



**Saturday 12 September | Local Food Market | 10am – 1pm**

Discover lots of local food producers in this friendly market at Tuppenny Barn.

Includes pop-up café and children's activities.

Free entry and parking

Meet: Tuppenny Barn, Southbourne, PO10 8EZ.

**Monday 14 September | Tuppenny Explorers Club | 3:30pm / 1 hour**

A free introductory session for our new nature themed after school activity club for 4-11 year old. Today we will forage for apples and blackberries and make fruity lunchbox snacks.

Tickets: Free (future clubs are £5 with discount for multiple bookings).

Meet: Tuppenny Barn, Southbourne, PO10 8EZ.

Book online at [www.tuppennybarn.co.uk](http://www.tuppennybarn.co.uk)

**Friday 18 September | Learn to: Juice | 10am / 2½ hours**

Join food coach, Fran Wallis for a fun morning learning the basics of juicing. There will be lots of tasty juices to try and you can have a go at making your own. Fran will talk through the health benefits, the various ways of juicing and how to make juicing a regular part of your diet.

Tickets: £20 each

Meet: Tuppenny Barn, Southbourne, PO10 8EZ.

Book online at [www.tuppennybarn.co.uk](http://www.tuppennybarn.co.uk)

**Thursday 24 September | After Work Dinner | 7pm / 2 hours**

Do you get stuck for ideas for tasty midweek dinners? Come along to Tuppenny Barn for a cooking session with local food writer Rosemary Moon. Rosemary will give us loads of ideas and tips for quick, tasty meals. Then using seasonal produce from Tuppenny Barn we will prepare a meal together and sit down and share the results! A great way to celebrate Emsworth's British Food Fortnight.

Tickets: £25

Meet: Tuppenny Barn, Southbourne, PO10 8EZ.

Book online at [www.tuppennybarn.co.uk](http://www.tuppennybarn.co.uk)

**Friday 25 September | Tuppenny Tots: Bird Mobiles | 10am / 1.5 hours**

Have fun with craft and play activities at Tuppenny Barn. These sessions are especially for pre-school children and their parents. Each session will include a craft activity, refreshments and a story or playtime.

Tickets: £5 per child

Meet: Tuppenny Barn, Southbourne, PO10 8EZ.

Book online at [www.tuppennybarn.co.uk](http://www.tuppennybarn.co.uk)

**Monday 28 September | Introduction to Homeopathy | 7:30pm / 2 hours**

Homeopathy is a safe, gentle, effective and non-toxic route to the restoration and enhancement of health. This evening, local homeopath Diana Tibble will help us

discover how to use homeopathy for the treatment of minor ailments and illnesses within the family particularly winter colds. Homeopathy first aid kits will be on sale.

Tickets: £10 per person, includes refreshments.

Meet: Tuppenny Barn, Southbourne, PO10 8EZ.

Book online at [www.tuppennybarn.co.uk](http://www.tuppennybarn.co.uk)

### **Tuesday 29 September | Creative Writing for Gourmets | 10am-2pm**

Come and indulge your food fantasies with our special Emsworth British Food Fortnight Creative Writing workshop. Led by Lizzie Chittleboro, we will start by preparing a soup for our lunch then use the organic grounds at Tuppenny Barn to inspire our writing. Attendees will have the opportunity to display their work at Tuppenny Barn and take part in a poetry evening with Aoife Mannix on Saturday 10 October. Bring a contribution for a shared picnic lunch. No writing experience necessary, all welcome.

Tickets: £20pp booking essential at [www.tuppennybarn.co.uk](http://www.tuppennybarn.co.uk)

Meet: Tuppenny Barn, Southbourne, PO10 8EZ.

### **Saturday 3 October | Music Event: Big Topp | 7:30pm**

In October we put the spotlight on local musicians and music festival favourites Big Topp. The eight-strong group who have spent the summer appearing at major festivals such as the Isle of Wight will bring their uplifting, offbeat ska and reggae sound to the Barn. The support act will be EastHead, an indie-rock band from the Witterings/Chichester area. Licensed bar. Limited parking - please walk if possible!

