for those wanting to massage friends or find out more with a view to our professional training in February 2012. 10.00-5.30pm each day. £109 (£89 concessions) Contact Sarah Cohen on 01386 861931 or email <a href="mailto:sarah@padibear.demon.co.uk">sarah@padibear.demon.co.uk</a> . <a href="http://www.bristolmassage.co.uk">www.bristolmassage.co.uk</a> for more details |
| <b>Mon 23<sup>rd</sup></b>  | <b>Advanced Healthy Eating – Combining Tastes and Flavours.</b> A one day hands on demonstration course with David McCaw in the Fold Café. 10.00-4.30pm includes lunch, recipe booklet and take-home samples. Call Karyn on 01886 833633 to reserve a place. £55. Limited to 6 people.   |

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| <b>Sat 28<sup>th</sup></b>   | Live Shindig – Ashley Hutchins Rainbow Chasers<br>"The best acoustic group In the Country" – Phil Beer (Show of Hands) Food from 6.30pm £7/£10 Performance from 8pm £9in advance £11 on night   |
| <b>Sat 28<sup>th</sup></b>   | <b>Folk @ The Fold</b><br>Monthly Folk Club 8.30-11.00pm. Cost £2.00. Bring your own drink. For more information contact Eric or Eileen on 01886 832029 or email <a href="mailto:eric_payne@btinternet.com">eric_payne@btinternet.com</a> *(see January 28 <sup>th</sup> for more details)  |
| <b>Sat 28<sup>th</sup>, Sun 29<sup>th</sup>, Mon 30<sup>th</sup></b> | Level 1 and 2 AAMET Accredited EFT (Emotional Freedom Techniques) Practitioner Training Workshop. <b>Do You Want To Be An Accredited EFT Practitioner?</b> Use this amazing tool with clients, family, friends or for self- help. Learn to help with bothersome memories, fears, phobias, addictive cravings, self-esteem/image, anxiety, depression, anger, weight loss; and to address physical issues. EFT - simple, quick to learn and highly successful! 9.30-4.30 £295 - Rachel Kent, AAMET Registered EFT Trainer and UKCP Psychotherapist, on 01386 561798 or 07951 725149 or email <a href="mailto:rachkent@talktalk.net">rachkent@talktalk.net</a> See <a href="http://www.theEFTschool.co.uk">www.theEFTschool.co.uk</a> for further details |

## MAY 2012

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| <b>Wed 2<sup>nd</sup>, 9<sup>th</sup>, 30<sup>th</sup></b>                   | <b>4 Weeks 4 Health – A springboard to vitality</b><br>A 28 day nutritional education and coaching programme see April 18 <sup>th</sup> , 25 <sup>th</sup> for more details or contact Clare Daley.  |
| <b>Wed 2<sup>nd</sup></b>  | <b>Cafe Spiritual</b> - This month's talk; Self Knowledge, Global Responsibility by Alison Yiangou in the Fold Natural Therapy Centre. 11.00-1.00pm. For more details contact Claire McDonald at <a href="mailto:clairemcdonald62@msn.com">clairemcdonald62@msn.com</a>                    |
| <b>Wed 2<sup>nd</sup></b>  | Follow on Drawing workshop with Tony Muckle<br><b>How to create a landscape by putting into practise the techniques learnt on my induction workshop</b><br>10.00-12.45pm £25.00. Contact Tony on 07771 964613 or email <a href="mailto:antm1@mac.com">antm1@mac.com</a>                    |
| <b>Fri 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup></b> | The practice of <b>Meditation</b> in the tradition of the Himalayan Masters, "The Royal Path" led by Rajesh Rai 7-8pm – see March & April for full details, or check the website   |
| <b>Wed 16<sup>th</sup></b>   | <b>Drawing workshop with Tony Muckle</b> Free yourself up with an introduction to 'Drawing on the Right Side of the Brain'. Anyone can do it. 10.00-12.45pm £25.00. Contact Tony on 07771 964613 or email <a href="mailto:antm1@mac.com">antm1@mac.com</a>                                 |
| <b>Sat 19<sup>th</sup>, Sun 20<sup>th</sup></b>                              | Level 3 AAMET Accredited EFT (Emotional Freedom Techniques) Advanced Practitioner Training Workshop -£245 – 9.30-5pm – see website for further details   |
| <b>Sun 20<sup>th</sup></b>   | <b>Show &amp; Sew with Catherine Howie – see (April 21<sup>st</sup> for more details) or contact Catherine</b>   |
| <b>Sat 26<sup>th</sup></b>   | <b>Folk @ The Fold</b><br>Monthly Folk Club 8.30-11.00pm. Cost £2.00. Bring your own drink. For more information contact Eric or Eileen on 01886 832029 or email <a href="mailto:eric_payne@btinternet.com">eric_payne@btinternet.com</a> *(see January 28 <sup>th</sup> for more details) |

Please check our website for any changes/cancellations/additions

The deadline for input into the Summer edition of 'What's On' is April 15<sup>th</sup> 2012

*Tours of the Fold - Would you like a tour of The Fold to find out more about what we do? Yes? Then please email Director, Jane Cox, [jane@thefold.org.uk](mailto:jane@thefold.org.uk) or phone 01886 832 846*