

Course details

Course title

Ways to Wellbeing: Mixed crafts

Course code

Q00018433

Course date

Start: 23/09/24

End: 02/12/24

Number of classes

10 sessions

Timetable

Mon 23rd Sep, 12:45 to 14:45

Mon 30th Sep, 12:45 to 14:45

Mon 7th Oct, 12:45 to 14:45

Mon 14th Oct, 12:45 to 14:45

Mon 21st Oct, 12:45 to 14:45

Mon 4th Nov, 12:45 to 14:45

Mon 11th Nov, 12:45 to 14:45

Mon 18th Nov, 12:45 to 14:45

Mon 25th Nov, 12:45 to 14:45

Mon 2nd Dec, 12:45 to 14:45

Tutor

Bushra Siddique

Fee range

Free to £84.00

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

Guardian House (Bradford)
22 Manor Row
Bradford
BD1 4QU

Level of study

Beginners

Course overview

Explore the therapeutic benefits of mixed crafts with our Ways to Wellbeing: Mixed Crafts course. Engage in various creative activities to enhance your mental and emotional well-being. Ideal for individuals seeking to improve their health through creative expression.

Course description

Ways to Wellbeing: Mixed Crafts is designed to help individuals enhance their mental and emotional well-being through creative expression. This course covers a variety of mixed craft techniques, including paper crafting, textile art, and decorative arts. Participants will engage in hands-on projects that encourage creativity and relaxation, such as making greeting cards, creating fabric collages, and designing

decorative items. The course includes guided instruction and opportunities for individual exploration, allowing students to discover their preferred mediums and techniques. Emphasis is placed on the therapeutic benefits of crafting, including stress reduction, improved mood, and increased self-esteem. By the end of the course, participants will have completed several craft projects and gained tools for using creative activities to enhance their well-being. This course is ideal for anyone looking to improve their mental health through the joy of crafting.

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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