

Green Door is a four year Big Lottery funded project, with some top-up funding from Stoke-on-Trent City Council and NHS Stoke's Healthy City project.

Green Door Project

Prospectus

February - July 2013



Funded by



Funded by



About Green Door

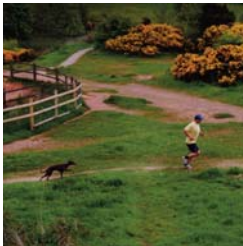
Green Door is a four year Big Lottery funded project, with some top-up funding from Stoke-on-Trent City Council and NHS Stoke's Healthy City project.



The project aims to encourage people, particularly older and disabled people, to make more use of green spaces in the city.

The project will be providing a huge range of activities city-wide, including guided walks, accessible cycling facilities (from our new cycling hub at Westport Lake) and green space-related adult learning opportunities.

This prospectus gives information about the learning opportunities provided by the project from February to July 2013. Our courses are provided by Adult and Community Learning from Stoke-on-Trent City Council, and by My Health Matters at Changes Stoke.



All of these courses are **free of charge**. Some of them have maximum numbers of students, so booking is essential.

Some of the courses will take place over a few weeks, and you should do your best to attend every week to get the most benefit. However, many of the courses only last an hour or two. This allows you to decide how much of your time you want to give.

All courses and venues are accessible. If you have any special requirements, please discuss these when you book onto your chosen course or courses.



In this prospectus, courses provided by Adult and Community Learning have the provider code ACL and are coloured green.

Courses provide by My Health Matters have the provider code MHM and are coloured blue.

If you enjoy the course and would like to study the subject further, speak to your course tutor or contact Adult and Community Learning or My Health Matters as appropriate, to ask if other learning opportunities are available.

About the courses

To book a course provided by
Adult and Community Learning
Telephone: 01782 234775
Email: adult.learning@stoke.gov.uk

To book a course provided by
My Health Matters
Telephone: 07792 121455
Email: info@myhealthmatters.org

If you have any queries, or would like to discuss any aspect of the Green Door project, please contact the
Access Team at Stoke-on-Trent City Council
Telephone: 01782 236667
Email: greendoor@stoke.gov.uk



Course details - Adult and Community Learning

Getting Started with Your Digital Camera	Learners will learn the basics of operating a digital camera and downloading images. Learners should bring their own camera.
Art of Photography	Follow-on class for learners who have completed Getting Started with Your Digital Camera. Learners will further develop their knowledge, including focal length, shutter speeds and the rule of thirds.
Crafts for Wellbeing	Suitable for everyone, particularly learners with health and wellbeing issues, learners will explore a range of craft techniques and materials.
10 Steps to Confidence Building	Learners will be taught 10 key but practical tools to increase their confidence and self-esteem.
Yoga for Health and Wellbeing	Experience techniques that will energise and reach parts you never even knew you had! Participants will also learn about how to improve health through food choices.
Gardening Workshop	Participants will learn about planting-up, creating either an edible basket or salad trays, to be decided by the class.
Drawing and Painting	This class will provide a basic introduction to drawing and painting techniques and materials. Ideal for absolute beginners.
Wellbeing Through Art	Suitable for everyone, this class will show you how to develop and improve your personal wellbeing through art.

Holistic Therapies

Learn about aromatherapy, Indian head massage and reflexology. These therapies can help you and your friends to reduce stress levels and improve wellbeing. In a relaxed setting, you will learn how to give basic treatments. Bring a hand towel to class.

Course Details - My Health Matters

Relaxation

Learn stress management techniques including hand massage, yoga and meditation.

Music Therapy

Suitable for everyone, this class provides wellbeing therapy using singing and instruments, and allows participants to learn about beats and rhythms.

Chair-Based Exercise

Suitable for all abilities, particularly wheelchair users and those who are less mobile, participants will learn gentle but effective chair-based exercise techniques to help improve health and wellbeing.

Home Crafts

Learn how to make good use of products you may already have around the home, to make useful items and lovely gifts.

Wimbledon Afternoon Tea

Celebrate the start of Wimbledon with a craft session and afternoon cream tea.

