



Course details

Course title

Art Practical: Arts and Crafts for Health and Wellbeing

Course code

Q00021066

Course date

Start: 06/01/25

End: 31/03/25

Number of classes

12 sessions

Timetable

Mon 6th Jan, 10:00 to 12:00

Mon 13th Jan, 10:00 to 12:00

Mon 20th Jan, 10:00 to 12:00

Mon 27th Jan, 10:00 to 12:00

Mon 3rd Feb, 10:00 to 12:00

Mon 10th Feb, 10:00 to 12:00

Mon 24th Feb, 10:00 to 12:00

Mon 3rd Mar, 10:00 to 12:00

Mon 10th Mar, 10:00 to 12:00

Mon 17th Mar, 10:00 to 12:00

Mon 24th Mar, 10:00 to 12:00

Mon 31st Mar, 10:00 to 12:00

Tutor

Rebecca Williams

Fee range

Free to £100.80

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

Minehead Eye (Minehead)

1A Mart Road

Minehead

TA24 5BJ

Level of study

Beginners

Course overview

The purpose of the course is to promote the individual health, wellbeing, confidence, inclusion and enrich life experience of adults with LDD. They will be given opportunities to learn new skills and techniques from a range of different types of arts and craft. For example, greetings cards, key rings, painting stones, glass jars, dream catchers and sown items. They will use a variety of different resources and medias such as textiles, wool, wood and recycled items. They will learn about and gain an insight into how different techniques and skills have evolved in certain crafts and how they can be adapted to meet individual capabilities.

Course description

The aim of the intermediate course is to further individuals opportunities to support their health and wellbeing through exploring a wide range of arts and crafts that they will find challenging but rewarding and fun to do. They will explore what they enjoy making and how to develop their individual techniques and skills. Individual, pair and group work will be promoted to improve motivation. The group will have the opportunity to suggest what they would like to make. Ideas will be promoted and problem solving encouraged. They will be expected to finish at least one piece of their work and be able to give feedback on their favourite item. The use of Widget Symbols will support written text to promote understanding, communication and support socialisation.

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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