

**Award-winning mental health arts project returns with new dates for Spring 2021**

*(London, 11th March 2021)* Credo, the much-respected Bromley-based creative arts project that has been changing the lives of people with lived experience of mental health for over 16 years is now taking bookings for a new tranche of ceramic courses.

The project, provided by care provider charity Ambient Support, gives people an opportunity to express themselves creatively through the medium of ceramics, in a warm and supportive environment.

The incredible impact that Credo has had on its students for so many years was fully recognised when it won the Creative Arts category at the Markel 3rd Sector Care Awards in 2019.

Davina Sellick, Head of Marketing and Communications at Ambient Support said:

*“Never before have people experienced higher levels of anxiety and stress and we are delighted that Credo is able to return this Spring. Whilst we are not able to operate at full capacity (in order to comply with government guidance and ensure the safety of students) we are so pleased that we can finally open our doors once again. Credo is an example of how our charity strives to provide support that gives meaning and colour to the lives of those living with mental ill health. The courses are open to anyone who feels they could benefit from exploring their creativity, and building a new peer to peer social network to support personal confidence and mental wellbeing.”*

Overseen by a professional ceramicist, sessions last for two hours and operate from Ambient’s Creative Arts Studio in Orpington for a small contributory fee.

**Credo courses are highly recommended by participants and the spring 2021 courses are open for bookings today. To find out more and book your place visit:** [**https://www.ambient.org.uk/events/**](https://www.ambient.org.uk/events/)

***About Credo***

* Courses are offered as a block of sessions and they must be booked and paid for in full in advance
* Courses are especially suited to those with lived experience of mental ill health although this is not a pre-requisite for taking a course
* These subsidised courses attract a contributory fee of £7.50 per session for people to take part (personal budgets can be used)
* The project has worked in partnership with a host of not for profit and NHS organisations to develop bespoke outreach ceramic courses, that help people to explore their creativity, increase confidence and develop an improved sense of mental wellbeing. Credo has capacity to develop bespoke outreach sessions working with other organisations and to meet the needs of their specific target audiences.

**About Ambient Support:**

* One of the Top 20 generic Not-For-Profit Health & Social Care Providers in the UK Ambient Support (formerly known as Heritage Care and Community Options) is a registered UK charity with over 25 years’ experience
* They deliver services that meet the needs of some of the most vulnerable adults in our society. Operating in over 130 locations, they provide over 30 thousand hours of care to people on a weekly basis to support a range of needs due to the ageing process, learning disability or mental illness
* Their wide range of quality specialist services are delivered by dedicated, professional, and passionate staff and their success is built on supporting people to live a full and meaningful life.
* Ambient currently employs around 1,325 people across the UK in a number of settings
* Ambient can also help young adults who are transitioning from Children’s to Adult Learning Disability Services
* The Charity has an above industry average with 85% Registered Services rated as Outstanding and GOOD by CQC.

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