

Course Information Sheet 2023/24 Discrete Non-Accredited Course

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| Course title: | Therapeutic Doodle Art | | | Code: B101X/Y/Z | | |
| Tutor: | Sharron Walsh | | | | | |
| Day & Time: | Monday 9.45-12.00 | | | | | |
| Start & End Dates: | Term 1 25.9.23-4.12.23 | Term 2 08.01.24-18.3.24 | | Term 3 15.04.24-1.7.24 | | |
| Number of sessions: | 10 | 10 | | 10 | | |
| Venue: | Bury ALC | | | Room No: 10 | | |
| Learner numbers: | Minimum | | | Maximum | | |
| | 8 | | | 8 | | |
| Costs: | Full Fee | | | Discounted Fee | | |
| | Term 1 | Term 2 | Term 3 | Term 1 | Term 2 | Term 3 |
| | £67.50 | £67.50 | £67.50 | Free | Free | Free |

What will I learn on this course?

This very relaxing course will increase your understanding of how to use art as a tool to support your wellbeing. Bringing doodle art into your life can help with negative thoughts, pain and defuse the stress which daily life can cause. Using therapeutic doodle art techniques can also help when preparing for stressful situations.

Students wishing to take this course may have already completed the Therapeutic Art course, although this is not necessary. During this course you will learn a range of patterns and use them to create artwork in a range of styles. You will participate in a range of practical therapeutic art tasks. This course is suitable for anyone and no prior knowledge of art or drawing is necessary. Each session includes a relaxing meditation at the end.

By the end of the course, I will be able to:

- Understand the how art can be beneficial for my health and wellbeing.
- Use a range of patterns to create a range of doodle art pictures.
- Use a range of mediums, such as pen, pencil, watercolour, felt tips, fine liners to create doodle art and other art.
- Use a range of techniques to create basic and more advanced/detailed pictures.
- Understand and appreciate the benefits of doodle-art for calming the mind and aiding with sleep.
- Develop techniques to better deal with stressful situations.

Additional information

This is a course for those learners who have sensory, physical or cognitive impairments, described as neuro-divergent or with mental health conditions. A pre course interview is required. Please ring us on 0161 253 5772 to arrange this.

Before you enrol on a course, advice and information is available to help you decide on the right course for you. Contact Learner Services on 0161 253 7501 or e-mail at learner.services@bury.gov.uk.

What will be expected of me?

A commitment to learning and regular punctual attendance.

What could I do next?

If you feel ready to move on, please speak to your tutor about referring you back to Nikki Naylor about progression into volunteering or another course.

Your tutor will be able to advise on the options available to you in their subject. If you would like to speak to someone about moving on, please ask your tutor to refer you to Learner Services or contact them directly on 0161 253 7501 or email learner.services@bury.gov.uk.

Can I get extra help?

Support with English and Maths is available through our Skills for Life section. Please ask for details when you attend your interview with Nikki Naylor.

Help with paying for your course

You may be entitled to a reduced fee for your course if you claim a benefit. Please see the website, course guide or ask at the centre for more details. You will be asked to produce evidence on enrolment.

How to enrol

Phone: 0161 253 5772

Call into: Bury Adult Learning Centre, 18 Haymarket Street, Bury, BL9 0AQ

Please keep your copy of this information sheet. It will be useful throughout your course.