

## **Course details**

### **Course title**

Ways to Wellbeing: Ways with wool

### **Course code**

Q00018434

### **Course date**

Start: 23/09/24

End: 02/12/24

### **Number of classes**

10 sessions

### **Timetable**

Mon 23rd Sep, 10:00 to 12:00

Mon 30th Sep, 10:00 to 12:00

Mon 7th Oct, 10:00 to 12:00

Mon 14th Oct, 10:00 to 12:00

Mon 21st Oct, 10:00 to 12:00

Mon 4th Nov, 10:00 to 12:00

Mon 11th Nov, 10:00 to 12:00

Mon 18th Nov, 10:00 to 12:00

Mon 25th Nov, 10:00 to 12:00

Mon 2nd Dec, 10:00 to 12:00

### **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**

Discover the calming and creative potential of working with wool in our Ways with Wool course. Learn techniques for knitting, crocheting, and other wool crafts to enhance your well-being. Ideal for individuals seeking relaxation and creative fulfilment through wool crafts.

## **Course description**

Ways to Wellbeing: Ways with Wool is designed to help individuals enhance their mental and emotional well-being through the calming and creative practice of working with wool. This course covers various wool craft techniques, including knitting, crocheting, and felting. Participants will learn how to create a range of wool items, from simple accessories to decorative pieces. The course includes hands-on

projects and guided instruction, allowing students to develop their skills and gain confidence in their abilities. Emphasis is placed on the therapeutic benefits of working with wool, including relaxation, stress reduction, and a sense of accomplishment. By the end of the course, participants will have completed several wool craft projects and gained tools for using these activities to enhance their well-being. This course is ideal for anyone looking to improve their mental health through the joy of wool crafts.

## **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/23-september-ways-wellbeing-ways-wool>