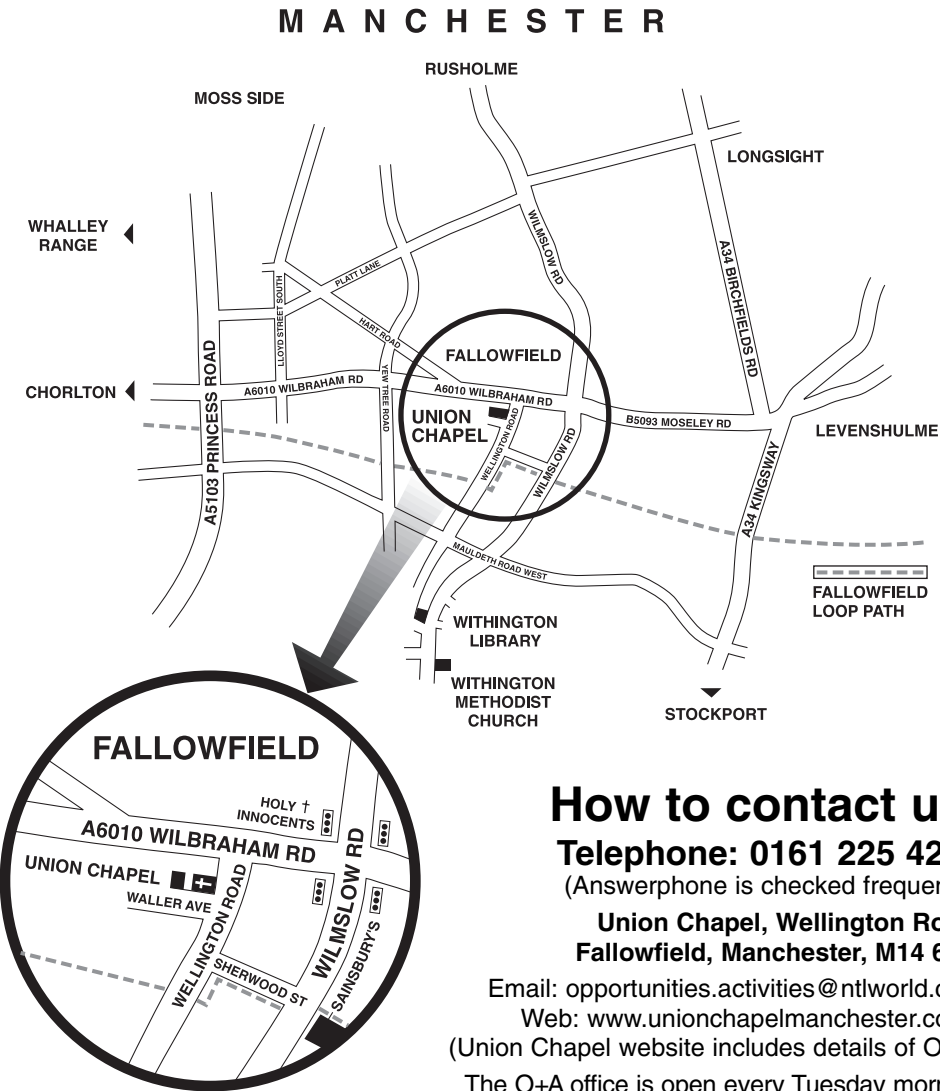


Where to find us:

Buses along Wilbraham Road: 168 & 188

Buses along Wilmslow Road: 41, 42, 43, 44, 46, 48, 140, 142, 143, 157, 42A



How to contact us:

Telephone: 0161 225 4226

(Answerphone is checked frequently)

**Union Chapel, Wellington Road,
Fallowfield, Manchester, M14 6EQ**

Email: opportunities.activities@ntlworld.com

Web: www.unionchapelmanchester.co.uk

(Union Chapel website includes details of O+A)

The O+A office is open every Tuesday morning
10.30am–12.30pm at Union Chapel.

Visitors and volunteers always welcome



opportunities + activities

*Courses for Adults
For leisure and pleasure*

September 2008 – July 2009



at Union Chapel, Fallowfield

O+A Fees from September 2008 for 10 classes of 2 hours

Full fee – £42.00 (£21.00 per half term)

Retired people over 60 years,
not in receipt of benefit. – £34.00 (£17.00 per half-term)

Reduced fee for people in receipt of
benefit, or full time students. – £20.00 (£10 per half-term)

(pro rata for classes of less than two hours)

Cheques should be made payable to 'Opportunities and Activities'.

