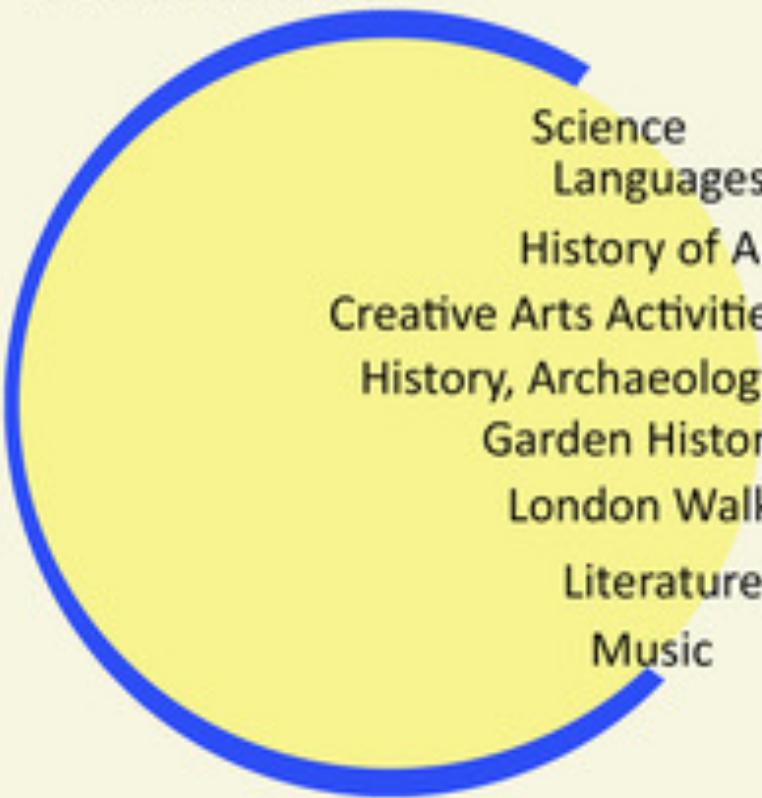


**Hi** Highgate Literary &  
Scientific Institution  
Founded 1839



Science  
Languages  
History of Art  
Creative Arts Activities  
History, Archaeology  
Garden History  
London Walks  
Literature  
Music

**SHORT COURSE PROGRAMME**

**JUNE 2019**

## PROGRAMME AT A GLANCE

<b>Week 1:</b>	
Tuesday 4 <sup>th</sup> June	Italian for travel Art history: Prints
Weds 5 <sup>th</sup> June	Italian for travel Part 2 Egyptology Art history: Prints Museum Visit Floristry
Thursday 6 <sup>th</sup> June	Egyptology Museum visit
Friday 7 <sup>th</sup> June	Egyptology Part 2 Art History; Prints Part 2
<b>Week 2:</b>	
Tuesday 11 <sup>th</sup> June	The Odyssey Medicinal plants
Weds 12 <sup>th</sup> June	The Odyssey Part 2 Medicinal plants with Garden visit
Thursday 13 <sup>th</sup> June	Garden history
Friday 14 <sup>th</sup> June	Garden history Part 2
<b>Week 3:</b>	
Tuesday 18 <sup>th</sup> June	Maths & monuments Embroidery
Weds 19 <sup>th</sup> June	Embroidery Part 2 Drawing & painting
Thursday 20 <sup>th</sup> June	Samuel Pepys London walk 1
Friday 21 <sup>st</sup> June	Samuel Pepys Part 2 Drawing & painting Part 2
<b>Week 4:</b>	
Tuesday 25 <sup>th</sup> June	How to bake an opera
Weds 26 <sup>th</sup> June	How to bake an opera Part 2 Screen printing
Thursday 27 <sup>th</sup> June	Shakespeare's women London walk 2
Friday 28 <sup>th</sup> June	Shakespeare's women Part 2 Frank Bowling with Tate gallery visit

