



## LIFELONG LEARNING PROGRAMME

September 2009

## LIFELONG LEARNING

Do you want to experience something different and enriching this Autumn?

At Stranmillis University College we invite you to choose from a diverse range of exciting courses.

This is the perfect way to take up a new interest, rekindle an old one, broaden your horizons or make new friends.

So whether its Archaeology, Set Dancing, Irish and Local History, Genealogy, Creative Writing, Dramatic Arts, Languages or Visual Arts, we have a course for you!

Stranmillis University College has one of the most idyllic settings of any educational institution in Europe.

This 46-acre estate of woodland, lake and historic gardens was once a deer park and contains a Victorian mansion and the remains of an Irish ring-fort and a Plantation Castle. It is also home to a rich variety of animal and birdlife.

Dr Éamon Phoenix  
Head of Lifelong Learning

## HISTORICAL WALKING TOURS

### Hidden History 1 - Stranmillis through the Ages

A fascinating journey of exploration into the rich heritage of the Stranmillis Conservation Area.

The course begins with a guided tour of the Stranmillis estate with its 10th century ringfort, Plantation castle and Victorian mansion. Subsequent sessions take in Friar's Bush, Belfast's oldest Christian site with its mysterious 'friar's stone' and grim 'Plaguey Hill' from famine times; the natural history of the Stranmillis estate; the role of the 'Big House' in Irish history and literature and the built heritage of Stranmillis Village and the adjacent Lagan Canal.

**Tutor:** Dr Éamon Phoenix  
**Time:** 10am-12.30pm  
**Session:** Tuesday, 8 weeks  
**Start Date:** 29 September 2009  
**Fee:** £46.00

### Hidden History 3 - Forest, Bog and God's Acre

A series of weekly excursions into the rich history and heritage of Belfast and suburbs including the ancient Church of Bredagh, Belvoir Park Forest, Drumbo Round Tower, Drumbeg, the City Cemetery, Lambeg, Giant's Ring, Bog Meadows, Sailortown etc.

**Tutor:** Dr Éamon Phoenix  
**Time:** 10am-12.30pm  
**Session:** Thursday, 8 weeks  
**Start Date:** 1 October 2009  
**Fee:** £46.00

## LOCAL HISTORY

### Explorations in Local History: A Short Course on finding out more on your community's past

Taught by a team of experienced local historians this course seeks to equip participants with an understanding of how to go about studying the past of their local area. Through a series of workshops the main sources for the study of Local History will be discussed with practical advice on how to use them effectively. The course is designed for anyone interested in local, family and community history and will include such topics as the use of on-line census and historical archives,

Poor Law records, church records, maps, street directories, gravestones, etc and a visit to the Public Record Office.

**Tutors:** Dr Kate Tumilty, Dr Éamon Phoenix and panel of historians  
**Time:** 7pm-9pm  
**Sessions:** Monday, 6 weeks  
**Start date:** 28 September 2009  
**Fee:** £42.00 (concession £38.00)

## IRISH HISTORY

### The Irish Revolution and the Partition of Ireland, 1912-1925

A survey of the 'Irish Revolution' 1912-25 from Home Rule through 1916 to Partition and the Irish Civil War in 10 illustrated sessions. Topics include: The Home Rule crisis, the causes of '1916' and its impact on the Ulster Question, the rise of Sinn Fein and Ulster Unionism, Partition, Belfast's 'Unholy War' (1920-22), the 1921 Treaty and Irish Civil War.

**Tutor:** Dr Éamon Phoenix  
**Time:** 2pm-4pm  
**Sessions:** Tuesday, 10 weeks  
**Start Date:** 29 September 2009  
**Fee:** £54.00 (concession £48.00)

### Northern Ireland: Partition to Sunningdale (1920-75)

Led by an expert on Northern Irish and British State Papers, this course will examine the political, social and economic history of Northern Ireland spanning partition, the Boundary Commission, Craigavon and Devlin, the Education System, Unionism and Nationalism, the failure of Labour, the War Years, the Welfare State, O'Neillism and Civil Rights, the fall of Stormont and the 1974 Power-sharing Executive. Illustrated by actuality footage and key documents and including an historical field-trip.