Valentines Day

Family fun and crafts, with loved ones in mind

Spring Theme

Indoor bulb planting and crafts

Pancake Day

Celebrate Shrove Tuesday with pancake making demonstrations - and tasting!

February

Relaxation	Duration: 2 hours
Tuesday 5 February	1 - 3pm
Venue: WRVS	MHM

Getting Started with your Digital Camera	Duration: 10 hours over 5 weeks
Thursday 7 February to 14 March	6 - 8pm
Venue: Meir Community Education Centre	ACL

Pancake Day	Duration: 2 hours
Tuesday 12 February	12 - 2pm
Venue: Cobridge Community Centre	MHM

Valentines Day	Duration: 2 hours
Thursday 14 February	12 - 2pm
Venue: WRVS	MHM

Chair-based exercise	Duration: 1 hour
Tuesday 19 February	3 - 4pm
Venue: Meir Community Centre	MHM

Music therapy	Duration: 2 hours
Friday 22 February	12 - 2pm
Venue: WRVS	MHM

Crafts for Wellbeing	Duration: 10 hours over 5 weeks
Friday 22 February to 22 March	10am - 12pm
Venue: Cobridge Community Centre	ACL

10 Steps to Confidence Building	Duration: 20 hours over 10 weeks
Tuesday 26 February to 15 May	1.30 - 3.30pm
Venue: Hanley Community Fire Station	ACL

March

Yoga for Health and Wellbeing	Duration: 9 hours over 6 weeks
Monday 4 March to 22 April	6.30 - 8pm
Venue: Meir Community Education Centre	ACL

Chair-based exercise	Duration: 1 hour
Thursday 7 March	4 - 5pm
Venue: West End Village	MHM

Gardening Workshop	Duration: 2 hours
Thursday 7 March	9.30 - 11.30am
Venue: Bentilee Neighbourhood Centre	ACL

Home crafts	Duration: 1.5 hours
Thursday 14 March	3 - 4.30pm
Venue: Meir Community Centre	MHM

Relaxation	Duration: 2 hours
Tuesday 19 March	1 - 3pm
Venue: Cobridge Community Centre	MHM

Chair-based exercise	Duration: 1 hour
Friday 22 March	11am - 12pm
Venue: The Marychurch Centre	MHM

Home crafts	Duration: 1.5 hours
Tuesday 26 March	12.30 - 2pm
Venue: The Marychurch Centre	MHM

April

Art of Photography	Duration: 12 hours over 6 weeks
Thursday 11 April to 16 May	6 - 8pm
Venue: Meir Community Education Centre	ACL

Music therapy	Duration: 2 hours
Friday 12 April	1 - 3pm
Venue: The Marychurch Centre	MHM

Home crafts	Duration: 1.5 hours
Tuesday 16 April	3 - 4.30pm
Venue: Meir Community Centre	MHM

Relaxation	Duration: 2 hours
Wednesday 17 April	10am - 12pm
Venue: West End Village	MHM

Holistic Therapies	Duration: 6 hours over 3 weeks
Thursday 18 April to 2 May	2 - 4pm
Venue: Brighter Futures Academy	ACL

Drawing and Painting	Duration: 10 hours over 5 weeks
Friday 19 April to 16 May	10am - 12pm
Venue: Cobridge Community Centre	ACL

Chair-based exercise	Duration: 1 hour
Tuesday 23 April	2 - 3pm
Venue: WRVS	MHM

May

Music therapy	Duration: 2 hours
Wednesday 8 May	10am - 12pm
Venue: West End Village	MHM

Music therapy	Duration: 2 hours
Wednesday 15 May	3 - 5pm
Venue: Meir Community Centre	MHM

Wellbeing through Art	Duration: 10 hours over 5 weeks
Thursday 16 May to 13 June	1 - 3pm
Venue: Westport Lake Visitors Centre	ACL

Relaxation	Duration: 2 hours
Tuesday 21 May	2 - 4 pm
Venue: The Marychurch Centre	MHM

Home crafts	Duration: 2 hours
Wednesday 29 May	10am - 12pm
Venue: West End Village	MHM

June

History walk	Duration: 1.5 hours
Tuesday 4 June	10 - 11.30am
Venue: Burslem Park - meet at the Pavilion	MHM

