

IDEAS FESTIVAL 2015

CULTURAL FESTIVAL TO **CONNECT** PEOPLE OF ALL AGES



CHELMSFORD  
**ideas**

**FESTIVAL 2015**  
19 OCT-1 NOV

A CHANGING CHELMSFORD INITIATIVE SPONSORED BY



Anglia Ruskin  
University



Chelmsford  
City Council

RSA

[www.changingchelmsford.org/if2015](http://www.changingchelmsford.org/if2015) #IDEASFESTCHELMS

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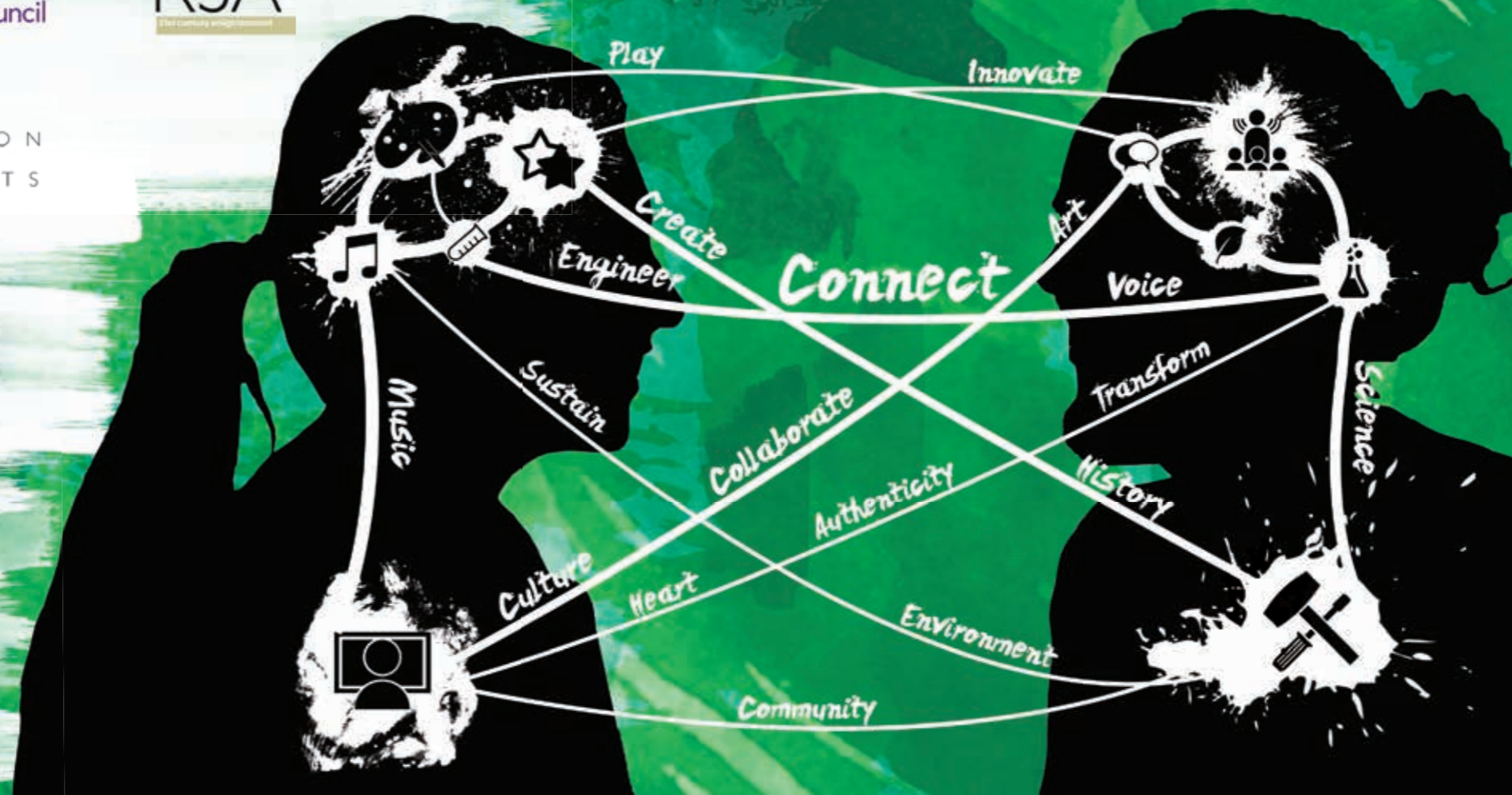
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CHELMSFORD  
CIVIC  
SOCIETY

FIBREWIFI  
SUPER FAST BROADBAND  
FROM NATURE

A  
CANTEEN

SYSTEMS



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# WELCOME

This year's Ideas Festival theme 'Connect' aims to encourage new and lasting links between our city communities: connections between business, local authorities, schools, Anglia Ruskin University, Writtle College and voluntary groups. The theme brings together scientists and creatives, people from different cultures, young and old. We hope the festival will do this by showcasing and encouraging participation in the wonderful work happening locally. Many of our events provide opportunities to learn new skills and contribute to the life of our city.

Highlights include the spectacular Engineering Fair at Anglia Ruskin University, talks from Matthew Taylor, Chief Executive of the Royal Society of Arts; Nick Alston, Police and Crime Commissioner for Essex as well as the latest news from e2v regarding the New Horizon's mission. There are also inspirational delights from Chelmsford historians, musicians, urbanists, academics, beekeepers and baristas. The Ideas Festival is a Changing Chelmsford initiative.

## Changing Chelmsford is:

- A loose network of people enthusiastic about Chelmsford and its potential.
- A social innovation ideas incubator stimulating new ways of looking at the city.
- A forum bringing experts and lay-people together to mobilise initiatives.

This programme booklet was designed and compiled pro bono by the Anglia Ruskin University Design Collective: Jeff Bray, Becky Lockwood and Daniel Tubi.



For accessibility enquires  
please call 07970571375

## EVENTS KEY



Crafting Events



Talks & Lectures



Watch & Learn



Child Friendly



Community  
& The Economy



Walks & Tours



**Malcolm Noble**  
Chair of Changing  
Chelmsford  
07787518780



**Leonie Ramondt**  
Ideas Festival Director  
07970571375

## CROCHET SKULLS WORKSHOP

**Host:** Hayley Steedman  
**Venue:** Make, Do & Mend  
94 Byron Road, CM2 6HJ  
**Time:** 10am-11am



For those who wish to further their crochet skills, in 60 minutes you will make a crochet skull! Create a 'Day Of The Dead' motif to be worn as brooch or as hanging garlands. For this workshop you need to know how to chain, slip stitch and double crochet. All materials are included in the price along with a short break for a cup of tea and a biscuit.

