

# CLASSES – JULY

To Book Classes Call: **0191 384 8100**

(There is an **attendance fee of 50p per day**, this is to help with cost of materials and hot beverages)

## **MONDAY 4<sup>TH</sup> JULY**

*Morning –*

### **Gardening – 11am – 1pm – Sandra (Shed Area)**

- Learn the basics of weeding, potting, planting bulbs, herbs, and flowers with basic upkeep of flowerbeds and greenhouse/shed. way to unwind and re-energize.

*Afternoon -*

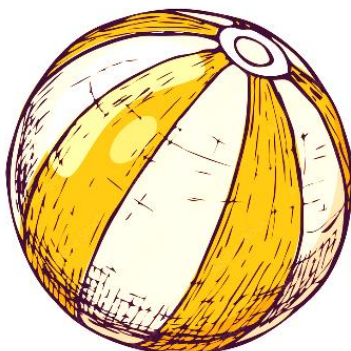
### **Copperplate Calligraphy – 1.15pm – 3.30pm – Olwyn – (Craft Room)**

- The Copperplate script is a very beautiful and dynamic calligraphy style. It does require a fair bit of practice to master it, but this class will start you off gently with the very basics. You will practise the correct use the tools then go onto create basic lettering using copperplate script

### **Fabric Leaf Garland Course – 1.15pm – 3.30pm - Nicola – (Continued – Week 4)**

### **Overcoming Low Mood & Anxiety Course (6-weeks) – 1.30pm – 3.30pm – Andrea (Room 2)**

- In this course you will learn to use coping strategies to overcome problems associated with low mood and anxiety. Using CBT techniques, we help you to think more rationally, instead of allowing negative thoughts to creep in. This can help you take control of your thoughts and let your self-confidence grow, so you can deal with anxious situations in a much calmer way. **(If you book onto this course, please pop the following 5 Monday sessions in your calendar/diary)**



## TUESDAY 5<sup>TH</sup> JULY

*All day -*

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

- Come and go as you please. A gentle introduction into social interaction and a safe place to get on with any hobbies you may have e.g., Painting, drawing, writing, jigsaws, crosswords, knitting. Or just enjoy a nice little chin wag with a cuppa. **You must book your slot on any social day you wish to attend to secure a seat.**

## WEDNESDAY 6<sup>TH</sup> JULY

*Morning –*

### **Watercolour Cards – 10am – 12pm – Olwyn (Craft Room)**

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

### **Buttons and Bits Gift Tags – 10am – 12pm – Nicola (Room 3)**

- You will explore multi medium materials, rustling through crafty bits and bobs to collage together onto pre-made Gift tag templates. These will be ideal for any upcoming events and gift giving. Made with love.

### **Horticulture – 10am – 12pm – Joy (Allotments)**

- Potter about in our Allotments, planting bulbs, caring for and maintaining our vegetable, fruits, and herb patch. Learn to use correct gardening tools and simply unwind out in the fresh air. A great way to feel re-energised and soak in that all important vitamin D.

*Afternoon –*

### **Desert Island Discs – 1.15pm – 3.30pm – Olwyn (Room 2)**

- 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.

### **Scrap Book Making Course – 1.15pm – 3.30pm – Nicola (Continued – Week 3)**

## THURSDAY 7<sup>TH</sup> JULY

*All day –*

### **Social day – 9.30am – 4pm – Olwyn (All Rooms)**

- Come and go as you please. A gentle introduction into social interaction and a safe place to get on with any hobbies you may have e.g., Painting, drawing, writing, jigsaws, crosswords, knitting. Or just enjoy a nice little chin wag with a cuppa. **You must book a slot on any social day you wish to attend to secure a seat.**

### **Joinery Skills Course – Small, Hinged Table (5 Weeks) – 10am – 4pm – Tony (Workshop)**

- In this course you will practice scale drawing, marking out and how to cut different joints. You will also learn how to select and dress timber, how to fit hinges and how to apply finishes to timber. **(If you book onto this course, please remember to pop the following 4 Thursday sessions in your diary)**

*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 healthy eating, nutritional values, and simple healthy recipe ideas.

# CLASSES – JULY

## **FRIDAY 8<sup>TH</sup> JULY**

*Morning –*

### **Positivity Alphabet Poster – 10am – 12pm – Olwyn (Craft Room)**

- Create an A3 collage with a positive message for each letter of the alphabet. This will allow you to explore positive thoughts and feelings and express them on paper.

