

MAY CLASSES

Please read carefully.

Hello,

We hope this letter finds you well.

Enclosed you will find the latest timetable of activities for May 2024. We will be taking bookings for these activities via phone call or email from **10am** on **Monday 22nd April**. 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.

We Please ask that you pay a £1 attendance fee per session, your attendance fee goes back into the Centre and helps towards cost of materials and use of our tea and coffee facilities situated in our craft room. 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.

MAY 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 29TH APRIL

Afternoon -

Chatty Café Drop In – 1pm – 2pm – John (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. This is not counselling session, but a safe space where 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.

NEW! Glass Painting (2 Weeks) – 1.15pm – 3.30pm – Olwyn – (Craft Room – Max. 12ppl)

- **This class is for those with a steady hand as precise piping is involved.** In this class, we will create a stained-glass window using a thin sheet of Perspex, black “leading” outliner which you will delicately pipe out of a small tube, and then apply glass paints to flood your image with colour. These can be hung in your window to catch the spring sunshine. **You must be able to attend both sessions. The second session is on Monday 13th of May, Due to a bank holiday next week.**

MAY CLASSES

TUESDAY 30TH APRIL

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

- 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, breathe 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.**

Meditation & Mindfulness Course - 1.15pm - 3.30pm – Margaret - (Continued - Week 4)

WEDNESDAY 1ST MAY

Morning –

“Step Forward and Dance” – 10am – 11am – Jade – (Continued - Week 3)


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

- With our new, beautiful quality ‘Prismacolour’ pencils we will learn how to blend colours together to create beautiful highlights and add 3D effects to our artwork.

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, breathe in the fresh air and absorb some of that all-important Vitamin D.

Afternoon –

 **Coloured Pastels “Funky Town” – 1.15pm – 3.30pm – Olwyn – (Craft Room - Max. 14ppl)**

- We are revisiting one of our most memorable and fun classes. With pastels, we will draw quirk, individual houses, and buildings as well as their reflections in the river below. At the end of the class, the houses will be joined together in a one big row to construct a beautiful, colourful, and funky town. So come along for some fun and community spirit in this uplifting session.

NEW! Managing Stress & Anxiety (9 Wks.) - 1.30pm - 3.30pm - Janet - (Room 2-Max.10ppl)

- Would you like to learn techniques to relax and wind down? When we're stressed or anxious it's hard to feel calm. Anxiety affects over 8 million people in the UK at any time. But you don't have to live with constant stress or anxiety. There are simple techniques you can learn to manage it. This stress management course is ideal if you want to learn habits to reduce stress and anxiety. It can help you lead a healthier and fuller life. [This course is free to those on means tested benefits only, please have your national insurance number at hand when you book.](#) If you book onto this course, pop the **following 8 weeks** in your diaries.

THURSDAY 2ND MAY

(Busy Day)

All day –

Social Day – 9.30am – 4pm – (Craft Room & Room 2, AM only - 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.**

Afternoon -

“Crafternoon” Decoupage & Distressing Techniques Course (5 Weeks) - 1pm - 3pm -

Janet & Pam (Volunteers) - (Room 2 – Max. 7ppl)

- Decoupage, (French: “cutting out”), is the art of cutting and pasting cutouts to simulate painting on a wood, metal, or glass surface. In this 5-week course you will decorate your own trinket box using this technique, you will also learn distressing techniques as well as embellishing. On week 3 using these methods you will then progress onto creating 3D wall Plaques. **If you book onto this course, pop the following 4 weeks in your diary.**

FRIDAY 3RD MAY

(Very busy day)

Morning –

One Stroke Painting “Thistles” – 10am – 12pm – Olwyn – (Room 2 - Max. 8ppl)

- Using a combination of dry brush painting for the background and one stroke technique for the thistles, we will create a stunning piece of art. One stroke painting is a technique which uses a square ended brush dipped into two colours of acrylic paint at the same time to create brushstrokes with instant highlights.

