



# SPIDER PROJECT



# ACTIVITY SCHEDULE

# 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.

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# 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

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**JAM TIME**

This is an opportunity for members to hie 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.

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# 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.

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# FIBRE ARTS

Express Yourself creative  
side in this sessions  
specifically for anything  
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knitting, sewing, needle  
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## 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.

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# 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

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## 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.

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## 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

## DRAMA

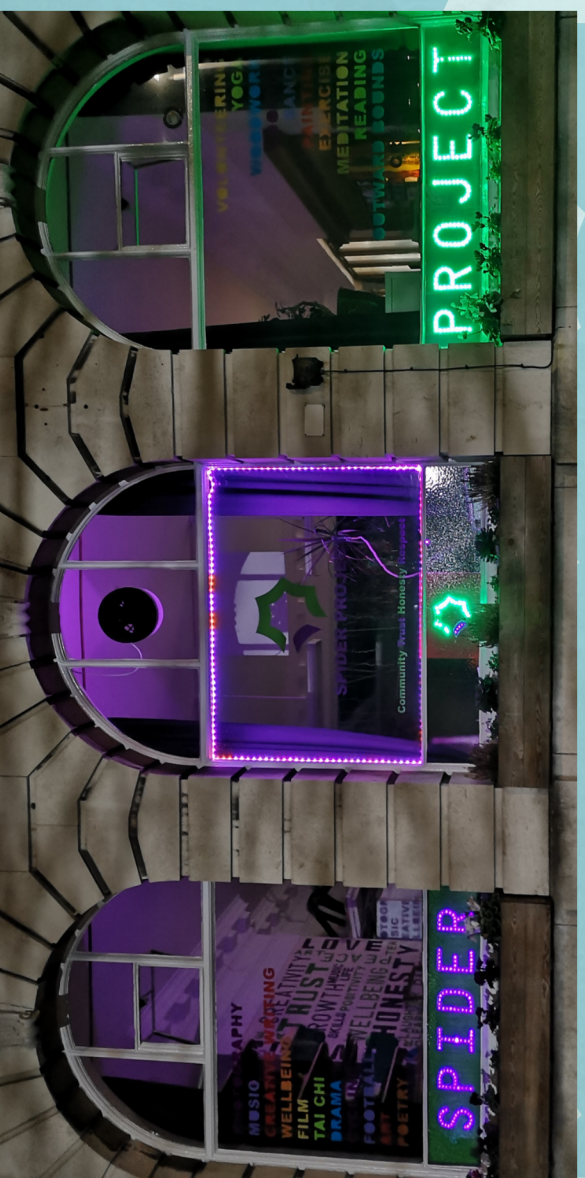
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# MUSIC TECHNOLOGY

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

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If you would like to learn more about Spider Project



0151 647 7723



For all other NON-URGENT enquiries, please

email: [enquiries@spiderproject.org.uk](mailto:enquiries@spiderproject.org.uk)



