

The Percival Guildhouse

Rugby's Independent Centre for Adult Education & the Arts

SUMMER 2025



SCAN ME

CLASSES & CLUBS FOR EVERYONE

Morning - Afternoon - Evening

St. Matthew's Street, Rugby, CV21 3BY
Tel: 01788 542467 Email: contact@percival-guildhouse.co.uk
www.percival-guildhouse.co.uk
Registered Charity No 528782



THE GUILDHOUSE WEEK AT A GLANCE

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Please see DAYSCHOOLS for a wide range of one-day activities.

WELCOME TO THE PERCIVAL GUILDHOUSE

Rugby's Independent Centre for Adult Education and the Arts

GET IN TOUCH WITH US NOW TO FIND OUT ABOUT THE CLASS YOU ARE INTERESTED IN

- **By Post.** Fill in the enrolment form NOW and send it with a cheque for the correct fee to The Percival Guildhouse, St Matthew's Street, Rugby CV21 3BY. (Cheques payable to The Percival Guildhouse).
- Some classes are continuing so you may need to enquire for vacancies.
- **In Person:** the office will be open every weekday during term time 9.00am to 3.30pm. The office will be closed for Easter from 14th – 22nd April inclusive.
- The office will be open from Wednesday 23rd April 2025.
- We accept Credit and Debit Cards, Cheques, Cash and PGH Vouchers as a method of payment.
- Please note: your place is not secured until we receive your payment.

CENTRE STAFF - Who's Who

Executive Committee

Chairman - Rob Close
Secretary - Clare Turnbull
Treasurer - David Thomson
David Bray
David Dove
Liz Pichon
Peter Reaney

Office Staff

Centre Manager - Sarah Gall
Administrator
& Book-keeper - Fiona Pedley
Administrator - Lorraine Rosser

Caretaking Staff

Tatjana Sentereva
Joaquim da Silva

Facilities for People with Disabilities

Every effort is made to accommodate anyone with a physical disability in our classes and activities. Entrances to the side and rear can be accessed via a ramp and there is also an internal lift. If you have difficulty with stairs or cannot use stairs unaided, let us know when you enrol. We will provide you with a Personal Emergency Evacuation Plan (PEEP) which will be used in the event of an emergency. If you have any particular requirements or queries, please contact the office.

More Information on Enrolment & Fees are on the back of
the Enrolment Form between pages 8-9

GENERAL INFORMATION

Most courses start week beginning 28th April 2025 unless otherwise stated. Half Term is 26th – 30th May inclusive. Guildhouse closed.

Contact Us

**Tel: 01788-542467 Email: contact@percival-guildhouse.co.uk
www.percival-guildhouse.co.uk**

Office Hours

The Guildhouse Office is normally open during the term as follows:

Monday to Thursday 9.00am – 3.30pm and 6.45 - 9.15pm

Friday 9.00am – 3.30pm.

Please note that in the evenings the office is attended by a voluntary steward who, if unable to answer your query, will take a message so that office staff can return your call. Anyone who is interested in becoming a **VOLUNTARY STEWARD** please contact the office.

Course Codes & Method of Delivery

All courses are numbered with a three-digit course code. Unless otherwise stated, our courses take place in person at The Percival Guildhouse. Some courses will take place at West Haddon Pavilion or on Zoom and these are clearly highlighted.

All **ENROLMENT** takes place at the Percival Guildhouse.

Course Information Sheets

For some courses, students are provided with a course outline/syllabus. It is intended to present a general statement of the topics to be covered and the order in which they are to be presented. It will be appreciated that successful learning outcomes are affected by the prior knowledge of the group and by individual interests and expertise. Some variation in the time given to particular topics, and the precise order in which they are presented, is therefore to be expected.

All information is correct at the time of printing.

The Percival Guildhouse reserves the right to cancel courses or engage alternative tutors when necessary. If a course enrolls fewer than 8 students, a discussion between students and tutors will try to mitigate the financial risk. This may result in a shortened course.

Data Protection:

The information provided by students on the PGH enrolment form is held on a database and processed in accordance with the General Data Protection Regulation (GDPR) 2018. The details of this can be found in our Privacy Policy available in the office or at www.percival-guildhouse.co.uk.

Please let us know if you wish to make any amendments to the personal data we hold about you.

NEW COURSES FOR SUMMER 2025

Mindful Mondays

Monday 8 meetings 10:00-11:30
Samantha Hall Starts 28 April

Italian Beginners

Monday 8 Meetings 12.00-14:00
Corinna Chandler Starts 28 April

Modern Calligraphy For Beginners

Monday 8 meetings 13:00-15:00
Joanna Bryan Starts 28 April

Seated Tai Chi/shibashi Qigong

Monday 8 meetings 17:30-18:30
Cathy Nixon Starts 28 April

Modern Calligraphy For Beginners

Tuesday 8 Meetings 19:00-21:00
Joanna Bryan Starts 29 April

Social Sketching

Tuesday 8 meetings 09:30-12:30
Janet Gallagher Starts 29 April

Needlefelting

Tuesday 8 meetings 10:00-12:00
Joanne Humphreys Starts 29 April

Poetry For Wellbeing

Tuesday 8 meetings 10:00-12:00
Samantha Hall Starts 29 April

Reflexology

Tuesday 8 meetings 13:00-15:00
Sue McCrea Starts 29 April

Traditional Woodcarving

Tuesday 8 meetings 19:00-21:00
Tom Jennings Starts 29 April

Spanish Beginners

Tuesday 8 meetings 19:00-21:00
Lucia Salvatierra Starts 29 April

Spanish Beginners

Wednesday 8 meetings 13:30-15:30
Lucia Salvatierra Starts 30 April

Introduction To Animation

Wednesday 8 meetings 19:00-21:00
Mel Lee Starts 30 April

Computer Game Development For Beginners

Wednesday 8 meetings 19:00-21:00
Robert Henning Starts 30 April

Rediscover Your Joy

Thursday 8 meetings 13:00-15:00
Carola Mills Starts 1 May

Illustration and Visual Journaling

Thursday 8 Meetings 19:00-21:00
Risa Ishikawa Starts 1 may

Eat Well, Live Well

Thursday 6 meetings 19:00-21:00
Beth Adams Starts 1 May

Character Concept Design For Games And Animation

Thursday 8 meetings 19:00-21:00
Mel Lee Starts 1 May

Get Stuck into Art

Friday 8 Meetings 10:00- 12:30
Fiona Setchell Starts 2 May

Also lots of Fantastic Dayschools

LANGUAGES

WHICH LEVEL TO CHOOSE?

We offer a wide range of language classes from Beginner level right up to Advanced level. Beginner levels are for students with no knowledge or very little knowledge of the language. Advanced levels are for students who are fluent in a language and would like to practise their conversation skills. All our other classes fall somewhere in between these two levels!

The class descriptions in the following pages will give you a good idea of what is covered in each class but in order to decide which class will best suit you we suggest contacting us to arrange a quick chat with the tutor who will then advise you. Alternatively, you can join the class you think will suit you best and if, after the first class, you and the tutor think a different class would suit you better we will do our best to transfer you to that class instead

FRENCH

Please note that where magazines are used there is a yearly subscription of approximately £41.99 for "La Vie Outre-Manche" or £36.99 for "Rendez-vous". However, a discount may be obtained by mentioning the Percival Guildhouse or Anne-Sophie Adelmant when you order.

