

EVENTS

ANDREW BOTTERILL

Hopefully by time you read this, Fellowship will again be firing on all cylinders. Apart from all the usual classes and activities, on the 'cultural' side please note the following:

Between now and the end of the year, a full programme of Tuesday afternoon talks has been arranged, three new exhibitions will run back to back in the art gallery and the Autumn Sunday Afternoon Chamber Concert Series is back for the eleventh year running from 24 October until 28 November. Further details at www.fellowshiphouse.co.uk.

The one basic Covid protocol we must insist on is that anyone coming into the building must have been double jabbed.

Some people need transport to and from the Tuesday talks and more volunteer drivers are sought for this. Please call Lorna Jones on 07891 112365 if you can spare a little time once or twice a month.

The Audio Visual system has been upgraded with better connectivity and a new projector. The loft space has been boarded over to ease storage problems and also to allow the Garden Suburb Theatre to move all its costumes from various damp garages into one location.

Fellowship firing on all cylinders



Gemma Rosefield, a star in Fellowship's Autumn Series (Photo: Marco Borggreve)

FORTHCOMING EVENTS AT FELLOWSHIP HOUSE

ART GALLERY

September 6 - October 6
Elements of Domestic Design from HGS Trust Archives
October - November
Paintings by the late John Mathias
December
Photographs from the travels of Ivan Berg

CHAMBER CONCERT SERIES

All concerts start at 3pm and last about an hour. Entry £12, 10% discount if you book a minimum of four concerts
October 24
A Musical Afternoon with Simon Rowland-Jones, Gemma Rosefield and Tim Horton
October 31
A Musical Afternoon with Michael Foyle and Maksim Sstura

November 7
A Musical Afternoon with Harriet Burns and Christopher Glynn
November 14
A Musical Afternoon with the Solem Quartet
November 21
A Musical Afternoon with Dominic Degavino
November 28
A Musical Afternoon with Kyle Horch and Yshani Perinpanayagam

TUESDAY AFTERNOON TALKS

3.30pm. All residents welcome. Entry (incl. tea and biscuits) £3, members £1
September 7
'Sculpture Gardens of England' Michael Berg

September 14
'How do we record History in our age of Fake News and Post Truth?' Alistair Niven
September 21
'Wincenty Bakiewicz (1897-1974) : Between Nazi Germany and Soviet Russia - A Soldier's Life at a time of war' Jeremy Berkoff
September 28
'Oranges and Lemons' Lester Hillman revisits the nursery rhyme exploring all things bells in the City
October 5
'Doctors do Dynorod: of Blood Vessels, Blockages and Leaks' Dr Aubrey Waddy
October 12
'Women's Wartime Leadership' Dr Kathleen Sherritt (ex RAF)

October 19
Marianne North: 'Victorian Botanist' Tamara Rabin
October 26
'A Life's Journey : From Tarnow to London - surviving the War Years in Eastern Europe' Janek Geller
November 2
'Rats, Raspberries & Surgeons' Dr David Shanson
November 9
'The Cambridge Orator' Professor James Diggle was Professor of Greek and Latin at Cambridge University 1995-2011
November 16
'Sharpshooters II' The second part of Andrew Glendinning's father's experiences from D-Day to the end of the War

November 23
'Eric Coates, his son Austin and the Hong Kong Connection' June Armstrong Wright
November 30
'Working in the TUC' Helen Leiser
December 7
'Anecdotes by an Angel Investor' Dr Richard Hargreaves
December 14
'Do As You Are Told : Drafting Legislation' Roger Rose
December 21
A Musical Afternoon with Francoise Geller and Gordon Griffin

If you would like further details on any of our events or activities please visit: www.fellowship house.co.uk

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Who loves Tai Chi? Come and join us and find out

JUDY SMITH

There has been much written in our weekend supplements in the past year or so about how to ensure the best possible all-round health as we all get older. Remarkably, almost every article talks about the enormous benefits of learning and practising Tai Chi. What's more there's a friendly Tai Chi class on your doorstep.

Anyone who has visited China will have seen literally hundreds of people performing their Tai Chi moves in the open air - all perfectly co-ordinated and many of them well into their 70s and 80s.

Tai Chi is an ancient 13th Century Chinese martial art practised for defence, health benefits and meditation. It is based around four pillars or types of practice - Qigong, Form, Pushing Hands and Application.

Each Pillar develops the ability to co-ordinate the body, releasing tension, improving balance and increasing energy.

And better still - there are Tai Chi Classes in the Suburb teaching Qigong and Form. Qigong are static exercises to release internal energy and the Form is a flowing sequence of movements helping to develop physical co-ordination.

Everyone who begins to learn Tai Chi agrees that it does have many health benefits such as improved sleep, feeling more relaxed, better co-ordination and a general sense of well-being. Even my husband, who is a runner, really enjoys it!

Why don't you come and join the Tai Chi class which takes place on a Tuesday morning from 10.30-12.00 in The Free Church Hall in Northway.

If you would like further information on any aspect of Tai Chi, please contact our instructor Jon Attrill at jonattrill27@gmail.com or ring 07932 439498.