**Tutor:** Dr Éamon Phoenix  
**Time:** 2pm-4pm  
**Session:** Thursday, 10 weeks  
**Start Date:** 1 October 2009  
**Fee:** £54.00 (concession £48.00)

### Ireland and the First World War 1914-1918

The Great War or 'the war to end all wars'- still casts a shadow over this island, almost a century after its outbreak. In recent years the growing interest in that far-off conflict in Ireland, north and south, has been striking. This course by a leading historian of the period will begin with an overview of the causes of the war and move on to explore its searing impact on this island and the responses of Irish Nationalists and Ulster Unionists, north and south, town and country, to it. This series will use key documents and audio-visual material to probe public attitudes, recruitment, the political

background of the Third Home rule Crisis, the roles of Redmond and Carson, the 36th Ulster Division and Irish Divisions, the sacrifices at the Somme and Guinchy, reactions to the Easter Rising and how the war coloured the views of Belfast's divided communities. It will also look at remembrance and how this has changed over recent years.

**Tutor:** Jim McDermott BA (Hons) DipEd  
**Time:** 7pm-9pm  
**Session:** Tuesday, 10 weeks  
**Start date:** 29 September 2009  
**Fee:** £54.00 (concession £48.00)

#### **Belfast: the Rise of an Industrial City: Workers and Industrialists, 1900-60**

This 10-week course by a practising historian explores the rapid growth of Belfast as Ireland's premier industrial city in the late 19th and early 20th century. It explores the dominance of the captains of industry - Harland, Wolff, Pirrie, Gallaher and James Craig and the working and housing conditions of the Belfast working-class. Key events in the city's industrial history such as the 1907 Dock Strike, the 1919 44-Hour Strike, the impact of sectarianism on the labour movement and attempts to form a cross-community Labour Party will be addressed, as well as the roles played by Larkin, Connolly, Harry Midgley and others.

**Tutor:** Jim McDermott BA (Hons) DipEd  
**Time:** 7pm-9pm  
**Session:** Thursday, 10 weeks  
**Start date:** 1 October 2009  
**Fee:** £54.00 (concession £48.00)

#### **Ten Courageous and Influential Women in Ireland's History 1870-1970**

The names of very few Irish women are remembered for their excellent contributions to Ireland's history of the 19th and 20th centuries. Most will have heard of those towering personalities, Constance Markievicz and Maud Gonne, but the lives of Tyrone's poetess, Alice Milligan, and Belfast's own Saidie Patterson, for example, are less well known. In this course discussion will focus on ten different inspirational women whose achievements deserve to be more fully appreciated and documented in a country not given to honouring its women.

**Tutor:** Clive Scoular MSc  
**Time:** 2pm-4pm  
**Session:** Wednesday, 10 weeks  
**Start date:** 30 September 2009  
**Fee:** £54.00 (concession £48.00)

## **HISTORICAL DAY TOURS**

### **1916 Revisited: A Visit to Dublin to Relive the Easter Rising**

During this full day tour by an expert on '1916' - part walking and partly by bus - visits will be made to all the sites held by the Irish rebels during the 1916 Easter Rising. The day will conclude with a visit to Kilmainham Jail where all seven signatories of the Proclamation were executed. Bus will leave Stranmillis at 8am and return around 8pm. This will appeal to Irish History 'buffs' and those who have or are taking our 'Rising to Partition' and 'Irish Revolution' courses. (Fee includes admission to Kilmainham Jail).

**Tutor:** Clive Scoular MSc  
**Time:** 8am-8pm  
**Session:** Saturday, 7 November 2009  
**Fee:** £38.00 (No Concession)

## **LOCAL STUDIES / ENVIRONMENT**

### **The Rivers of Belfast: An Illustrated Course**

This course will focus on the Lagan river and its numerous tributaries. Presented by a leading geographer and environmentalist the course will begin with an exploration of the effect these rivers have had in shaping the landscape of the region. The role of each river in the industrial history of the Lagan valley will be examined. The course will be supported with visits to selected sites.