Tickets: £10 pp

### **Saturday 10 October | Local Food Market | 10am – 1pm**

Discover lots of local food producers in this friendly market at Tuppenny Barn.

Includes pop-up café and children's activities.

Free entry and parking

Meet: Tuppenny Barn, Southbourne, PO10 8EZ.

### **Saturday 10 October | Serving Cocktails from the Ceiling: A Poetry Evening with Aoife Mannix | 7:30pm / 2 hours**

Spend an evening with Aoife, a poet who is author of four collections of poetry and a novel. She has been poet in residence for the Royal Shakespeare Company and BBC Radio 4's Saturday Live. She will be performing from her latest Poetry collection "Serving Cocktails from the Ceiling" and other work. Local writers will also be contributing to the evening with work from the Creative Writing for Gourmets workshop (29 Sept). There will be a bar for you to enjoy.

Advance tickets £10 pp at [www.tuppennybarn.co.uk](http://www.tuppennybarn.co.uk) or £12pp on the door

Meet: Tuppenny Barn, Southbourne, PO10 8EZ.

### **Monday 12 October | Tuppenny Explorers Club | 3:30pm / 1 hour**

A nature themed after school activity club for 4-11 year old. Today will be leaf-tastic as we let off steam playing in the autumn leaves, become a tree detective, make rubbings and clay imprints.

Tickets: £5 per child or £12 if all four sessions are booked in advance.

Meet: Tuppenny Barn, Southbourne, PO10 8EZ.

Book online at [www.tuppennybarn.co.uk](http://www.tuppennybarn.co.uk)

### **Friday 16 October | Tuppenny Tots – Wild Headdresses | 10am / 1½ hours**

Have fun with nature themed craft and play activities at Tuppenny Barn. These sessions are especially for pre-school children and their parents. Each session and will include some time outdoors depending on the weather so please bring wellies and coats. Drinks and homemade cake included.

Tickets: £5 per family

Meet: Tuppenny Barn, Southbourne, PO10 8EZ.

Book online at [www.tuppennybarn.co.uk](http://www.tuppennybarn.co.uk)

### **Saturday 17 October | Compost Workshop | 10am / 2 hours**

Join Maggie and Becca for an introduction to composting. Learn how to get started and keep going and you will soon see great results in your garden.

Tickets: £16 pp

Meet: Tuppenny Barn, Southbourne, PO10 8EZ.

Book online at [www.tuppennybarn.co.uk](http://www.tuppennybarn.co.uk)

### **Sunday 18 October | UpMarket | midday – 5pm**

Get creative and learn thrifty ways at this fun, family event from the Upmarket Team. Includes various workshops, café, live music and stalls with upcycled furniture and preloved clothing.

Free entry

Meet: Tuppenny Barn, Southbourne, PO10 8EZ.

### **Tuesday 20 October | Caring for Wildlife | 7pm / 1.45 hours**

Talk by Pet Behaviour Specialist Helen Hitchings. Helen will discuss how to encourage wildlife into your garden, how to recognise when to intervene with injured or sick animals and how to give first aid when appropriate. She will also talk about providing long-term rehabilitation for injured wildlife.

Tickets: £15

Meet: Tuppenny Barn, Southbourne, PO10 8EZ.

Book: email [helenhitchings@talktalk.net](mailto:helenhitchings@talktalk.net)

### **Thursday 22 October | Seasonal Flower Arranging | 10am / 2 hours**

Sarah Newman of Driftwood Flowers will be leading today's workshop. Using a squash or pumpkin as the base of our display, Sarah will show us how to make an attractive arrangement using what is growing in our gardens right now. Everyone will go home with a completed piece. Some flowers and foliage will be provided but please also bring anything useful from your garden. Refreshments provided.