## CONTENTS

<b>CREATIVE ARTS ACTIVITIES</b>	<b>4</b>
<i>Drawing and painting: learning from great artists.</i>	4
<i>The Art Of Floristry (1/2 day)</i>	5
<i>Screen printing on fabric</i>	6
<i>Stitch by stitch: hand embroidery for beginners</i>	6
<b>HISTORY &amp; ARCHAEOLOGY</b>	<b>7</b>
<i>Egyptology. Growing Up And Growing Old In Ancient Egypt</i>	7
<i>Samuel Pepys: His Life And World</i>	8
<b>HISTORY OF ART and GARDEN HISTORY</b>	<b>9</b>
<i>Frank Bowling At Tate Britain</i>	9
<i>Western European Printmaking: Art And Techniques From Dürer To Picasso</i>	10
<i>The Early 18<sup>th</sup> Century English Garden</i>	11
<b>LANGUAGES</b>	<b>12</b>
<i>Italian For Travel</i>	12
<b>LITERATURE</b>	<b>13</b>
<i>Homer's Odyssey In Translation. An Introduction.</i>	13
<i>Shakespeare's Unruly Women</i>	14
<b>MUSIC</b>	<b>14</b>
<i>How To Bake An Opera</i>	14
<b>SCIENCE</b>	<b>15</b>
<i>Maths, Myths And Monuments - The Origins Of Scientific Knowledge In The Ancient World</i>	15
<i>Medicinal Plants</i>	16
<b>LONDON WALKS</b>	<b>17</b>
<i>Walk 1. Discover Haringey's Hidden River Moselle</i>	17
<i>Walk 2. A Day Out In Chingford: From Fields And The Forest To Royals And The Railways</i>	17
<b>HOW TO ENROL</b>	<b>19</b>

## CREATIVE ARTS ACTIVITIES

### Drawing and painting: learning from great artists.

19 June 10.30am – 4.30pm and 21 June 10.30am – 4.30pm, Victoria Hall. Fee: £100, including materials

This is a practical course for beginners and experts who want to explore the methods and ideas of other artists by looking at their drawings and paintings. This course can be useful to help build a portfolio or for general interest. Over the two days we will look at a range of artists who work with landscape, still life and portrait subjects. Students will be helped to choose images to work from. Artists from the Renaissance to the present can be referenced.

On the first day, after a short introduction we will begin to make drawings from visual sources provided by the tutor: for example we will look at the expressive ink drawings of Claude, Rembrandt, Palmer and Van Gogh and use them as a visual inspiration to explore our own drawing process. The tutor will demonstrate drawing methods and give one to one help. Advice will be given about the use of appropriate materials. We can develop work by setting up subjects in the studio if required, for example if the work referenced is a Chardin or Cezanne still life, we can create a still life in the studio.

On the second day we will continue to complete work from the first day and also look at different artists, particularly artists who draw as a primary activity in contrast to those who prefer to paint directly/spontaneously. Artists' work referenced will be from post-impressionists to contemporary.

The students will develop their own work at their own pace with the tutor's help.

The emphasis of the course is to understand how you can use your discoveries.

We can copy, interpret, and develop other artists' works; the objective is to strengthen your own work by analysing what you see in these, not to simply mimic the look of a drawing or painting. The aim is to encourage students to work in galleries directly from the collections after the end of the course.

Students will be provided with essential materials, but may also bring their own preferred materials.

Students can draw inspiration from the collections in the art galleries and museums of London, including the drawings at the British Museum and the paintings at Kenwood House.

Tutor: *Vincent Milne* has been teaching at the HLSI for several years and also currently teaches art at Hampstead School of Art and Mary Ward Centre. He has a BA Hons in Fine Art Painting from Goldsmiths College and several postgraduate qualifications.

## The Art Of Floristry (1/2 day)

5<sup>th</sup> June, 10.15 – 12.30pm Victoria Hall. Fee: £37, including flowers

The course is for anyone interested in learning how to create beautiful floral arrangements for the home, how to select flowers and foliage and how to make them last longer.

A half-day workshop creating beautiful flowers for the home. The workshop will include information on sourcing, preparing and caring for flowers and foliage, an introduction to the theory of floral design and time to develop your practical skills. Tuition is in a small group with individual support available. You will go home with a stunning design using seasonal flowers.