Suggestion - 12 week terms from Sept 09 - please comment on 225 4226

O+A is a totally voluntary organisation. If you feel in a position to pay the full fee, or to make a donation, it would be very much appreciated. O+A, established in 1991, is an independent initiative run by and for the community.

Tea/Coffee available 25p. If attending morning and afternoon classes, you are welcome to bring your lunch and stay over.

Volunteers to help at occasional events are always very welcome.

O+A / WEA

Open Evening - Fri Sept 19th 7–8.30pm **Open Day** - Sat Sept 20th 10am–1pm
Exhibitions, Enrolments, Lots of information (tea/coffee/biscuits).

*Come and try a class
and see for yourself if it suits you
- if so then enrol!*

Enrolment

Enrol at the Open Day, at the class or by post to:
Union Chapel, Wellington Road, Fallowfield, Manchester M14 6EQ (see map on back cover)

Telephone: 225 4226 (answerphone checked frequently)

Email us at: opportunities.activities@ntlworld.com

New students welcome throughout the year.

Other Useful Contacts

Manchester Adult Education Service	0800 083 2121
Manchester University Centre for Continuing Education	0161 275 3275
Workers Educational Association (WEA)	0161 277 5400 0151 243 5340

O+A TIMETABLE starting September 2008

– from week starting September 22nd unless stated.

You can enrol at the Open Day, by post or at the first class you are able to attend

MONDAY

10.00am	French Intermediate	UCF
1.15pm	Watercolour	UCF
1.45pm	Social & Political Issues (From 6.10.08)	UCF
4.00pm	Spanish Conversation	UCF
6.00pm	French Conversation	WL

TUESDAY

10.00am	French Level 1	UCF
10.00am	Learn to Draw and Paint	UCF
1.00pm	French for Rusty Beginners	UCF
6.00pm	French Level 1	WMC
6.30pm	Life Drawing	UCF

WEDNESDAY

10.00am	French Complete Beginners (New Class)	UCF
1.30pm	Drawing & Painting	UCF
6.00pm	French for Beginners (New Class)	WL
7.00pm	Piano Workshop	UCF

THURSDAY

10.30am	Spanish Beginners Plus	UCF
10.00am	French Intermediate	WMC
10.30am	Manchester in the 20th Century	UCF
1.00pm	The Elements of Drawing	UCF
1.00pm	French Level 2	WMC
1.30pm	T'ai Chi and Chi Kung (see centre page for dates)	UCF
1.30pm	Play Reading for Pleasure (New Class)	UCF
4.00pm	Piano Workshop	UCF

FRIDAY

10.00am	French Conversation	WMC
11.00am	Italian Beginners Plus	UCF
12noon	Italian Intermediate	UCF
1.00pm	Italian Improvers	UCF

Venues

UCF	Union Chapel, Wellington Road, Fallowfield, M14 6EQ
WL	Withington Library, 410 Wilmslow Road, Withington, M20 3BN
WMC	Withington Methodist Church, 439 Wilmslow Road, Withington, M20 4AN

All venues are accessible.

Union Chapel has wireless broadband.

ENQUIRIES TELEPHONE: 225 4226



Courses Sept 2008 - July 2009

You can enrol at the Open Days (Sept 20th), by post, OR at the first class you are able to attend

ART

Learn to Draw & Paint

with watercolour & mixed media.

Tues 10am–12pm Patricia Pay: 01625 523 682

Venue: UCF For those with little knowledge wishing to improve, develop and discover various Art Techniques. Demonstrations with group and individual tuition.

Drawing and Painting

Wed 1.30pm John Fasnacht Venue: UCF

Class full but please telephone 282 0799 to go on the waiting list.

The Elements of Drawing

Thur 1.00pm Patricia Pay 01625 523 682

Venue: UCF Do you wish you could draw?

- You can. Would you like to improve? - You can.

This course will include drawing from observation and one-to-one tuition.

Life Drawing

Tue 6.30pm Jenny Nuttall: 862 9820 Venue: UCF

A course to suit all levels. Tutoring and drawing exercises are used to help students achieve their potential. The experienced tutor employs male and female models, with long and short poses. Model fee - £1.50 extra per student per class.

Watercolour

Mon 1.15pm Tutor TBA 225 4226 Venue: UCF

A relaxed approach to this medium, encouraging an understanding of colour theory, materials and techniques.

HISTORY

Manchester in the 20th Century

Thur 10.30am Chris Makepeace 01663 763 346

Venue: UCF We will look at various aspects of Manchester in the 20th century.