Music therapy	Duration: 2 hours
Wednesday 12 June	4 - 6pm
Venue: Meir Community Centre	MHM

Family walk	Duration: 1.5 hours
Friday 14 June	12.30 - 2pm
Venue: Longton Park - meet at the Tennis Courts	MHM

Relaxation	Duration: 2 hours
Tuesday 18 June	3 - 5 pm
Venue: Meir Community Centre	MHM

Chair-based exercise	Duration: 1 hour
Wednesday 19 June	6 - 7pm
Venue: Cobridge Community Centre	MHM

Home crafts	Duration: 1.5 hours
Wednesday 26 June	10 - 11.30am
Venue: Cobridge Community Centre	MHM

Wimbledon Afternoon Tea	Duration: 2 hours
Thursday 27 June	1 - 3pm
Venue: West End Village	MHM

July

Family walk	Duration: 1.5 hours
Wednesday 3 July	1.30 - 3pm
Venue: Hanley Park - meet at the car park	MHM

Music therapy	Duration: 2 hours
Friday 12 July	10am - 12pm
Venue: Cobridge Community Centre	MHM

Relaxation	Duration: 2 hours
Tuesday 16 July	4 - 6 pm
Venue: Meir Community Centre	MHM

Chair-based exercise	Duration: 1 hour
Wednesday 17 July	10 - 11am
Venue: West End Village	MHM

Relaxation	Duration: 2 hours
Wednesday 24 July	10am - 12pm
Venue: The Marychurch Centre	MHM

