

Hobbies and Interests

The following case studies describe how our Community Connectors are supporting people to develop hobbies and interests

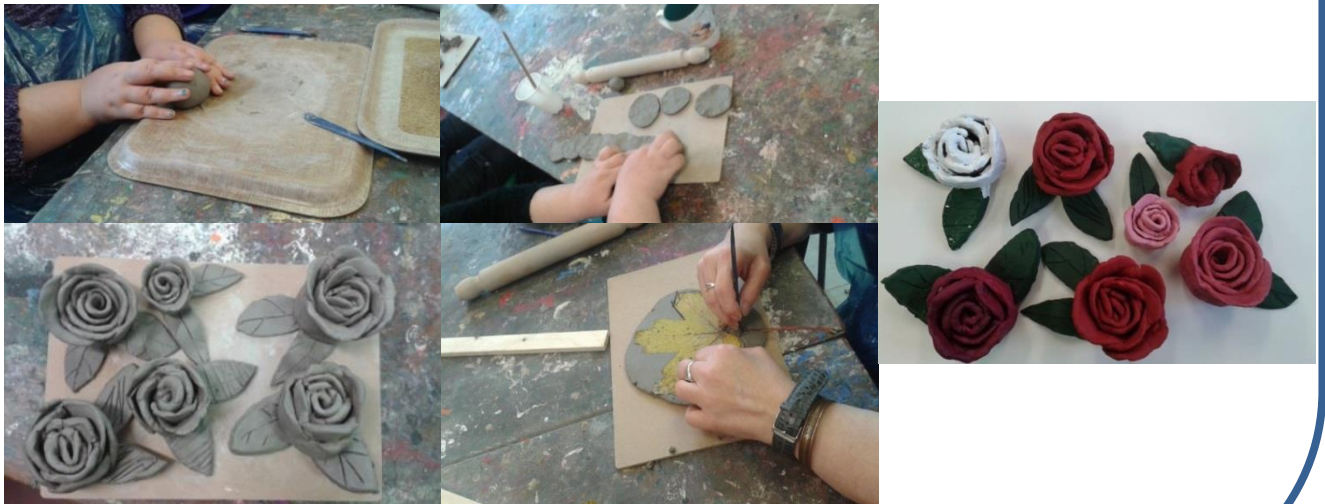
Anna, Community Connector

Pottery

"I support a pottery class in Taibach Resource Centre that encourages people to make and create items of their choice out of clay.

Every session helps to develop different skills sets such as hand building techniques. This includes; rolling, cutting, forming and modelling the clay. By learning these skills individuals are able to work independently and create unique items which they can paint and take home the following week. The sessions enable individuals to gain confidence, skills and become more independent.

I think the best part for individuals who attend the pottery class is when they get to take their finished pieces of work home and the joy they have in knowing that they have created that piece of work on their own."



Hannah, Community Connector

Cooking & computers

"I support a cookery and computer group in Taibach Education Centre.

In the cookery session, individuals decide the week before what they would like to cook the following week.

The morning of the session, individuals visit the nearest supermarket where they purchase their ingredients. This requires individuals to look for the ingredients they require, learn which aisles different foods are located, and use social and money management skills to pay for the items.

Once in the Centre's kitchen, individuals put their aprons on and are then shown and encouraged to wash their hands properly. Support is then given to individuals to start to cook their meal from scratch: peeling, chopping, mixing, grating, boiling and baking. Numerous skills are learnt including learning basic hygiene skills, working as a team, time management etc.

In the afternoon session I support individuals to develop their basic computer skills; from learning to switch on a computer, to going on goggle to search for food recipes. One of the individuals said she 'loves these sessions' as she has learnt new skills and enjoys taking food home for her family to eat for tea."

Debra, Community Connector

Arts & crafts

"I support a craft session at Dragon Arts in Pontardawe. Dragon Arts is a not for profit charity that provides art based therapy for all. During the sessions we plan and prepare what projects we are going to make. One of the main outcomes of the sessions is for the participant to know they have made an item themselves and feel empowered by their own efforts.

I asked one our attendees what he likes about arts and craft. He replied, "I enjoy thinking about what we are planning to do". The individual recently made a 'Pop Clock' which involved gathering and cutting out pictures of his favourite singers to use as a design for a clock. The sessions have helped the participant to concentrate better, use his imagination, and practice scissor skills which have helped develop his coordination skills."