

credo

NEWSLETTER
AUTUMN 2010



How I have been fundraising for Credo, Bromley Mind and Different Strokes by buying and selling items on Ebay

After having a stroke in January 2009 I was devastated at not being able to return to work as an Interventional Medical Representative, covering South East England and London, and as a result I became severely depressed. Attending Credo Ceramic Designs has helped me, through art, to come to terms with my lost status.

Through art I am now a much happier person and am planning to move home to a smaller house - with an out-building to use as a studio. Possibly this will enable me to give help to others, like myself, who have had a period of depression or a critical illness and a change to their lifestyle. I have always been a successful sales person and want to give something back to the people that have helped me since my stroke.

At first, I started to sell a few bits and pieces that I did not want at home – on 'Ebay' – as a charity seller. Since starting this I moved on to buying bits and pieces from all over the world, then re-selling them on 'Ebay' and donating 10% to charity of the gross sales. I have now donated around £200.00 to Credo; about £150.00 to Bromley Mind and £200.00 to Different Strokes.

The donations are made after an item has been sold and paid for, also giving me back the listing fee as a charity seller. People who buy an item are able to make a donation, at the 'check-out', to my charities. I research some information that a lot of people are not aware of, to try and raise awareness for my charities.

Please see my other auctions as they all raise money for charities – and let's be honest none of us know whether we will need help ourselves in the future. None of us know what the future has in store for us, so why not bid on my items and get yourself a bargain whilst helping someone with a disability of some sort. We can make a difference together can we not?

I have been trying to address my somewhat terse attitude at times, but it appears to me that I have had to deal with so many changes in my life since January of last year. To deal with this is why I run all of my auctions for charity, to try to give something back to the charities that have helped me since having the stroke. I consider myself one of the lucky ones – at least I am still alive. Over 1000 people per year, under the age of fifty, suffer a stroke like me and it devastates lives.

Judy.

HATFIELD CERAMIC SHOW - AUGUST 2010

Hatfield fair is an extensive international ceramic exhibition and sale set in the beautiful grounds of Hatfield House in Hertfordshire. It has a railway station opposite the main gate, with a frequent train service to and from King's Cross London. The free shuttle bus takes you to the show. The bus stop is 200m from the main gates. The bus runs a continuous loop to the showground and the House and the Old Palace Yard.

This fantastic show will keep you enthralled for a few hours or all day if you can spend the time. There are talks and demonstrations as well as an area set aside to throw your own pot for £2. Out of about 190 exhibitors I personally found Jethro Jackson's salt glazed sculptural pieces, reflecting the landscape in Cornwall, beautiful.

Credo members talked to the Kent potters whilst eating their picnic in the catering area. They have eleven members and took it in turns to look after the exhibits. They were camping for three days in the park, we admired their stamina and hard work.

Mary A. Rich has some new work. Her hand-thrown porcelain decorated with lustres and liquid gold are stunning. She had donated a piece of her work to the tombola, which would be lovely to win.

Terry Riley was demonstrating his musical ceramics. He hand builds concert pitch single and twin chamber pottery vessel flutes, and ocarinas, based on ancient wind instrument principles. He added to the atmosphere in the Mick Casson Marquee. He now works in France and stays at the show in his VW Camper.

I love the work of Pollie and Garry Uthley. Their richly decorated wall panels and bowls inspired by Indian patchwork textiles using a wide variety of techniques.

Janet Halligan created trompe l'oeil ceramics in stoneware, her handbags and shoes are amazing. The detailed buckles and buttons, some pretty textured boxes, richly coloured hand built with lids by Diana Cox.

I also found some large scale ceramics for the garden, inspired by the Lake District mountains, very beautiful - these were by Libby and Nigel Edmondson.

Some amazing shapes reminiscent of Art Nouveau, accentuated by the use of glazes which form crystals in the melting process, were made by Alain Fichot from France.

On your visit you can take a picnic with you but there are plenty of choices for drinks and hot meals in the catering area.

Enjoy! There are far more exhibitions I could tell you about but I am running out of space.

So for more information about this and other exhibitions go on line to:-
www.artinclay.co.uk.

