



## Course details

### Course title

Art Practical: Expressed Arts Next Level

### Course code

Q00020094

### Course date

Start: 13/01/25

End: 14/07/25

### Number of classes

22 sessions

### Timetable

Mon 13th Jan, 12:30 to 14:30

Mon 20th Jan, 12:30 to 14:30

Mon 27th Jan, 12:30 to 14:30

Mon 3rd Feb, 12:30 to 14:30

Mon 10th Feb, 12:30 to 14:30

Mon 17th Feb, 12:30 to 14:30

Mon 24th Feb, 12:30 to 14:30

Mon 3rd Mar, 12:30 to 14:30

Mon 10th Mar, 12:30 to 14:30

Mon 17th Mar, 12:30 to 14:30

Mon 24th Mar, 12:30 to 14:30

Mon 31st Mar, 12:30 to 14:30

Mon 28th Apr, 12:30 to 14:30

Mon 12th May, 12:30 to 14:30

Mon 19th May, 12:30 to 14:30

Mon 2nd Jun, 12:30 to 14:30

Mon 9th Jun, 12:30 to 14:30

Mon 16th Jun, 12:30 to 14:30

Mon 23rd Jun, 12:30 to 14:30

Mon 30th Jun, 12:30 to 14:30

Mon 7th Jul, 12:30 to 14:30

Mon 14th Jul, 12:30 to 14:30

## **Tutor**

Nicola Tarlton-Weatherall

## **Fee range**

Free to £184.80

## **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**

ADHAR PROJECT at Our Lady of Good Counse  
Gleneagles Avenue  
Leicester  
LE4 7YL

## **Level of study**

Intermediate

## **Course overview**

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 . Learners have low levels of self-confidence, co-occurring morbidities such as 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**

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.

The courses are Specifically designed for adults disabilities and depression – based in a partner-organisation day centre.

## **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/13-january-art-practical-expressed-arts-next-level>