

I think its lovely art class – its very friendly the people are very nice. I find Heather and Andrew are very helpful helped me through a hard time. I wasn't very well when I first started coming and I feel much more relaxed now and much more confident in what I am doing now. I enjoy working with the clay. It's helpful it's a better, better, than expressing yourself than through words sometimes...if you're not feeling very well.

Its nice to use your hands – you feel like you're doing something, and you feel like you've achieved something, instead of just staying in bed or whatever you'd do otherwise.

This is a plant pot I made for my friend down the road. She's got a girl whose did a marine biology course and that's the theme of this – like sea creatures - and I thought I'd give it to her 'cos she's went through a bad time as well, she had a cot death. And I was thinking about her when I was doing it. Because I think the meaning behind it is important for a lot of people who come. And that's my dog: I lost my dogs and they meant a lot to me. And I miss them very much and I feel I want to remember them.

Well this means everything to me because I want to go back to college and do some art work in college. I want to go back to college: so it means everything to me really. Its something to look forward to. And I feel like I've achieved something at the end of the day. So I feel my confidence my self-esteem is better. At the end of the day I feel I'm getting somewhere because I've made something.