Frankie

Digital Photography course (September – October 2010)

In addition to the above art course, Credo has teamed up with the Cotmandene Centre in St. Mary Cray to offer to Credo and Cotmandene members a 6-week Digital Photography course (Friday, 17th September – Friday, 22nd October 2010). Places have already been booked – sorry! The course tutor is Claudia Firth, a real expert with a camera, and the whole course is a collaboration between Cotmandene, Credo and Bromley MyTime. It will provide course participants with knowledge and skills of how to take good quality photographs, download them onto a computer and print them in a variety of ways, using Google Picasa. We look forward to hearing from Credo members in the next issue of this newsletter.

Tesco Sale: Tuesday, 14th September

Credo has established links with the Tesco Superstore in Orpington. We will be holding our very first ceramics sale there, in the foyer area, on Tuesday, 14th September, from 10.30 a.m. until 3.30 p.m. All Credo members from both Anchor House and Yeoman House who wish to participate should contact Anne or Jehan so we know how many volunteers there will be.

“Introduction to Art course” (5th May 2010 – 9th June 2010)

As part of Credo's new funding through The Big Lottery Fund's "Reaching Communities" programme, Credo is extending its involvement in arts and crafts beyond the world of ceramics, whilst still maintaining our ceramics base.

Jan L. worked with local artist, Greg D'Souza, to put together an introductory art course for those Credo members who had never undertaken any painting, sketching, drawing or sculpture before.

Seven Credo members worked with Greg at his art studio in Hayes every Wednesday morning for the 6-week period. For people who had never done any art before, it was a real eye-opener to see the beautiful paintings and drawings they produced. They will all be framed and exhibited at Credo's two-week exhibition to be held at the Bromley Central Library in October/November.

We are all very grateful to Greg for his excellent teaching and sense of humour! A number of Credo members are returning to work with Greg independently.

Exhibition at Bromley Central Library:

This is one of our regular events. It will take place from Wednesday, 20th October until Wednesday, 3rd November and is a great opportunity to showcase the work of our members over the past year.

Our Private View will be held on the evening of Wednesday, 20th October (6pm – 8pm) and invitations will be sent out soon.

All those Credo members who wish to volunteer to help Anne and Jehan set up the display and dismantle it, please contact them.

Credo's Annual General Meeting: Tuesday, 5th October

It will be held at the Bromley Civic Centre (Committee Rooms 2 and 3) from 6pm until 8pm. Light refreshments will be served. This is a wonderful opportunity to celebrate the past financial year with Credo, to elect Trustees and to have some fun! Invitations have already been sent, so please let Jan Lovett have your formal reply slips by Monday, 20th September. We will also have a sale of ceramics. We look forward to seeing you all.

Credo Christmas Sale, Pinewood House

This is another favourite sale location, the headquarters of Oxleas NHS Foundation Trust, where Credo always receives a warm welcome!

We will be located in the Old Post Room at Pinewood House, Dartford, on Tuesday, 23rd November (12.30 p.m. – 3.00 p.m.). We require a member of Credo staff or Trustee to manage the stall, together with a band of volunteers. Please talk to Anne or Jehan if you are interested in taking part.

A NIGHT AT THE THEATRE IN SUPPORT OF CREDO

In the gloom of a November evening, would you like to spend an evening at the theatre, enjoying yourselves with friends, colleagues and family? Then please join us!

The Bromley Little Theatre has offered to Credo the proceeds of their Preview Night of a new comedy which will be performed on the evening of Thursday, 4th November 2010.

(Bar opens at 7.00 p.m. Performance starts at 7.45 p.m. You can order drinks/ice creams upon arrival ready for the interval. Performance should end around 10.00 p.m.).

There will also be a raffle for some lovely hand-crafted Credo ceramics.

The production is called "Life x 3" by Yasmina Reza.

Henry and Sonia are at home and have invited his boss and wife to dinner the following night. They turn up a day early and are entertained as best they may, but it makes for an awkward evening! This evening is replayed three times; showing small things can make events unfold differently. The playwright suggests that, with a proper attitude, life can be lived happily and, conversely, with a bad attitude, life is hell. The play has some high comedy and hilarious moments.

