






If you would like to learn
more about Spider Project
why not get in touch

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For all other NON-URGENT enquiries, please

 email:
enquiries@spiderproject.org.uk

ACTIVITY SCHEDULE DECEMBER 2022



WELCOME SESSION

The Welcome session will introduce you to Spider, to our values and how we work. The session will also look at why it is important to engage with the timetable and how this will improve your confidence, wellbeing and resilience.

PHOTOGRAPHY

Learn with other members how to take a photo like a pro. Photography has been part of Spiders timetable for many years and lots of members have achieved an Open Award qualification in photography

GUITAR LESSONS

Music is a big part of Spider and we have our very own music studio. We run lots of musical sessions including bass lessons and guitar lessons. You can take part even if you are a beginner. If you don't have a guitar, we can lend you one for the lesson.

TAI CHI

Tai Chi combines focused breathing with slow, flowing movements. Sometimes described as meditation in motion, it is a low-impact, mind-body exercise which can alleviate stress and anxiety.

LINO PRINTING

Lino printing or lino cutting, is a traditional printmaking method. Were you cut a design into a block of linoleum, then ink the remaining surface with a brayer and print onto either paper you can see examples around the building.

CREATIVE SOUNDS

Have you ever wondered how sound works? Creative Sounds gives learners the opportunity to understand how sound happens

FILM AND VIDEO PRODUCTION

Learn your way around a camera but also how to edit short films on Final Cut

QUIZ

Spiders Saturday quiz is hosted by our volunteers. Its on every Saturday and everyone is welcome. Pop along and join in, you might even learn a new fact

JAM TIME

This is an opportunity for members to hire out the studio for an hour and practice your musical skills

DIFFERENT SUPPORT SESSIONS

Throughout the week Spider welcomes Staff from the Citizens Advice, the Connectors, Housing workers and digital support workers from Age UK. These services are here to offer you a helping hand and to sort out any social problems you may have.

SPIDER HEALTH WALKS

Spider runs a couple of different walks some are slightly longer than others. Walking in the fresh air is always a great way to evaluate what's going on and seek solutions.

DESIGN ON COPPER

If you enjoy being creative, making a mess and a noise then this is the session for you. Print and tap out on sheets of copper to form your art work.

FABRIC ARTS

Express Yourself creative side in this sessions specifically for anything fabric. The class works on knitting, sewing, needle felting and many other materials

BATIK

The art of decorating fabric with ink and wax. Starting on paper and progressing to cloth. A session loved by all spider members

CREATIVE WRITING

Creative writing has been part of the Spider timetable since Spider began. The sessions offer an opportunity to develop literacy skills, confidence and imagination

TRIPS

Spider is more than just the timetable, the project offers many trip often on a monthly basis. These trips can be to the theatres, galleries and other places of interest. Keep a look out for posters advertising these trips.

DRAMA

Spider runs two drama sessions both help to develop confidence and self esteem; more importantly both allow members to enjoy themselves and have fun

MUSIC

TECHNOLOGY

For any aspiring artists this session teaches how to create, record and edit your own tunes

OPEN AWARDS

Spider runs a number of Open Award courses. Previously members have achieved a certificate in Photography, art, mental health, nutrition, interpersonal skills and mentoring. Speak to staff for more information

WELLBEING REVIEWS

Every Spider member makes a recovery plan when they start at Spider. This plan gives direction on getting members to where they want to be within their recovery. These plans are reviewed with staff every three months to ensure members are on track within their recovery.