

The Philosophical & Literary Society



Courses, Talks and Workshops
Epiphany Term 2020

~ CARLISLE ~

WELCOME

You walk down Fisher Street. Step through the heavy, black-painted door. Climb the stairs. Walk straight ahead and turn the handle...

Welcome to The Carlisle Phil & Lit

But what is this place, I hear you ask? Well, The Phil & Lit is an institute for lifelong learning; a library and study space; a meeting hub for like-minded people; a place to work, be creative, to learn and to discuss. We can be all manner of things to all manner of people.

We offer courses, workshops, lectures and events covering a diverse array of topics such as Philosophy, Literature, Creative Writing, Religion, Psychology, Music, Art History and Mindfulness.

Members of The Phil & Lit can use the library as their own shared office, for work or pleasure, and are able to borrow books and journals from the library. Members and non-members can attend any of our classes or take part in discussion groups.

We share a love of knowledge and learning here at The Phil & Lit, and our aim is to share that with Carlisle and beyond.

So whether you want to supplement your formal education; to explore a new hobby; reawaken seemingly lost skills; get involved in a debate; meet new people; or simply want to get out of the house a bit more, look inside and see what The Phil & Lit can offer you...

Hope to see you soon

Darren Harper and Becca Roberts

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Email: info@philandlit.org

Website: philandlit.org

The Phil & Lit, Fisher Street Galleries,
18 Fisher Street, Carlisle, CA3 8RH

Shibashi: Meditation Within Movement

[six week course]

Subject

Movement / Mindfulness

Tutor

Andi Alexander

Dates

Thursdays January 9th - February 13th 2020

Daytime session: 11am - 12pm - Seated Shibashi

Evening session: 6pm - 7pm - Standing Shibashi

Fees

Phil & Lit Members: £10 per session / £51 full course

Non-Members: £12 per session / £60 full course

Level

Beginners to intermediate

Description

Shibashi - The 18 Movements of Qigong

Qigong can be described as a mind-body-spirit practice that improves one's mental and physical health by integrating posture, movement, breathing technique, self-massage, sound and focused intent.

Tension creates 'noise' in the body. These movements, aligned with the breath and practised with awareness, release tension. Over time, subconscious holding patterns are brought into consciousness and released, bringing about a 'quiet' body. Thus the body's energy can be sensed and felt and its quality truly appreciated.

This course is being offered in two forms; seated Shibashi in a chair during the day and standing Shibashi in the evening session.

Outline

Weeks One & Two	An introduction to the movements
Weeks Three & Four	Practising the movements aligned with the breath
Weeks Five & Six	Awareness of the meridians and energy field

The World of Musical Instruments

[one day course]

Subject

Musical Appreciation

Tutor

Dr Tamsin Jones

Date

Saturday 18th January 2020
10am - 4.30pm

Fees

Phil & Lit Members: £42
Non-Members: £50

Level

Any

Description

Musical instruments come in all shapes and sizes, from tiny finger cymbals to mighty organs taking up entire sections of cathedrals. In this course, you will learn the major ways of categorising instruments and will develop an understanding of how instruments make sound and how musicians make music by controlling these sounds.

You will learn how instruments are made and how advances in technology over the centuries have led to the invention and improvement of musical instruments. The course will examine ways in which instruments are developing in the present day and how they might evolve in the future. The course will also examine how instruments are combined to form bands, orchestras and ensembles and will look at the many ways in which they can be played. If you ever wondered why there are so many violins in an orchestra but only one piccolo or whatever a “prepared piano” might be, then this is a great opportunity to find out!

The course will also look at how everyday objects can be put to musical use and there will be an opportunity to try out some instruments. After all, it is never too late to learn an instrument and it is a very satisfying hobby that can open up the door to wonderful new friendships and experiences.

