



PRESS RELEASE

Date: Friday 6th December 2019

Title: How crafting a bowl from wood changed lives

Location: The Groundwork Learning Centre, Merlyn-Rees Avenue, Morley

20/11/2019

How can you change people's lives for the better? Many people's first thought might be guessing six numbers correctly on a Saturday night, but it can be something much simpler, much more obtainable. For several women late last year their lives changed when they attended some taster sessions in woodwork at the Groundwork Learning Centre in Morley. This December, from Friday 6th we are hoping that this time, with a full twelve-week course, we can help change more lives.

The course teaches women the basics of woodworking. Participants will learn: how to cut and measure wood, how to fix wood together and how to use power and hand tools safely. There will even be opportunity to turn a bowl on the lathe.

It was through this process of making things from wood, meeting new people and of discovering their community that one of the women observed: "This course has changed my life, it's fulfilled a dream. I suffer from agoraphobia but I am happy to leave the house to come to the sessions. After the first session, I felt so safe and comfortable. After having my child, I lost myself a bit and I feel that I have found some of my old self again."

This reaction is not untypical. It's increasingly recognised by Doctors that greater social isolation, particularly in older women and men, leads to reduced everyday physical activity. This "may contribute to the increased risk of ill-health and poor wellbeing associated with isolation[i]."

We have seen the positive effects on the women who have previously taken part, it's provided a place to socialise that's helped their wellbeing, an increase in confidence as they have learnt new skills. As one woman put it, "When you learn a new skill and it makes your heart feel something it hasn't for a long time", it can spark inspiration and passion too.

So it might be a new skill that interests you, or the chance to build something from wood for your home or your community, it might even be to gain confidence using power tools. Whatever your motivation to come, you may be surprised at the results.

ENDS

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Schrepft, S., Jackowska, M., Hamer, M. et al. Associations between social isolation, loneliness, and objective physical activity in older men and women. BMC Public Health (2019)

www.groundworklearningcentre.com

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