Tickets: £30 pp

Meet: Tuppenny Barn, Southbourne, PO10 8EZ

Book online at [www.tuppennybarn.co.uk](http://www.tuppennybarn.co.uk)

### **Saturday 24 October | Supper Club: Satish Kumar**

For our second Supper Club we welcome Satish Kumar, a former monk and long-term peace and environment activist. Satish will share his perspectives on a range of topics including sustainable development, ecology, social justice and spirituality. This will be a rare opportunity to hear from an inspirational individual who, through his teachings and writing, has changed countless lives.

Your evening will include an Indian buffet and welcome drink. Wine can be pre-ordered for the evening.

Tickets: £30 pp to include your meal and a drink.

Meet: Tuppenny Barn, Southbourne, PO10 8EZ

Book online at [www.tuppennybarn.co.uk](http://www.tuppennybarn.co.uk)

### **Monday 26 October | Autumn Bobbing Fun | 10am / 4 hours**

A fun activity day for the school holidays. We will make toffee apples, bob for apples, carve pumpkins, make biscuits and work on the Tuppenny Barn bug hotel. Bring your own lunch, which we will eat around the campfire (weather dependent).

Tickets: £20 per child (£15 for siblings)

Meet: Tuppenny Barn, Southbourne, PO10 8EZ

Book online at [www.tuppennybarn.co.uk](http://www.tuppennybarn.co.uk)

### **Monday 26 October | Introduction to Self-Hypnosis | 7:30pm / 2 hours**

Self-hypnosis provides an opportunity to increase internal focus, loss of interest to the external world and increased suggestibility. This is a state you chose to go into, not one that is imposed on you. The essence of the evening will be to teach you the art that you can then use in your day to day life enhancing your will to achieve your desires and create new positive habits. At no point will you be out of control or do or say anything that you do not want to. With Diana Tibble [www.dianatibble.co.uk](http://www.dianatibble.co.uk).

Tickets: £10

Meet: Tuppenny Barn, Southbourne, PO10 8EZ

Book online at [www.tuppennybarn.co.uk](http://www.tuppennybarn.co.uk)

### **Tuesday 27 October | Creative Writing: The Full Moon | 10am / 3 hours**

Be inspired by the wonderful environment of Tuppenny Barn whilst exploring your creativity at our workshop. In a relaxed and informal small group setting, discover and develop the writer in you using the natural world for inspiration.

Led by Lizzie Chittleboro, the workshop is suitable for all abilities and no previous writing experience is necessary. Bring your own lunch, drinks provided.

Tickets: £15. All places must be booked in advance.

Meet: Tuppenny Barn, Southbourne, PO10 8EZ.

Book online at [www.tuppennybarn.co.uk](http://www.tuppennybarn.co.uk)

### **Friday 30 October | Keep Your Kids Safe Around Dogs | 10am / 1 hour**

Meet pet behaviour therapist Helen Hitchings for a fun session learning how to behave around dogs. The session is particularly suitable for primary aged aimed children. Drinks and homemade cakes on sale. All children must be accompanied by a responsible adult.

Free entry but please register in advance at [www.tuppennybarn.co.uk](http://www.tuppennybarn.co.uk)

Meet: Tuppenny Barn, Southbourne, PO10 8EZ.

### **Friday 30 October | Cheese and Wine Tasting for Christmas | 7:30pm / 1½ hours**

Join our local expert, Jonathan Rogers, for inspiration as to what wines to enjoy over the Christmas season. Get advice on which wine to pair with each course of your Christmas dinner, what to serve for vegetarians and the best sparkling for guests. In addition Cheese & Chutney of Emsworth will be serving tasters of British artisan cheeses to complement the wines.

Tickets: £10 pp or £5 for non-drinkers

Meet: Tuppenny Barn, Southbourne, PO10 8EZ.

Book online at [www.tuppennybarn.co.uk](http://www.tuppennybarn.co.uk)

### **Saturday 31 October | Circle Dance with Claire Wilton | 2:30pm / 2 hours**

Celebrate Earth Day with a fun afternoon of circle dancing. This is a very easy to follow dance style where all steps are taught as you go. We will be dancing to beautiful music from around the world. Suitable for all, no partner required. The event is organised and led by local dance teacher Claire Wilton with all proceeds going towards the Tuppenny Barn Education Centre.

