



CREATIVE STEPS



ONLINE CLASS PROGRAMME

APRIL – MAY 2021



Welcome!

What is the Creative Steps Programme?



We use creative participation to promote positive mental health and wellbeing.

As we can't currently run our usual programme of in-person classes and events, we are running a number of online creative sessions. This booklet contains our planned classes for April and May.

All of our services are free, relaxed and full of friendly and welcoming people. There is no pressure to take part - you can watch or join in with the chat.

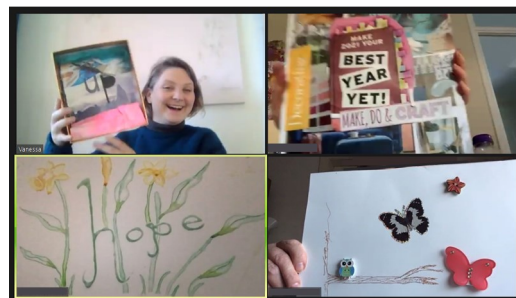
How do I get involved?

We work with **adults** (aged 16 and over) living in the **south of Glasgow** who are experiencing **poor mental health** and a lack of connection with others.

You can contact us directly to sign up, or - if you are working with a health professional such as a CPN, OT, GP or Community Links Practitioner - they can contact us to refer you.

Class Information

- Classes last for **1 hour** each.
- Classes are delivered using **Zoom**. You will need a device with internet access to join the group. If you want to participate in the class, your device will need a camera and microphone. This is optional - you can still watch the tutor if you do not have these and you can choose to leave your camera and microphone switched off if you wish.
- You can sign up to as many classes as you like, though there may be a waiting list for some. Most of our online classes have 12 spaces.
- Please follow our group guidance when attending an online session. You can see this on the last page of this booklet.



How To Sign Up



1. Have a look through this booklet and decide which classes you are interested in.

2. Contact Amy at Creative Steps to sign up:

Email: creativesteps@plantation.org.uk

Phone / Text / WhatsApp : 07525 195239

Office: 0141 387 2596

3. Collect your materials pack from our weekly drop in at Gallery 966 - every **Wednesday 10:00 - 12:00.**

In Lockdown / Level 4 restrictions our drop in will close, so we can post packages out to you instead. We will let you know if our drop in is running when you sign up.

You can choose to use your own materials, or just watch the class for fun. There is no pressure to take part.



4. We will send out the class link by email the day before the session, or you can use the zoom code on your materials pack.



5. Click on the link at the time of the class. Have fun!

Craft Classes

TARTAN BLOCK PRINTING



TUESDAY 6TH APRIL (1 WEEK)

11:00 - 12:00

TUTOR: MARION

Wooden block printing is an ancient method from Asia and still widely used as it is so fun and easy. Create a unique tartan pattern with a wooden block and string and make your own Scottish tea towel. Not forgetting a cuppa yourself joining this session!

RIBBON & WOOL HANGING



TUESDAY: 6TH & 13TH APRIL (2 WEEKS)

13:30 - 14:30

TUTOR: FLO

Split across two workshops, we'll have a go at learning to weave on small cardboard looms. We'll use wool, fabric and ribbons to create colourful weaving samples. We'll learn how to warp up the loom and get started weaving, then we will continue weaving and experiment with colour.

DECOUPAGE BOX DECORATING



WEDNESDAY 7TH APRIL (1 WEEK)

13:30 - 14:30

TUTOR: FIONA

Create and chat with as you decoupage a wee wooden box. This is a relaxed and easy going session.

If you have a preference of colours or patterns let us know!

SPRING MONOPRINTING



THURSDAY 8TH APRIL (1 WEEK)

11:00 - 12:00

TUTOR: MARION

Printing is one of the oldest art forms and its' endless varieties can be found in every century and culture. We can easily make our own stampers and designs from what we have in our household - even recycling materials. Learn to print beautiful flower and blossom patterns on paper and card!

