

# Pottery



## Skills you have used

Creativity

Using Equipment

Hand building Skills



Patience

Resilience

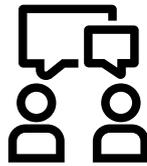
Asking for help



Communication

Socialising

Following Instructions



Learning

Attention



How did you find the activity?

Please tick



-----

-----

# Pottery

## How to do this activity again

### At Home

🔍 At home pottery kit - air dry clay ✕



#### Materials used

- Air-dry clay £5-£10
- rolling pin £2-£5
- cookie-cutter. £2-£5
- paint pens pack £10 - £20
- leaves or objects to decorate



### Local Area



- **Sussex Coast College's Adult Pottery Courses**

Available at their Hastings, Eastbourne and Lewes campus

<https://www.escg.ac.uk/courses/art-crafts-design/ceramics-pottery-sculpture/>

£200 for a 7-week pottery course, all materials included

- **St Leonards Arts School**

Classes and materials for clay, sculptures, painting, drawing and collage

£13.50-£20.00 a session

<https://www.stleonardsartschool.com>

- **The Art House Creative Cafe**

Clay workshops, pottery painting and other crafts

£25-45 a workshop

<https://thearthousecafe.co.uk/>



# Pottery

## Activity Instructions

1. Push your ball of clay flat into a disc shape using your hand - you may wish to wear gloves.



2. Use a rolling pin to flatten the clay until it is approximately 2cm thick.



3. Use a cookie cutter to cut out a circle of clay. Remove all excess clay from around the cookie cutter.



4. Smooth the edges using a sponge or your finger and a little bit of water.



5. Place leaves or materials of your choice in the centre of your coaster. Use a rolling pin to press them in gently.



6. Carefully remove the materials from the clay, leaving an imprint behind.



7. Leave to dry somewhere flat for 24 hours. Then decorate with acrylic paint or acrylic paint pens.

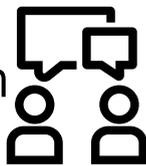


# Outdoor Walk



## Skills you have used

Socialisation  
Communication  
Planning



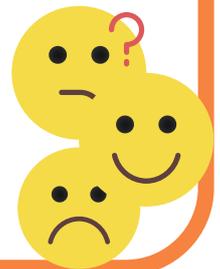
Money Management  
Community Participation



Balance  
coordination  
Safety Awareness



Mindfulness  
Observation  
Emotional regulation



How did you find the activity?

Please tick



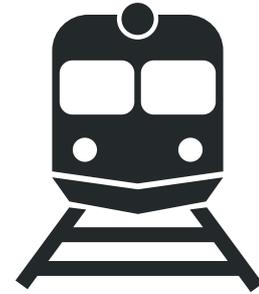
---

---

# Outdoor Walk

## How to do this activity again

Bexhill seafront is nearly 2 miles long, with a path stretching from Bexhill to Cooden.

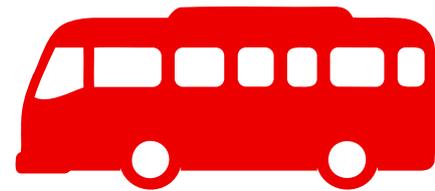


### To access the seafront from the Train station

- Turn right out of Bexhill station and walk down Sea Road, cross the road, and you have reached the seafront

### To access the seafront via bus

The 99 bus route stops outside the De La Warr Pavilion



# Baking



## Skills you have used

Weighing  
Measuring  
Mixing



Following a recipe  
Reading  
Sequencing



Making dough  
Shaping dough



Patience  
Time-management  
Problem solving



How did you find the activity?

Please tick



---

---

# Baking

## How to do this activity again

### At Home



- Online recipes



“Bread roll recipe”



- Cookbooks  
Check out libraries  
book shops and charity shops.



- Social Media- baking accounts  
e.g. Sallysbakeblog , Kimjoy, or janespatisserie

### Local Area



- **Leaf Hall Community Kitchen**

Eastbourne based community cookery group  
Cook for yourself and others following a recipe.  
Every Friday.



<https://www.leafhall.co.uk>

Free to attend. Book your place by email on website.

- **Healthy one-pot cookery course**

Available at East Sussex Community College-  
Eastbourne Site.

4 week course to learn healthy and low-cost meals.

£25 or free to attend, based on your income.

[https://adult.escg.ac.uk/courses/preparation-for-life-work/  
healthy-one-pots-90230/](https://adult.escg.ac.uk/courses/preparation-for-life-work/healthy-one-pots-90230/)

# Soda Bread Rolls



## You will need:

Makes two bread rolls  
Time: 40 minutes

### Ingredients

- Plain Flour (175g)
- Salt (1/2 tsp)
- Bicarbonate Soda (1/2 tsp)
- Apple Cider Vinegar or White Wine Vinegar (1/2 tbsp)
- Milk (100ml dairy or plant-based)

### Equipment

- Scales
- Mixing Bowl
- Wooden spoon
- Measuring spoons
- Baking tray
- Baking paper
- Knife

## Prepare

1. Preheat oven to 200 c
2. Put baking paper on a baking tray and dust with flour



# Recipe: Step by Step

## 1. Put dry ingredients into mixing bowl and mix together



175g flour



½ tsp salt



½ tsp  
bi-carbonate  
soda



## 2. Mix wet and dry ingredients together to form a dough

½ tbsp of vinegar



100ml of milk



Mix



## 3. Shape 2 dough balls and place on baking tray

Split dough into  
two balls



Shape into rolls



Place on tray and  
cut crosses  
into the tops



## 4. Bake in the oven for 25 minutes

**Self advocating for your needs at external groups**