

ADDITIONAL INFORMATION

HOW DO I JOIN HEYDAYS?

You can sign up or renew your membership with our Box Office team, either in person or by calling 0113 213 7700.

HOW DO I BOOK ONTO ACTIVITIES?

You can now book the sessions of your choice at Box Office. Have a look through this brochure to make your selections, then let the Box Office team know your first and second choices for the morning and afternoon. If the session is full, you will be placed on a waiting list.

HOW MUCH DOES HEYDAYS COST?

The full spring term of activities costs £80. This includes your weekly sessions and additional member-only events.

The cost can be paid in full or in 4 monthly installments of £20.

We are committed to ensuring everyone can attend Heydays so a limited number of bursaries are available. Please ask for further details.

NEW TO HEYDAYS?

If you are over 55 and interested in joining our creative programme, you are welcome to come along for a free taster day. Please arrive at Level 2 from 10am and speak to a member of our friendly team.

MEMBERS' TICKET OFFERS

£10 tickets available for the following shows during the Autumn/Winter 25/26 Season*:

- *To Kill a Mockingbird*
- *A Christmas Carol*

*Members can purchase a maximum of 2 tickets for each show at the discounted price of £10 per ticket. Selected performances only; subject to availability.

HOW TO FIND US

Leeds Playhouse
Playhouse Square,
Quarry Hill
Leeds, LS2 7UP

BOX OFFICE

Tuesday – Friday
12PM – 4PM
0113 213 7700
leedsplayhouse.org.uk

EMAIL

connect@leedsplayhouse.org.uk

SUPPORTED BY:



HEYDAYS AUTUMN 2025

LEEDS
PLAY
HOUSE

WEDNESDAY 17 SEPTEMBER – WEDNESDAY 3 DECEMBER 2025
10.30PM – 2.30PM (NO SESSIONS 8 AND 29 OCTOBER 2025)



A PROGRAMME
OF CREATIVE CLASSES
AND ACTIVITIES FOR OVER 55s

Photography by Abbie Stevens



Supported using public funding by
ARTS COUNCIL
ENGLAND



MORNING

10.30AM – 12PM

PLAY READING

Run by members

LEVEL 3 | WESTON ROOM

The play's the thing in our weekly sessions in which we'll explore scripts ranging from **Shakespeare** to sit-coms. You can join in by reading a part or simply listen along as we bring to life the written word. Everyone welcome!

DANCE

with **DECODANCE**

LEVEL 3 | CITY ROOM

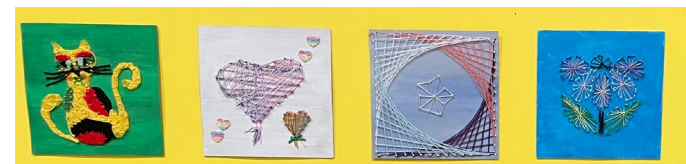
DECODANCE are an intergenerational collective, led by Alex and Meg. Expect a fun-filled dance session complete with all your favourite tracks, sequins and cowboy hats! All abilities are welcome on the dance floor, from complete beginners to experienced disco divas. Come and give it a try – yeehaw!

ART CLASS

with **Paul Atkinson**

LEVEL 2

Join Paul this term to discover new ways of making art. Try your hand at 3D modelling, master the art of photo-montage or create hanging sculptures using wire. This is a fun and friendly class where everyone is welcome to come along and find their inner artist!



CREATIVE WRITING

with **Josie Davies**

LEVEL 2 | BROOKE ROOM

Whether you're interested in plays, prose or poetry, these workshops will offer you the tools to find your creative voice, develop character, structure scenes, and create dialogue. We will take inspiration from the world around us to spark new ideas or refine existing ones. Sessions are suitable for anyone interested in putting pen to paper whether you consider yourself a first-time or an experienced writer.



LUNCH

12PM – 1PM

Visit the Playhouse Kitchen, our Front Room Café or bring your own packed lunch.

Look out for a carousel of member-led activities that run over lunchtime to suit all interests ranging from playing the ukulele, discussing the latest must-read books, or knitting and crocheting. Do you have an idea for a lunch club that you'd like to run? Just let us know!

AFTERNOON

1PM – 2.30PM

HEYDAYS CHOIR

with **Suzi Saperia**

LEVEL 3 | WESTON ROOM

Enjoy the benefits of singing together! With a mixed repertoire ranging from simple rounds and folk tunes to pop classics and Christmas carols, there's something for everyone. No previous singing experience or musical knowledge is necessary, just come along and give it a go!



DRAMA

with **Abigail Bailey**

LEVEL 3 | CITY ROOM

Discover drama techniques, storytelling strategies, and develop your performance skills in these welcoming and supportive sessions. We'll craft pieces that focus on what the next chapter of our lives might look like, using creative practice to explore our hopes, dreams and ambitions for the future. No previous experience needed. Come along, connect and create!

CRAFT POP-IN

Self-led

LEVEL 2

Have you got a hidden talent for crafting? Are you mad for macramé? Crazy about cross-stitch or maybe you have a passion for papercraft? This is your space to practice your creative project and share your skills and knowledge with other members along the way. No booking required for this drop-in session. Why not come along and enjoy the camaraderie of communal crafting!



YOGA, MOVEMENT AND MINDFULNESS

with **Amy Manancourt**

LEVEL 2 | BROOKE ROOM

Prioritise your wellbeing and take time out from the stresses and strains of everyday life in these sessions designed to improve physical, emotional and mental health. Incorporating gentle movement, yoga stretches and mindfulness activities delivered in a playful and creative way, these sessions are easily accessible for all bodies and experience levels.