

# JUNE CLASSES

## Please read carefully.

Hello,

We hope this letter finds you well.

Enclosed you will find the latest timetable of activities for June 2025. We will be taking bookings for these activities via phone call or email from 10am on Tuesday 27<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.

**WEA Courses are now free to all our attendees. We will now only request a national insurance number and a form of ID such as Drivers Licence, Passport or Bus Pass for enrolments.**

Can we please remind everyone that if you are feeling unwell, DO NOT attend the Centre. Even if you feel just a little unwell, if you pass that on to someone else more vulnerable, it may impact them far worse. We also have limited staff who all play important roles, and if one of them get sick, it can have a significant impact on the rest of the Centre. Please be mindful and look out for each other and staff. Thank you.

Due to the volume of new referrals coming through. You will only be able to book onto one Social Day (Tuesday or Thursday) and two of Olwyn's classes per week. This is so we can give new attendees a fair chance of booking onto sessions. (Not including WEA, Bishop college or volunteer led classes).

**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.

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

We look forward to seeing you.

# JUNE CLASSES



St. Margaret's Centre

Supporting people with mental health problems

# JUNE CLASSES

To Book Classes Call: [0191 384 8100](tel:01913848100) or Email: [enquiries@stmargaretscentre.co.uk](mailto:enquiries@stmargaretscentre.co.uk)

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



## **MONDAY 2<sup>ND</sup> JUNE**

*Afternoon -*

**Watercolour Chickens – 1.15pm – 3.30pm - Olwyn - (Craft Room - Max.14ppl)**

- A simple technique which produces quirky hens with lots of personality! We start with pear shapes of colour then we add markings and shadows using a 'wet on wet' technique. When our chickens are dry, we can add the final touches like feet, beaks and tails.

# JUNE CLASSES



Monday Afternoon - "Watercolour Chickens" Example

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

Morning –

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

**Needle Felting Course - 10am - 12pm - Karen - WEA - (Continued - Week 8)**

**Gardening - 10.30am - 12.30pm - 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 –

**Positive Pathways to Mental Health - 1.15pm - 3.15pm - Margaret - (Continued - Week 4)**

**"Knit Happens" Introductory - 1.30pm - 3.30pm - Gail - (Volunteer) - (The Old School Café)**

- This simple knitting session is ideal for those who have minimal to no experience in knitting. Our lovely volunteer will gently guide you, showing you the basic of techniques. From here, if you feel confident enough, you can then join onto our following sessions each week to gain more knowledge and knitting skills as you go.



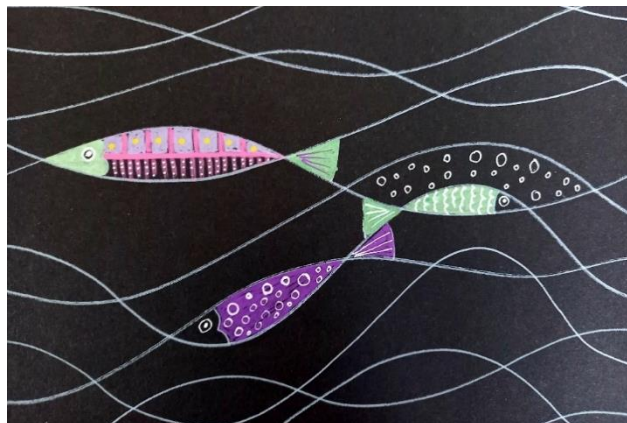
# JUNE CLASSES

## WEDNESDAY 4<sup>TH</sup> JUNE

*Morning –*

### **Waves & Fishes – 10am - 12pm - Olwyn - (Room 2 - Max.8ppl)**

- A bright and colourful doodle class where we start by drawing intersecting wavy lines across our paper. If we then search amongst our lines, we will be able to see areas where we can draw fish. Once we have created our little fishes, we can decorate them with lots of colour and pattern to create a lovely geometric design.



