



## Course details

### Course title

Craft: Creative Crafts for Wellbeing (Creative Painting)

### Course code

Q00013120

### Course date

Start: 18/02/25

End: 11/03/25

### Number of classes

4 sessions

### Timetable

Tue 18th Feb, 10:00 to 12:00

Tue 25th Feb, 10:00 to 12:00

Tue 4th Mar, 10:00 to 12:00

Tue 11th Mar, 10:00 to 12:00

### Tutor

Janice Parfoot

### Fee range

Free to £33.60

### 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

Victoria Park The Green House  
Victoria Park  
Anglesea Road  
Portsmouth  
PO1 3HJ

## **Level of study**

Beginners

## **Course overview**

Are you looking for a relaxing hobby to help you unwind? Creating moments of calm in the day is essential for our emotional well-being and mental health. Step into the world of mindful crafts with this course and enjoy art for relaxation. This creativity course allows you to explore your art skills to find practices that soothe you. This creative painting course can help you find a relaxing hobby.

## **Course description**

The aim of this course is to introduce you to the calming benefits of creative hobbies. If you'd like to delve deeper into relaxation, you may enjoy the meditation and mindfulness course. This creative painting course is ideal if you want to feel calm while developing your creativity skills. Try your hand at mindful crafts and other creative practices to discover an activity you like.

Learn the basic skills and techniques to produce your own pieces, and explore the tools and materials needed. Take inspiration from other creators. Find ways to use art for relaxation, whether you prefer to make it or observe it. This creativity for calm course can help you learn to use art for relaxation. It aims to teach you creative skills that can have a calming effect in your everyday life.

You will explore a range of subject matter including interiors and the figure, and there will be an emphasis on painting from real life. You will also learn to make preparatory sketches and studies to help you understand composition in painting. You will reflect on your own work, and different ways of responding to a subject.

## **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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