PAPER CHERRY BLOSSOMS



THURSDAY 8TH APRIL (1 WEEK)

13:00 - 14:00

TUTOR: MARION

The famous Japanese Cherry blossom season "Sakura", can even be found in some parks in Glasgow in April! Take the pink splendour to your own home and be sure these blossoms won't wither. We'll create many lovely Origami cherry blossoms that will brighten up your house!

INK PAINTING



MONDAY 12TH APRIL (1 WEEK)

11:00 - 12:00

TUTOR: MARION

All you need for this relaxing technique is a brush, paper and some ink.

Draw nature themes or choose your own positive and motivating Japanese Kanji characters to draw in this beautiful and minimalist art form.

PAPER VASES



WEDNESDAY 14TH APRIL (1 WEEK)

13:30 - 14:30

TUTOR: FLO

In this workshop we'll have a go at making colourful 3-d paper vases.

We'll paint and decorate them so they're ready to fill with a bunch of flowers!

STAR HANGING ART



THURSDAY 15TH APRIL (1 WEEK)

11:00 - 12:00

TUTOR: FIONA

Join us to make a beautiful hanging star that you can use to decorate your home.

We will send you a mix of materials, so you have a lot of creative freedom!

Craft Classes

TASSEL & POMPOM CLIP



MONDAY 19TH APRIL (1 WEEK)

11:00 - 12:00

TUTOR: VANESSA

We will make a lovely hanging, which can be clipped to keys, a bag or more.

The pom poms and tassels will be accompanied by some lovely bling of course.

ACTIVE ARTS



TUESDAY 20TH APRIL - 25TH MAY (6 WEEKS)

11:00 - 12:00

TUTOR: VANESSA

For this block of classes, we are looking at the following 6 artists and focusing on their lives, as well as introduce new painting and sculptural techniques: Mark Bradford, Piet Mondriaan, Mark Rothko, Marcel Duchamp, Jenny Saville and Yayoi Kusama.

MIXED CRAFTS



TUESDAY 20TH APRIL - 25TH MAY (6 WEEKS)

13:30 - 14:30

TUTOR: VANESSA

Each week we will create something, whilst chatting away. Expect to decoupage, paint wooden items and similar simple crafts.

A lovely and relaxing time.

BLING KEYRING



WEDNESDAY 21ST APRIL (1 WEEK)

13:30 - 14:30

TUTOR: VANESSA

This workshop is all about creating a beautiful, bling filled aspect to your keys.

You will be given a range of beads as well as other embellishments to create this lovely item.

WATERCOLOUR PAINTING



THURSDAY 22ND APRIL (1 WEEK)

11:00 - 12:00

TUTOR: VANESSA

Join us for a relaxing watercolour painting class where you can enjoy the calming colour blending.

This class is suitable for complete beginners - you do not need to have any knowledge or experience to take part.

EMBROIDERY / FELT HOOPS



THURSDAY: 22ND & 29TH APRIL (2 WEEKS)

13:00 - 14:00

TUTOR: VANESSA

An artist named Veselka Bulkan makes these gorgeous vegetable embroidery and felted crafts. We will be making a similar art work. No previous embroidery or felting skills needed, although there is some degree of crafting skills expected.

CORK COASTERS



MONDAY 26TH APRIL (1 WEEK)

11:00 - 12:00

TUTOR: VANESSA

We will be making cork coasters with a variety of techniques.

A bit of bling and paint to prettify your home.

DECOUPAGE LAYER CARDS



WEDNESDAY 28TH APRIL (1 WEEK)

13:30 - 14:30

TUTOR: VANESSA

We made these lovely decoupage cards at Christmas and they are back! This simple craft will bring a smile to your face. The only difficulty is the fact that you have to handle some tiny parts - apart from that this is a very relaxing class.

Craft Classes

CANVAS 3D NAMES HOOKS



THURSDAY: 29TH APRIL & 6TH MAY (2 WEEKS)

11:00 - 12:00

TUTOR: VANESSA

This hand knitting technique is a fun and calming way to craft your way to a piece of wall art.

