

wave goes out

Diary dates from the world of Wave for the next month

May

Every weekday, Homeopathy drop-in clinic

From 11am-12pm. At Revitalise in Hove, opposite the Town Hall. For anything that would need antibiotics, antihistamines, Calpol or cough syrup! Free advice over phone, drop-in appointments – £10 including remedies. Tel: Annie Heath, 07947 346289.

Every Tuesday and Thursday in May, Free Garden Tours

11am-12noon. Go on a tour with one of the experienced garden stewards to see the beautiful spring colour and learn about Sheffield Park Garden. Normal admission charges apply. Sheffield Park. Tel: 01825 790231.

4th May, EFT Discovery Day with Gary Williams

The Emotional Freedom Techniques are simple techniques for clearing emotional and physical problems. During this workshop you will discover that by simply tapping with your fingertips on certain meridian points, whilst tuning into an emotional or physical problem, you can clear the physical discomfort or negative emotion swiftly, easily and best of all permanently! 10.45am-4.45 pm. Cost: £45 (£35 concessions). Evolution Arts & Health Centre, 2 Sillwood Terrace, Brighton BN1 2LR. Tel: 01273 204204.

info@evolutionarts.org.uk
www.evolutionarts.org.uk

4th May, Evolution Walk with Louise Stone

Walking outdoors gives you access to fresh air and sunshine, and being in nature can have a restorative effect. Walking with others is a lovely way to socialise and meet new people. All welcome, including children and closely controlled dogs. The walk is approx. four miles and will take around two hours. 12pm start at Woodingdean. Cost: £7.50 (£6 concessions).

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8th-10th May, Journey into nature with the RSPB at Brighton Fringe

The RSPB speaks out for birds and wildlife, tackling the problems that threaten our environment, and will be showcasing a series of wildlife odysseys at Brighton's Festival Fringe this May, including an after-hours marine special in Brighton's Sealife Centre, a birds of prey special and torchlit tours of the Booth Museum. David Cravinho, of the RSPB, said: "Nature supplies us with some of the most amazing spectacles going, so it is great to be able to bring a bit of this magic to the Fringe. A lot of people are amazed to learn how far-reaching our work is but, when you think about it, wildlife knows no boundaries, and we work where it lives."

Tel: 01273 709709.
www.brightondome.org

9th-18th May, Discover Edinburgh's 'Darker Side' at Mary King's Ghost Fest 2008

Mary King's Ghost Fest, the hugely popular and award-winning paranormal festival, returns to Edinburgh with a host of events which will enable fans and new visitors alike to explore Edinburgh's other side! The city-wide Ghost Festival is now in its fourth year and is packed with a host of new events that set out to uncover and explore more about the dark tales and strange paranormal activity for which Edinburgh is renowned. For a full programme of events and further details on how to book, please visit the website
Tel: 08702 430160.
www.marykingghostfest.com

10th-11th May, London Aware 08

Green ideas for everyday living. At London Aware 08 you will find all of the information, advice and inspiration you need to live in a more sustainable way. Whether you are taking your first steps towards greener living or looking to go the extra mile, this is the event for you. Up



to 100 green exhibitors, 32 expert guest speakers talking about green issues. A student Eco-Innovation Award. Guest authors. Interactive activities and a lot more to come. To find out more and pre register for ticket sales visit the website.
www.ukaware.com

11th May, The 'Almost' Dawn Chorus Walk

7am-9am. Experience early morning at Sheffield Park and find out which birds are out and about. Learn to pick out their individual songs with the help of experts. Booking essential. £7.50. Sheffield Park. Tel: 01825 790231.

11th May, Thai massage with James Sanford

Traditional Thai Massage is a 2,500-year-old technique for relaxing the body and quietening the mind. It can help to relieve many physical problems such as back pain, tense shoulders and neck, stiffness, poor posture, indigestion and sciatica as well as more mental problems like stress and lethargy. This workshop will give you a basic set of techniques, enabling you to give a Thai massage about 45 minutes long. 10.45am-4.45pm. Cost: £45 (£35 concessions)
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www.evolutionarts.org.uk

15th May, Hobnob with the head gardener

10am-12 noon. Join the Head Gardener at Bateman's in Burwash for a private tour of this serenely beautiful garden that became Rudyard Kipling's sanctuary. Followed by coffee and cake. Booking essential, £10. 01435 882302.

