

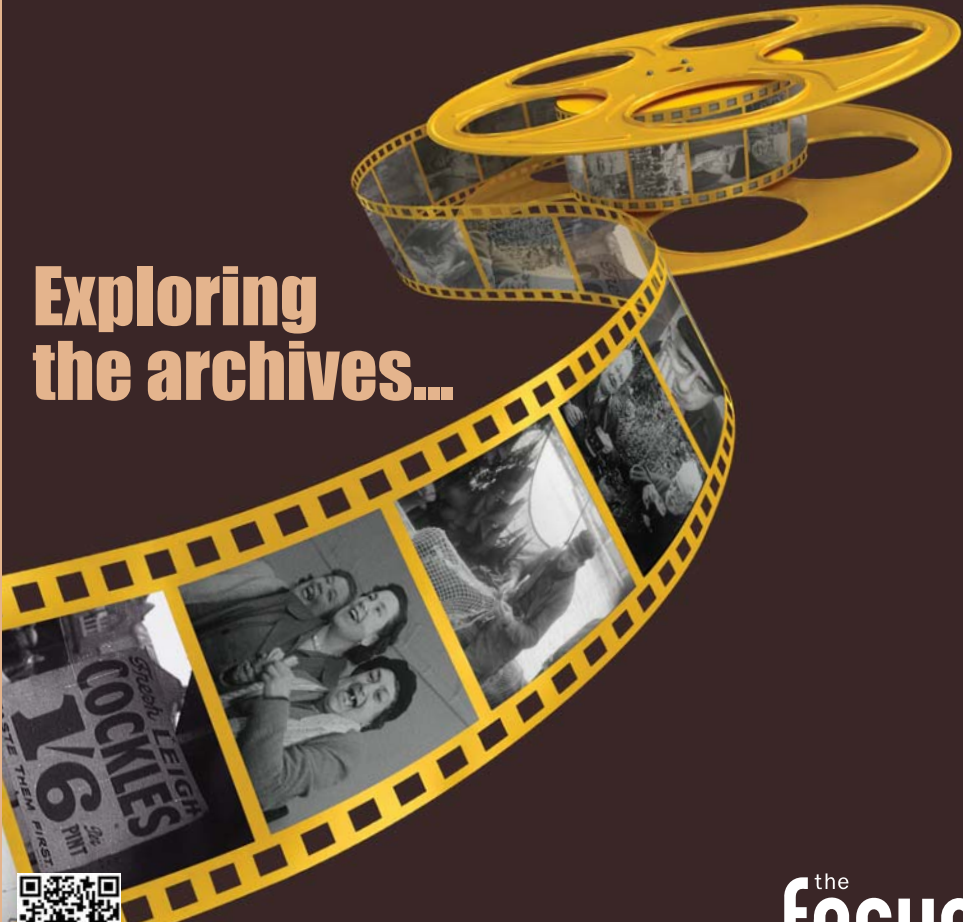
January and February at The Forum



FREE EVENTS OPEN EXHIBITIONS FAMILY FUN

theforumnorwich.co.uk

Exploring the archives...



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the
forum

There's always something different to see and do at The Forum – seven days a week, all year round.

Read on for details of our varied programme of public events, family activities, performances and exhibitions – most of which are **FREE**.

The Forum was built to mark the new Millennium and to provide a dynamic community building where people can meet, work, learn, participate, contribute and, of course, have fun.

The listings in The Forum's bi-monthly guide are colour coded so you know exactly where to find the events you are interested in.



Above: Sarah Carter at The Forum (page 4)
Cover: Digital Heritage Project

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The Atrium

The huge, central community area on the ground floor, inside The Forum. Open to the public from 7am-midnight, every day.*

Fusion

A unique gallery housing the biggest fixed digital screen in Europe. On the ground floor, accessed via the The Forum/BBC reception area. Free entry. Open 10am-5pm, Mon-Sat.

The Curve

The 120 seat, multi-media auditorium inside The Forum on one of the lower floors, accessed by stairs or lift via the Fusion gallery.