You will choose which name you create. This is bound to be a fun and great workshop!

FACE MASK CHAIN



WEDNESDAY 5TH MAY (1 WEEK)

13:30 - 14:30

TUTOR: VANESSA

Add a bit of bling to the mask wearing process. We often lose our face masks; this face mask chain is the answer to that problem! This is an easy workshop. You could use your own face mask or the disposal face mask we will provide you with.

FOREST LEAF CRAFTS



MONDAY 10TH MAY (1 WEEK)

11:00 - 12:00

TUTOR: VANESSA

The theme for Mental Health Awareness Week this year is Nature and the Environment. To celebrate we will work on a craft project involving making a beautiful forest leaf.

You can do this just for fun or, if you want to take part in our joint craft project, send us a photo and we will add your leaf to our tree, combining everyone's work. The final piece will be promoted on our website and social media on the last day of the week.



CLOUD CRAFTS



THURSDAY: 6TH & 13TH MAY (2 WEEKS)

13:00 - 14:00

TUTOR: VANESSA

In week 1 we will make colour coordinated felt balls to attach onto our cloud.

In week 2 we will add some bling onto our cloud, in the shape of blingy beads.

CHERRY POM POMS



WEDNESDAY 12TH MAY (1 WEEK)

13:30 - 14:30

TUTOR: VANESSA

A cute wee cherry pom pom key ring.

Not difficult at all. No previous skills needed.

ROSE TREE



THURSDAY: 13TH & 20TH MAY (2 WEEKS)

11:00 - 12:00

TUTOR: VANESSA

Make this gorgeous tree of roses! This class does require some skill- but if you enjoyed the bear roses, you'll love this too!

A glue gun would be ideal for this craft class.

PLATE DECORATING



MONDAY 17TH MAY (1 WEEK)

11:00 - 12:00

TUTOR: VANESSA

A great workshop in basic illustration. We will do it step by step and simplify each move. YOU DO NOT NEED TO BE 'ABLE' TO DRAW for this workshop. Your drawing will stay onto the plates by putting it in the oven - a brilliant skill to learn.

Craft Classes

BRACELET DESIGN



WEDNESDAY: 19TH & 26TH MAY (2 WEEKS)

13:30 - 14:30

TUTOR: VANESSA

We will be going back to basics with this easily strung bracelet. Your material pack will be full of bling, enough for you to make 4 different styles of bracelets.

No jewellery tools are needed for this class.

TEA TOWEL PRINTING



THURSDAY: 20TH & 27TH MAY (2 WEEKS)

13:00 - 14:00

TUTOR: VANESSA

We will be hand printing onto our own made tea towels.

You will be shown different printing techniques and be let loose with your own imagination.

BIG BEAD TEAPOT COASTER



MONDAY 24TH MAY (1 WEEK)

11:00 - 12:00

TUTOR: VANESSA

These big beads are sure to keep your teapot or pan warm.

With this class you have to follow the steps of this beading process, but that is the only difficulty about it.

JEWEL SPIDER



THURSDAY 27TH MAY (1 WEEK)

11:00 - 12:00

TUTOR: VANESSA

This beauty will bling up any room. *You will need your own jewellery tools for this workshop and previous jewellery making skills are needed.*

Please note there are only 8 spaces available for this class - so get booking!

Creative Health Classes

SINGING FOR BREATHING AND WELLBEING



MONDAY: 12TH APRIL - 31ST MAY (8 WEEKS)

14:00 - 15:00

TUTOR: RACHEL

Our Singing for Breathing classes are a great way to learn new breathing techniques, sing and improve your wellbeing. Our tutor turns off the microphones at the start of the session, so no one will hear you sing - therefore go for it! This group is a great resource for people with lung conditions or wellbeing issues that impact breathing, such as anxiety and panic, however - this group is open to all. We could all benefit from learning positive and healthy breathing techniques

This group is a lot of fun and worth a try!