NEW! Textiles For Charities “Pachamama Project” (5 Week Project) - 10am - 12pm - Debbie, Gale Alison & Isabelle (Volunteers) - (Craft Room - Max. 10ppl)

- **We will be prioritising bookings, for those who have not yet had chance to do this course.** 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 drawstring bags for the reusable sanitary pads. **This course is aimed at those with previous sewing skills, both hand and machine.**

Afternoon –

Springtime Animal Illustrations - 1.15pm - 3.30pm - Olwyn - (Room 2 - Max. 8ppl)

- In this relaxing and therapeutic class, we will be using watercolours to paint charming bunnies and hedgehogs. This class is designed for participants of all skill levels, so come and relax and have a lovely natter whilst you paint.

NEW! Textiles Group “Kitchen Accessories” (5 Week Course) - 1.30pm - 3.30pm – Alison, Gail & Andrea (Volunteers) - (Craft Room – Max.7ppl)

- You will be making an array of kitchen accessories such as Placemats, Coasters, Oven Gloves and more. You may use a sewing machine or hand stitch, as well as embellishing and personalising your items. This course is for beginners or experienced sewers, you will be supported by our wonderful team of volunteers. **If you book onto this course, pop the following 4 Fridays in your diary. It is very important you turn up to your first session, with the first session being the most informative.**

Walking Group – 1.30pm – 3.30pm – Nicola – (Meet in The Old School Café)

- 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 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.**

MAY CLASSES

MONDAY 6TH MAY

CENTRE CLOSED – MAY BANK HOLIDAY

TUESDAY 7TH MAY

Morning –

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

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

Afternoon –

Meditation & Mindfulness - 1.15pm - 3.30pm - Margaret - (Continued - Week 5)

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

WEDNESDAY 8TH MAY

Morning –

“Step Forward and Dance” – 10am – 11am – Jade - (Continued - Week 4)

 **Springtime Animal Illustrations – 10am – 12pm – Olwyn – (Room 2 – Max. 8ppl)**

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

Afternoon –

One Stroke Painting “Thistles”- 1.15pm – 3.30pm – Olwyn – (Craft Room – Max. 14ppl)

Managing Stress & Anxiety - 1.30pm - 3.30pm – Janet - (Continued – Week 2)

MAY CLASSES

THURSDAY 9TH MAY

(Busy day)

All day –

Social Day - 9.30am - 4pm - (Craft Room - Max. 20ppl & Room 2, AM only Max. 8ppl)

Afternoon –

“Crafternoon” Decoupage & Distressing - 1pm - 3pm - Janet & Pam - (Continued - Week 2)

FRIDAY 10TH MAY

(Very busy day)

Morning –

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

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

Afternoon –

Clay Salt Dish (2 Weeks) - 1.15pm - 3.30pm - Olwyn (Room 2 Max. 8ppl)

- Using air dry clay, we will create a sculptured body form relaxing in a bathtub. In week two we will then paint our models. When fully dried, you can then choose to add bath salt or rock salt to create the illusion of bubbles. This can then be displayed proudly, either in your bathroom or kitchen. **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.**

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

Textiles “Kitchen Accessories”-1.30pm - 3.30pm Alison, Gail & Andrea (Continued-Week 2)

MAY CLASSES

MONDAY 13TH MAY

Afternoon –

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

 Glass Painting – 1.15pm – 3.30pm – Olwyn – **(Continued - Final Session)**

TUESDAY 14TH MAY

Morning –

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

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

Afternoon –

Meditation & Mindfulness - 1.15pm - 3.30pm – Margaret – WEA - **(Continued – Week 6)**

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

WEDNESDAY 15TH MAY

Morning –

“Step Forward and Dance” - 10am - 11am – Jade - **(Continued – Week 5)**

 Sound & Vision - 10am – 12pm – Olwyn – (Room 2 – Max. 8ppl)

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

Afternoon –

“In The Shade” - 1.15pm – 3.30pm – Olwyn – (Craft Room – Max. 14ppl)