# MONDAY

# TUESDAY

# WEDNESDAY

# THURSDAY

# FRIDAY

# SATURDAY

**COFFEE BAR AND  
SOCIAL SPACE**  
OPEN 12PM–5PM

**PHOTOGRAPHY**  
10:00AM-12:00PM  
(Main room)

**INTRO TO MUSIC  
TECHNOLOGY**  
10:30 - 12:30  
(Music Room)

**JAM TIME  
DROP-IN SESSION**  
1PM - 2:30PM  
(Music studio)

**PEER SUPPORT  
CHECK-IN**  
1:30PM–2:30PM  
(Group room)

**RESILIENT RECOVERY**  
2:30PM–3:30PM  
(Group room)

**\*NEW\* IT SUPPORT 1-1'S**  
1:30PM -  
(Downstairs IT Suite)

**COMING SOON**  
**WOODWORK**  
1:30 PM - 3:30PM  
(Main room)

**COFFEE BAR AND  
SOCIAL SPACE**  
OPEN 9AM–5PM

**LINO PRINTING**  
10:00AM-12:00PM  
(Main room)

**INVOLVE NW - DROP IN  
THE CONNECTORS**  
10:00AM–12:00PM

**JAM TIME**  
10AM/11AM/12PM  
(Music studio)

**SPANISH LESSONS**  
1:00PM - 2:30PM  
(Top Room)

**LIFE LONG LEARNING  
SUPPORT DROP IN**  
18TH JULY  
1:00PM - 2:30PM

**DRAMA**  
2:30PM - 4:30  
(Group room)

**COFFEE BAR AND  
SOCIAL SPACE**  
OPEN 9AM–5PM

**FILM & VIDEO  
PRODUCTION**  
10:00AM-12:00PM  
(Top room)

**FIBRE ARTS**  
10:00AM–12:00PM  
(Main Room)

**SPIDER WALK**  
10:00AM– 11:30AM

**ALLOTMENT GROUP**  
10.00AM - 12:00PM  
@ Callister Gardens

**1-1 SINGING LESSONS**  
9X20 MINUTES SLOTS  
10:30AM-1:30PM  
(Music room)

**LEARN TO DRAW**  
12:30PM – 2:30PM  
(Main room)

**CREATIVE WELLBEING &  
PLANNING GROUP**  
2:00 PM - 4:00 PM  
Starting 14th June  
(GROUP ROOM)

**ROUNDERS IN THE PARK**  
11:00AM - 1:00 PM  
26TH JULY  
fun games in Birkenhead  
park meet at the park

**COFFEE BAR AND  
SOCIAL SPACE**  
OPEN 9AM–5PM

**CITIZENS ADVICE  
DROP-IN  
MORNING**  
(Main Room)

**DESIGN ON COPPER**  
10:00AM -12:00PM  
(Main room)

**SILK DROP IN**  
11:00AM -1:00PM  
(Group room)  
Support for Family and  
carers affected by  
addiction

**HOUSING SUPPORT**  
1:00PM–4:00PM  
(Main room)

**GUITAR LESSONS–  
ANY ABILITY**  
1:00PM/1:30PM/  
2:00PM/2:30PM

**CREATIVE WRITING**  
2:00PM–4:00PM  
(Group Room)

**BATIK**  
2:00PM-4:00PM  
(Main Room)

**BASIC IT LESSONS**  
1:00 PM - 3:00 PM

**COFFEE BAR AND  
SOCIAL SPACE**  
OPEN 9AM–5PM

**DESIGNING ON MIXED MEDIA**  
10:00AM–12:00PM  
(Main room)

**RELAXATION**  
10:00AM–11:00AM  
(Group Room)

**TAI CHI**  
12PM - 1PM  
(Group Room)

**ADVANCED MUSIC TECH**  
1PM–3PM  
(Music room)

**JAM TIME DROP-IN**  
9AM - 4:30PM  
(Music studio)

**HEALTH WALK**  
1:00PM- 2:00PM

**7-ASIDE FOOTBALL AT  
TRANMERE ROVERS**  
3PM–4PM

**FRIDAY SOCIAL  
FOR MEMBERS WHO HAVE  
GRADUATED**  
1:00PM - 3:00PM  
NO NEED TO BOOK

**SOCIAL SATURDAY**  
10:00AM- 12:00AM  
No need to book  
**SATURDAY QUIZ**  
12:00PM- 2:00PM  
No need to book

**NEWS FOR JULY**

**FRIDAY HEALTH WALK HAS  
MOVED TO THE AFTERNOON**

**FIBRE ARTS HAS MOVED TO  
WEDNESDAY MORNING**

**NEW GROUPS**  
**ROUNDERS IN THE PARK**  
**THE IT SUITE IS NOW OPEN  
FOR MEMBERS TO ACCESS**

**SILK DROP IN - SUPPORT FOR  
FAMILIES AND CARERS  
AFFECTED BY ADDICTION**

**COMING SOON**

**INTRO TO CREATIVE  
WRITING**

**WOODWORK**

Just a reminder:  
Any activities in **PINK** need to  
be booked 6 days in advance  
0151 647 7723