### **Horticulture - 10am - 12pm - Joy (Volunteer) - (Meet in Craft Room)**

- 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

### **Dance & Wellness - 10.30am - 11.30am - Emily - (Continued - Week 8)**

*Afternoon -*

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

- This is a lovely collage class which involves decorating small inch square pieces of paper or fabric with layers of interesting embellishments. These can then be added to greetings cards or boards to be framed as artwork



# JUNE CLASSES

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

(Busy Day)

Morning -

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

**"Harmonise Your Mind" - 10.30am - 11.30am - Linda (Volunteer) - (Room 2 - Max.9ppl)**

- Looking for a fun and uplifting way to brighten your week? Join our Harmonise Your Mind group, where voices come together to create harmony and joy! - ***For more info, please see the sheet attached to the back of this timetable.***

**Power In the Music - 11.30am - 12.45pm - Kevin (Volunteer) - (Room 2 - Max. 8ppl)**

- This Session is all about music for positive thinking. You will be exploring music that raises the spirit.



# JUNE CLASSES



## **FRIDAY 6<sup>TH</sup> JUNE**

**(Very busy day)**

*Morning -*

### **Learn To Draw Disney - 10am - 12pm - Olwyn - (Craft Room - Max. 14ppl)**

- Using our 'step by step' guides, we will learn how to draw some popular Disney characters using simple shapes to form a basic 'skeleton' upon which we can add features and details. Once you have mastered this simple approach to drawing, you can apply it to your drawings in the future.

### **Embroidery Skills (4 Weeks) - 10am - 12pm - Meg, Alison & Gail - (Room 2 - Max.7ppl)**

- This basic embroidery course teaches students how to hand stitch and embroider using a needle and thread. Sessions may include instruction on how to prepare fabric, transfer designs, practice different stitch patterns and use a hoop. This course is designed for all skill levels. *If you book onto this course, please pop the following 3 weeks in your diary.*

*Afternoon -*

### **3D Greetings Card - 1.15pm - 3.30pm - Olwyn - (Room 2 - Max.8ppl)**

- "Wingdoodles" This is a simple cardmaking class using patterned paper, fineliners, and gemstones to decorate. No complicated cutting out required and only basic folding needed to produce a quirky little card to send to your friends and family.

### **Textiles Group "Lavender Ladies" (4 weeks) - 1.15pm - 3.30pm - Meg, Alison & Gail (Volunteers) - (Craft Room - Max.10ppl)**

- Using a combination of hand sewing and machine sewing techniques you will create textile dolls using fabrics and wool. You can fill your doll with dried lavender to add a calming scent. *If you book onto this course, please pop the following 3 weeks in your diary.*

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

- We will venture 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 particularly sunny day. You must book each walking session.*



# JUNE CLASSES

## *Fridays Class Examples*

### *Morning -*



*"Learn To Draw Disney" Example*



*"Embroidery Skills" Example*

### *Afternoon -*



*"3D Cards - Wingdoodles" Example*



*"Lavender Ladies" Example*



# JUNE CLASSES

## MONDAY 9<sup>TH</sup> JUNE

*Afternoon -*

### **"Reflections" Dry Brush Painting - 1.15pm - 3.30pm - Olwyn - (Craft Room - Max.14ppl)**

- We will learn an interesting technique with acrylic paints, to create the illusion of a reflection of trees in water. No drawing experience necessary, and inspiring imagery will be provided to guide you.



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

*Morning –*

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

**Needle Felting Course - 10am - 12pm - Karen - WEA - (Continued - Week 9)**

**Gardening - 10.30am – 12.30pm - Sandra (Volunteer) - (Meet in Craft Room)**

*Afternoon –*

**Positive Pathways to Mental Wellbeing - 1.15pm - 3.15pm - Margaret - (Continued - Week 5)**

**"Knit Happens" Intermediate - 1.30pm - 3.30pm - Gail (Volunteer) - (The Old School Café)**

- Our Intermediate sessions are for experienced knitters or anyone that has completed one or more of our beginners' sessions. Feel free to bring your own knitting projects or simply turn up without so much as a knitting needle, and our lovely volunteer will get you set away on a project. 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.***

