



Course details

Course title

Art Appreciation: Art for Well-Being

Course code

Q00020906

Course date

Start: 14/01/25

End: 04/03/25

Number of classes

7 sessions

Timetable

Tue 14th Jan, 9:30 to 12:30

Tue 21st Jan, 9:30 to 12:30

Tue 28th Jan, 9:30 to 12:30

Tue 4th Feb, 9:30 to 12:30

Tue 11th Feb, 9:30 to 12:30

Tue 18th Feb, 9:30 to 12:30

Tue 4th Mar, 9:30 to 12:30

Tutor

Damien Wootten

Fee range

Free to £88.20

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

Bensham Grove (Gateshead)
Sidney Grove
Gateshead
NE8 2XD

Level of study

Entry Level

Course overview

This course combines the therapeutic benefits of mindfulness with the creative process of making art. Through guided exercises and hands-on art projects, learners will learn to focus their attention, reduce stress, and express themselves creatively. The course emphasizes being present in the moment, exploring artistic techniques, and using art as a tool for self-reflection and emotional well-being. No prior art experience is needed—this course is designed for anyone seeking a relaxing and enriching way to practice mindfulness while nurturing their creativity.

Course description

This course will enable learner to develop an understanding of mindfulness and its connectivity to being creative. It combines the therapeutic benefits of mindfulness with the creative process of making art. Through guided exercises and hands-on art projects, Learners will learn to focus their attention, reduce stress, and express themselves creatively. The course emphasizes being present in the moment, exploring artistic techniques to cultivate presence and focus through art making and using art as a tool for self-reflection and emotional well-being. This course allows you to explore different mediums and methods, including drawing painting and mixed media. Learners will foster self-expression and emotional awareness through creatives pieces of work and use art as a toll for relaxation, stress reduction and self care.

No prior art experience is needed—this course is designed for anyone seeking a relaxing and enriching way to practice mindfulness while nurturing their creativity through art.

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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