



St. Margaret's Centre

Supporting people with mental health problems

COURSES



illustration by Doreen

WHAT'S BEEN HAPPENING....

CRAFTERNOON



"A comfortable and friendly place to try new things."

"I look forward to coming to this group every week. It's always good to have a go at something new and it has inspired me to try things at home."

this is me

"Excellent delivery, paced right, enjoyable"
"Most useful employment course yet"



INTRODUCTION TO RECORDER

"A good and simple way to learn the recorder again after 35 years. Have to do another course for the next step. Thank you."

"I enjoyed learning music as I've not had the opportunity to learn music for a long time."

"Learned new skills in music. Class was in harmony with each other."



ANIMALS IN WATERCOLOUR

"I enjoyed painting my dog. I would not have attempted it without this course. Supportive staff."

"Loved learning new techniques for painting fur and eyes. It was good to paint one of my dogs too."



COMING UP IN JANUARY 2018...

Mondays

THE NEXT COURSE WILL BE

INTRODUCTION TO SHABBY CHIC PAINTING

8th January for 4 sessions

10.00am - 12.00pm

**UPHOLSTERY
ROOM**



A small charge of £3 will be made to cover the cost of materials

THE NEXT COURSE WILL BE

'STYLE A STOOL'

**8th January
for 6 sessions**

1.30 - 3.30pm

**UPHOLSTERY
ROOM**

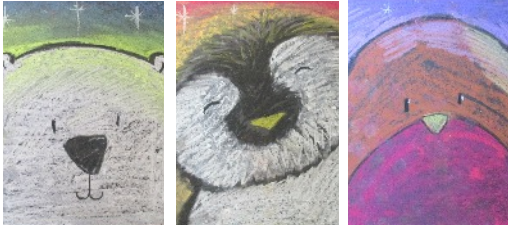


A small charge of £5 will be made to cover the cost of materials

Tuesday

mornings

SEASONAL PASTEL DRAWING



**5th, 12th, 19th
December**

10.00am - 12.00pm

MEETING ROOM 1

What is Pastel Drawing?

Pastel crayons are sticks of pure powdered pigment combined with a binder. The most popular are soft pastels because they produce brighter colours which can be easily blended together and images can be created quickly with no drawing experience necessary.

What are the benefits?

Pastel drawing has become our most popular drawing class because people quickly become immersed in the process - the bright and visually stimulating colours and the sensory stimulation of moving and blending the colours by hand. Stunning results can be achieved surprisingly quickly, and these can be very rewarding, raising self esteem and confidence in abilities. Working in a small and friendly group also has known mental health benefits, helping to build friendships and reduce social anxiety.

What will we be doing?

Each week we will start the class with a demonstration, and a few tips on techniques. Where you go from there is up to you! Artwork will be photographed and you will be able to take home printed Christmas cards which showcase your new skills.

THE NEXT COURSE WILL BE

ONE STROKE PAINTING

9th January

for 6 sessions

10.00am - 12.00pm

ACTIVITIES ROOM



Tuesday

afternoons

CHRISTMAS CAROL SINGING



**5th, 12th, 19th
December**

1.30pm - 3.30pm

MEETING ROOM 1

What are the benefits of Carol Singing?

Singing of any kind will not just lift the spirits - it's good for your physical health as well!

It may not feel like it, but singing is a form of exercise, albeit rather gentle. Filling the lungs with air, increasing the heart rate and getting blood pumping round the body faster can help our physical health.

For the past few years, Heart Research UK has been running a Christmas campaign aimed at getting people singing, simply for the benefit it can bring. Research has also shown that singing releases what is known as the 'pleasure hormone' and it has also been seen to decrease levels of stress hormones like cortisol.

Communal singing, whether it be in a choir, a church service or just a group of friends getting together for a sing song, can help to boost your feelings of well being and raise your self esteem.

What will we be doing?

Well, that's very simple - we will be singing along to popular Christmas carols, enjoying being together and having fun. We will learn how to warm up our voices to start with and then just take it from there! Come along and sing!

THE NEXT COURSE WILL BE

WEAVE

9th January

for 6 sessions

1.30pm - 3.30pm

ACTIVITIES ROOM



Thursday

mornings

CHRISTMAS TREATS



**7th and 14th
December**

10.00am - 12.00pm

MEETING ROOM 1

What is this course about?

This short course is just basically a nice way to spend an afternoon! There's only two sessions before we break up for the Christmas holidays, so we thought we'd spend it creating edible Christmas treats, which you could package nicely and give as gifts to friends and family.

What are the benefits?

Getting together in a small group and being creative has many mental health benefits. Baking and decorating requires full attention and focusing your attention on the sights and smells of your baked creations is almost like an act of mindfulness, helping to relieve more worrying thoughts as you concentrate on something delicious! It can be especially rewarding to bake for others and this is the perfect time to do it! You never know, cake decorating could go on to become a rewarding new hobby of your own.

What will we be doing?

This short two week course is simply a basic introduction to cake decorating. You will be decorating Christmas cupcakes and biscuits using various decorating techniques such as fondant work and piping. These will be displayed in a hand decorated box.