The Cube

The glass-fronted meeting room overlooking The Atrium, accessed by stairs or lift from The Atrium.

Outside spaces

The Amphitheatre, Upper Millennium Plain and Theatre Plain – open air, public spaces outside The Forum.

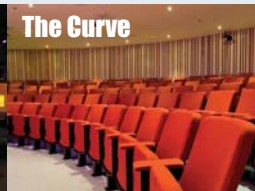
The Norfolk and Norwich Millennium Library

The busiest library in the UK occupying three floors inside The Forum.

Who else is inside The Forum?

BBC East TV, BBC Radio Norfolk, BBC Open Studio, The Forum Shop by Jarrold, Norwich Tourist Information Centre, Pizza Express, Cafe Bar Marzano, MINT, Pitman Training, 2nd Air Division (USAAF) Memorial Library.

Discover more about what goes on at The Forum
theforumnorwich.co.uk



*except Christmas Day and Boxing Day

Art

Digital Heritage Project

Mon 23 Jan – Sat 11 Feb

(closed Sundays)

Nothing brings the past alive better than original films of ordinary people going about their lives. Sit back in the Fusion gallery and lose yourself in a celebration of East Anglia's heritage and social history.

This specially produced collection of footage explores the way people worked for their wages, farmed their land, cooked their food, raised their families and took their holidays. Mixed in with this collection is footage from the film archives of Upper Normandy; was life so different there?

On each of the Saturdays, BBC Voices will show you how to make a personal appearance in the old films. Also, on Saturdays, try out the UEA's latest digital technology to explore Norwich's famous old buildings. The software's called HistOracle and it's gesture controlled.

Intrigued? Don't miss this three week exhibition.

The screenings are free to enter and are brought to you by Norwich HEART's Digital Heritage Project working with the UEA's East Anglian Film Archive.

FUSION 10am-5pm
MORE INFO heritagecity.org



Please Note Fusion is closed
Sun 1 – Mon 23 Jan for
maintenance and updating.

Art

Ronald Durban

Thu 22 Dec – Sun 8 Jan

A great range of small to large oil paintings, sketches and prints available to buy. Commissions are also very welcome.

THE ATRIUM 11am-4pm

MORE INFO ronalddurban.co.uk

Sarah Carter

Mon 2 – Mon 9 Jan

The first solo exhibition by Norfolk artist Sarah Carter. Featuring new paintings, drawings and illustrations as well as some earlier work. This is a strong collection not to be missed.

THE ATRIUM 9am-5pm

MORE INFO

sarah@twinklemonkey.ndo.co.uk



NR25 Art Exhibition

Thu 26 – Sun 29 Jan

Twenty five second year BA Hons Fine Art students from Norwich University College of the Arts present an exciting exhibition of varied artwork including pictures, sculptures and installations.

THE ATRIUM 9am-5pm

MORE INFO

nr25.art@hotmail.co.uk

Community

Norfolk Partners Against Crime Taskforce

Wed 11 Jan

Norfolk Partners Against Crime Taskforce (PACT) aims to improve the quality of life for all people in Norfolk through initiatives which help to reduce crime, the fear of crime, improve community safety and encourage good citizenship in young people. A Norfolk PACT stall will display and sell crime prevention items and enable visitors to find out more about PACT's work.

THE ATRIUM 9am-4pm

norfolkpact.co.uk

Holiday Show

Sat 14 Jan

The Travel Centre will be here with a number of tour operators to help you decide where to go on your next vacation and get rid of those chilly January blues!

THE ATRIUM 10am-4pm

MORE INFO travel-centre.co.uk



Antiques and Antiquarian Book Fair

Sat 14 Jan

A regular event at The Forum, the Antiques and Antiquarian Book Fair offers 1000's of antiques and collectables including jewellery, ceramics, glass, silver, small furniture, second-hand and antiquarian books, pictures and prints. Feel free to browse – you're sure to find something to fascinate you.