HOW TO OBTAIN YOUR TICKETS:

Tickets cost:

£9:00 each (anyone over 12 years of age)

£7:00 concessions (i.e. anyone receiving benefits, senior citizens and children up to 11 years of age).

All seats have an excellent view of the stage.

The Bromley Little Theatre is located close to Bromley North Station and there are good bus links into Central Bromley. There is car parking nearby on the pay and display meters which, at that time of night, will be free of charge.

To purchase tickets, please contact Jan Lovett, Project Co-ordinator for Credo on: 01689 862296.

TO: JAN LOVETT
CREDO
ANCHOR HOUSE
5, STATION ROAD
ORPINGTON
KENT, BR6 ORZ

I WISH TO RESERVE _____ seats at the Preview performance of "Life x 3" at The Bromley Little Theatre on Thursday, 4th November 2010.

Names of each guest: _____

I require _____ seats at £7:00 each

I require _____ seats at £9:00 each

TOTAL COST: £

Cheque enclosed

ALL CHEQUES TO BE MADE PAYABLE TO "CREDO"

Your Name:

Address to send tickets to:

.....
.....
.....

Tel. no.:

E-mail:

CREDO WORDSEARCH by Jo B.

B	A	T	T	F	A	T	B	O	D	Y	F	J	T	G
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THE WORDS IN THIS WORDSEARCH CAN BE FOUND VERTICALLY, HORIZONTALLY, OR DIAGONALLY. ONE WORD IS MISSING; CAN YOU FIND IT?

- | | | | |
|-------------|-----------|-------------|------------|
| BATT | FETTLING | LEATHERHARD | THROWING |
| BISCUIT | FIRING | PORCELAIN | UNDERGLAZE |
| BODY | GLAZE | SLABBING | WEDGING |
| BURNISHING | GLIST | SLIP | WHEEL |
| COILING | GREENWARE | STONEWARE | |
| EARTHENWARE | KILN | | |

ANSWER

THE STORM (A true story - by Gülten)

In those days we were living in the country. On that particular day, as on each day of the week, my husband was working on the farm. It was about half past seven in the evening and he was out doing the milking, as usual. I had already fed my toddler son and put him in his cot, hoping he would have a restful night.

Suddenly, the sky started to thunder with dark clouds – rippling over one another. The wind gradually increasing and hissing through every tree, plant and gutter around the house. Continual lightening followed. The weight of some of the trees was felt on the ground, shaking the narrow country lane. I looked at my son – fortunately, he was fast asleep, having had an active day playing with his toys and pushing his baby-walker.

After the thunder and lightening ended all the lights went out. I walked towards the dressing table, where a torch lay. I moved my fingers along the side and felt for it – I was glad to find that the battery gave light, having pushed the torch button. My son was still fast asleep and safe.

Slowly I went downstairs and into the garden – I could see that a tree had fallen along the garden gate – I walked around it and turned right, onto the road. I hoped that the lane would be free of any vehicles until I got to the cottage, which stood 200 metres ahead on the right-hand side. I walked faster, my heart throbbing in synchronisation.

The dull shape of the cottage was now in view. The wind was still hissing all around as I went through the gate and entered the cottage. Most of the doors were unlocked in those days: “Granny Jane, where are you?” I said softly, so as not to make her anxious any further. “Oh Gülten, it’s you”, she said with relief. “Don’t move Granny, where are you?” I repeated. “I am at the top of the stairs” she said, with agitation. I went up the stairs and slowly moved her into her bedroom, and placed her in bed. She was over ninety years of age, and with very poor eyesight.

The lights came back on three hours later and the country folk were able to have a peaceful night in their own homes.

Credo closure: Monday, 11th October

Credo at Anchor House will be closed for training purposes on Monday, 11th October. This is a note for your diary.

New Credo Website

This is funded by The Big Lottery Fund 'Reaching Communities' programme and the website is being developed by Qube London Limited. It's really looking superb, with a lot of bright and colorful ceramics, useful information and much better than our old current website.

We are looking for members to write for the website their own journeys to recovery, together with pictures of your ceramics, paintings, drawings or creative writing/poetry. If you wish to remain anonymous, that's fine.