OUTDOOR CRAFTING



DATE AND TIME TO BE CONFIRMED: PENDING FURTHER INFORMATION ON LOCKDOWN EASING

WE ARE CURRENTLY TAKING NAMES OF THOSE INTERESTED

Once restrictions are lifted further - and the weather starts to get better! - we hope to offer some fun, creative outdoor sessions. Depending on the level of interest, we have lot of ideas for sessions: from sketching and photography to general crafting sessions in our lovely Glasgow parks. Combine crafting with nature and gain the many benefits of being outdoors.

If this is the sort of thing that you would be interested in, let us know. Once we have confirmation, we will be in touch to set up little outdoor groups.

Sewing Classes

Join our tutor Morag for these fun, sewing based projects.

You do not need any prior experience to join these classes.

Fabrics and embellishments will be provided, though you are welcome to use your own if there is an alternative pattern or colour you would prefer.

Projects will run over a 1 or 2 week timescale and you can sign up to as many as you want!

SEWING: DOUGHNUT PINCUSHION



FRIDAY: 16TH & 23RD APRIL (2 WEEKS)

11:00 - 12:00

TUTOR: MORAG

These wee doughnut pincushions will make a lovely addition to your sewing kit - or just fun decorations to have around the house.

Join us over two weeks to craft this sweet project.

SEWING: BROOCH MAKING



FRIDAY 16TH APRIL (1 WEEK)

12:30 - 13:30

TUTOR: MORAG

This beautiful brooch will make a great addition to a coat or bag - or, alternatively, a wonderful gift for someone.

Join us to learn how to craft your own!

SEWING: SPRING BUNTING



FRIDAY: 23RD APRIL - 30TH APRIL (2 WEEKS)

12:30 - 13:30

TUTOR: MORAG

If you are looking for beautiful homemade bunting to brighten up your home, try our spring bunting class.

This is a great way of bringing a bit of nature indoors!

SEWING: HEART DECORATION



FRIDAY: 30TH APRIL & 7TH MAY (2 WEEKS)

11:00 - 12:00

TUTOR: MORAG

These beautiful hearts make a lovely ornament for your home. As you will see, you can adapt these to your own colour scheme and pattern choice. A great way to add a bit of love!

SEWING: FELT COASTERS



FRIDAY: 7TH & 14TH MAY (2 WEEKS)

12:30 - 13:30

TUTOR: MORAG

If you want to craft something both pretty and practical, try our felt flower coasters class. These are perfect crafting project for the tea and coffee lovers.

SEWING: MINI WREATH



FRIDAY: 14TH & 21ST MAY (2 WEEK)

11:00 - 12:00

TUTOR: MORAG

To celebrate spring, and the move towards much better weather, join our mini wreath making class.

This beautiful hanging can be used to decorate your home and add a bit of joy.

SEWING: FLOWER BOOKMARK



FRIDAY 21ST MAY (1 WEEK)

12:30 - 13:30

TUTOR: MORAG

If you like reading, or know someone who does, try our flower bookmark class!

These mini corner bookmarks are useful to have and look beautiful.