There will be a mix of demonstrations, practical student work and teaching input with individual tutor support on hand.

By the end of the course, students will:

know what to look for when buying/sourcing flowers and foliage

- know how to prepare flowers and foliage for arrangements
- understand how to maximise the longevity of flowers and designs
- have an insight into the use of colour, texture and balance in floral design
- have practical skills in making an arrangement for the home.

Tutor *Katie Lindsey* is a Highgate resident, trained as a florist at Capel Manor and works as a freelance florist, doing wedding and event flowers and running workshops.

## Screen Printing on Fabric

26 June 10.30am – 4.30pm, Victoria Hall Fee: £60, including materials

This one-day course is suitable for all – from beginners to those wishing to extend their practice.

Learn simple screen-printing techniques to make bold and colourful designs on fabric in this one-day workshop suitable for adults at all levels. You will be guided through all the stages from making paper stencils to printing repeat designs or layers of varied imagery. There will be examples and ideas for inspiration, and a choice of fabrics to print on.

All materials will be provided.

At the end of the day, everyone will take home screen-printed fabric that they can make into tablecloths, runners, wall hangings, scarves, bags etc.

Tutor *Judith Devons* is an artist specialising in screen-printing and ceramics. As well as creating her own work for exhibitions and commissions, she greatly values leading workshops for children and adults at all ability levels. More information on her website: [www.judithdevons.com](http://www.judithdevons.com)

## Stitch by stitch: hand embroidery for beginners

18 & 19 June, 10.30am – 4.30pm, Gosling Room. Fee: £86, including materials.

This two-day course is for those new to embroidery and for those with some experience who wish to extend their knowledge of different stitches.

On the first day students will learn a vocabulary of embroidery stitches. Basic and more complicated stitches will be sampled using a variety of threads on different fabrics. On day two participants will create a richly textured panel by bonding and layering fabric and embellishing this surface with the embroidery stitches they have learned. Advice will be given on how to make this panel into a cushion, wall hanging, bag or notebook cover.

The course will consist of practical stitch work and will be taught by demonstrations and individual tuition supported by handouts. Samples illustrating different stitches and techniques will also be available. Advice will be given on various books and other resources that will enable students to extend the knowledge gained from the course.

Materials and equipment, apart from scissors, will be included in the cost of the course. These will include fabric, threads, needles, a hoop and bondaweb for each participant. Students are welcome to bring their own materials to supplement those provided.

Tutor *Yana Krizka* has been teaching on the Creative Embroidery course at the HLSI since 2017. She has a City and Guilds Certificate and Diploma in Embroidery and Design, and a City and Guilds Award in Education and Training. Her work has appeared in various textile books and magazines, and she has been exhibiting in London since 2008.

## HISTORY & ARCHAEOLOGY

### Egyptology. Growing Up And Growing Old In Ancient Egypt

5 June 10.30am – 4.30pm & 7 June, 10.30am – 12.30pm Gosling Room, plus visit to the Petrie Museum 6 June 2.30pm – 4.30pm. Fee: £80

This course is designed for everyone; no prior knowledge is required. Focusing on Deir el-Medina, the Village of Pharaoh's artisans on the West Bank of Luxor, we undertake a journey through birth to death life transitions. Being born and growing up; going to school and potentially becoming a hooligan; undertaking puberty rituals. We then consider marriage, adultery and divorce; retirement, drawing a pension, and getting old; and the final and extensive mummification and burial rituals. Particular attention will be devoted to the axes of gender, ethnicity, and disability. Moreover, students will be encouraged to draw active comparisons throughout the course with similar life transitions as experienced today.

The course is tutor taught by means of richly illustrated Power Point presentations and extensive handouts. Active student participation is encouraged by means of questions and answers, and small group work engaging with ancient texts in translation.

On Day 2 there is a half day guided visit to UCL's Petrie Museum to view relevant artefacts which will cement knowledge acquired in the classroom.

Day 3 (morning) will be back at the HLSI, continuing the presentation, reflecting on the artefacts and drawing overall conclusions.

