

CLASSES – MAY

To Book Classes Call: 0191 384 8100

MONDAY 2ND MAY – CLOSED – MAY BANK HOLIDAY

TUESDAY 3RD MAY

All day -

Social day – 9.30am – 4pm – Nicola (Craft Room & Room 3)

(Come and go as you please, 50p tea and coffee charge)

WEDNESDAY 4TH MAY

Morning –

Botanical Monograms – 10am – 12pm – Olwyn (Craft Room)

- Decorate the initial from your name with a floral design using fineliners and watercolours. This exercise can be like a form of meditation, as it requires focus and attention to detail.

Watercolour Plant pot Illustrations – 10am – 12pm – Nicola (Room 3)

- In this class you will learn painting techniques that will help you create a three-dimensional looking object on a two-dimensional surface with shading and blending.

Gardening – 10am – 12pm – Joy (Allotments)

- Potter about in our Allotments, planting bulbs, caring for and maintaining our vegetable and herb patch. Learn to use correct gardening tools and simply unwind out in the fresh air.

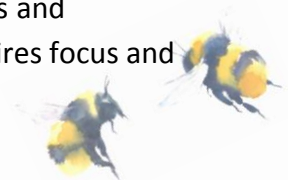
Afternoon –

Watercolour Cards – 1.15pm – 3.30pm – Olwyn (Craft Room)

- Simple line drawings of whimsical scenes to embellish with watercolours, perfect class for our newcomers, not too complicated, allowing time for chatting to help build confidence and self-esteem.

Create your own Scrapbook Course – 1.15pm – 3.30pm – Nicola (Continued - week 3)

- Create your own personalised Scrapbook and allow your personality to shine through. Fill with photographs of fond memories, small personal trinkets and positive affirmations which you can look back on as a distraction which can help ease anxiety and low mood.



CLASSES – MAY

THURSDAY 5TH MAY

All day –

Social day – 9.30am – 4pm – Olwyn (Craft Room & Room 3)

(Come and go as you please, 50p tea and coffee charge)

Joinery Skills Course – Desk Tidy (4 Week Course) – 10am – 4pm – Tony (Workshop)

- Learn skills to create your own desk tidy, including how to design and measure correctly and the best tools for the job.

Afternoon –

Gentle Chair Exercise Class & Healthy Eating – 1.30pm – 3.30pm – Nicola (Room 2)

- A very gentle exercise session to begin the class, helping ease joint stiffness, regain mobility and strengthen muscles. The class is finished off with helpful info on nutritional values and simple healthy recipe ideas.

FRIDAY 6TH MAY

Morning –

Rainbow Painting – 10am – 12pm – Olwyn (Craft Room)

- Studies have shown colours can have an impact on our mood and how we perceive the world, and colour therapy can help relieve anxiety and stress. In this class you will paint animal portraits on top of a pre-printed image using your own choice of vibrant colours.

Recycled Paper Mountainscape Brooch – 10am – 12pm – Nicola (Room 3)

- Learn basic jewellery making skills. Create a brooch by layering trimmed card to give the impression of a 3-dimensional Mountainscape. It will then be finished with a light rub of gold ink to give it an antique look.

Afternoon –

Desert Island Discs 1.15pm – 3.30pm – Olwyn (Room 3)

- Choose 3 songs which have a positive impact on you. We will play each song and you can share a little story on what they mean to you. This is a good team bonding session and allows you to discover more about one another.

Walking Group – 1.15pm – 3.30pm – Nicola (Meet in Room 2)

- A good walk can do wonders for your mental wellbeing. It improves self- perception and self-esteem, mood and sleep quality, and it reduces stress, anxiety and fatigue. This walk is an easy paced, relaxing, short adventure within our local City.

Textiles – 1.30pm – 3.30pm – Isabelle (Craft Room)

- Learn the basics of Sewing, knitting and quilting in this friendly, upbeat and social class. Learn how to use sewing machines and the correct tools and techniques to create wonderful textile pieces whilst expanding your social skills.

Meditation & Level 1 Stress Awareness Course – 2pm – 4pm – Margaret (Continued)

CLASSES – MAY

MONDAY 9TH MAY

Morning –

Exploration of Emotions Course – 10.30am – 12.30pm – Michelle – (Continued – Week 2)

Gardening – 11am – 1pm – Sandra – (Greenhouse/Gardens)

- Learn the basics of weeding, potting and planting bulbs, herbs and flowers and basic upkeep of flowerbeds and greenhouse.