**Extra Information:** £15 per person. Please book: call 01245 267794 or go to [www.makedoandmend.com](http://www.makedoandmend.com) and book via PayPal

MONDAY 19<sup>th</sup>

## INDUSTRIAL HERITAGE WALK

Also on  
Sun 25<sup>th</sup>

**Host:** Alan Pamphilon  
**Venue:** Start at Marconi Hall  
Street Factory, Finish at e2v  
**Time:** Walk 1: 10.30am-12pm  
Walk 2: 2pm-3.30pm



Chelmsford has a rich and varied industrial heritage that includes many ground-breaking inventions. During this walk you will learn about a number of these marvellous achievements including a rope maker's walk and one of the many local iron foundries. To celebrate the wonderful Victorians Alan will be wearing the appropriate costume, so come along and enjoy our remarkable local industrial history.

**Extra Information:** £5 per person (children under 12 £2.50) Please book: [www.changingchelmsford.org/if2015](http://www.changingchelmsford.org/if2015) or call 01245 506062

## CREATE & DONATE

**Host:** Emma Hughes  
**Venue:** Ideas Hub  
**Time:** 1pm-3pm



Sanctus Homeless Charity and Anglia Ruskin Students' Union Volunteering Service, welcome you to 'Create and donate'. We hope that you come and meet some of our homeless and recently housed friends and our volunteers. You can watch and learn about their social enterprise project which involves jewellery design, terrarium making, plant growing and a traditional sweet cart. Find out about our free café for the homeless.

**Extra Information:** No fee but a donation of a tin/packet or pair of adult socks suggested. Please book: [www.changingchelmsford.org/if2015](http://www.changingchelmsford.org/if2015) or call 07421061054

## IDEAS FESTIVAL LAUNCH

**Host:** Malcolm Noble, Changing Chelmsford  
**Venue:** Anglia Ruskin University  
**Time:** 6.30pm-7.30pm

Please join us at the formal launch of this year's Ideas Festival. You will meet Changing Chelmsford supporters, hosts for our events and Festival Director Leonie Ramondt. This will be a celebration of everyone's hard work in arranging all of this year's events and an opportunity to toast its success.

**Extra Information:** Booking required: [www.anglia.ac.uk/community](http://www.anglia.ac.uk/community) or call 01245 684723

## WATER BABIES

Also on Sat 24<sup>th</sup>

**Host:** Karen Bartholomew  
**Venue:** Anglia Ruskin University  
**Time:** 7.30pm-9pm



Interested in water birth? In this interactive midwifery skills session, Midwife and Senior Lecturer Karen Bartholomew will speak about the history of water birth and what water birth actually is. You will be able to see a birthing pool and Karen will talk about the benefits and drawbacks of water birth and answer any questions.

**Extra Information:** Booking required: [www.anglia.ac.uk/community](http://www.anglia.ac.uk/community) or call 01245 684723

## REWILDING THE LANDSCAPE

**Host:** Dr Peter Hobson, Writtle College and the Wilderness Foundation  
**Venue:** Writtle College  
**Time:** 9am-4.30pm



Children need wild spaces to play and we all need natural environments to reconnect to ourselves through nature. This workshop engages community representatives from Chelmsford and Braintree in a project to build a shared sustainable living landscape. This will be a practical workshop on the use of 'Marisco' a vulnerability analysis and strategic planning process.

**Extra Information:** By invitation

## HOW TO BREW COFFEE

**Host:** Acanteen and Coffee Officina  
**Venue:** Acanteen, 35 New London Road, CM2 0ND  
**Time:** 2pm-4pm



Learn how to brew the perfect cup at home with coffee sourced and roasted by The Coffee Officina. They will be showing different brewing methods and explaining how each method affects your final cup. Also, find out how grind setting and coffee to water ratio can affect flavour.

There will be plenty of opportunity to discuss and ask questions about the coffees and the roasting process. [www.thecoffeofficina.com](http://www.thecoffeofficina.com)

**Extra Information:** Please book: [www.changingchelmsford.org/if2015](http://www.changingchelmsford.org/if2015) or call 07421061054

## EBARTS: THE SOCIAL E-CURRENCY

**Host:** Cornelia Boldyreff  
**Venue:** Ideas Hub  
**Time:** 2pm-4pm



Ebarts is a social e-currency available as a mobile/web app. Every user's account starts on zero and is debited or credited as goods and services are traded. The system is transparent and self-regulating. Not underwritten or pegged to any currency, traders set and agree on prices via a system of transferable IOUs. Its value lies in the mutual trust and trade between individuals. We hope to build the UK social economy.

**Extra Information:** Please book: [www.changingchelmsford.org/if2015](http://www.changingchelmsford.org/if2015) or call 07421061054

## DISCOVER: MANORIAL DOCUMENTS

**Host:** Essex Record Office  
**Venue:** Essex Record Office  
**Time:** 2pm-4pm



What did it mean to live and work under a Lord of the Manor? Join ERO for this introduction to some of their earliest documents. Manorial documents can be challenging but fascinating; even very ordinary people may be mentioned in accounts and court rolls, giving us an insight into how past society functioned. For those who want to take their research further or who just want to dip into these fascinating records.

**Extra Information:** Tickets £10. Please book: 01245 244644

# CREATING THE CITY OF THE FUTURE

Is Chelmsford a city in character or in name only? Is it anticipating changes in the way we work, travel, build communities? How can the citizens create the city? Three linked events, in collaboration with the RSA, Chelmsford Cathedral, the Academy of Urbanism and Anglia Ruskin University. Join us at 1, 2 or all 3 sessions to contribute your ideas, creativity & experience.

## ENLIGHTENED CITY MAKING

**Host:** Royal Society of Arts  
**Venue:** Cathedral  
**Time:** 10am-2.30pm



Creativity is at the heart of innovation, enterprise and good places to live. But we are increasingly expected to be resourceful and self-reliant to shape our communities, with the help of amazing digital tools. The RSA says everyone has the power to create and to play a role in enlightened, active communities. Using the RSA 'Change Aims' we will look at the power to create the city with Matthew Taylor, head of the RSA.

