

JULY CLASSES

To Book Classes Call: **0191 384 8100** or Email: enquiries@stmargaretscentre.co.uk

(There is an **attendance fee of £1 per day**, this is to help with cost of materials and hot beverages)



MONDAY 3RD JULY

Morning –

NEW! C.H.A.M.P Course (3 weeks) 10am – 4pm – Justin (Room 2 – Max. 8ppl)

- “Change, Heal And Be Mentally Prepared” This is a course spread over three sessions which aims to develop an understanding of mental health through increasing self-awareness, awareness of stress, anxiety and depression. Throughout the three sessions you will learn to reflect, build goals, learn about self-regulation, build empathy and family relaxation. We will also look at positive coping strategies to use in challenging situations. This course can be used for yourself or to aid understanding to support a friend or relative.

Afternoon –

 **‘In the shade’ – 1.15pm – 3.30pm – Olwyn (Room 3 – Max. 7ppl)**

- We will learn how to shade with coloured pencils to create highlights and shadows.

Batik Course – 1.30pm – 4pm – Rachael – (Continued – Final Class)

TUESDAY 4TH JULY

Morning –

Gardening – 10am – 12pm – Sandra (Volunteer) - (Meet in Craft Room)

- You will help out with a little weeding, potting plants and bulbs, watering flowers and assisting with the maintenance and upkeep of our flower beds, lawns and hedges. Outdoor activities are proven to help with wellbeing and mental health, so come and potter about, breath in the fresh air and absorb some of that all important Vitamin D.

All day –

Social day – 9.30am – 4pm – Andrea (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. This can be a little busy but tends to be the quieter of the two social days. **You must book your slot on any social day you wish to attend to secure a seat.**



JULY CLASSES

WEDNESDAY 5TH JULY

Morning –

Pebble Painting - 10am - 12pm – Olwyn (Room 3 – Max. 7ppl)

- Our favourite pebble painting class is back! We will use posca pens to decorate large pebbles which can be used as decorative items around the home or garden.

Advance With Dance – 11am – 12.30pm – Sandra (Continued – Week 12)

Afternoon –

Desert Island Discs - 1.15pm – 3.30pm – Olwyn (Craft Room – Max. 12ppl)

- Inspired by the radio show originally presented by Roy Plomley in 1942, now Lauren Laverne on BBC Radio 4. Everyone in the group will be asked to suggest a song or two to play out loud in a group setting and discuss why you've chosen the song and what it means to you. You may just want to come along and listen to others share their music and stories if you prefer. This is a lovely session which allows people to share living experiences and significant memories through their love of music.

Social Brain Training Activities – 1.15pm – 3.30pm – Group effort (Room 3 – Max. 8ppl)

- In this relaxed, social activity you will be given an array of brain exercises such as quizzes, trivia, crosswords, picture puzzles. Brain training exercises help boost memory, cognition, and creativity. This will be a team effort and a lovely bonding activity where you all share your knowledge, whilst socialising in a warm and friendly atmosphere whilst enjoying a warm cuppa. Please feel free to bring in your own activities to share with the group.

THURSDAY 6TH JULY

(Busy day)

All day -

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

- Come and go as you please. A day for 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. We encourage you to bring your own projects to get on with if you would like to keep yourself busy. This can be a very busy and quite noisy day. **You must still book a slot on any social day you wish to attend to secure a seat.**

NEW! Beginners Joinery Course (3 Weeks) - 10am - 3.30pm - Tony (Workshop - Max 5ppl)

- This is a gentle and simplified introduction into joinery, for those who have zero or very little experience. You will learn the basic technical skills to cut, assemble and finish a small wooden project to take away with you once completed **(If you book onto this course, please pop the following 2 joinery sessions in your diaries)**

JULY CLASSES

FRIDAY 7TH JULY

(Very busy day)

Morning –

Animals With Flower Crowns - 10am – 12pm – Olwyn (Room 2 – Max 8ppl)

- A whimsical journey into collage where we will create 3D flower crowns to adorn the heads of animals.

