



QUAY PLACE

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Suffolk Mind



QUAY PLACE

Meet. Discover. Connect.

May

Events and Activities

As well as events in this leaflet we have other ongoing activities that you can enjoy on a visit - explore using our heritage trail, browse through our A-Z book, and more

For up to date information visit the calendar at www.quayplace.co.uk
You can also sign up for our newsletter via our website for regular news

National Dementia Awareness Week

15th - 20th May

“RELIVING THE MOMENT”

The role played by Reminiscence. at Quay Place

A week long event with a range of different displays and activities from a wide range of local groups and organisations.

Reliving the Moment” is focused on the benefits reminiscence can have. Activities through the week will demonstrate some of the techniques that can be used to stimulate memories. Amongst those present will be Suffolk Museums with their Open The Doors cabinets, Suffolk Artlink with their Cube films created by young and old participants, Dean Parkin showing how words can be used creatively, ActivLives with their “Keep on Rocking” singing group and Boccia, Heather Edwards from Music Mirrors and how to create your own memory resource and David Jay from Alpha Films screening films made with Sue Ryder and Suffolk Age UK groups. In addition there will be displays from organisations who can help support friends and family, plus film showings and mementos for everyone to look at.

Free entry for all. Visit the website for more details and the full timetable.

A Celebration of Peer Support

Tuesday 23rd May - 10.30am to 2.30pm

Join us for a celebration of the accomplishments of our Side by Side project and a showcase of some peer group activities. Gain information on starting a peer group or getting new participants to existing groups. Refreshments and cake 11.00am - 12.00noon. Free entry, all welcome For more information email christina.perea@suffolkmind.org.uk

Volunteer Open Day

Friday 26th May - 10.00am to 7.00pm

Have you thought about volunteering ? If you are interested in getting involved and supporting the work that we do at Quay Place we would love to see you at our open day. Pop in between 10.00 and 7.00pm for a warm welcome and for more info about opportunities to be part of the team.

Volunteer Opportunity
Craft Activity Helper (Quay Place Poppy Project)



QUAY PLACE



We have an exciting role for a volunteer to facilitate a welcoming craft group that will sew, crochet and knit poppies for our Poppy Display and exhibition taking place November 2017. We envisage the groups will start from May 2017 and meet weekly for one afternoon and one evening.

For more info of all volunteering opportunities visit www.quayplace.co.uk

Achievement and emotional wellbeing

Thursday 25th May - 6.00pm to 7.30pm

“Achievement, the sense that we are becoming more competent and capable, is an essential need which has to be met for good emotional wellbeing.

Our monthly information session with Ezra Hewing will explore why achievement is the antidote to feelings of low self-worth and helps give us balanced self-esteem. We'll be playing games - some stressful, some stretching - which will help identify the difference between stress and stretch. We'll also be looking at opportunities to learn new skills, taking small steps to begin with, to get us back on the journey to achievement and a sense of wellbeing!” To reserve a place email marketing@quayplace.co.uk or call 07595 086126

Suffolk Chamber Brunch

Friday 12th May - 9.30am to 11.30am

Suffolk Chamber in Greater Ipswich Networking Brunch - for more details and to book visit www.suffolkchamber.co.uk

Anam Cora Workshop

Friday 12th May - 5.00pm to 7.00pm

Anam Cora (Gaelic for "Soul Chorus") - a group of devotional singers weaving different strands of vocal and spiritual backgrounds to create a meditative and uplifting experience. This workshop offers a chance to experience how the power of sound can help us to connect, heal and ignite. No previous vocal experience is required to take part. Free to join. For more information visit: www.marybenefiel.com or call Mary on 07913 689552.

Gardening for Wellbeing

Tuesday 16th May - 1.00pm to 2.00pm

Join in the lunchtime session when Medical Herbalist Dan Wheals will work with you in the Quay Place garden. Help tend the plants and relax into the world of leaves, roots, flowers and wildlife that can destress and inspire. Please wear suitable shoes and clothes and bring gloves if you have them. For more information contact Hossein Khaled - info@quayplace.co.uk.

Suffolk Archaeology Conference

Saturday 13th May - 10.00am to 4.00pm

Conference on the latest heritage projects from around Suffolk. Tickets £12 (included drinks on arrival and buffet lunch). For more info and tickets 01449 900124.