101 FRENCH BEGINNERS PLUS

Monday 7 Meetings 16:00 - 18:00

Tutor: Anne-Sophie Adelmant £91.00, £37.00

This course is aimed at students who have done French before but think they have forgotten it all. The course will revise the basics, develop vocabulary for everyday situations and most of all bring back confidence to speak while in a French speaking country. We will discuss culture and traditions, and use the BBC *Talk French 2* coursebook, with authentic audio recordings and role plays. You will then be ready to enjoy a lovely holiday in France, shopping and ordering food and drinks, all without stress!

From 28 April

301 ON Y VA INTERMEDIATE LEVEL 2

Wednesday 7 Meetings 09:30 - 11:30

Tutor: Anne-Sophie Adelmant £91.00, £37.00

This mostly in French class is aimed at students who are gaining confidence in the language and are able to hold a simple conversation. Students will prepare optional weekly news reports on their chosen subject, and we will discuss culture and French experiences; grammar exercises and listening practice will also be part of the lessons in the form of dialogues on typical situations while on holiday. The course book *Façon de Parler 2* (5th

edition) will be used as a support. An easy novel to read at home or in class will be discussed fortnightly, this term it will be *Le Petit Nicolas*, the witty adventures of a schoolboy and his friends.

From 30 April

102 FRENCH EXPERIENCE INTERMEDIATE LEVEL 3

Monday 7 Meetings 13:30 - 15:30

Tutor: Anne-Sophie Adelmant £91.00, £37.00

In this friendly group, we shall continue to develop listening and speaking skills with lively discussions. This class is conducted all in French, in a very relaxed and friendly atmosphere and the magazine and CDs *Rendez-vous* will be used. Newcomers welcome.

From 28 April

401 ALLONS-Y! INTERMEDIATE LEVEL 4

Thursday 7 Meetings 10:00 - 12:00

Tutor: Anne-Sophie Adelmant £91.00, £37.00

This all in French class is aimed at students who are fairly fluent in the language and have an interest in French current affairs. Students will prepare weekly news reports and debate on articles about France. The magazine *La Vie Outre-Manche* will be used as a base for discussions, grammar exercises and listening practices.

From 1 May

201 PARLONS-EN ADVANCED LEVEL 2

Tuesday 7 Meetings 10:00 - 12:00

Tutor: Anne-Sophie Adelmant £91.00, £37.00

This all in French class is aimed at students who have a strong fluency in the language and have an interest in French current affairs. Students will prepare weekly news reports and debate on current questions facing French speaking countries. Articles from the magazine *La Vie Outre-Manche* will be used as a base for discussions, grammar exercises and listening practice.

From 29 April

GERMAN

402 GERMAN BEGINNERS

Thursday 8 Meetings 10:00 - 12:00

Tutor: David Harding £104.00, £42.00

A beginners' conversation class for those wishing to use German for pleasure or business. The emphasis will be on oral work, in the first instance, with some grammar work to reinforce it. This course is a continuation from last term; newcomers also welcome.

From 8 May LATE START

105 GERMAN INTERMEDIATE LEVEL 2

Monday 7 Meetings 13:30 - 15:30

Tutor: David Harding £91.00, £37.00

Building on our existing knowledge, we shall extend our vocabulary further. There will be a good mix of speaking, reading and listening. Newcomers with a reasonable knowledge of German are also welcome.

From 12 May LATE START

302 GERMAN INTERMEDIATE LEVEL 3

Wednesday 8 Meetings 10:00 - 12:00

Tutor: David Harding £104.00, £42.00

Building on our existing knowledge, we shall extend our vocabulary further. There will be a good mix of speaking, reading and listening, all conducted in a light-hearted manner. Newcomers with a reasonable knowledge of German are also welcome.

From 7 May LATE START

103 GERMAN ADVANCED

Monday 7 Meetings 10:00 - 12:00

Tutor: David Harding £91.00, £37.00

Conversation, listening, texts and a little grammar. The class is conducted mostly in German.

From 12 May LATE START

ITALIAN

104 ITALIAN BEGINNERS

Monday 8 Meetings 12:00 - 14:00

Tutor: Corinna Chandler £104.00, £42.00

Class for complete beginners. We will begin by getting to grips with the pronunciation of Italian with the focus very much on developing speaking skills from the outset, ready to make ourselves understood in time for that summer holiday!

From 28 April

106 ITALIAN IMPROVERS

Monday 8 Meetings 09:30 - 11:30

Tutor: Corinna Chandler £104.00, £42.00

This is a lively, supportive and enthusiastic class which is very welcoming to new students. We have covered past, present and future tenses. This term, we will continue learning about the geography, history and food of Italy alongside building vocabulary, grammar, reading, listening and speaking skills.

From 28 April

501 ITALIAN IMPROVERS LEVEL 2

Friday 8 Meetings 13:00 - 15:00

Tutor: Adriana White £104.00, £42.00

This is the ideal course if you intend to consolidate your knowledge of Italian and build upon it by learning new vocabulary and grammar rules. It is focused mainly on speaking and listening skills and you will have plenty of opportunities to practise with fellow students and the tutor. Prior knowledge of present, present perfect (passato prossimo) imperfect and future tenses is required.

From 2 May

502 ITALIAN INTERMEDIATE LEVEL 4

Friday 8 Meetings 10:00 - 12:00

Tutor: Adriana White £104.00, £42.00

You will consolidate and extend your knowledge of Italian culture and language in a wide range of contexts. Particular emphasis is placed on developing speaking and listening skills and learning about Italian current affairs. Complete familiarity with present, past and future tenses is required, as well as a good knowledge of the imperative and subjunctive modes.

From 2 May

SPANISH

203 SPANISH BEGINNERS

NEW

Tuesday 8 Meetings 19:00 - 21:00

Tutor: Lucia Salvatierra £104.00, £42.00

Course for complete beginners or with very little knowledge of the language. We'll cover chapters 1 and 2. You will learn to introduce yourself, numbers, the alphabet, and be able to buy drinks and snacks. Course books: *Pasos 1 and its activity book* (4th edition, John Murray Learning). There will be a copy of the OLD course book in the office to help you decide if this is the right course for you.

From 29 April

312 SPANISH BEGINNERS

NEW

Wednesday 8 Meetings 13:30 - 15:30

Tutor: Lucia Salvatierra £104.00, £42.00

Course for complete beginners or with very little knowledge of the language. We'll cover chapters 1 and 2. You will learn to introduce yourself, numbers, the alphabet, and be able to buy drinks and snacks. Course books: *Pasos 1 and its activity book* (4th edition, John Murray Learning). There will be a copy of the OLD course book in the office to help you decide if this is the right course for you.

From 30 April

The lower fee stated for each course applies to students who are in receipt of a means tested benefit

202 SPANISH BEGINNERS CONTINUATION

Tuesday 8 Meetings 13:30 - 15:30

Tutor: Lucia Salvatierra £104.00, £42.00

For people with very little knowledge of the language. We'll work on useful topics like finding your way around, booking a hotel room and more. Course book *Pasos 1 and its activity book* by John Murray Learning (4th edition, chapters 3 & 4). There is a copy of the OLD course book in the office to help you decide if this is the right course for you.

From 29 April

403 SPANISH IMPROVERS LEVEL 3+

Thursday 8 Meetings 12:00 - 14:00

Tutor: Julia Tivey £104.00, £42.00

For students who have a basic knowledge of past, present and future tenses and wish to build on that. The main emphasis will be on conversation. Course book: *Pasos 2*.

