


# July/August


 **25th July 1.30-3.30 A History of the Flawed Hero (2 of 3)**  
This session looks at revolutionary heroes

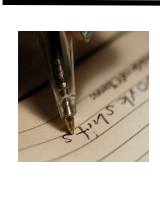
 **26th July 9.30-12.00 How to be Your Best Self £4 (1)**  
Julia.wolfendale@on-the-up-consulting.co.uk  
Julia is an accredited executive coach and mentor and will be passing on some tips to help you become a better self!

 **1st August 1.30-3.30 A History of the Flawed Hero (3 of 3)**  
Session 3 looks at The Politician as Hero.

 **1st August 12.30-1.30 Introduction to Modern Meditation (1 of 5)**  
**£3.50 session 5 sessions £15.** Participants learn simple meditation techniques to use to help lead a happier and more fulfilling life.  
All Welcome Laura Bain laurabain.yoga@gmail.com

 **2nd August Day Trip to Smithills Hall and Bolton**  
Our traditional outing. Meet at Union Chapel at 9.30am  
Transport is £10 optional Tour £2 for seniors  
Karla Schwartzkopf 07812 645616 fincletzter1@gmail.com

 **3rd August 1.00-4.00 Houston. We have lift off! £10 (1)**  
If you have a fancy camera and no idea what all those buttons and dials are for, this is the class for you. Local photographer Philip Paulden is running a course to explain why you need so many dials and what some of them do. Please bring your camera and instruction book to class  
phil@manchester.com 07817 324621

 **7th August 12-2.30 Creative Writing & Wellbeing (1 of 3) £20(3)**  
Time to write the book inside you waiting to get out. Improve your writing skills while applying the pathways to wellbeing. This unique course will leave you ready to deal with life's challenges positively and let you focus on your creative self  
Suitable for all Levels. Stevans4444@gmail.com


 **8th August 12.30-1.30 Meditation (2 of 5)**

 **8th August 1.30-3.30 Pyramids & Pyramidiots £10(1)**  
The mysteries of the Great Pyramid  
Kevin Harrison 0161-432-3710 kh27@open.ac.uk


 **10th August 10-4 PHOTOGRAPHY BEGINNERS COURSE (1 of 2) £25(2)**  
Starting from the very basics we will cover both practical and artistic techniques to supercharge your photography. Suitable for any cameras but better for cameras that can be used in manual modes. Suitable for beginners and improvers. Please bring your own lunch on both days.  
phil@manchester.com 07817 324621

The number in brackets after the cost shows how many sessions are included

# August (continued)

 **14th August 12-2.30 Creative Writing (2 of 3)**

 **15th August 1.30-3.30 Meet the Family! £10 (1)**  
Egyptian mummies, mummification & the Afterlife  
Kevin Harrison kh27@open.ac.uk 0161-432-3710


 **15th August 10-12 Make A Splash! £5(1)**  
Hands on Experienced Professional photographer George Franks brings equipment to help create some amazing splash pictures. You will need to bring a camera that can be used in Manual mode and has a flash mount on the top of the camera.  
Different material on each session. Suitable for all levels.  
Suitable for all levels of photographer. george.g.franks@hotmail.com


 **15th August 2-4 Make A Bigger Splash! £5(1)**  
Experienced Professional photographer George Franks brings equipment to help create some amazing splash pictures. You will need to bring a camera that can be used in Manual mode and has a flash mount on the top of the camera.  
Suitable for all levels. Learn about flash photography  
george.g.franks@hotmail.com

 **15th August 12.30-1.30 Meditation (3 of 5)**

 **17th August 10-4 Photography Beginners Course (2 OF 2)**

 **21st August 12-2.30 Creative Writing (3 of 3)**

 **22nd August 10.00-3.00 The Ancient World £15 (1)**  
It's NOT DEAD! We are still Living in it! (bring own lunch)  
Kevin Harrison kh27@open.ac.uk 0161-432-3710

 **22nd August 12.30-1.30 Meditation (4 of 5)**

 **28th August 1.30-3.30 Opanka Dance Workshop**  
An Introductory session to Eastern European Dancing  
Veronica Hart carolharrison26@hotmail.co.uk  
0161 432 3710 07852913483

The number in brackets after the cost shows how many sessions are included

# August/September



August 29th 12.30-1.30 Meditation (5 of 5)

## Contact Details

Please use the contact details of the tutor who is running the event.  
In the event of any difficulty contact Philip on 07817 324621

Established in 1991, O&A is a registered charity, run by local volunteers with classes led by professional lecturers. The summer school is there to fill the gap when the main O&A shuts down for summer. The new terms starts in September.