Linus Project - 10am – 12pm – Isabelle & Debbie (Craft Room – Max 10ppl)

- Project Linus is a volunteer organisation. We aim to provide a sense of security and comfort to sick and traumatised babies, children, and teenagers through the provision of new home-made patchwork quilts and knitted blankets. No sewing skills or experience is required, you will learn new skills as you go.

Afternoon –

Dry Brush Painting - 1.15pm - 3.30pm - Olwyn (Room 2 – Max 8ppl)

- An effective technique using acrylic paint on black paper to achieve stunning and unexpected results.

Walking Group – 1.15pm –3.30pm – Nicola (Meet in Room 3 – Max. 6ppl)

- We will adventure out into our wonderful City, exploring the ‘nooks & crannies’ of Durham. This is a nice relaxed paced walk, with only slight inclines and as little stairs as possible (but to be expected in “Hilly” Durham) The walks usually take between 90mins to 2hrs depending on the route and individuals’ mobility. The walks are weather permitted, you will be contacted by lunchtime if the walk has been cancelled due to unsettling conditions. **Please bring your own water/juice bottle to hydrate, and wear appropriate footwear and clothing. Waterproofs and umbrellas are good to bring along, incase of a downpour whilst out on the walk.**

Textiles – Unfinished Projects - 1.30pm - 3.30pm – Isabelle, Meg & Alison (Volunteers) - (Craft Room – Max 12ppl)

- This session is for completion of any unfinished projects that you may have started in previous textile classes. You may also bring in items for alterations or for mending, which you will be encouraged to try yourself with the support of the tutors.

JULY CLASSES

MONDAY 10TH JULY

Afternoon –

Watercolour Illustrations – 1.15pm – 3.30pm – Olwyn (Craft Room – Max. 12ppl)

- In this therapeutic beginner class, you will learn watercolour techniques such as how to delicately apply watercolours to bring a preprinted illustration to life.

TUESDAY 11TH JULY

Morning –

Gardening – 10am – 12pm – Sandra (Volunteer) - (Meet in Craft Room – Max. 6ppl)

All day –

Social day – 9.30am – 4pm – Nicola (All Rooms)

WEDNESDAY 12TH JULY

Morning –

Animals with Flower Crowns – 10am – 12pm – Olwyn (Room 2 – Max 8ppl)

Advance With Dance – 11am – 12.30pm – Sandra (Continued – Week 13)

Afternoon –

Sea Glass Tree of Life – 1.15pm – 3.30pm – Olwyn (Craft Room – Max. 10ppl)

- We will use tiny fragments of sea glass to adorn the branches of a tree to create a 3D piece of art depicting the tree of life.

Yarn Wrapped Centre Pieces - 1.15pm - 3.30pm – Rachel (Volunteer) - (Room 2-Max. 8ppl)

JULY CLASSES

THURSDAY 13TH JULY

(Busy day)

All day –

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

Beginners Joinery Course – 10am – 3.30pm – Tony (Continued – Week 2)

FRIDAY 14TH JULY

(Very busy day)

Morning –

Pebble Painting – 10am – 12pm – Olwyn (Room 2 – Max. 8ppl)

Linus Project - 10am – 12pm – Isabelle & Debbie (Craft Room – Max. 10ppl)

Afternoon –

Desert Island Discs - 1.15pm - 3.30pm - Olwyn (Room 2 – Max. 8ppl)

Walking Group – 1.15pm – 3.30pm – Nicola (Meet in Room 3 – Max. 6ppl)

**Textiles (Dungarees) – 1.30pm – 3.30pm – Isabelle, Meg & Alison (Volunteers) –
(Craft Room – Max. 12ppl)**

- Throughout July you will be making your own made to measure spaghetti strap Dungarees. You will pick from a choice of fabrics which will be cut to shape and then sewn together using a sewing machine. If you have never used or have little experience on a sewing machine, one of our lovely tutors will happily train you up.

