

Pottery for Wellbeing

Venue & Contact Details	
Venue	Adult and Community Centre Meadowbank
Address	Meadowbank, Cranford, Hounslow TW5 9QX
Phone	020 8583 6000
Email	courses@hounslow.gov.uk
Website	www.hace.ac.uk

****If you are unemployed, looking for work, and are in receipt of a means tested benefit, you do not have to pay the course fees. You will need to sign a self-declaration form stating that you are looking for a job and provide supporting evidence.***

****If you are in low paid employment and you earn less than £10.85p/h or £21,157.59 annual gross salary, you do not have to pay the course fees. You will need to provide proof of income, for example, this could be a wage slip within 3 months of the course start date, or a current employment contract, which states gross monthly/annual wages.***

About the course

Getting hands-on with pottery and creating, offers a variety of health and wellbeing benefits.

The methodical, repetitive and meditative nature of the making process in pottery is proven to reduce stress and anxiety. Focusing on the process of making helps us to slow down and be more present, providing a healthy distraction from the struggles in our lives.

This course is perfect for beginners, those who have not tried pottery before. You will learn some basic pottery making skills gaining confidence that might inspire you to start a pottery hobby.

Please note you will only be able to complete one pottery course in a day. On completion of this pottery course, you will be given the opportunity to progress into a different pottery course.

What will I learn?

After this course you will be able to:

- Demonstrate awareness of health and safety issues in ceramics through safe studio practice, with consideration towards others
- Explore the ceramic workshop and its potential for creative output
- Learn a hand building technique such as slab building or coiling and have the chance to learn decorative techniques such as slip decoration and glazing
- Relaxing music will be played within this lesson while you will have the chance to produce a piece of work to help with your personal wellbeing eg. candle holders or oils diffusers etc. or several test pieces at a pace that suits you.

What are the entry requirements?

- There are no specific entry requirements and for complete beginners

What do I need to bring with me?

- All materials are included in the course fees
- Please wear closed toe shoes

- Apron
 - You may wish to bring a piece of paper and a pen to take notes
 - You may wish to bring in a protective glaze mask (level3/V3) do not worry about this for your first lesson
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How will my learning be assessed?

You will build your own digital portfolio of work.

Your tutor will give you regular verbal and written feedback to support your confidence building in clay making. To successfully complete the course your attendance should be a minimum of 85% **Please note that the first session is an induction to the course and the centre, so it is therefore essential that you attend.** If you for any reason are unable to attend, please let us know and ensure that you read through the induction slides located in your Google Classroom and please complete any related tasks.

What can I do after completing this course?

The most obvious progression pathway after this course is our **Handbuilding For Beginners-Specialist Course**. However, your tutor will give you a more specific advice on what you could do next at the end of the course based on your personal circumstances.

- You can call us to find out about upcoming courses on 020 8583 6000
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Information, advice and guidance for employment

- Call 020 8583 6174 to speak to an advisor
 - Email work@hounslow.gov.uk
 - Visit <http://www.hace.ac.uk/employment-support>
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