

Mirthy.

Events

Programme

October 2021



Hello!



Welcome to the October edition of the Mirthy events programme. Indulge your curiosity this Autumn!

This programme will give you a complete overview of the diverse activities, educational talks and classes you can immerse yourself in this month.

You will find sessions that will be happening throughout September, including **FREE** events every week, giving you plenty of time to plan ahead.

If you'd like to discuss any of the events in more detail, or if you have any ideas for future events contact our team on hello@mirthy.co.uk

With thanks
Team Mirthy

October 2021

Every Friday



Pilates Standing £4.99 10:30 AM BST

Friday 1st



Spilling the Beans - A History of our Love Affair with Coffee

In this talk Sandy Leong, a Historian will take us through the history of coffee, the myths, the legends and the truth. And how it became such a popular drink on the high street.

2:00 PM BST- £2.99

Friday 1st



Country Gardens! Folk Music, and what they do with it - Piano Concert

This Piano concert will be an exploration of different approaches to folk music from Europe and Africa. This programme includes pieces by Beethoven, Grainger, Grieg, Poulenc, and more.

4:00 PM BST- £2.99

“ That was a nice way to feel connected and part of a group. Keep this coming. - Mirthy Member ”

Monday 4th



DIY Poetry Workshop

In this workshop Andy presents an engaging mix of poetic exercise and encouragement to inspire attendees, whatever their entry level. The only qualification for participation in this workshop is a commitment to be yourself and have a go! Good spelling, punctuation and grammar are not essential if you can dare to believe that there's a creative spark in every human being ... and that includes you!

12:00 PM BST - FREE!

Monday 4th



Poets of World War 1

This presentation explores some of the most celebrated Poets and a few of the significant battles together with visits to some of the Major War Cemeteries

4:00 PM BST- £2.99

Monday 4th



Drawing Workshop

This class will cover a variety of drawing exercises to build confidence and experiment with different techniques. We will take inspiration from the great artist, Morandi, and allow his work to influence our own!

4:00 PM BST- £2.99

October 2021

Every Tuesday

Pilates (seated)

10:30 AM BST- £4.99



Tuesday 5th

1066: England's Real Game of Thrones

Chris Green ("The History Chap") tells the stories that bring British history to life.. A graduate in History, Chris combines a deep knowledge of his subjects, with a natural flair for story telling. Audiences have described his talks as interesting, enjoyable and engaging.

4:00 PM BST- £2.99



Wednesday 6th

Is Living Sustainably possible?

Do you want to live in a greener, more sustainable way? Are you worried about climate change? Do you want to eat more fruit and vegetables? . In this talk, In this talk we will discuss what sustainability is, and ways to eat and live more sustainably.

11:00 PM BST- £2.99



Wednesday 6th

Storytelling Cafe

Telling stories is hard-wired into the human condition. We tell them all the time, about what we've done or not done, and the stories we have heard. A storytelling café is an opportunity to both share stories and listen to stories.

2:00 PM BST- FREE!



Every Wednesday

Yoga with Elaine

4:00 PM BST- £2.99



October 2021

Every Thursday



**Beginners Mat
Pilates
£4.99
11:30 AM BST**

Thursday 7th

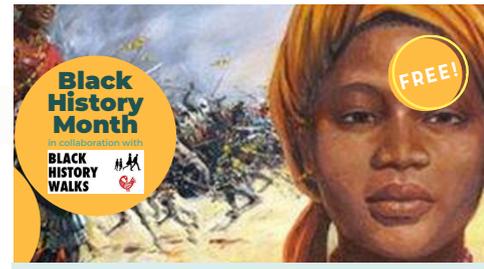


Art Workshop with Abundance Arts

In this workshop, we will be creating vibrant Pattern Creations inspired by African Fabrics, looking at shapes and meanings of pattern symbols. Abundance Arts are skilled artists, experienced tutors and therapists. For over 15 years, they have been dedicated to unlocking potential, increasing learning, sharing culture, and improving wellbeing for their local community.

2:PM BST- FREE!

