



Volunteer focus

Volunteers are invaluable to the continuation of the Foxlowe Arts Centre and every single one is valued highly by the trustees.

Here we catch up with Matthew Whitehurst who provides sterling help in the kitchen and cafe.

Matthew, aged 36, has been volunteering at the Foxlowe since February 2017. He carries out a multitude of tasks over 12 hours a week - sometimes even more. Matthew said: "It's great volunteering here. It gets me out of the house and stops me from getting bored.

"This place has really helped me and is the best thing that's happened to me."

Matthew's tasks include pot washing, waiting-on, and sorting through the recycling waste.

He added: "I love what I do here and the team I work with are great."

Foxlowe cook Ruth Hart said: "Matthew is a fantastic help. He always completes the task to hand quickly and we love having volunteering here at the Foxlowe."

If you wish to volunteer at the Foxlowe please email

volunteers@foxloweartscentre.org.uk or call 01538 386112.

Films galore at the Foxlowe

January will see the start of the new season of weekly film nights at the Foxlowe Arts Centre.

Run by a team of volunteers, Foxlowe Films brings a wide range of movie nights to the Georgian building – every Tuesday evening.

First up for 2018 on January 9 will be the 12A rated *Loving Vincent*. Oscar-winning British animator, Hugh Welchman and his wife, Polish artist and director Dorota Kobiela have brought together 65,000 oil painted frames – produced by 115 professional artists to form *Loving Vincent*, a stunning cinematic achievement billed as "the first fully painted feature film in the world".

Loving Vincent delves into the ambiguities of Vincent Van Gogh's life and last days to reconsider the narrative of his death via the stories of his paintings and the people who inhabit them. Originally shot in live-action, before each frame was painted over, the film features stunning performances from Douglas Booth, Saoirse Ronan and Chris O'Dowd.

The 15 rated 20th *Century Women* will be screened on January 16 which is a warm, engaging comedy from Mike Mills set in late 1970s Santa Barbara, California. Dorothea (Annette Bening) is a single mother raising her teenage son, in a sprawling bohemian house shared by an itinerant carpenter (Billy Crudup) and a punk artist with a Bowie haircut, Abbie (Greta Gerwig). A refreshingly rich and intelligent female-led film with first rate performances from its cast and Annette Bening giving one of her best performances.

On January 23, *Limehouse Golem* (15) will take to the big screen at the Foxlowe. In Victorian-era London, intrepid police inspector John Kildare (Bill Nighy) investigates a series of brutal killings that seem to be linked to a fearsome creature of Jewish legend. With the spirits of both Sherlock Holmes and Jack the Ripper seemingly hovering over the proceedings, Kildare finds no shortage of suspects, including Karl Marx and the novelist George Gissing. Adapted from Peter Ackroyd's murder mystery, *The Limehouse Golem* offers a refreshingly feminist, witty take on a classic genre, with terrific performances from a stellar cast including Olivia Cooke, Eddie Marsan, and Bill Nighy.

On January 30 the 15 rated *In Between* will be screened.

Palestinian director, Maysaloun Hamoud's debut feature film received plaudits internationally and at home but also death threats and a fatwa issued against her.

The 12 rated *Dunkirk* is the Foxlowe Film for February 6 and *God's Own Country* (15) will be the screening for February 13.

Doors open for Foxlowe Films at 7pm and the screenings start at 7.45pm. Tickets are £5. For further information, and to see the remainder of the Spring programme of films, go online to www.foxloweartscentre.co.uk

Health, vitality and a tranquil state of mind with Qigong

Are you looking for ways to improve your health this New Year? If so, then why not try a qigong class right here at the Foxlowe Arts Centre?

Qigong (pronounced *chee gung*) is an ancient and powerful system of healing and energy medicine from China. It means 'vital energy (Qi) cultivation (Gong)'. It uses breathing techniques, gentle movement, and meditation to cleanse, strengthen, and circulate the life energy (Qi). Lindsay Trevarthen, who lives in Swinscoe, has been practising Qigong since 2002 and qualified as an instructor in February 2009. She runs regular classes and workshops around Derbyshire and Staffordshire and is an approved *Strictly No Falling* (falls prevention) tutor. Lindsay has been the Qigong teacher at the Ashbourne Physiotherapy Centre for almost six years and has been holding monthly classes at the Foxlowe Arts Centre since November 2016.

She said: "Qigong is the ancient Chinese art of healing and probably dates back 5,000 years. It's great for stress relief, lifts your mood, helps with back problems, balance and mobility and regulates blood pressure. Students generally find it improves their circulation and breathing and eases arthritis and joint pain. It is even reputed to slow the ageing process. The gentle stretching exercises are easy to learn and are suitable for all age groups, abilities and levels of fitness."

As Lindsay's classes at the Foxlowe have proved popular, she is increasing them to twice a month, every other Tuesday.

January dates for Three Treasures Qigong classes are Tuesday 9th and Tuesday 23rd from 10am until 11am and cost £10. For more information, please contact Lindsay on 07989 986672, qiqong@w3z.co.uk or www.threetreasuresqigong.co.uk.



