

# Craft is the cure!



## How would you describe your creative background?

I call myself a haphazard creative! I experiment and try all sorts of different things. I grew up in a creative household, where sewing, cooking, gardening and crafts were the norm and encouraged. I watched my mum create amazing clothes, toys, upholstery, all sorts. I guess it's in my blood!

## What has been your most challenging project?

Probably making my daughter's wedding dress last year from a sketch. There wasn't a commercial pattern that came close to the sketch, so I had to draft it from scratch. I had to believe in myself and that I could do it! There were plenty of late nights and early mornings of trying something, unpicking and trying again. It was all so worthwhile, my daughter looked stunning in her completely unique dress.

## How do you use creativity in your work?

I use creative activities in my business consultancy, workshop facilitation and mentoring. I know from my own experience the power of creativity in helping individuals, teams and businesses work in different ways. Everyone has great capacity to be creative, human talent is boundless, an individual's creative potential sometimes needs to be unlocked and when it is it opens up a whole new world.

## What is the Creative Workroom?

Since COVID-19 lockdown my Creative Workroom has gone virtual, using an online platform everyone joins me in my workroom at home. The virtual workroom is a safe space for everyone to have a go at something new, experiment with something that they may have always wanted to try. We are resourceful and scavenge for materials from around the house and garden to make our creations with. This adds further richness to the workroom experience as we challenge ourselves to

repurpose and re-love things that we would otherwise discard, what we don't have we improvise with something else.



## What things have been created in the WB2W Workroom?

The group has been SO creative they are a very talented group of GPs. Using things that everyone has around the house we have been making flower bouquets with paper roses and daisies; kaleidoscopes of butterflies; three dimensional hearts; face coverings, bunting. I show everyone how to create whatever we are making and then together the group support and encourage each other. The workroom creations are

fabulous things to keep for yourself, to share with others as small tokens and gifts to bring joy to others.



### **What's your next Creative Workroom Project?**

The group has been talking about creating a 3-dimensional human body with willow and paper body parts! I would love to have an outdoor workroom on a sandy beach where we can get creative with sand, beachcombing, shells and stones! Until we can get out and about more we have macramé projects, outdoor lighting projects and some things to get ahead for Christmas! We are also planning some creative writing sessions which will be enormous fun.



### **What's the role of creativity in Welcome Back to Work Programme?**

It plays a number of roles. Firstly, it's all about the person and things unrelated to being a doctor, it has little to do with being a GP. Tapping into your personal creativity supports wellbeing, our creative activities are purposeful, they create calmness, relaxation and distraction from the noise of day to day life, they are a great tool in your personal well being kit bag. It creates a sense of togetherness

and collaborative spirit so important when we can feel isolated and disconnected from our peers and colleagues. Relationships develop and strengthen as we explore various creative activities together. Gentle encouragement and mutual support from the group help people overcome their self limiting beliefs and see that they 'can do' something creative. Individual and group confidence grows and appetite to try new more challenging things creates new found energy and spirit (like the 3-dimensional body!). We embrace our small failures and set backs, understand a new level of imperfection and a level of acceptance that's 'good enough'. Most importantly it is fun, we always have a laugh and the light hearted approach. Everyone seems to love the sessions, they keep coming back !! I love running them!