LANGUAGES

These classes - like all O+A classes - are user-friendly where learning is achieved in a relaxed environment.

French Intermediate (at UCF)

Mon 10am–12 noon Odile Thivillier

A course of post GCSE level covering grammar and conversation.

French Conversation (at WL)

Mon 6pm–8pm Odile Thivillier

A conversation course at advanced level.

French Level 1 (at UCF)

Tue 10am–12 noon Odile Thivillier

A course for those who have studied the language for at least a year.

French for Rusty Beginners (at UCF)

Tue 1pm–3pm Odile Thivillier (Times can be

adjusted to suit members of the class).

A practical course to help you get by on holiday.

French Level 1 (at WMC)

Tue 6pm–8pm Odile Thivillier A course for those

who have studied the language for at least a year.

French for Complete Beginners (at UCF)

Wed 10am–12 noon Odile Thivillier

French for Beginners (at WL)

Wed 6pm–8pm Odile Thivillier 10 weeks

Oct 1, 8, 15, 29 Nov 5, 12, 19, Dec 3, 10, 17

French Intermediate (at WMC)

Thur 10am–12 noon Odile Thivillier A course for post GCSE level covering grammar & conversation.

French Level 2 (at WMC)

Thur 1pm–3pm Odile Thivillier (*Times can be adjusted to suit members of the class*). A course

for people who have studied the language for at least 2 years. Brush up your speaking and listening skills.

French Conversation (at WMC)

Fri 10am–12 noon Odile Thivillier (class full)

French - unsure which class to join?

Go along to any class to talk it over with the tutor, or ring 445 6524

Italian Beginners Plus Fri 11am Pasqualina

Miniaci: 225 4226 Venue: UCF 1-hr sessions for

students who have done one year of Italian studies.

Italian Intermediate Fri 12 noon

Pasqualina Miniaci: 225 4226 Venue: UCF

For people who have studied the Italian language for at least 2 years. 1-hr sessions.

Italian Improvers Fri 1pm Pasqualina

Miniaci: 225 4226 Venue: UCF 2-hr sessions.

If you are unsure of your level, come along and speak to the tutor.

Spanish Conversation Mon 4pm–6pm

Patricia Cammack: 224 7451 Venue: UCF

For students with a good grasp of the language seeking to improve their speaking skills.

Spanish Beginners Plus

Thur 10.30am–12.30pm

Patricia Cammack: 224 7451 Venue: UCF

For students who have done one year of Spanish studies. A practical course to help you get by when on holiday in Spain or South America.

Spanish Beginners

Spanish for complete beginners if demand.

Ring Patricia Cammack on 224 7451

MUSIC

Piano Workshop

(All levels) Wed 7pm and Thur 4pm

Jen Magson 225 4226 Venue: UCF

The piano class is for all levels of player from beginners to advanced. Each student embarks on an individual programme of study designed to develop their playing skills and musical knowledge. The class is friendly and supportive and it is possible to take grade exams in performance, if required (not compulsory). Students should have an instrument to practise on.

SOCIAL & POLITICAL ISSUES

Social and Political Issues

Mon 1.45pm Alan Sennett 225 4226 Venue: UCF

Tutor-led discussion of current affairs.

(From 6.10.08)

Play Reading for Pleasure

Thur 1.30pm Joan Hill 485 3667 Venue: UCF

Students will be encouraged to contribute, in a friendly and relaxed group, to discussions on the themes and backgrounds to a variety of plays.

We begin with the 'Manchester School', in this, Miss Horniman's centenary year and Stanley Houghton's 'Hindle Wakes.'

WELL BEING

T'ai Chi and Chi Kung

Thur 1.30pm Brenda Howlett 225 4226

Venue: UCF

Balance, stamina, flexibility and stress reduction result from practising this art. A focus on breathing enhances energy. Dates – Sept 18, 25, Oct 2, 9, 16, 23. Nov 13, 20, 27. Dec 4.

Reading Group - full. Second Reading Group

Tues afternoon if demand - ring 225 4226

WORKSHOPS – VARIOUS:

History Inc

"Worlds in Conflict - 1965–1975"

Oct 18th and 26th 10am–4pm at UCF

£20 per day, 2 days £30.

To book ring Andrew Jones on 491 2874

History Day

Further aspects of Christmas in Manchester 1837 – 1939

Thur Dec 11th 10.30am–3.30pm

With Chris Makepeace £12 inc. buffet lunch.