**Extra Information:**  
Booking required: [www.changingchelmsford.org/if2015](http://www.changingchelmsford.org/if2015) or call 07421061054

## CITY TRANSFORMATIONS WALK

**Host:** Changing Chelmsford, Academy of Urbanism & Anglia Ruskin University  
**Venue:** Route from Cathedral to Anglia Ruskin  
**Time:** 2.30pm (for a 3pm start) - 5.30pm



A walking tour of changing areas in central Chelmsford. What does new development tell us about the way Chelmsford is changing to adapt for the future? Join citizens, urban practitioners and academics on this tour and discussion to explore what current design means for future life in England's newest city.

**Extra Information:** Booking required: [www.anglia.ac.uk/community](http://www.anglia.ac.uk/community) or call 01245 684723

## FUTURE CITY IDEAS EXCHANGE

**Host:** Academy of Urbanism, Anglia Ruskin University & Changing Chelmsford  
**Venue:** Anglia Ruskin University  
**Time:** 6.30pm-8.30pm



What is needed to achieve our city aspirations? Chelmsford celebrates its heritage, its leading-edge industry, institutions and education. However, despite being the first city in Essex, Chelmsford currently lacks culture, originality and a national profile. This ideas exchange explores: what kind of city could Chelmsford become? How can growth make it smarter, more liveable? How can we learn from other ambitious small cities? Join us to consider 'Future City' strategies to contribute to Chelmsford's Local Plan.

**Extra Information:** Booking required: [www.anglia.ac.uk/community](http://www.anglia.ac.uk/community) or call 01245 684723

# GUGLIELMO MARCONI

**Host:** Tim Wander  
**Venue:** Anglia Ruskin University  
**Time:** 7.30pm-9pm



For over 100 years the Marconi Company's work in Chelmsford and Essex dominated and defined the modern age of electronics, radio, radar, television and mobile communications. It had a massive impact on the working and social lives of tens of thousands of local people. Tim's talk will tell the story of building the wireless age. Tim Wander is an historic consultant, author, lecturer and journalist.

**Extra Information:** Booking required: [www.anglia.ac.uk/community](http://www.anglia.ac.uk/community) or call 01245 684723

# THE TRUE COST

**Host:** Edith Miller, Maldon and Chelmsford Friends of the Earth  
**Venue:** Ideas Hub  
**Time:** 7.30pm-9pm



Ever wondered who pays the true cost of our taste for fashion? Film director Andrew Morgan says he "never gave much thought to where my clothes came from. But as I began learning more about the people and places behind the labels in my closet, I was shocked by what I found" Prompted to make this important documentary he asks whether we will choose to address these issues.

**Extra Information:** Please book: [www.changingchelmsford.org/if2015](http://www.changingchelmsford.org/if2015) or call 07421061054

# QUESTION TIME BUSINESS IN ESSEX

**Host:** David Bell  
**Venue:** Anglia Ruskin University  
**Time:** 7pm-9pm (networking from 6pm)



This event focuses on business in our region and will cover a variety of topics such as business rates, car parking, business development, business support, pensions, national living wage, employment and export. Ask questions to our panel of experts including gold Olympic medallist and celebrity Masterchef, Danny Crates, representatives from Essex Police, the media and education sectors, a local Essex MP and a business entrepreneur.

**Extra Information:** Tickets cost £5.00 pp (includes tea/coffee & a drinks reception). Booking required: [www.fsb.org.uk/essex](http://www.fsb.org.uk/essex)

## BHM - WHAT NEXT?

**Host:** Susan Mandemwa and Manoah Smiley  
**Venue:** Ideas Hub  
**Time:** 7pm-9pm



An invitation to interested people, businesses and organisations to discuss and support future Chelmsford Black History Month (BHM) events, especially by active participation.

We will begin with a short presentation focusing on the last 2 years (including October 2015's event). Q&A and discussion will follow.

We will also explore the possibility of regular events or gatherings that run throughout the year

**Extra Information:** Please book: [www.changingchelmsford.org/if2015](http://www.changingchelmsford.org/if2015) or call 07421061054

## TIME TRAVELLING!

**Host:** Yvonne Lawrence  
**Venue:** Chelmsford Museum, CM2 9AQ  
**Time:** 7.30pm-8.30pm



If you could travel back in time to Chelmsford's past, when would you choose? What would you see, hear and smell - and perhaps most importantly, where could you get a beer without being overcharged? A humorous illustrated talk treating history as if it is happening - with added smells!

**Extra Information:** Audience: 14+. Booking not required

## ESSEX POLICE FUTURE

**Host:** Nick Alston, Essex Police and Crime Commissioner  
**Venue:** Anglia Ruskin University  
**Time:** 7.30pm-9pm



Essex Police is 175 years old this year. Nick Alston CBE was elected as the first Police and Crime Commissioner for Essex in 2012. He is currently Chair of the Board of the Association of Police and Crime Commissioners and Chair of the Police ICT Company Board. He will give us an overview of his experience as Commissioner, reflect on policing in Essex and provide some pointers on the police service of the future.

**Extra Information:** Booking required: [www.anglia.ac.uk/community](http://www.anglia.ac.uk/community) or call 01245 684723



FRIDAY 23<sup>RD</sup>

## RASPBERRY PI WORKSHOP

Also on Sat 24<sup>th</sup>

**Host:** Chelmsford Science and Engineering Society  
**Venue:** Anglia Ruskin University  
**Time:** 10am-4pm



Come to this workshop to learn how to control and monitor electronics with a Raspberry Pi computer. The Raspberry Pi is a small credit-card sized computer that is programmable, but can also be used to connect to electronic circuits. In this workshop, you will wire-up and program a simple alarm system using a movement sensor, showing how both electronics and computer programming can be used together to create a real working product.

**Extra Information:** Booking required: [www.anglia.ac.uk/community](http://www.anglia.ac.uk/community) or call 01245 684723

## ENGINEERING ENGINEERING, FAIR WHAT NEXT?

**Host:** Department of Engineering and the Built Environment, Anglia Ruskin University  
**Venue:** Anglia Ruskin University  
**Time:** 10am-4pm



Raspberry Pi, 3D printing, Robotics.... Be part of world level engineering breakthroughs, achievements, and products being designed and developed in Chelmsford and Essex. You will have the opportunity to take control and get involved in various activities such as engineering design, 3D printing, using advanced computer models, robotics, aerodynamics, medical engineering, Raspberry Pi and many more. Learn about the change and impact that engineering in Chelmsford and Essex makes nationally and internationally.