The key resource is the tutor's own co-authored book: Rosalind M. and Jac. J. Janssen, *Growing up and Getting old in Ancient Egypt* (London: Golden House, 2007). For the best introduction to the Village of Deir el-Medina: Morris Bierbrier, *The Tomb-Builders of the Pharaohs* (London: British Museum Publications, 1982). For the low down on its inhabitants: John Romer, *Ancient Lives. The Story of the Pharaohs' Tombmakers* (London: Weidenfeld & Nicolson 1984). All are currently in print. Take away readings are provided throughout the course.

Tutor *Rosalind Janssen* was a Curator in UCL's Petrie Museum, before becoming a Lecturer in Egyptology at UCL's Institute of Archaeology. She currently teaches Egyptology courses at Oxford University, and at the City Lit. The author of a large number of specialist publications, she has worked on excavations on the West Bank of Luxor as a textile expert.

## Samuel Pepys: His Life And World

20 & 21 June, 10.30am – 4.30pm, Gosling Room. Fee: £80

This course is for anyone with an interest in cultural and literary history.

The course will explore the life and world of Samuel Pepys, through his diary and other contemporary sources. It will focus on the key events that he lived through and described: including the plague of 1665, and the Great Fire of London in the year that followed. It will also consider Pepys's professional career in the administration of the Royal Navy. The sessions will bring all this into the context of the broader aspects of social and cultural life in Restoration London.

The course will be delivered through lectures, readings, and class discussions, supported by PowerPoint slides and audio recordings.

*Key Resources.*

The following reading is not essential for the class, but simply introduces some of the themes that we will be exploring:

C.S. Knighton 2003, *Pepys and the Navy*. Sutton.

R. Latham & W. Matthews (eds), *The Shorter Pepys*. Penguin.

M Lincoln & C. Tomalin (eds), *Samuel Pepys: Plague, Fire, Revolution*. Thames & Hudson.

R. Ollard 1984, *Pepys: A Biography*. Oxford University Press.

C. Tomalin 2002, *Samuel Pepys: The Unequalled Self*. Penguin.

M. Willes 2017, *The Curious World of Samuel Pepys and John Evelyn*. Yale University Press.

Tutor *Dr Mark Patton* is a current tutor at the HLSI, where he has taught the popular history courses for a number of years. He studied at Cambridge, and completed his PhD at University College London. He has taught at the Universities of Leiden, Paris 1, Wales, Greenwich, and Westminster, and currently teaches at the Open University. He is the author of several published books in the fields of archaeology, history, and historical biography; and of three historical novels.

## HISTORY OF ART and GARDEN HISTORY

### Frank Bowling At Tate Britain

28 June 10.30am – 12.30pm Victoria Hall, plus Visit to Tate Britain 2.30pm – 4.30pm  
Fee: £45 (excluding Tate gallery entry fee)

Frank Bowling is a Guyana born Black-British artist. He came to London at 14, studied at the Royal College of Art and has worked in London and New York ever since. Although he began his career as a figurative painter he is best known for his abstract works. His use of colour and his handling of paint have made him one of the most successful painters of his generation. In 2005 he was elected a member of England's Royal Academy of Art, the first Black-British artist to be elected a Royal Academician.

If you are interested in British art of the 20<sup>th</sup> century; abstraction, gestural and colour field painting then you will be interested in Frank Bowling. The day will give you a familiarity with his work, his milieu and his place in the story of British art. It will introduce you to the central issues and debates of the period, and introduce you to visual analysis, particularly approaches to works with no obvious representational clues.

The morning session will be a lecture with class discussion based on Power Point images of Bowling's (and some contemporaries') works. The afternoon will be a visit to the retrospective of Bowling's work at the Tate Britain.

A slide list will be provided, together with a bibliography.

Tutor *Jenny Vuglar* has previously taught at the HLSI. She holds an MA in History from the University of Auckland, New Zealand and an MA in Art History from the Open

University. She specialises in 20<sup>th</sup> Century British Art. She teaches Art History at Morley College and is an associate lecturer at the Open University.