**Reading:** **The Bog Meadows (Colourpoint, 2008) by Des O'Reilly**  
**Tutor:** Dr Des O'Reilly  
**Time:** 7pm-9pm  
**Sessions:** Thursday, 6 weeks  
**Start date:** 1 October 2009  
**Fee:** £42 (concession £38)

### **Colin River Valley: An Exploration of an Enchanted Landscape**

The Colin River stretches from Divis mountain to the Lagan river at Dunmurry. Along the valley the river crosses different rock types that have been exploited for industrial use. The course will examine the changing nature of the valley from its source to its confluence with the Lagan. In addition the early habitation sites on the slopes of the river will be studied. Field visits to the river will be conducted from Colin Glen Forest Park

where facilities will be provided. The tutor is an expert on the Colin River and Belfast landscape.

**Tutor:** Dr Des O'Reilly  
**Time:** 10pm-12pm  
**Session:** Saturday, 6 weeks  
**Start date:** 3 October 2009  
**Fee:** £42 (Concession £38)

## ARCHAEOLOGY

### The Industrial Archaeology of Belfast

Belfast is renowned as a major centre of industry in the 19th and early 20th centuries when it was known as 'Linenopolis'. Most of these industries have faded from the scene but traces of their operations still remain. This course will examine the factors that led to the growth of such staples as shipbuilding and linen in the Belfast region and the reasons for their decline. This fully-illustrated course will also be supported by occasional visits to selected sites.

**Tutor:** Dr Des O'Reilly  
**Time:** 7pm-9pm  
**Session:** Wednesday, 6 weeks  
**Start date:** 30 September 2009  
**Fee:** £42 (Concession £38)

## GEOLOGY

### Rocks and Minerals of the Belfast Area

This fully illustrated course will introduce participants to the main rock types that form the physical landscape of the Belfast region. Samples of different rocks will be provided as hand specimens. Some of the dominant minerals that make up the different rocks will also be examined. One or two visits are planned to selected field sites if the weather permits.

**Tutor:** Dr Des O'Reilly  
**Time:** 7pm-9pm  
**Session:** Monday, 6 weeks  
**Start date:** 28 September 2009  
**Fee:** £42 (Concession: £38)

## LANGUAGES

### Irish Language for Beginners

So many of our local placenames are derived from the Irish language: Belfast is from Beal-feirsde ('the mouth of the 'Farset River') while Stranmillis comes from two Gaelic words, sruhan-milis, meaning 'the sweet stream'.

The course is designed to provide instruction in conversational Irish for participants with no previous knowledge of the language. The course will also introduce participants to our linguistic heritage as is reflected in the place names of townlands, parishes and counties throughout the country with special emphasis on local names.

**Tutor:** Dr Des O'Reilly  
**Time:** 7pm-9pm  
**Session:** Tuesday, 10 weeks  
**Start date:** 29 September 2009  
**Fee:** £54 (Concession £48)

### 'Scusi': Italian Conversation for Beginners

Ever wanted to speak Italian whether for personal satisfaction or to use on that trip to Rome or Naples? "Scusi..." is a ten-week course in Italian for absolute beginners. It is a lively and practical introduction to Italian life and language and is based on a range of everyday situations such as eating out, shopping, asking for directions, social interchange etc. It will enable the traveller, whether for business or pleasure to be better able to access the unique wealth of experiences which Italy and Italian culture offers.

**Tutor:** Peter Forte BA (Hons), DipEd  
**Time:** 11am-1pm  
**Session:** Wednesday, 10 weeks  
**Start date:** 30 September 2009  
**Fee:** £54 (Concession £48)

### French Conversation for Beginners and 'Returners'

Whether you have a good level of French or have always wanted to speak French, this class will allow you to gain confidence in your communication skills. We will focus on developing strategies, in a range of key areas, to maximise your use of existing knowledge and ease communication in various real-life situations. The purpose of the class is to allow you to feel comfortable with your use of French and learn through experience.

**Tutor:** Leanne Henderson BA(Hons), PGCE  
**Time:** 7pm-9pm  
**Session:** Thursday, 10 weeks  
**Start date:** 1 October 2009  
**Fee:** £54 (Concession £48)

### Let's Talk Polish: Basic Polish for Beginners

This five-week course by a native speaker and experienced teacher introduces the Polish language and will equip you to converse at a basic level. You will gain knowledge of the rudiments of grammar, but the emphasis will be on spoken communication in everyday situations. So if you are considering visiting Poland for a holiday or are a teacher with Polish pupils in your class - whatever the reason for your interest, this

course will provide a relaxed and enjoyable environment in which to develop your language skills.