16th May, Spring Painting Day

10am-4pm. Paint the garden at one of its most beautiful times. A professional artist will be on hand to advise you. Experience is needed. Please bring a packed lunch and your painting materials. Booking essential, £38 incl. tea and cake. Sheffield Park. Tel: 01825 790231.

16th-25th May, The Charleston Festival

The Charleston Festival, now in its 19th year, showcases an unbeatable line-up of talent and features internationally renowned writers, performers and artists in a series of debates, interviews, discussions, readings, illustrated talks and dramatisations, all designed to open the mind and replenish the soul. Among the world-class speakers at this year's Festival are Salman Rushdie, Sam Taylor-Wood and Grayson Perry. Tickets are available from the Brighton Dome Box Office, 29 New Road, Brighton, BN1 1UG
Tel: 01273 709709.
www.brightonticketshop.com
www.charleston.org.uk

17th May, Managing Stress, a one day event

10:30am - 4:00pm. Free of charge, but booking is essential. 20 Nevill Road, Hove, BN3 7BQ
Call 01273 279481
www.bkws.org.uk/Brighton

18th May, Encouraging serendipity

Workshop and meditation. 4:00pm - 7:30pm, 20 Nevill Road, Hove, BN3. Free of charge.
Tel: 01273 279481

18th May, Dawn chorus walk and breakfast

5am-7am. Experience a very early morning on the Bateman's estate and find out which birds are out and about with the help of an expert. Return to the house at 7am for an egg and bacon bap, orange juice and coffee. Assistance dogs only are welcome. Booking essential. Normal admission charges apply, plus £10.
Tel: 01435 882302.

18th May, Life drawing with Wendy Barratt

Enjoy a complete day of drawing the human figure, starting with a morning session of experimental drawing and leading to long poses in the afternoon. Bring along any dry medium, including charcoal, a rubber and board clips. Suitable for anyone with a little previous drawing experience. 10.45am-4.45pm. Cost: £52 (£42 concessions).
Tel: 01273 204204.
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www.evolutionarts.org.uk

19th May, Spring Photographic Workshop

10am-4pm. For the keen photographers among you, spend the day amongst the beautiful spring colour with National Trust photographer Stephen Robson. There will be an illustrated talk and practical advice aimed at all abilities. Please bring a packed lunch, digital camera and tripod. Booking essential. £38 incl. tea and cake. Sheffield Park.
Tel: 01825 790231.

20th May, No Accounting For Laughs

Accountancy is not usually a profession associated with mirth – but one man is on a mission to smash the stereotype. Magical comedian and ex-accountant, Ian Keable, is appearing at the Komedia Studio, Gardner Street, at the Brighton Festival in his show *Conjuring Up Comedy*, a one-man magic show with VAT (where VAT stands for 'very amusing tricks'). 7pm.
Tickets: £6/£5 concs.
Komedia box office: 01273 647100.

21st May, Charleston Festival Workshop – Virginia Woolf and the Cinema: Engagements and Adaptations

10am-4pm. Led by Laura Marcus, Professor of English at the University of Sussex, the workshop will look at the attitudes of Bloomsbury, and Virginia Woolf in particular to the new art of the film in the 1920s and 1930s. Tickets £50/£40 for students, including tea and coffee. Charleston Farmhouse, Firle.
Tel: 01323 815143.