## Western European Printmaking: Art And Techniques From Dürer To Picasso

4 June 10.30am – 4.30pm & 7 June 2.30pm -4.30pm Gosling Room & 5 June BM visit.  
Fee: £80

This course is suitable for everyone, from those with a general interest in art history to those with a particular interest in prints.

*Day 1: An introduction to the history of Western European print making from the 15<sup>th</sup> to the 20<sup>th</sup> centuries*

### *Morning*

This PowerPoint presentation, organised by technique - principally woodcut, engraving, etching, aquatint, linocut and lithography - will give an outline of the role of the print in the history of art. Special emphasis will be given to masters such as Dürer, Rembrandt and Picasso, who in their extensive body of printed works revolutionised the expressive and technical potential of printmaking, creating some of their greatest masterpieces in any medium.

### *Afternoon*

The nature of a print specialist's work will be discussed, involving establishing the authenticity of a print, judging the quality of impression, rarity, and condition, and valuing it accordingly. Technicalities inherent in printmaking will be elucidated, i.e. the states of a print, proofs and editions, papers used, watermarks, and paper restoration. We will also look at print collecting.

*Day 2 (Morning or afternoon): British Museum Print Room*

We will have the rare opportunity to examine a selection of 15 prints at first hand in the British Museum Print Room, illustrating the historical range discussed, and including the finest impressions of some of the greatest prints ever made - for example, Dürer's *Melencolia* and Rembrandt's *The Three Crosses*. A magnifying glass will be provided.

*Day 3 (afternoon): Presentation and Discussion at HLSI*

Further visual context to the prints seen at the British Museum will be given, after which there will be discussion time when students will be invited to share their thoughts on the works seen there.

Tutor *Natasha Broad* has been working as a consultant to Sotheby's Print Department since 2015, which involves valuing and cataloguing Old Master prints for auction. Formerly, she worked as an old master and modern print specialist at Christie's, King Street, from 1995 to 1999.

## The Early 18<sup>th</sup> Century English Garden

13 & 14 June, 10.30am -4.30pm Gosling Room. Fee: £80

This course is for anyone with an interest in art, architecture, gardens, politics – as all these elements are to be found within the subject matter. No prior knowledge of garden history is necessary.

From the formality of the Dutch garden designs of William and Mary at Kensington Palace and Hampton Court we will trace the development of garden design. Through the 'transitional' work of Charles Bridgeman to the apogee of the classical Arcadian landscape of William Kent, via Lord Burlington and the Grand Tour. Using influential and significant gardens we will look at the social and cultural aspects of their creation.

Gardens to be investigated include Hampton Court Palace, Kensington Palace, Stowe, Claremont, Rousham, Chiswick House.

Designers/influencers include George London and Henry Wise, Charles Bridgeman, Lord Burlington, William Kent, Alexander Pope, John Vanbrugh

The course will be taught with power point presentations, handouts of useful dates and names will be given to each student.

Key resources (books)

*Georgian Gardens, the Reign of Nature*, David Jacques, Batsford, 1990

*The Arcadian Friends, inventing the English Landscape*, Tim Richardson, Bantam, 2007

*The Planters of the English Landscape Garden*, Douglas D.C. Chambers, Yale, 1993

Visits around London that are useful to assist knowledge for the course (but are not obligatory) include Chiswick House, Kensington Palace, Hampton Court, Claremont.

Tutor *Deborah Trentham* has a background in Art and Architectural History and has been teaching Garden History for nearly 20 years. She runs courses in garden history

from medieval times to the present day and specialises in the gardens of the Italian Renaissance. She arranges and takes garden tours in the UK and abroad, and writes for various publications.

## LANGUAGES

### Italian For Travel

4 & 5 June 10.30am-4.30pm, Linden Room Fee: £90

This Italian for Travel short course is designed for those with no or little previous knowledge of Italian, who may be planning to visit Italy. This two-day course will focus on speaking and listening, to help you gain confidence in the language and to enable you to get by in Italian when visiting Italy.