From 1 May

107 SPANISH INTERMEDIATE LEVEL 1+



Monday 8 Meetings 09:30 - 11:30

Tutor: Lucia Salvatierra £104.00, £42.00

Chapter 9 In *Pasos 2* is about describing past events. To help us to do that we are going to review and practise the preterite and the imperfect tenses. Course books: *Pasos 2 and its activity book* (4th edition, John Murray Learning) There will be a copy of the OLD course book in the office to help you decide if this is the right course for you.

From 28 April

404 SPANISH INTERMEDIATE LEVEL 3+

Thursday 8 Meetings 09:30 - 11:30

Tutor: Julia Tivey £104.00, £42.00

A conversation-based class for students who are comfortable using past, present and future tenses and wish to extend their knowledge. Course book: *Sueña 3*.

From 1 May

LATIN

512 IMPROVERS' LATIN



Friday 8 Meetings 11:00 - 13:00

Tutor: Rosemary King £104.00, £42.00

Latin- the language of Virgil and Ovid, but also of the Latin Mass, Gregorian chant and the Vulgate- the version of the Bible which informed our culture for 1000 years. Latin- the key to understanding inscriptions in Britain's churches and other ancient buildings. This class is based on the textbook *The Cambridge Latin Course*, book 3, (ISBN 0-521-644682). If you are new to the group, please contact the tutor on 01788573067, email rosiking2963@gmail.com for advice on catching up on material already covered. We shall be looking at other texts and

inscriptions-usually ones that the students have seen in cathedrals and other ancient buildings- listening to music with Latin texts, and maybe even singing some Latin songs ourselves. This is a very friendly and lively group who will welcome you and make you feel at home.

From 2 May

GREEK

108 NEW TESTAMENT GREEK



Monday 8 Meetings 14:00 - 16:00

Tutor: John King £32.00

This is a friendly group that meets on Zoom to read and discuss the original Greek texts from the Old and New Testaments and other documents. New members with some knowledge of Greek are most welcome.

From 28 April

WORDS

204 SHAKESPEARE GROUP

Tuesday 8 Meetings 10:00 - 12:00

Tutor: Shakespeare Group £44.00, £18.00

The group will read, watch and discuss Shakespeare's well known tragedy, "*Macbeth*". No previous knowledge is required to join this friendly, lively group. Please provide your own copy of the text.

From 29 April

205 WRITE THE STORY OF YOUR LIFE

Tuesday 8 Meetings 10:00 - 12:00

Tutor: Cathy Whittaker £104.00, £42.00

If you think your life is boring, think again. The story of your life is unique. This popular course will help you re-discover memories by using triggers and writing exercises, encourage you to use fictional techniques to make your story live on the page, and give you ideas for organising your material. It is a friendly, supportive group for all levels. Come and be inspired.

From 29 April

222 POETRY FOR WELLBEING



Tuesday 8 Meetings 10:00 - 12:00

Tutor: Samantha Hall £104.00, £42.00

Unlock the power of poetry for wellbeing. Through inspiring poems and creative exploration, each session offers a safe, supportive space to build confidence and express yourself freely. Whether you're an experienced writer or completely new to poetry, every voice is welcome. With weekly themes such as Gratitude, Relationships, Resilience, all you need is an open heart and a willingness to explore the beauty of words.

From 29 April

206 ADVENTURES IN CREATIVE WRITING

Tuesday 8 Meetings 13:00 - 15:00

Tutor: Cathy Whittaker £104.00, £42.00

If you've always wanted to have a go at Creative Writing but have been unsure about what it's all about, this is the course for you. You will have the opportunity to try different genres such as Memoir, Short Stories, Poetry Writing and others such as Writing for Children and Magazines. This is a class for those new to writing and those who wish to take their writing in a new direction. Come along and be inspired!

From 29 April

305 FROM PAGE TO SCREEN

Wednesday 8 Meetings 10:00 - 12:00

Tutor: Michael Cahill £104.00, £42.00

A Journey to India and Back: We shall be studying two thought-provoking works, Mrs Gaskell's industrial novel, *North and South*, and E.M. Forster's *A Passage to India*. We will conclude, in lighter vein, with Edith Nesbit's *The Railway Children*.

From 30 April

405 CREATIVE WRITING

Thursday 8 Meetings 10:00 - 12:00

Tutor: Cathy Whittaker £104.00, £42.00

A friendly, supportive class with plenty of ideas and stimulating writing exercises to start you off or develop your writing further. You will discover essential skills and techniques that will enhance your writing. As well as fiction you'll have the chance to try out some other genres. This class is for beginners and more experienced writers. Come and be inspired.

From 1 May

406 JOURNEY INTO POETRY

Thursday 8 Meetings 13:30 - 15:30

Tutor: Cathy Whittaker £104.00, £42.00

Poetry is growing in popularity, come and see what it's all about. This course gives you the chance to experiment with the many different forms of poetry today, from free verse to traditional. You will learn some of the craft and techniques of writing poetry. We will also be reading and discussing some contemporary writers. It's an enjoyable, informal class with lots of ideas to inspire you. Suitable for beginners and more experienced writers.

From 1 May

HISTORY

109 TOWARDS THE CIVIL WAR

Monday 8 Meetings 10:00 - 12:00

Tutor: Michael Cahill £104.00, £42.00

The course follows the significant events from the time of James I, and into the reign of his son, Charles I, which led to the outbreak of the English Civil War.

From 28 April

Ground Floor

207 FROM EMPEROR TO ARTIST: CHARLES V TO ALBRECHT DÜRER

Tuesday 8 Meetings 10:00 - 12:00

Tutor: Michael Cahill £104.00, £42.00

We conclude our overview of the reign of the Holy Roman Emperor, Charles V (1519 - 1555), a period fraught with momentous changes, to consider the great German artist Albrecht Dürer (1471 - 1528), whose genius superbly illustrates the changing culture of Europe in the early years of the sixteenth century.

From 29 April

Ground Floor

412 SECRETS AND LIVES; HOW BLETCHLEY PARK CHANGED THE COURSE OF HISTORY



Thursday 1 Meeting 10:00 - 13:30

Tutor: Alan Marchant £30.00, £12.00

Bletchley Park was home to GCHQ during World War Two. It became a unique and huge intelligence factory where over 9000 people worked. We will follow the story of the codebreakers before and during the war – their methods, ways of working, the machines they invented, and how their astonishing successes influenced the conduct of war and helped save countless lives.

From 5 June

413 RUSSIA AGAINST THE WORLD



Thursday 1 Meeting 10:00 - 14:00

Tutor: Alan Marchant £34.00, £14.00

Putin, as a child, chased and cornered a huge rat which then turned on him. Always prepare for danger became his motto. Centuries of invasions, 'encroachments' and ideological 'encirclement' have led Russia to see itself in a long continuous battle for survival. From Rurik and the Rus Dynasty to the Romanovs, from Peter the Great to Stalin, and from the end of Soviet Communism to the current war with Ukraine, we will follow Russia's long and conflict-ridden story to help us understand its relationship with the world.

From 26 June

HOW TO ENROL

The office is open during term-time for telephone, email, postal and in-person enrolment or enquiries every weekday 9.00am to 3.30pm.

