

FRIENDS OF ST JAMES SPRING Q&As 2020 MUSEUMS, MINDFULNESS, MUSIC...

Talks in the Old School Room, Swimbridge churchyard, all welcome (but steep steps) £3



L-R: Dr Alison Evans, Mark Haworth-Booth, Rebecca Houghton

7.30pm Thursday 19 March

Mark Haworth-Booth: What are Curators? What are Museums for?

Mark worked as a curator at the Victoria and Albert Museum for 34 years and was awarded an OBE on his retirement. His speciality is photographic history, but he worked in three different departments at the V&A, where he is now an Honorary Research Fellow. He will talk about the V&A as a national institution, reflect on the role of the curator and the purpose of museums – and share some career highlights, including taking tea with Cary Grant in David Hockney's studio in Hollywood.

7.30 pm Thursday 26 March

Dr Alison Evans: Living Mindfully: What is mindfulness and how can it help you

Alison, who lives in Bishops Tawton, has worked in the Mindfulness-Based Cognitive Therapy (MBCT) field since 2004, as a mindfulness-based teacher, trainer and supervisor. She is currently director of the Mindfulness Network and a member of the core training team at the Centre for Mindfulness research and Practice at Bangor University. Alison would like to share what mindfulness is, particularly in terms of mindfulness as it is taught now in health, educational and workplace settings. This will be through some sharing of knowledge and experience, alongside inviting you to join her with some short mindfulness practice.

7.30pm Thursday 2 April

Rebecca Houghton: The life of the luthier

Rebecca is a professional luthier (violin maker/restorer) who runs her successful business from a workshop in her Landkey garden. Come armed with any questions you might have and expect to learn how to make a violin! This talk aims to give an insight into the day to day running of a successful stringed instrument-making and restoration business. Rebecca will show us how to make a violin as well as showing some repairs – which ones will depend on what is on the bench at the time!

Info: Mark Haworth-Booth 07813 776349 markhaworthbooth@gmail.com