By the end of this course you should be able to:

- Greet others and introduce yourself
- Ask someone to speak more slowly or to repeat what they've said
- Make purchases in a shop
- Order food and drink and express preferences
- Ask questions when you're in the airport or at a train station
- Communicate effectively if you have small health problems.(e.g.at the pharmacy)

The course is based on the communicative approach. Italian will be used throughout the lessons. Lessons will include:

- active student interaction
- emphasis on speaking and listening skills
- pair and group work
- role play
- use of pictures and authentic material
- use of audio material

The course is based on the tutor's own material. Please bring a folder for your handouts and a notebook.

Tutor *Gloria Posner* has a diploma in City and Guilds 7407 Certificate in Further Education Teaching (2005), a Postgraduate Certificate in Education (PGCE) in Modern Languages (1999) and a BA in Foreign Language and Literature (Bologna, 1983). Gloria has been teaching Italian at the HLSI for the last three years. She has taught at various institutions including Hampstead Garden Suburb Institute for over 10 years

and taught Italian Language and Italian History and Literature in Italy for over 25 years.

## LITERATURE

### Homer's *Odyssey* In Translation. An Introduction.

11 & 12 June, 10.30am – 4.30pm, Gosling Room. Fee: £80

This course is open to everyone, and no previous experience is required.

Sometimes called 'the first novel', the *Odyssey* is a marvellous mixture of adventure, suspense, romance, and psychological insight. Homer tells of a world of heroes who, two and a half thousand years later, are recognisable in us today. A mighty poet, he has attracted hundreds of translators who open the doors of this marvellous world to those who have no Greek. We shall be using the fine 1960 translation by Robert Fagles, which is both poetic and accessible.

We cannot cover the whole epic in two days! Members of the class will join in reading aloud passages selected to build up a framework for later individual reading. The main emphasis will be on Homer's astonishing words, with mythological and historical background explained together with printed handouts. Everyone is encouraged to contribute to discussion, and parallels will be introduced from literature, art and contemporary thought. This is a journey full of wonders.

Students will need to have their own copies of Fagles' translation, as published by Penguin Books. This is essential so that line and page numbers synchronise as we read aloud. It is available from bookshops and on line. A list of further reading will also be provided.

Tutor *Isabel Raphael* has a Cambridge MA in Classics and English, and has been teaching Latin, Greek and Ancient History for some 40 years. For the last 18 years she has run a popular class called *Latin for Pleasure* at the HLSI, and more recently Latin and Greek adult classes in Hammersmith also. She is an experienced lecturer on a variety of Classics-based topics.

## Shakespeare's Unruly Women

27 & 28 June, 10.30am -4.30pm. Gosling Room. Fee: £80

This course will look at Shakespeare's female characters across a range of plays including *As You Like It* (Rosalind), *Hamlet* (Gertrude and Ophelia), *Macbeth* (Lady Macbeth and the witches), and *Antony and Cleopatra* (Cleopatra). Considering the plays in both their historical context and in performance, we will explore representations of love, marriage, widowhood, madness and female power.

The course will be taught through group discussion of set extracts, supported by Power Point presentations and short videos of key scenes in performance. Set extracts from the plays for discussion will be emailed to participants in advance. It would be helpful if you could watch and/or read the following plays before the course: *As You Like It*, *Hamlet*, *Macbeth*, *Antony and Cleopatra*.

Tutor *Dr Sophie Oxenham* is an Associate Lecturer for the Open University, and has extensive experience of teaching literature across all periods and genres, including Shakespeare. Before working at the OU she was lecturer and course director of the MA in Performing Arts at Leeds University, and taught literature at King's College, University of London. She has also worked as a theatre and opera director.

## MUSIC

### How To Bake An Opera

25 & 26 June, 10.30am -4.30pm. Gosling Room .Fee: £80

A course for those interested in exploring the ingredients that make up the most complex of art forms. A prior knowledge of opera is useful but not essential.

During the two-day workshop we will look at the operatic process from start to finish both on and off stage.

There will be 4 sessions

On stage

All that contribute to the creative process

Off stage

All that supports what is going on a stage

Rehearsal and Performance  
When it goes wrong.