About the venues

Cobridge Community Centre

Bursley Road, Cobridge
Stoke-on-Trent ST6 3DQ



Shallow ramped access



Kitchen facilities



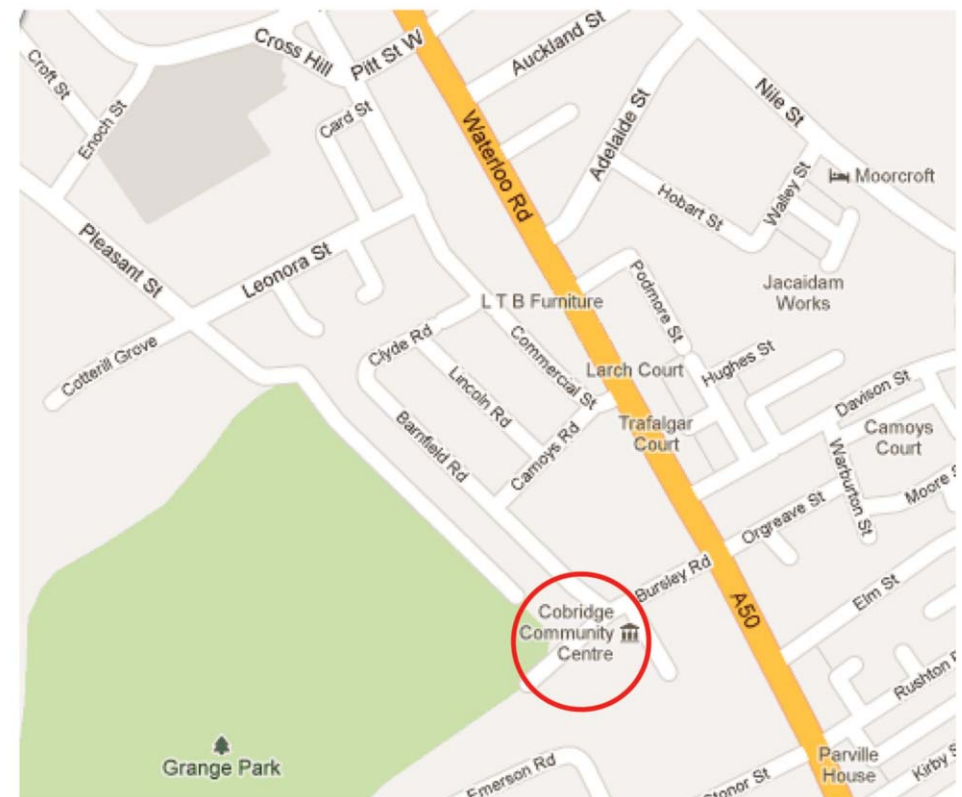
Accessible toilet



Mainly level access







Nearby parking

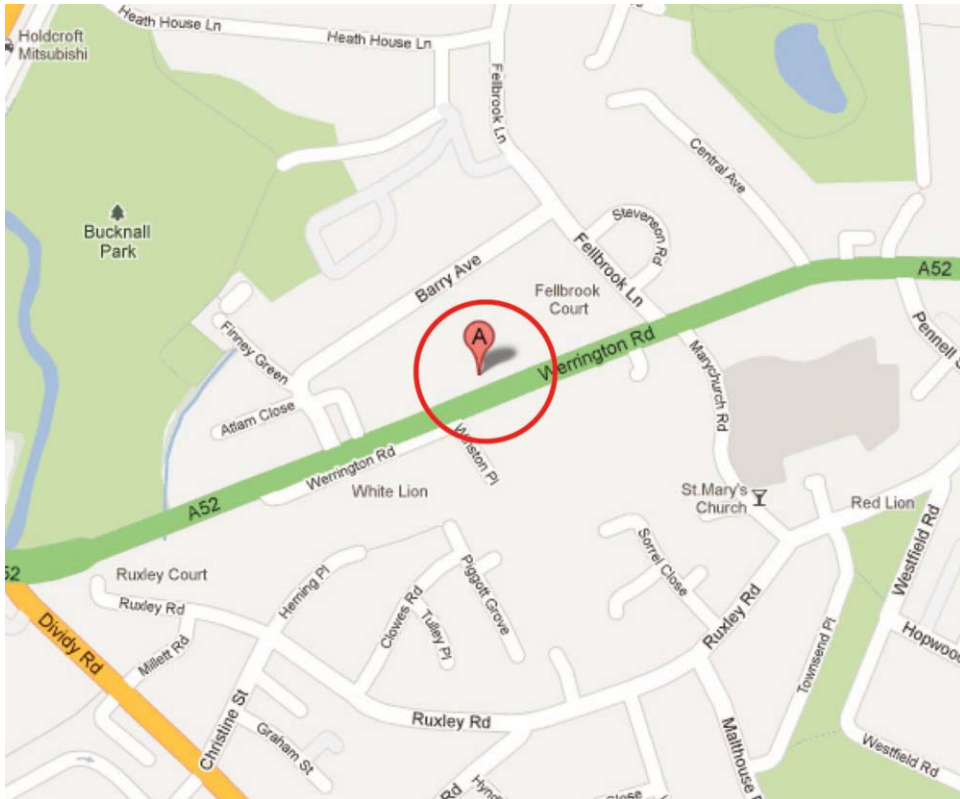


The Marychurch Centre

153 Werrington Road, Bucknall
Stoke on Trent ST2 9AQ





Please note: the car park surface at this venue is uneven. Please take care. Disabled persons parking at the front of the building (unmarked).