Thursday 7th



African Woman and the Divine Feminine

In this talk you learn about the powerful order of matriarchs that once ruled in Africa. They produced the world's first oracles, prophetess and prophets. You will also learn how the development of Patriarchy and its incumbent dominance cast aside the African woman's sacred role as goddess and was overshadowed by replicas such as Venus, Aphrodite, Artemis.

4:00 PM BST- FREE!

“ Seated Pilates really helps to keep me going, using muscles that day to day I often don't use. - Mirthy Member ”

Friday 8th



Autumn Concert with Speranza

The arts have an amazing power to communicate eternal truths. The ensemble Speranza performs a wide variety of classical music concerts featuring a mixture of high quality chamber music often combined with visual art and poetry. Speranza means hope and it is their aim to communicate hope through the music that we play.

4:00 PM BST- £2.99

Monday 11th



Laughter Yoga with Sylvia

Join certified Laughter Yoga Leader Sylvia for this unique session, combining laughter with breathing and stretching exercises - this will most certainly give your Monday morning a boost.

11:30 PM BST- £2.99

Monday 11th



Britain with Betjeman

In this talk, John, who knew Betjeman personally, interweaves the development of English architecture with a potted biography of the man who made us look at our surroundings in a different way. From his middle-class upbringing, via Oxford and journalism, we learn about his unequal marriage, his conflicted beliefs and social climbing, to his attainment of the status of 'national treasure'.

3:00 PM BST- £2.99

October 2021

Monday 11th

Belly Dancing Workshop

Belly dancing is a fun, exciting way to keep fit and is suitable for all ages and ability. It uses all the main muscle groups, increases strength and flexibility, and is a great physical and mental tonic. As well as keeping fit, belly dancing can also help improve confidence and fight depression. Learn various belly dance steps, arm movements, and a simple choreographed routine at your own pace in this introductory workshop.

4:00 AM BST- £2.99



Tuesday 11th

Hedgehogs: In Need of Your Help

Formerly a vet, Stephen changed career to pursue a lifelong passion for wildlife, wildlife photography, filming and conservation. Stephen's material has made a number of TV appearances, featured in the national press and won major awards. His photography concentrates on interesting and challenging wildlife subjects, many of which are in and close to his home.

11:30 AM BST- FREE!



Wednesday 13th

A Musical World Tour

From the cafés of Paris to the woods and fields of Bohemia, from Spanish dances to Icelandic Folk Festivals, from the Mariachi bands of Mexico to English Morris Dancing, we travel through many different worldwide destinations to experience Nationalism in music. Expect the familiar and the unfamiliar. Book your holiday now!

11:00 AM BST- £2.99



Wednesday 13th

Percussion Recital and Workshop with Emmanuel Scott

This event will be a percussive recital and workshop featuring works created by black composers and works and instruments that can be traced to roots in the African diaspora. This event will also include a body percussion workshop where you will learn how to make rhythms with your hands and also with tic-tac fresh mints so be sure to bring some!

4:00 PM BST- FREE!



Thursday 14th

October Book Club Coffee 'Mornings'

Join the Mirthy Book Club for a coffee and chat to talk about our favourite reads. We will be discussing the October Book of the Month 'Small Island' by Andrea Levy. This is a chance to meet other bookworms in the community.

All you need is an electronic device, a mug, and a love of reading.

2:00 PM BST- FREE!



October 2021

Thursday 14th



Legendary African Americans in London 1860s-1960s

Illustrated talk on some of the most famous, and least known, African Americans who strolled London's streets and fought for equality. Many African Americans came to Britain in the mid-1800s to escape US white supremacy.

4:00 PM BST- FREE!

Friday 15th



Storytelling Through Music and Movement: Workshop with Abundance Arts

In this workshop, we will discover the ways in which we can tell stories through music and movement. Come and join in with this fun, interactive workshop exploring call and response singing and learning some African songs together.

3:00 PM BST- FREE!

