

Course Information Sheet

Autumn Crafts & Wellbeing

AH09E43A



Venue 📍 Tothill Community Centre	Start Date	12 Sept 2024 18:00
	End Date	24 Oct 2024 20:30
	Fee	Full Fee £53 Concession £13
	Materials	£0

[OCSW AH09E43A Autumn Crafts & Wellbeing \(oncoursesouthwest.co.uk\)](https://oncoursesouthwest.co.uk/OCSW-AH09E43A-Autumn-Crafts-&-Wellbeing)

Learn new craft skills while exploring mindfulness techniques to enhance your overall wellbeing this Autumn.

Course Description: Embrace the cosy vibes of Autumn and unwind with our 'Autumn Crafts & Wellbeing' course! Learn new craft skills like knitting, crochet, or paper crafting, all while exploring mindfulness techniques to reduce stress and improve your wellbeing. This 7-week course will provide a supportive and creative space to relax, connect with like-minded individuals, and create beautiful handmade pieces for yourself or as gifts.

What will I learn?

- **Week 1:** Introduction to mindfulness and relaxation techniques. Choose your craft for the course (knitting, crochet, paper crafting etc.) Learn basic beginner stitches and techniques.
- **Week 2:** Deepen your understanding of mindfulness practices. Continue developing your chosen craft with a focus on building core skills.
- **Week 3:** Explore the concept of mindful crafting and how it can enhance wellbeing. Practice and refine your chosen craft techniques.
- **Week 4:** Learn a new mindfulness technique for stress management. Further develop your chosen craft project.
- **Week 5:** Introduction to colour theory and its impact on mood. Focus on creativity and personalisation within your chosen craft.
- **Week 6:** Explore mindful gratitude practices. Complete and refine your chosen craft project.

- **Week 7:** Share your creations! Participate in a group showcase and celebrate your achievements.

How will I be assessed?

- **Formative:** Weekly participation in mindfulness exercises and craft activities. Feedback from peers and instructors throughout the course.
- **Summative:** Completion of a chosen craft project showcasing your skills and techniques learned.

Who is this course for?

This course is perfect for anyone interested in learning new craft skills and exploring mindfulness practices in a supportive and social environment. No prior crafting experience is necessary!

Target Audience:

- Adults looking for a creative outlet and relaxation techniques.
- Those interested in learning new hobbies and connecting with a community.

Progression Opportunities:

After completing this course, you could:

- Further develop your chosen craft skill by taking a more advanced course.
- Explore other creative crafts and mindfulness practices.
- Sell your creations at craft fairs or online marketplaces.

Career or Job Enhancement Pathways:

- **Arts Therapist:** Help others improve their mental and emotional well-being through creative expression.
- **Craft Tutor:** Share your skills and knowledge by teaching others how to craft.
- **Wellbeing Officer:** Promote healthy lifestyles and mindfulness practices within a workplace setting.
- **Freelance Craft Maker:** Sell your handmade creations and turn your passion into a business.

How do I enrol?

If you are paying the full fee, the quickest way to enrol is online at 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.oucoursesouthwest.co.uk/learner-information/essential-information-for-every-learner>

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

