

## About Us



Community Options was established in 1990 and is a specialist provider of services for people who have mental health needs.

## Our Mission

To provide personalised support that enables individuals to lead valued and meaningful lives in the community.

### What people who have participated in a Credo creative arts course have said:

*'We encourage each other in different skills.'*

*'I never used to be a creative person. It brought out a whole new side to me I never knew I had.'*

*'Helped me develop patience. Helped me focus.'*

*'There is something therapeutic about working with 3D objects.'*

## How to access the service

Individuals can book and pay for courses by visiting our website:

**[www.community-options.org.uk/book-a-course](http://www.community-options.org.uk/book-a-course)**

Details of the next available courses, together with full Terms & Conditions are available here.

Or you may telephone us for more details. No previous experience of ceramics or arts and crafts is necessary, just a willingness to explore your own creativity.

## Contact us:

Credo, 67 Cotmandene Crescent, St Pauls Cray, Orpington, Kent. BR5 2RA

Telephone: 0208 313 9725

Community Options is a trading name of Heritage Care Limited.



Registered Office:

Heritage Care | Connaught House

112-120 High Road | Loughton | Essex | IG10 4HJ

Telephone: 0208 502 3933 | [www.heritagecare.co.uk](http://www.heritagecare.co.uk)

Registered and licensed by the Care Quality Commission (Provider ID: 1-102643235).  
Heritage Care is a Company Limited by Guarantee Registered Number 07211819 and a Registered Charity Number 1135353. COCEIS06-1118



## Creative Arts Project

*Changing lives through creativity*

[www.community-options.org.uk](http://www.community-options.org.uk)

Community Engagement & Inclusion Services

## About Credo

Credo is a Community Options, creative arts project. It allows participants to explore their potential and creativity through a range of crafts and creative activities.

## Who are these courses for?

The courses are for anyone that feels that they would benefit from exploring their creativity in a supportive and friendly environment.

## What courses are you currently offering?

We are currently offering a series of ceramic workshop sessions, Mondays Tuesdays, Wednesdays & Fridays, overseen by a professional ceramicist, at venues in St Paul's Cray, Orpington and Penge.

## What will I do on the course?

Our ceramic sessions are led by a professionally trained ceramicist, who is experienced in working with people with mental health issues.

During the course, participants will explore and experience a variety of ceramic techniques and skills. Participants will make both 2D and 3D ceramic wares using hand building techniques' such as pinching and slab work.

## How much does it cost?

This service attracts a contributory fee of £6 per session for people to take part.

Sessions run for 2 hours and are offered in blocks. Course length varies but up to 12 sessions may be offered as a course.

Courses are subject to availability and must be booked and paid for in advance either via our website or in person at our Central Office in Bromley.

**Details of courses and their availability may be found on our website. Please visit: [www.community-options.org.uk/book-a-course](http://www.community-options.org.uk/book-a-course) or call us on: 0208 313 9725.**



## Outcomes from taking part:

People that participate in Credo creative arts projects may expect to:

- Benefit from increased confidence and self-esteem which improves a persons general wellbeing.
- Learn new skills and develop their personal creativity.
- Meet new people and enjoy working in a team environment.

Recent feedback from participants on our courses:

- **89% said their confidence had increased and 81% felt that their self-esteem had improved.**
- **93% believed that participation contributed toward their recovery from mental ill-health.**

## Course Venues & Session times:

**Venue:** Credo, Creative Art Centre, Orpington, BR5 2RA

Mon/Wed/Fri | 1000-1200 | 1300-1500

**Venue:** Credo, Yeoman House, Penge, SE20 7TS

Fri | 1000-1200 | 1300-1500