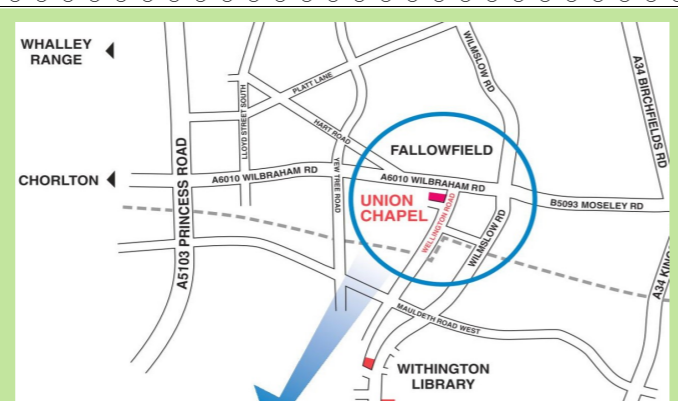
See our website [www.o-a.org.uk](http://www.o-a.org.uk) for the September programme  
O&A aims to provide quality tuition to adults who want to learn for pleasure rather than the qualification oriented topics generally provided by adult education colleges.

If you require any information about any of the summer courses please use tutor contact details as we are not open for enquiries.

## LOW INCOME DISCOUNTS (50%)

Full Time Students and people in receipt of one of the following Income Based Means Tested Benefits:- [Employment & Support Allowance](#), [Jobseekers Allowance](#), [Pension Credit](#), [Income Support](#), [Universal Credit](#), [Housing/Council Tax Benefit](#), [Working Tax Credit](#) and [Child Tax Credit](#). (NOT single person Council Tax discount).

Opportunities & Activities  
c/o Union Chapel, Wellington Road,  
Fallowfield, Manchester, M14 6EQ  
Buses along Wilbraham Road: 168  
and Wilmslow Road: 41, 42, 42A, 42B,  
43, 44, 45, 141, 142, 143, 145



A FULL AND VARIED PROGRAMME KEEPING YOU BUSY ALL SUMMER LONG!

## July



3rd July 1-3.30 Creative Writing (1 of 3) £20(3)

If you feel like there's a book inside you waiting to get out or if you just want to improve your writing skills then this is the ideal course. The short course is designed to improve your writing skills.

Suitable for all Levels. [Stevens4444@gmail.com](mailto:Stevens4444@gmail.com)



10th July 1-3.30 Creative Writing (2 of 3)

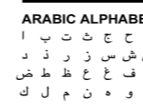


11th July 10.15-12.15 Life Drawing Workshop (1 of 2) £8 (2)

Introduction and Taster John Fasnacht 07908 451 076 [johnfasnacht@yahoo.co.uk](mailto:johnfasnacht@yahoo.co.uk)  
Suitable for all levels. Includes model fee and all materials



13th July 10.15-12.15 Life Drawing Workshop (2 of 2)



16th July 1.30-3.30 Arabic Taster Lesson £10 (1)

A chance to try Arabic lessons Maha Al-Khazragi [maha6917@hotmail.com](mailto:maha6917@hotmail.com)



17th July 2.00-3.30 Peace Education Programme £2 (1)

Introduction and Taster to a 10 week programme. Each week we discover our inner resources such as Inner peace, inner strength, hope, appreciation, choice, self awareness, dignity clarity understanding and contentment [Moira.colman@gmail.com](mailto:Moira.colman@gmail.com)



17th July 1-3.30 Creative Writing (3 of 3)



18th July 1.30-3.30 A History of the Flawed Hero (1 of 3) £12(3)

A 3 session course examining heroes from History Part 1. Heroes of Antiquity.  
Chris Waters 07502 088922



18th July 10.15-12.15 Portrait Class £4 (1)

Introduction and Taster John Fasnacht 07908 451 076 [johnfasnacht@yahoo.co.uk](mailto:johnfasnacht@yahoo.co.uk)  
Suitable for all levels. Includes model fee



19th July 10.30-3.30 Some Central Manchester Squares £12(1)

[Chris@makepeaceonline.co.uk](mailto:Chris@makepeaceonline.co.uk) 01663 763346 [www.makepeaceonline.co.uk](http://www.makepeaceonline.co.uk)  
Trace the history of some of the open spaces in central Manchester beginning with the Market Place and then moving onto St Ann's Square, St Peter's Square, Stevenson Square, St James Square and at least two when open spaces have been created in former churchyards BRING YOUR OWN LUNCH

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