THE NEXT COURSE WILL BE

MANAGING ANXIETY AND LOW MOOD

**11th January for
6 sessions**

10.00 am - 12.00pm

MEETING ROOM 1



Thursday

afternoons

CHRISTMAS PEBBLE PAINTING

DISCOVERABILITY



**7th and 14th
December**

1.30pm - 3.30pm

ACTIVITIES ROOM

What is Pebble Painting

Pebbles and rocks which have been washed smooth by the sea make the perfect 'canvas' for all kinds of artwork. In this series of classes, we will be using acrylic paint, posca pens and fineliners to decorate the surfaces of the pebbles, creating mini masterpieces to take home.

What are the benefits?

Every time you engage in a new or complex activity, your brain creates new connections between brain cells. The brain's ability to grow these connections can continue throughout your lifetime and creating art is known to stimulate this activity, which in turn can increase psychological resilience and resistance to the everyday stresses and problems.

Working in a small and friendly group also has known mental health benefits, helping to build friendships and promote social inclusion.

What will we be doing?

Each week we will explore a different technique for embellishing the pebbles. We can choose to be guided by images provided, or we can get creative and decorate them as we choose. They make ideal personalised Christmas gifts too, so come along and create your own unique gift.

THE NEXT COURSE WILL BE

INTRODUCTION TO RECORDER PLAYING

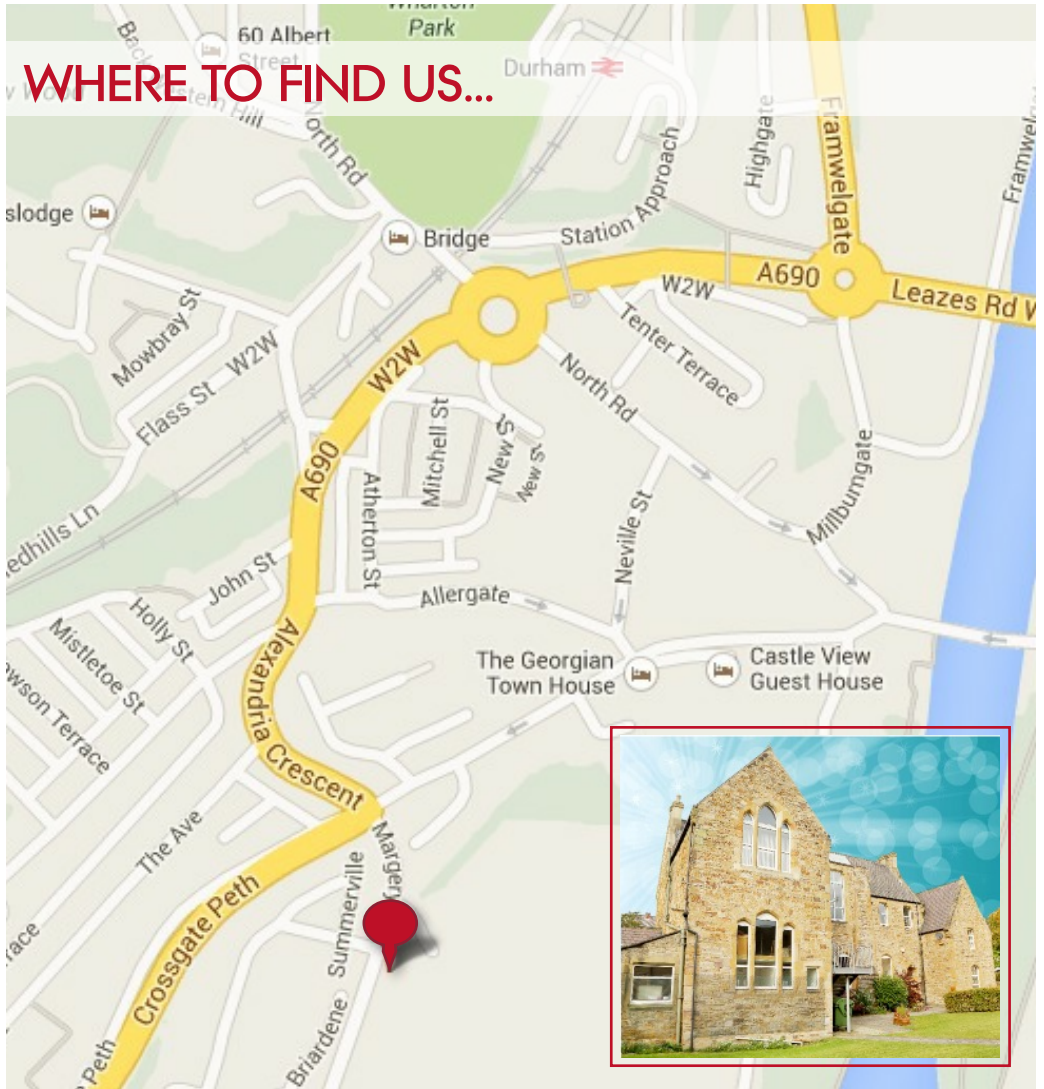
**11th January for
6 sessions**

1.30pm - 3.30pm

ACTIVITIES ROOM



WHERE TO FIND US...



St. Margaret's Centre,
'The Old School'
Priory Orchard,
Margery Lane,
Durham
DH1 4QJ

tel: 0191 3848100

email: enquiries@stmargaretscentre.co.uk

www.stmargaretscentre.co.uk