

## **HEFF 2019 WORKSHOP GUIDE (alphabetical)**

### **African Dance Workshop (Stuart)**

This workshop will work on traditional dances from Mali and Guinea West Africa accompanied by live drumming. We will also incorporate songs and chants. It will be lots of fun and high energy.

### **Are We Nearly Here Yet? (Richard)**

Where did you come from? Let's look at your journey over the past 14 billion years, since the Big Bang. I know you think it has only been interesting for the past 10 years, but I promise, your atoms had a pretty exciting ride before that: exploding stars, under-water volcanoes, evolution, bacteria, worms, dinosaurs, apes, humans, love, hate, parents, neighbours, wars, floods, famines and earthquakes... The serious aim of the show is to provide an overview of life, the Universe and everything, to be a sort of basic scaffolding on which we hang further knowledge as it arrives through our life. During the show we keep a focus on your particular atoms, following them right up to the present day, and the present moment.

### **Arts and Crafts for Toddlers and Kids Workshop (Claire)**

Painting, sticking, gluing, creating ... bring your toddler along and free the artist within! Suitable for all abilities.

### **Belly Dancing Workshop (Imogen)**

Fun and friendly bellydance workshops teaching basic technique, combinations and games with the possibility of a dance taught throughout the week for performance at the finale showcase. Imogen has been performing Egyptian dance at parties, weddings and restaurants for nearly twenty years and runs family workshops and babywearing bellydance sessions around the country.

### **Brilliant BoxHeads Workshop (Ruth)**

Kids design, decorate and wear their own BoxHeads.

### **Crochet Workshop (Diana)**

Workshop for beginners, intermediate and advanced. Learn the basics or learn something additional about how to manipulate your stitches. You can also bring your own work in case you are stuck with something, we'll help you along. Also for lefties, we have both learned how to do left-handed crochet in the meantime. So feel free to join us.

### **Debating Workshop (Garett)**

Formal debate training and practice.

### **DIY Shadow Theatre Workshop (Ruta)**

Making basic tools for shadow theatre with ease.

### **Dog Show (Beverley)**

Family fun dog show - We will be holding 14 classes for anyone to enter (young or old!) with their furry friends! With a Best In Show and Reserve Best In Show at the end for all 1st place rosette holders. Please come along for this first time dog show to have some fun and show off your amazing dogs!

### **Dog Agility Workshop (Beverley)**

Come along and have a go at our dog agility course. By the end of the week you and your dogs should be experts!

### **Evolve Or Die (Richard)**

How evolution works. In this workshop you will design your own animal, better than all the other ones on the planet, of course. Will it be tough, cunning or weird enough to dodge the catastrophes that Dr. Robinson has dreamed up for it, us and the whole planet? Only the fittest survive.

### **Exams! (Julie)**

How can you take exams if you home ed? Which exams can be sat? Information and discussion about GCSEs/IGCSEs and alternatives.

### **Football Frenzy Workshop (Yahya)**

Any size, any age, any ability, join in, play football and have fun!

### **Fun French Workshop (Emmanuelle)**

Come and play in French, with songs, games and stories in French for the little ones and some fun conversations with the oldest ones. Any levels can engage in the fun!

### **Grown In My Heart – The Journey of Adoption and Home Education (Aliy)**

The chance for all those interested in adoption. You are welcome if you are or know an adoptive family, foster carer, kinship carer, special guardian, or are interested in adoption. A space for families to connect and a chance for others to ask about anything related to adoption.

### **Health Crystal Gemstones Workshop (Brian)**

I have an array of gemstones and crystals, different sizes and shapes and would like to offer an opportunity for people to come and learn about different health stones and design and make their own bracelet.

### **Healthy Foot Development Workshop (Anna)**

I would like to do a talk on Healthy foot development for children and transitioning to Barefoot for adults. The talk will be about the benefits of Barefoot shoes for overall health and wellbeing. I think a lot of home educators are interested in their children's holistic health and wellbeing and I think a talk on Barefoot shoes would be welcomed. I will bring along examples of shoes and do some feet exercises for the adults too, as well as provide advice on shoe brands and future support and help.