Afternoon –

Scriptwriting & Level 1 Mental Health Awareness – 1pm – 3pm – Michelle (Continued)

Button Mandala Cards – 1.15pm – 3.30pm – Olwyn (Room 3)

- Simple mandala doodling with a button in the centre. Drawing and colouring mandalas can promote relaxation and calm for the nervous system as they require attentiveness and enhanced concentration to produce.

Decorate A Prebuilt Birdbox (£5.00 Charge) – 1.15pm – 3.30pm – Nicola (Craft Room)

- Using decorative papers and paint you will create your own beautifully unique birdbox, which you can take home to brighten up your own garden/yard.

TUESDAY 10TH MAY

All day –

Social day – 9.30am – 4pm – Nicola (Craft Room & Room 3)

(Come and go as you please, 50p tea and coffee charge)

WEDNESDAY 11TH MAY

Morning –

Botanical Monograms – 10am – 12pm – Olwyn (Craft Room)

Watercolour Plant Pot Illustrations – 10am – 12pm – Nicola (Room 3)

Gardening – 10am – 12pm – Joy (Allotments)

Afternoon –

Watercolour Cards – 1.15pm – 3.30pm – Olwyn (Craft Room)

Create Your Own Scrapbook Course – 1.15pm – 3.30pm – Nicola (Continued – Week 4)

CLASSES – MAY

THURSDAY 12TH MAY

All day –

Social day – 9.30am – 4pm – Olwyn (Craft Room & Room 3)

(Come and go as you please, 50p tea and coffee charge)

Joinery Skills Course – Desk Tidy – 10am – 4pm – Tony (Continued – Week 2)

Afternoon –

Gentle Chair Exercise Class & Healthy Eating – 1.30pm – 3.30pm (Room 2)

FRIDAY 13TH MAY

Morning –

Rainbow Painting – 10am – 12pm – Olwyn (Craft Room)

Recycled Paper Mountainscape Brooch – 10am – 12pm – Nicola (Room 3)

Afternoon –

Desert Island Discs 1.15pm – 3.30pm – Olwyn (Room 3)

Walking Group – 1.15pm – 3.30pm – Nicola (Meet in Room 2)

Textiles – 1.30pm – 3.30pm – Isabelle (Craft Room)

Meditation & Level 1 Stress Awareness Course – 2pm – 4pm – Margaret (Continued)

CLASSES – MAY

MONDAY 16TH MAY

Morning –

Ceramic & Glass Painting Course (4 weeks) – 10am – 12.30pm – Rachel (Craft room)

- This course ran by Bishop college will help you relax, unwind and focus. You will produce something that is personalised using creative painting techniques upon ceramic and glass pieces. (This course is free to anyone claiming **means tested benefits**. You **must** bring proof of address i.e., Passport, drivers' licence or a recent utility bill to conform eligibility. Please make a note of the following 3 sessions in your diary)

Exploration of Emotions Course – 10.30am – 12.30pm – Michelle – (Continued – Week 3)

Gardening – 11am – 1pm – Sandra – (Greenhouse/Gardens)

Afternoon –

Scriptwriting & Level 1 Mental Health Awareness – 1pm – 3pm – Michelle (Continued)

Raggy Wreath Course (3 weeks) - 1.15pm – 3.30pm – Nicola (Craft Room)

- You will choose from multiple fabrics which will be cut into strips and tied into knots around your wired frame to create a unique piece. This course will help improve manual dexterity and give you basic skills for creating your own D.I.Y home décor (Please pop yourself onto the following 2 sessions in your diary)

TUESDAY 17TH MAY

All day –

Social day – 9.30am – 4pm – Nicola (Craft Room & Room 3)

(Come and go as you please, 50p tea and coffee charge)

WEDNESDAY 18TH MAY

Morning –

Origami Trinket Box – 10am – 12pm – Nicola (Craft Room)

- Origami is the art of folding paper. You Will create your own unique trinket tray using a choice of patterned papers. This class will help promote sensorimotor skills and frustration tolerance whilst providing you with a sense of calmness.

