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Have a whale of a time at a weekend workshop

3 September 2010

As part of Lambeth's 'Wellbeing and Happiness Programme' and Improving Access to Psychological Therapies, NHS Lambeth is funding community projects to improve the wellbeing of Lambeth residents.

Two 'Whale of a Time' workshops are taking place. The first is being held on Sunday 5 September as part of The Urban Green Fair, from 11am–6pm at Brockwell Park.

The second workshop is taking place on Saturday 11 and Sunday 12 September, as part of The Mayor's Thames Festival, London's largest free outdoor arts festival, from 12am–7pm at Potters Fields Park, London.



The 'Whale of a Time' workshop is a fun, free and hands-on activity, aimed at all ages, where participants are able to model whales and other endangered species out of clay, and at the same time learn about the environment and sustainability.

The workshops enable people to learn how to use sculpting tools and explore creativity through experimentation. Clay sculpting is believed to be therapeutic and help release stress and tension.

Lucy Smith, Public Health Manager at NHS Lambeth, said: "As part of the Lambeth mental wellbeing programme and work to improve access to psychological therapies, we have funded these workshops with the aim of increasing awareness of ways in which people can actively improve their wellbeing.

"To experience good mental health and wellbeing is to feel positive about today and to have hope about the future; to feel reasonably confident about being able to handle life's stresses and problems and that mostly life is fulfilled and rewarding.

"By attending the workshop it enables individuals to be creative, meet new people and have some time out which can go a long way to improving someone's mental health."

More information on the whale of a time workshops can be found here <http://www.whaleofatime.org/home.php>.

For more information on the urban green fair and Mayor's Thames festival see <http://www.urbangreenfair.org/> and www.thamesfestival.org.

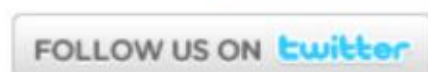
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Notes to editor

- All finished models made during the workshops are displayed during the festival in the Whale of a Time Gallery. After the festival, participants can take their models home or get them fired and glazed. View photos of previous workshops here <http://www.whaleofatime.org/gallery.php>
- Lambeth's Wellbeing and Happiness Programme was launched by Lambeth First (the local strategic partnership) in November, 2009. More information is available at <http://www.lambethfirst.org.uk/mentalwellbeing>



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