



Join a fun friendly class and learn how to upcycle second hand and antique furniture. Relaxing. Satisfying

Furniture Upcycling Course for positive mental health

25 Wharf Lane, Rickmansworth

- **Free**
- Tuesdays 11am – 2:30pm
- 8 week course
- Small student groups with a friendly and experienced tutor
- Bring a packed lunch!
- Requirements: This course is only open to adults with mental health illnesses or who have learning disabilities



We train students in our dedicated workshop to refurbish, paint and up-cycle furniture for sale in our shop, giving students a great sense of achievement that they have made an old unloved piece of furniture into something that people want in their home.

We support adults with mental health illnesses and adults with learning disabilities. The atmosphere is very relaxed and caring with lots of good chatter going on. Our tutor and volunteers are some of the warmest kindest people you will ever meet.



Why do people do our course?

- For relaxation. To help with their mental health. To get them out of the house to somewhere safe and free from anxiety.
- For creativity. We have all abilities taking part. If there's something special you want to try tell us and we will help you make it happen. In the past we have had students do techniques such as chalk paint, decoupage, stencilling and folk-art.
- So satisfying! Who doesn't love making over something ugly into something gorgeous?
- For the community. The items we restore go into the shop and out to the local community. Many go to families on lower incomes who we offer discounts for. All the money the shop makes goes back into providing more courses and work experience opportunities.

Times

It is every Tuesday from 11am – 2:30pm with a 30min lunch break in the middle. Our workshop runs all year round and is filled with all the tools and paints you could possibly need to work magic on some unloved items.

Each individual participant can join the workshop for 8 weeks. Start dates are rolling, so we always have students at different stages in their 8 weeks taking part.

Parking

We have free onsite parking. The closest station is Rickmansworth which is a 10min walk.

Since 2004, our charity has stopped over 900 tonnes of waste going to landfill. That's 50,000 items of furniture.

We have a lot of fun here! Come and join us.

www.9livesfurniture.org.uk/

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Interested? Contact us at
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