**Extra Information:** Booking required: [www.anglia.ac.uk/community](http://www.anglia.ac.uk/community) or call 01245 684723

**Host:** Department of Engineering and the Built Environment, Anglia Ruskin University  
**Venue:** Anglia Ruskin University  
**Time:** 6pm-7.30pm



Increasingly technological innovations are disrupting our understanding of what we thought possible, for example, a 3D printer that uses chemical resins and natural light to bond molecules to print metals affordably. Engineering today requires significant foresight and flexibility and, at best, designs for sustainability. This session brings together some key innovators and industry pioneers to discuss their work and the challenges they are addressing.

**Extra Information:** Booking required: [www.anglia.ac.uk/community](http://www.anglia.ac.uk/community) or call 01245 684723

## A YEAR IN BEEKEEPING

**Host:** Andy Bennett  
**Venue:** Anglia Ruskin University  
**Time:** 7.30pm-9pm



'Bee-centred' beekeeper Andy Bennett talks about a typical beekeeping year and our relationship with, and reliance on, bees for our survival. He will challenge claims about Manuka honey and show equipment, including a hive (minus bees), to help demonstrate the practicalities and science of beekeeping. Hive products will be for sale. [www.andybennettuk.co.uk](http://www.andybennettuk.co.uk)

**Extra Information:** Booking required: [www.anglia.ac.uk/community](http://www.anglia.ac.uk/community) or call 01245 684723

SATURDAY 24<sup>TH</sup>

## CTW OPEN DAY

**Host:** Lynne Foster  
**Venue:** Old Court Theatre  
 Springfield Road, CM2 6AT  
**Time:** 9.30am-4.30pm



Ever wondered what happens in the Old Court Theatre? Come to our Open Day and join in one of our 3 drama and technical theatre workshops including a backstage tour. There are three sessions available from 10.15-11.30am, 12.15-1.30pm or 2.15-3.30pm. Ever wanted to act or help out backstage, or just learn more about how a play is produced? Then come along! No prior experience necessary. [www.CTW.org.uk](http://www.CTW.org.uk)

**Extra Information:** Please book: [www.changingchelmsford.org/if2015](http://www.changingchelmsford.org/if2015) or call 07421061054

## MAGISTRATES IN THE COMMUNITY

**Host:** Chelmsford Civic Society  
**Venue:** Essex County Hall  
**Time:** 10am-12pm



Because of the success of last year's event, Dawn and her team have been invited to run a new mock trial. Come and decide whether the case deserves a 'guilty' or 'innocent' verdict and the "why" and "how" of the decision. Most of us have little idea what magistrates do. Much better to be well informed, regardless of whether or not we ever set foot in a court.

**Extra Information:** Please book: [www.changingchelmsford.org/if2015](http://www.changingchelmsford.org/if2015) or call 07421061054

PULL ME OUT AND TAKE ME WITH YOU!

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CHELMSFORD CIVIC SOCIETY

FIBREWIFI SUPER FAST BROADBAND

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CULTURAL FESTIVAL TO  
**CONNECT**  
 PEOPLE OF ALL AGES



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# FESTIVAL EVENTS CALENDAR

## MONDAY 19<sup>th</sup> Oct

Crochet Skulls Workshop  
10 - 11 am @ Make, Do & Mend

Industrial Heritage Walk  
Walk 1: 10.30 am - 12 pm, Walk 2: 2 - 3.30 pm @ Marconi Hall Street Factory,  
Finish at e2v

Create & Donate  
1 - 3 pm @ Ideas Hub

Ideas Festival Launch  
6.30 - 7.30 pm @ Anglia Ruskin University

Water Babies  
7.30 - 9 pm @ Anglia Ruskin University

## TUESDAY 20<sup>th</sup>

Rewilding the Landscape  
9 am - 4.30 pm @ Writtle College

How to Brew Coffee  
2 - 4 pm @ Acanteen

Ebarts: The Social e-Currency  
2 - 4 pm @ Ideas Hub

Discover: Manorial Documents  
2 - 4 pm @ Essex Record Office

## WEDNESDAY 21<sup>st</sup>

Enlightened City Making  
10 am - 2.30 pm @ Chelmsford Cathedral

City Transformations Walk  
2.30 pm for 3 - 5.30 pm @ Cathedral,  
finish at Anglia Ruskin University

Future City Ideas Exchange  
6:30 - 8.30 pm @ Anglia Ruskin University

Guglielmo Marconi  
7.30 - 9 pm @ Anglia Ruskin University

The True Cost

7.30 - 9 pm @ Ideas Hub

## THURSDAY 22<sup>nd</sup>

Question Time: Business in Essex  
6 pm networking for 7 pm start @ Anglia  
Ruskin University

BHM - What Next?  
7 - 9 pm @ Ideas Hub

Time Travelling  
7.30 - 8.30 pm @ Chelmsford Museum

Essex Police Future  
7.30 - 9 pm @ Anglia Ruskin University

## FRIDAY 23<sup>rd</sup>

Raspberry Pi Workshop  
10 am - 4 pm @ Anglia Ruskin University

Engineering Fair  
10 am - 4 pm @ Anglia Ruskin University

Engineering, What Next?  
6 - 7.30 pm @ Anglia Ruskin University

A Year in Beekeeping  
7.30 - 9 pm @ Anglia Ruskin University

## SATURDAY 24<sup>th</sup>

CTW Open Day  
9.30 am - 4.30 pm @ Old Court Theatre

Magistrates in the Community  
10 am - 12 pm @ Essex County Hall

Raspberry Pi Workshop  
10 am - 4 pm @ Anglia Ruskin University

The Changing Face of Chelmsford  
10.30 am - 3 pm @ Essex Record Office

Water Babies  
2 - 3.30 pm @ Anglia Ruskin University

## SATURDAY 24<sup>th</sup> CONT.

## SUNDAY 25<sup>th</sup>

Industrial Heritage Walk  
10.30 am - 12 pm @ Hall Street Junction  
with Mildmay Road

