



## Congratulations you're booked!

### ESSENTIAL INFORMATION

Congratulations you are well on your way to making beautiful sourdough bread.

I am really looking forward to meeting you.

To get the most out of your visit you will need to PRINT this form and invest time into reading through it (yes, all the way through as there is essential information to make the day go smoothly) and please do complete the checklist.

We have put together a hugely comprehensive list of everything you need to know about attending the school on our website. Please take the time to read through.

[www.sourdough.co.uk](http://www.sourdough.co.uk) – 'courses' and select 'Attending the School in Person Information'.

Please note that the school, whilst separate is set in the grounds of my home. We are not a cookery school. This is more informal; this is my home and I guess we are more of a French style classroom/bakery. You will meet my children; they often help out & get paid. We have chickens that roam about in the summer and a postman who stops for a chat and gets a chocolate brownie if there is one going. We only teach a few classes a year and with just small groups because it's fun and I feel this style of informal, more personal approach to learning is what makes this so special.

### COVID-19

Our primary concern is the health and wellbeing of our teachers, students, and our wider communities.

The teaching style at the Sourdough School is participative demonstration and lectures. The practical aspect of making bread yourself will be carried out at home using your [thesourdoughclub.com](http://thesourdoughclub.com) membership following the tutorials.

The School has Covid-19 lateral flow tests available, which are optional. We do request that if you are showing any symptoms of Covid-19 or are feeling in any way unwell, that you do not attend the School and call us to discuss this as soon as possible.

The Sourdough School has been thoroughly cleaned and will continue to be on a daily basis.

Please do not bring any unnecessary personal items with you.

Please bring something warm to wear as we may open the doors for maximum ventilation.

You are welcome to use hand sanitiser, however it can be very drying and can affect the sourdough, so you will be asked to wash your hands for a full 20-30 seconds with soap every time you arrive in the classroom, including after lunch.

You will be asked to keep one cup as the one you use all week.

Please ensure that you have appropriate insurance to be able to claim the cost of the course should you present any symptoms of test positive for Covid-19.

## START TIME

Courses start on time as we have to get the dough mixed, however it is VERY important **NOT TO TURN UP EARLY**. The arrival time is fixed. Time is needed to prepare for the course, and the last 10 or 15 minutes is a bit like having a dinner party; getting everything in order and also getting myself ready is unbelievably hectic!

If being early is completely unavoidable, please let me know 2 days in advance.

## COURSE TIMINGS

Your course timings are on the timetable attached.

Please note that we can not have students here before the class time specified on the timetable (attached). We are often running right up to the last minute getting ready and would appreciate you arriving at the specified time.

If you feel you want some time to chat with Vanessa, then you are welcome to stay after the class has finished, as Vanessa must tidy and prep for the following day. She always welcomes an extra pair of hands and relaxed conversation.

When you order a taxi, please remember to build in 10 minutes after the class ends to account for putting things away and gathering your belongings. For example, for a 6pm finish, please order your taxi for 6.10pm.

## TEA & COFFEE

We have lots of choice and a 'help yourself' policy. We do ask that you keep the same cup for the entirety of the course and ensure that it is washed up each day.

## LUNCH

We will be serving a simple lunch daily at the school. Due to the course schedule, Thursday will be a late start so you will need to arrange your own lunch on that day.

## FIRST AID & ALLERGIES

We are not a nut free environment. We respectfully ask that students bring medication if they have serious allergies or are allergic to animals. We do keep them out of the way but all the same, I need to ensure medication is on hand, just in case.

I am a trained St Johns Ambulance first-aider, please let me know of any other medical conditions on the day if they are not detailed on the booking form.

## PHOTOGRAPHS

Our policy about sourdough social media is to celebrate and share. We tend to avoid focusing on an individual but occasionally we live-video to share tips and information to others, and often take pictures of people's hands and bread. We are sensitive to both those who love social media and also those that don't, so please be respectful of each other's preferences. Photos of me are absolutely fine but please ask first and let me have a moment to make sure my eyes are open and my mouth is closed! Photos of the house and garden are fine too but not our personal living space. No photos of the children please (unless I expressly give permission). Please connect, share, celebrate and enjoy.

## BOOKS

You will need a copy of 'The Sourdough School' book for all courses. It got complicated trying to arrange books because so many students already owned their own copy and Amazon is unbelievably less expensive than we can even buy the book ourselves, so we decided to ask students to bring their own or let us know and we will have some here to purchase.