### **Beginners Phone Photography & Basic Editing - 10am – 12pm – Nicola (Room 3)**

- You will learn the very basics of photography using your built-in mobile phone camera. The class will begin with knowledge on which photography techniques create a great photograph, discussing lighting, perspective, and composition. We will also discuss simple editing techniques using your cameras in-built editing settings. We will then go for a gentle stroll around the centre grounds to put these techniques into practice, taking lots of photographs as we go. We will then go through our camera editing settings and adjust and edit your photographs. **You do not** need any experience in phone photography at all, you will be surprised how much you learn and take away with you in this one class.

*Afternoon –*

### **3D Mandala Turtle Cards 1.15pm – 3.30pm – Olwyn (Room 3)**

- Create a card with a Turtle mandala design. You or the recipient of your card can then cut it out to create a bright and colourful 3D turtle.

### **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 & Relaxation Course – 2pm – 4pm – Margaret – WEA (Continued - Week 4)**

- This course will allow you to focus your attention and eliminate the stream of jumbled thoughts that may be crowding your mind and causing stress. This process may result in enhanced physical and emotional well-being. You will also experience some reflexology and Thai-chi.

## MONDAY 11<sup>TH</sup> JULY

*Morning –*

### **Gardening – 11am – 1pm – Sandra – (Shed Area)**

- Learn the basics of weeding, potting, and planting bulbs, herbs and flowers and basic upkeep of flowerbeds and greenhouse. A great way to unwind and re-energize.

*Afternoon –*

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

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

### **Overcoming Low Mood & Anxiety Course - 1.30pm - 3.30pm - Andrea (Continued-Week 2)**

## TUESDAY 12<sup>TH</sup> JULY

*All day –*

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

## WEDNESDAY 13<sup>TH</sup> JULY

*Morning –*

### **Copperplate Calligraphy – 10am – 12pm – Olwyn (Craft Room)**

- Copperplate script is a very beautiful and dynamic calligraphy style. It does require a fair bit of practice to master it, but this class will start you off gently with the very basics. You will practise the correct use the tools then go onto create basic lettering using copperplate script.

### **Horticulture – 10am – 12pm – Joy (Allotments)**

*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.

## **THURSDAY 14<sup>TH</sup> JULY**

*All day –*

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

**Joinery Skills Course – Small, Hinged Table – 10am – 4pm – Tony (Continued - Week 2)**

## **FRIDAY 15<sup>TH</sup> JULY**

*Morning –*

**3D Mandala Turtle Cards 10am – 12pm – Olwyn (Room 3)**

- Create a card with a Turtle mandala design. You or the recipient of your card can then cut it out to create a bright and colourful 3D turtle.

*Afternoon –*

**Positivity Alphabet Poster – 1.15pm – 3.30pm – Olwyn (Craft Room)**

- Create an A3 collage with a positive message for each letter of the alphabet. This will allow you to explore positive thoughts and feelings and express them on paper.

**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 and Relaxation Course – 2pm – 4pm – Margaret (Continued – Week 5)**

- This course will allow you to focus your attention and eliminate the stream of jumbled thoughts that may be crowding your mind and causing stress. This process may result in enhanced physical and emotional well-being. You will also experience some reflexology and Thai-chi.



# CLASSES – JULY

## MONDAY 18<sup>TH</sup> JULY

*Morning –*

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

- Learn the basics of weeding, potting, planting bulbs, herbs, and flowers with basic upkeep of flowerbeds and greenhouse/shed. A great way to unwind and re-energize.

*Afternoon –*

### **Positivity Alphabet Poster – 1.15pm –3.30pm – Olwyn (Craft Room)**

- Create an A3 collage with a positive message for each letter of the alphabet. This will allow you to explore positive thoughts and feelings and express them on paper.

### **Fabric Leaf Garland Course - 1.15pm – 3.30pm – Nicola (Continued - Week 5)**

### **Overcoming Low Mood & Anxiety Course - 1.30pm - 3.30pm - Andrea (Continued Week 3)**

## TUESDAY 19<sup>TH</sup> JULY

*All day –*

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

## WEDNESDAY 20<sup>TH</sup> JULY

*Morning –*

### **Pictionary – 10am – 12pm – Olwyn (Room 3)**

### **Funky, Abstract Air-dry clay Fridge Magnet – 10am – 12pm – Nicola (Craft Room)**

- Using Air dry clay you will form the base of you magnet and then use clay cut out shapes to build up an abstract pattern to decorate your magnet. You will then decorate with paint in bright bold colours to give it a funky finish.

