



# Congratulations you're booked!

## Essential information

Brilliant. Congratulations you are booked and well on the way to making beautiful sourdough bread.

Your PayPal transaction has successfully completed and a receipt for your purchase has been emailed to you from PayPal.

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 complete the checklist.

If the course is not for you then you can stop reading this... and instead please send this form to the person who is attending the course, making sure to forward the link for the online booking form – which is in the email you were sent when you first booked. We do need the booking form back for details of any allergies and as a health and safety requirement for fire regulations and emergency contact details.

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 and I guess more of a French style classroom/bakery. You will meet my children, they often help out and get paid; we have chickens that roam about in the summer and my postman stops for a chat and gets a chocolate brownie if there is one going. We only teach about 20 classes a year and as small groups because it is fun and I feel this style of informal, hands-on more personal approach to learning, is what makes this so special.

## 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, and getting everything in order and myself ready is unbelievably hectic.

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

## TEA & COFFEE

We have lots of choice and a help yourself policy.

## LUNCH

There is always a vegetarian choice. We have almost all of our entire lunch menu recipes listed on the website. Please do ensure that you check out the recipes for any allergies. We occasionally serve local seasonal smoked, or preserved fish or meat, in general lunch is simple, home-made, seasonal, and based around the bread we are eating. Almost all cheeses are British and unpasteurised, so please do let me know if you are not able to eat unpasteurised cheese. With a few days notice we can provide alternatives.

## 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, we still 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 are fine too and garden but not our living space. No photos of the children please (unless I expressly give permission). Any complaints or worries or loaves not turning out as you want, then do please address to me at the time not broadcast to thousands first... Please connect, share, celebrate and enjoy.

## 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 – see **About**. 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 **What to do in the area?** on the website.

## TAXI

We are in a village so we have an arrangement with two local firms:

KPD 01604 882798 [office@kpdgroup.com](mailto:office@kpdgroup.com) and  
AMBER CARS 01604 232666 [amber-cars@hotmail.co.uk](mailto:amber-cars@hotmail.co.uk)  
Black cabs from the train station can cost a lot more



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

## 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 have already got a copy of our book, and Amazon is unbelievably much less expensive than we can even buy the book for ourselves, so we decided to ask students to bring their own or let us know and we will have some here to buy.

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'd like them signing. Again these are much less expensive if you buy them online as I have to pay wholesale prices when we buy them.

## PETS

This is home. I have one cat in particular who does love to try and make himself comfortable, and dogs, chickens and wildlife. 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 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 and my terrier is a rescue dog and not friendly. Please do not fuss the terrier.



## 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 room 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 we have an office where all bags, coats, hats and personal belongings need to be stored out of the way.

All students are required to wear an apron, and have no rings on hands unless a simple wedding band.

Whilst baking please have hair tied back.

We have a separate hand basin for hand washing.

Over the years I have noticed that accidents tend to happen when things get cluttered. We have to clear the table several times over the day, and each student has an apple crate as a locker, and 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 one small job to make sure that the bakery stays ship shape throughout the day. It is very calm and comfortable, so I ask that students make themselves at home, but also to be mindful of the working space.

## The Sourdough Club pages

Once you have completed the course then 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 private continued support with me, a forum with all other members, and hundreds of articles and features constantly updated with offers and new formulas. You will need to send back photos of your loaves as you practice for any feedback after the course.

## RESEARCH

We have several researchers that work for the School and the papers are available on request. All the studies though, are listed and reference and summarised on the sourdough club pages.

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... although mostly 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.

I really am looking forward to meeting you.

Kindest regards

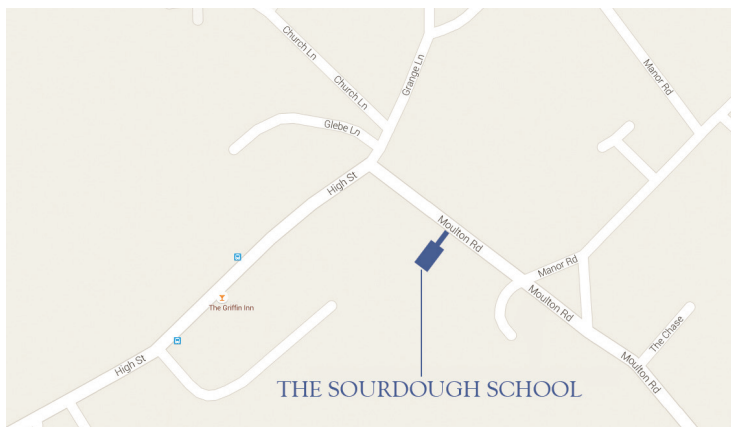
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## ADDRESS & DIRECTIONS

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.

Please use PITSFORD as your destination. Using the SatNavs post code will take you 150 yards up the road or to the wrong village.

From the A508 drive all the way through the village until you come to the first bend. 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 zig zags of the zebra crossing end.

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

## 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 which caused upset to both my neighbours and my students, who have had to leave during the class to re-park their cars. so 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 instance of wing mirrors being knocked off as people drive too fast around the corner, so I suggest parking either on the High Street before you reach the Griffin Pub and walk about 50 yards down and round the corner to us, or try parking further down and round to the left by the church, or on Manor Road, all just 1-2 minutes walk away from the school.



# Final check list

- ☐ Give this document to the person coming on the course.
- ☐ Buy a copy of The Sourdough School Book or let us know you want to buy one when you get here.
- ☐ Fill out the booking confirmation with your information and food preferences online:  
<http://www.sourdough.co.uk/thank-you/>
- ☐ PRINT this document to bring with you. 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 (please refer to website for timings for your course).
- ☐ Bring some extra cash.
- ☐ Bring indoor shoes (and walking shoes for those on a 1 week course).
- ☐ Bring any other books that you would like signing.
- ☐ 2x 200ml pots with a lid and a small bottle with lid for pickles and ferments.
- ☐ A large bag to take your new things home in.
- ☐ A torch – essential in the winter, as it gets very dark.
- ☐ Bring a laptop/ipad/tablet for some light reading in the evenings.

**PLEASE PRINT THIS PAGE**