CRAFTS

110 UPHOLSTERY

Monday 8 Meetings 13:30 - 15:30

Tutor: Ruth Brewin £104.00, £42.00

The course will enable you to learn and develop upholstery techniques. Whether it's a Victorian deep buttoned chair or G plan dining chair you will acquire skills that will transform and breathe new life into items of furniture. This will help you gain the confidence for you to continue with projects at home. Tools and equipment will be available to use on the day and some limited storage space may be available at the Guildhouse. We are a friendly group at the Guildhouse and you'll be made to feel very welcome!

From 28 April

Ground Floor

220 NEEDLEFELTING

Tuesday 8 Meetings 10:00 - 12:00

Tutor: Joanne Humphreys £104.00, £42.00

Learn how to needlefelt and enjoy a rewarding hobby. You will learn how to use the tools and materials required to create three dimensional and detailed sculptures of birds, animals or figures. The tutor will demonstrate step by step how to make poseable armatures out of pipe cleaners. You will also learn how to create colourful landscapes on pieces of felt. All materials can be purchased from the tutor at a cost of £5 per bag to get you started. If you wish to source your own materials you will need a piece of dense foam 10 cm square, felting needles and roving wool in various shades.

From 29 April



208 TRADITIONAL WOODCARVING

NEW

Tuesday 8 Meetings 19:00 - 21:00

Tutor: Tom Jennings £91.00, £37.00

How to carve wood! This course will take you through a simple woodcarving project designed to help you learn traditional carving styles with hand chisels and gouges. It will be run in a safe and friendly environment where you can learn this beautiful craft at a gentle pace. It can be challenging for some, and very rewarding. There will be a charge of £10/£15 for materials, payable to the tutor at the first class. **Please note: no class 6 May.**

From 29 April

308 SEWING AND DRESSMAKING

Wednesday 8 Meetings 19:00 - 21:00

Tutor: Rachel Doughty £104.00, £42.00

Have you sewn in the past but lost confidence, perhaps know the basics but want to learn more, or are a complete beginner? Then this is the course for you. Working in a small group you will have lots of support to complete a project of your choice, whether you want to make a cushion cover or a fully tailored jacket. Come along and enjoy a fun and relaxed atmosphere with your fellow sewers. We have a couple of sewing machines but if you can bring your own that would be a great help and if you are fairly new to sewing you can be shown how to use your own machine. During the first session you will learn how to measure yourself accurately, so you will need to bring along a tape measure. You will also need to bring a pattern and fabric for your chosen project. If you need help choosing your first project, get in touch and I can help you with that.

From 30 April

PLEASE REMEMBER:

IF YOU REQUIRE YOUR RECEIPT, PLEASE SEND A STAMPED ADDRESSED ENVELOPE. IF YOU WISH TO CHECK YOU HAVE BEEN ENROLLED ON YOUR COURSE, PLEASE ACCESS YOUR PGH ACCOUNT ONLINE OR CONTACT THE OFFICE.

ENROL NOW FEES AND CONCESSIONS

Fees are shown alongside each course. Each fee includes an Administration fee of £15.00

Courses show two fee levels.

1st fee = full fee

2nd fee = for students who are in receipt of one of the following means tested benefits:

Fee remission categories:

1. Job Seekers Allowance
2. Working Tax Credit
3. Housing Benefit/Council Tax Benefit
4. Income Support
5. Employment and Support Allowance (income based)
6. Universal Credit
7. Pension Credit
8. Unwaged dependant on one of the above categories

We are able to give fee remission on our courses as long as we are in receipt of a Grant which allows us to support adults on means tested benefits.

FEE REMISSION SUPPORTING EVIDENCE

Students will need to provide evidence of being in receipt of one of the above benefits. It is essential that you send a photocopy of the documentary evidence of your entitlement to benefit. An enrolment cannot be accepted without this documentation if you are claiming fee remission.

**We accept payment by
Debit & Credit Cards,
Cash, PGH Vouchers
and Cheques
(payable to the Percival Guildhouse)**

REFUND POLICY

Course fees are non-refundable except in the following circumstances:

- Class closed due to low numbers.
- Medical reasons - prompt notification is required.
- Moving out of the area.
- Unsuitability of the class providing the request is made to the office immediately after the first meeting.

If a class is closed, a full refund will be given. If the class is unsuitable, an administration charge of £15 will be deducted from the refund. In all other circumstances where a refund can be offered, an administrative charge of £15.00 will be made together with a deduction of any sessions to date whether the student has attended or not.

Please note that no refunds will be given under any circumstances for workshops, short courses, visits or classes running on low numbers unless your place can be filled by another student, when a £15.00 administration charge will be made.

PHOTOCOPYING COSTS

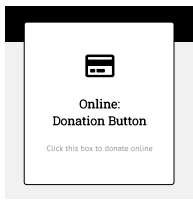
Please note: a reasonable, but limited amount of photocopied material will be provided free of charge to students in every class. Where more photocopied resources are required, students will be asked to contribute.

PAY BY INSTALMENTS


We are happy to accept spread payments for full length courses if you are paying by cheque. Simply send us two cheques, one present-dated and one dated 1st May 2025 (each cheque for half of the total fees). This facility is not available for short courses or workshops.

PLEASE REMEMBER:

IF YOU ENROL BY POST AND REQUIRE YOUR RECEIPT,
PLEASE SEND A STAMPED ADDRESSED ENVELOPE.
IF YOU WISH TO CHECK YOU HAVE BEEN ENROLLED ON
YOUR COURSE, PLEASE ACCESS YOUR PGH ACCOUNT
ONLINE OR CONTACT THE OFFICE.



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- Call 01788 542467 and donate by Debit Card

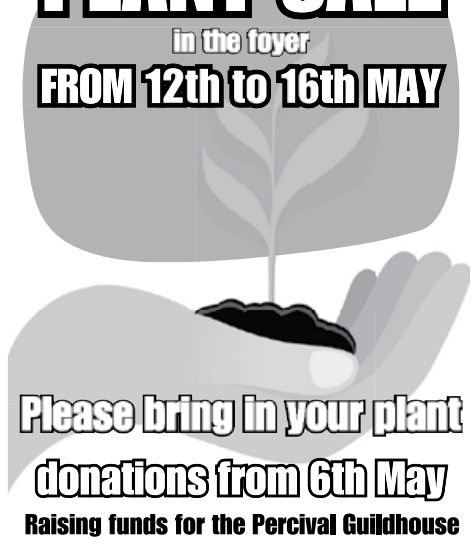
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THE PERCIVAL GUILDHOUSE

PLANT SALE

in the foyer

FROM 12th to 16th MAY



Please bring in your plant

donations from 6th May

Raising funds for the Percival Guildhouse

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As featured in:     

WE NEED YOUR HELP

Trustees
Needed



We urgently need trustees with experience of making grant applications.

Get in touch to find out more.

email: contact@percival-guildhouse.co.uk

ART

112 ACRYLIC PAINTING FOR BEGINNERS

Monday 8 Meetings 10:00 - 12:00

Tutor: Joanna Bryan £104.00, £42.00

This friendly beginner acrylic painting class will give you the skills and techniques to paint confidently with acrylics. With lots of painting demonstrations from the tutor you will build your painting skills and become confident in selecting surfaces and grounds to suit your paintings needs. You will learn about mixing colours and develop your colour mixing confidence, you will learn about paint application techniques and be able to achieve different effects with your paints. The tutor will provide images for you to work from and helpful feedback. A full materials list is available to view on the website.

