

MARCH CLASSES

Please read carefully.

Hello,

We hope this letter finds you well.

Enclosed you will find the latest timetable of activities for February 2024. We will be taking bookings for these activities via phone call or email from **9:30am** on **Monday 26th February**. Please do not phone us to try booking before this date and time. You will find our contact number and email address on the front page of your timetable.

Our new attendance fee is now £1 Per Session. Your attendance fee charge goes back to the Centre and helps towards cost of materials and use of tea and coffee facilities in our craft room, throughout the day, your contribution is much appreciated.

We would like to reiterate some of our rules with regards to classes. Please turn up to your class **on time** especially if you are already on the premises, unless you have called to say you are running late. **Do not eat food or leave to go for a cigarette during classes**, this can be very disruptive for other attendees and the instructor. You are all given a **15-minute break halfway through your classes** to eat, make a beverage and smoke.

If you are booked onto any class and cannot make it for whatever reason you must call the centre to inform us of this as early as possible, so that we can offer the space to somebody else.

Remember, **you need to book to attend Social Days** as well as regular craft classes, to guarantee you have a seat.

We look forward to seeing you.

Warmest wishes from all the staff at St. Margarets Centre.

MARCH CLASSES



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

(There is an **attendance fee of £1 per session**)



MONDAY 4TH MARCH

Morning –


Makaton Course – 10am – 12pm – Maria – WEA - (Continued - Week 7)

Chatty Café Drop In - 10am – 11am – Liz - Volunteer – (The Old School Café)

- Are you feeling isolated and in need of a little chat and some friendly company? Then we welcome you to pop into The Old School Café, where one of our lovely volunteers will be there waiting. You can have a lovely chit chat or maybe play some board games. Hopefully this little drop in will leave you feeling a little brighter.

Afternoon -

Chatty Café Drop In - 1pm – 2pm – John - Volunteer – (The Old School Café)

 **Tissue Box Covers (£1 fee) - 1.15pm – 3.30pm – Olwyn - (Craft Room – Max. 12ppl)**

- Create your own decorative tissue box cover for a vibrant centre piece in your home. You will design your own patterns and apply colourful posca paint pens to black card; the card will then be constructed into a removable cover for your tissue box. **(A new box of tissues will be provided)**

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TUESDAY 5TH MARCH

All day –

Social Day – 9.30am – 4pm – (Craft Room)

- 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.

You must still book a slot on any social day you wish to attend to secure a seat.

Afternoon -

Meditation & Mindfulness – 1.15pm – 3.30pm – Margaret – WEA - (Continued – Week 7)

“Knit Happens”- 1.15pm - 3.30pm - Gail (The Old School Café – Max. 8ppl)

- Our “Knit Happens” sessions are for new and experienced knitters alike. Feel free to bring your own knitting projects or simply turn up without so much as a knitting needle where we'll help you to begin knitting squares to make into a blanket. No experience is required to join, and equally, accomplished Knitters are welcome too. These sessions will be held every week in our Café situated on the ground floor of our Centre. **You will still need to book onto these sessions as there is limited space.**

WEDNESDAY 6TH MARCH

Morning –

Botanical Watercolour Course (3 Weeks) 10am – 12pm – Olwyn – (Craft Room Max. 12ppl)

- You will be observing and drawing real life botanical elements from nature to the background of a woodland soundtrack, helping to create a relaxing ambience. **If you book onto this course, please pop the following 2 Sessions in your diary. No Class on Wednesday 19th will continue Wednesday 27th.**

Afternoon –

“In The Shade” Drawing Course (2 Weeks) - 1.15pm – 3.30pm – (Craft Room – Max. 14ppl)

- This drawing course will go over shading techniques using pencils. In this first session you will learn how to draw hair, focusing on its shine and building texture with strands. **If you book onto this course, please pop the 2nd Session in your diary.**

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THURSDAY 7TH MARCH

(Busy Day)

All day –

Social Day – 9.30am – 4pm – (Craft Room)

Afternoon -

NEW! Introduction to Decoupage (4 Weeks) - 1.15pm- 3.30pm - Janet & Pam (Room 2)

- Decoupage is the art of enhancing an object using decorative paper. Popular in the Victorian times but was around much earlier. In this 1st session we will practise the basic mechanics of decoupage on a flat surface to produce a decorative bookmark. **If you book onto this course, please pop the following 3 weeks in your diary.**

FRIDAY 8TH MARCH

(Very busy day)

Morning –

“All Stacked up” – 10am – 12pm – Olwyn – (Room 2 - Max.8ppl)

- You will be drawing simple line illustrations of dogs with different personalities and characteristics. These will be stacked up one behind the other to create a fun illustration.

