

## Thinking of becoming a member?

If you'd like to find out more about Heydays, come along and see it in action. We offer free welcome tours of Heydays activities at 10am every Wednesday during term time. Please arrive at our welcome desk in reception and make yourself known. We will then show you how Heydays operates and you can sit in on a class of your choice to find out more, with no obligation. Unfortunately we are unable to offer one to one support at Heydays.

## Heydays e-newsletter

Each week we send out a newsletter with all the information for the week ahead. To sign up for this, please email

[adie.nivison@wyp.org.uk](mailto:adie.nivison@wyp.org.uk)

## Heydays Discounts

Heydays members are offered discounts in our café Monday to Friday, 9am to 5pm. Occasional offers on theatre tickets are advertised on the Heydays noticeboard next to the welcome desk, and also in the weekly e-newsletter.

## Our Time sessions for people living with dementia

West Yorkshire Playhouse's Our Time programme offers creative sessions for people living with dementia and their partners. We also continue to work with people with dementia through the Peer Support Cultural Partnership and Leeds City Council's Peer Support Service. Please speak to Adie to find out more.

## We want everyone to have a fantastic experience at Heydays, so we ask that all members adhere to the following standards of behaviour:

- show respect, manners and courtesy to fellow members, tutors, volunteers and all Playhouse staff
- respect the facilities and materials on offer to us
- respect signing in, membership checks and membership renewal procedures
- recognise that the building is a busy theatre and we regularly work alongside other projects, shows and departments. We will do this respectfully and with good humour
- accept that the programme of activities is subject to change in order to maintain a challenging and interesting project

## Heydays Advisory Group

We have a team of 13 dedicated Heydays members who assist with the running of Heydays. They are identified by their Playhouse name badges and a photo board on the Heydays notice board. If you have any views on Heydays, please approach them and they will give feedback and suggestions to Adie on your behalf.

## Heydays Desk Duty

We are always looking for Heydays members to staff the welcome desk in the morning from 9.45am to 10.30am. If you would like to volunteer please contact Adie. It's a great way to meet other members and your help would be most appreciated by all members and staff.

## Heydays Noticeboard

Please check the noticeboard regularly for important Heydays information and a print out of the weekly e-newsletter. It is situated next to the welcome desk on Wednesdays.



## AUTUMN PROGRAMME 2017

**Wednesdays 20 Sept to 6 Dec**

(no Heydays on 4 Oct)

Heydays is West Yorkshire Playhouse's flagship creative programme for people over 55. It has been running since the Playhouse opened on Quarry Hill in 1990 and is an integral part of the Playhouse community.

Heydays is where older people meet friends, find inspiration, develop new creative skills and share them with others. We change the programme each term, introducing new tutors and art forms, to ensure there are always new challenges and opportunities.

Individuals can enrol for just **£35 for 6 months** or **£65 for a year**.

This membership fee is heavily subsidised and is not representative of the true cost of running Heydays. With around 36 weeks of Heydays activity each year, the membership fee works out at only £1.80 per week.

Come along at 10am any Wednesday during term time to join our welcome tour – take a look around and find out more with no obligation.

## For more information contact:

### Adie Nivison

Heydays and Our Time Support Officer (Tue & Wed)

**0113 213 7800**

[adie.nivison@wyp.org.uk](mailto:adie.nivison@wyp.org.uk)

## Creative Engagement

West Yorkshire Playhouse, Quarry Hill, Leeds LS2 7UP

## Morning

### 10.30am – 11.45am: Talk Talk

Learn something new and be entertained about the arts, travel, nature, current affairs, personal stories or history – there are all kinds of tales for all kinds of people.

### 10.30am – 12pm: Play Reading

Listen in or take part in reading from selected play scripts. A great variety of light-hearted and more serious plays.

### 10.30am – 12pm: Creative Writing: Inventing the City – Barney Bardsley (20 Sep – 25 Oct) & Fran Woodcock (1 Nov-29 Nov) (Limited Places)

What is it that makes a good city? The people? The buildings? The history? The things that happen behind closed doors - or out in the squares and streets? We all invent the city we live in - and fashion it, according to our needs and experiences. This term we will be shining the spotlight on the mighty city of LEEDS itself. Bring with you your thoughts and memories of this great northern powerhouse - and let's invent the city, all over again. We will be working with poetry, prose and song writing to vary the creative stimulus.

