

## **ART: WELLBEING SATURDAYS - DRAWING AND PAINTING MIXED LEVEL**

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

This one-day workshop will include step-by-step drawing and painting activities with demonstrations by the tutor to show you how to use different art materials and techniques. You will be given guidance to create your own artwork during the session.

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

This Wellbeing Saturday workshop will be about developing skills and knowledge in using different art materials and techniques in a friendly and supportive environment. It will help you to gain more confidence to explore and create your own artwork.

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

Feedback on progress and achievement will be given verbally by the tutor through 1-to-1 discussions and on completion of artwork activities. Individual learning plan.

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

You will need a basic selection of pencils, brushes, paints, and papers for this workshop, this can be discussed with your tutor beforehand and you will be provided with a list of materials to bring along.

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

No experience is needed to join this course, it is open to all levels of ability.

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

Once you start, if you 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.