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I've come to Heatherley's School of Art, here in London, to sit in on a painting class. What amazes me is that every week up and down the country there are scenes just like this, people sitting or standing behind easels trying to create works of art. I mean why? What are we hoping to get out of this?

This is satisfying, I suppose, some sort of creative urge. I wish to create something of beauty in the broadest sense.

Have you always been a painter?

No, no I had a career break from painting while I earned a living and had a mortgage.

Ah ok.

I used to paint at school and always loved it. Latterly in my career I took it up again.

Why?

Why? Um bored on a beach honestly, bought some watercolours and I had a go. And the result was dreadful!

But?

But I enjoyed the process.

It would be easy to assume, looking at a room like this, that everyone is an artist. But is that the case? Can anyone be good at art?

Everyone, you know, struggles to learn at the beginning and it's by studying and by, you know, speaking to other artists and stuff, you start picking up on that. You're not expected just to have it at the beginning I think. Not straight away you know?

What would you say to people who are very nervous about coming into a class if they haven't painted for years?

Oh every class has a vast range of ability and, you know, you've just got to get out there and try it and practice a lot.

Any new hobby is a craft that you need application and you've really got to want to do it. But most people I'm sure would enjoy it so much when they started that they'd have a go.

If it bores you don't, but if you actually enjoy the process yeah I think anyone could. Anyone.

I'm sure you've heard someone say 'I can only draw a stick man' and it saddens me that people get frustrated with art so quickly. I mean art is a big word, but it can mean whatever you want it to mean and if that's scribbles on page or intermixed splodges of paint, and you enjoy the process, then that's alright. Art has the power to bring great pleasure into your life, no matter what your age, ability or background.