Gallery Views - review of 2017

Gallery Co-ordinator Jane Leigh takes a look back at 2017 in the Foxlowe Gallery:

Well, what a year 2017 was in our Upper Gallery, we started with the amazing "Symphony of Colour" with Maggie Robinson, Janet Mayled, Julie Forrest and Tony Laverick; then a hugely successful exhibition by Sue Prince. That was followed by a popular group from Macclesfield – ArtsXtra. Frances Naggs and friends provided our next exhibition with from Paul O'Donnell, Nick Marsh, Sue Fox, Sue Webb and Sue Blatherwick.

One of the gallery's own curators, Charlie Walker exhibited next with David Walton and Nick Clegg in an exhibition entitled "The Human Form", followed by the talents that are "Leek School of Art Alumni" bringing current and former staff and students together for a jam packed exhibition.

Erica Brook and David Hunt "Agreed to Differ" for the next exhibition, with great success, and the year was topped off with a fabulous Christmas exhibition from Gallery at 12.

2018 has lots in store, and we have a number of exhibitions planned after that too, but always on the lookout for more. Any artist wanting to exhibit, please collect an application form from the gallery or contact the coordinator.



Gallery Views - preview

Our first exhibition of 2018 in the Upper Gallery is entitled "Baggage" and will run from Friday February 8 until Saturday March 31.

It is being produced by a group of artists who call themselves #SEVEN. This exhibition will see a guest artist joining them as well.

#SEVEN (hashtag7) are a group of colleagues who met working at Newcastle-under-Lyme College rediscovering their own way of working through collaboration.

Participating artist Hazel Higham said: "After many years in education working with students we find we are all rekindling and redeveloping our individual work and linking it to each other. Our new theme for this exhibition at the Foxlowe Gallery is 'Baggage' and we will be looking at our own interpretation and working through our own individual mediums using painting, drawing, photography, weave, embroidery, felt-making and ceramics.

"An artist doesn't produce a piece of work that stands completely by itself, many of the artist's previous experiences and recollections go towards the new pieces of work. No-one is without their own personal baggage in this respect we will be selecting a range of colours and textures that we particularly enjoy, based on our own baggage to make a new range of work."

The artists taking part are Heather Hancock, Joyce Iwaszko, Jeanette Fanthome, Sara Penny, Ruth Rowland, Sharon Porteous and Hazel Higham, their guest artist is Paul Gosling.

To find out more go online to www.facebook.com/hashtagseven.



A Red Admiral in the Foxlowe Garden.

Garden News

ALISON McCREA, Foxlowe Garden co-ordinator, reports on the latest green-fingered developments.

Despite a very dry spring and cold early summer, 2017 was largely a good year for the garden. The new garden shed given to us last spring is already making work much easier, now that we have it installed and the first coat of paint completed. The water tank is also in place and we plan to get it connected to the roof of the Gateway Shed to start harvesting rainwater over the winter.

The garden continued to have visits from other organisations including the very welcome volunteers from the Shaw Trust and Inside Out Forest School's summer camp. We also appear to be getting increasing wildlife, although these visitors don't usually give advance notice of when they are coming! The butterflies were slow to arrive this year but delighted the eye when they did finally appear, especially the clouds of red admirals around the willow fedge.

Our great delight is the increasing development of the apple trees. This year was the first that we were able to harvest the fruit and the yields will continue to increase as the trees grow. Our newest apple tree, donated in December by good friends of the Foxlowe, Elspeth and Paul Walker, is a young Costard apple. This is derived from an ancient cooking apple thought to date back to the middle ages, having been introduced from France after the Norman conquest. It became the most widely used cooking apple in England, giving its name to the costermongers who sold it. Indeed, Stanley Street in Leek was called Costard Street as recently as the nineteenth century. The gardeners are therefore thrilled to have a new tree from such a venerable line and will be training it as an espalier in front of the wall beside the vicarage once it is big enough to plant out. Forthcoming events this spring will be the Seed Shares on the first Saturdays in March and April from 11am until 2pm. If you would like to become involved with the garden, please contact Alison McCrea on 07753 172564 or by e-mailing volunteers@foxloweartscentre.org.uk.

If you would like to become involved with the garden please contact Alison McCrea on 07753 172 564.

Acoustic setting makes for intimate evenings of music

Folk at the Foxlowe will be continuing into 2018 in delivering gigs by national musicians.

However to kick the year off, on Thursday January 11, the Cuckoo's Nest Folk Club will be presenting their 'Christmas Hangover Night' which will involve a host of fantastic local talent. The evening, which will be £5 admission, will see Eardley, Rhead and Crosbie performing along with a number of special local guests including Rick Ford, *pictured right*. The next regular folk night will be back on Thursday February 8 with yet another fantastic folk musician – yet to be confirmed.

Folk At The Foxlowe organiser Dave Rhead said: "We are looking forward to, yet again, welcoming lots of national artists to our folk club in 2018.

"Our evenings are acoustic with no PA which takes the barrier down and makes for a more intimate evening of music. We use the first floor Rainbow Room at the Foxlowe for our acoustic folk nights which is ideal for such evenings."

Tickets for Folk at the Foxlowe can be purchased from the Foxlowe Gallery, or call Dave on 01538 385260.