Book Talk - 'O Man of Clay'

by Eliza Mood

[evening event]

Subject

Literature / Current Affairs

Tutor

Eliza Mood

Date

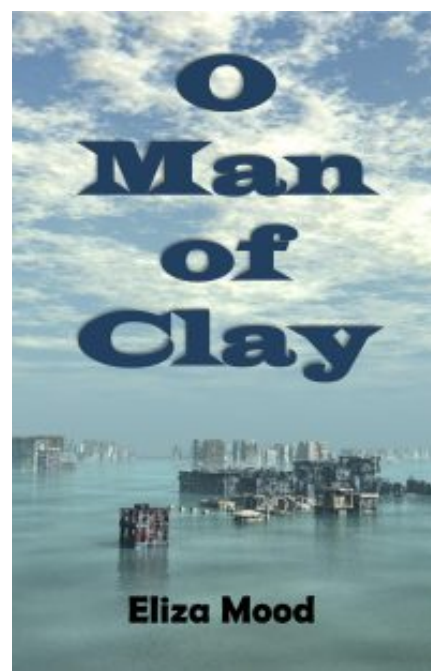
Thursday 23rd January 2020
7.30pm - 9pm

Fees

Phil & Lit Members: £5
Non-Members: £7

Level

Any



Description

Eliza Mood, author and climate activist, presents a talk on her recent publication, 'O Man of Clay' - a novel set in a post-disaster world. "My book is a fable about climate change. Most of the world's major cities have been inundated, with a tsunami wiping out the houses, shops and schools along the Hartlepool shore. The story, set over only a handful of days, flashes between the past and near future of the protagonists..."

About the Author

Born in Northumberland in 1957, Eliza began writing poems and stories for school magazines and plays for class performance. After winning a place on a poetry-writing course at the Arvon Foundation, she began writing in earnest. Reading English at Cambridge, she amassed various notebooks of scribbles and later, as a teacher in Northumberland and Durham, honed her playwriting skills. She undertook research on oral storytelling in the classroom at the University of Durham, exploring children's retellings of myths and traditional tales.

As a lecturer at the University of Cumbria, she continued writing and began to publish in poetry journals in 2003. Eliza self-published her first novel, 'Giving up Architecture', in 2006, assisted by Seaglass Books. Her most recent publication, 'O Man Of Clay', was published by Stairwell Books in December 2019.

Writing an Issue-Driven Novel

[half-day course]

Subject

Creative Writing / Current Affairs

Tutor

Eliza Mood

Date

Friday 24th January 2020

2pm - 5pm

Fees

Phil & Lit Members: £21

Non-Members: £25

Level

Beginners to experienced

Description

Participation and input will be welcome from those who are either beginning a project or those who have been wrestling with fictionalising ideas and issues successfully, or less than successfully, in any genre for any number of years.

Looking at the serious stuff from the edge; the out-of-the way; through the voice of the unheard, unseen, the odd or skewed angle. Be prepared to talk a bit, read a bit, listen, hear, think – the good things. We'll do some exercises separately and others together.

If possible, bring along a brief, apparently inconsequential, news item; tucked away or likely to be overlooked, involving at least one human being and that you suspect might conceal or be connected to a can of worms. We can open it together.

Poetry Workshop

[one day course]

Subject

Creative Writing

Tutor

Andy Hopkins

Date

Saturday 25th January 2020

10am - 4:30pm

Fees

Phil & Lit Members: £42

Non-Members: £50

Level

Beginners onwards

Description

As well as taking the group through a series of creative writing activities, Andy Hopkins will also guide students through editing techniques and introduce the variety of publications that might take your poems. Whether you are putting the finishing touches to your next collection or have yet to get a poem into print, come along and create a series of poems in an encouraging environment. "I have worked with poets on their third collections and beyond - and I'm happy to work with poets on their first poem. Honoured, in fact."

Outline

10:00 - 11:15	Rules that Create: Poetry can take any form, but some rules hinder us and others encourage cliché. We look closely at some contemporary poetry and work out what our own rules might be. And start writing.
11:30 - 12:45	Exploring Editing: As well as generating some more poetry, we will look closely at how crucial the editing process is. We will also look at different ways of using editing as a creative tool, using strategies from across the last hundred years.
13:45 - 15:00	Bypassing your Blockers: We will work on a variety of stimuli to help your creative subconscious come to the fore; to write the way you actually feel and experience the world - not the way that you think you should.
15:15 - 16:30	How Soon Is Now?: As well as writing, we will look at contemporary presses, including a range of journals, magazines, publishers and websites. This is designed to help poets choose where to send their work next.