Tuesday 19th



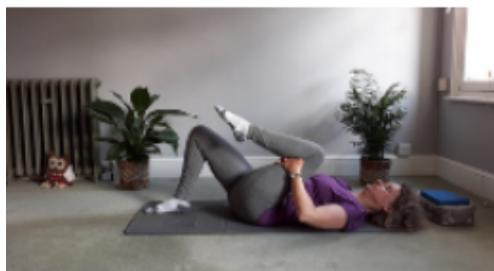
Black Aircrew of World War 2

In this talk you will hear a brief overview of some of the African/Caribbean aircrew who flew in the RAF. Their stories are little known but include: 80 mission veterans, prisoner of war survivors, attorney generals, Prime Ministers, Olympic athletes, Civil Rights Activists, and TV stars.

4:00 PM BST- FREE

“ That was a nice way to feel connected and part of a group. Keep this coming. ” - Mirthy Member

Wednesday 20th



Early Morning Stretch

Join Helen Tudge (MCSP) for an early morning stretch class. We will loosen off the whole body before getting up to our feet and checking our posture ready to start the day. This class can be done on an exercise mat on the floor or if you prefer on a bed. Please also bring a pillow or cushion along to provide head support when turning onto sides.

8:30 AM BST - £2.99

Wednesday 20th



Discover London Event

Imagine Winston Churchill turning up in a top hat with a pistol to fight Russians. The historic riots against the Fascists. The sad story of the 'elephant' man. The nurse heroine Edith Cavell. The most famous gangsters in London, the Krays. And then there's Stalin and Trotsky who make an experience and the executioner of a king. It's all happened around this high street that has been enriched with waves of migration that reflects huge events and changes in the last few centuries.

11:30 AM BST- £2.99

Wednesday 20th



The Founding Fathers and 21st Century America

What would the men who created a nation and a constitution make of modern America? This talk explores the ideas that motivated the Founders and whether or not these concepts have stood the test of time. From civil war, racial conflict, and modern identity politics to controversies over gun ownership. Moving through American history, from Jefferson to modern-day Trump.

4:00 PM BST- £2.99

October 2021

Thursday 21st

A Sentimental Journey to Vienna

Paul celebrates his first formal dance (to Strauss's Blue Danube Waltz on Weymouth pier with his mum) by cycling the Danube from its source to Vienna. Crossing France he visits the Verdun battlefields, crosses the bridge where Louis XVI and Marie Antoinette met their doom, and learns about the designer of America's greatest icon. Along the Danube, he visits Einstein's birthplace, the scene of Mozart's first concert, the German Parthenon, and a Nazi concentration camp. In Vienna, he seeks out Johan Strauss, dives into the Blue Danube, and gets to dance above it, though sadly the salsa, not the waltz.

11:00 AM BST- £2.99



Thursday 21st

The Great Fire of London: how London survived ruin from fire

Early on a Sunday morning in September 1666, a fire broke out near London Bridge that was to destroy thousands of houses and dozens of churches, turning two-thirds of the City of London into a ruinous waste. Discover whose "malicious hearts" were accused of starting the fire, how the enterprise of Londoners achieved its recovery and where you can find some surviving City buildings that escaped destruction by the flames.

4:00 PM BST- FREE!



Friday 22nd

Caribbean Cooking - Curry Chicken

Kay aka ksnicenspice is a celebrity chef and social media influencer with a passion for cooking and sharing Jamaican and Jamaican-inspired cuisine. Her recipes and images of mouthwateringly delicious food have built her up a following of 122,000 and got her invites into the kitchens of A-List celebrities. As a self-taught cook with a passion for food presentation, the natural progression was to combine her cooking skills with food styling and photography. Her work is all about combining my love of cooking to create mouth-watering colourful photographs, and she is constantly inspired by ingredients to develop new recipes.

4:00 PM BST- FREE!



Monday 25th

P G Wodehouse and Jeeves

P G Wodehouse had an incredible career as a published author, lasting three-quarters of a century. This talk introduces at Wodehouse's life and work, his early success writing school and sporting stories, and his creation of many classic characters: Lord Emsworth and Blandings Castle; Mr Mulliner and his remarkable family; the Oldest Member with his glorious tales of golf. And how Wodehouse, after some trial and error, found the perfect format for the stories of Bertie Wooster and Jeeves, along with a terrifying assortment of formidable aunts.

