

How to take part

Individuals can take part in Credo by purchasing a ticket on Eventbrite. No previous experience of ceramics or arts and crafts is necessary, just a willingness to explore your own creativity.

www.ambientsupport.eventbrite.com

PLEASE NOTE: There is limited space in the studio, so each ticket purchased covers space for one individual only. Should a person need someone to attend with them for additional support, they must contact Jehan Haddad (jehan.haddad@ambient.org.uk) BEFORE purchasing a ticket.

Full terms and conditions available on individual Eventbrite listings.

Credo participants have said:

'We encourage each other in different skills.'

'I never used to be a creative person. It brought out a whole new side to me I never knew I had.'

'Helped me develop patience. Helped me focus.'

About Us

Ambient Support is a registered UK charity with over 30 years' experience in providing care and support services for older people, people with a mental health need and people with a learning disability.

We believe that everyone is unique and they should be able to lead valued lives in their communities, treated with dignity and respect no matter their age, health condition or disability.

Our way is The Ambient Way

Watch the video to learn more



SCAN HERE

Find us on social media



@AmbientSupport

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ambient
Passionate About People



Credo Creative Arts Project

Changing lives and improving mental wellbeing through creativity



www.ambient.org.uk

About Credo Creative Arts project

The award winning Ambient Creative Arts Project, Credo, allows participants to explore their **potential and creativity** through a range of crafts and creative activities.

The project has **good access to community facilities** with local shops a short walk away and public transport within easy reach.

Who are the courses for?

The courses are for anyone that feels that they would benefit from **exploring their creativity** in a supportive and friendly environment. Especially those who have **lived experience of mental ill-health**.

What courses are you currently offering?

We are currently offering a series of ceramic workshop sessions, Monday to Friday overseen by a professional ceramicist, at **Creative Art Centre, Cotmandene Crescent, Orpington, Kent, BR5 2RA**.



What will I do on the course?

Our ceramic sessions are led by a **professionally trained ceramicist**, who is experienced in working with people with mental health issues.

During the course, participants will explore and experience a variety of **ceramic techniques and skills**. Participants will make both 2D and 3D ceramic wares using hand building techniques such as pinching and slab work.

How much does it cost?

This service has a fee of £8.50 per session for people to take part.

Sessions run for 2 hours and are offered in blocks. Course length varies but may be offered in blocks of up to 12 weeks.



Course availability

Courses are subject to availability and must be booked and paid for in advance via Ambient Support's Eventbrite page.

www.ambientsupport.eventbrite.com

Details of upcoming courses and their availability may be found on the Eventbrite listings.



Outcomes from the service

People who attend Credo can expect to have:

- **Increased** confidence and self-esteem which helps their mental health, wellbeing and recovery.
- **Learned** new skills and develop their personal creativity.
- **Enjoyed** meeting new people and working in a team environment.

Recent feedback from Credo participants:

89% said their **confidence** had increased.

81% felt that their **self-esteem** had improved.

93% believed that participation contributed toward their **recovery from mental ill-health**.