

## **DRAWING AND PAINTING FOR WELLBEING - WATERCOLOUR**

| <b>Course Name</b>                               | <b>Start Date</b> | <b>End Date</b> | <b>Site</b>     | <b>Total Fees</b> |
|--------------------------------------------------|-------------------|-----------------|-----------------|-------------------|
| Drawing and Painting for Wellbeing - Watercolour | 24/09/2026        | 03/12/2026      | Online Delivery | 140.00            |
| Drawing and Painting for Wellbeing - Watercolour | 07/01/2027        | 18/03/2027      | Online Delivery | 140.00            |
| Drawing and Painting for Wellbeing - Watercolour | 15/04/2027        | 24/06/2027      | Online Delivery | 140.00            |

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

This course is designed for those with an interest in watercolour painting, but may feel apprehensive about joining a class or group due to anxiety issues or low confidence levels. The course will introduce you to a range of watercolour drawing and painting techniques, giving you a strong foundation to progress on to further art courses in the future. 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?**

The course is designed to cover all the basics of watercolour painting, to develop your understanding of techniques, learn how to apply and mix colour, wash progression, drawing skill development and to help to build and confidence to set you on your own path in exploring this fascinating medium.

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

This is a tutor-led art class. Learners will receive regular verbal and written feedback on their progress. The course tutor will be on hand at every stage to provide support with one-to-one tuition, demonstrations, and handouts.

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

Please bring: brushes (numbers 3,5,7); pencils HB and 2B; water container (eg a jam jar); watercolour paper, (Winsor and Newton or Rowney are good manufacturers of this); a set of watercolours (the above manufacturers are again recommended, your tutor can advise on this and paper if necessary); a wax crayon or candle; a sponge; tissues; a drawing board (a piece of chipboard will be fine, roughly 50cms x 35cms x 1cm in size); an eraser; a mixing palette (a white plate will be great for this). If you have any queries about materials, please get in touch via email.

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

This course is suitable for complete beginners and improvers. This course is primarily designed to support learners who may have low confidence or anxiety about joining a more formal art course.

### **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

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, or you may want to join a community art club. 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](mailto:adult.learning@leics.gov.uk).