

For more information on any of these events please see our website www.thefold.org.uk or contact Karyn on 01886 833633 or email Karyn@thefold.org.uk

DECEMBER 2011

	<p>CHRISTMAS MENU – AVAILABLE THROUGHOUT DECEMBER LUNCHES: 12.30-2pm Wed/Thurs/Fri - 2 Courses £15.50 – 3 Courses £19</p> <p>EVENING MENU 7-10pm Thurs/Fri/Sat – 2 Courses £21 – 3 Courses £25. Booking is Essential. £5 per person deposit required. Please see our website for a copy of the menu (under Christmas at the Fold).</p>
	<p>The Perfect Christmas Gift.....Why Not Buy a Cookery Course Voucher</p> <p>'Introduction to Healthy Eating' Cooking with Love, Healing through Food is on Monday February 27th & 'Advanced Healthy Eating' is on Monday 26th March – 'Combining Tastes and Flavours' one to get your taste buds going! For more details please see the website under The Fold Café.</p>
	<p>Yoga with Lily Stanley - every Monday and Wednesday</p> <p>7-9pm. For more information and details of when the next course begins contact Lily on 07599 927736 or email lily_stanley@hotmail.com</p>
	<p>[Tai Chi Easy™] with Lisa Topping every Tuesday</p> <p>7.00-8.00pm. For more information and details of when the next course begins contact Lisa Topping on 01886 821548 or email toppform@btinternet.com</p>
	<p>Beginners French with Raj Strain</p> <p>Every Tuesday in the Fold Cafe 10-11.00am. Cost £7.00. For more details contact Raj on 01886 830010</p>
Sat 3rd	<p>Tour of the Fold - FREE</p> <p>First Saturday of each month, meet at 10.00am in the Fold Cafe. Tour lasts approx 1 hour</p>
Sat 3rd	<p>Wreaths and Garlands with Julia Foster</p> <p>Discover how to make these classic decorations. 10.00-4.00pm. Cost £38.00 (includes dry materials). Contact Julia Foster on 07964 298337 or email juliamfoster@btinternet.com</p>
Sun 4th	<p>Festive Arrangements with Julia Foster</p> <p>Different styles using long lasting fresh material. 10.00-4.00pm. Cost £38.00 (includes dry materials). Contact Julia Foster on 07964 298337 or email juliamfoster@btinternet.com</p>
Wed 7th	<p>Drawing workshop with Tony Muckle</p> <p>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 antm1@mac.com</p>
Wed 7th	<p>Cafe Spiritual – FREE - Donations welcome towards running costs</p> <p>Monthly meeting in WholeHealth. 11.00-1.00pm. This month's talk 'Utilising your Inner Power with Hypnotherapy and NLP' by Peter Blake. For more details contact Claire McDonald at Clairremcdonald62@msn.com</p>
Wed 14th	<p>Cafe Philosophique</p> <p>An 'Open' evening to celebrate a third successful year of Cafe Philo. 6.30pm in the Fold Cafe. Please see our website for more details.</p>
Tues	<p>The Fold Book Group</p> <p>To see this month's book and meeting date please (see our website under Courses, Workshops & Regular Events). The book group meets on a Tuesday 7.30-9.30pm in the Fold Cafe. Drinks available to purchase.</p>
	<p>Folk @ The Fold – No club in December</p>

Sat 17th	<p>Hamps & McCaw – Christmas Special</p> <p>5 Courses - £50 per person (Please note this is a full diner and wine event and not a tasting). Booking essential Please call David on 07773 611124. Full menu on the website (see under 'Hamps at the Fold')</p>
Sun 18th	<p>The Minor Tremors will be singing carols at Sunday Lunch in the Fold café and collecting for charity.</p> <p>12.30-2.30pm. Booking highly recommended.</p>
	<p>Christmas Closing – The Fold Café will close at 2pm on Saturday 24th December and Re-Open at 8.30am on Friday 6th January 2012. Please consult individual Designer-Makers & Artists & Complementary Therapists for their individual Christmas Opening & Closing times.</p>

