

**Cheshire Federation of Women's Institutes
Federation Visit to Denman 25-27 Oct 2019**

Here are the courses and costs for our visit to Denman from Friday 25th to Sunday 27th October 2019.

Wildlife Walks	£480	14 places
Willow Creatures*	£410	14 places
Family History	£410	12 places
Alexander Technique	£410	12 places
Silver Clay*	£410	12 places
Gourmet Salads	£490	12places
Sing Your Socks Off	£410	15 places

*Materials costs – Willow up to £30, Silver up to £70. Food is included in price of Gourmet Salads.

These prices include course, accommodation, all meals at Denman and coach travel. You choose how much to spend en route and on drinks at Denman.

If you wish to go on the Federation visit please complete the form below giving first and second choice of course. There will be a ballot if more than 82 names are received or if there are too many for any course.

This form can be copied

CFWI at Denman 25-27 Oct 2019 Initial application. Please use block capitals.

Name _____ WI _____

Address _____

Phone No _____ email _____

1st choice of course _____

2nd choice of course _____

Closing Date 31st January 2019 to WI House, 11 White Friars Chester CH1 1NZ

All information supplied will be destroyed on completion of the course.

192.1606: Gourmet Salads – Peter Lien

Forget limp lettuce and curling cucumbers, salads have gone glam! Salads are no longer an afterthought or a side dish. They can be a real showpiece of the dinner table. Colourful, nutritious, filling and portable, learn the secrets of how to use pulses and grains alongside fresh or roasted vegetables, herbs and nuts to create dishes that work as individual meals or buffet table winners.

192.1605: Silver Clay Jewellery – Melanie Blaikie

Silver Clay is an amazing new form of real silver that can be shaped with your fingers like clay! This will be a fun and relaxing course with plenty of time to experiment and be creative. No previous experience is necessary and no expensive tools or equipment are needed. You will learn the basic techniques of how to roll, cut and texture the clay and even paint a real silver leaf!

By the end, you will not only have designed and created several finished pieces of real silver jewellery but you will also feel confident to continue creating designs in Silver Clay on your own at home.

There will be an approximate additional cost to students for materials of £65.00 per person.

192.1607: Sing Your Socks Off – Jo Sercombe

As the summer fades to autumn, celebrate the new season with a collection of happy songs to lift your spirits. Join experienced vocal workshop leader Jo Sercombe to learn a selection of sunshine classics from the 1950s to the present day in this fun group-singing course. No previous experience necessary and there's no need to read music notation - come for a giggle and a good old sing!

192.1603: Family History - Jessica Feinstein

A full introduction to researching your own family history, taking a professional approach to help you create a family tree to be proud of. This informal course will give you an understanding of various methods and sources, make you aware of some of the pitfalls involved in family history research, and equip you with tips and advice. Students must have a basic knowledge of using a computer and the internet so that they can work on their own.

192.1602: Willow Creatures – Norah Kennedy

Using some simple basketmaking techniques we will create some delightful creatures – fish, mice, piglets, ducks, dragonflies (two designs), butterflies or pheasants. There will be different colours and varieties of willow and all tools will be provided by the tutor.

192.1604: Alexander Technique – Brita Forsstrum

This is a practical introduction to the Alexander Technique. You will learn how to change patterns of movement and posture that, although they feel normal because you are so used to them, could be causing you stress, neck and shoulder tension, backache and problems with breathing and balance.

No previous experience is necessary, just bring an open mind and be ready to have fun! Please wear loose comfortable clothes and be prepared to take your off shoes

192.1601: Wildlife Walks – Heath & River Rambles around Greenham -Christopher Everett & Pam Hopwood Come along for an adventure exploring the waterways and wild heaths around enigmatic Greenham Common – now a haven for wildlife and a remarkable conservation success. After starting along the tranquil Kennet we venture onto Greenham with its stunning, expansive views, abandoned taxi-ways and historical control tower.

Enjoying autumn colours, shapes, and emerging fungi, our walk continues through woods, along waterways and reedbeds, concluding at an acclaimed wildlife discovery centre, where close-up encounters with resident and visiting birdlife is a year-round treat.

There will be a short local wildlife walk on the morning of the final day. Evening illustrated talks and discussions.