

# Course Information Sheet



## Wellbeing with Decoupage

**Course Summary:** Discover the joy of mindfulness and upcycling with Wellbeing with Decoupage! This 3-week course teaches you to create beautiful, decorative objects using paper and decoupage techniques, promoting relaxation and a sense of achievement.

### Course Description:

Feeling stressed? Our Wellbeing with Decoupage course offers a calming and creative escape. Learn the art of decoupage, a therapeutic technique that involves adorning objects with decorative paper cuttings. This beginner-friendly course guides you through the selection of materials, basic cutting techniques, and applying decoupage to transform everyday objects into unique and beautiful pieces. Rediscover the joy of crafting while practising mindfulness and reducing stress. By the end of the course, you'll have completed a personalised decoupage project to take home, along with a newfound appreciation for this relaxing art form.

### What will I learn?

- **Week 1: Introduction to Decoupage & Mindfulness:** Explore the history and therapeutic benefits of decoupage. Learn about essential materials and tools for getting started. Practise basic paper cutting techniques and mindfulness exercises.
- **Week 2: Choosing Materials & Surfaces:** Explore different types of paper suitable for decoupage. Learn how to prepare various surfaces for decoupage application.
- **Week 3: Decoupage Techniques & Finishing Touches:** Put your skills into action! Learn various decoupage techniques like layering, sealing, and applying embellishments. Explore finishing touches like varnishing and adding decorative details to complete your project.

### How will I be assessed?

- **Formative:** Interactive discussions, group critiques, practical exercises like paper cutting, surface preparation, and basic decoupage techniques throughout the course.
- **Summative:** Develop, create, and present your final decoupage project, reflecting on the creative process and its impact on your well-being.

### Who is this course for?

This course is designed for anyone seeking a relaxing and creative outlet. It's perfect for individuals interested in exploring mindfulness practices, upcycling old objects, or simply enjoying a new hobby.

### **Progression Opportunities:**

After completing this course, you could explore online resources or workshops on advanced decoupage techniques like furniture upcycling or 3D decoupage. Consider enrolling in longer art courses focusing on mixed media or paper crafts. Look for courses in mindfulness-based art therapy to delve deeper into the therapeutic benefits of creativity.

### **Career or Job Enhancement Pathways:**

- **Craft Business Owner:** Turn your passion for decoupage into a business by selling your creations at craft fairs or online marketplaces.
- **Upcycling Specialist:** Develop your skills and offer upcycling workshops or consultations on transforming old objects with decoupage techniques.
- **Art Therapist:** This course can spark an interest in pursuing further training in art therapy, a career that uses art-making for therapeutic purposes.
- **Interior Design Assistant:** Enhance your knowledge of decorative finishes and explore incorporating decoupage techniques into design projects.

### **How do I enrol?**

If you are paying the full fee, the quickest way to enrol is online at [www.oucoursesouthwest.co.uk](http://www.oucoursesouthwest.co.uk), simply create an account and select enrol now. Alternatively, you will need to speak to one of our customer service team on 01752 660713.

### **How will the course be delivered?**

This is a practical course, and the sessions will include tutor-led demonstrations, learner-led group activities, instruction and repetition. These will form part of the delivery together with one-to-one support as required.

### **Will I need to practise outside the classroom?**

You will be encouraged to review your notes between lessons to ensure maximum benefit from your course. It is always useful to practise your skills between sessions. Your tutor may encourage home learning, or independent research.

### **How will I know I'm making progress?**

During the first session, your tutor will discuss your goals and current level in relation to the course. Based on this assessment, you will agree individual targets which you will record in your individual learning plan (ILP). You and your tutor will review your targets regularly to ensure that you are making progress; these will be written in your individual learning plan.

**What will I need?**

Please bring a notepad, and pen to each session. You may wish to bring a file for any handouts. A laptop with internet access is required for completion of coursework and home learning outside of the classroom.

**Please note:**

Most courses attract a subsidy from the Education and Skills Funding Agency (ESFA). It is a requirement of the ESFA that you complete various forms at different stages of your course, further information is available on request. Courses are subject to a minimum number of enrolments and could be cancelled if recruitment is low. In some cases, an alternative class at a different location may be offered.

Terms and conditions are available at

<https://www.onsouthwest.co.uk/learner-information/essential-information-for-every-learner>

Room numbers are subject to change - please check when you arrive at the venue.