Full Timetable

5th April	6th April	7th April	8th April	9th April
HOLIDAY: OFFICE CLOSED	11:00 - 12:00 Tartan Printing 13:30 - 14:30 Ribbon Hanging (1)	13:30 - 14:30 Decoupage Box	11:00 - 12:00 Spring Monoprinting 13:00 - 14:00 Paper Cherry Blossoms	
12th April	13th April	14th April	15th April	16th April
11:00 - 12:00 Ink Painting 14:00 - 15:00 Singing for Breathing	13:30 - 14:30 Ribbon Hanging (2)	13:30 - 14:30 Paper Vases	11:00 - 12:00 Star Hangings	11:00 - 12:00 Sewing: Pincushion (1) 12:30 - 13:30 Sewing: Felt Brooch
19th April	20th April	21st April	22nd April	23rd April
11:00 - 12:00 Pom / Tassel Hanging 14:00 - 15:00 Singing for Breathing	11:00 - 12:00 Active Arts (1) 13:30 - 14:30 Mixed Crafts (1)	13:30 - 14:30 Bling Keyring	11:00 - 12:00 Watercolour Painting 13:00 - 14:00 Embroidery / Felt (1)	11:00 - 12:00 Sewing: Pincushion (2) 12:30 - 13:30 Sewing: Bunting (1)
26th April	27th April	28th April	29th April	30th April
11:00 - 12:00 Coasters 14:00 - 15:00 Singing for Breathing	11:00 - 12:00 Active Arts (2) 13:30 - 14:30 Mixed Crafts (2)	13:30 - 14:30 Decoupage Cards	11:00 - 12:00 Canvas Name (1) 13:00 - 14:00 Embroidery / Felt (2)	11:00 - 12:00 Sewing: Hearts (1) 12:30 - 13:30 Sewing: Bunting (2)
3rd May	4th May	5th May	6th May	7th May
HOLIDAY: OFFICE CLOSED 14:00 - 15:00 Singing for Breathing	11:00 - 12:00 Active Arts (3) 13:30 - 14:30 Mixed Crafts (3)	13:30 - 14:30 Face Mask Chain	11:00 - 12:00 Canvas Name (2) 13:00 - 14:00 Clouds (1)	11:00 - 12:00 Sewing: Hearts (2) 12:30 - 13:30 Sewing: Coasters (1)
10th May	11th May	12th May	13th May	14th May
11:00 - 12:00 Forest Leaves 14:00 - 15:00 Singing for Breathing	11:00 - 12:00 Active Arts (4) 13:30 - 14:30 Mixed Crafts (4)	13:30 - 14:30 Cherry Pom Poms	11:00 - 12:00 Rose Tree (1) 13:00 - 14:00 Clouds (2)	11:00 - 12:00 Sewing: Wreath (1) 12:30 - 13:30 Sewing: Coasters (2)
17th May	18th May	19th May	20th May	21st May
11:00 - 12:00 Plate Decorating 14:00 - 15:00 Singing for Breathing	11:00 - 12:00 Active Arts (5) 13:30 - 14:30 Mixed Crafts (5)	13:30 - 14:30 Bracelet Making (1)	11:00 - 12:00 Rose Tree (2) 13:00 - 14:00 Towel Printing (1)	11:00 - 12:00 Sewing: Wreath (2) 12:30 - 13:30 Sewing: Bookmark
24th May	25th May	26th May	27th May	28th May
11:00 - 12:00 Bead Teapot Coaster 14:00 - 15:00 Singing for Breathing	11:00 - 12:00 Active Arts (6) 13:30 - 14:30 Mixed Crafts (6)	13:30 - 14:30 Bracelet Making (2)	11:00 - 12:00 Jewel Spider 13:00 - 14:00 Towel Printing (2)	
31st May				
HOLIDAY: OFFICE CLOSED 14:00 - 15:00 Singing for Breathing				

NOTE: THE SINGING FOR BREATHING CLASS WILL CONTINUE TO RUN AS USUAL ON BOTH MAY PUBLIC HOLIDAYS - THOUGH OUR OFFICE WILL BE CLOSED.

ZOOM CLASS GUIDANCE

Before the group starts, make sure you are comfortable and sitting a place in your home where you have peace and quiet, free from too much background noise.

ENGAGEMENT

If you need a break, please take one.

If you want to stop attending, you can do.

There is no expectation that you will take part - you can choose to just watch along and chat if you prefer.

It can be confusing if more than one person is speaking, so please be respectful and do not talk over others. We will remove anyone from the meeting that is being disruptive or making people uncomfortable.



CONFIDENTIALITY

You can choose to attend anonymously if you want to.

Please respect the privacy of those attending the digital group. Do not share the details of who is attending or anything you hear and please don't take photos or screenshots of the meeting.

Please do not share the class link or meeting details with anyone else.

If there is anything we can do to make things more accessible for you, or if you have any suggestions for us, please get in touch.

CREATIVE STEPS

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Have a look at our temporary blog for updates:

www.creativesteps.org.uk