## MONDAY 26<sup>th</sup>

Big Draw at Hylands  
11 am - 3 pm @ Hylands Estate

Roman Invaders

2 - 3 pm @ Chelmsford Museum

## TUESDAY 27<sup>th</sup>

Create a Fairtrade Poster  
2 - 4 pm @ Anglia Ruskin University

## WEDNESDAY 28<sup>th</sup>

Sandford Mill Open Day  
12 - 3 pm @ Sandford Mill

Stave House Children's Concert  
1-2 pm @ Cramphorn Theatre Chelmsford

Want to be an Entrepreneur?  
2 - 4 pm @ Anglia Ruskin University

Start a Business Workshop  
7.30 - 9 pm @ Anglia Ruskin University

Rosetta, Comets & Pluto  
7.30 - 9 pm @ Anglia Ruskin University

Voices of Transition

7.30 - 9 pm @ Ideas Hub

## THURSDAY 29<sup>th</sup>

Folk Art Workshop  
10am - 1pm @ Make Do & Mend

Heritage Strategy  
10 am - 3 pm @ Council Civic Centre

When is the War Over?  
7.30 - 9 pm @ Anglia Ruskin University

Hearing Voices?  
7.30 - 9 pm @ Anglia Ruskin University

## FRIDAY 30<sup>th</sup>

Chelmsford Cathedral's Centenary  
2 - 3.30 pm @ Chelmsford Cathedral

Real Life Criminal Justice  
7.30 - 9 pm @ Chelmsford Library

Wild Food Cooking & Walk

Session 1: Walk 10.30-11.30am & Food 12 - 1.15pm  
Session 2: Food 12 - 1.15pm & Walk 2 - 3pm  
@ Anglia Ruskin University

## SATURDAY 31<sup>st</sup>

Meditation for the Modern World  
11 am - 3 pm @ Marconi Club  
Also on Sunday 1<sup>st</sup>

Essex at Agincourt  
11.30 am - 3.30 pm @ Essex Record Office

Oxjam

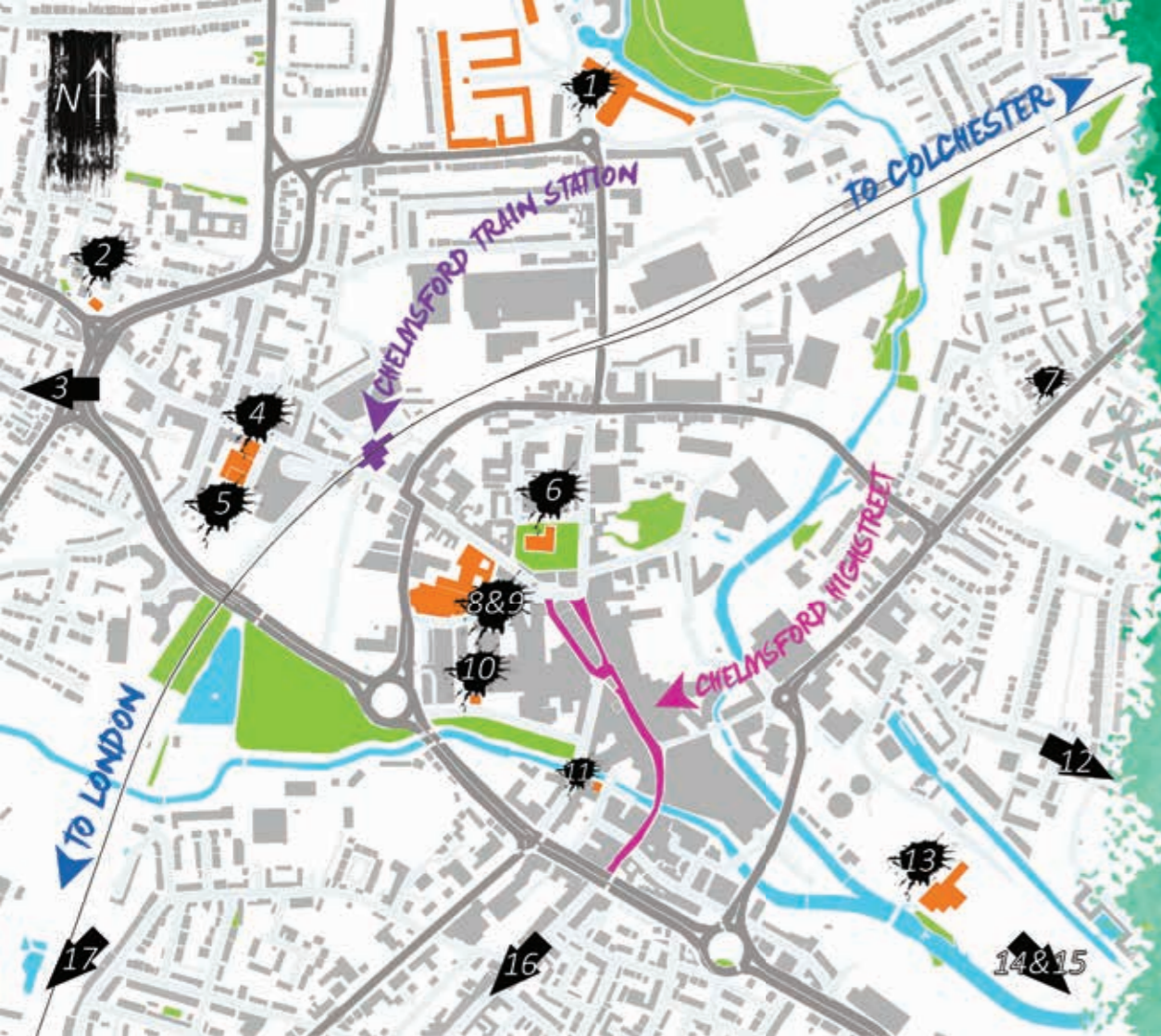
1 pm - 1 am @ Ideas Hub

Spoken Word Performance  
5 - 7 pm @ Ideas Hub tbc

## SUNDAY 1<sup>st</sup> Nov

Chelmsford Remembers Open Day  
10 am - 4 pm @ Ideas Hub

Chelmsford Mini-Raspberry Jam  
10 am - 4 pm @ Ideas Hub



## Key Venues :

1. Anglia Ruskin University
2. Friends Meeting House
3. Writtle College
4. Council Civic Centre
5. Cramphorn Theatre
6. Chelmsford Cathedral
7. Old Court Theatre
8. Essex County Hall
9. Chelmsford Library
10. The Ideas Hub
11. Acanteen
12. Make Do & Mend
13. Essex Record Office
14. The Marconi Club
15. Sandford Mill
16. Chelmsford Museum
17. Hylands Estate

SATURDAY 24<sup>th</sup>

## RASPBERRY PI WORKSHOP

Also on Fri 23<sup>rd</sup>

**Host:** Chelmsford Science and Engineering Society

**Venue:** Anglia Ruskin University

**Time:** 10am-4pm



Come to this workshop to learn how to control and monitor electronics with a Raspberry Pi computer. The Raspberry Pi is a small credit-card sized computer that is programmable, but can also be used to connect to electronic circuits. In this workshop, you will wire-up and program a simple alarm system using a movement sensor, showing how both electronics and computer programming can be used together to create a real working product.

