

## 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

[maggie.deruyck@wyp.org.uk](mailto:maggie.deruyck@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 Maggie or 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

## Creative Engagement

West Yorkshire Playhouse, Quarry Hill, Leeds LS2 7UP



## 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 and Maggie 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 Maggie or 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.



## SPRING PROGRAMME 2018

Wednesdays 17 Jan to 28 Mar

Heydays is West Yorkshire Playhouse's flagship creative programme for people over 55 that has been running since the Playhouse opened on Quarry Hill in 1990. Heydays is where older people meet friends, find inspiration, develop new creative skills and share them with others. We change the programme each term, to ensure there are always new challenges and opportunities.

Individuals can enrol for just **£35 for 6 months**.

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:

**Maggie De Ruyck**

Older People's Programme Manager

**0113 213 7296**

[maggie.deruyck@wyp.org.uk](mailto:maggie.deruyck@wyp.org.uk)

**Adie Nivison**

Older People's Officer (Tue & Wed)

**0113 213 7800**

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

## Membership Notice

To reassure you, although Heydays will undoubtedly look different when we relocate during the redevelopment period (July 2018 – September 2019), **we will definitely continue to run Heydays (so please do not worry if you have recently bought a year membership).**

If you are worried about your current membership, till January 2018 you will be able to renew your 6 month memberships **as usual**. From February 2018 we will be switching to a **rolling membership**, which will bridge any gaps in your membership between then and the end of the Summer Term. This means that in February 2018 you can buy a 5 month membership and so on. After the Summer Term, we will be implementing a new membership system that will not only suit the period of redevelopment, it will also help people to be more flexible with their memberships.

**0113 213 7800**

[wyp.org.uk](http://wyp.org.uk)

## 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: Radio, Theatre of the Mind – Douglas Thompson

(Limited Places)

Exploring the vast possibilities available when writing for radio these workshops will consider dramatic monologues, short stories, plays for voices and a range of radio comedy. We shall discuss the techniques of leading radio writers as we create our own responses and consider the challenges/opportunities set by radio drama in the age of the internet.

### 10.30am – 12pm: Textile Textures – Hayley Mills-Styles (Limited Places)

Inspired by different textures and surfaces from nature you will use techniques like polyfusion, trapping and bonding to create your own exciting backgrounds. We will then use hand embroidery and embellishments to add texture to your handmade fabrics.

### 10.30am – 12pm: The Joy of Pattern Development – Miriam Laville (Limited Places)

Colouring books have become very popular in recent years for de-stressing and mindfulness. In these art sessions instead of colouring in the designs, we'll be developing ideas for flat pattern drawing inspiration from them. The workshop will primarily be to investigate pattern design, and complete them to be used on various surfaces, such as tiles, canvas, and more.

### 10.30am – 12pm: Landscape of Memories, Watercolour - Maria Doody (Limited Places)

Water-colours is one of the most versatile of media to produce paintings full of colour, texture and light. In the first 5 weeks we will explore the basic techniques from "How to prepare your paper" to "Subject composition" and understanding of colour mixing and application. In the last 5 weeks of the course, we will explore using a few more advanced techniques and start to collate our Landscapes of Memories.

### 10.30am – 12pm: A Bugs Life – Sally Storr (Limited Places)

We are going to look at the wonderful world of insects and bring them to life as 3D sculptures. We will start by drawing and using watercolour to capture form and colour before creating our bugs in a range of media such as paper, wire, and fabric.

## Lunch Time

### 12.10pm – 1.05pm: Leeds College of Music (Limited Places)

Students from Leeds College of Music are back this term to offer an exciting course. The course will incorporate elements of song-writing, music and performance, and these will be applied to our exploration of music production and music software. This course is open to all, regardless of experience. The aim is to have fun with new music technologies, and also gain new skills as an added bonus!

### 12.15pm – 1.10pm: Dance - Mary Sanjurjo (Limited Places)

Join in with an energetic and fun term of dance to celebrate health, well-being and creativity.

### 12.15pm – 1.15pm: Memories are made of this – Gaynel Hamilton (Limited Places)

Following on from our investigations into how the body and mind change as we get older, this term we delve deeper still exploring how our brains work: especially how we remember things and what we can do to improve our memory. (Feel free to bring your own lunch.)

### 12.30pm – 1.15pm: Lunchtime Social

Join other members at the designated tables in the café, marked with the 'Lunchtime Social' sign for a chat over lunch.

### 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!

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## Afternoon

### 1.30pm – 3pm: Singing – Tricia Kyte

Join this vibrant singing group to sing a range of songs with popular tutor Tricia Kyte. Enjoy singing with others and perform at our joyful end of term celebration.

### 1.30pm – 3pm: Drama – Duncan Marwick

Come on a journey of discovery. We will discover what we want, not what we're told to. We will share our stories and look at a form of Improvisation called Playback Theatre to perform them for each other. By the end of these sessions we will have played and shared our experiences, which will result in a sharing at the end of term.

### 1.30pm – 3pm: Discussion Group

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

### 1.30pm – 3pm: Sculptural Book Making - Sally Storr (Limited Places)

Artists books can be beautiful tactile 3 dimensional works of art. We will explore traditional and modern book making techniques to create our own personalised books that may act as keepsakes or stand alone paper sculptures.

### 1.30pm – 3pm: Paintbrushes and spoon family – Maria Doody (Limited Places)

This fun and colourful course will introduce you to recycling with a difference and how to use acrylic paints on wood. You will create your own characters full of charm and personality out of old brushes and wooden spoons.

### 1.30pm – 3pm: Theatre Mask Making - Douglas Thompson (Limited Places)

You will be carefully guided through the stages of creating a full theatrical mask, from deciding the character, through moulding the clay to painting the final mask. No previous art or theatre experience is necessary - just an interest in finding out about the mask making process, an enjoyment of making things, and a willingness to get your hands dirty. Masks will be vacuum formed in plastic and painted with acrylics making a durable and effective full-face theatre mask.