



FELTING CLASS: Janet Maschmedt, Anthea Craig, Rikie Klaassen and tutor Felicity Williams at Blackwood Uniting Church.

Picture: Keryn Stevens H0309602

Class bonding helps banish the blues

ACTIVITIES |
SOPHIE PERRI

PATCHWORK and embroidery classes at Blackwood Uniting Church are helping Sue Bomford overcome her depression.

The escapism and the interaction with others has been an effective antidote to her dark days.

"It's just a very important part of my week," Ms Bomford, of Marion, says.

"Coming to a place where you're not judged, it helps you recuperate."

Over the past five years, she has made many friends and has felt comfortable opening up to other women, discussing everything from simple to complex topics.

"(Depression) will always be there but this is another area where you can put your depression aside and do art and craft and it helps you to recover.

"I would be awfully lost if I wasn't here."

Other activities on offer at the church include scrapbooking and yoga.

Co-ordinator Janet

Maschmedt says the classes are beneficial for those new to the area.

"It's a real social atmosphere," she says.

With a free creche available in every class, parents can relax while learning a new skill. "It's 'me time' for parents, exploring creativity in a child-free zone," Ms Maschmedt says.

Cost for all lessons is \$8 per class, \$7 concession. Cheap term fees are available. For bookings phone Blackwood Uniting Church on 8278 7699.