

## **Art Journaling**

**Tutor:** Vicky Sargent

**Course length:** 9 weeks

### **Is this the right course for me?**

Creativity is a great outlet when you are feeling low and can be an effective way to enable you to express your thoughts and emotions. This course will guide you towards creating your very own art journal in which to express your ideas and observations in visual form.

### **What will I learn?**

You will learn how keeping an art journal can help with your creative wellbeing. You will learn various mixed media techniques to get you started.

### **How will I learn?**

There will be discussion and demonstrations of techniques which you will then try yourself to get your art journal started.

### **Will I gain a qualification?**

You will not gain a formal qualification; however, you may request a Certificate of Achievement from your tutor.

### **What can I do next?**

Why not try another art class in the brochure to expand your skills.

### **What resources will I need?**

A pen and notepad would be useful.

You will also need the following art materials: A hard back spiral bound sketchbook / scrapbook approximately A4 or 30cm x 30cm (12" X 12") or similar. The book needs to have thick white pages in order to take paint and collage. You should find these easily in your local craft hobby store. You will also need acrylic paints, watercolour paints, white craft glue, felt pens/ sharpies, coloured pencils and a black fine liner. Scrap wrapping paper, tissue paper, leaflets, magazines, old envelopes will be useful for collage. Also, any stencils, stamps, inks and other crafting materials would be useful but not essential.

### **Where is the course taking place?**

The course will take place at Westbury Arts Centre, Foxcovert Road, Shenley Church End, Shenley Wood, MK5 6AA.

### **Can I talk to someone about my course before I start it?**

It is usually possible to put you directly in touch with the tutor if a member of the CLMK staff cannot answer your query.