**Extra Information:** Booking required: [www.anglia.ac.uk/community](http://www.anglia.ac.uk/community) or call 01245 684723

## THE CHANGING FACE OF CHELMSFORD

**Host:** Essex Record Office

**Venue:** Essex Record Office, Wharf Road, CM2 6YT

**Time:** 10.30am-3pm



Immerse yourself in Chelmsford's past in this display of maps, photographs, and sound and video recordings.

**Extra Information:** Tickets £2  
Please book: 01245 244644

## WATER BABIES

Also on Mon 19<sup>th</sup>

**Host:** Karen Bartholomew

**Venue:** Anglia Ruskin University

**Time:** 2pm-3.30pm



Interested in water birth? In this interactive midwifery skills session, Midwife and Senior Lecturer Karen Bartholomew will speak about the history of water birth and what water birth actually is. You will be able to see a birthing pool and Karen will talk about the benefits and drawbacks of water birth and answer any questions.

**Extra Information:** Booking required: [www.anglia.ac.uk/community](http://www.anglia.ac.uk/community) or call 01245 684723

## BIG DATA & HUMAN RIGHTS

**Host:** Andy Moir

**Venue:** Friends Meeting House,  
Rainsford Road, CM1 2QL

**Time:** 2.30pm-4pm



Dr Daragh Murray, Director of the Human Rights Centre Clinic at Essex University will talk about human rights in the era of constant surveillance and how the private sector rather than the state has become more and more involved in surveillance. There will be plenty of time for questions and discussion after Dr Murray's talk. Refreshments will be available after the meeting at AMNESTEA.

**Extra Information:** Please book: [www.changingchelmsford.org/if2015](http://www.changingchelmsford.org/if2015) or call 07421061054 Free parking at the Quaker Meeting House or opposite Trinity Methodist Church

## DIGITAL DETOX

**Host:** Emma Kidd

**Venue:** Ideas Hub

**Time:** 3pm-4.30pm



Attention connects us to the world, it shapes and defines our experience every time. In this 'Digital Age', technology captures our attention and disrupts our connection to the world around us. In this workshop we will explore how to harness the power of our attention and reclaim our sensory experience, to re-energise ourselves and reconnect to the people and places around us, beyond our screens and digital devices.

**Extra Information:** Audience-14+. Please book: [www.changingchelmsford.org/if2015](http://www.changingchelmsford.org/if2015) or call 07421061054

Also on  
Mon. 19<sup>th</sup>

## INDUSTRIAL HERITAGE WALK

**Host:** Alan Pamphilon

**Venue:** Hall Street junction with  
Mildmay Road

**Time:** 10.30am-12pm



Chelmsford has a rich and varied industrial heritage that includes many ground-breaking inventions. During this walk you will learn about a number of these marvellous achievements. The rich variety includes a rope maker's walk and one of the many local iron foundries. To celebrate the wonderful Victorians Alan will be wearing the appropriate costume, so come along and enjoy our remarkable local industrial history.

**Extra Information:** £5 (children under 12 half price)  
Booking required: [www.changingchelmsford.org/if2015](http://www.changingchelmsford.org/if2015) or call 01245 506062

SUNDAY 25<sup>th</sup>MONDAY 26<sup>th</sup>

## BIG DRAW AT HYLANDS

**Host:** Dawn Hoyle

**Venue:** Hylands Estate, Stables  
Visitor Centre, CM2 8WQ

**Time:** 11am-3pm



Come and join in this year's Big Draw at Hylands! The event will be held upstairs at the Stables Visitor Centre where you can meet some of our resident artists at work in their studios. This year's theme is 'Every Drawing Tells a Story' so there's loads of scope for you to draw whatever you want. It will be your own story picture! Why not combine your visit with a walk in the park or a trip over to the adventure play area?

**Extra Information:** £1.50 per child. Accompanied children only. No need to book but places may be limited at busy times

## ROMAN INVADERS

**Host:** Nick Wickenden

**Venue:** Chelmsford Museum,  
Oaklands Park, CM2 9AQ

**Time:** 2pm-3pm



What exactly did the Romans do for us? Get up close and personal with our genuine 2000 year old local Roman artefacts as we explore the Roman presence in their new town of Caesarmagus. How did the invaders change life in the area and what happened when they went away again? Discover more about the Romans and their impact on Chelmsford with Nick Wickenden. A fun event for families with children aged 5 and above.

**Extra Information:** Audience - families with children aged 5+. Please book: [www.changingchelmsford.org/if2015](http://www.changingchelmsford.org/if2015) or call 07421061054

## CREATE A FAIRTRADE POSTER



**Host:** Malcolm Wallace

**Venue:** Anglia Ruskin University

**Time:** 2pm-4pm

Help build a fairer world. Calling all children in Key Stages 1-4! Enter our poster competition to win some super prizes donated by the Chelmsford Star Co-operative Society. Your poster should be A3 in size, with the theme "What Fairtrade means to me" and should be submitted by 16th October with a brief explanation on the back. Prizes will be presented after a short discussion and video. Contact [maljan9@googlemail.com](mailto:maljan9@googlemail.com) or 01245 601373 for an entry form and details of prizes.

**Extra Information:** Booking required: [www.anglia.ac.uk/community](http://www.anglia.ac.uk/community) or call 01245 684723

TUESDAY 27<sup>th</sup>

## SANDFORD MILL OPEN DAY

**Host:** Nick Sturgess  
**Venue:** Sandford Mill  
**Time:** 12pm-3pm



Part of Chelmsford's Museum Service, Sandford Mill is Chelmsford's old waterworks. In the waterworks buildings Chelmsford Museum stores its industrial collections and archives, but Sandford Mill is much more than a museum store.

Sandford Mill relies on the support of several voluntary bodies including Chelmsford Amateur Radio Society. The event will also have electrical activities and a talk on Southend Pier's electric railway (Crompton designed). [www.chelmsford.gov.uk/sandfordmill](http://www.chelmsford.gov.uk/sandfordmill)

**Extra Information:** Free drop in session, booking not required

## STAVE HOUSE CHILDREN'S CONCERT

**Host:** Ruth Travers  
**Venue:** Cramphorn Theatre Chelmsford  
**Time:** 1pm-2pm



Stave House is a highly successful method of teaching the very young to read and write music. It is now taught world-wide and accredited by the London College of Music. Over 20 primary schools in Essex use this method that lays a solid musical foundation for life, equipping children to be independent musicians from as young as three years old. The children performing are aged between four and ten years old.