Fine Art Drawing: Traditional Art School Style

[eight week course]

Subject

Art / Drawing

Tutor

Ceri Allen

Dates

Tuesdays 28th January - 24th March 2020 [N.B. no class on 11th February]

1pm - 4pm

Fees

Phil & Lit Members: £11 per session / £77 full course

Non-Members: £14 per session / £90 full course

Level

Beginners to intermediate

Description

This course is based on a Traditional Art School approach with emphasis on developing skills in the essentials of drawing. Students will investigate Form, Tone, Colour and Perspective, along with a variety of different media.

Outline

Week 1	Form and Tone
Week 2	Introduction to Perspective
Week 3	Exploring Line
Week 4	Drawing project
Week 5	Introducing Colour Media
Week 6	The Human Form
Week 7	Townscape drawing project
Week 8	Pen, Ink and other Media

Useful materials for students to bring

White cartridge paper (and some coloured paper)

A3 size sketch book

Drawing pencils (2B - 6B)

Graphite sticks / charcoal

Erasers and putty rubber

Bull dog clips / masking tape

Portfolio to protect work

As the course progresses, inks, ink pens, brushes and pastels may be useful

We have a small supply of easels/drawing boards but if you have your own, please bring them along. We will have a small supply of materials and extra paper available to purchase if required.

Photograph Like a Human, Think Like the Camera's A.I.

[five week course]

Subject

Photography

Tutor

Andrew Findlay

Date

Tuesdays 4th February - 3rd March 2020

6pm - 8pm

Fees

Phil & Lit Members: £10 per session / £42 full course

Non-Members: £12 per session / £50 full course

Level

Beginner to Intermediate

Description

This course will help you discover how to use your camera to take great pictures. You will learn the pros and cons of modern cameras and step-by-step instructions to create the kind of photos you really want. You will learn about lenses, exposure and lighting in a way that actually helps you understand, without the technical jargon.

Whether you want to improve your social media showing; take better shots for your family album; enter the world of professional photography; increase your enjoyment of snapping as a hobby; or if you've just wondered what all those buttons on your digital camera are actually for, this course will give you a firm grounding in the world of digital photography.

Week One	Introducing the Cyclops, getting to know the camera.
Week Two	What do the main settings do? P, Tv, Av, M, B and the rest.
Week Three	What do the other settings do and why should I care?
Week Four	Training yourself to see like a camera.
Week Five	Cameras in the real world and why sometimes it gets it wrong.

Tutor Biography

Andrew Findlay was born in Carlisle in 1966. As a child, he taught himself to draw and paint and aimed to be a Graphic Reproduction Artist. In training for this, Andrew joined a photography class and found his true passion behind the lens. After studying photography at Blackpool University, he returned to Cumbria and started photographing the Lake District on his homemade camera. A pivotal point came when he was commissioned by Kodak to photograph the Germany section of their 1992 calendar. Since then, Andrew has worked on stock imagery and commissions from clients such as Jack Wolfskin, Country Collection, Direct Rail Services, Rolls Royce, the BBC, Channel 5, Sunday Times Magazine, The Guardian, City and County Councils - in short, everything from PR portraits to architectural shots.

Reading and Writing Music

[one day course]

Subject

Musical Skills / Appreciation

Tutor

Dr Tamsin Jones

Date

Saturday 8th February 2020

10am - 4:30pm

Fees

Phil & Lit Members: £42

Non-Members: £50

Level

Beginner to intermediate

Description

“Doe, a deer, a female deer”, “F-A-C-E” and “Every Good Boy Deserves Football”?

Perhaps these cryptic phrases evoke memories of recorder classes at junior school? Or perhaps they strengthen the impression that musicians inhabit a strange and bewildering universe?