Tickets: £8 includes a drink and homemade cake.

Meet: Tuppenny Barn, Southbourne, PO10 8EZ

Book online at [www.tuppennybarn.co.uk](http://www.tuppennybarn.co.uk)

**Tuesday 3 November | Natural Beauty Workshop | 7:30pm / 2 hours**

Learn to make your own natural beauty products with instruction from Becca Theed. Everyone will go home with two small products such as a hand cream and lip balm.

Tickets: £20 pp

Meet: Tuppenny Barn, Southbourne, PO10 8EZ

Book online at [www.tuppennybarn.co.uk](http://www.tuppennybarn.co.uk)

**Friday 6 November | Seasonal Soups | 10am / 2½ hours**

Join us in the kitchen at Tuppenny Barn to make soups and savoury muffins using seasonal, organic produce. We will then enjoy our soup together. Suitable for beginners.

Tickets: £20 pp

Meet: Tuppenny Barn, Southbourne, PO10 8EZ

Book online at [www.tuppennybarn.co.uk](http://www.tuppennybarn.co.uk)

**Monday 9 November | Tuppenny Explorers Club | 3:30pm / 1 hour**

A nature themed after school activity club for 4-11 year old. Look out for our a-mazing escaping onions! We will design and make a maze for an onion to work its way out of.

Tickets: £5 per child or £12 if all four sessions are booked in advance.

Meet: Tuppenny Barn, Southbourne, PO10 8EZ.

Book online at [www.tuppennybarn.co.uk](http://www.tuppennybarn.co.uk)

**Monday 9 November – Monday 30 November | Wine Tasting Course | 7pm / 1.5 hours**

Join Jonathan Rogers of The Solent Wine Experience for a five week course to enhance your joy of wines by increasing your knowledge and building your confidence to try different wines. During the course you will learn about the major grape growing regions of the world and which varieties are grown. You will learn how to detect wine faults and how to match the perfect wine with your food. We aim to let you explore different styles of wine so you can find which ones you really enjoy.

Tickets: £75 for 5 weeks. Gift vouchers available.

Meet: Tuppenny Barn, Southbourne, PO10 8EZ.

Book online at [www.tuppennybarn.co.uk](http://www.tuppennybarn.co.uk)

**Friday 13 November | Upcycled Tin Jewellery Workshop | 10am / 3 hours**

Spend a morning with Sarah Radford learning to make jewellery or decorations using recycled tin. You will go home from the session with at least three items.

Tickets: £25 pp

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Tickets: £5 per family  
Meet: Tuppenny Barn, Southbourne, PO10 8EZ.  
Book online at [www.tuppennybarn.co.uk](http://www.tuppennybarn.co.uk)

**Thursday 26 November | Party Canapés Workshop | 10:30am / 2 hours**

Working together in the kitchen at Tuppenny Barn we will make a selection of canapés with expert tuition from local caterer Liza Reeves. All ingredients and refreshments provided.

Tickets: £25pp  
Meet: Tuppenny Barn, Southbourne, PO10 8EZ.  
Book online at [www.tuppennybarn.co.uk](http://www.tuppennybarn.co.uk)

**Friday 27 November – Introduction to Homeopathy for children**

Join local homeopath Diana Tibble for coffee and cake. Diana will help you discover how to use homeopathy for the treatment of minor ailments and illnesses, particularly winter colds within the family. There will be a particular emphasis on babies, toddlers and children. Homeopathy first aid kits will be on sale. We will have toys and books to keep young ones amused! Hot drinks and homemade cakes on sale.

Tickets: free entry.  
Meet: Tuppenny Barn, Southbourne, PO10 8EZ  
Book online at [www.tuppennybarn.co.uk](http://www.tuppennybarn.co.uk)