

Every Monday at Charles Leeks House from 1-3pm

Make Mondays Meaningful at Mencap

3 Ways to Get Creative

Sensory Pottery

Come and get creative with clay, learning to use the potter's wheel or simply using your hands to turn a lump of clay into something more wonderful.

Truly relaxing and productive!



China Painting

Fancy getting creative but don't like the mess?

Then this activity is for you.

Express yourself and put your own stamp onto a plate or vase.



Fashion and Textiles

Learn how to knit or crochet, or simply enjoy working with fabric to upcycle clothes or make your own toys or soft furnishings.

Use our three sewing machines with the help of our volunteers.



Call Jess for more details on 01376 326302. All abilities are very welcome!

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