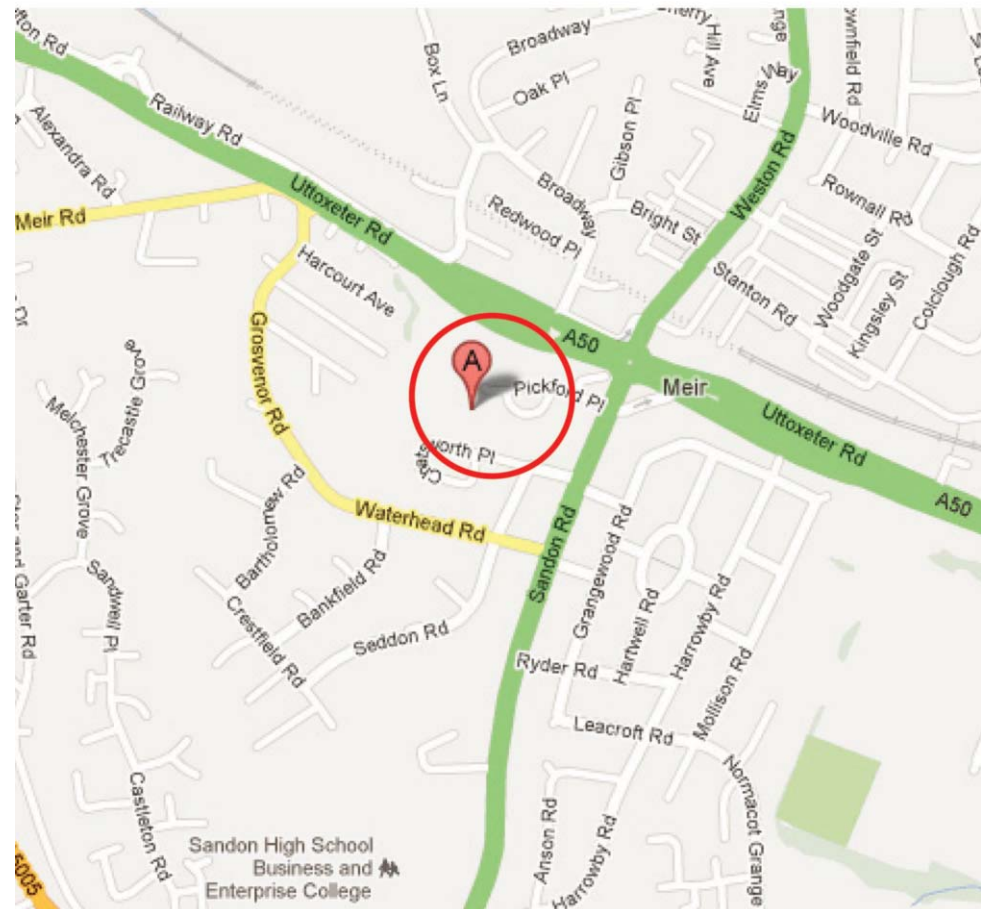
-  Ramped access to both floors
-  Kitchen facilities
-  Accessible toilet
-  Nearby parking



Meir Community Education Centre

Pickford Place, Meir
Stoke-On-Trent ST3 7DY

-  Ramped access
-  Accessible toilet
-  Stepped access
-  Nearby parking



WRVS

Charles Street
Stoke-On-Trent ST1 3JP

Please note: the car park at this venue is very small. Blue Badge holders may park on double yellow lines at the front of the building.



