

CLASSES – AUGUST

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 1ST AUGUST

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. A lovely way to unwind and re-energize.

Afternoon -

Watercolour, Fineliner & Gold Motifs (4 Week Course)- 1.15pm - 3.30pm - Olwyn

- You will create simple abstract watercolour backgrounds with the addition of fine liners and liquid gold paint to make beautiful, decorative motifs.

Forage Through Nature to Collage on Paper – 1.15pm – 3.30pm – Nicola (Room 3)

- In This class you we will forage for natural materials outside, around the Centre grounds to use as art materials. We will then create a rustic and organic looking Collage out of whatever you have foraged. This class is a combination of Nature based and creative therapy.

Overcoming Low Mood & Anxiety – 1.30pm – 3.30pm – Andrea (Continued - Week 5)

TUESDAY 2ND AUGUST

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.**

Afternoon –

Communicating With Makaton Course (10 Week Course) – 1pm – 3pm – Maria – (Room 2)

- Makaton is a unique language programme that uses symbols, signs, and speech to enable people to communicate. With Makaton, signs are used, with speech, in spoken word order. This helps provide extra clues about what someone is saying. Using signs can help people who have no speech or whose speech is unclear. Using symbols can help people who have limited speech and those who cannot or prefer not to sign. **(This course is run by the WEA and requires you to be on a means tested benefit to qualify for this course)**

WEDNESDAY 3RD AUGUST

Morning –

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

- In this class you will decorate a small pre cut MDF shape to take home as a unique piece of home décor.

Watercolour Stained Glass Window – 10am – 12pm – Nicola (Room 3)

- You will learn simple wet on wet watercolour techniques to help bring to life a pre-printed, ornate church window illustration.

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 –

Shading & Crosshatching Course (5 Weeks) – 1.15pm – 3.30pm – Olwyn (Room 2)

- Stunning results can be achieved using a simple crosshatching method with a ballpoint pen. You can transform ordinary illustrations and images or create drawings of your own.

Scrap Book Making Course – 1.15pm – 3.30pm – Nicola (Continued - Final Class)

THURSDAY 4TH AUGUST

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 a slot on any social day you wish to attend to secure a seat.**

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.

FRIDAY 5TH AUGUST

Morning –

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 –

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.

CLASSES – AUGUST

MONDAY 8TH AUGUST

Morning –

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

Afternoon –

Watercolour, Fine liner, & Gold Motifs – 1.15pm – 3.30pm – Olwyn (Continued - Week 2)

Blend & Shade with Coloured Pastels – 10am – 12pm – Nicola (Room 3)

- You will learn the basics of applying pastels to create a 3D like appearance through blending and shading techniques. No skills necessary.

Overcoming Low Mood & Anxiety - 1.30pm - 3.30pm - Andrea (Continued - Final Class)

TUESDAY 9TH AUGUST

All day –

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

Afternoon -

Communicating With Makaton Course – 1pm – 3pm – Maria – (Continued - Week 2)

WEDNESDAY 10TH AUGUST

Morning –

Desert Island Discs – 10am – 12pm – Olwyn (Craft Room)

- 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.

Watercolour Stained Glass Window - 10am – 12pm – Nicola (Room 3)

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

Afternoon –

Shading & Crosshatching Course – 1.15pm – 3.30pm – Olwyn (Continued – Week 2)

DIY Beaded Suncatcher - 1.15pm – 3.30pm – Nicola (Room 3)

- Create a beautiful eye-catching window hanger that bounces glistening light refractions around your room. This class helps to maintain dexterity and hand and eye coordination **(This class is a little bit fiddly as tiny beading, pliers and fine wire is required)**

THURSDAY 11TH AUGUST

All day –

Social day (Private Event – St. Marg's Picnic Day!) – 9.30am – 4pm – (Outside/Craft Room)

- This is a small in-house Picnic themed celebration. **This event is for all our current Attendees and staff only.**

Afternoon -

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

FRIDAY 12TH AUGUST

Morning –

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

Forage Through Nature to Collage on Paper – 10am – 12pm (Room 3)

Afternoon –

Doodle Frog Wrapping Paper – 1.15pm – 3.30pm – Olwyn (Room 3)

- You will cut out foam board in the shape of a frog's body, then using acrylic you will stamp frog's body shapes onto wrapping paper. Once dried, with a fineliner you will doodle onto these shapes with charismatic facial expressions, arms, and legs to create a fun and playful gift wrap.

