



# Art for Wellbeing

**Dates:**

**Locations:**

Art for Wellbeing is a gentle, creative Community course that supports relaxation, confidence and self expression through accessible art activities. It offers a calm, welcoming space where you can explore colour, texture and simple artistic techniques while enjoying the wellbeing benefits of slowing down and focusing on the creative process. The course encourages participants to take time for themselves, reduce stress and use creative expression as a tool for personal wellbeing.

## Entry Requirements

This is a beginner friendly course open to everyone. You do not need previous art experience, specialist skills or formal training. All learners are welcome, including those who may feel unsure about their creative ability. Activities are designed to be accessible and adaptable, allowing you to participate at your own pace.

## What topics does the course cover?

The course explores a range of simple art practices designed to support wellbeing. Activities may include drawing, painting, collage, mixed media, creative journalling and lino printing. You will experiment with colour, line, shape and texture, and learn how these visual elements can be used to express emotions, relieve stress and improve mood. The course also highlights how trying new techniques and developing creative skills can boost confidence and positively support mental wellbeing.

## How will I be taught and assessed?

Teaching is practical and supportive. Sessions include tutor demonstrations, guided exercises and opportunities for individual exploration. You will receive one to one encouragement and gentle feedback in a relaxed, non judgemental environment. There is no formal assessment; instead, progress is recognised through your participation, personal reflections and growing confidence in your creative choices. The emphasis is always on enjoyment and wellbeing, not producing "perfect" artwork.

## Are there any other costs or equipment I need to get?

All essential materials are provided. If you wish, you can bring a sketchbook or any favourite art tools to personalise your experience, but this is not required. The tutor may suggest optional items as the course progresses, depending on your interests.

## **By the end of the course what should I be able to do?**

By the end of the course, you should feel more confident using creative activities as a tool for relaxation, emotional expression and personal wellbeing. You will have experimented with a variety of simple techniques and produced artworks that reflect your ideas and interests. You should also understand how making art — and learning new skills — can improve mood, build resilience and encourage a more mindful approach to everyday life.

## **What are the progression opportunities following this course?**

After completing this course, you may want to move on to creative courses at WAES. Learners often progress to drawing, painting, mixed media or textiles courses that allow them to continue building skills and confidence. You may also wish to join community art groups, local creative projects or continue developing your own personal creative practice at home.