

# Course Information Sheet

## Winter Crafts & Wellbeing

**AH09E43E**



<b>Venue</b> 📍 Tothill Community Centre	<b>Start Date</b>	7 Nov 2024 18:00
	<b>End Date</b>	19 Dec 2024 20:30
	<b>Fee</b>	Full Fee £53 Concession £13
	<b>Materials</b>	£0

[OCSW AH09E43E Winter Crafts & Wellbeing \(oncoursesouthwest.co.uk\)](https://oncoursesouthwest.co.uk)

Embrace the cosy season, boost your wellbeing, and learn new creative skills with our Winter Crafts & Wellbeing course.

**Course Description:** Unleash your inner crafter and nurture your well-being this winter! Our 7-week Winter Crafts & Wellbeing course is designed to bring joy and creativity into the colder months. Learn calming craft techniques while exploring activities that promote mindfulness and relaxation. This course is perfect for anyone who wants to unwind, de-stress, and create beautiful winter-themed crafts.

### What will I learn?

- **Week 1:** Introduction to mindfulness and winter crafts. Learn basic techniques like knitting, crocheting, or paper crafting.
- **Week 2:** Explore the benefits of crafting for well-being. Create a cosy knitted scarf or a calming mandala design.
- **Week 3 & 4:** Deepen your crafting skills and create personalised winter decorations – aromatherapy candles, festive wreaths, or hand-painted mugs.
- **Week 5:** Focus on self-care practices alongside crafting. Design a self-care plan and create a calming craft project for relaxation.
- **Week 6 & 7:** Refine your chosen craft and create a final winter masterpiece. Share your creations with the class and celebrate your achievements!

### How will I be assessed?

- **Formative:** Participation in class discussions, peer feedback on craftwork, and self-reflection journals.
- **Summative:** Completion of a final winter-themed craft project and a written reflection on the impact of the course on your well-being.

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

This course is perfect for beginners with no prior crafting experience. It's ideal for anyone who wants to learn new skills, explore mindfulness practices, and enjoy the company of like-minded crafters.

**Target Audience:** Adults looking for creative and relaxing winter activities.

### **Progression Opportunities:**

After completing this course, you could progress to more advanced craft courses or explore specialised workshops like pottery, weaving, or jewellery making. You could also consider starting your own craft business or selling your creations online.

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

- Craft Instructor
- Arts Therapist
- Event Decorator
- Product Designer (with further qualifications)

### **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.