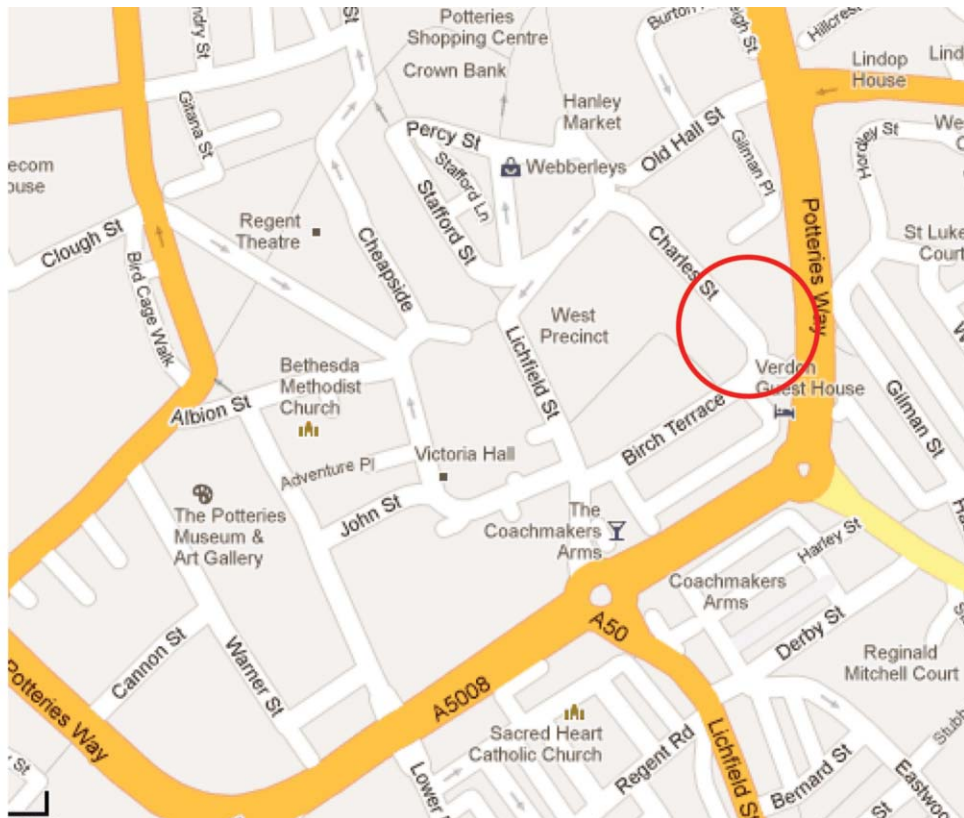
Level access



Limited parking



Accessible toilet



West End Village

London Road, Boothon
Stoke-on-Trent ST4 5AA

Please note: the car park at this venue is very small. On street parking available in neighbouring streets