Please book lunch by Dec 8th on 225 4226

DATES FOR YOUR DIARY

"Film of the Book - Brighton Rock"

Mon Sept 1st 1pm–5pm Presented by Alan Sennett and Creina Mansfield. We will look at a British Film Noir Directed by John Boulting which evokes seaside Britain in the 1930s.

£10 inc light refreshments

Open Evening

Fri September 19th 7–8.30pm

Open Day

Sat September 20th 10–1.00pm Exhibitions. Enrolments. Lots of information.

Help Create a Huge Stir

Enjoy a cup of coffee in aid of Macmillan Cancer Support.

Fri Sept 26th 10.30am–12.30pm

"Film and Book - Black Narcissus"

Sat Sept 27th 10am–4pm

£18 inc tea/coffee/biscuits.

With Alan Sennett and Creina Mansfield.

O+A Annual General Meeting (AGM)

Tue October 21st 10.15am for 10.30am

(Buffet lunch). All welcome.

All at Union Chapel 225 4226

Other groups which meet at Union Chapel

African Dance Tue 6.30pm–7.30pm £5 per evening. Lively dance class taught by the mighty Sens Sanga an experienced professional dance teacher from Senegal, with live drumming from Tanate! No experience needed, all welcome. For more info call 0161 881 7675

African Djembe Drumming Tue 7.30–9.30pm Mixed ability Djembe class, beginners welcome. Fun, energising and relaxing. All drums provided £6 (conc. £4.50) (+£1 drum hire or bring your own). Call Jamie 257 2615 / 07939 749099

Anne Finnegan Theatre School Mon, Wed, Fri, Sat. Tel: 249 0355 Children's classes in ballet, tap, modern jazz, musical theatre. (Est. 1990).

Capoeira – Afro-Brazilian Fighting Dance ACCA Manchester - www.accamanchester.org.uk Sunday from 1pm. Contact William 07979 363 845

Chinese Brush Painting Wed 10.15–12.15pm £36 for 12 weeks from 17.9.08. Join a lovely group. Ring Margaret 881 9818 for more information

Community Tea Fourth Sunday in every month 3.30–5.30pm Tel: 225 4226 For people who would like some company on a Sunday afternoon – all welcome. Transport can be provided.

Composing & Arranging for Jazz Group Mon 7.30pm Stuart Riley 225 4226 8 meetings: Sept 29, Oct 6, 13, 20, Nov 3, 10, Dec 1, 8

Creative Textiles Fri 10am–12pm £5 per class. For more details ring Shabana on 07890 103363 (From 5.9.08)

Creative Writing Are you a poetic soul? Is there a novel struggling to get out? Meet people of a like mind, have fun. Be challenged, encouraged & inspired to create your own written work. Wed 7.00pm Steve O'Connor Tel: 225 4226 (From 3.9.08)

Embroiderers' Guild - Manchester Branch First Saturday of each month from 10am. Angela Carr: 225 6931 www.embroidersguild.org.uk Membership fee: £27.50, Members £3, Visitors £4 per meeting. Usually £2.50 per workshop

Exercise for General Mobility Mon 11.15–12 noon Sandra Martin: 448 2708 This class helps to combat the effects of osteoporosis and to mobilise arthritic joints. £2.50 per session. (Meets all year)

Friends of the Fallowfield Loop Meets 3rd Monday of odd months at 7.30pm Tel: 224 3843 The Loop is a walk, cycle & bridle way. www.cycle-routes.org/fallowfieldloopline

German Language Mon 10am Adv level, Mon 1pm Post-GCSE level, Wed 10am Adv level, Wed 7pm Adv level, Thur 10am Post-GCSE level £55 full (£50 concs) for 10x2 hrs. For more information tel Karla Schwartzkopf: 904 8734 (From week beginning 22.9.08)

History of Dress, Embroidery & Textiles Tue 10am–12 noon. £50 for 10 sessions from 23.9.08. Contact Margot 860 0922

How to Speak in Public Wed 1pm–3pm £30 for 10 classes. Just come along or ring Joanne 860 4992

Humpty Dumpty Club (Parents, carers, babies & toddlers) Thur 10–12 noon (during school terms) Lesley 224 8155 One year old plus: £1.50 first child, then £1 for subsequent children. Babies: 50p/wk. (From 11.9.08)

Italian Circle Mon 7pm. Contact Frank Williams: 881 8314 Covering language & culture, for speakers of Italian with advanced level or above. (From 15.9.08)

Jewellery Making Fri 1-3pm £5 per class. For more info ring Shabana on 07890 103363 (From 5.9.08)

Jinlong Chinese Martial Arts Academy Thur 7–9pm, Kungfu all ages, Sat 4.30–6.30pm Junior Kungfu, Sat 6.30–8.30pm Kungfu with Master Chen De Qing Tel: 217 2163 / 07828 838 081

Lunch All welcome to share a simple meal & enjoy companionship. A quiet space will be available 2nd Sunday of each month 12.15pm Tel 225 4226 – or just come along. No charge.