From 28 April

115 ACRYLIC PAINTING FOR IMPROVERS

Monday 8 Meetings 19:00 - 21:00

Tutor: Joanna Bryan £104.00, £42.00

Come and enjoy painting with acrylics in a friendly and supportive class. This is a course for students with some knowledge of acrylics or a progression course for students who have attended the Acrylic Painting for Beginners course. Students will paint from subjects that they collectively select at the beginning of the course with photographic images, prompts and painting exercises provided by the tutor. Basic paint kit required, a list of suggested materials is available to view on the website.

From 28 April

122 MODERN CALLIGRAPHY FOR BEGINNERS



Monday 8 Meetings 13:00 - 15:00

Tutor: Joanna Bryan £104.00, £42.00

From 28 April

215 MODERN CALLIGRAPHY FOR BEGINNERS

Tuesday 8 Meetings 19:00 - 21:00

Tutor: Joanna Bryan £104.00, £42.00

From 29 April

This beginner friendly course will walk you step by step through how to create letter shapes and strokes and how to join them into words. Join me and learn all about nibs and downstrokes and what to practise to create beautiful Modern Calligraphy lettering. Working with a pointed dip pen nib and ink and from tutor demonstrations you will work initially on practice sheets and go on with tutor guidance to develop to designing and creating your own bookmarks, gift tags, cards, display sheets and more. Materials list can be purchased from the tutor for £20 at the first class, these contain everything you will need for the whole course.

221 SOCIAL SKETCHING



Tuesday 8 Meetings 10:00 - 12:00

Tutor: Janet Gallagher £104.00, £42.00

Join a sociable morning sketching with like-minded artists regularly throughout the summer term. What ever your level of drawing skill, enjoy sketching in our group! Please bring a sketch pad or lots of paper (not necessarily thick paper but be prepared to have lots to work on!) pencils, graphite or your chosen drawing medium. I will bring different items of interest each week to draw and we can explore them through both fast and measured sketching. There is a drinks machine available or feel free to bring your own drinks and snacks. Our session will begin at 10.00am and end at 12.00pm with a break around 11am.

From 29 April

209 PAINTING FIGURES AND FACES FROM PHOTOGRAPHS



Tuesday 8 Meetings 10:00 - 12:00

Tutor: Joanna Bryan £104.00, £42.00

Our topic of the term is figures at work. Working initially from images provided by the tutor and prompts, you will look at how figures at work have been represented by artists over the years and how contemporary artists respond to figures in the workplace. You will progress to working with your own images and developing your own points of interest in the subject with feedback from the group and tutor. The group has a supportive WhatsApp chat where we share ideas, images in progress and feedback. Joining this Zoom class offers you the convenience of drawing and painting from your own home but also receiving guidance from a tutor while enjoying being part of a group of like-minded people. This friendly class welcomes new members. If you require any support using either Zoom or WhatsApp please let the office know when enrolling and we can meet at the Guildhouse and introduce you to how it all works. Materials are your own choice, please have basic drawing and painting kit.

From 29 April

210 THE A-Z OF STILL LIFE DRAWING

Tuesday 8 Meetings 13:00 - 15:00

Tutor: Joanna Bryan £104.00, £42.00

Come and create a time to regularly practise your observational drawing skills. Learn how to look for the simple forms within objects and how to build your drawings from there, considering composition and scale. This term is a continuation of the A-Z of Still Life project. Over the course you will be working your way through the alphabet and each week will draw an object or objects corresponding to the letter of the week. Objects are provided by the tutor. This term we will be covering the letters U, V, W, X, Y and Z and then we will be drawing on locations in Rugby for the last two weeks. There is a list of suggested materials on the website.

From 29 April

309 PAINTING FOR PLEASURE

Wednesday 8 Meetings 10:00 - 12:30

Tutor: Michaela McMillan £114.00, £46.00

Students will work on their own projects, OR from inspiration provided by the tutor. This is a relaxed, non-pressured class, with an emphasis on creativity, having-a-go, and supporting each other. Students bring their own choice of materials.

From 7 May LATE START Ground Floor

310 WATERCOLOUR WORKSHOP

Wednesday 8 Meetings 13:00 - 15:00

Tutor: Fiona Setchell £104.00, £42.00

Watercolour workshop is a course for everyone of all abilities and levels of experience who would like to develop their painting skills more independently. Students will be provided with material to work from each week that will include an artist's painting as well as supporting material. Students new to watercolours have the option to work directly from an artist's image, with tutor demonstrations, to learn foundation watercolour skills. Those more experienced students will be able to build on the foundation skills they already have acquired through attending classes; they will work from photographs and use the artist's work and tutor demonstration to support their individual pieces of work. There is no pressure to complete a piece of work each week, students will be encouraged to work at a pace they are comfortable with. You will enjoy painting in a friendly, relaxed and supportive environment with one-to-one support as well as clear and engaging tutor-led demonstrations. The tutor will provide a materials list along with the term's curriculum.

From 30 April

311 FIGURES AND FACES

Wednesday 8 Meetings 19:00 - 21:00

Tutor: Emma Town £104.00, £42.00

Figures and Faces don't have to be intimidating subjects. With lots of skill building exercises, 'how to' demonstrations and time for you to practise and create with the support of a tutor you will be introduced to different techniques to confidently depict figures and faces. From learning basic proportions and knowing which landmarks to look out for you will be able to progress to create drawings and paintings of single and multiple figures. Reference images are provided by the tutor. A full materials list is available on the website.

From 30 April

The lower fee stated for each course applies to students who are in receipt of a means tested benefit

414 ILLUSTRATION AND VISUAL JOURNALING



Thursday 8 Meetings 19:00 - 21:00

Tutor: Risa Ishikawa

Illustration for me is fun, playful and is great for visual storytelling, big or small. Using traditional mediums, I will help you to loosen your drawing, simplify visuals, help with storytelling and show you how easy it can be to create illustrations for yourself and bring you joy. This course is for beginners and introduces illustration and drawing into your day to day and for relaxation. You can bring whatever mediums you wish, along with a sketchbook or paper.

From 1 May

506 ART WORKSHOP

Friday 8 Meetings 10:00 - 12:00

Tutor: Rachel Doughty £104.00, £42.00

This class is designed for you to get one-to-one support on your art projects from an experienced tutor and professional artist. You will be supported to develop your skills and knowledge in whichever materials you prefer to work with. Still life set ups will be available for observation or you can work from photographs. There will be regular demonstrations and the chance to have a go at learning about new techniques and materials. I will also offer PowerPoint presentations of different art movements or specific artists. At least once a term we will also arrange a trip to visit an art collection either at a gallery or stately home. All levels of ability are welcome, from beginners to the experienced. The atmosphere is fun and relaxed so if you would like to join us please bring along a project you wish to work on which we can discuss at the first lesson. You will need to provide your own materials.

From 2 May

514 GET STUCK INTO ART



Friday 8 Meetings 10:00 - 12:30

Tutor: Fiona Setchell £114.00, £46.00

Do you love art but need some direction as to how to get the best out of art materials? Perhaps you are confident in some media but would like to learn new skills. This course will cover the elements of art that will unleash unlimited creative possibilities. I will teach you different approaches to drawing to help you find what works best for you and to build your confidence in drawing from observation. All levels of experience and ability are welcome; you will be well supported with tutor led demonstrations and one to one support. Each week I will demonstrate different media and provide you with a selection of photographic images to work from. The 8 weeks will cover, pencil tonal, colour pencil, pen, chalk and charcoal, oil pastel, chalk pastel/pencil, I am also happy to take requests! I will provide you with an equipment list on enrolment but will also have materials available for you to use at a small additional cost.

