

# JUNE CLASSES

## Please read carefully.

Hello,

We hope this letter finds you well.

Enclosed you will find the latest timetable of activities for June 2024. We will be taking bookings for these activities via phone call or email from **10am** on **Tuesday 28<sup>th</sup> May**. 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.

**Due to the volume of new referrals coming through, we are piloting a new booking system for all attendees. You will now only be able to book onto one social day (Tuesday or Thursday) and two Classes per week (Not including WEA, Bishop college or external tutors). This is so we can give new attendees a fair chance of booking onto sessions.**

**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.

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To Book Classes Call: **0191 384 8100** or Email: **[enquiries@stmargaretscentre.co.uk](mailto:enquiries@stmargaretscentre.co.uk)**

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



## **MONDAY 3<sup>RD</sup> JUNE**

*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.

### **Victorian Monogram Plates (3 Wks.) - 1.15pm - 3.30pm - Olwyn - (Craft Room - Max.14ppl)**

- A bookplate is a decorated piece of paper placed in the front of a book on which the owner's name is printed. In Victorian times these were fabulously ornate and beautiful. In this class we will use this as inspiration for an intricate piece of A3 artwork which we will complete with Fineliners, metallic pens and pencil, to create a decorative piece with your own initial. No drawing experience needed. **If you book onto this course, pop the following 2 weeks in your diary.**

### **NEW! Spanish Lessons (5 Weeks) - 1.30pm - 3.30pm - Ignacio – WEA (Room 2 - Max.10ppl)**

- In this new and exciting course, you will learn basic Spanish that could help you to navigate around on your holidays to Spain, or help you communicate with a Spanish friend or new family member. **This course is free to those on a means tested benefit, such as U.C or ESA. Please have your N.I Number ready when booking. If you book onto this course, pop the following 4 weeks in your diary.**

# JUNE CLASSES

## **TUESDAY 4<sup>TH</sup> JUNE**

*Morning -*

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

- 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 –*

### **Meditation & Mindfulness Course - 1.15pm - 3.30pm – Margaret - (Continued - Week 8)**

### **“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.**

# JUNE CLASSES

## WEDNESDAY 5<sup>TH</sup> JUNE

*Morning –*

### **Collage Cards – 10am – 12pm – Olwyn - (Craft Room – Max. 14ppl)**

- Participants will create cards from patterned paper, cutting simple shapes and adding extra details with Fineliner and small embellishments.

### **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 –*

### **Typography – 1.15pm – 3.30pm – Olwyn – (Craft Room - Max. 14ppl)**

- In this class we will learn how to incorporate simple hand-lettering into our artwork so that it becomes part of the design. We will use positive quotes and affirmations to create 'feel good' pieces.

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

# JUNE CLASSES

## THURSDAY 6<sup>TH</sup> JUNE

### (Busy Day)

*All day –*

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

- 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” Jewellery & Decorative Art Workshop (8 Weeks) - 1pm - 3pm – Janet & Pam (Volunteers) – (Room 2 – Max. 8ppl)**

- In this 8-week course you will be exploring Jewellery design and processes. The sessions will start with an introduction to some of the basic techniques by making decorative charms. Moving on, you will then be helped to design and make your own range of items and hopefully progress into creating a selection of earrings, bracelets, necklaces, or a jewelled/beaded hanging mobile. **If you book onto this course, pop the following 7 weeks in your diary.**

# JUNE CLASSES

## **FRIDAY 7<sup>TH</sup> JUNE**

**(Very busy day)**

*Morning –*

### **Glossy Doughnut Illustrations – 10am – 12pm – Olwyn – (Craft Room - Max. 14ppl)**

- We will use our Prismacolour coloured pencils to turn a line drawing into realistic illustrations of doughnuts with a high gloss sheen on the top of each one. We will learn how to use our pencils using three techniques to create highlights and shadows, and then blending the colours together to create delicious, glazed effects.

*Afternoon –*

### **Pastel Drawing “Field of Dandelions” - 1.15pm - 3.30pm - Olwyn - (Room 2 - Max. 8ppl)**

- Using the ‘Bokeh’ technique, we will use pastel chalks to create blurred orbs of light and out of focus dandelions which adds depth of field to your image. More detailed dandelions will be added in the foreground. You can choose to draw images from our image folder or use your imagination if you prefer.

### **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.**

### **NEW! Textiles Group “Beach Accessories” (4 Week Course) - 1.30pm - 3.30pm – Meg, Alison & Gail (Volunteers) - (Craft Room - Max.10ppl)**

- In this course you will be making beach accessories such as bags, sunglasses case and sun hats. You will need some basic sewing skills and machine sewing skills, but you will be guided by our skilled and wonderful 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.**



# JUNE CLASSES

## MONDAY 10<sup>TH</sup> JUNE

*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.

 **Victorian Monogram Plates - 1.15pm - 3.30pm - Olwyn - (Continued - Week 2)**

**Spanish Lessons - 1.30pm - 3.30pm - Ignacio Gonzalez – WEA - (Continued - Week 2)**

## TUESDAY 11<sup>TH</sup> JUNE

*Morning –*

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

**NEW! Lino Printing (6 Weeks) – 10am – 12pm – Jayne – WEA – (Room 2 – Max. 8ppl)**

- Lino printing is a way of making art that uses linoleum, a soft material, to create professional looking prints. Artists use tools to carve into the linoleum to make their designs. Then, they roll printing ink onto the layer that isn't carved away. When they press the linoleum onto paper or fabric, it makes a beautiful, bold print of their design. **This course is free to those on a means tested benefit, such as U.C or ESA. Please have your N.I Number ready when booking. If you book onto this course, pop the following 5 weeks in your diary.**

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

*Afternoon –*

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

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



# JUNE CLASSES

## WEDNESDAY 12<sup>TH</sup> JUNE

*Morning –*

### **Watercolour Tile Card – 10am – 12pm – Olwyn – (Craft Room – Max. 14ppl)**

- In this class we will use Fineliners and watercolours to create simple images which will cut into 9 equal square tiles and re-assembled on a card using foam pads to create a 3D tile effect.

