

ARTS AND CRAFTS FOR WELLBEING

Course Name	Start Date	End Date	Site	Total Fees
Arts and Crafts for Wellbeing	30/09/2026	09/12/2026	LOUGHBOROUGH LIBRARY	143.00
Arts and Crafts for Wellbeing	06/01/2027	17/03/2027	LOUGHBOROUGH LIBRARY	143.00
Arts and Crafts for Wellbeing	21/04/2027	30/06/2027	LOUGHBOROUGH LIBRARY	143.00

01. Who is this course for?

This course is designed for those with an interest in learning new arts and craft skills, 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 different art and craft materials, subjects and techniques, and help you to develop your creative skills as well as build your confidence. Note: this is a brand new course for 2026/27, new learners and learners who have completed 'Art for Wellbeing' are welcome to apply.

02. What will I learn?

You will experiment with different materials and techniques. Skills and crafts you may cover include; drawing, painting, air dry clay, lino printing, mono printing, jewellery, beadwork. 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 and making 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 arts and crafts 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 a wide variety of skills.

04. What will I need to bring?

For your first session, please bring a pen, pencil, sketchbook, and any art materials you already have and are interested in using. For specialist crafts, the course material fee will cover specialist materials and your tutor will advise you if you need to bring something specific in.

05. What skills or experience do I need?

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

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?

This course can be completed three times. Following this, 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.