**Tutor:** Dr Krzysztof Baraniuk BSc, PhD  
**Time:** 7pm-9pm  
**Session:** Monday, 5 weeks  
**Start Date:** 28 September 2009  
**Fee:** £36.00 (concession £30.00)

## VISUAL ARTS

### Outdoor Sketching in Golden October

A practical course based on the autumnal landscape of the College grounds in 6 weekly sessions - Numbers restricted to 18.

Why not take some time out this autumn and enjoy the pleasures of sketching outdoors in the sylvan grounds of Stranmillis University College? This is a practical course designed to introduce students to the joys of sketching 'on the spot', using a variety of graphic media to record their responses to built heritage, woodland, lake and wildlife! You will be expected to work outside, so bring a raincoat along with the following essentials:

*Sketchbook (A4 or A3)*  
*Pencils (2B, 4B and 6B), a sharpener and eraser*  
*Watercolours, brushes and water container*  
*Folding stool*  
*Digital camera is optional*  
*Other materials are provided*

**Tutor:** Mrs Harriet Ennis ATD, Adv Dip Art/Design, Dip in Painting  
**Time:** 10am-12.30pm  
**Session:** Tuesday, 6 weeks  
**Start Date:** 29 September 2009  
**Fee:** £42.00 (concession £38.00) plus £10.00 for materials

### Painting in Oil and Acrylic for Beginners and Improvers

Why not enjoy a new hobby and express yourself through art with the help of an experienced artist? This course is aimed at beginners and those with some previous experience and will cover basic techniques of colour mixing and brushwork with a focus on landscapes. If an individual is interested in, say, portraiture or still life, the tutor will be happy to assist them. Students are encouraged to bring calendars, photos or postcards to work from. The tutor will teach by demonstration with individuals and the whole class.

For the budget-conscious, the course can be undertaken with minimum materials, ie a canvas or board, colours and 3-4 brushes. Learn to paint for pleasure in a relaxed and supportive atmosphere!

**Tutor:** Bernadette Beckett BEd, BA Bernadette Beckett BEd, BA  
**Time:** 7pm-9pm 11am-1pm  
**Session:** Wednesday 10 weeks Thursday 10 weeks  
**Start Date:** 30 September 2009 1 October 2009  
**Fee:** £54.00 (concession £45.00) £54.00 (concession £45.00)

### Ceramics for interested and creative hands

If you would like to experience a range of hand building techniques using a variety of clays then join Trevor Woods from Mount Ida Pottery in the new ceramic studio in Stranmillis University College for an eight week course. You will have the opportunity to use the beautiful surrounding of the College which are an ideal source for your ceramic designs. During the course there will be the opportunity to experiment with a range of surface finishes and glazes.

Trevor will tailor your experiences to meet your needs and if you are a teacher/student either at Primary or Secondary level he can offer guidance in planning and delivery of Art and Design in the revised curriculum.

**Tutor:** Trevor Woods BEd, DASW, Post Grad Dip in Art History (Mount Ida Pottery)  
**Time:** 7pm-9pm  
**Session:** Monday 8 weeks  
**Start Date:** 1 October 2009  
**Fee:** £54.00 (concession £48.00)

### Creative Patchwork for Beginners

Rachel Hutchinson is a well established local textile artist who is renowned for her contemporary and innovative approach to embroidery. This is an opportunity to unleash your creative side and discover the possibilities of textiles.

In this 10 week course, Rachel will be teaching a combination of traditional and contemporary patchwork and hand embroidery techniques that have inspired her own work. Whether you would like to make a quilt, wall hanging, table runner, cushion or a piece of original artwork, Rachel will guide you through the creative process. (Tools and materials will be provided.) Both beginners and experienced makers are welcome!

**Tutor:** Rachel Hutchinson BA in Textile Art  
**Time:** 7pm-9pm  
**Session:** Thursday 10 weeks  
**Start Date:** 8 October 2009  
**Fee:** £54.00 (concession £48.00) plus £10.00 for materials

## FILM

### Cinema Eye: Cinema Ear (With a nod to Television)

The study of Film has many angles: it can be viewed chronologically or in terms of nationality. It can be approached by genre or viewed in terms of authorship. We can view it in terms of how the film industry shape what is produced, or we can observe it through the lens of actors, especially 'stars'.