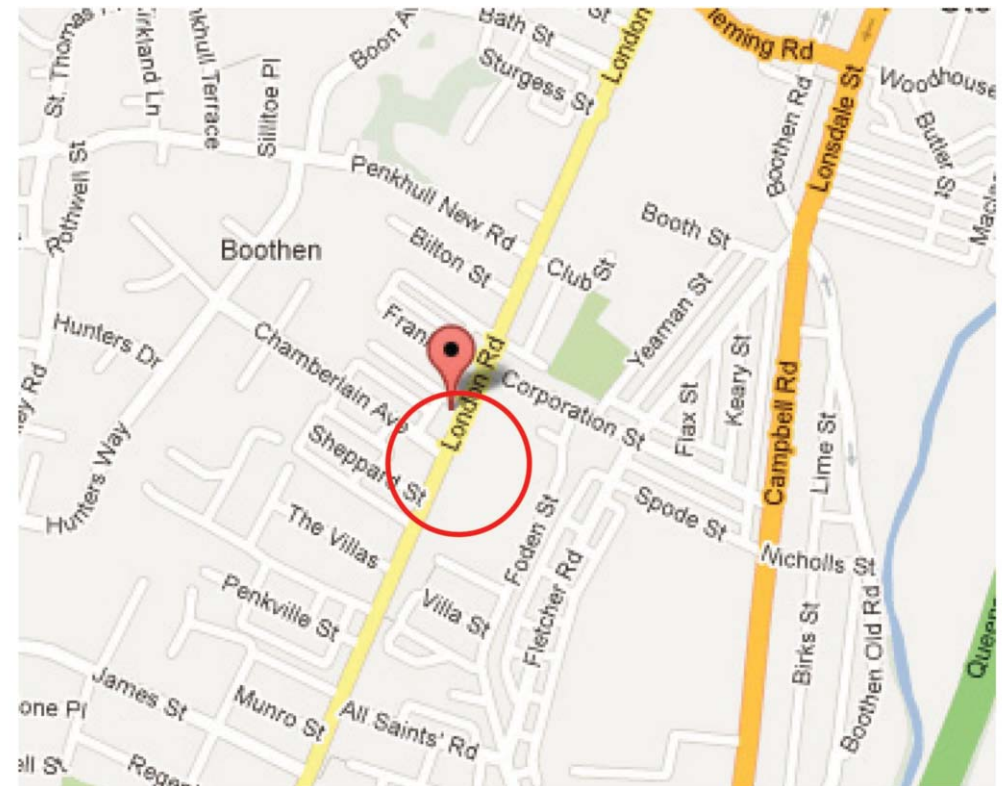
Level access



Limited parking



Accessible toilet



Hanley Fire Station

Lower Bethesda Street, Hanley
Stoke-on-Trent ST1 3RP



Ramped access



Kitchen facilities



Limited parking



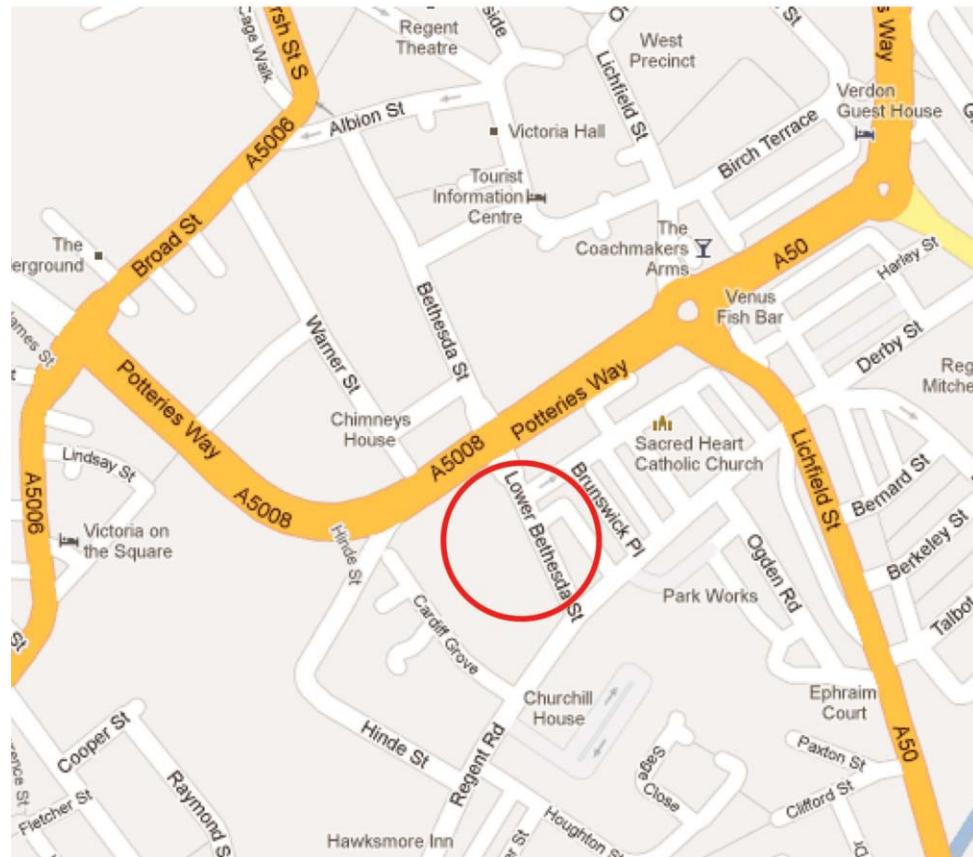
Stepped access



Lift access to room



Accessible toilet



Bentilee Neighbourhood Centre