ANOTHER THEATRE FUNDRAISING EVENT

Credo has been given permission to make a collection at the Churchill Theatre, Bromley from Monday, 15th – Saturday, 20th November 2010 inclusive – this will be at matinee and some evening performances of **'Don't Stop Believin'**, a song and dance show for all ages.

Please, if you are able to donate some of your time to volunteer for the above, contact Jan L., Jehan or Anne at Credo (timings are yet to be confirmed).

WORLD MENTAL HEALTH DAY

To mark the occasion Credo will be inviting local people to an Open Afternoon on 12 October from 1.30 to 3pm. We will be selling work and possibly having a Tombola. Visitors may make a pot in air hardening clay to take home and paint. More details next month.

A HELPFUL THOUGHT

Jo C. saw this quote and thought members would find the following statement helpful to keep in mind.

'In depression; interest and motivation come after action.'

**AWARD WINNING TEA ROOM SEEKS ENTHUSIASTIC & COMMITTED
CAKE-BAKER / COOK**

If you share our passion for delicious home-baking & great customer service then come and join our Team at the Croft Tearoom. Part-time or flexible hours.

See: <http://www.youtube.com/watch?v=lj1PgdkpH5c>

Please pass this exciting opportunity on to anyone you know who may be interested in this vacancy to contact.

Carole at Croft Tearoom CIC (Community Interest Company)
263 High Street, St Mary Cray, Kent BR5 4AR

0208 462 4801 Mob. 077255 43377

tea@crofttearoom.co.uk www.crofttearoom.co.uk

ON GUARD DUTY

I am a lone trumpeter
Standing guard over
A fallen soldier of the forest

Cut down in his prime
He now lies
Abandoned and alone

So strong was he
When tall and proud but now
Left to rot and return to earth

He gave hope for the future
And a longing of the past
Now lying defeated upon the ground

I stand beside him
My trumpet bright and gold
Playing my soulful tune
In the breeze of the morn

I myself will not last forever
But on the anniversary
Of this
fallen soldier of the forest
I will return
to stand guard once again

Teresa 24.03.09

**I drove past wooded area at
Elmstead Lane Mottingham and saw
a tree trunk that had been felled
in front was a single daffodil
This prompted me to write this poem.**

CREDO, HATFIELD AND MY JOURNEY WITH CERAMICS

Being able to attend Credo has been a fantastic opportunity to be able to open a door to creativity that has been locked since my early school life. Having mental ill health I have found it difficult in coping, getting out, being with people, the feeling of despair and loss at losing my career.

Credo has been invaluable to me I have been able to spend time with friendly caring people with no pressure or stress to perform or meet deadlines. Sometimes when I am feeling darkness I am able to just come and be with others, otherwise I can work with clay without anyone being critical of me or the outcome!!

Credo has been very generous in allowing me to visit the ceramics fair at Hatfield House. Travelling for me is now a scary process and to be able to have the support of others I was able to get to Hatfield without all my fears materialising! It was a great experience being able to view all the wonderful work of talented potters. I am not good at remembering names but I am able to recall designs and mediums used. I will use a mixture of these and work them into my own design work.

One name I will remember is Charles Bound as I had a flutter on the tombola and won one of his beautiful bowls which has a special place in my display cabinet. Thanks to all for making a very special day despite the down pour! I have to say though Credo members have enough talent and creativity to hold their own at any ceramic fair.

Teresa

Would you like more joy in your life?



Do you:

- Experience depression, low mood or anxiety?
- Have trouble relaxing or breathing well?
- Feel isolated?

Research evidence now shows us that singing in choirs really helps people emotionally and physically.

We have set up Harmony as a new choir in Bromley. The choir is sensitive to mental health issues and is a safe place to start something new and positive.



Harmony choir aims to be a first step to start singing for wellbeing. You will get a warm welcome and if you like you can just join in without having to speak to people you don't know. You, your friend or family can just drop in and you don't need to stay the whole time.

Harmony is lead by Caroline, a professional choir teacher:

- Its free
- You don't need to be good at singing.
- You don't need to have been in a choir before: the songs will be simple and fun
- This is not a choir linked to a church or a religion

Harmony is at
Community Options
2a Fielding Lane Bromley BR2 9FL
020 8313 9725
Tuesday evenings from 5 – 7pm