In this course, Dr Tamsin Jones will explain easy ways of learning how to read and write music. You will find out how to extract the essential information from sheet music, lead sheets, hymn books and guitar songbooks and turn the notation from cryptography to practical tools of music-making.

The course is suitable for complete beginners, but will also offer much to interest hobbyist musicians involved in such activities as choirs, pop bands, karaoke and playing musical instruments at home.

Tutor Biography

Dr Tamsin Jones is a professional musician and composer. Tamsin graduated with a First Class Honours Degree from the University of Newcastle before going on to complete her PhD with the University of Birmingham. Having developed her composition style over many years, experimenting with everything from hardcore minimalism to rock, her music has now been performed in many countries around the world. Tamsin now teaches at the University of Newcastle where she is also studying for her second PhD.

What's Interesting About Boredom?

[half day course]

Subject

Psychology

Tutor

Dr Martyn Dyer-Smith

Date

Saturday 15th February 2020

11am - 2pm [half hour lunch break]

Fees

Phil & Lit Members: £21

Non-Members: £25

Level

Any

Description

Creativity looks interesting, and boredom ... boring. But the two are linked. The novelist, Graham Greene, played Russian roulette with his revolver to get his mojo working. Boredom 'ought' to be the opposite of Stress, but, bizarrely, they share clinical symptoms. It was found, in a series of experiments, that there was a 40-fold difference in individual susceptibility to boredom. But is it an Emotion or a Thought? Time goes on and on and on when we are bored but, proverbially, flies when one is having fun. If Time is money then Boredom is like being flush with cash, but with nothing to buy.

Tutor Biography

Formerly a world-wide marine navigator, Dr Dyer-Smith achieved his PhD from Strathclyde University in 1995. Having initially researched Human Error, from 1986-89, at the Tavistock Institute of Human Relations, London, he then went on to teach and to research at universities from Washington DC to Warsaw, ending that career as Head of Psychology at Northumbria University, Carlisle and visiting professor at Stavanger University, Norway.

The Philosophy of Religion

[six week course]

Subject

Philosophy / Religion

Tutor

Darren Harper

Date

Wednesdays 19th February - 25th March 2020

7pm - 8:30pm

Fees

Phil & Lit Members: £5 per session / £27 full course

Non-Members: £7 per session / £30 full course

Level

Any

Description

The course consists of lectures and debate on the philosophy of religion. It aims to provide a grounding in the central questions about religion which have concerned philosophers for two and a half thousand years. The questions discussed on the course will include: *Can the existence of God be proved? Is belief in God compatible with the amount of suffering in the world?*

Week One	Religious belief and the philosophy of religion
Week Two	Natural theology
Week Three	Challenges to theism
Week Four	Alternative approaches to the philosophy of religion
Week Five	Divine actions and the beyond
Week Six	Philosophy of religion in an age of terror

Poetry Workshop: Painting With Words

[half day course]

Subject

Creative Writing

Tutor

Krista Johnston

Date

Saturday 22nd February 2020

11am - 2pm [half hour lunch break]

Fees

Phil & Lit Members: £21

Non-Members: £25

Level

Beginners to intermediate

Description

This course will introduce you to the practice of 'ekphrasis', showing you how to use the visual arts as a constant source of poetic inspiration. We will analyse the words of Sylvia Plath and William Carlos Williams to understand the power of this exercise. Students will be given a variety of visual prompts throughout, as well as opportunities for workshopping and feedback. With a combination of informative lecture, group work and individual feedback, this course will provide invaluable techniques to help students to draw inspiration from the world around them and to create and refine their poetry.

Is Religion Still Relevant?

[one day course]

Subject

Religion / Philosophy

Tutor

Dr Aidan Gillespie

Date

Saturday 29th February 2020

10am - 4:30pm

Fees

Phil & Lit Members: £42

Non-Members: £50

Level

Any

Description

Religion is a contentious term and can be understood in numerous ways. Seeking to understand if religion has any place in British society, this course will develop learners' understanding of the ways in which religion has been articulated and conceptualised. Philosophy, sociology, spirituality and education perspectives will all be used and we will draw on learners' own views and stories. Material will be presented in an accessible way and will be developed through paired and small group work. An interactive lecture with thought-provoking discussion.