Please note however that bringing the book is essential to the course.

Generally, there are copies of my book 'Food for Thought' to buy but we rarely have 'Prepped' stocked so please feel free to bring your own copies if you would like them signing. Again, these are much less expensive if you buy them online.

## KEEPSAKE QUIZ

You will be given a keepsake quiz at the beginning of the course. I ask that students fill these in as the week progresses, and then we will go through your answers on the Friday.

## BED AND BREAKFAST

Our first choice and closest recommendation is Sedgebrook Hall: [www.sedgebrookhall.co.uk](http://www.sedgebrookhall.co.uk)  
Please use the code SOURDOU for the same online 10% discount but no payment required at booking. We have a full accommodation list on the website.

We have also compiled a list of things to do and places to visit if you are bringing someone with you or staying for longer. Please see 'Attending the School in Person Information' section on the website.

## TAXIS

We are in a village, so we have an arrangement with two local firms:  
AMBER CARS 01604 232666 [amber-cars@hotmail.co.uk](mailto:amber-cars@hotmail.co.uk)  
KPD 01604 882798 [office@kpdgroup.com](mailto:office@kpdgroup.com)  
Black cabs from the train station can cost a lot more



and they often cannot find us. Also please remember to book your return taxi! We are slightly outside of the town and sometimes taxis are not available at busy times at short notice.

## PETS

This is a home. We have cats, dogs and chickens. My dog Polly is **NOT FRIENDLY**. She is very charming and will then turn without warning as she does not like to be petted so, please **DO NOT** pet her under any circumstances.

I have one cat in particular who loves to try and make himself comfortable. The pets are **NOT allowed in the school** and certainly not in the food prep areas under any circumstances, although as many might appreciate cats do not know boundaries. We politely request that guests do not encourage the animals into the school as we have them mostly trained not to come in. I often leave the dogs out in the garden until the last 5 minutes before the course start time for some fresh air. Again, Polly the terrier is a rescue dog and not friendly. Please do not fuss her.



## **TIME AND SPACE FOR PRAYER OR MEDITATION**

We have people travelling from all over the world and make time and space for religious and spiritual needs. Please let us know if you need anything specific. We have a small quiet library upstairs full of bread books that is available. We are able to lock the dogs away whilst people are arriving or leaving, and we are able to accommodate somewhere separate to sit within the bakery away from alcohol should we be serving.

## **TIDYNESS, CLOTHING & JOBS**

The school is a relaxed space for baking and learning. As a small business however, we have to have health and safety procedures, so all bags, coats, hats and personal belongings need to be put in the space provided.

All students are required to wear indoor shoes an apron and have no rings on hands unless a simple wedding band. Whilst baking please have long hair tied back. We have a separate hand basin for hand washing.

Over the years I have noticed that most accidents tend to happen when things get cluttered. We have to clear the table several times through the day, and each student is responsible for making sure that their utensils, cup and bowls are washed and put away when finished with. On arrival we are all allocated small jobs to make sure that the bakery stays ship shape throughout the day. It also makes you feel at home. We have a very calm and comfortable space, so I ask that you make yourself at home, but also to be mindful of the working space.

## **TEACHING STYLE**

The teaching style will be demonstrative. I will be demonstrating sourdough and working with one mixer. I will make larger batches of dough, rather than each of our students individually making bread. To be very clear, individuals will not be making their bread at the school. You do this at home as part of the online programme.

While the teaching will centre on every aspect of sourdough, there will still be time to savour your bread, to relax, to breathe deeply and just lose yourself in long, slow fermentation and the beauty of our rural Northamptonshire setting. We will try to incorporate a walk into each day's schedule, weather permitting.



## **THE SOURDOUGH CLUB PAGES**

Once you have completed the course, you will be invited to be a member of the Sourdough Club pages. Please do fill in your details with photos when possible. The Club pages give you continued private support with me, a forum with all other members, and hundreds of articles and features constantly updated with offers and new formulas.

## **RESEARCH**

We have several researchers that work for the school and the papers are part of your course. All the studies though, are listed and referenced and are available on our website in the R&D section.



## EXPECTATIONS

Phew...now that is all out of the way, a couple of things to bear in mind. Sourdough is wild. Fermentation is unpredictable at times and many students often arrive with very high expectations. It takes time to master sourdough. It is like learning to play a musical instrument, and although you will attend a course you have to go home and practice. On the day sometimes things don't always go according to plan. Most of the time it does; but what you will learn here is not just to follow a recipe, you will learn core principles and to trust your senses, to have an understanding and a sense of rhythm, timing and connection, to the dough and the process of making bread. Thank you for taking the time to read such a very long document – it makes things run smoothly, and it saves time so we can get on with making sourdough.