Dawlish Drive, Bentilee
Stoke-on-Trent ST2 0EU



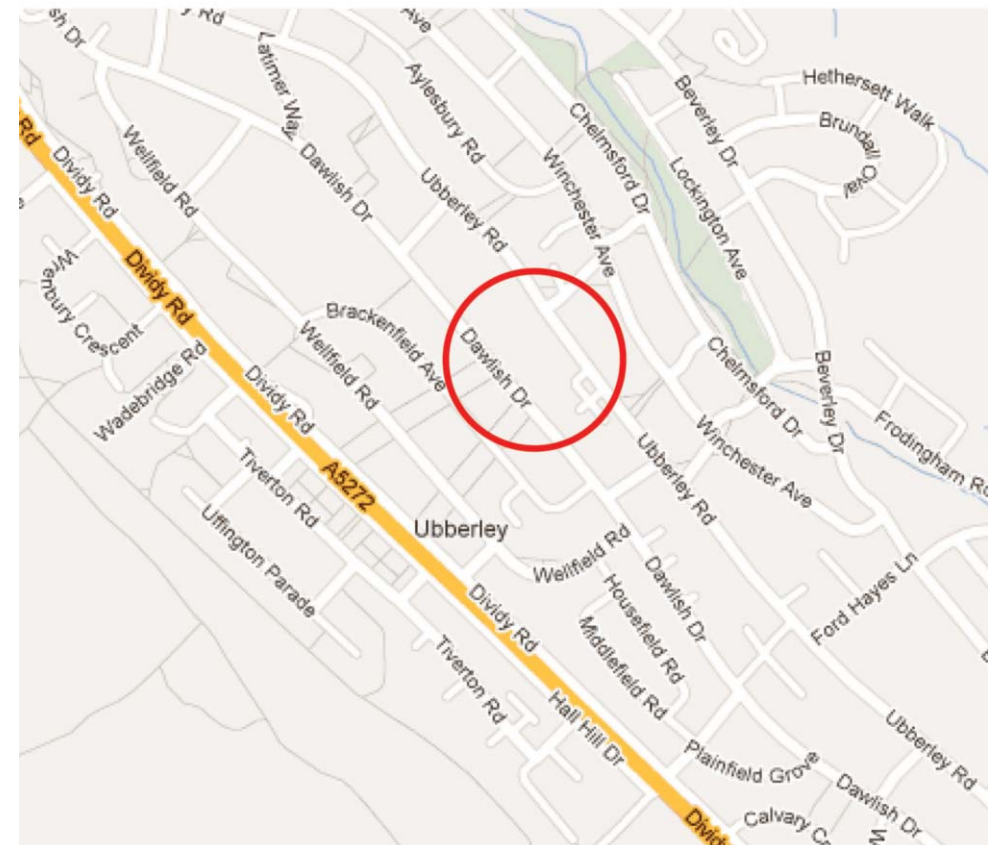
Nearby parking



Accessible toilet

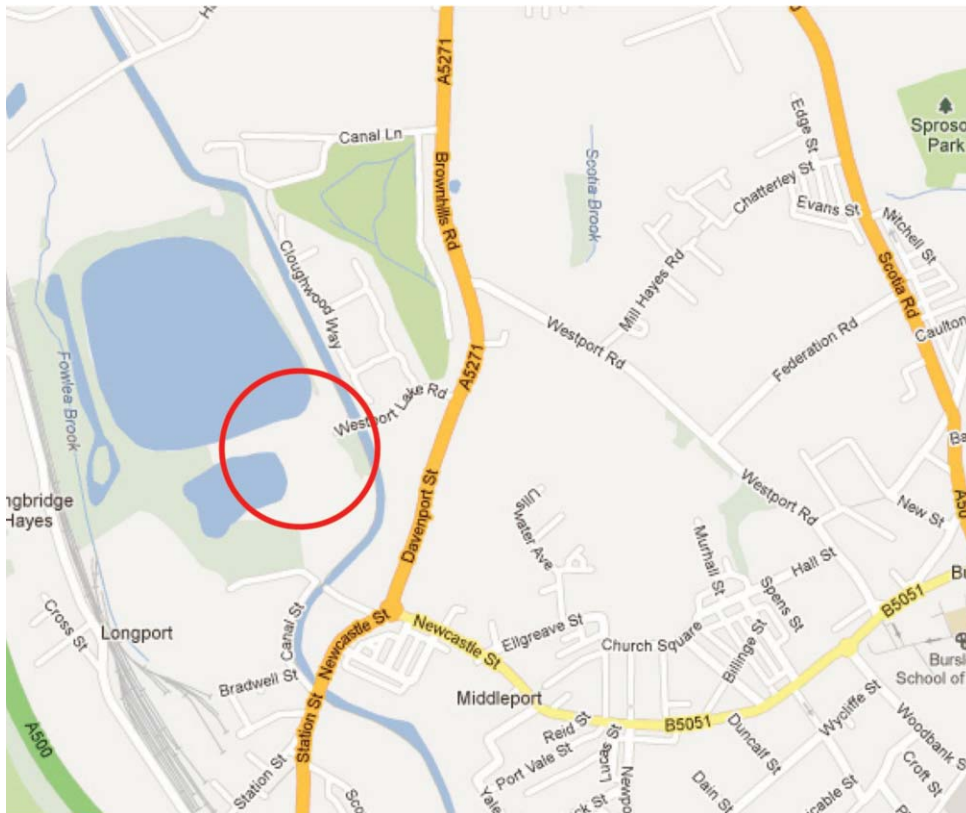


Level access



Westport Lake Visitor Centre

Off Davenport Street, Tunstall
Stoke-on-Trent ST6 4SA



Brighter Futures

5 Whittle Court, Town Road, Hanley
Stoke-on-Trent ST1 2QE