How the ingredients come together  
Classic mistakes with memorable examples

Each session will consist of a lecture followed by a discussion with some visual and audio examples taken mainly from the UK opera scene.

A list of online resources.

<http://www.roh.org.uk/about/the-royal-opera>

<https://www.eno.org/discover-opera/>

<https://www.metopera.org/discover/education/educational-videos/>

Tutor *Nicholas Heath* has many years' experience of the opera world. After studying art and design, he chose to pursue a career in singing including 13 years at The Royal Opera House. He founded both Opera A La Carte and Regents Opera where he has produced, directed and designed over 45 productions.

## SCIENCE

### Maths, Myths And Monuments - The Origins Of Scientific Knowledge In The Ancient World

18 June 2019, 10.30am - 4.30pm Victoria Hall. Fee: £45

This course is aimed at those with an interest in the ideas and the science underlying the construction of some of the great ancient monuments. The course requires no formal level of mathematics, but, if you can remember a bit of basic school geometry, it will come in handy.

In the ancient world, there was no such thing as a scientific paradigm. There was philosophy; there were beliefs, and there were skills. During the course, we will examine how the ancients used these attributes to create their civilisations. In the morning sessions, we will be concerned with the polytheistic worlds of Egypt, Greece and Rome. We will look at both the mythological inspiration for ancient buildings - such as the Parthenon, the Pyramids and the Pantheon - and the mathematical

understanding which allowed their construction, and how from a consideration of both aspects, a classification of knowledge began to be established.

In the afternoon, we will look at the impact of Christian beliefs and the changes this brought about. In the context of an increasing importance of "revealed" knowledge, we will examine the adaptation of the Parthenon, the roles of Roman basilicas and tituli and the construction of Hagia Sophia.

Tutor *Jim Lloyd Davies* has been chairman of the Science Group at HLSI for the past three years. He has academic qualifications from Cambridge and the Ecole Militaire. He served thirty years with the RAF before becoming a tour guide specialising in London, Paris and military museums and battlefields.

## Medicinal Plants

11 June 10.30am – 12.30pm Victoria Hall, plus 12 June 10.30am – 4.30pm Visit to Royal College of Physicians Garden. Fee: £45 (Entry to gardens is free)

This course is designed for those interested in plants and their past, present and possible future uses in medicine. Although herbal medicine will be discussed, the course is not designed for those primarily seeking a course on herbal medicine. No knowledge of botany will be necessary.

Topics that will be covered include:

- Plants that were milestones in the discovery of medicines (e.g. Foxglove *Digitalis purpurea*)
- Plants as sources for modern medicines (e.g. Quinine, *Cinchona* sp.)
- Plants illustrating the Doctrine of Signatures (e.g. *Pulmonaria officinalis*)
  
- Plants for treating cancer (e.g. Yew *Taxus baccata*)
- Herbal medicines (e.g. St John's wort, *Hypericum perforatum*)
- Poisonous plants (e.g. Deadly nightshade *Atropa belladonna*)

The lecture on the first day will focus on plants growing in the Royal College of Physicians (RCP) garden to illustrate each of the above. The format of the course will be a two- hour lecture with time for discussion and a coffee break. The lecture will be copiously illustrated in a PowerPoint presentation.

Day two will be a guided tour (one or two groups depending on numbers) around the RCP garden in Regent's Park to see some of the plants we have discussed.

Recommended reading: *A Garden of Medicinal Plants*. Oakeley H, Knowles J, de Swiet M, Dayan A. Little ,Brown 2015, available from RCP

*The Gardener's Companion to Medicinal Plants*. Simmonds M, Howes M, Irving J. Frances. Lincoln Ltd 2016

Tutor *Michael de Swiet* is a retired professor of medicine and has been a garden fellow at the Royal College of Physicians (RCP) for six years, sharing responsibility for the management of academic aspects of its medicinal plants garden. He also serves on the Advisory Committee of the Chelsea Physic Garden.

## LONDON WALKS

### Walk 1. Discover Haringey's Hidden River Moselle

Thursday 20th June 2019. 10.00am – 3.00pm. Fee: £45

Distance: 5 Miles (but plenty of drop-off points)

The walk will start at Queen's Wood café (Meet at 10.00) and end at Bruce Castle.

