

## **ART: ART FOR WELLBEING**

### **01. Who is this course for?**

This course is designed for those with an interest in Drawing and Painting who would like to develop their skills further but may be a little anxious about joining a class or group due to anxiety issues or low confidence levels. The course will involve exploring different media · developing drawing & painting techniques including observational skills · developing your knowledge of Colour Theory and skills in design and composition. The course will include working from photographs, handouts, demonstrations, and video guides, plus working from your imagination and being inspired by life. It is also a personal journey, using art as a means to gain confidence.

### **02. What will I learn?**

The course will include experimenting with different materials and techniques both in drawing and painting and developing skills in using different media. It will also involve learning about other art and artists, trying different subject matter, and looking at topics of interest. Sessions will be planned with Wellbeing in mind. You can learn how to enjoy creating drawings and paintings with support from your tutor and to engage in social interaction with other friendly learners. The aim is to instil confidence in producing artwork within a safe and supportive environment. You will get lots of support and encouragement along with the opportunity to explore and experiment with a variety of wet and dry media such as watercolour, acrylic, charcoal and pastels.

### **03. How will I learn?**

Written & photographic records. Regular feedback is given from the tutor on your progress throughout the course. Group discussions are done in an informal manner to help you feel part of the group. The tutor will also give you guidance on how to record and review your own progress during the course.

### **04. What will I need to bring?**

A set of pencils, or charcoal, rubber, drawing paper, a sharpener and a ruler.

### **05. What skills or experience do I need?**

No experience necessary just a willingness to learn.

### **08. How will I be supported in my learning?**

Once you start, if you may have further queries and/or support needs, please talk to the tutor. We also offer support to help people with learning difficulties and/or disabilities. If you have a disability, learning difficulty, health problem or mental health difficulty that may affect your learning or participation, please contact us for further advice.