Presented by well-known playwright, film director and screenwriter Brian McAvera, this course consists of a series of Saturday film workshops which will combine the above approaches while concentrating on narrative-on 'how the story is told'. The sessions will involve screenings, interpretation and group discussion. This is no arid, academic exercise but rather a lively practical investigation of how film and television actually work.

**Tutor:** Brian McAvera BA, BA (Hons, Drama), Dip Ed.  
**Time:** 2.30pm-5.30pm  
**Sessions:** Saturday, 6 weeks  
**Start Date:** 3 October 2009  
**Fee:** £58.00 (concession £50.00)

## DRAMATIC ARTS

### Acting for the Theatre

A series of evening workshops dealing with the different aspects of acting for the theatre. Topics include: How to Interpret a Text; Building a Character from scratch; Dealing with the Director etc. Based in a real theatre setting this course will be taught by award-winning playwright and director Brian McAvera. In his 30-year career Brian has directed world premieres of plays by Arden and McGrath and worked in every aspect of drama from Street Theatre and Youth Drama to Improvised Drama. He is the author of over 25 stage plays and has taught theatre over three continents. Brian's hands-on course will appeal to all those involved in amateur drama or those interested in acting as a career.

**Tutor:** Brian McAvera BA, BA (Hons, Drama), Dip Ed.  
**Time:** 6pm-9pm  
**Session:** Tuesday, 6 weeks  
**Start date:** 6 October 2009  
**Fee:** £45.00 (concession £40.00)

### Directing for the Theatre

A series of afternoon workshops in a real theatre setting. Taught by award-winning playwright and director Brian McAvera, this six week course will explore the different aspects of the theatre director's craft including such issues as Handling Subtext; How to Handle Actors; and Paralanguage in the Theatre.

This practical hands-on course is aimed at those interested in directing plays, whether for amateur companies or at a professional level. The aim is to approach the director's craft in a relaxed setting.

**Tutor:** Brian McAvera BA, BA (Hons, Drama), Dip Ed.  
**Time:** 2pm-5pm  
**Session:** Tuesday, 6 weeks  
**Start date:** 6 October 2009  
**Fee:** £45.00 (concession £40.00)

## LITERATURE/CREATIVE WRITING

### Creative Writing for Absolute Beginners

Many best-selling authors have unlocked their literary creativity at Creative Writing courses. This five week course offers a relaxed introduction to the craft of creative writing through Music, Art and Drama. Presented by a lecturer from the University College English Department with vast experience in this field, it promises an enjoyable, non-threatening experience for those who wish to explore word, image and atmosphere. Topics explored will include 'Story as Stimulus', 'the Visual Arts as Inspiration' and the concept of mind-mapping. Participants will be given personalised support to express their ideas on paper.

**Tutor:** Michael McCurley M.Litt, BEd  
**Time:** 2pm-4pm  
**Session:** Tuesday, 5 weeks  
**Start date:** 29 September 2009  
**Fee:** £36.00 (concession £30.00)

### 'I Remember, I Remember': How to Write a Memoir.

Chart your personal journey and secure the gems of your family history for future generations. They say everyone has a story. Why not write yours? Those new to writing and those with some experience both welcome. Students will be encouraged to find their unique 'voice' and to express their creativity. Starting with short pieces; students will progress towards writing a complete memoir. This is a relaxed, non-judgmental class where members can discuss their work with fellow students and receive constructive feedback in a pleasant, supportive atmosphere.

**Tutor:** Bernadette Beckett, BEd, BA  
**Time:** 11am-1pm  
**Session:** Friday, 6 weeks  
**Start date:** 2 October 2009  
**Fee:** £42.00 (concession £38.00)

### **'Fanning the Flame': Irish Poets and Writers from the Literary Revival to the 1916 Rising**

This course will focus on the Irish literary revival which occurred during the 'crease in time' between the death of Parnell in 1891 and the Insurrection of 1916. The five weekly sessions will explore the poetry and prose of such key figures as Yeats, Pearse, McDonagh and Ledwidge and assess the part played by them in the 'making of 1916'. How justified was Yeats in musing whether his verse 'sent out those men the English shot'? This course will appeal to those seeking an introduction to the Irish Literary Renaissance and those who have taken our 'Rising to Partition' Irish History course.