Sanctuary Singing

Thursday 18th May - 2.00 to 3.30pm

All welcome at our friendly group singing session which takes place in the Nave. £2 donation for refreshments, no need to book, just turn up. Future dates are 1st June, 15th June, 29th June, 13th July, 27th July, 10th August and 24th August.

Our theme for May is...

Achievement

“The journey of a 1000 miles starts with a single step – Chinese proverb.

Doesn't it feel good when we are achieving things, big or small? The feeling that comes from being stretched and challenged has many benefits. Achievement is essential for good emotional health and tells us that we are growing. Achievement comes from being stretched – which is the opposite to being stressed.

Achievement is the antidote to feelings of low self-worth and helps to give us balanced self-esteem. Once we have mastered a skill, the knowledge that we have done so can never be taken away from us. Achievement gives us a sense that we have the competence to handle life when it becomes challenging.

This month we'll be celebrating your achievements and looking at steps you can take, big and small, to secure good emotional health.”

Regular activities at Quay Place

Colouring Group - Monday Afternoons

2.00pm to 4.00pm

If you like colouring but find it difficult to get started at home, why not come and join our friendly group which meets on Mondays. Free to join.

Hatha / Flow Yoga Class

Monday Evenings - 6.15pm Beginner class

A mix of flowing sequences to warm the body, raise awareness of breath, hold poses/stretches which will encourage flexibility and balance and tone. To book a place email - dmartinking@btinternet.com £45 for 5 classes or pay per session £10. Every Monday Evening.

Mindfulness Pilates™

Tuesday Evenings - 6.15pm to 7.15pm

The 6 week programme which started on 11th April can be joined at any time, is for mixed ability mat work connecting mind and body in an holistic workout. Pre booking essential as limited places. For more info or to express interest in joining future classes call 07923 382272.

Hatha / Introductory Yoga

Wednesday Evenings - 6.30pm to 7.30pm

Suitable for beginners and those who want to get back into some form of exercise again. To include awareness of breath, held poses and stretches to encourage flexibility, balance, and tone up those core muscles! To book a place or for more information please email –dmartinking@btinternet.com. Cost: £34 for 4 classes or pay per session £9.

Drawing Project - Friday Mornings

10.30am to 1.00pm

Do you enjoy drawing? It is fun, relaxing, and helps in developing a feeling of wellness. Colours and shapes are well known to promote emotion in both artists and viewers. Paul Vousden our resident artist is at Quay Place most Fridays. Check our website or call 01473 569696 if you are planning a visit.

Dates for your diary

Zhineng Qigong Practice Session

Saturday 6th & 20th May - 10.00am to 11.00am

Zhineng Qigong is a Chinese form of moving meditation that relaxes the body and frees the mind. Based on the principle that our mind controls our energy, known as Yi Dao Qi Dao, the practice sessions will guide you through a sequence of movements that promotes healing, improve circulation and quieten the mental busyness. No pre booking, just turn up.

Pilates at lunchtime

Monday 8th May 12.30pm to 1.30pm

NEW beginner 6 week course

Michaela Windsor is a STOTT Pilates trained instructor, teaching small classes and private lessons in Ipswich. Pilates is good for everyone so bring your own mats and give it a try! Cost of attending the 6 week course is £60.

For more info or to reserve a place email Michaelapilates@yahoo.co.uk

Suffolk Needs Met for SWPN (CPD event)

Tuesday 9th May - 9.00am to 1.00pm

This quarterly event is part of the Suffolk Wellbeing Practitioners Network for practicing therapists and practitioners in wellbeing.

An opportunity to develop personal and business skills and networking connections. Refreshments available. Attendance by ticket only.

For more information and to book please contact info@quayplace.co.uk.

The Life Lounge

Thursday 11th May - 7.00pm to 9.00pm

Charlie Green, one of the Life Lounge coaches, we will be exploring The Transformational Power of Daily Rituals Explore your helpful and unhelpful habits and take away a simple challenge to help remove rituals that are no longer serving you. You will even leave with a strawberry come along to find out what that is! Cost £10 - Max capacity 25 so book to avoid disappointment - go to www.bwis.online/theLifeLounge/ and click upcoming events or email charlottecbgreen@outlook.com