Manchester Gloriana Singers Thur 11am A warm welcome will be given to new members. For more details ring Glyn Davies 01433 630 689 (From 25.9.08)

Manchester Community Choir Meets twice monthly. An informal, performance oriented choir. Men & women welcome. No audition. You don't have to read music. For more info ring Sian Richards – membership secretary on 881 7909 Email: sian.salmon@ntlworld.com www.manchestercommunitychoir.org.uk

Manchester Music Makers Do you play an orchestral instrument? Are you a 'late learner' or a 'rusty returner'? Like to play with others? Why not join us? We play music of varied styles carefully arranged to suit all standards. Professional tutor. Wed 1pm–3pm. For details call 427 5210/224 9662 (From 10.9.08)

Meditation *The Tibetan Book of Living & Dying* by Sogyal Rinpoche forms the basis for inspiration, meditation practice and reflection. Contact Sally on 248 0704 or 07986 863377

Opanka East European Folk Dancers Sunday 5–8pm, beginners welcome. Tel Veronica 436 6534 or Magda 224 2473 or Catherine 01925 814 799 £4 per session. Teacher Veronica Hartt.

Opera Group Join an enthusiastic group to see and hear opera on DVD/CD. Also visits to live opera. Thur 1.30pm (From 25.9.08) Ring Glyn Davies on 01433 630 689

Overeater's Anonymous Is food ruling your life? OA could have the answer for you. Anyone who has a desire to stop eating compulsively is welcome. No diet. No fee. No weigh-ins. www.oafallowfield.org.uk Mon 7.45–9.15pm Tony: 748 3210 (Meets all year). Also Step Workshop 3rd Thursday of each month 7.45pm–9.15pm

Pilates Mon 12.10–1.10pm intermediate students. 1.10–2pm beginners. £21 for 6-week course or £4 per class. To book, or for more info ring Vered 227 9188 (From 1.9.08 - during school term)

Playback Theatre An improvised performance recreating stories from the audience. Performance at UCF. Fri 12.12.08 7.30pm Tel: 798 6044

Relaxation & Yoga in Pregnancy/Post-natal Ring Margaret 904 0588

S-anon 12 step programme meeting to support the relatives and friends of sexaholics. 24 hour Helpline 07000 72 54 63 www.sauk.org / www.sanon.org

T'ai Chi for 50+ (Supported by Manchester Leisure) Fri 10–11.30am and 11.45–1.15pm from 5.9.08. To book ring 225 4226 or just come along.

Trad Jazz, Swing & Blues Thur 7.00pm Bill Oldham: 432 7832 Players of average standard are enabled to enjoy ensemble playing in this group, and to gain confidence. (Meets all year)

Union Chapel Fallowfield (Baptist) Sunday Worship 10am Coffee & Activities 11am (ending noon). If you are looking for a friendly group to join for Christian worship. Tel: 445 7694 www.unionchapelmanchester.co.uk

Vibrant Voices Singing for fun, all abilities welcome. Wide variety of musical styles. £2 per session. 3rd Tuesday of each month 7.30pm Ring Hannah 07834 734 858

Walks First Saturday of the month, organised by the Chapel. Varied distances. Ring 225 4226 Leave your name, phone number and email if you have one. Iornarichardson@talktalk.net

Yoga - Iyengar Mon 12.10–1.15pm Sandra Martin: 448 2708 £3 per session. Class meets all year. Bring a mat/blanket.

Union Chapel has wireless broadband.

Rooms are fully accessible

Tel: 445 7694 / 225 0514

WEA Classes at Union Chapel

Geology

Mon 10am
Washington Alcott 273 3499

Seasonal Landscape Painting

Tue 1.30pm
Letita Atwell 445 6530

Enjoy Literature

Wed 10.00am
Pamela Mulleady 0194 287 8889

Practical Gardening

Wed 1.30pm
Thomas Acton 01565 777 222

Wildlife and the Environment

Fri 10am
Washington Alcott 273 3499

All the above at UCF from week beginning Sept 22nd. For more information ring the WEA on 277 5400 or 0151 243 5340

For leisure and pleasure. Come and try a class and see for yourself if it suits you!