**Tutor:** Michael McCurley, MLitt, BEd  
**Time:** 7pm-9pm  
**Session:** Wednesday, 5 weeks  
**Start date:** 30 September 2009  
**Fee:** £36.00 (concession £30.00)

### **Enlightened Romantics: Ulster-Scots Poets of the Eighteenth and Nineteenth Centuries**

This course will demonstrate the dynamic and often sophisticated nature of much Ulster-Scots verse of the period through an exploration of the works of several writers who employed the language and verse forms of the Scottish vernacular poetic tradition. It will show that, particularly during the era of the 1798 Rebellion and the Act of Union, as they gave their attention to Irish themes the poets embedded their own Scottish cultural heritage within the literary heritage of this island. Poems by Orr, Thomson, Campbell, Boyle, McKinley and others will be considered and the poets' lively engagement with major literary and philosophical movements such as the Enlightenment and Romanticism will be discussed. The tutor is an expert on Ulster-Scots poetry, and an experienced teacher.

**Tutor:** Dr Carol Baraniuk  
**Time:** 7pm-9pm  
**Session:** Thursday, 5 weeks  
**Start date:** 10 October 2009  
**Fee:** £36.00 (concession £30.00)

### **NATURAL HISTORY**

#### **Irish Nature Observed - Stranmillis Conservation Area**

This mainly outdoors course aims to introduce students to Irish habitats and wildlife using this unique ecosystem of forest, lake and meadow. Your

guide is an expert in the field. Sturdy shoes and rain-proof clothing are essential.

**Tutor:** Dr Julian Greenwood  
**Time:** 10am-12.30pm  
**Session:** Tuesday, 5 weeks  
**Start Date:** 6 October 2009  
**Fee:** £36.00 (concession £30.00)

### **GENEALOGY**

#### **How to Trace Your Family Tree in Easy Steps**

This is the perfect course for those who always wished to trace their family tree but didn't know where to start. Taught by a series of expert genealogists and historians from the Ulster Historical Foundation, this series of talks will guide you through the myriad of sources - census data, Poor Law records, church archives, gravestone inscriptions, street directories, shipping lists etc, to enable you to undertake a fascinating and fulfilling journey into your ancestral past. There will be hands-on session on how to use Irish census records on line and a visit to the Public Record Office. This is the perfect course for the autumn evenings.

**Tutors:** Mrs Pamela McIlveen and Panel of experts  
**Time:** 7pm-9pm  
**Session:** Tuesday, 6 weeks  
**Start date:** 29 September 2009  
**Fee:** £42.00 (concession £38.00)

### **FAMILY/SELF-HELP**

#### **Communication and Relationships: A Survival Guide**

Well-known Journalist and Irish News columnist Anne Hailes draws on a lifetime of experiences to discuss communications within the realms of everyday life: how best to talk to children, the etiquette of love, the marital dilemmas, caring for elderly parents and how to cope and confronting the prospect of slipping gracefully into old age. Basically a lively discussion-based series where problems can be aired, solutions suggested and challenges set.

As a mother, grandmother and working wife who has spent her life in the media answering people's problems and advising them where they can get professional help, Anne has travelled widely including Sudan, Rwanda and Bangladesh, making television programmes and writing

articles. The aim of these evenings is to give a lift to the spirit and help improve lifestyles.

**Tutor:** Anne Hailes  
**Time:** 7pm-9pm  
**Session:** Tuesday, 6 weeks  
**Start Date:** 29 September 2009  
**Fee:** £42.00 (concession £38.00)

## RELIGION

### World Faiths, Local People

Northern Ireland's religious tapestry - an exploration of the rich diversity of faiths in the province including Judaism, Islam, Hinduism and other traditions. The author is an experienced lecturer in the University College who has published widely in this area.

