



Pottery for Wellbeing

About this Course:

This course is a 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:

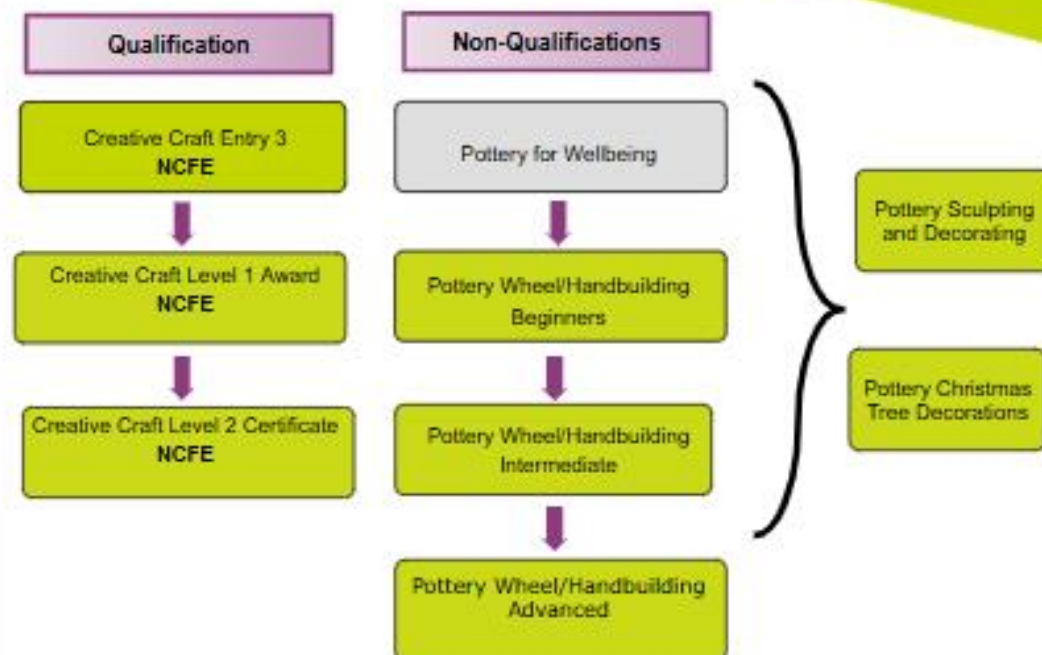
- Learn a hand building technique such as pinching and coiling
- Apply different decorative slips & underglaze techniques to your work
- Demonstrate awareness of health and safety within the pottery studio

What is needed for this course: To successfully complete this course, you must commit to full attendance and punctuality. You will also be required to use basic digital skills throughout the course to access and support your learning materials

For health and safety reasons, you will be asked to bring your 3M Graded face mask (you can purchase this from any hardware store or DIY store). 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.

Need Additional Support? Call: 0208 583 6000

Progression Pathways



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

Please speak with your tutor for more information.

Call: 020 8583 6174 to speak to an advisor

Email: work@hounslow.gov.uk or Visit: www.workhounslow.co.uk