



## Pottery for Wellbeing

### About the Course

This course is part of our Wellbeing Programmes aimed at those who would like to learn self-care skills and techniques to pursue a career in Pottery or other related sectors within Creative Industries.

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.

### Course Learning Outcomes

- Explore the ceramic workshop and its potential for creative output
- Learn a hand building technique such as pinching
- Apply different decorative slips & underglaze techniques to your work
- Demonstrate awareness of health and safety within the pottery studio

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

**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