THE ATRIUM 9am-5pm

MORE INFO

freyaantiques@yahoo.co.uk

Entertainment

Ben Weston at The Forum

Sat 11 Feb

Up and coming jazz singer/pianist Ben Weston is playing this intimate gig at The Forum before the launch of his debut album and a busy 2012. Ben goes from smoky jazz standards to swinging pop covers with ease and his sets are known for being highly improvised. Backed by the region's best jazz musicians and Ben's own edgy arrangements, this promises to be an electrifying night.

THE CURVE 8-11pm

MORE INFO ueaticketbookings.co.uk/events/ben-weston.aspx



Community



BBC Tours

Every Sunday

Take a look behind the scenes of the BBC Look East and BBC Radio Norfolk studios.

FUSION RECEPTION
MORE INFO 0370 9011227
bbc.co.uk/showandtours

Jobs Fair

Fri 3 Feb

Companies meet with potential candidates face to face. This fair is for jobseekers, students and people interested in training.

THE ATRIUM 10am-4pm
MORE INFO zaradan@thejobseeker.co.uk
thejobseeker.co.uk, norfolkjobsfair.co.uk



First Class Learning Awareness Day

Sat 25 Feb

Interested in supplementary Maths or English for your child? Is he/she not stretched in school? Or is your child falling behind or simply could do better? First Class Learning has three Norwich centres (200 local children) and their programmes could help. Visit The Forum to find out more.

THE ATRIUM 9am-4pm
MORE INFO firstclasslearning.co.uk

MOCO Training at The Forum



MOCO Training – Every Weds in January

THE CURVE 3-5pm
MORE INFO go-moco.co.uk

Hitting Your 'G' Spot – The 'G'enius of 'G'goals!

Wed 11 Jan

Have you ever jumped into a taxi and shouted, "DRIVE!?" Possibly not! It's easy to spend our time being busy. We often fumble around, not knowing quite where we are going, what we are looking for or what it will be like when we get there. This seminar explores achievement by pin-pointing your specific goals.

Selling – Without the Squit!

Wed 18 Jan

Proactive sales without the pushiness. Selling can generate a strange feeling. We know that sales drive a successful business, but often selling is seen as being pushy and uncaring. This seminar removes the fear and the misnomer of sales being a nasty process. See selling from a whole new angle.

Fitting It In – The Time Dilemma

Wed 25 Jan

Juggling tasks can be frustrating and time consuming. This interactive two hour session looks at simple yet effective techniques for fitting everything in. It looks at the relevance of activities against outcomes and suggests simple strategies for making time count.

Dealing with Conflict – Preventing and Diffusing Disputes

Wed 1 Feb

The ability to avoid and/or diffuse difficult situations is something of an art. Conflict, be it in the workplace or outside, can be very stressful. This interactive and enjoyable two hour workshop will explore causes of conflict and identify simple yet effective ways of diffusing tricky situations.

Banishing Blame – From Finger Pointing to Problem Solving

Wed 8 Feb

When things go wrong, it's easy to ask, "Whose fault was that?". While it's important to identify what has happened to avoid recurrences, it's essential not to slip into the blame game. This enjoyable, two hour interactive workshop explores ways of banishing blame from an organisation, while maintaining objectivity and forward focus.

Engage with Impact – Presenting Without the Palpitations

Wed 15 Feb

Whether you have 60 seconds or 60 minutes, delivering a presentation can be a daunting prospect. It is also a huge opportunity to get a message across with impact. This two hour workshop looks at delivering presentations that pack a punch and help you to engage and inspire audiences.

90 Years of Rotary International in Norwich

Sat 4 – Sun 5 Feb

Join Rotary and make a difference. Rotarians have been active in Norwich for 90 years, working locally, nationally and internationally. Their motto is, 'Service before self'.

THE ATRIUM 9am-5pm
MORE INFO rotary1080.org

Young Enterprise Trade Fair

Sat 25 Feb

High school students from schools in Norfolk and Suffolk, who have set up and are running their own businesses under the Young Enterprise Company Programme Scheme, will be promoting their businesses and selling their products from their individual trade stands. Sponsored by Aviva.

