



Course details

Course title

Craft: Crafts For Wellbeing

Course code

Q00016763

Course date

Start: 10/03/25

End: 31/03/25

Number of classes

7 sessions

Timetable

Mon 10th Mar, 9:30 to 12:30

Wed 12th Mar, 9:30 to 12:30

Mon 17th Mar, 9:30 to 12:30

Wed 19th Mar, 9:30 to 12:30

Mon 24th Mar, 9:30 to 12:30

Wed 26th Mar, 9:30 to 12:30

Mon 31st Mar, 9:30 to 12:30

Tutor

Tracey Sweetman

Fee range

Free to £88.20

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

Clovelly Centre (Southampton)
60-68 Clovelly Road
Southampton
SO14 0AU

Level of study

Beginners

Course overview

Welcome to the Craft for Wellbeing course! This course helps you feel better by doing fun and relaxing crafts. You will learn to make things with your hands, like painting, knitting, and making jewelry. Each session focuses on a different craft, giving you new skills and creative ideas. Doing crafts can help you relax, reduce stress, and improve your mood. The course is easy to follow, with step-by-step instructions. You don't need any experience, just a willingness to try new things and have fun. Join us to enjoy the benefits of crafting for your wellbeing!

Course description

Welcome to the Craft for Wellbeing course! This course is designed to help you feel better through fun and relaxing crafts. Crafting is a great way to reduce stress, improve your mood, and enjoy some creative time. In this course, you will learn to make a variety of crafts with your hands. We will explore different activities like painting, knitting, and making jewellery. Each week, you will learn new skills and get creative ideas. You don't need any experience to join this course. The lessons are easy to follow with step-by-step instructions. All materials are provided, and the tutor will guide you through each project. Crafting can help you relax and take your mind off daily worries. It can also boost your confidence as you create beautiful items. You will have the chance to meet new people and share your creations with others in the class. By the end of the course, you will have made several lovely crafts and learned how to use crafting as a way to improve your wellbeing. Join us to discover the joy of crafting and feel the positive effects on your mind and body. Let's create and feel good together!

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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