**Extra Information:** Drop in session, booking not required

## WANT TO BE AN ENTREPRENEUR?

**Host:** Marcia Baldry  
**Venue:** Anglia Ruskin University  
**Time:** 2pm-4pm



It's not all about the money or what subjects you study at school or university - it's all about passion, drive and commitment! But don't just take our word for it - come and hear from the Entrepreneurial University of the Year 2014 as well as some of our international entrepreneurial students - listen to their stories, the ups as well as some of the challenges they have had to overcome. They might even let you sample some of their wares!

**Extra Information:** Booking required: [www.anglia.ac.uk/community](http://www.anglia.ac.uk/community) or call 01245 684723

## START A BUSINESS WORKSHOP

**Host:** Aideen McCambridge, The MedBIC & Mike Jefferson, The Specialist Health Centre  
**Venue:** Anglia Ruskin University  
**Time:** 7.30pm-9pm



Need help or advice on starting a business? Then come and hear from Anglia Ruskin University which has a track record of supporting start-ups from business planning and market research through to commercialisation. Also listen to Mike Jefferson, Director of The Specialist Health Centre and occupant of The MedBIC (Anglia Ruskin University Medical Business Innovation Centre), talking about his experience starting a business and his nomination for the Essex New Business of the Year Award.

**Extra Information:** Booking required: [www.anglia.ac.uk/community](http://www.anglia.ac.uk/community) or call 01245 684723

## ROSETTA, COMETS & PLUTO

**Host:** Paul Jerram, e2v  
**Venue:** Anglia Ruskin University  
**Time:** 7.30pm-9pm



The two biggest science stories of the last year have been Rosetta landing Philae on a comet and the recent fly-past of Pluto by New Horizons. All of the pictures that you have seen from these missions were from sensors made by e2v here in Chelmsford. Learn about making the sensors, how these images are taken, our changing view of the solar system and the big news stories to come.

**Extra Information:** Booking required: [www.anglia.ac.uk/community](http://www.anglia.ac.uk/community) or call 01245 684723

## VOICES OF TRANSITION

**Host:** Edith Miller, Transition Chelmsford  
**Venue:** Ideas Hub  
**Time:** 7.30pm-9pm



This documentary is driven by the idea that climate change, peak oil and food insecurity can be catalysts for change and shows successful initiatives from around the globe. It won best environmental film and best first time director in 2014.

**Extra Information:** Voluntary donations £2.50 per person. Please book: [www.changingchelmsford.org/if2015](http://www.changingchelmsford.org/if2015) or call 07421061054

## FOLK ART WORKSHOP

**Host:** Make, Do & Mend  
**Venue:** 94 Byron Road, CM2 6H  
**Time:** 10am-1pm



Come and be inspired by the wonderful Sharon Blackman, an experienced and talented textile artist renowned for her fantastic work! This course will include tips on applique and simple hand embroidery stitches while you learn to make a vintage style picture using recycled fabrics. A great idea to give as a gift or you just might want to keep it for yourself! All materials are included in the price and there will be a short break for a cup of tea and a biscuit. Go on, you know you want to...

**Extra Information:** £39 per person. Either call 01245 267794 or go to [www.makedoandmend.com](http://www.makedoandmend.com) and book via PayPal

## HERITAGE STRATEGY

**Host:** Malcolm Noble  
**Venue:** Civic Centre, Council Chamber  
**Time:** 10am-3pm



Chelmsford Civic Society is supporting the City Council's efforts to create a vibrant city centre, by developing a coherent, high profile strategy for the natural and historic built environment. The Civic Society sees the Marconi heritage as the city's brand leader: a legacy of innovation that has affected everyday life across the globe and continues to influence space exploration. Barry Shaw, former head of the built environment for Essex County Council, will lead this exciting discussion.

**Extra Information:** Please book: [www.changingchelmsford.org/if2015](http://www.changingchelmsford.org/if2015) or call 07421061054

## WHEN IS THE WAR OVER?

**Host:** Jamie Hacker-Hughes & Matt Fossey  
**Venue:** Anglia Ruskin University  
**Time:** 7.30pm-9pm



"When the peace treaty is signed, the war isn't over for veterans, or the family. It's just starting." Karl Marlantes. Coping with the transition from being a vital cog in your nation's defence to an ordinary man or woman on the street is a challenge facing everyone who has served their country in the forces. Often, it is their families who bear the brunt of the strain. Military veterans and their families make up a fifth of the population - find out how Anglia Ruskin University is co-ordinating research and influencing policy to help make life better for our military heroes and the ones they love.

**Extra Information:** Booking required: [www.anglia.ac.uk/community](http://www.anglia.ac.uk/community) or call 01245 684723

## HEARING VOICES?

**Host:** Dave Hawkes  
**Venue:** Anglia Ruskin University  
**Time:** 7.30pm-9pm



What's it like? What is a voice or a thought? What is sanity? What would you say to help? Come and explore voice hearing through the ages, consider what is real and find out about the therapeutic interventions in mental health care. Experience voice hearing yourself during a simulation and learn about new research and support, including what mental health nurses can do to help. Discover the humanness of voice hearing and explore how hearing voices may not be a sign of mental health.

**Extra Information:** Booking required: [www.anglia.ac.uk/](http://www.anglia.ac.uk/) community or call 01245 684723

## WILD FOOD COOKING & WALK



**Host:** Carol Hunt  
**Venue:** Anglia Ruskin University  
**Time: Session 1:** Walk 10.30-11.30am / Cooking demonstration and tasting 12pm-1.15pm  
**Session 2:** Cooking demonstration and tasting 12pm-1.15pm / Walk 2pm-3pm

By popular demand, Carol is back for the third year running! She will show which plants are edible and teach how to forage safely and respectfully and she'll also demonstrate how to cook them into wonderful dishes as well.

**Extra Information:** Booking required: [www.anglia.ac.uk/](http://www.anglia.ac.uk/) community or call 01245 684723

## CHELMSFORD CATHEDRAL'S CENTENARY

**Host:** Stephen Norris  
**Venue:** Chelmsford Cathedral  
**Time:** 2pm-3.30pm



Chelmsford Cathedral celebrated its centenary with a visit from Her Majesty the Queen in 2015. Tony Tuckwell, former Head Teacher of King Edward's Grammar School, will talk about his book marking the centenary. This is entitled 'The Life and Times of Chelmsford Cathedral 1914 - 2014'.