JANUARY 2012

Sat 7th	<p>Tour of the Fold - FREE</p> <p>First Saturday of each month, meet at 10.00am in the Fold Cafe. Tour lasts approx 1 hour</p>
Wed 4th	<p>Cafe Spiritual – FREE - Donations welcome towards running costs</p> <p>Monthly meeting in WholeHealth. 11.00-1.00pm. This month's talk will be on The White Eagle Lodge by Simon Vaughan-Spencer. For more details contact Claire McDonald at clairremcdonald62@msn.com</p>
Tues	<p>The Fold Book Group</p> <p>To see this month's book and meeting date please see our website (see under Courses, Workshops & Regular Events). The book group meets on a Tuesday 7.30-9.30pm in the Fold Cafe. Drinks available to purchase.</p>
Sat 7th	<p>Folk @ The Fold – Folk Concert with Internationally Acclaimed Martyn Wyndham-Read. Support from the lively up and coming folk group 'Pilgrims Way'. An evening of folk entertainment at its very best. Food & Bar available. 8pm-11pm in the Fold Café. £8 in advance £10 on the door (if available) For more information contact Eric or Eileen on 01886 832029 or email eric_payne@btinternet.com *Please note all previous 'Folk @ The Fold' concerts have sold out in advance.</p>
Wed 11th	<p>Drawing workshop with Tony Muckle</p> <p>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 antm1@mac.com</p>
Wed 11 th , 18 th , 25 th	<p>4 Weeks 4 Health – A springboard to vitality</p> <p>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 clare@nutrition-for-health.co.uk</p>
Sat 13th	<p>Bob Dylan Worcester Weekend Jan 13th-15th</p> <p>6.30pm Bob Dylan themed menu followed by Opening Session for the weekend at 8pm – Vince Russell – Guy Martyr – John Denton Band - Concert tickets £10. Food £7/£10. Tickets from the Fold Café or on 01886 833633.</p>
Thur 26th	<p>Dare To Sing with Jane Cox</p> <p>Have you always wanted to sing but something stops you? In this supportive non-judgemental group we will explore our authentic voice using movement, breath, sound and maybe even song! For the voice terrified, the silenced, the rusty and seriously voice-shy. Every other Thursday for 6 sessions 7.30-9pm £5 per session payable in advance. Contact Jane Cox to find out more 01886 832846 jane@thefold.org.uk</p>

FEBRUARY 2012

Wed 1st	<p>4 Weeks 4 Health – A springboard to vitality</p> <p>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. (see above Jan 11th)</p>
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Wed 1st	<p>Cafe Spiritual – FREE – Donations welcome towards running costs</p> <p>1st Wednesday of every month in the WholeHealth building. 11.00-1.00pm. This month's talk Samantha Meditation by Pam Stanier. For more details contact Claire McDonald at clairremcdonald62@msn.com</p>
	<p>Cafe Philosophique</p> <p>6.30pm in the Fold Cafe. £8.00 to include a light supper. Booking is essential. (see our website under Courses, Workshops & Regular Events for date and subject)</p>
Sat 4th	<p>Tour of the Fold - FREE</p> <p>First Saturday of each month, meet at 10.00am in the Fold Cafe. Tour lasts approx 1 hour</p>
Sat / Sun 4th & 5th	<p>BCMB Introduction to Massage with Sarah Cohen</p> <p>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 sarah@padibear.demon.co.uk www.bristolmassage.co.uk for more details</p>
Thurs 9 th & 23rd	<p>Dare To Sing with Jane Cox 6 session course every other Thursday</p> <p>For details please see Thursday 26th January</p>
Tues	<p>The Fold Book Group</p> <p>To see this month's book and meeting date please see our website (under Courses, Workshops & Regular Events). The book group meets on a Tuesday 7.30-9.30pm in the Fold Cafe. Drinks available to purchase.</p>
Wed 15th	<p>Drawing workshop with Tony Muckle</p> <p>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 antm1@mac.com</p>
Sat 18th	<p>The Lady Loves Jazz – Shindig Live Music Performance</p> <p>presented by Helen Barrett from 8pm</p> <p>Helen's a terrific performer with a great personality and voice to die for. Her sumptuous show is a celebration of traditional and contemporary jazz songs that will ignite the spirit and warm the soul. Performance tickets £9 advance £11 on the night. Food from 7pm £7/£10. Tickets from the Fold Café or on 01886 833633.</p>
Sat 25 th & Sun 26th	<p>MTI Diploma in Massage and Bodywork</p> <p>Weekend one of our year long diploma course. This is a creative and well grounded course that is person centred both for the student learning and the type of massage taught. It leads to nationally accredited MTI diploma.</p> <p>See our website www.bristolmassage.co.uk for more details or talk to Sarah. 10-5.30pm each day.</p> <p>Contact Sarah Cohen on 01386 861931 or email sarah@padibear.demon.co.uk.</p>
Sat 25th	<p>Folk @ The Fold</p> <p>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 eric_payne@btinternet.com *(see January 28th for more details)</p>
Mon 27th	<p>'Introduction to Healthy Eating'</p> <p>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. £55. Limited to 6 people.</p>
<p>Please check our website for any changes/cancellations/additions</p>	
<p>The deadline for input into spring edition of Fold 'What's on' is January 15th 2012</p>	