



Course details

Course title

Art Practical: Adhar art for improvers

Course code

Q00020090

Course date

Start: 15/01/25

End: 16/07/25

Number of classes

25 sessions

Timetable

Wed 15th Jan, 12:45 to 14:45
Wed 22nd Jan, 12:45 to 14:45
Wed 29th Jan, 12:45 to 14:45
Wed 5th Feb, 12:45 to 14:45
Wed 12th Feb, 12:45 to 14:45
Wed 19th Feb, 12:45 to 14:45
Wed 26th Feb, 12:45 to 14:45
Wed 5th Mar, 12:45 to 14:45
Wed 12th Mar, 12:45 to 14:45
Wed 19th Mar, 12:45 to 14:45
Wed 26th Mar, 12:45 to 14:45
Wed 2nd Apr, 12:45 to 14:45
Wed 23rd Apr, 12:45 to 14:45
Wed 30th Apr, 12:45 to 14:45
Wed 7th May, 12:45 to 14:45
Wed 14th May, 12:45 to 14:45
Wed 21st May, 12:45 to 14:45
Wed 28th May, 12:45 to 14:45
Wed 4th Jun, 12:45 to 14:45
Wed 11th Jun, 12:45 to 14:45
Wed 18th Jun, 12:45 to 14:45
Wed 25th Jun, 12:45 to 14:45
Wed 2nd Jul, 12:45 to 14:45

Wed 9th Jul, 12:45 to 14:45
Wed 16th Jul, 12:45 to 14:45

Tutor

Nicola Tarlton-Weatherall

Fee range

Free to £210.00

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

Church of our Lady of Good Counsel (Leic
15 Peebles Way
Leicester
LE4 7ZB

Level of study

Intermediate

Course overview

"The courses are Specifically designed for adults with learning difficulties and disabilities – based in a partner-organisation day centre. (charity Adhar people This course is for learners with Mental Health Conditions from the South Asian Community. Learners are service users – at day service funded by Adult Social Care in Leicestershire and Loughborough area who offer education, advocacy and support to adults who have either been discharged or under review at the Mental Health Unit at Glenfield Hospital. Learners have low levels of self-confidence, co-occurring morbidities such as learning disabilities and depression. Learners tend to get stressed and anxious – this could be due to multiple factors such as side effects from medications taken, as a result of social isolation due to stigma associated with mental health issues and as a result of the condition(s) itself. Family members and team leaders have identified the positive impact of engaging in learning activities focussed on Art. The tutor incorporates breathing exercises to ensure learners are prepared at the start of each session to learn effectively and manage their stress. This course is part of a wider learning programme to develop their confidence for life and support their physical and mental health and wellbeing. "

Course description

Learners will develop these skills: develop basic art and craft techniques

Create Artworks and learning different art techniques and processes, Support your health and well-being with art therapy. Encourage community skills through art.

Learn movement and breathing techniques to manage stress and anxiety.

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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