Textiles For Charities “Dress A Girl Around the World” (3 Week Project) - 10am – 12pm – Meg, Debbie & Gail – Volunteers - (Craft Room - Max. 10ppl)

- Dress a Girl Around the World - UK, aims to provide the very best new dresses made especially by you for children living in poverty around the world. Our lovely volunteers will show you the skills to create simple dress patterns and guide you through sewing and finishing a lovely new dress. No skills necessary to join these sessions, but a little sewing experience would be beneficial. **If you book onto this project, please pop the following 2 Fridays in your diary.**

Afternoon –

Floral Splatter Illustrations - 1.15pm - 3.30pm - Olwyn - (Room 2 - Max. 8ppl)

- You will create a beautiful floral illustration using a wet on wet and splatter technique with watercolour paints. A fun, experimental and therapeutic session.

Textiles Group “Sewing Accessories” (3 Week Course) - 1.30pm - 3.30pm - Meg, Alison & Gail - Volunteers - (Craft Room – Max.10ppl)

- In this course you will learn Embroidery, hand stitching and machine stitching. Some basic hand sewing skills would be beneficial, but no experience is needed as you will be guided by our wonderful and experienced volunteers along the way. **If you book onto this course, please pop the following 2 Fridays in your diary.**

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MONDAY 11TH MARCH

Morning –

Chatty Café Drop In - 10am – 11am – Liz - Volunteer – (The Old School Café)

Makaton Course – 10am – 12pm – Maria – WEA - (Continued – Final Session)

Afternoon –

Chatty Café Drop In – 1pm – 2pm – John - Volunteer – (The Old School Café)

 **“All Stacked Up” – 1.15pm – 3.30pm – Olwyn - (Craft Room - Max. 14ppl)**

TUESDAY 12TH MARCH

All Day –

Social Day – 9.30am – 4pm – (Craft Room & Room 2)

Afternoon –

Meditation & Mindfulness – 1.15pm – 3.30pm – Margaret – WEA - (Continued – Week 8)

“Knit Happens” – 1.15pm – 3.30pm – Gail - Volunteers – (The Old School Café)

WEDNESDAY 13TH MARCH

Morning –

 **Botanical Watercolour Course – 10am – 12pm – Olwyn – (Continued – Week 2)**

Afternoon –

“In The Shade” Drawing Course - 1.15pm – 3.30pm – (Continued - Final Class)

- In this second session you will apply shading techniques using pencils to draw realistic eyes.

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THURSDAY 14TH MARCH

(Busy day)

All day –

Social Day – 9.30am – 4pm – (Craft Room & Room 2)

Afternoon –

Introduction to Decoupage - 1.15pm - 3.30pm - Janet & Pam - (Continued - Week 2)

FRIDAY 15TH MARCH

(Very busy day)

Morning –

Desert Island Discs – 10am – 12pm – Olwyn – (Room 2 - Max.8ppl)

Textiles For Charities “Dress A Girl Around the World” - 10am – 12pm – Meg, Debbie & Gail - Volunteers - (Continued – Week 2)

Afternoon –

Sculpted Flower Wall Art Course (2 Weeks) - 1.15pm - 3.30pm - Olwyn (Room 2 Max. 8ppl)

- Stunning 3D sculptural effects can be created by piping a mixture of Polyfilla and water onto a pre-drawn image of a flowerhead. You will smooth it gently into shape with a paintbrush to create each textured petal. This is a slow, sensory craft with brilliant results we are sure you'll be proud of.

