

# Art for Wellbeing

**Tutor:** Vicky Sargent

**Course length:** 9 weeks

## Is this the right course for me?

You don't need to be 'good at art' to join this course. During the sessions, the tutor will introduce you to various ways of making art to enable you to unlock your creativity. In these sessions you will learn to use art as a tool for self-expression; we will start by looking at different artist's work and styles for inspiration.

## What are its benefits?

Taking part in art and craft activities has long been known to have therapeutic benefits. Engaging in art activities as part of a supportive group can help distract and re focus the mind and may help with low mood, anxiety and chronic pain.

## How will the course be taught?

The course will be taught over nine weeks in a safe and mutually supportive environment. The tutor will show examples, demonstrate techniques and give plenty of support and guidance

## What resources will I need?

You will need a mixed media pad ideally A3 or similar. A basic art kit consisting of a range of pencils including HB, B2 B4, rubber, ruler and sharpener. coloured pencils, watercolour paints. Acrylic paints and selection of brushes.

## 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 Community Learning staff cannot answer your questions.

## Please note:

If you have a disability and /or learning difficulty (for example a hearing or sight impairment) please let CLMK and/or your tutor know as we may be able to offer you extra support or provide different learning materials.