

## Course details

### Course title

Art Practical: Art for Wellbeing

### Course code

Q00016905

### Course date

Start: 03/04/25

End: 15/05/25

### Number of classes

7 sessions

### Timetable

Thu 3rd Apr, 9:30 to 11:30

Thu 24th Apr, 9:30 to 11:30

Mon 28th Apr, 9:30 to 11:30

Thu 1st May, 9:30 to 11:30

Thu 8th May, 9:30 to 11:30

Mon 12th May, 9:30 to 11:30

Thu 15th May, 9:30 to 11:30

### Tutor

Tracey Sweetman

### Fee range

Free to £58.80

### 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**

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

## **Level of study**

Beginners

## **Course overview**

Welcome to the 'Art for Wellbeing' course! Learning Arts has proven to improve mental health well-being and relax yourself. This course focuses on using art to improve mental and emotional health. Through creative activities like painting, drawing, and collage, you'll explore self-expression and relaxation techniques. Learn how art can reduce stress, boost creativity, and enhance overall wellbeing in a supportive and nurturing environment. Your tutor will teach you techniques of using Arts to improve your overall wellbeing. You will meet other students from all around the world and learn new techniques from each other.

## **Course description**

Welcome to the 'Art for Wellbeing' course! This course is designed to harness the therapeutic benefits of art for enhancing mental and emotional wellbeing. Through various creative activities such as painting, drawing, and collage, you will explore different forms of self-expression and relaxation techniques. The course emphasizes how engaging in art can reduce stress levels, stimulate creativity, and promote a sense of calm and fulfilment. Each session provides a supportive and nurturing environment where you can freely explore your creativity and emotions. No prior artistic experience is necessary—all you need is an open mind and a willingness to experiment. Whether you're looking to unwind after a busy day, manage stress more effectively, or simply enjoy the therapeutic benefits of art, this course offers a space for personal growth and healing through artistic expression. Join us on this journey to discover how art can contribute to your overall wellbeing and enrich your life in meaningful ways. You will also learn in a very dynamic environment meeting students from all around the world that will also share their techniques and you will learn from each other!

## **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.

**Source URL:** <https://www.wea.org.uk/courses/arts-crafts/arts/3-april-art-practical-art-wellbeing>