From 2 May

HEALTH

121 MINDFUL MONDAYS



Monday 8 Meetings 10:00 - 11:30

Tutor: Samantha Hall

£78.00, £32.00

As we become mindful of our thoughts and feel into the body, we learn to be free of stories of the past and worries of the future, making way for productive, creative thinking – bringing a sense of peace. Through teachings, stories/poetry, and meditation, you'll learn to settle into the present moment and cultivate a new relationship with yourself—one where you're not always lost in mind's chatter. Freedom and peace are precious things which are available to us all when we know where to look.

From 28 April

118 CHAIR YOGA

Monday 7 Meetings 12:30 - 13:30

Tutor: Kailash Mistry

£46.00, £19.00

From 28 April

116 CHAIR YOGA

Monday 7 Meetings 14:00 - 15:00

Tutor: Kailash Mistry

£46.00, £19.00

From 28 April

Chair yoga is becoming increasingly popular as an alternative to the floor Yoga. All the postures are modified and made easier to practise on a chair yet getting the same benefits. It is suitable for everyone, whether you are a complete beginner or you have been practising for some time. You will work at your own pace and abilities. Yoga is a holistic approach to improve your overall health addressing physical, mental and emotional wellbeing. You will be guided with clear instructions and demonstration to learn asana (postures) pranayama (breath work) mudra (hand gestures) meditation and relaxation. The aim is to bring strength and flexibility into the joints and muscles, improve balance and bring calmness to your mind. Not suitable for those who have had recent operation or surgery. **Please note: no class 2 June.**

123 SEATED TAI CHI / SHIBASHI QIGONG



Monday 8 Meetings 17:30 - 18:30

Tutor: Cathy Nixon

£52.00, £21.00

Experience the gentle, flowing movements of Seated Shibashi Qigong and Tai Chi in a welcoming and relaxing environment at Percival Guildhouse, Rugby. Guided by experienced instructor Cathy Nixon, this class is perfect for those looking to improve balance, flexibility, and relaxation while seated. Shibashi Qigong is a beautiful, meditative practice that combines breathwork with slow, harmonious movements to promote overall well-being. Whether you're new to Tai Chi or have experience, this

seated session offers a supportive and accessible way to enjoy the benefits of these ancient arts. Join us to nurture both body and mind in a friendly and inclusive space!

From 28 April

119 QIGONG TAI CHI

Monday 8 Meetings 18:45 - 19:45

Tutor: Cathy Nixon

£52.00, £21.00

Boost your health and well-being by learning Shibashi Set 1, a relaxing Qigong practice. Led by experienced teacher Cathy Nixon, blends gentle movements with breathwork to promote energy flow, relaxation, and mental clarity. Classes cater to all levels, focusing on both beginners and experienced practitioners, seated option is available and welcomed. Qigong (pronounced "chee-gong") is an ancient Chinese practice that combines movement, meditation, and controlled breathing exercises to promote the flow of Qi (life energy) throughout the body. The word "Qi" refers to the vital energy or life force believed to flow through the body, while "gong" means cultivation or skill acquired through practice. Qigong has a long history in Chinese culture and is considered a form of traditional Chinese medicine (TCM). It encompasses a wide range of techniques, including gentle movements, standing postures, meditation, visualization, and breathing exercises.

From 28 April

219 REFLEXOLOGY



Tuesday 8 Meetings 13:00 - 15:00

Tutor: Sue McCrea

£104.00, £42.00

Reflexology, also known as zone therapy is a holistic, ancient therapy that has its origins in Egypt, China and India. It uses pressure on various points on the feet, hands, face and ears that correspond to parts of the body. It results in deep relaxation. This short introduction will focus on reflex areas on the feet and will be predominately practical. Please bring a small towel, pillow or cushion. Short nails are advisable please. Foot cream and charts will be available to buy from the tutor.

From 29 April

213 CHAIR YOGA

Tuesday 7 Meetings 14:00 - 15:00

Tutor: Kailash Mistry

£46.00, £19.00

Chair yoga is becoming increasingly popular as an alternative to the floor Yoga. All the postures are modified and made easier to practise on a chair yet getting the same benefits. It is suitable for everyone, whether you are a complete beginner or you have been practising for some time. You will work at your own pace and abilities. Yoga is a holistic approach to improve your overall health addressing physical, mental and emotional wellbeing. You will be guided with clear instructions and demonstration to learn asana (postures) pranayama (breath work) mudra (hand gestures) meditation and relaxation. The aim is to bring strength and flexibility into the joints and muscles,

improve balance and bring calmness to your mind. Not suitable for those who have had recent operation or surgery. **Please note: no class 3 June.**

From 29 April

214 HATHA YOGA FOR EVERYONE

Tuesday 7 Meetings 18:00 - 19:00

Tutor: Kailash Mistry £46.00, £19.00

From 29 April

218 HATHA YOGA FOR EVERYONE

Tuesday 7 Meetings 19:15 - 20:15

Tutor: Kailash Mistry £46.00, £19.00

From 29 April

Hatha Yoga is a traditional style of Yoga, suitable for everyone, whether you are a complete beginner or you have been practising for some time. You will work at your own pace and abilities. Yoga is a holistic approach to improve your overall health addressing physical, mental and emotional wellbeing. You will be guided with clear instructions and demonstration to learn asana (postures) pranayama (breath work) mudra (hand gestures) meditation and relaxation. The aim is to bring strength and flexibility into your joints and muscles, improve balance and bring calmness to your mind. Not suitable for those who have had recent operation or surgery. You will need to bring your own yoga mat, block, strap and a cushion. **Please note: no class 3 June.**

411 REDISCOVER YOUR JOY

Thursday 8 Meetings 13:00 - 15:00

Tutor: Carola Mills £104.00, £42.00

Come and rediscover your inner peace and joy in this friendly and supportive class. As a group we will learn together through talking and listening and some creative exercises. Each session we cover a different topic including the following: - the importance of deep listening, and how to do this in practice, which enables us to connect with ourselves and others on a deeper level - the true nature of thought and its impact on your emotions - how to improve your decision making - understanding confidence and self-esteem - reducing stress and anxiety - overcoming bad habits - empowering you to feel good enough. Come and join us in this class to learn more about yourself in a safe and welcoming environment. **Please note: no class on 5 June.**

From 1 May



409 EAT WELL, LIVE WELL

Thursday 6 Meetings 19:00 - 21:00

Tutor: Beth Adams £78.00, £32.00



If you are keen to make improvements to your diet but aren't sure where to begin, then this course is for you. Over the 6 weeks you will learn how to choose the right carbohydrates and protein-rich foods to keep you full, balance your blood sugar levels and manage your weight. You will learn about the best fats to eat, why good digestion is so important and how to improve your gut health, as well as learn about heart health. You will also learn nutrition and lifestyle tips to help manage stress. Each week you will learn how to make simple changes, which can soon lead to better health and vitality. You will gain insights from keeping a food diary, as well as carry out practical activities such as food label-reading. You will come away with plenty of ideas for delicious, healthy meals to nourish and sustain you. Discover too how using the 80:20 rule means you can still eat the treats you love!