**Tutor:** Norman Richardson, MA (Ed), MBE  
**Time:** 7pm-9pm  
**Session:** Wednesday, 5 weeks  
**Start Date:** 30 September 2009  
**Fee:** £36.00 (concession £30)

## HEALTH AND LEISURE

### Hip Hop Class

*What is hip hop?*

The dictionary won't give you an answer for this, but our dance class will. Its FUN, energetic and the great thing about hip hop is you can never mess up. If you want a laugh and learn new moves on the dance floor then why not come to our class?

**Tutor:** Emma Smyth  
**Time:** 5pm- 6pm  
**Session:** Tuesday, 10 weeks  
**Start Date:** 29 September 2009  
**Fee:** £36.00 (concession £30.00)

### T'ai Chi for Beginners

The perfect way to relax both mind and body. T'ai Chi consists of linked movements, characterised by slow, circular actions involving the whole body and concentrating the mind. The class will introduce you to this Chinese art and outline the basic philosophy behind it . It is suitable for

both the able-bodied and those with disabilities. Participants should wear loose clothing and soft, flat shoes (gutties or Plimssoles).

**Tutor:** A tutor from Body Health T'ai chi Academy  
**Time:** 7pm-9pm  
**Session:** Monday, 10 weeks  
**Start Date:** 28 September 2009  
**Fee:** £54 (concession £48)

## Pilates

*"Pilates develops the body uniformly, corrects wrong postures, restores physical vitality, invigorates the mind and elevates the spirit."* Joseph Pilates

Why not try join the relaxed lunchtime class?

<b>Tutor:</b>	<b>Susan Black</b>	<b>Susan Black</b>
<b>Time:</b>	<b>1pm-2pm</b>	<b>6pm-7pm</b>
<b>Session:</b>	<b>Monday, 10 Weeks</b>	<b>Wednesday, 10 weeks</b>
<b>Start Date:</b>	<b>28 September 2009</b>	<b>30 September 2009</b>
<b>Fee:</b>	<b>£36.00 (concession £30.00)</b>	<b>£36.00 (concession £30.00)</b>

## Aerobics

Aerobics classes are a specialised form of exercise aimed at strengthening the body's cardiovascular system. The exercises will not overly stress any particular part of the body. It involves a lot of bodily movement (of course), but the movement is designed to be not overly repetitive. Often involving a lot of specialised choreography. Aerobics are an attractive form of exercise.

**Tutor:** to be confirmed  
**Time:** 7pm-9pm  
**Session:** 10 weeks  
**Start Date:** Week beginning 28 September 2009  
**Fee:** £54.00 (concession £48.00)

## Yoga

Imagine the perfect method of living a long, healthy, and happy life. One that is as efficient, effective, and safe as possible.

Several thousand years ago someone called it YOGA. It's still a "fad" today!

So "...Kick off your shoes, loosen your clothing, and spread out your mat. Class is about to begin!..."

**Tutor:** Nicky Fulcher  
**Time:** 6.30pm-8pm  
**Session:** Thursday, 10 weeks  
**Start Date:** 1 October 2009  
**Fee:** £54.00 (concession £48.00)

## Set-Dancing for Beginners

Why not get into the swing this autumn by enrolling in a Set-Dancing class at Stranmillis? It is a lot of fun and the perfect way to lose those extra pounds and make new friends. This is a splendid exercise routine for all ages. The tutor, Seán Leyden is a highly experienced teacher, well known in Ireland and on the continent. Participants should wear leather-soled shoes.

**Tutor:** Seán Leyden  
**Date:** 7pm-9pm  
**Session:** Tuesday, 10 weeks in Dance Studio, Orchard Building  
**Start date:** 29 September 2009  
**Fee:** £54.00 (concession £48.00)

## JOB VACANCIES

**Post:** *Register of Tutors*

**Description:** *The College wishes to establish a register to contribute (as opportunities arise) with short courses and Life Long Learning activities*

*Engagement will be on the basis of a contract for services.*

*Applicants will be shortlisted as and when required. To download an application, please go to:*

<http://www.stran.ac.uk/Informationabout/TheUniversityCollege/JobVacancies/index.html>

## THE RICH HERITAGE OF STRANMILLIS



STRANMILLIS HOUSE AROUND 1880

Stranmillis University College grounds embrace the core of the Stranmillis Conservation Area and contain an estate of woodland, lake and historic gardens which has changed little in almost 500 years.

