Course Information Sheet 2026/27
Foundation Non-Qualification Course

Course title:	**Beginner's Therapeutic Art**		**Code: B103Z**
Tutor:	Sharron Walsh		
Day & Time:	Monday 9.45am-12.00pm		
Start & End Dates:	Term 1	Term 2	Term 3 12/04/27-26/04/27 10/05/27-24/05/27 07/06/27-28/06/27
Number of sessions:			10
Venue:	Bury Adult Learning Centre		**Room 20**
Learner numbers:	Minimum		Maximum
	8		8
Costs:	Full Fee		Discounted Fee
	£86.50 (Including £10.00 towards materials)		£10.00 towards materials

What will I learn on this course?

This is a relaxing art course for beginners. You do not need any experience or art skills to join.

Art can help you feel calm and happy. It can also help you manage stress, pain, and negative thoughts. You will learn ways to use art to help you relax, especially before stressful situations.

During the course, you will:

- Learn how to draw simple patterns
- Use these patterns to create doodle art pictures
- Try different art activities in each lesson

Each session will end with a short, calming relaxation activity to help you feel settled and at ease.

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

- Know how art can help me feel better.
- Draw simple patterns to make doodle art.
- Use different materials like pens, pencils, paint, and felt tips.
- Try different ways to make simple and more detailed pictures.
- Use doodle art to feel calm and help me sleep.
- Use simple ways to cope with stress.

Additional information

This is a course for those learners who have learning disabilities or learning difficulties, such as, sensory, physical, cognitive impairments or neuro-divergent conditions, who will require additional support to participate in the course activities. There will be a Learning Support Assistant present throughout the duration of this course.

Spaces on this course may be limited if learners require their own personal support assistant to attend the class with them. This is due to room-size restrictions and in accordance with health and safety regulations.

Before you enrol on a course, advice and information is available to help you decide on the right course for you. Contact 0161 253 5772 or call into Bury Adult Learning Centre, 18 Haymarket Street, Bury, BL9 0AQ.

Joining requirements

This is a course for absolute beginners. Materials will be provided at an additional cost of £10.00 per learner for each 10-week programme. **A pre course interview is required.**

What will be expected of me?

A commitment to learning and regular punctual attendance.

What could I do next?

New learners can attend this course for a full year which consists of 3 ten-week terms. If the learner finds it beneficial to their wellbeing, they may want to progress to our Learning for Pleasure self-funding programme.

Improving one's wellbeing can enhance employability or volunteering opportunities which could further benefit one's wellbeing. Please ask your tutor about other options available with Bury EST or Bury VCFA.

You can choose your next course based on what you like and what you feel ready for. 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. Please ask for details when you attend your interview.

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.

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