### 10.30am – 12pm: Landscape in Felt – Maria Doody (Limited Places)

Fabulous felt can be used for making many things, but creating a landscape with it will be both interesting and challenging. We will look at a familiar or imagined landscape to make colourful works of art.

### 10.30am – 12pm: Art Nouveau Stitch – Hayley Mills-Styles (Limited Places)

Art Nouveau is considered a "total" art style, embracing architecture, graphic art, interior design, and most of the decorative arts. Inspired by the rich colours and natural themes of Art Nouveau we will use traditional techniques like hand embroidery and applique to create a stitched picture.

### 10.30am – 12pm: Wonderful Leeds! – Miriam Laville (Limited Places)

Through 2D drawing and painting we will portray the essence of Leeds and what it means to live in the city and Yorkshire. Using illuminated and illustrated lettering as a template we will delve deeper into the heart of what it means to be a Loiner.

### 10.30am – 12pm: Paper-cutting 3D – Douglas Thompson (Limited Places)

Learn to make beautiful paper-cut objects such as lanterns, boxes, bags, pop up cards, sculptures and mobiles. We'll combine other paper-craft techniques such as paper folding (origami) to create some original and useful objects. Suitable for experienced members and beginners templates for new class members.

## Lunch Time

### 12.10pm – 1.05pm: Indian Bollywood Dance – Zoobin Surty (Limited Places)

Be transported to Bollywood by enchanting music and dance. Explore all the different dance personas, you can be fun and sassy, elegant, spiritual, slow and sensuous, or all of the above! Suitable for all levels.

### 12.15pm – 1.10pm: Movement: A Quiet Moment – Barney Bardsley (Limited Places)

Using a combination of gentle movement improvisation to music, plus standing and sitting exercises based on T'ai Chi/Chi Kung - all informed by the principles of release and relaxation - we will learn how to let go, to breathe more freely, and to take a moment, just to be quiet and attentive, to the rhythms of our own bodies and minds.

### 12.15pm – 1.15pm: Everything Changes but You – Gaynel Hamilton (Limited Places)

Soon West Yorkshire Playhouse will be undergoing some radical changes, we embark upon an exploration of the processes and transitions that form the flowing tapestry of our own lives and the world we live in, from the subatomic to the universal, perhaps taking in a glimpse of the eternal on the way.

### 12.30pm – 1.15pm: Lunchtime Specials

On some weeks we will be offering a little something extra at lunchtime. This may be our talks on shows, from charities, organisations and Playhouse staff. Something interesting and informative to chew over.

## Afternoon

### 1.30pm – 3pm: Singing – Fran Woodcock

Join this vibrant singing group to sing a range of songs, using our voices in beautiful harmony. Enjoy singing with others and perform at our Christmas Party!

### 1.30pm – 3pm: Drama: Theatre & Identity – Douglas Thompson

All the worlds a stage! We will investigate theatres role in examining our identity and hold a mirror up to nature. Each session will be themed around different play-writes and fun performance techniques as we use drama as a means of celebrating what it is that makes us.... us! Each session will be a stand-alone session and there will be a focus on the exciting and fascinating processes of self-discovery through drama.

### 1.30pm – 3pm: Discussion Group

A small, informal group who debate the topics of the day. Why not have your say?

### 1.30pm – 3pm: Ceramic Jewellery Making - Sally Storr (Limited Places)

Inspired by ancient and contemporary designers we will roll, impress, form and glaze clay to create beautiful unique jewellery pieces. These may be beads, buttons, broaches, cufflinks or keyrings, the choice is yours.

### 1.30pm – 3pm: Stitched Stories – Hayley Mills-Styles (Limited Places)

Using embroidery, applique and mixed media we will create textile maps of Leeds. These maps will be inspired by your own personal stories and memories. Map the whole of Leeds or just your neighbourhood – tell your story in this original and creative way.

### 1.30pm – 3pm: Walk the Mosaic Path – Maria Doody (Limited Places)

Get inspired by your garden, your favourite place or room in your home. Immerse yourself in the exciting technique of creating beautiful paper mosaics that use images from photographs and postcards to create amazing artworks.