3:00 PM BST- £2.99



October 2021

Monday 25th



Belly Dancing Workshop

Belly dancing is a fun, exciting way to keep fit and is suitable for all ages and ability. It uses all the main muscle groups, increases strength and flexibility, and is a great physical and mental tonic. Learn various belly dance steps, arm movements, and a simple choreographed routine at your own pace in this introductory workshop.

Shelley has worked

4:00 PM BST - £2.99

Tuesday 26th



Book Club Coffee Morning

Join the Mirthy Book Club for a coffee and chat to talk about our favourite reads. We will be discussing the October Book of the Month 'Small Island' by Andrea Levy. This is a chance to meet other bookworms in the community.

All you need is an electronic device, a mug, and a love of reading.

11:30 AM BST - FREE!

Tuesday 26th



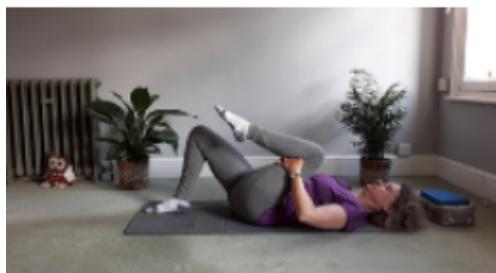
Sentenced to 'Beyond the Seas'

The story of eight Worcestershire women, sentenced to death or transportation in the 1780s who all ended up on the first fleet to Australia and what became of them. Only one ever offended again, another came back a rich woman. One returned to England a rich woman and another became the progenitor of the largest living family group in Australia today.

4:00 PM BST - £2.99

“ I was riveted by the amount of thoroughly absorbing and - Mirthy Member entertaining information. One of the best talks I have heard ”

Wednesday 27th



Early Morning Stretch

Join Helen Tudge (MCSP) for an early morning stretch class. We will loosen off the whole body before getting up to our feet and checking our posture ready to start the day. This class can be done on an exercise mat on the floor or if you prefer on a bed. Please also bring a pillow or cushion along to provide head support when turning onto sides.

8:30 AM BST - £2.99

Wednesday 27th



Black Female Resistance in 18th Century Literature

Highlights of British, Caribbean and American literary representations of Black women who used indigenous spiritual practices during slavery/colonialism to fight racism. From the 1692 Salem witch trials, to Jane Eyre in 1847, to modern classics like Wide Sargasso Sea and Toni Morrison's book Beloved.

11:00 AM BST - FREE

Wednesday 20th



Windrush Through the Generations with Roger Griffith MBE

For over 70 years people from the Caribbean have made valuable contributions to British society and culture. However their legacy and that of many migrant communities can be traced across centuries and circles the globe. Author, academic and activist Roger Griffith gives a personal insight on the history of the Windrush Generation and their enduring legacy today.

4:00 PM BST - £2.99

October 2021

Thursday 29th

Book Club Q&A Event with guest Dr Michael Perfect

Michael Perfect is a Senior Lecturer in English Literature at Liverpool John Moores University. His publications on Andrea Levy include numerous journal articles and book chapters, and he has taught Levy's work at universities in the UK and overseas. He is currently writing a book on Levy for Manchester University Press. He is also co-editing a forthcoming Levy-themed special issue of the journal ARIEL, which will include posthumous work by Levy herself. His own article in that special issue focuses on Levy's late, unpublished projects. He was the first academic to carry out research on Levy's archive, and his ongoing work on the archive is supported by a BA/Leverhulme research grant.

4PM BST- £2.99



Mirthy Focus Group

Want to help the Mirthy community grow and develop?

Have your say in a member focus group with our new community manager, Mahalia.

Wednesday 20th October - 2:00 PM



To get involved, email Mahalia at on mahalia@mirthy.co.uk



Mirthy.