### **HEFF Concert Ensemble Workshop (Janet)**

We're back, the third year of the HEFF Concert Ensemble. Come and join us and bring your instruments. Pop into the Facebook group to get advance notice of music to be played.

### **HEFF Décor Making Workshop (Samia)**

The festival spaces need décor - older teens and adults are welcome to join the miscellaneous creative arty crafty fun with SamiArt - expect anything!

### **HEFF Rock Painting Workshop (Simone and Kirsty)**

Painting, hiding and finding individually painted rocks.

### **HEFFumentary Workshop (Laure and Freddie)**

An open workshop where we gather footage and put together a HEFF documentary ('HEFFumentary!'). Our stand would be open a few hours a day where we will be editing, and people can approach us with any footage they have or can come to borrow a camera to go out and about and film, or they could come and join us with editing. End of the week we could screen it for everyone to see.

### **How to Cheat at Maths Workshop (Clinton)**

Whether you are good, average or poor at maths, come and find out some simple 'cheats' to help you with what seems quite complicated sums.

### **Human Hungry Hippos Workshop (Wendy)**

This is a variation on the children's 'board game', where children and adults alike can participate in capturing their coloured balls. Physical activity in pushing and pulling the 'hippo' to and from the balls, strategy also comes into it. Safety is paramount, as helmets are worn by 'hippos' and instruction to avoid brush burns, etc is given before each session.

### **Juggling and Balancing Workshop (Alex)**

Come and join our freestyle, beginner-friendly juggling & balancing workshops!

### **Knitting Workshop (Diana)**

Knitting for beginners, intermediate and advanced. Start with the basics or learn how to manipulate the stitches in a variety of ways. You can even bring your own knitting in case you are stuck and we'll help you to continue

### **Learning to Run with Freedom Workshop – Alexander Technique (Alison)**

Would you like to run with:

- Good posture and balance?
- Buoyancy in your joints?
- Easier breathing?

This practical course teaches you some principles of the Alexander Technique whilst out on the field practicing with running. Ideal for those new to running wanting to develop good habits & for those wanting to improve on their technique.

### **Magic: The Gathering Workshop (Alex)**

Play popular trading card game Magic: the Gathering! Learn to play, or compete in tournaments against other experienced players.

### **Mask Making Workshop (Anna)**

Carnival and character half and face masks that have been a very popular workshop for many years at Hefes too. Children often come to create their mask that they will use in the final show/parade or other performances.

### **Medieval Shenanigans Workshop (John)**

Medieval craft, games, chainmail making etc. Craft for the older people, games for the younger ones. Myself, my wife and our two boys will all be involved.

### **Musical Theatre Jazz Workshop (Teddy)**

A fun class of dancey sass! We'll warm up, learn a bit of jazz technique, prepare a routine to show to everyone at the end of the week, and have a great time together.

### **Needle Felting Workshop (Katie)**

Needle Felting for all. Beginners can learn the basics of needle felting and make hanging decorations. More advanced makers can make a fairy land play mat and fairies, or pictures.

### **Origami Workshop (Janet)**

The opportunity to produce some simple origami shapes. It will also be an opportunity to learn in a different way through doing, rather than listening. Some fine motor skills are required for this workshop. The last workshop will be an advanced workshop to fold the Kawasaki Rose.

### **Paper Making Workshop (Jakk)**

We will be making new sheets of handmade paper using old scrap paper. We will also explore using our new paper and paper pulp to make other 3D objects.

### **Paracord – Survival Bracelets Workshop (Naz)**

Come and have a go making your own Paracord survival bracelet.

### **Poetry and Creative Writing Workshop (Annie-Rose)**

Come explore the exciting excellence of extensive eloquence, notice how round vowel sounds roll round your mouth, while the excessive use of S's sometimes seems secretive like snakes that sliver silent and suspicious in the hush among the rustling rushes. Let loose your creative story-telling genius and use words both for how they sound and what they mean. No writing skills are necessary, only enthusiasm!