Tutor Biography

Dr Aidan Gillespie is a Senior Lecturer in the Social Work, Education and Community Wellbeing team at Northumbria University. Formally a Senior Lecturer in Primary Education at Canterbury Christchurch University, Aidan had already had a successful career as a primary school teacher. Now as Initial Teacher Education subject leader for Religious Education, he designs and teaches modules focused on the role of religion in state education in the UK and the way in which religion, society and values intersect. With a research focus on spirituality, Aidan has a deep interest in the intersection between spirituality and professional identity.

Art History Lecture Pair:

Fascinating Faces - British Portraiture

Satirical Portraits - The Art of British Caricature

[daytime lecture]

Subject

Art History

Tutor

Dr David Cross

Date

Friday 13th March 2020

11am - 2pm [N.B. Lunch break from 12 - 1pm]

Fees

Phil & Lit Members: £17

Non-Members: £20

Level

Any

Description**Fascinating Faces: British Portraiture**

Great characters of history have always held a fascination for British people, perhaps because there seems to be a dearth of great men and women in our own times. Visitors thirst for portraits in our two national portrait galleries whilst biographies proliferate and fly off the shelves.

Europeans believe we are obsessed by portraiture, which captures the appearance, character and period dress of key individuals. Though most portraits, until the 18th century, were commissioned from visiting foreign artists, gradually a British school arose, bolstered by the example and ambition of Reynolds. This lecture will explore the diversity of British portraiture from the 16th century to the present.

Satirical Portraits: the Art of British Caricature

The golden age of British caricature was the 18th century, when Gillray and Rowlandson honed their skills of observation, catching the quirks and foibles of kings and politicians. However, caricature was not a British invention, having its roots in Italy with the grotesques of Leonardo and the generic satirical drawings of the Carracci. This lecture explores these Italian origins and then gives a chronological survey of British caricature which includes the less familiar 18th century work of Newton and Bunbury and then, in the 19th century, that of Ape and Spy and the pages of Punch, gradually through to the 20th century of Bairnsfather and Searle, culminating in the corrosive work of Scarfe.

Japanese Culture and Customs

[one day course]

Subject

Culture / Travel

Tutor

Dr Tamsin Jones

Date

Saturday 14th March 2020

10am - 4.30pm

Fees

Phil & Lit Members: £42

Non-Members: £50

Level

Any

Description

The culture of Japan is fascinating because of its blend of ancient traditions and leading-edge technologies. Japanese comics, music and dramas are exerting a powerful influence on youth culture through the internet, while the timeless appeal of temples, teahouses and geisha ceremonies are attracting tourists to the country in record numbers.

This course will identify and examine the characteristic features of Japanese culture and explain them in reference to the country's history and geography. Students will learn about the country's unique two-religion system, how it is that the Japanese are able to cope with natural and other disasters that would cripple many other societies and about many other intriguing facets of Japan from its cuisine to sumo wrestling and extreme game shows.

There will also be an opportunity to sample real Japanese food and drink.

Tutor Biography

Tamsin Jones spent six years working in Hiroshima Prefecture, teaching English and Music, occasionally mixing it with the notorious Kure traffic police, appearing on local TV and pursuing a dubious career as a folk-rock-punk singer and guitarist!