**Extra Information:** Please book: [www.changingchelmsford.org/if2015](http://www.changingchelmsford.org/if2015) or call 07421061054

# REAL LIFE CRIMINAL JUSTICE

**Host:** Peter Maggs  
**Venue:** Chelmsford Library  
**Time:** 7.30pm-9pm



Local author Peter Maggs will present extracts from his three books documenting real-life criminal events from the 19th Century. These will include Henry John Hatch, the chaplain of Wandsworth Prison, who ended up in prison himself; Thomas Smethurst, the Richmond Poisoner, who was accused of poisoning his bigamous wife and William Corder who murdered Maria Martin in the Red Barn at Polstead in Suffolk.

**Extra Information:** Please book: [www.changingchelmsford.org/if2015](http://www.changingchelmsford.org/if2015) or call 07421061054

SATURDAY 31<sup>st</sup>

# ESSEX AT AGINCOURT

**Host:** Essex Record Office  
**Venue:** Essex Record Office  
**Time:** 11.30am-3.30pm



A joint event with the Essex branch of the Historical Association to mark the 600th anniversary of the Battle of Agincourt, Henry V's famous 1415 victory against the French. Join Professor Anne Curry, internationally-renowned expert on the Hundred Years War and Dr James Ross, an expert on the medieval nobility of East Anglia, and the English Warbow Society for this talk.

**Extra Information:** £7.00 for HA members: £15.00 for non HA members. Price includes refreshments and lunch. Please book through the Essex branch of the Historical Association or [clem.moir@btinternet.com](mailto:clem.moir@btinternet.com) or 01245 440007

# OXJAM

**Host:** Andy McClain  
**Venue:** Ideas Hub  
**Time:** 1pm-1am



OXJAM began in 2006, with the aim of creating a network of music-loving people across the UK, all united by a shared goal - to raise money to fight poverty and suffering around the world. Nine years on we're still going strong. Chelmsford OXJAM 2015 will host the finest local musicians and comedians. So if you are a soloist, duo, band or comedian, or simply want to get involved as a performer or volunteer, contact Andy [info@soundhouse-music.co.uk](mailto:info@soundhouse-music.co.uk) or 07957 577323

**Extra Information:** Please book: [www.changingchelmsford.org/if2015](http://www.changingchelmsford.org/if2015) or call 07421061054

# SPOKEN WORD PERFORMANCE

**Host:** Sam Berkson,  
 Poetcurious, HipHop Ed  
**Venue:** Ideas Hub TBC  
**Time:** 5pm-7pm



Settled Wanders is Sam Berkson's latest collection of poetry translating the poetry of the Saharawi people of Western Sahara and documenting his time in the world's longest running refugee camp. Sam will bring the poetry to life in a live performance of this work, that is as emotional and hopeful as it is political and critical. Supported by hip-hop poets Poetcurious and TJ Chill. [www.artofcurious.blogspot.com](http://www.artofcurious.blogspot.com)

**Extra Information:** All ages (but most appropriate for 16+) Booking required: [www.changingchelmsford.org/if2015](http://www.changingchelmsford.org/if2015) or call 07421061054

ALSO ON SUN 1<sup>st</sup>

# MEDITATION FOR THE MODERN WORLD



**Host:** European Hanmi Buddhist Association (EBHA)  
**Venue:** Marconi Club, CM2 9FH  
**Time:** 11am-3pm

Connect to your inner wisdom at EBHA's open weekend at their centre. Experience the healing calmness of an Empowered Buddhist Space. Learn simple yet powerful techniques to enter the meditative state within just 15 mins. Free sessions and workshops running throughout the weekend. Charity fundraising talk : Why should you Meditate? Because there are some questions you cannot Google. Full details at [wisdom-healing.com](http://wisdom-healing.com)

**Extra Information:** Free workshops/sessions - Charity fundraising talk £5 / Suitable audience: 14+

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**Extra Information:** Free workshops/sessions - Charity fundraising talk £5 / Suitable audience: 14+

SUNDAY 1<sup>st</sup> NOVEMBER

## CHELMSFORD REMEMBERS OPEN DAY

**Host:** Frederick Slater  
**Venue:** Ideas Hub  
**Time:** 10am-4pm



Do you have any family members who fought in the First World War? What about relatives who lived in the local area during the conflict? Come and share your memories, stories and artefacts with Chelmsford Remembers and learn about all the fascinating history that's been uncovered so far. Between 12pm-1pm and 2pm-3pm there will be a presentation of the material gathered so far and a general discussion on the findings

**Extra Information:** Please book: [www.changingchelmsford.org/if2015](http://www.changingchelmsford.org/if2015) or call 07421061054

## MINI-RASPBERRY Pi JAM

**Host:** SoSLUG ([www.soslug.org](http://www.soslug.org))  
**Venue:** Ideas Hub  
**Time:** 10am-4pm



What can you do with the tiny, low-cost Raspberry Pi computer and electronics? As well as learning computing, the Pi has been used for projects ranging from music machines, parent detectors, tweeting birdhouses and more. An all day Jam: Pi mini-workshops, talks by the experts, hobby Pi projects. Learn: Coding basics (Scratch, Python), controlling electronics, program music, learn the principles of robots... in association with SoSLUG's Southend Raspberry Jams.

**Extra Information:** Suitable for Adults and Children 10+  
Suggested donation £2. Please book: [www.changingchelmsford.org/if2015](http://www.changingchelmsford.org/if2015) or call 07421061054



## IDEAS HUB

The Ideas Hub is friendly space in central Chelmsford for the community by the community. The Hub's mission is to encourage, support and enable people to come together, share together and learn together with the aim of building a stronger, thriving and more sustainable future for Chelmsford.

The Ideas Hub provides a flexible space for local individuals and creative starts-up to participate in and/or host events and workshops. The Ideas Hub also provides a community meeting space, a café, as well as an affordable co-working space and exhibition space for new and local artists.

### Creepy claymation session IF 2014



School of rock at the Ideas Hub

The Ideas Hub began life in September 2012 as a temporary pop-up café and event space for the 2012 Ideas Festival and continued due to popular support and the hard work of a growing band of volunteers. Provided for free by High Chelmer Shopping Centre, the space has confused passers-by with its giant To-Let sign over the door.

Over the last three years the hub has hosted more than 700 workshops, meet ups and events. The Ideas Hub now has charity status and was nominated Venue of the year in the Panic Awards and won a prize in the Heart of Essex Awards.

For more information see [www.ideashubchelmsford.org](http://www.ideashubchelmsford.org) and [www.facebook.com/IdeasHubChelmsford](https://www.facebook.com/IdeasHubChelmsford)

**CHELMSFORD CITY CREST**

**"ONLY CONNECT!"**

**E.M. Forster**



## **PROGRAMME DESIGN TEAM**

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