THE ATRIUM 9-5pm
MORE INFO patricia.hagan@yeee.org.uk
young-enterprise.org.uk

Library

Themed Stories and Crafts

Every Sunday, 2-4pm

Story and craft sessions for children aged 4-8. Spaces are limited at the craft tables, so priority will be given to children attending the stories as well.

Community Learning Champions

Every Monday, 10.30am-4pm

If you'd like advice about learning opportunities here in the city, do drop into the Express area of the library for an informal chat with a volunteer who can help point you in the right direction. There are so many opportunities out there, so grab them!

Family History Course

Tue 10 Jan (2-4pm)

Mon 6 Feb (10am-12noon)

Are you new to family history? Would you like some pointers on how best to trace your past? Why not come to this monthly course at the Heritage Centre on the 2nd Floor of the Millennium Library? Call the Norfolk Heritage Centre on 01603 774740 to book your place.



Story Time for Tots

Every Sunday, 11.30am

Sunday morning story time just for the under 5's. A real treat and time dedicated to reading together. There are plenty of books to choose from, to borrow and take home afterwards.

Surf's Up!

Internet Support Sessions

Every Thursday,
12noon-1pm & 1-2pm

Free support sessions for people who have completed the six week Surf's Up! internet course and would still like a little help from the friendly Surf's Up! volunteers.

To book a session or for more information call Caroline or Gwen on 01603 774781

All events take place in the Millennium Library

Bridging the Gap

Sat 28 Jan, 11am-2pm

Norfolk Libraries and Adult Education are working on a reminiscence project where people of all ages get together and share their memories. This event will be an opportunity to discover what services are available to help set up activities with family and friends whether at home, in care homes and hospitals or simply between community groups of varying ages.

Baedeker Raids Study Group

In 2012 the Library commemorates the 70th Anniversary of the Baedeker Bombing raids on Norwich. The library is looking to form a study group to research these wartime raids using photographs, newspapers and more from their collection.

For more information go to the 2nd floor of the library and talk to staff there or email Clare Agate clare.agate@norfolk.gov.uk



Knit and Knatter

Every Thursday from 19 Jan – 23 Feb

Can you share your knitting skills? Do you want to learn a new skill? Come along to a new crafting group where people with a lifetime of knitting and needlework experience can chat with other crafty people. Who knows, you may even teach each other a stitch or two! First floor of the library.

MILLENNIUM LIBRARY 2-3pm

MORE INFO caroline.varney.bowers@norfolk.gov.uk

Hire the Forum

Contact The Forum if you would like to hire any of the spaces or facilities for your event. **Phone** 01603 727950
Email info@theforumnorwich.co.uk
theforumnorwich.co.uk/venue-hire

The Forum is managed by The Forum Trust, an independent and self financing charitable trust.

Email info@theforumnorwich.co.uk

Phone 01603 727950

Write The Forum Trust, 2 Millennium Plain, Norwich, NR2 1TF

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 Norfolk County Council



the
forum
trust

NORWICH

CITY OF INTERCULTURE

Fri 17 - Sat 18 Feb

We invite you to join us in celebrating cultural diversity in Norwich.

Over 2 days, come and enjoy interactive lectures, presentations and hands-on activities for all ages.

Highlights from the programme include:

Public lectures on languages and cultures in East Anglia

Display of LCS student multimedia work

Language and Culture workshops

School artwork exhibition - winner announcement

Quiz - test your knowledge about other cultures and win prizes

Language taster sessions - come and try Chinese, French, Japanese, Polish, Russian, Spanish,...

With comedian Arthur Smith and many more!

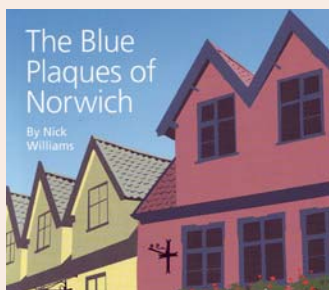


Further info www.uea.ac.uk/lcs/nci

Anna Russell 01603 59 2751

I.Van-Der-Velden@uea.ac.uk

L.Filipovic@uea.ac.uk



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