From 1 May

Ground Floor

508 HATHA YOGA FOR EVERYONE

Friday 7 Meetings 10:00 - 11:00

Tutor: Kailash Mistry £46.00, £19.00

From 2 May

509 HATHA YOGA FOR EVERYONE

Friday 7 Meetings 11:15 - 12:15

Tutor: Kailash Mistry £46.00, £19.00

Hatha Yoga is a traditional style of Yoga, suitable for everyone, whether you are a complete beginner or you have been practicing for some time. You will work at your own pace and abilities. Yoga is a holistic approach to improve your overall health addressing physical, mental and emotional wellbeing. You will be guided with clear instructions and demonstration to learn asana (postures) pranayama (breath work) mudra (hand gestures) meditation and relaxation. The aim is to bring strength and flexibility into your joints and muscles, improve balance and bring calmness to your mind. Not suitable for those who have had recent operation or surgery. You will need to bring your own yoga mat, block, strap and a cushion. **Please note: no class 6 June.**

From 2 May

Term starts on 28th April 2025
Half term is 26th – 30th May 2025 inclusive
Guildhouse will be closed.

510 GUIDED MEDITATION FOR EVERYONE

Friday 7 Meetings 13:00 - 14:00

Tutor: Kailash Mistry £46.00, £19.00

From 2 May

511 GUIDED MEDITATION FOR EVERYONE

Friday 7 Meetings 14:15 - 15:15

Tutor: Kailash Mistry £46.00, £19.00

From 2 May

Meditation has now become a necessity to overcome stress, anxiety, fear and insomnia. It is medically proven to help with calming your racing mind and find your inner peace. Guided meditation class offers various techniques to achieve a peaceful state of mind simply by working through your breath and body. Many of us find it better to come to a group and learn together in a comfortable and friendly environment with like-minded people. This place offers all of that so come and join the class if you have never done it before. You don't need to bring anything and you will be sitting on a chair. **Please note: no class 6 June.**

GENERAL INTEREST

117 EMOTIONS TO THE FORE! THREE ROMANTIC OPERAS

Monday 8 Meetings 13:30 - 15:30

Tutor: Michael Cahill £104.00, £42.00

Our operas this term are Massenet's masterpiece, *Werther*, based on Goethe's controversial novel, and Donizetti's *Anna Bolena*, Henry VIII's unfortunate second Queen. We will end with Bizet's *Pearl Fishers*, from which comes one of the most famous tenor-baritone duets ever written.

From 28 April

314 INTRODUCTION TO ANIMATION

Wednesday 8 Meetings 19:00 - 21:00

Tutor: Mel Lee £104.00, £42.00

Bring your ideas to life with this introduction to animation course. From zoetropes, experimental animation, to final post-production, this course offers the individual the opportunity to learn the tricks and artistic skills to bring movement and personality to your objects and drawings.

From 30 April

315 COMPUTER GAME DEVELOPMENT FOR BEGINNER

Wednesday 8 Meetings 19:00 - 21:00

Tutor: Robert Henning £104.00, £42.00

Discover the exciting world of game development with a beginner-friendly course using the Godot game engine! Designed for anyone with no prior experience, this hands-on course will guide you step by step through the fundamentals of game design, coding, and bringing your

ideas to life. Whether you dream of creating your own games or just want to explore a new creative hobby, you'll gain the skills and confidence to start building games from scratch in a supportive and engaging environment. Please note: you will need to bring your own laptop.

From 30 April

408 DELVE DEEPER PHOTOGRAPHY

Thursday 8 Meetings 13:30 - 15:30

Tutor: David Harding £104.00, £42.00

This course is intended for students from previous years (although new students with some prior knowledge are also welcome). We will cover in more depth topics touched upon in the past and introduce a number of famous photographers.

From 8 May LATE START

412 CHARACTER CONCEPT DESIGN FOR GAMES AND ANIMATION

Thursday 8 Meetings 19:00 - 21:00

Tutor: Mel Lee £104.00, £42.00

Learn the techniques and design skills for character design for both the games and animation industry. From Life Drawing through to final concept bring an idea to life on this eight week short course.

From 1 May

WORKSHOPS

601 QIGONG TAI CHI

Saturday 1 Meeting 10:00 - 12:30

Tutor: Cathy Nixon £21.00, £9.00

Immerse yourself in a rejuvenating Shibashi Set 1 workshop, designed to harmonize your mind and body through gentle Qigong movements and mindful breathing. Led by Cathy Nixon, an experienced teacher, this workshop provides a deep dive into the flowing sequences of Shibashi, perfect for all levels, from beginners to seasoned practitioners. Enhance your energy flow, reduce stress, and boost overall well-being.

7 June

602 PAINTING CLOUDS IN ACRYLICS

Saturday 1 Meeting 10:00 - 16:00

Tutor: Joanna Bryan £50.00, £20.00

Would you like to learn how to paint realistic clouds with acrylic paints? Join me to learn all about painting this fleeting subject. Learn how to paint basic cloud forms, which colours to mix, how to blend effectively and which brushes to use. With painting demonstrations from the tutor and lots of tips. All images are provided but feel free to bring your own to work from. Materials list is available to view on the website.

7 June

603 MOBILE FILM MAKING

Saturday 1 Meeting 10:00 - 16:00

Tutor: Mel Lee £50.00, £20.00

A Day in the Life of Rugby. With the advancement of mobile camera phones, film making is at your finger tips. Come and join us in the development of A day in the Life of Rugby. Learn new skills and techniques and join the challenge of producing a short video film in a day.

7 June

604 NEXT STEP CROCHET

Saturday 1 Meeting 10:00 - 16:00

Tutor: Joanne Humphreys £50.00, £20.00

Take the next step in crochet and learn how to follow a pattern to make useful items such as gloves, scarves and gifts for friends and family. Basic knowledge of crochet required for this workshop beforehand. Make sustainable household items such as dishcloths and reusable facial pads that can be composted after use. You will need crochet hooks and a selection of yarns, if you have patterns you would like to use bring them too. The tutor will have a selection of hooks and a small amount of yarn to use if required.

7 June

605 HERBAL MEDICINE, ANCIENT AND MODERN

Saturday 1 Meeting 10:00 - 16:00

Tutor: Sue McCrea £50.00, £20.00

This session will look at how herbs were used in humoral (Galenic) medicine and its application in England and Western Europe over a period of 2000 years. We will then examine a number of herbs and their use in humoral medicine and in modern herbal medicine today. The afternoon will be a practical session on how to make products using herbs such as tinctures, infusion mixes, ointments, capsules and more. No prior knowledge is needed.

7 June

606 PAPER CUTTING

Saturday 1 Meeting 10:00 - 16:00

Tutor: Clare Pentlow £50.00, £20.00

Spend the day exploring paper cutting. Initially we'll be taking a look at different paper crafts around the world, in particular Polish papercutting (wycinanki), before working on our own designs. From using scissors to building confidence with a scalpel, you will learn tips and techniques in creating your own unique piece of paper cut art.

7 June

607 STRESS-BUSTING WORKSHOP: TECHNIQUES FOR A HAPPIER, HEALTHIER YOU

Saturday 1 Meeting 10:00 - 16:00

Tutor: Beth Adams and Sam Hall £50.00, £20.00

Do you suffer from stress? Do you need to learn techniques to help you manage your stress? Do you understand the relationship between food and stress? This interactive course will provide you with all the guidance on nutrition and lifestyle you need to help manage your stress levels, as well as improve your sleep, key to managing stress. You will take part in a guided meditation, together with gain pointers and undertake practical exercises on how to stay in the present moment, beyond the over-thinking mind.