### **Puppet Making and Play Workshop (Anna)**

The children will make puppets and I will bring along some puppets and they can use their puppets in my mini puppet theatre play session. This will be one session, puppet making and play.

### **Pyrography Workshop (Tracey)**

Wood burning art - burning your own design onto a disc of wood. Discs provided, or bring your own item to decorate.

### **Running Workshop (Ray)**

Everyone can run, but this series of three workshops aimed at everyone from beginner to the more experienced will teach you how to run with more efficiency, economy of movement and avoid injury. As an AthleticsUK Coach in Running Fitness, I teach people how to run in a way that allows them to do so whilst avoiding the pitfalls. From how to tie your laces, warming up, stretching drills and the Endurance Template that governs good form, everyone will learn something. It

doesn't matter if you are a runner or not, you are welcome to take an active part or just watch.

### **Science Breakfasts Workshop (Richard)**

Science Breakfasts offer a tasty and unusual side-dish to festival-goers' breakfast, with bite-sized science and highly digestible anecdotes, sweetened with humour, seasoned with startling factoids and altogether in good taste. Even the kids will swallow it.

#### ***Wednesday 10.00am***

### ***Science Breakfast - Something to get your teeth into – The Pursuit of Knowledge.***

Where do you get your extraordinary intelligence, wit and wisdom from? Is it inherited? Is it good upbringing? Is it the fine company you keep? (clue: the story goes way back in time). Let us apply our minds to this and many others puzzles over a quality breakfast. Do bring your smart children along. No Riff-raff.

#### ***Thursday 10.00am***

### ***Science Breakfast - Something to get your teeth into – Evolution, WEvolution and MEvolution.***

Here is a simple way to depict us all: Evolution describes the adaptations that our species have gone through over millions of years to make us what we are. But one thing we are is adaptable. That quality is WEvolution, aka social evolution. On the other hand we have all learned to adapt rapidly to each situation we find ourselves in: that's MEvolution. So how do they interweave? We play the game of E-WE-ME-evolution in between mouthfuls of breakfast. Fun for all the family.

#### ***Friday 10.00am***

### ***Science Breakfast - Something to get your teeth into – Emergence***

One of the great discoveries of the last 100 years is that we are more than the sum of our parts. Massive hordes of people, ants, wildebeest or amoebas can cluster together chaotically until something extraordinary emerges, miraculously orderly, from the throng. It's everywhere, from the emergence of galaxies to the emergence of civilisations. Your sense of awe will overcome your sense of hunger. Nearly. Everyone welcome.

### **Sewing on Vintage Hand Crank Sewing Machines Workshop (Fern)**

Create your own festival bunting sewing on one of our vintage hand crank sewing machines.

### **Singing for Fun Workshop (Daisy)**

Come and start your day in the BEST way - singing with others. Join in with easy to learn songs and benefit from the enormous sense of achievement and wellbeing that singing from your heart brings. You don't need to have any experience, just a willingness to take part. All are welcome.

### **Small Business Essentials Workshop (Clinton)**

If you own or run a small business, or are thinking of starting one, join me to discuss your business problems and solutions. Having difficulty getting enough sales? Struggling with your SEO or marketing? Have a question about tax, accounts or

finance? Bring them to our workshop and if I can't answer your question, I will know someone who can. My background: I'm an accountant who has bought and sold several businesses over the last 35 years and have owned small businesses in sectors from tech to fashion to retail. I currently run a business consultancy advising owners of SMEs on strategy, business valuation, mergers and acquisitions.

### **Snouffles Workshop – Stories for Confidence and Peace (Cath)**

Story telling with follow up activities. The stories help children to develop empathy and understanding for themselves and others, thus reducing both the occurrence of conflict and the intensity of reaction when it does occur. Ideas are more readily accepted by the unconscious when the imagination is fully engaged in following and understanding the characters and plot. Often in the stories it is the first time a Snouffle has experienced a particular emotion and this causes the Snouffle to contemplate what is happening. Through following the sequence of thoughts, feelings, emotions, reactions and consequences, the Snouffles show us how faulty thinking often creates conflict and difficulties for ourselves and others.