Gardening – 10 am – 12pm – Joy (Allotments)

Afternoon –

Create your own Scrapbook Course – 1.15pm – 3.30pm (Continued – Week 5)

CLASSES – MAY

THURSDAY 19TH MAY

All day –

Social day – 9.30am – 4pm – Andrea (Craft Room & Room 3)

(Come and go as you please, 50p tea and coffee charge)

Joinery skills Course – Desk Tidy – 10am – 4pm – Tony (Continued – Week 3)

Afternoon –

Gentle Chair Exercise Class & Healthy Eating – 1.30pm – 3.30pm (Room 2)

FRIDAY 20TH MAY

Morning –

Recycled Paper Mountainscape Fridge Magnet – 10am – 12pm – Nicola (Craft Room)

Afternoon -

Walking Group – 1.15pm – 3.30pm – Nicola (Meet in Room 2)

Textiles – 1.30pm – 3.30 pm – Isabelle (Craft Room)

Meditation – 2pm – 4pm – Margaret (Final Class)

CLASSES – MAY

MONDAY 23RD MAY

Morning –

Ceramic & Glass Painting Course – 10am – 12.30pm – Rachel (Continued – Week 2)

Exploration of Emotions Course – 10.30am – 12.30pm – Michelle – (Continued – Week 4)

Gardening – 11am – 1pm – Sandra – (Greenhouse/Gardens)

Afternoon –

Scriptwriting & Level 1 Mental Health Awareness – 1pm – 3pm – Michelle (Continued)

Button Mandala Cards – 1.15pm – 3.30pm – Olwyn (Craft Room)

Raggy Wreath Course – 1.15pm – 3.30pm – Nicola (Continued – Week 2)

TUESDAY 24TH MAY

All day –

Social day – 9.30am – 4pm – Nicola (Craft Room & Room 3)

(Come and go as you please, 50p tea and coffee charge)

WEDNESDAY 25TH MAY

Morning –

Botanical Monograms – 10am – 12pm – Olwyn (Craft Room)

Watercolour Plant Pot Illustrations – 10am – 12pm – Nicola (Room 3)

Gardening – 10 am – 12pm – Joy (Allotments)

Afternoon –

Watercolour Cards – 1.15pm – 3.30pm – Olwyn (Craft Room)

Create your own Scrapbook Course – 1.15pm – 3.30pm – Nicola (Continued – Final Class)

CLASSES – MAY

THURSDAY 26TH MAY

All day –

Social day – 9.30am – 4pm – Olwyn (Craft Room & Room 3)

(Come and go as you please, 50p tea and coffee charge)

Joinery Skills Course - Desk Tidy – 10am – 4pm – Tony (Continued – Final Class)

Afternoon –

Gentle Chair Exercise Class & Healthy Eating – 1.30pm – 3.30pm (Room 2)

FRIDAY 27TH MAY

Morning -

Rainbow Painting – 10am – 12pm – Olwyn (Craft Room)

Recycled Paper Mountainscape Fridge Magnet– 10am – 12pm – Nicola (Room 3)

Afternoon –

Desert Island Discs – 1.15pm – 3.30pm – Olwyn (Room 3)

Walking Group – 1.15pm – 3.30pm – Nicola (Meet in Room 2)

Textiles – 1.30pm – 3.30pm – Isabelle (Craft Room)

CLASSES – MAY

MONDAY 30TH MAY

Morning -

Ceramic & Glass Painting Course – 10am – 12.30pm – Rachel (**Continued – Week 3**)

Exploration of Emotions - Not on this day

Gardening – 11am – 1pm – Sandra – (Greenhouse/Gardens)

Afternoon –

Scriptwriting – Not on this day

Button Mandala Cards – 1.15pm – 3.30pm – Olwyn (Craft Room)

Raggy Wreath Course – 1.15pm – 3.30pm – Nicola (**Continued - Final Class**)

TUESDAY 31ST MAY

All day –

Social day – 9.30am – 4pm – Nicola (Craft Room & Room 3)

(Come and go as you please, 50p tea and coffee charge)

WEDNESDAY 1ST JUNE

Morning –

Botanical Monograms – 10am – 12pm – Olwyn (Craft Room)

Origami Trinket Box – 10am – 12pm – Nicola (Room 3)

Gardening – 10 am – 12pm – Joy (Allotments)

Afternoon –

Rainbow Painting – 1.15pm – 3.30pm – Olwyn (Craft Room)

Recycled Paper Mountainscape Fridge Magnet – 1.15pm – 3.30pm – Nicola (Room 3)

THURSDAY 2ND JUNE – CLOSED – SPRING BANK HOLIDAY

FRIDAY 3RD JUNE – CLOSED – QUEEN'S PLATINUM JUBILEE