Michael Bavidge: Presence in a Shared World

[evening book talk]

Subject

Philosophy / Language

Tutor

Michael Bavidge

Date

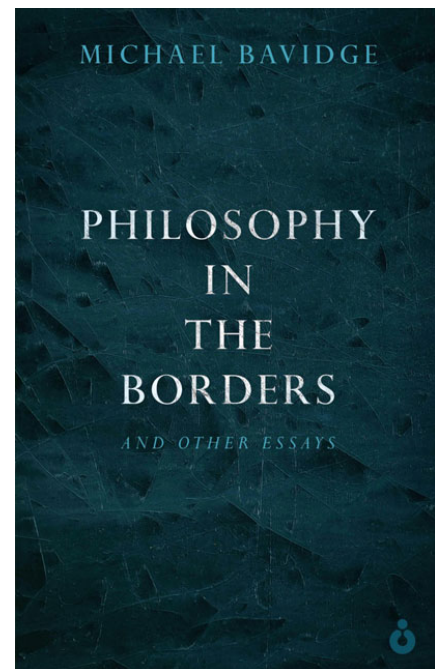
Friday 20th March
7:30pm - 9pm

Fees

Phil & Lit Members: £5
Non-Members: £7

Level

Any

**Description**

In language we voice our engagement with the world, express our relationships with each other, formulate theories and weave imaginary worlds. We have to acquire language, grow into the moral life, and come to know other people. We will discuss the main theme from my book 'Philosophy in the Borders' - our presence in a shared world.

Author Biography

Michael Bavidge is a lecturer in Philosophical Studies at Newcastle University. He has previously authored papers on the phenomenology of ageing, the animal mind, cognitive impairment and moral philosophy as well as an array of other topics. Michael's book, 'Philosophy in the Borders and Other Essays', was published in May 2019.

"The borders I have in mind are not lines of demarcation (not walls, checkpoints or lines on maps). They are stretches of territory - spaces of transition, trade and uncertainty - between more self-contained and settled regions... Philosophy itself is a sort of critical reflection that takes place in these disputed areas."

Performing Poetry and Poetry Performance

[one day course]

Subject

Creative Writing / Performance

Tutor

Andy Hopkins

Date

Saturday 28th March 2020

10am - 4:30pm

Fees

Phil & Lit Members: £42

Non-Members: £50

Level

Beginners onwards

Description

If you are an old hand on the spoken word circuit, or if you have never read a poem (either your own or someone else's) out loud before to a group of people, this course will offer support and guidance for you. It will be a keen ear (and eye) and a good friend.

As well as looking carefully at modern poetry practitioners we will take guidance from the very best contemporary poets in performance. We will cover how to seem confident (when you are not!), breath control, volume and delivery, the 'performance trick-bag' and pragmatics like mic technique and open mic 'dos and don'ts'!

10:00 - 11:15	Projection & Voice: What are the mechanics involved in being able to read aloud? How do other famous poets do it? Are there any tricks we could steal from great readers? In this session we will look at the mechanics of reading - it's powerful stuff, after all.
11:30 - 12:45	Exploring Emphasis: We will work on all the different ways there are to explore one poem with one voice. We will look at pace, pausing, how a line can lead us to points of emphasis and tone.
13:45 - 15:00	What is Performance Poetry?: Students will be introduced to some performance poems through a variety of ways: you will be shown some, you will listen to some and we will perform some together. We will learn what is possible with the spoken word - to help guide our thinking.
15:15 - 16:30	Writing For Performance: How can you write with one eye on a performance? Students will create a new piece of poetry and then perform it to others in the group using all the skills and knowledge from the day.

Japanese in Just a Day!

[one day course]

Subject

Languages / Culture

Tutor

Dr Tamsin Jones

Date

Saturday 4th April 2020

10am - 4.30pm

Fees

Phil & Lit Members: £42

Non-Members: £50

Level

Beginner

Description

You can learn a lot of basic Japanese in just a day! Although Japanese is typically regarded as a very challenging language to learn, it does in fact work according to simple and ingenious principles and it is possible to pick up the basic greetings and essentials for getting by in almost no time.

This course will cover the daily greetings and pleasantries that will delight your Japanese hosts on a trip to Japan and will offer the most crucial words required to get by, as well as the grammatical tools for putting them together. Thanks to the wonderful device of “katakana eigo” you will also learn how to say something in Japanese even when you don’t know how to say it in Japanese!

The principles behind the Japanese writing system will be explained and you will learn how to write your own name in real Japanese script.

