



Course details

Course title

Craft: Crafts For Wellbeing

Course code

Q00016762

Course date

Start: 14/01/25

End: 01/04/25

Number of classes

12 sessions

Timetable

Tue 14th Jan, 10:30 to 12:30

Tue 21st Jan, 10:30 to 12:30

Tue 28th Jan, 10:30 to 12:30

Tue 4th Feb, 10:30 to 12:30

Tue 11th Feb, 10:30 to 12:30

Tue 18th Feb, 10:30 to 12:30

Tue 25th Feb, 10:30 to 12:30

Tue 4th Mar, 10:30 to 12:30

Tue 11th Mar, 10:30 to 12:30

Tue 18th Mar, 10:30 to 12:30

Tue 25th Mar, 10:30 to 12:30

Tue 1st Apr, 10:30 to 12:30

Tutor

Jo McIntosh

Fee range

Free to £92.40

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

St Ives Library (St. Ives)

Gabriel Street

St. Ives

TR26 2LX

Level of study

Beginners

Course overview

Many people find it difficult to have some “me time” out of a busy life to spend time on a creative activity. This course will give you the opportunity to understand the benefits of indulging in a creative activity and how this can have a positive effect on your mental health and wellbeing. You will have the opportunity to learn the basic skills of a range of different crafts and share skills and knowledge with other crafters. Each session will allow you to try a different craft which may lead you to discover a craft which could become a new hobby for you to enjoy.

Course description

The aim of this course is to help you to understand that, as well as giving you practical skills, crafting is beneficial for mental health and wellbeing. Research shows that engaging in a creative activity can help reduce symptoms of anxiety, stress and depression and lead to increased confidence and a more positive outlook. Creative activities can have a meditative quality helping you to “be in the moment” and have some time out from stressful situations. Your tutor will help you to understand the importance of enjoying the process of making a piece and not just being focussed on the end result. You will learn the basic skills of a variety of crafts including clay, printing, slow stitching, weaving, feltmaking, and more. Each week you will explore the materials and equipment needed to produce your own pieces. You will have the opportunity to share knowledge with other learners and discuss ways of building some creative time into your day. You will be encouraged to carry out research on each craft and gain inspiration from books, exhibitions and online tutorials and how to keep a record of the information you find which you feel might be useful in the future.

No experience is necessary as your friendly and experienced tutor will give help and guidance where needed and you will learn in a safe, welcoming and supportive environment.

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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