

ART FOR WELLBEING

Course Name	Start Date	End Date	Site	Total Fees
Art for Wellbeing	07/01/2027	18/03/2027	MELTON LIBRARY	140.00
Art for Wellbeing	17/09/2026	10/12/2026	MELTON LIBRARY	167.60
Art for Wellbeing	22/04/2027	01/07/2027	MELTON LIBRARY	140.00
Art for Wellbeing	17/09/2026	10/12/2026	BARWELL THE GEORGE WARD COMMUNITY CENTRE	167.60
Art for Wellbeing	07/01/2027	18/03/2027	BARWELL THE GEORGE WARD COMMUNITY CENTRE	140.00
Art for Wellbeing	29/09/2026	08/12/2026	WIGSTON MAGNA LIBRARY	140.00
Art for Wellbeing	05/01/2027	16/03/2027	WIGSTON MAGNA LIBRARY	140.00
Art for Wellbeing	20/04/2027	29/06/2027	WIGSTON MAGNA LIBRARY	140.00

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 feel apprehensive about joining a class or group due to anxiety issues or low confidence levels. The course will introduce you to different art materials, and help you to develop drawing and painting techniques, including: observational skills, Colour Theory, and skills in design and composition. It is also a personal journey, using art as a means to gain confidence. Note: Learners are able to repeat this course for a maximum of 3 times only.

02. What will I learn?

You will experiment with different materials and techniques both in drawing and painting. You will also learn 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.

03. How will I learn?

This is a tutor-led art class. Learners will be supported through class demonstrations and 1:1 assistance to develop their drawing and painting skills. Learners will receive regular verbal and written feedback on their progress. 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.

04. What will I need to bring?

You will need to bring a set of drawing pencils, or charcoal, rubber, drawing paper, a sharpener and a ruler. You will also need a selection of colour pencils, brushes, paints and papers for this course - your tutor will advise you on the best materials to use and what you need to buy. Course materials will be discussed more during the course when new topics are introduced, and specific subjects covered. A sketchbook is useful, and a folder to keep handouts, plus a pen for paperwork.

05. What skills or experience do I need?

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No experience necessary, just a willingness to learn.

06. How will I be assessed?

The Learning for Wellbeing curriculum uses formative and summative assessment methods to evaluate learner progress. You will work towards completing a set of class learning targets, as well as your own personal development targets. Targets are reviewed at the middle and end of the course. Informal discussions with the tutor will take place throughout the course, both individually and in groups. Your progress may also be documented through photographic evidence.

07. What could I do after this course?

Upon completing this course, you may wish to try one of our other drawing and painting classes, such as 'Drawing and Painting - Intermediate Level Workshop'. The Learning for Wellbeing curriculum offers a wide range of art, craft, sewing, cookery, dance and creative arts courses for you to continue developing skills specifically aimed at improving your wellbeing. Courses are available to search on the GoLearn website.

08. How will I be supported in my learning?

We aim to support all learners to succeed. Our tutors will work with all learners to meet individual needs by using a range of resources and teaching methods. When you enrol on your course you will be asked if you have any additional learning needs or disabilities which may affect your learning. This might include physical disabilities, neurodivergent needs (e.g., Autistic Spectrum Disorder, ADHD, dyslexia, or dyspraxia, etc.), visual and auditory impairments, or a medical condition which might affect your learning. Your tutor will contact you prior to joining the course to discuss what support can be put in place. For some learners, this may mean organising extra time in exams or arranging for a Learning Support Assistant to support your learning in class. We also offer a wide range of assistive technology such as reader pens, screen readers, large print keyboards and screens, alongside in-class resources such as coloured overlays, large-print resources and more.

09. Is help available with course fees?

Many of our courses are FREE to all learners. Your course may be FREE if you are unemployed or earn under £26,800 before deductions. If you are in receipt of state benefits or have a low income (£28,733.50 before deductions) you could be entitled to enrol on your course at a 70% reduced fee cost. Some exclusions apply, eligibility for fee reduction is subject to change, and you may be required to provide evidence of earnings. If the amount you must pay for your course is over £50, we offer instalment plans which break down the cost of learning into a set number of easy monthly payments. If you need help with the wider costs of study, such as childcare, resources, travel, and transport costs, you may be eligible to have these costs reimbursed through our Discretionary Learner Support Fund. Visit us online for more details, and to download the online application form.

10. How do I choose the right course for me?

If you are unsure of your next steps, please contact us and one of our team will advise you about our courses or signpost you to other providers if necessary. Please call FREEphone 0800 988 0308 or email adult.learning@leics.gov.uk