

We only moved to the area about a year ago. I got pregnant very quickly, very busy job, don't know anybody, worked long hours...really up until the time I went on maternity leave. Felt very much on my own My mum died a couple of years ago My partners parents very good but they live quiet a way away. I just needed some support and somewhere to go ...just to have some time to myself. I've always been a bit shy and a bit nervous about doing things and trying new things in front of people - which I know I've got to get over now I've got Charlie because I don't want him to have the same problems. I thought it would be something more formal ...I wasn't good at art at school - always was the one who got left out - so I was a bit apprehensive. I've found its very relaxed you can join in with the conversations, do what's on offer or one week I just sat and watched and had a cup of tea and had some time to myself and I found it relaxing which I didn't think I would ...Its helped that I can come into a room say 'good afternoon' to people and have a little bit of a chat and I think having the children in common helps speaking to people about worries with Charlie and whether he's putting on weight whether he's doing what children should be doing. I think yeah it is starting to work to make me less reserved And today with the clay work it's the first time I've done that since school and I've actually really enjoyed that shaping the clay and getting it all to stick together. I've rolled the clay out into a flat tile shape using a guider to make sure I've got everything the right thickness and then I've made a name plate for my partner to have on his desk rolling out the letters out in clay and making coils He's not got the easiest name so its been quite difficult making gs and rs and ms out of the clay scored the backs of the letters and stuck them onto the base And now am about to make a tile for my step son if I've got enough time. I've learnt if I put my mind to it I can be creative I can and I shouldn't be scared of showing that side of me. I've always been very trained to think in a particularly rigid way and I don't let myself go enough and I can and I should