Textiles Group “Sewing Accessories” - 1.30pm - 3.30pm – Meg, Alison & Gail - Volunteers - (Continued - Week 2)

MARCH CLASSES


MONDAY 18TH MARCH

Morning –

Chatty Café Drop In - 10am – 11am – Liz – Volunteer – (The Old School Café)

Afternoon –

Chatty Café Drop In – 1pm – 2pm – John – Volunteer – (The Old School Café)

 **Floral Splatter Illustrations - 1.15pm – 3.30pm – Olwyn – (Craft Room – Max. 12ppl)**

TUESDAY 19TH MARCH

Morning –

Social Day – 9.30am – 4pm – (Craft Room)

IT'S BACK! Gardening Group – 10am – 12pm – Sandra (Volunteer) – (Meet in Craft Room)

- You will help with a little weeding, potting plants, and bulbs, watering flowers and assisting with the maintenance 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.

Afternoon –

Meditation & Mindfulness - 1.15pm - 3.30pm – Margaret – WEA - (Continued – Week 9)

“Knit Happens” – 1.15pm – 3.30pm – Gail – Volunteers - (The Old School Café)

WEDNESDAY 20TH MARCH

All Day –

Social Day – 9.30am – 4pm (Craft Room – Max. 20ppl)

IT'S BACK! Horticulture Group – 10am – 12pm – Joy - (Volunteer) - (Allotments)

- You will assist in the general upkeep of our allotment, helping with digging, planting fresh bulbs, weeding, and maintaining the grounds. You will help grow fresh produce such as fruit, vegetables, and herbs as well as growing flowers, whilst learning new skills as you go. 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

Afternoon –

Maintaining Emotional Resilience – 1.30pm – 3.30pm – Andrea - (Room 2 – Max. 8ppl)

- In this session we will talk about what emotional resilience and wellbeing means to each of us. We will discuss a variety of coping techniques, learn how to build our social support network, and put it all together in a personal wellbeing plan.

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THURSDAY 21ST MARCH

(Busy day)

All day –

Social day – 9.30am – 4pm - (Craft Room & Room 2)

Afternoon –

Introduction to Decoupage - 1.15pm - 3.30pm - Janet & Pam - (Continued - Week 3)

FRIDAY 22ND MARCH

(Very busy day)

Morning –

Tissue Box Cover (£1 Fee - Tissue Box Provided) -10am - 12pm - Olwyn (Room2- Max.8 ppl)

**Textiles For Charities “Dress A Girl Around the World” - 10am - 12pm – Meg, Debbie & Gail
(Continued – Final Class)**

Afternoon –

Sculpted Flower Wall Art Course - 1.15pm - 3.30pm - Olwyn (Continued – Final Class)

- In this 2nd session of the course, you will be finalising your artwork by applying a pop of colour to your dry sculpted flowers using acrylics, bringing your art pieces to life!

**Textiles Group “Sewing Accessories” - 1.30pm - 3.30pm - Meg, Alison & Gail - Volunteers –
(Continued – Final Class)**

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MONDAY 25TH MARCH

Morning –

Chatty Café Drop In - 10am – 11am – Liz – Volunteer – (The Old School Café)

Afternoon –

Chatty Café Drop In – 1pm – 2pm – John – Volunteer – (The Old School Café)

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

TUESDAY 26TH MARCH

Morning –

Social Day – 9.30am – 4pm – (Craft Room)

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


Afternoon –

Meditation & Mindfulness Course - 1.15pm - 3.30pm – Margaret - **(Continued – Week 10)**

“Knit Happens” – 1.15pm – 3.30pm – Gail – Volunteers - (The Old School Café)

WEDNESDAY 27TH MARCH

Morning –

 **Botanical Watercolour Course – 10am – 12pm – Olwyn – **(Continued – Final Class)****

Horticulture Group – 10am – 12pm – Joy - (Volunteer) - (Allotments)

Afternoon –

Floral Splatter Illustrations – 1.15pm – 3.30pm – Olwyn - (Craft Room - Max. 12ppl)

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THURSDAY 28TH MARCH

(Busy day)

All day –


Social day – 9.30am – 4pm – Olwyn - (Craft Room & Room 2)

Afternoon-

Introduction to Decoupage– 1.15pm – 3.30pm – Janet & Pam – (Final Session)

FRIDAY 29TH MARCH

CENTRE CLOSED - GOOD FRIDAY

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.

(Up to a Maximum of 14ppl in a room)