Managing Stress & Anxiety - 1.30pm - 3.30pm – Janet **(Continued – Week 3)**

MAY CLASSES

THURSDAY 16TH MAY

(Busy day)

All day –

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

Afternoon –

“Crafternoon” Decoupage & Distressing - 1pm - 3pm - Janet & Pam - (Continued - Week 3)

FRIDAY 17TH MAY

(Very busy day)

Morning –

Coloured Pastels “Funky Town” - 10am - 12pm - Olwyn (Room 2 - Max. 8ppl)

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

Afternoon –

Clay Salt Dish - 1.15pm - 3.30pm - Olwyn (Final class)

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

Textiles “Kitchen Accessories” - 1.30pm - 3.30pm - Alison, Gail, Andrea - (Continued- Wk.3)

MAY CLASSES

MONDAY 20TH MAY

Afternoon –

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

TUESDAY 21ST MAY

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 7)

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

WEDNESDAY 22ND MAY

Morning –

“Step Forward and Dance” – 10am – 11am – Jade – (Continued - Week 6)

 **Clay Salt Dish (2 Weeks) – 10am – 12pm – Olwyn – (Room 2 – Max. 8ppl)**

- Using air dry clay, we will create a sculptured body form relaxing in a bathtub. In week two we will then paint our models. When fully dried, you can then choose to add bath salt or rock salt to create the illusion of bubbles. This can then be displayed proudly, either in your bathroom or kitchen. **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)

Afternoon –

Coloured Pastels “Funky Town” – 1.15pm – 3.30pm – Olwyn - (Craft Room - Max. 12ppl)

Managing Stress & Anxiety - 1.30pm - 3.30pm – Janet - (Continued – Week 4)

MAY CLASSES

THURSDAY 23RD MAY

(Busy day)

All day –

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

Afternoon-

“Crafternoon” Decoupage & Distressing - 1pm - 3pm - Janet & Pam - (Continued - Week 4)

FRIDAY 24TH MAY

(Very busy day)

Morning –

Springtime Animal Illustrations - 10am - 12pm - Olwyn (Room2 - Max. 8ppl)

“Pachamama Project” - 10am - 12pm - Debbie, Gail, Alison, Isabelle - (Continued - Week 4)

Afternoon –

Sound & Vision - 1.15pm - 3.30pm – Olwyn - (Room 2 - Max. 8ppl)

- Sound and Vision explores instrumental music as inspiration for pieces of art. It teaches people that art isn't always about being precise or perfect. In these sessions, we will immerse ourselves in lovely music and use soft pastels to draw instinctively whatever comes into our heads.

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

Textiles “Kitchen Accessories”- 1.30pm - 3.30pm- Alison, Gail, Andrea - (Continued- Wk.4)

MAY CLASSES

MONDAY 27TH MAY

CENTRE CLOSED – Spring Bank Holiday

TUESDAY 28TH MAY

Morning –

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

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

Afternoon –


Meditation & Mindfulness Course – NOT ON THIS WEEK

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

WEDNESDAY 29TH MAY

Morning –

“Step Forward and Dance” – 10am – 11am – Jade – (Final Session)

 **Clay Salt Dish – 10am – 12pm – Olwyn – (Final class)**

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

Afternoon –

Springtime Animal Illustrations – 1.15pm – 3.30pm – Olwyn - (Craft Room - Max. 12ppl)

Managing Stress & Anxiety - NOT ON THIS WEEK

MAY CLASSES

THURSDAY 30TH MAY

(Busy day)

All day –

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

Afternoon-

“Crafternoon” Decoupage & Distressing - 1pm - 3pm - Janet & Pam - **(Final class)**

FRIDAY 31ST MAY

(Very busy day)

Morning –

One Stroke Painting “Thistles” - 10am - 12pm - Olwyn (Room2 - Max. 8ppl)


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

Afternoon –

Sound & Vision - 1.15pm - 3.30pm – Olwyn - (Room 2 - Max. 8ppl)

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

Textiles “Kitchen Accessories” - 1.30pm - 3.30pm – Alison, Gail, Andrea - **(Final class)**

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)