

Clay, Art & Well-being

Dear everyone,

come and explore the magic of clay work. I'm Adela, a PhD student from England working with bereaved individuals, currently looking at the role of clay work in bereavement and I would like to hold a space for you to give you an opportunity to find the inner artist while taking time out from our increasingly stressful lives. The research shows that clay work is beneficial on many levels, contributing to better mental and physical health (Elbrecht & Antcliff, 2014; Yazici et al., 2024). Let's see what you think about it.



I'm looking forward to seeing you and to assisting you on your creative journey.

Please don't hesitate to contact me may you have any questions: pakandlova@uni.coventry.ac.uk



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