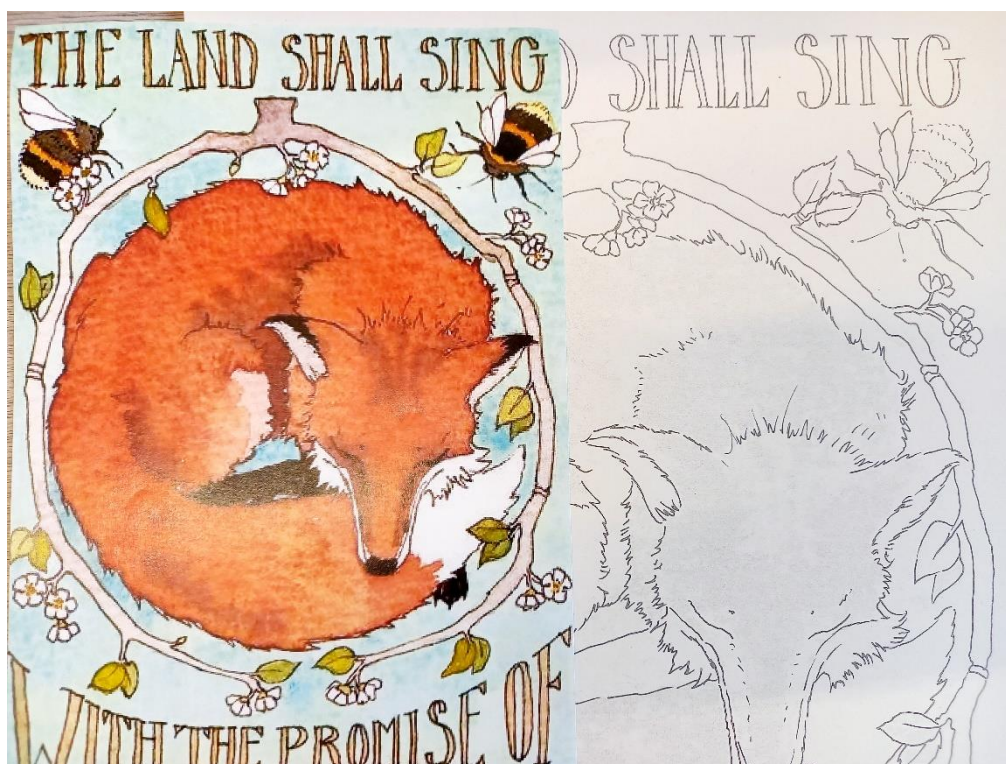
# JUNE CLASSES

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

*Morning -*

### **Woodland Watercolour Poster - 10am - 12pm - Olwyn - (Room 2 - Max.8ppl)**

- As summer approaches, we will immerse ourselves in this relaxing watercolour poster, depicting a beautiful fox curled amongst branches, flowers and bumble bees. The text on the poster could be finished in a gold metallic, to add that touch of elegance.



### **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

### **Dance & Wellness - 10.30am - 11.30am - Emily - (Continued - Week 9)**

*Afternoon -*

### **Watercolour Chickens - 1.15pm - 3.30pm - Olwyn - (Craft Room - Max. 14ppl)**

# JUNE CLASSES



## **THURSDAY 12<sup>TH</sup> JUNE**

**(Busy day)**

*Morning –*

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

**“Harmonise Your Mind” - 10.30am – 11.30am - Linda (Volunteer) - (Room 2 - Max.9ppl)**

## **FRIDAY 13<sup>TH</sup> JUNE**

**(Very busy day)**

*Morning –*

**3D Greetings Card - 10am - 12pm - Olwyn - (Craft Room - Max. 14ppl)**

**Embroidery Skills - 10am - 12pm - Meg, Alison & Gail - **(Continued - Week 2)****

*Afternoon –*

**Waves & Fishes – 1.15pm – 3.30pm - Olwyn - (Room 2 - Max.8ppl)**

**Textiles “Lavender Ladies” - 1.15pm - 3.30pm - Meg, Alison, Gail - **(Continued - week 2)****




# JUNE CLASSES

## MONDAY 16<sup>TH</sup> JUNE

*Afternoon –*

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

 Woodland Watercolour Poster - 1.15pm - 3.30pm - Olwyn - (Craft Room - Max.14ppl)

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

*Morning –*

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

Needle Felting Course - 10am - 12pm - Karen - WEA - **(Continued - Week 10)**

Gardening - 10.30am - 12.30pm - Sandra (Volunteer) - (Meet in Craft Room)


