

Course details

Course title

Art Practical: Arts and Crafts for Health and Wellbeing

Course code

Q00016838

Course date

Start: 11/09/24

End: 11/12/24

Number of classes

14 sessions

Timetable

Wed 11th Sep, 10:00 to 14:30

Wed 18th Sep, 10:00 to 14:30

Wed 25th Sep, 10:00 to 14:30

Wed 2nd Oct, 10:00 to 14:30

Wed 9th Oct, 10:00 to 14:30

Wed 16th Oct, 10:00 to 14:30

Wed 23rd Oct, 10:00 to 14:30

Wed 30th Oct, 10:00 to 14:30

Wed 6th Nov, 10:00 to 14:30

Wed 13th Nov, 10:00 to 14:30

Wed 20th Nov, 10:00 to 14:30

Wed 27th Nov, 10:00 to 14:30

Wed 4th Dec, 10:00 to 14:30

Wed 11th Dec, 10:00 to 14:30

Tutor

Rebecca Williams

Fee range

Free to £226.80

How you'll learn

You'll join a small group of fellow learners for classes at the venue indicated. Some materials may be provided in our virtual learning environment.

Got it!

In venue

Venue

NST Hub (North Somerset Training Communi
31 Alexandra Parade
Weston-super-Mare
BS23 1QZ

Level of study

Beginners

Course overview

The purpose of this course is to support your individual health and wellbeing and to help you gain confidence. You will be given an opportunity to learn new skills and techniques from a range of different types of art and craft. For example, painting stones, glass, wood, and dream catchers. You will use a variety of different resources and medias such as wool, fabrics, and jars. You will learn about the development of the different arts and crafts that we enjoy today. You will also learn about and gain insight into how different techniques and skills have evolved in certain crafts.

Course description

This course is designed to provide an opportunity to support your health and wellbeing through taking up an art or craft that you find therapeutic, relaxing, and rewarding. There will be an opportunity to try out a variety of different types of arts and crafts during the course. You will be encouraged to work with several different medias and resources including recycled materials to produce and create a picture or item of art or craft. Where appropriate, the history behind the items you have made will be explored and researched. For example, the development of different art and craft trends and their popularity will be acknowledged as a social history of skills and techniques still used today. The whole group will be encouraged to take part in this research. You will explore what you enjoy making and how you can develop your individual techniques and skills. You will also have the opportunity to suggest what you want to cover during the course and bring ideas to the class. You will be expected to finish at least one piece of your work and to be able to give some feedback on your favourite item.

What financial support is available?

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

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