7 June

701 STRESS-BUSTING WORKSHOP: TECHNIQUES FOR A HAPPIER, HEALTHIER YOU

Thursday 1 Meeting 10:00 - 16:00

Tutor: Beth Adams & Kailash Mistry £50.00, £20.00

Do you suffer from stress? Do you need to learn techniques to help you manage your stress? Do you understand the relationship between food and stress? This interactive course will provide you with all the guidance on nutrition and lifestyle you need to help manage your stress levels, as well as improve your sleep, key to managing stress. You will take part in a guided meditation, helpful for reducing stress and promoting a sense of inner peace and self-awareness. You will also participate in chair yoga, a gentle way to introduce strength and flexibility as well as bring calmness to the mind.

3 July

702 WEIGHT MANAGEMENT MADE SIMPLE

Friday 1 Meeting 10:00 - 16:00

Tutor: Beth Adams £50.00, £20.00

Do you struggle with your weight? Are you confused about what you should be eating to lose weight? Discover how making a few simple changes to your diet can help you manage your weight, nourish your body and feel better too. Learn how to choose the right carbohydrates and how to combine them with protein and healthy fats to help manage your weight. Find out how to balance your blood sugar levels, key to avoiding the disastrous sugar roller coaster which gets us reaching for quick-fix unhealthy snacks. Practical tasks on the day will help you discover how to look out for hidden sugars in food products, how to read food labels and how to choose healthy fats. You will come away with plenty of ideas for wholefood meals to help manage your weight, nourish and sustain you.

4 July

LATE SUMMER WORKSHOPS

801 STRESS-BUSTING WORKSHOP: TECHNIQUES FOR A HAPPIER, HEALTHIER YOU

Monday 1 Meeting 10:00 - 16:00

Tutor: Beth Adams and Sam Hall £50.00, £20.00

Do you suffer from stress? Do you need to learn techniques to help you manage your stress? Do you understand the relationship between food and stress? This interactive course will provide you with all the guidance on nutrition and lifestyle you need to help manage your stress levels, as well as improve your sleep, key to managing stress. You will take part in a guided meditation, together with gain pointers and undertake practical exercises on how to stay in the present moment, beyond the over-thinking mind.

18 August

802 WEIGHT MANAGEMENT MADE SIMPLE

Tuesday 1 Meeting 10:00 - 16:00

Tutor: Beth Adams £50.00, £20.00

19 August

803 WEIGHT MANAGEMENT MADE SIMPLE

Friday 1 Meeting 10:00 - 16:00

Tutor: Beth Adams £50.00, £20.00

29 August

804 WEIGHT MANAGEMENT MADE SIMPLE

Thursday 1 Meeting 10:00 - 16:00

Tutor: Beth Adams £50.00, £20.00

4 September

Do you struggle with your weight? Are you confused about what you should be eating to lose weight? Discover how making a few simple changes to your diet can help you manage your weight, nourish your body and feel better too. Learn how to choose the right carbohydrates and how to combine them with protein and healthy fats to help manage your weight. Find out how to balance your blood sugar levels, key to avoiding the disastrous sugar roller coaster which gets us reaching for quick-fix unhealthy snacks. Practical tasks on the day will help you discover how to look out for hidden sugars in food products, how to read food labels and how to choose healthy fats. You will come away with plenty of ideas for wholefood meals to help manage your weight, nourish and sustain you.

805 GET STUCK INTO ART

Tuesday 2 Meetings 10:00 - 13:00

Tutor: Fiona Setchell £25, £10

Do you love art but need some direction as to how to get the best out of art materials? Perhaps you are confident in some media but would like to learn new skills. This course will cover the elements of art that will unleash unlimited creative possibilities. I will teach you different approaches to drawing to help you find what works best for you and to build your confidence in drawing from observation. All levels of experience and ability are welcome; you will be well supported with tutor led demonstrations and 1:1 support. In these 2 introductory classes we will be using graphite pencils, colour pencils, oil pastels and chalk pastels. You will have a selection of photographic images to work from as I encourage you to work independently. I will provide you with an equipment list on enrolment but will also have materials available for you to use at a small additional cost.

26 August and 2 Sept

806 SUMMER WRITING OASIS

Tues - Fri 4 Meetings 10:00 - 16:00

Tutor: C Whittaker and C Ramsay Bott £183, £74

Take some time out for yourself this summer. Join us for 4 days of writing and experimenting with fiction, poetry and memoir. The course is open to experienced writers and those new to creative writing. Come and enjoy a writing holiday in a friendly and supportive atmosphere. Please note the class will finish at 1pm on Friday.

26-29 August

807 STRESS-BUSTING WORKSHOP: TECHNIQUES FOR A HAPPIER, HEALTHIER YOU

Wednesday 1 Meeting 10:00 - 16:00

Tutor: Beth Adams and Sam Hall £50.00, £20.00

Do you suffer from stress? Do you need to learn techniques to help you manage your stress? Do you understand the relationship between food and stress? This interactive course will provide you with all the guidance on nutrition and lifestyle you need to help manage your stress levels, as well as improve your sleep, key to managing stress. You will take part in a guided meditation, together with gain pointers and undertake practical exercises on how to stay in the present moment, beyond the over-thinking mind.

27 August

The lower fee stated for each course applies to students who are in receipt of a means tested benefit



Image from the Found Family series, Julie Krajcick: Floor One Gallery Exhibitor, Percival Guildhouse Student and winner of the 2023 Rugby Open Art Exhibition.

RUGBY

Art Gallery & Museum

2000 - 2025

- Home of the Rugby 20th Century Art Collection, Local History and Archaeology.
- Host to regular high quality touring exhibitions.
- Gallery space for freelance artists and art groups.
- Talks and workshops.
- Children's activities.

www.ragm.co.uk ragm@rugby.gov.uk 01788 533201
Just round the corner from the Percival Guildhouse!

CLUBS & GROUPS

Please contact the relevant group for more information.

IMPROVERS BRIDGE CLUB. Friday 10.00am - 12 noon. Contact: Carol Cole 01788 461865.

KNITTING CLUB. 2nd & 4th Friday of the month 1.30–3.30pm.
Contact: Sue Hunter 01788 576440.

ROOMS FOR HIRE

For regular or occasional meetings at modest rates.
Contact the Percival Guildhouse office on 01788 542467
weekdays 9.00 am - 3.30 pm.

What is the Guildhouse?

The Percival Guildhouse is Rugby's Independent Centre for Adult Education and the Arts. It provides morning, afternoon and evening classes in a wide variety of non-vocational subjects, and a range of special events such as the popular Saturday workshops. It is a rare example in the country of a centre with a full programme of non-vocational adult education.

The Guildhouse is a registered charity. A board of volunteer trustees, the Executive Committee, have responsibility for its governance. The trustees are elected by the Guildhouse membership at

each annual general meeting. Day-to-day management, including administration and development of the academic programme, is carried out by a small team of employed staff, assisted by members of the Executive Committee. Class tutors are qualified professionals or recognised authorities in their subjects.

Membership of the Guildhouse automatically includes anyone who enrolls on a course, who belongs to a Guildhouse group or member organisation, who is a class tutor, or is a volunteer who helps and supports the Guildhouse in the furtherance of its work.

Where to find us

