

POTTERY

**A supportive place to
explore your creativity**



Mental Health Services



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Pottery –why?

For many years it has been felt that the use of creative activity is of immense therapeutic value. It is often while we are occupied that we feel relaxed and safe enough to talk.

The pottery group aims to provide a safe environment for people where they can express themselves creatively. The group also offers support to those who may feel the need to be listened to or who just want to sit quietly and make items.

The group hopes to –

- Help improve concentration and problem solving skills.
- Raise self esteem and confidence via positive end results and continued support
- Develop awareness of others and self through discussion and sharing of experiences.

Activites include –

- Learning about clay and glazes
- Learning how to make pinch pots, thumb pots, slab and coil building, and throwing on the wheel.
- Glazing and decorating pieces

Examples of work include

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- Oil burners
- Cups and mugs
- Candle holders
- Figurines and sculptural pieces
- Garlic and salt pots
- Tiles and slab boxes
- Jewellery and buttons

There is scope for individuals to explore their own projects and facilitators are experienced to help people reach their potential.

You do not need to have experience working in clay, (although some craft experience may help) and your work is not judged by others.

What to do next

If you are interested in joining the group you need to fill in the reply slip and send it back to us. We will then arrange an informal meeting to give further information and to discuss your needs. Your name will be put on a waiting list and we will contact you when a place becomes available.

If you would like to attend the **Pottery group** please fill in the form below and send it to the address on the front of the leaflet.

Mr/Mrs/Miss/Ms (delete as applicable)

Name:.....

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Address:.....

.....

Post
Code:.....

Tel.
No:.....

Date:.....