### **Horticulture – 10 am – 12pm – Joy (Allotments)**

*Afternoon –*

### **Create your own Scrapbook Course – 1.15pm – 3.30pm – Nicola (Continued – Week 4)**

### **Desert Island Discs – 1.15pm – 3.30pm – Olwyn (Room 2)**

## **THURSDAY 21<sup>ST</sup> JULY**

*All day –*

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

**Joinery skills Course – Small, Hinged Table – 10am – 4pm – Tony (Continued - Week 3)**

*Afternoon –*

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

## **FRIDAY 22<sup>ND</sup> JULY**

*Morning –*

**Copperplate Calligraphy – 10am – 12pm – Olwyn – (Craft Room)**

- The Copperplate script is a very beautiful and dynamic calligraphy style. It does require a fair bit of practice to master it, but this class will start you off gently with the very basics. You will practise the correct use of the tools then go onto create basic lettering using copperplate script.

**Express Yourself! Collage/Mood board - 10am – 12pm – Nicola (Room 3)**

- In this relaxed session, you will flick through books and magazines tearing/cutting out images that you feel represent you. You will stick these images down onto A3 card to create a personalised poster. The images can be applied in a neat composition or apply them in an expressive collage style way. This is a great class to really delve in to your positive and creative inner self and express your likes and interests. Magazines will be provided, but please feel free to bring in your own magazines/books/images.

*Afternoon –*

**3D Mandala Turtle Cards 1.15pm – 3.30pm – Olwyn (Room 3)**

- Create a card with a Turtle mandala design. You or the recipient of your card can then cut it out to create a bright and colourful 3D turtle.

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

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

**Meditation and Relaxation Course – 2pm – 4pm – Margaret (Continued - Week 2)**



# CLASSES – JULY

## MONDAY 25<sup>TH</sup> JULY

*Morning –*

### **Gardening – 11am – 1pm – Sandra – (Shed Area)**

- Learn the basics of weeding, potting, and planting bulbs, herbs and flowers and basic upkeep of flowerbeds and greenhouse. A great way to unwind and re-energize.

*Afternoon –*

### **Copperplate Calligraphy – 1.15pm – 3.30pm – Olwyn – (Craft Room)**

- The Copperplate Script is a very beautiful and dynamic calligraphy style. It does require a fair bit of practice to master it, but this class will start you off gently with the very basics. You will practise the correct use of the tools then go on to create basic lettering using copperplate script.

### **Fabric Leaf Garland Course – 1.15pm – 3.30pm – Nicola (Continued - Final Class)**

### **Overcoming Low Mood & Anxiety Course - 1.30pm - 3.30pm - Andrea (Continued-Week 4)**

## TUESDAY 26<sup>TH</sup> JULY

*All day –*

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

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

## WEDNESDAY 27<sup>TH</sup> JULY

*Morning –*

### **Watercolour Cards – 10am – 12pm – Olwyn (Room 3)**

### **Express Yourself! Collage/Mood board – 10am – 12pm – Nicola (Craft Room)**

- In this relaxed session, you will flick through books and magazines tearing/cutting out images that you feel represent you. You will stick these images down onto A3 card to create a personalised poster. The images can be applied in a neat composition or apply them in an expressive collage style way. This is a great class to really delve in to your positive and creative inner self and express your likes and interests. Magazines will be provided, but please feel free to bring in your own magazines/books/images.

### **Horticulture – 10 am – 12pm – Joy (Allotments)**

*Afternoon –*

### **Desert Island Discs – 1.15pm – 3.30pm – Olwyn (Craft Room)**

### **Create Your Own Scrapbook Course – 1.15pm – 3.30pm – Nicola (Continued - Week 2)**

# CLASSES – JULY

## THURSDAY 28<sup>TH</sup> JULY

*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 – Small, Hinged Table – 10am – 4pm – Tony (Continued - Week 4)**

*Afternoon –*

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

## FRIDAY 29<sup>TH</sup> JULY

*Morning -*

**Positivity Alphabet Poster – 10am – 12pm – Olwyn (Craft Room)**

**Funky, Abstract Air-Dry Clay Fridge Magnet - 10am – 12pm – Nicola (Room 3)**

*Afternoon –*

**Pictionary - 1.15pm – 3.30pm – Olwyn (Room 3)**

- Pictionary is a fun, creative team building exercise. This up-beat and energised class will help you build on trust, patience and better your social skills.

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

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

**Meditation and Relaxation Course – 2pm – 4pm – Margaret (Continued - Week 3)**