

Newham Adult Learning Service

Course Information Sheet for: Psychology – Isn't this fun (November 2017)

What is this course about?

Topic for the weekend – Isn't this fun?

Our culture seems to value Fun. We try to bring Fun into all sorts of areas of life: Education, Work, Socialising, even Religion. This weekend we shall explore the nature and meaning of Fun, based on the book 'Isn't This Fun?' by Michael Foley. We shall look at the history of fun in rituals and carnival; the seriousness with which we take fun in sport and games; Its roots in physical activity, dance, rhythm and singing, and how it serves to strengthen social bonds and intensify relationships. But is it always a positive influence? While it may bring energy and creativity, a constant obsession with having fun can risk charges of triviality and narcissism. Should some areas of life be kept 'fun-free'? While the focus of the weekend will be on discussion and sharing, we may be able to include a bit of fun along the way.

What will the course involve?

Sharing and discussing are an integral part of the course.

What do I need to bring?

Pen and paper will be required for note taking.

What experience do I need to get onto this course?

No experience is needed, just a willingness to be open, and engage in discussions.

What will I have achieved by the end of the course?

You will have a better understanding of why we make certain choices and decisions.

What options are open to me if I successfully complete the course?

You are welcome to attend other courses throughout the year.

What's included in the weekend residential?

- All tuition.
- Arrival 4-6pm, Dinner is served at 7pm
- All meals from Friday Dinner to Sunday lunch. Vegetarian options are available. If you have any special dietary needs please inform us at the time of booking.
- Morning and afternoon refreshments throughout the course.
- Two nights shared occupancy accommodation. Single rooms may be available at a surcharge, please enquire when booking.
- Access to wifi.
- Free parking subject to availability.
- Use of the beautiful grounds at Debden House.
- Enrolment form to be completed on arrival, you will need your National Insurance number for this form.
- Sunday – return of bedroom keys after morning tea break, departure after lunch.
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Length of the course:

It is a weekend residential course, Friday evening to Sunday afternoon.

Course fee: Please apply to Debden House for details. You may be entitled to a concession if you are a Newham resident. Proof of resident status must be produced at the time of enrolment.

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