

## Pottery for Wellbeing : Slabbing

### About the Course

This calming and creative ceramics course focuses on hand building with slab techniques to support relaxation, mindfulness, and self-expression. Learners will explore rolling, shaping, joining, and texturing clay to create functional or decorative pieces. The course encourages slowing down, developing focus, and enjoying the therapeutic qualities of working with clay in a supportive environment. No prior experience is needed just a willingness to experiment, reflect, and enjoy the process of making.

### Course Learning Outcomes

- **Use** slab-building techniques to create a functional or decorative ceramic piece.
- **Demonstrate** effective joining, shaping, and surface texturing methods in clay.
- Create a minimum of two slab build pieces

**Please note: To successfully complete this course you must commit to 100% attendance and punctuality.**

### What is needed for the course?

For health and safety reasons, you will be asked to bring your 3M Graded face mask. Please note you will **not** be allowed to complete any glazing if you do not have your own 3m graded face mask within the lesson or wear gloves provided

- 3M graded face mask for glazing (you can purchase this from any hardware store or DIY store)

**We can also provide you with information, advice and guidance for employment or further learning.**

- ▶ Please speak with your tutor or
- ▶ Call 020 8583 6174 to speak to an advisor or
- ▶ Email [work@hounslow.gov.uk](mailto:work@hounslow.gov.uk) or
- ▶ Visit [www.workhounslow.co.uk](http://www.workhounslow.co.uk)

### Progression Pathway

#### START