21st-26th May, Mind Body Spirit Festival

Now in its 32nd year and the longest-running event of its kind worldwide, this year's Mind Body Spirit Festival promises to provide opportunities and experiences to challenge the mind, strengthen the body and bring inner peace to the soul. The Festival brings together a compelling blend of presenters, performers and exhibitors from around the globe, each giving 20,000 visitors a chance to expand their connection with themselves, the people around them and the world they live in. It's at the Royal Horticultural Halls, Greycoat Street, London SW1.
www.mindbodyspirit.co.uk

22nd May, Charleston Festival Workshop – Orlando

10am-4pm. Orlando explores the extraordinary character



Salman Rushdie, The Charleston Festival, 16th-25th May

of Vita Sackville-West; her family's relationship with history; her quixotic sexuality and personality as a writer. Woolf set out, in her fantasy biography, to produce an 'odder, deeper, more angular' version of the story. In a one-day workshop we consider Orlando, not only as Virginia Woolf's tribute to her muse, but as an ingenious narrative experiment which, though written with enormous poetic license, nevertheless gets to the heart of her subject. The workshop is led by Dr Sue Roe, whose books include *Writing and Gender: Virginia Woolf's Writing Practice* and *The Private Lives of the Impressionists*. Tickets £50, including tea and coffee.
Tel: 01323 815143.

23rd May, Charleston Festival Workshop – City Reads.

Investigating Lives: decoding the art of biography
10am-4pm. This one-day workshop led by Laura Thompson will concentrate on the art of biography: what particular difficulties – practical, literary, ethical – does the genre present? It will have special reference to Laura Thompson's latest book, *Agatha Christie: An English Mystery*. Tickets are £50, including tea and coffee.
Tel: 01323 815143.

24th May-1st June, Smugglers' Treasure Trail

Alfriston Clergy House. Somewhere in the garden, smugglers who lived in the village have hidden their loot. Find out where it is and why they wanted it. There will be a prize at the end. Normal admission charges apply, plus £2.
Tel: 01323 870001.

24th May-1st June, Scavenger Hunt

Children can enjoy this old-fashioned search around the garden and orchard. Normal admission charges apply. 10am-5pm, Bateman's, Burwash.
Tel: 01435 882302.

24th May, The Divine Masculine with Daniel Stone

What now is the role of man? As times change, roles change, and the sacred expressions of the masculine principle evolves. In this workshop for men, we open the drawing body to connect with the divine masculine, the energies of here and now that can reclaim and foster a sense of the sacred path of a man. 10am-6pm. Cost: £50 (£40 concessions) at Angel House, 1 Brunswick Terrace, Hove.
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25th May, Shamanic yoga with Daniel Stone

Entering into the essence of 'yoga' as union, and 'shamanic' as the way in which we connect with the spirits of the earth and the skies, these subtle and sometimes spontaneous exercises are designed to unite the physical body with the dreaming body, so that the body in movement becomes the bridge between worlds. 10.45am-6pm. Cost: £50 (£40 concessions).
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24th-26th May, National Gardens Scheme

Treat yourself to a blooming wonderful Spring Bank Holiday and visit one of the 200 gardens which will be throwing open their gates to the public with The National Gardens Scheme. With spectacular displays of rhododendrons, camellias, azaleas, hydrangeas, roses and wisteria, you can be assured of a dazzling day out as well as having the satisfaction of knowing you are helping good causes. Money raised goes to cancer, caring and gardening charities, including Macmillan Cancer Support, Marie Curie Cancer Care and Crossroad – Caring for Carers. Full garden opening listings can be found in the NGS's Yellow Book 2008 (available from all good book stores, £7.99) or log on to www.ngs.org.uk

26th May, The Idan Raichel Project & Noa

The Idan Raichel Project was a huge hit in Israel for good reason: it envisions a modern, multicultural nation where voices of young and old, Ethiopian and Yemenite, are all heard in songs devoted to love and tolerance. Idan Raichel is the keyboardist, songwriter and producer behind the scenes, and he's clearly as familiar with Peter Gabriel as with Middle Eastern traditions. In concert at the Queen Elizabeth Hall, 7.30pm. Tickets from £15. For more details log onto www.southnamcentre.co.uk
Tel: 0871 663 2501.

28th May, Family Fun Day

11am-5pm, activities in the garden for young children include storytelling, pond-dipping and face-painting. Normal admission charges apply.
Bodiam Castle, Bodiam, nr Robertsbridge.
Tel: 01580 830196.