

SFCP Mini Bulletin

February 2016



Welcome to our mini bulletin, to bring you up to date on upcoming activity related to Socratic Dialogues.

London Marathon

Look out for our runner Dave Pitt, who will be running for SFCP in this year's London Marathon. Any monies raised will be used to support and grow our Socratic Dialogue facilitator base. Training to become a Socratic Dialogue facilitator requires individuals to take part in a number of Socratic Dialogues, they then undertake a training course that includes both theory and practice. The training course can take up to two years to complete and does require a big commitment from those wishing to become trained facilitators. If you would like to make a donation please do so via the charity page on the 'my donate' website.



Dave Pitt personal profile

In order to escape the brutality of school rugby, I began running at school and have been running, racing and fitness-training myself ever since for over 40 years. I ran the first London Marathon back in 1981 and subsequently have run 7 more and am now training for this last attempt at sub 3.00 hours before age catches up with me.

I have raced for Thames Valley Harriers, Serpentine and London Irish on the road, cross country and track and I am still a (semi)-competitive runner albeit amongst the Masters Runners, and am hoping to compete in the World Masters Games in Auckland next year.

I'm from Birmingham originally, but moved to London in 1976 to work as a youth worker in Notting Dale. After nearly 30 years of community work, I then spent 6 years running a bar and music venue within a community setting. Now, in a yet another career change, have become a fitness instructor and personal trainer. I specialise in working with older people who wish to maintain strength and endurance. My first female client ran a personal best in the London Marathon in 2015, improving by 5 minutes and running a time of 4 hours 23 minutes at the

age of 74. I live in West London with my partner Tina, and our new kitten, Hattie.

Events that may be of interest

Socratic Dialogue in Southend on Sea, on the following Saturdays at Nazareth House St Joseph's, 111 London Road, Southend-on-Sea, SS1 1PP

- Saturday 7th May
- Saturday 12th November

These dialogues will be facilitated by Jayne Crow.

Café Philo on the Isle of Wight

These take place in various libraries on the Isle of Wight.

Socratic Café

Takes place once a month in London. It uses some of the approaches that may be familiar to those of you who have attended a Socratic Dialogue before. An ethical question is discussed in a relaxed friendly setting and we have three rules

- Speak from your own experience
- Theories are left at the door
- Active listening for understanding

The next café philo takes place at The Uxbridge Arms Public House 6.30 - 9.00 p.m. in Notting Hill on Monday 22nd February. The pub is an old traditional British pub serving real ales.

Nearest tube Notting Hill Gate or Kensington High Street.

If you would like more information on Café Philo or Socratic Café please don't hesitate to contact us via this e mail address.

Upcoming Socratic Dialogues taking place in Germany

As some of you may know there are regular Socratic Dialogues which take place in Germany. For full details and enrolment form please visit www.sfcp.org.uk

Hannover, 19th March 16.00 hours - 24th March 13.00 hours

Vander Lemes: What is an altruistic act? [SD in English]

Springe, Near Hannover 29th July 16.00 hours - 31st July 13.00 hours

Sarah Banks: When is it right to stop helping? [SD in English]

Springe, Near Hannover 31st July 16.00 hours - 3rd August 13.00 hours

Marije Altorf: When should I judge? (SD in English)

Munster, near Dortmund 30th Sept 16.00 hours - 2nd October 13.00 hours

Angella Hodgson: What does it mean to 'be valued'? [SD in English]

2 day Socratic Dialogue taking place in Carlisle, (near the Lake District

Carlisle, Saturday 28th (9.30 - 5.00) and Sunday 29th May (9.30 - 1.00)

Our question will be 'When should I prioritise my own needs over others?'

Facilitator Angella Hodgson

This will take place in the border city of Carlisle, ideal location for those of you who wish to take advantage of the bank holiday weekend and stay on a day longer.

If you want further information please e mail angellahodgson@yahoo.co.uk

Small Grants

If the only thing stopping you attending a Socratic Dialogue is finance, please feel free to apply for a small grant to cover your costs. The process is simple and quick and we particularly welcome those who have never attended a Socratic Dialogue before, as well as those in education and the caring professions, students and those living on universal benefits.

Venue Use

Venues - we are always searching for reasonably priced venues throughout the U.K. preferably with availability at the weekend as well as during the week. If your organization has a room to let at preferential rates to charities please let us know.

If you know of anyone who might be interested in participating in a future dialogue, please ask them to email socraticdialogue@sfcg.org.uk and we will add them to our mailing list.

Please note, in keeping with our confidentiality policy, your contact details will not be shared with other people registered with Sfcg or passed on to any other organizations.