*Afternoon –*

Positive Pathways to Mental Health - 1.15pm - 3.15pm - Margaret - **(Continued - Week 6)**

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

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

*Morning –*

 Learn To Draw Disney - 10am - 12pm - Olwyn - (Room 2 - Max 8ppl)

Horticulture Group - 10am - 12pm - Joy (Volunteer) - (Meet in Craft Room)

Dance & Wellness - 10.30am - 11.30am - Emily - **(Continued - Final Session)**

*Afternoon –*

Desert Island Discs - 1.15pm – 3.30pm - Olwyn - (Craft Room - Max.14ppl)

# JUNE CLASSES



## **THURSDAY 19<sup>TH</sup> JUNE**

**(Busy day)**

*Morning –*

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

**“Harmonise Your Mind” - 10.30am - 12pm - Linda (Volunteer) - (Room 2 - Max.9ppl)**

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

*Morning-*

**“Reflections” Dry Brush Painting - 10am - 12pm - Olwyn - (Craft Room - Max. 14ppl)**

**Embroidery Skills - 10am - 12pm - Meg, Alison & Gail - (Continued - Week 3)**

*Afternoon –*

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

**Textiles “Lavender Ladies” - 1.15pm - 3.30pm - Meg, Alison, Gail - (Continued - week 3)**

# JUNE CLASSES



## **MONDAY 23<sup>RD</sup> JUNE**

*Afternoon –*

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

**Crosswords & Cuppas - 1.15pm - 3.30pm - (Craft Room - Max.14ppl)**

## **TUESDAY 24<sup>TH</sup> JUNE**

*Morning –*

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

**Needle Felting Course - 10am - 12pm - Karen - WEA - (Continued - Week 11)**

**Gardening - 10.30am - 12.30pm - Sandra (Volunteer) - (Meet in Craft Room)**

*Afternoon –*

**Positive Pathways to Mental Health - 1.15pm - 3.15pm - Margaret - (Continued - Week 7)**

**“Knit Happens” Intermediate - 1.30pm - 3.30pm - Gail (Volunteer) - (The Old School Cafe)**

## **WEDNESDAY 25<sup>TH</sup> JUNE**

*Morning –*

**Social Day - 10am - 3.30pm - (Craft Room - Max. 14ppl)**

**Horticulture Group - 10am - 12pm - Joy (Volunteer) - (Meet in Craft Room)**



# JUNE CLASSES



## **THURSDAY 26<sup>TH</sup> JUNE**

**(Busy day)**

*Morning –*

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

**“Harmonise Your Mind” - 10.30am - 12pm - Linda (Volunteer) - (Room 2 - Max.9ppl)**

## **FRIDAY 27<sup>TH</sup> JUNE**

*Morning –*


**Crosswords & Cuppas - 10am - 12pm - (Craft Room - Max. 14ppl)**

**Embroidery Skills - 1.15pm - 3.30pm - Meg, Alison, Gail - (Continued - Final Session)**

*Afternoon –*

**Textiles Group - 1.15pm - 3.30pm - Meg, Alison, Gail - (Continued - Final Session)**

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

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)

# JUNE CLASSES

## Harmonise Your Mind

Join Me and Let's Sing Our Way to Happiness!



Looking for a fun and uplifting way to brighten your week? Join our Harmonise Your Mind group, where voices come together to create harmony and joy! Whether you're a seasoned singer or just love to hum in the shower, this group is for everyone who wants to experience the magic of music in a warm, supportive environment. ✨

## Singing...

Boosts Mood

Reduces Stress

Builds Confidence

Improves Lung Health

Connects People

Improves Immunity

No auditions, no pressure—just pure fun and community spirit. Come sing your heart out and let happiness fill your soul!

As a singer, occupational therapist, and health coach, I bring a unique blend of skills to our Singing for Happiness group. Alongside singing, we'll incorporate vagus nerve exercises and breathing techniques to support emotional balance and physical health, creating a joyful and holistic space for well-being.

**Dates:** Weekly on Thursdays, starting on 8<sup>th</sup> May 2025

**Time:** 10:30am – 11:30am

**Let Nicola know if you'd like to join.**