## ADDRESS & DIRECTIONS -

The directions and photos are on this form to make it easy to recognise the entrance to the school. They are **ONLY** found on this form. They are **NOT** on the website as this is my home.

### Coming from the A508 –

From the A508 drive all the way through the village past the Griffin Inn on the right until you come to the first bend round to the right.

Look for the two white cottages on the right-hand side as you go around the bend there is an old blue five bar gate before the zigzags of the zebra crossing.

### Coming from Moulton Village –

We are the first gate on the left hand side after Drummond Close and before the white cottages. The gate is where the zigzags of the zebra crossing end.

The address is: East Bank House, Moulton Road, Pitsford, Northampton, NN6 9AU.

Please use PITSFORD as your destination. **DO NOT USE A SATNAV**  
Sat Nav post code will take you 150 yards up the road or to the wrong village.

# Final check list

- Bring your copy of The Sourdough School Book
- Fill out the booking confirmation with your information and food preferences online
- **PRINT** this document You will not be able to find us without the directions opposite in this print out.
- Book a taxi here and back.
- Check your arrival time.
- Indoor shoes (and walking shoes for those on a 1-week course).
- Bring any other books that you would like signing.
- A large bag to take your new things home in.
- Bring a laptop/ipad/tablet for some light reading in the evenings.
- Swimming costume
- Clothes for yoga



## PARKING

There is lots of parking nearby as we are in a small rural village in a residential area. You can park all day for free. I do however have neighbours that are visually impaired and another neighbour who needs wheelchair access on the pavements. Unfortunately, in the past we have had several students park inconsiderately causing considerable upset to both my neighbours and my students, as they have had to leave during the class to re-park their cars - please do park considerately.

We are also doing works on our driveway so parking on our driveway is not possible.

Occasionally you find spaces on the opposite side of the road to the school, but there have been a few instances of wing mirrors being knocked off as people drive too close around the corner, so I suggest parking by the church at the bottom of church lane as it is just 50 yards away - a 2 minute walk at most.



I really am looking forward to meeting you.

Kindest regards

*Vanessa Kimbell*

Tel: 07707 480336

Email:

[Vanessa@sourdough.co.uk](mailto:Vanessa@sourdough.co.uk)

Twitter: [@VanessaKimbell](https://twitter.com/VanessaKimbell)

[www.sourdough.co.uk](http://www.sourdough.co.uk)

# Sourdough School Retreat

THE  
SOURDOUGH  
SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>10am</u> INTRODUCTION	<u>10am</u> OPEN	<u>10am</u> OPEN	<u>10am</u> OPEN	CLOSED MORNING OFF	<u>10am</u> OPEN	<u>10am</u> OPEN
Kombucha	Bake cakes	SWIM	Mix pizza dough		Mix retarded	Bake bread
Vinegar Sprouting	Jam		Bake pastries			IPM goals
Garden/botanical morning - pick to dry	Butter					
Starters explained	Pesto	SHOPPING				
Microbes + yeast			<u>12pm</u> CLOSED	<u>12pm</u> VINEYARD TOUR + TASTING		
<u>1pm</u> SOUP	PASTA LUNCH	DELI LUNCH	PUB LUNCH	LUNCH AT VINEYARD	FOCACCIA SANDWICH LUNCH	CHEESE BREAD LUNCH
Milling	Make pickles	Grains afternoon NIAB	BIKE RIDE	VISIT	Mix	Take home items: <ul style="list-style-type: none"> <li>Starter</li> <li>Seed mix</li> <li>Botanical blend</li> <li>Book signing</li> </ul>
Butter prep	Butter prep			<u>2.30pm</u> OPEN		
WALK	BREAK	BREAK		Assemble botanical blends	<u>2pm</u> YOGA	
Mindset goal setting	Pastry	Mill / Fosters	<u>4pm</u> OPEN	Foccacia	Shape	<u>2pm</u> FINISH
10 min demo: Tin	Cake - take home		Pizza Flatbread			
<u>6pm</u> CLOSE	<u>6pm</u> CLOSE	<u>8pm</u> CLOSE	<u>6pm</u> CLOSE	<u>6pm</u> CLOSE	<u>6pm</u> CLOSE	