JULY CLASSES

MONDAY 17TH JULY

All Day-

CENTRE CLOSED FOR MAINTENANCE (unless you are on C.H.A.M.P Course)

C.H.A.M.P Course - 10am – 4pm – Justin (Continued – Week 2)

TUESDAY 18TH JULY

Morning –

Gardening – 10am – 12pm – Sandra (Volunteer) - (Meet in Craft Room – Max. 6ppl)

All day –

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

WEDNESDAY 19TH JULY

Morning –

Animals With Flower Crowns – 10am – 12pm – Olwyn (Room 2 – Max. 8ppl)

Advance With Dance – 11am – 12.30pm – Sandra (Continued – Week 14)

Afternoon –

Desert Island Discs – 1.15pm – 3.30pm – Olwyn (Craft Room – Max. 12ppl)

Social Brain Training Activities – 1.15pm – 3.30pm – Group effort (Room 3 – Max. 8ppl)

JULY CLASSES

THURSDAY 20TH JULY



Summer Party!!! – 10am -2pm – (Craft Room & Outside Lawn)

Come along and join us on for our annual summer party. There will be outdoor games, music, raffle, and nibbles. Please feel free to bring your own games, food, and drinks if you wish. This is for our current attendees only and is free of charge.



FRIDAY 21ST JULY

(Very busy day)

Morning –

Dry Brush Painting – 10am – 12pm – Olwyn (Room 2 – Max. 8 ppl)

Linus Project - 10am – 12pm – Isabelle & Debbie (Craft Room – Max. 10ppl)

Afternoon –

'In The Shade' – 1.15pm – 3.30pm – Olwyn (Room 2 – Max. 8ppl)


Walking Group - 1.15pm – 3.30pm - Nicola (Meet in Room 3 – Max. 6ppl)

**Textiles (Apron) – 1.30pm – 3.30pm – Isabelle, Meg & Alison (Volunteers) –
(Craft Room – Max. 12ppl)**

JULY CLASSES

MONDAY 24TH JULY

Afternoon –

 **Animals With Flower Crowns - 10am - 12pm – Olwyn (Craft Room – Max. 12ppl)**

C.H.A.M.P Course - 10am – 4pm – Justin (Continued – Final Class)

TUESDAY 25TH JULY

Morning –

Gardening – 10am – 12pm – Sandra (Volunteer) - (Meet in Craft Room – Max. 6ppl)

All day –

Social day – 9.30am – 4pm – Nicola (All Rooms)

WEDNESDAY 26TH JULY

Morning –

'In The Shade' – 10am – 12pm – Olwyn (Room 2 – Max. 8ppl)

Advance With Dance – 11am – 12.30pm – Sandra (Continued – Week 15)

Afternoon –

Dry Brush Painting - 1.15pm – 3.30pm – Olwyn – (Craft Room – Max. 12ppl)

Yarn Wrapped Centre Pieces - 1.15pm - 3.30pm - Rachel (Volunteer) - (Room 2-Max. 8ppl)

JULY CLASSES

THURSDAY 27TH JULY

(Busy day)

All day –

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

Joinery Course – 10am – 3.30pm – Tony (**Final Session**)

FRIDAY 28TH JULY

(Very busy day)

Morning –

Watercolour Illustrations - 1.15pm – 3.30pm – Olwyn (Room 2 – Max. 8ppl)


Linus Project - 10am – 12pm – Isabelle & Debbie (Craft Room – Max. 10ppl)

Afternoon –

Desert Island Discs – 1.15pm – 3.30pm – Olwyn (Room 2 – Max. 8ppl)

Walking Group – 1.15pm – 3.30pm – Nicola (Meet in Room 3)

Textiles (Dungarees) – 1.30pm – 3.30pm – Isabelle, Meg & Alison (Volunteers) –
(Craft Room – Max 10ppl)

Classes with this symbol -  are dedicated, quieter sessions. Anybody can join them, but they are designed to be inclusive of neurodivergent individuals who may struggle to access our standard sessions.