



## Course details

### Course title

Art Practical: Progression Arts and Crafts for Health and Wellbeing

### Course code

Q00016836

### Course date

Start: 09/01/25

End: 03/04/25

### Number of classes

13 sessions

### Timetable

Thu 9th Jan, 10:00 to 14:30

Thu 16th Jan, 10:00 to 14:30

Thu 23rd Jan, 10:00 to 14:30

Thu 30th Jan, 10:00 to 14:30

Thu 6th Feb, 10:00 to 14:30

Thu 13th Feb, 10:00 to 14:30

Thu 20th Feb, 10:00 to 14:30

Thu 27th Feb, 10:00 to 14:30

Thu 6th Mar, 10:00 to 14:30

Thu 13th Mar, 10:00 to 14:30

Thu 20th Mar, 10:00 to 14:30

Thu 27th Mar, 10:00 to 14:30

Thu 3rd Apr, 10:00 to 14:30

### Tutor

Rebecca Williams

### Fee range

Free to £226.80

## **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**

NST Hub (North Somerset Training Communi

31 Alexandra Parade

Weston-super-Mare

BS23 1QZ

## **Level of study**

Beginners

## **Course overview**

Explore the therapeutic benefits of arts and crafts with our Art Practical: Progression Arts and Crafts for Health and Wellbeing course. Ideal for individuals looking to enhance their well-being through creativity.

## **Course description**

Art Practical: Progression Arts and Crafts for Health and Wellbeing is designed to help participants use creativity as a tool for improving mental and emotional well-being. The course covers a range of arts and crafts techniques, including painting, drawing, and mixed media, with a focus on relaxation and personal expression. Participants will have the opportunity to work on individual projects, developing their artistic skills while exploring the therapeutic benefits of creative activities. The course encourages participants to use art as a way to manage stress, boost self-esteem, and promote overall well-being. This course is ideal for individuals interested in using art as a means of self-care and personal development.

## **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/9-january-art-practical-progression-arts-and-crafts-health-and-wellbeing>