

APRIL CLASSES

Please read carefully.

Hello,

We hope this letter finds you well.

Enclosed you will find the latest timetable of activities for April 2024. We will be taking bookings for these activities via phone call or email from **9.30am** on **Monday 25th March**. 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.

APRIL 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 1ST APRIL – CENTRE CLOSED

TUESDAY 2ND APRIL

Morning –

Social Day – 9.30am – 4pm – (Craft Room & Room 2 - Max. 28ppl)

- 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, but we have an array of arts and crafts materials to get you inspired.

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

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 -

“Knit Happens” - 1.30pm - 3.30pm - Gail (Volunteer) - (The Old School Café)

- 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 will 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 3RD APRIL

Morning –

Clay Owl Paintbrush Rest (2 Weeks) – 10am – 12pm – Olwyn - (Room 2 – Max. 12ppl)

- To keep your paintbrushes in perfect condition, it's a good idea to let them lie on a brush rest while you work. We will make these out of clay, and they will be embellished with a cute little owl. **If you book onto this course, you must be able to attend BOTH sessions as it is a two-week process, with drying time in between.**

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 –

Drawing With Pastels – 1.15pm – 3.30pm – Olwyn – (Craft Room Max. 14ppl)

- Dramatic results can be achieved by blending pastel chalks on paper, observing light and dark to add stunning effects whilst enjoying the sensory nature of this medium. No drawing experience is needed – just come along and immerse yourself in the process.

THURSDAY 4TH APRIL

(Busy Day)

All day –

Social Day – 9.30am – 4pm – (Craft Room & Room 2 - AM only Max. 28ppl)

Afternoon -

“Crafternoon” Paper Flowers (4 weeks) - 1.15pm- 3.30pm - Janet & Pam (Rm 2- Max. 7ppl)

- Over the next 4 weeks we'll be making a range of paper flowers. Each session will cover a new technique and process using several different materials. This will be including tissue, crepe paper, buttons, wire, and decorative card. You'll be guided through each process and at the end of the course ready to create your own everlasting, floral arrangement. In addition to this, we'll be making a spring themed, decorative garland. This will be displayed on St. Margaret's front door until the beginning of summer. Join us for this fun, relaxed Crafternoon where everyone's welcome. **If you book onto this course, pop the following 3 Thursdays in your diary.**

APRIL CLASSES

FRIDAY 5TH APRIL

(Very busy day)

Morning –

Tangled Gemstones – 10am – 12pm – Olwyn – (Room 2 - Max.8ppl)

- In this class we will use our new high quality, easy to blend coloured pencils, to create realistic gemstones nested within a 'Zentangle' inspired border, drawn with Fineliners.

NEW! Textiles For Charities “Pachamama Project” (4 Week Project) - 10am - 12pm - Debbie, Alison, Isabelle (Volunteers) - (Craft Room - Max. 10ppl)

- The Pachamama Project is a volunteer-run, not-for-profit organisation growing a global network of volunteers to make reusable sanitary pads for refugees around the world dealing with period poverty. In this Course you will be using your sewing skills to create individual bags for these reusable sanitary pads. **This course is aimed at those with previous sewing skills, both hand and machine.** If you book onto this project, please pop the following 3 Fridays in your diary. It is very important you turn up to your first session, with the first session being the most informative.

Afternoon –

“Street Life” - 1.15pm - 3.30pm - Olwyn - (Room 2 - Max. 8ppl)

- Learn how to create the impression of people walking in a bustling street, with hats and handbags, walking sticks, umbrellas and even dogs. You will be amazed how this simple watercolour trick can achieve such realistic results!

NEW! Textiles Group “Memory Bears” (4 Week Course) - 1.30pm - 3.30pm – Alison & Gail (volunteers) - (Craft Room – Max.7ppl)

- Memory Bears are made by hand, using material supplied by yourself. They can be made from loved ones clothes or material that is sentimental to you. Be it a baby's first baby-grow, a metre of fabric left over from a wedding dress, a leavers school cardigan, your lucky dance costume, a team's football strip or even a jumper of a special person that you have lost, your Memory Bear will be unique & something to cherish. **Please bring some of your own personal fabrics/Materials/old clothes to the course, but fabrics and materials will also be provided.** If you book onto this course, pop the following 3 Fridays in your diary. It is very important you turn up to your first session, with the first session being the most informative.

APRIL CLASSES

MONDAY 8TH APRIL

Morning –

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)

Sculptured Flower Mural (2 Weeks) - 1.15pm - 3.30pm - Olwyn - (Craft Room - Max. 10ppl)

- 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 your piped mixture gently onto a panel of wood, shaping it 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. **If you book onto this course, you must be able to attend BOTH sessions as it is a two-week process, with drying time in between.**

TUESDAY 9TH APRIL

Morning –

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

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

Afternoon –

NEW! Meditation & Mindfulness (12 Weeks)- 1.15pm - 3.30pm - Margaret - (Rm.2 - Max.9)


- This meditation and mindfulness course is ideal if you want to learn to relax, be present, and alleviate stress in your life. Meditation courses teach us to recognise the importance of conscious thought in our everyday lives. Develop concentration strategies to help focus your mind. Understand the principles of mindfulness. Learn to block out intrusive thoughts and enjoy the present moment. **This course is free to those on means tested benefits. If you book onto this course, please attend every session, when possible. If you miss three sessions in a row you will be withdrawn.**

“Knit Happens” – 1.30pm – 3.30pm – Gail (Volunteer) – (The Old School Café)

APRIL CLASSES

WEDNESDAY 10th APRIL

Morning –

 Clay Owl Paintbrush Rest – 10am – 12pm – **(Continued – Final Session)**

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

Afternoon –

“Springtime” Dry Brush Painting - 1.15pm – 3.30pm – Olwyn – (Craft Room – Max. 14ppl)

- In this class you will learn an effective painting technique where small amounts of paint are applied to a brush and gently brushed back and forth across paper without applying any water at all throughout. This gives an old traditional appearance to your paintings.

