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**Themes:** Arts and Crafts, Counselling, Mental Health

**Aimed at:** All People

Do you struggle with your mental and emotional wellbeing? Would you be interested in trying one of our Creative Craft courses?

Our ten week Creative Ceramics programme will allow you to try slab building, coiling, paint a pot and even a go on the potters wheel. Mondays or Wednesdays throughout the year 11am-1pm. On the Welbeck Estate.

Our 6 week Creative Glass programme is run in partnership with Dukeries Community Workshop. You will be guided through glass cutting, fusing, design and technique. The project runs on the grounds of 'The Dukeries Academy', New Ollerton on a Thursday from 1pm till 3pm.

Our 5 week Creative Wood Workshop is run in partnership with Dukeries Community Workshop. You will be guided through wood carving, general woodwork and pyrography. The project runs on the grounds of 'The Dukeries Academy', New Ollerton on a Thursday from 1pm till 3pm.

**Area:** Bassetlaw

### **Contact Details**

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0800 470 0203

<https://www.nottinghamshiremind.org.uk/creative-therapies-2/>

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