Tutor Biography

Tamsin Jones spent six years working in Hiroshima Prefecture, teaching English and Music. She has passed the Japanese Language Proficiency Test Level N2 and has taught Japanese to many private and corporate clients.

The Philosophy Forum

PHILOSOPHICAL DISCUSSION GROUP

The Philosophy Forum, a Carlisle based Philosophy Group, discusses controversial issues in a relaxed and non-academic environment.

Believing that Philosophy should not solely be the realm of academics, with togas and dusty tomes, it introduces topics relevant to the modern world, before applying philosophical argument to discuss the issues at hand.

No background in Philosophy is necessary. You will meet other open-minded individuals who are fellow lovers of wisdom and are enthusiastic about exploring new ideas.

Topic	Date	Time
Racism	Thursday 16th January 2020	7pm - 8.30pm
Sexism	Thursday 6th February 2020	7pm - 8.30pm
Immigration	Thursday 5th March 2020	7pm - 8.30pm

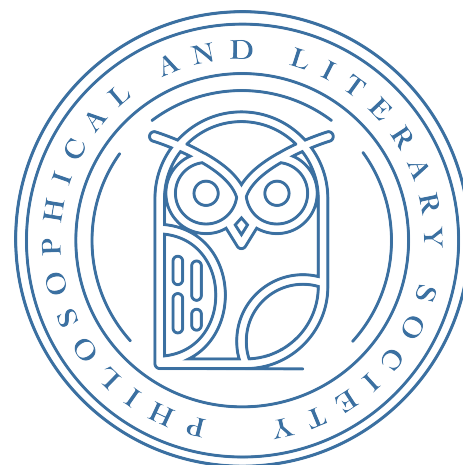
N.B. The group *usually* meets on the 1st Thursday of each month.

ADMISSION

Members	£5
Non-members	£7

Membership of The Phil & Lit

Epiphany 2020



The benefits:

- Discounts on all courses, talks and workshops.
- A collection of approximately 2,000 books - many of which can be borrowed.
- A wide selection of DVDs - all of which can be borrowed.
- Access to a range of philosophical and literary journals.
- A pleasant environment to read, write, research or relax in our library.
- Free Wi-Fi.
- Monthly email newsletters to keep you updated on our courses.

MEMBERSHIP

Membership Type	Particulars	Fees [per annum]
Membership	May borrow 4 books at one time.	£45

OPENING HOURS

Days	Times
Mondays	10am until 4pm
Tuesdays	Closed
Wednesdays	10pm until 1pm
Thursdays	10am until 4pm
Fridays	10am until 4pm
Saturdays	10am until 1pm [N.B. Unless class on]

N.B. These are the general library opening times; precise and up to date times can be found on the website. They are subject to change, due to daytime courses and staff availability.

The library is open during term-time only. Epiphany term dates are Monday 13th January until Friday 3rd April 2020. Trinity term will commence Monday 20th April 2020.

Exhibiting Artist

CERI ALLEN



Ceri Allen studied painting at The City & Guilds School of Art, London, and has exhibited widely throughout the UK and also the USA. Her work is represented in public and private collections including; Tullie House, Carlisle; St Mary's Hospital, Paddington; and Corpus Christi College, Oxford. She has also taken up Artists' Residencies at the University of Cumbria, Corpus Christi College, Oxford and Kronstadt, St Petersburg with the National Centre for Contemporary Arts. She was also Artist in Residence with Demi-Paradise Productions at Lancaster Castle. Commissions include: portrait of novelist Margaret Forster, a series of paintings for Corpus Christi College Lampl building and for The Oxford Almanack in 2017.

'My work is representational, with a particular focus on portraying the human figure in an urban environment. I use composition to suggest the space and tension between people or objects – physical and mental space. My paintings are worked from material collected in the form of photographs or sketches and transformed in the process'.

Front page image - 'The Library, Corpus Christi College, Oxford'

Back page image - 'Amber'



Email: info@philandlit.org

Website: philandlit.org

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18 Fisher Street, Carlisle, CA3 8RH