

Mindfulness and Making

● BY ANNE MANSON

There is a great project for people with learning disabilities in Newcastle called Skills For People. I do a mindfulness course there every Friday. We do the 3 step breathing and there will be a video of us doing it on youtube this month. I write poetry about mindfulness and this is on the Skills For People Website.

I also do a pottery class at Skills For People. It's only £2 a session and it's really great. I have made lots of things and some of them will be sold at the exhibition in December. Since doing the pottery class I have made a good friend who also goes to it called Helen.

As well as pottery I also knit teddy bears and sell them. All the money goes to my chosen charities which are the RSPCA and the RNIB. I get a lot of satisfaction from making things and the mindfulness is really good for keeping you calm, helping to remain in control and not worrying too much.

12