THURSDAY 11th APRIL

(Busy day)

All day –

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

DIY Gift Tags - 10am – 12pm – Marie & Sarah (Volunteers) – (Room 2 – Max.6ppl)

- In this laid back and crafty session, you will be creating your own personalised gift tags using an array of craft materials such as gems, buttons, ribbon and more. You will have the freedom to design them to your own personal taste.

Afternoon –

“Crafternoon” Paper Flowers - 1.15pm - 3.30pm - Janet & Pam - **(Continued - Week 2)**

FRIDAY 12TH APRIL

(Very busy day)

Morning –

Drawing With Pastels – 10am – 12pm – Olwyn – (Room 2 - Max.8ppl)

“Pachamama Project” - 10am - 12pm - Debbie, Gail, Alison, Isabelle - (Continued - Week 2)

Afternoon –

“Metallica” (2 Weeks) - 1.15pm - 3.30pm - Olwyn (Room 2 Max. 8ppl)

- Using a combination of traditional watercolours and striking metallic watercolours, we will apply some dazzling details to pre-drawn images of butterflies, hummingbirds, and dragonflies. **If you book onto this course, you must be able to attend BOTH sessions, as it is a two-week process, with drying time in between.**

IT'S BACK! Walking Group - 1.30pm - 3pm - Nicola (Meet in The Old School Café - 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 few stairs as possible (but to be expected in “Hilly” Durham) The walks usually take around 90mins 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 adverse conditions. **Please bring your own water/juice bottle to hydrate or purchase a drink from our Café and wear appropriate footwear and clothing. Waterproofs and umbrellas are good to bring along, in case of a downpour whilst out on the walk or Sunscreen if it is a warm, sunny day.**

Textiles “Memory Bears” - 1.30pm - 3.30pm – Alison & Gail - (Continued - Week 2)

APRIL CLASSES


MONDAY 15TH APRIL

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)

 **Sculpted Flower Mural - 1.15pm – 3.30pm – Olwyn – (Continued – Final Session)**

TUESDAY 16TH APRIL

Morning –

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

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

Afternoon –

Meditation & Mindfulness - 1.15pm - 3.30pm – Margaret – WEA - (Continued – Week 2)

“Knit Happens” – 1.30pm – 3.30pm – Gail (Volunteer) - (The Old School Café)

WEDNESDAY 17TH APRIL

Morning –

NEW! “Step Forward and Dance” (7 Weeks) - 10am - 11am – Jade - (Craft Room Max. 8ppl)

- Health and physical well-being needs are met through engaging dynamic forms of exercise, enabling participants to have fun, improve physical fitness and raise self-esteem. Participants are taught the elements of dance disciplines not only to increase skills and knowledge of dance but also to encourage the development of the psychology and physiology relevant to embracing physical exercise as part of everyday activity. This course provides a beneficial impact upon the participants such as increased community cohesion, resulting in a reduction of isolation and improved resilience. **If you book onto this course, please pop the following 6 Wednesdays in your diary.**

Tangled Gemstones - 10am – 12pm – Olwyn – (Room 2 – Max. 8ppl)

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

Afternoon –

“Street Life” - 1.15pm – 3.30pm – Olwyn – (Craft Room – Max. 14ppl)

APRIL CLASSES

THURSDAY 18TH APRIL

(Busy day)

All day –

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

Afternoon –

“Crafternoon” Paper Flowers - 1.15pm - 3.30pm - Janet & Pam - (Continued - Week 3)

FRIDAY 19TH APRIL

(Very busy day)

Morning –

“Springtime” Dry Brush Painting - 10am - 12pm - Olwyn (Room2 - Max. 8ppl)

Textiles For Charities “Pachamama Project” - 10am - 12pm - Debbie, Gail, Alison, Isabelle (Volunteers) - (Continued - Week 3)

Afternoon –

“Metallica” - 1.15pm - 3.30pm – Olwyn - (Continued – Final Session)

Walking Group - 1.30pm - 3pm - Nicola (Meet in The Old School Café - Max.6ppl)

“Memory Bears” - 1.30pm - 3.30pm – Alison & Gail - (Continued - Week 3)

APRIL CLASSES

MONDAY 22ND APRIL

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)

 **Tangled Gemstones – 1.15pm – 3.30pm – Olwyn – (Craft Room – Max.14ppl)**

TUESDAY 23RD APRIL

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 3)

“Knit Happens” – 1.30pm – 3.30pm – Gail (volunteer) - (The Old School Café)

WEDNESDAY 24TH APRIL

Morning –

“Step Forward and Dance” – 10am – 12pm – Clare – (Continued - Week 2)

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

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

Afternoon –

Drawing with Pastels – 1.15pm – 3.30pm – Olwyn - (Craft Room - Max. 12ppl)

APRIL CLASSES

THURSDAY 25TH APRIL

(Busy day)

All day –

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

Afternoon-

“Crafternoon” Paper Flowers – 1.15pm – 3.30pm – Janet & Pam – **(Final Session)**

FRIDAY 26TH APRIL

(Very busy day)

Morning –


“Street Life” - 10am - 12pm - Olwyn (Room2 - Max. 8ppl)

“Pachamama Project” - 10am - 12pm - Debbie, Gail, Alison, Isabelle - **(Final Session)**

Afternoon –

Tangled Gemstones - 1.15pm - 3.30pm – Olwyn - (Room 2 - Max. 8ppl)

“Memory Bears” - 1.30pm - 3.30pm – Alison & Gail - **(Final Session)**

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)