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

*Afternoon –*

### **Miniature Clay Houses (2 Weeks) - 1.15pm - 3.30pm - Olwyn - (Craft Room - Max. 12ppl)**

- **In week 1:** we will roll out the clay and cut it into small blocks of assorted sizes. We will cut the diagonal roof shapes and press in the details like doors, windows, and chimney pots. **In week 2:** We will paint our little houses and add details like flowers and plant pots. When the houses are lined up you will have your own little street!  
**You must be able to attend both sessions, as there is a drying period between.**

### **Managing Stress & Anxiety - 1.30pm - 3.30pm – Janet - (Continued – Week 5)**

## THURSDAY 13<sup>TH</sup> JUNE

**(Busy day)**

*All day –*

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

*Afternoon –*

### **“Crafternoon” Jewellery Workshop - 1pm - 3pm - Janet & Pam – (Continued - Week 2)**

# JUNE CLASSES

## **FRIDAY 14<sup>TH</sup> JUNE**

**(Very busy day)**

*Morning –*

**Desert Island Discs “Sounds of Summer” – 10am – 12pm – Olwyn – (Room 2 - Max.8ppl)**

- Back with our ever-popular class, where we will choose tracks which bring back happy memories of summer sunshine and listen to everyone telling us why these tracks are so positive and joyful to them.

*Afternoon –*

**Collage Cards - 1.15pm - 3.30pm - Olwyn (Room 2 Max. 8ppl)**

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


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

# JUNE CLASSES

## MONDAY 17<sup>TH</sup> JUNE

*Afternoon –*

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

 Victorian Monogram Plates - 1.15pm - 3.30pm - Olwyn - **(Continued - Final Session)**

Spanish Lessons - 1.30pm - 3.30pm - Ignacio Gonzalez – WEA - **(Continued - Week 3)**

## TUESDAY 18<sup>TH</sup> JUNE

*Morning –*

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

Lino Printing – 10am – 12pm – Jayne Liddle – WEA – **(Continued – Week 2)**

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

*Afternoon –*

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

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

## WEDNESDAY 19<sup>TH</sup> JUNE

*Morning –*

 Pastel Drawing “Field of Dandelions” - 10am – 12pm – Olwyn – (Craft Room – Max. 14ppl)

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

*Afternoon –*

Miniature Clay Houses - 1.15pm - 3.30pm - Olwyn - **(Continued – Final Class)**

Managing Stress & Anxiety - 1.30pm - 3.30pm – Janet **(Continued – Week 6)**

# JUNE CLASSES

## **THURSDAY 20<sup>TH</sup> JUNE**

**(Busy day)**

*All day –*

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

*Afternoon –*

**“Crafternoon” Jewellery Workshop - 1pm - 3pm - Janet & Pam - (Continued - Week 3)**

## **FRIDAY 21<sup>ST</sup> JUNE**

**(Very busy day)**

*Morning –*

**Typography - 10am - 12pm - Olwyn (Craft Room - Max. 14ppl)**

*Afternoon –*

**Watercolour Tile Card - 1.15pm - 3.30pm - Olwyn (Room 2 – Max. 8ppl)**

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

**Textiles “Beach Accessories” - 1.30pm - 3.30pm – Meg, Alison, Gail - (Continued - Week 3)**

# JUNE CLASSES

**(You can book more than one social day this week)**

## MONDAY 24<sup>TH</sup> JUNE

*Afternoon –*

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

Social Day **(Afternoon only)** – 1.15pm – 3.30pm – (Craft Room – Max. 20ppl)

Spanish Lessons - 1.30pm - 3.30pm - Ignacio Gonzalez – WEA - **(Continued - Week 4)**

## TUESDAY 25<sup>TH</sup> JUNE

*Morning –*

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

Lino Printing – 10am – 12pm – Jayne Liddle – WEA – **(Continued – Week 3)**

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

*Afternoon –*

Meditation & Mindfulness Course - 1.15pm - 3.30pm – Margaret - **(Continued - Week 11)**

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

## WEDNESDAY 26<sup>TH</sup> JUNE

*Morning –*

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

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

*Afternoon –*

Managing Stress & Anxiety - 1.30pm - 3.30pm – Janet - **(Continued – Week 7)**

# JUNE CLASSES

## THURSDAY 27<sup>TH</sup> JUNE

(Busy day)

*All day –*

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

*Afternoon-*

**“Crafternoon” Jewellery Workshop -1pm - 3pm - Janet & Pam - (Continued - Week 4)**

## FRIDAY 28<sup>TH</sup> JUNE

(Very busy day)

*Morning –*


**Create A Mandala – 10am – 12pm – Group led session (No tutor) - (Craft Rm. - Max. 12ppl)**

*Afternoon –*

**Watercolour Cards - 1.15pm - 3.30pm - Group led session (No tutor) - (Room 2 - Max. 8ppl)**

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

**Textiles “Beach Accessories”- 1.30pm - 3.30pm – Meg, Alison, Gail - (Continued - Week 4)**

**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 20ppl in our Craft Room and 8ppl in Room 2)**