**Your guide:** Jen Pedler has lived locally for many years and has long been fascinated by this river. She has previously led this walk with groups on several occasions.

#### Walk Description

The Moselle is Haringey's hidden river, running across the width of the borough from its source in Queen's Wood, Highgate to its confluence with the River Lea near Tottenham Hale.

On this walk we will follow its course from Queen's Wood to Bruce Castle in Tottenham; about two-thirds of the complete course of the river. We break for an hour for lunch in Lordship Rec. After lunch we will continue following the course of the river to Bruce Castle. We should arrive here by about 3.00pm which will then give you the opportunity to visit the Grade 1 listed manor house which is home to Haringey's local history museum.

Buses return to Wood Green from outside the museum.

### Walk 2. A Day Out In Chingford: From Fields And The Forest To Royals And The Railways

Thursday 27th June, 10.30am – 3.30pm. Fee: £45

Distance: Approximately 2.5 miles

The walk will start and finish at Chingford Station (London Overground).

Please note: this walk includes some walking on grass and forest paths; please ensure you wear appropriate footwear.

**Your guide:** Joanna Moncrieff has lived in the Chingford area for most of her life and has been leading walks in the area for the past 6 years. She has frequently taken locals who think they know the area to parts they never knew existed.

### **Walk Description**

Chingford, on the edge of Epping Forest was once part of the long gone Great Forest of Waltham, today known as Epping Forest. Chingford's rural past is evidenced by a field map based on an 1838 tithe map. On our walk we will refer to this, which reflect Chingford's history and footpaths along former field boundaries, which still exist today.

We will stop for lunch in a pub (the 'Queen Elizabeth'). After lunch our walk continues along a wide, atmospheric forest path, which finishes opposite Queen Elizabeth's Hunting Lodge. Here you will have the opportunity to visit the museum (free). From here Chingford Station is about 10 minutes' walk downhill. The walk will finish at the station between 3.00pm and 3.30pm.

## HOW TO ENROL

Courses are open to both members and non-members. HLSI members will have a priority period of at least two weeks before general enrolment on Tuesday 19<sup>th</sup> March.

The enrolment forms are available in person from the HLSI office, 11 South Grove, Highgate, N6 6BS, or to download online at <http://www.hlsi.net/whats-on/courses/> and by phone to the office on 0208 340 3343.

### Cancellations

The Education Committee reserves the right to cancel a course due to lack of support. If a course is cancelled, fees for sessions which have not taken place will be reimbursed.

In exceptional circumstances refunds may be given at the discretion of the Educational Committee.

### Accessibility

There is only step-free access to classes held in the Victoria Hall, the upper classrooms are up a narrow and steep stairway and may be challenging for people with limited mobility. Any offsite visits should be checked independently.

There is no insurance cover for people taking part in activities off the premises.

### Fee concessions

Places may be available at 50% reduction to those on income-related state benefits. Please contact the office for details.

# WELCOME TO THE HLSI

Our classes are open to both Members and Non-members of the HLSI. They are held in our historic building, either in the Victoria Hall – a vaulted nineteenth-century hall with an amazing lantern roof light, or in our upstairs listed classrooms. We have an on-site kitchenette and drinks-making facilities specifically for students to use, and Highgate Village has a wealth of cafes and restaurants.

## Find us

We are located in the centre of Highgate at:

**11 South Grove**

**Highgate**

**London N6 6BS**

**T 020 8340 3343**

[www.hlsi.net](http://www.hlsi.net)

Nearest tube station: Highgate or Archway

Buses: 271, 210, 143

## Join Us

We welcome new members. Our membership gives you access to all our facilities including our up-to-date lending library, our special book collections and historic archive, and to our comfortable members' room, with tea and coffee and all the leading periodicals.

Members have priority entry to our free weekly lectures, enjoy early booking rights for our courses and are invited to a variety of social events throughout the year.

And all for less than the price of a cup of coffee a week!

Come and join us!