With a greater self-awareness and understanding of our own thought processes and emotions, we can take steps to change our thinking and transform the difficult emotions into more pleasant ones. Learning how to create pleasant feelings inside, independently of anyone else saying or doing anything, is a very valuable skill. It is empowering to realise that we do not have to rely on anyone else to feel okay. At the end of each story there are some questions that may be, but are not necessarily, answered aloud. Their purpose is to engage the mind further in processing the awareness gained. There are also some activities to do which develop coping skills and mindfulness. This inclusive and participatory approach can support both adult and child at the same time.

### **Speakers' Corner Workshop (Garett)**

Debate and public speaking workshop and practice.

### **Teen Drama Workshop (The Teens)**

A series of workshops ending in a performance. Previous HEFF performances have included Wizard of Oz, Charlie and the Chocolate Factory, Hamlet with tomato ketchup and Alice in Wonderland.

### **The All Stars Workshop (Alex)**

Come and make music – just bring your instrument and ready yourself for a performance in the Finale!

### **Three Times More Prevalent (Aliy)**

This session will provide an overview of the most common neurodevelopmental disability in the Western world. Estimated to be 3-6 times more common than autism, with >6% of the population affected, many people have never heard of fetal alcohol spectrum disorder (FASD). While the condition has been widely recognised in Canada, Australia and US for more than 2 decades, in the UK we are at a pivotal point of change. Come along to find out more about the facts, implications and hear one family's life experience.

### **To Dye or Not To Dye Workshop (Ruadhan)**

Three board members will be running a tie dye workshop as requested on Instagram by our wonderful community. Feel free to come and get creative on your HEFF merch or bring your clothes from home to spice up your wardrobe.

### **Turning Unschooling into Worldschoooling (Olga)**

If travelling with your kids is your dream, but something holds you back, come to this talk for some inspiration and discussion of a solo parent travel. Olga has just come back from a 4 month adventure in a motorhome through Europe with her three kids, and can't wait to share how incredible it was, with all its ups and downs.

### **Ultimate Frisbee Workshop (Annie-Rose)**

A fun, easy going approach to ultimate frisbee, for both children and adults.

### **Upcycled T-shirt Bags Workshop (Ally)**

Use your old T-shirts to make a drawstring bag or shopping bag.

### **Vision Board Workshop – Kids' Happiness (Rhiannon)**

What do you want your life to look like? What can you tell yourself and look at each day to make it happen? Come and learn how to write positive, motivational affirmations and how to look to the future with hope and excitement. Create and take home a beautiful visual aid to help inspire, motivate and create the happy life you deserve. 😊💖

### **Water Filtration Workshop (Tadas)**

The most basic water filtration there is that is still used to date. By using sand and gravel, we can filter majority of the particles present in water. More complex filters are discussed in the workshop.

### **Weirdos on Bikes Workshop – Cuba 2019 (Bridget and Joe)**

Joe and his mum Bridget have just returned from a cycling trip across Cuba. Come and hear about this mind-blowing experience and learn about the practicalities of independent travel on two wheels in this incredible country.

### **Wood Turning Workshop (Simon)**

Have a go at shaping wood on a traditional foot powered lathe and take away your Wonderful creation.

### **Yoga Flow Workshop (Kay)**

Yoga Flow is a dynamic style of yoga where movement is synchronised to the breath, yoga poses flow together to create a sequence. The flow from one asana to the next brings a moving meditation to the mind and increased strength, endurance and flexibility to the body. Over the festival we will build a unique sequence that can be practiced at home.

### **You Ukes Ukulele Workshop (David and Shirley)**

No matter whether you never played a ukulele before or if you've been coming along to our workshops since 2014, David and Shirley will do their utmost to create a fun and engaging learning for you. As usual, we'll have a small set of songs to learn and they'll be a opportunity to revise songs we've learnt in previous years. No previous

experience is necessary to take part, we will have song sheets for people to follow and ukuleles to borrow. 'Borrowers' are limited in number, so if you have your own ukulele please bring this along. We will also have a few basic ukulele's which we sell on at cost.