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

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.

CLASSES – AUGUST

MONDAY 15TH AUGUST

Morning –

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

Afternoon –

Watercolour, Fineliner, and Gold Motifs – 1.15pm – 3.30pm – Olwyn (Continued - Week 3)

Blend & Shade with Coloured Pastels - 1.15pm – 3.30pm – Nicola (Room 3)

Maintaining Emotional Resilience & Wellbeing - 1.15pm - 3.30pm – Andrea (Room 2)

- In this short Course you will gain an understanding of what emotional resilience and wellbeing mean to you. You will learn how to recognise and manage your social network as well as coping techniques to use in a variety of situations.

TUESDAY 16TH AUGUST

All day –

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

Afternoon –

Communicating With Makaton Course – 1pm – 3pm – Maria – (Continued - Week 3)

WEDNESDAY 17TH AUGUST

Morning –

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

DIY Beaded Suncatcher – 10am – 12pm – Nicola (Room 3)

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

Afternoon –

Watercolour Stained Glass Window – 1.15pm – 3.30pm – Nicola (Room 3)

Shading & Crosshatching Course – 1.15pm – 3.30pm – Olwyn (Continued – Week 3)

CLASSES – AUGUST

THURSDAY 18TH AUGUST

All day –

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

Afternoon –

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

FRIDAY 19TH AUGUST

Morning –

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

Forage in Nature to Collage on Paper - 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 – 3.30 pm – Isabelle (Craft Room)

CLASSES – AUGUST

MONDAY 22ND AUGUST

Morning –

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

Afternoon –

Watercolour, Fineliner, & Gold Motifs – 1.15pm – 3.30pm – Olwyn (Continued-Final Class)

Blending & Shading with Coloured Pastels – 1.15pm – 3.30pm – Nicola (Room 3)

Maintaining Emotional Resilience & Wellbeing - 1.15pm - 3.30pm – Andrea (Room 2)

- In this short Course you will gain an understanding of what emotional resilience and wellbeing mean to you. You will learn how to recognise and manage your social network as well as coping techniques to use in a variety of situations.

TUESDAY 23RD AUGUST

All day –

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

Afternoon –

Communicating With Makaton Course (10 Week Course) – 1pm – 3pm – Maria – (Week-4)

WEDNESDAY 24TH AUGUST

Morning –

Doodle Frog Wrapping Paper – 10am – 12pm – Olwyn (Craft Room)

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

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

Afternoon –

Shading & Crosshatching Course – 1.15pm – 3.30pm – Olwyn (Continued – Week 4)

DIY Beaded Suncatcher – 1.15pm – 3.30pm – Nicola (Room 3)

CLASSES – AUGUST

THURSDAY 25TH AUGUST

All day –

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

Afternoon –

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

FRIDAY 26TH AUGUST

Morning -

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

Afternoon –

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

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

MONDAY 29TH AUGUST

- **CLOSED – BANK HOLIDAY**

TUESDAY 30TH AUGUST

All day -

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

Afternoon –

Communicating With Makaton Course – 1pm – 3pm – Maria – (Continued - Week 5)

WEDNESDAY 31ST AUGUST

Morning –

Desert Island Discs – 10am – 12pm – Olwyn (Craft room)

Watercolour Stained Glass Window 10am – 12pm – Nicola (Room 3)

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

Afternoon –

Shading & Crosshatching Course – 1.15pm – 3.30pm – Olwyn (Continued – Final Class)

Forage in Nature to Collage on Paper – 1.15pm – 3.30pm – Nicola (Room 3)

CLASSES – AUGUST

THURSDAY 1ST SEPTEMBER

All day –

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

Afternoon –

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

FRIDAY 2ND SEPTEMBER

Morning –

DIY Beaded Suncatcher – 10am – 12pm – Nicola (Room 3)

Afternoon –

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

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