The earliest evidence of settlement on the site is a tenth century rath or ring-fort which has yielded fragments of souterrain pottery. In 1606, as part of the Ulster Plantation, Sir Moses Hill built a castle and bawn 'by the river Lagan at Stranmillis'. The Gaelic placename signified 'the sweet stream' and the castle was surrounded by the dense forest of Cromac Wood.

This early Plantation castle at Stranmillis was abandoned by 1660 but the estate served the Donegall family as a Deerpark until the 18th century. In 1858, reflecting Belfast's rapid industrial growth, the land was bought by the banker, Thomas Batt who built the present Stranmillis House. This Jacobean-style mansion was designed by leading Belfast architects, Lanyon and Lynn. It was not until 1922 that the site became today's University College.

The original 46-acre estate of woodland, glacial lake and meadow is not only a conservation area but is one of Belfast's best-kept secrets.

## Lifelong Learners on a 'Hidden History' Course



Meet the members of the College's Hidden History extra-mural class after a mid-morning stroll! During last Autumn this intrepid group explored the Stranmillis Conservation Area under the direction of Dr Eamon Phoenix. Barbara Blair, who took the course, said: "*Hidden History*' was a thoroughly enjoyable and wide-ranging course. The enthusiasm of the lecturer's was clear and it will be some time before I forget our tutor's rendition of *The Man From God Knows Where* on the Lagan Towpath that sunny autumn morning!" Another participant, John Cassidy, agreed: "*Hidden History*' was fascinating, huge fun and a great way to enjoy the local landscape"

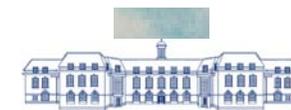
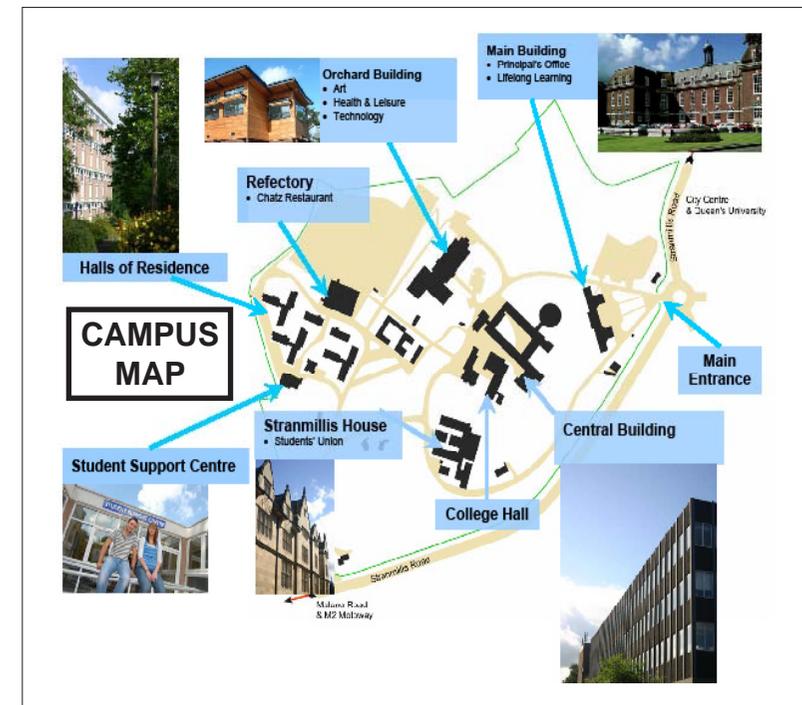
### ENROLMENT

**Lifelong Learning Office**  
Main Building, Stranmillis University College  
for more information or to enrol by phone...  
**Contact: Katie Miller - Lifelong Learning**  
**Tel: 02890 384261**  
k.miller@stran.ac.uk

Enrol early as decisions on a course proceeding are decided 7 days before start date.

**Location of sessions Stranmillis University College**  
**Parking is restricted on Campus, as directed by Security**

**After your session you are welcome to stay and enjoy refreshments at Chatz.**



STRANMILLIS UNIVERSITY COLLEGE  
A College of Queen's University Belfast