BURY ADULT LEARNING SERVICE
LEARNING FOR LIFE & WORK
LET'S DO IT!

Course Information Sheet 2026/27
Work & Wellbeing Non-Qualification Course

Course title:	**Mindfulness Through Crafts**		**Code: CMHB221**
Tutor:	Sharron Walsh		
Day & Time:	Tuesday 1.00pm-3.00pm		
Start & End Dates:	Term 1 03/11/26-01/12/26	Term 2	Term 3
Number of sessions:	5		
Venue:	Bury Adult Learning Centre		**Room 20**
Learner numbers:	Minimum		Maximum
	8		10
Costs:	Full Fee		Discounted Fee
	£5.50 (to cover materials)		£5.50 (to cover materials)

What will I learn on this course?

This course will develop your understanding of how to use mindfulness as a tool to support your wellbeing through crafts. Incorporating mindfulness into your daily life can help manage negative thoughts, reduce the impact of pain, and ease the stress associated with everyday life.

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

- Understand the meaning of mindfulness and how to incorporate it into daily life.
- Bring mindfulness to glass painting.
- Understand meditation and breathing techniques by taking part in a relaxation session.
- Bring mindfulness to a card making activity.
- Understand the scientific benefits of mindfulness on the brain, body, health and wellbeing.
- Understand how to use the senses, mindfully to develop and focus.
- Use scratch art and doodle art to enhance mindfulness.

Additional information

This course aims to help people improve their wellbeing and gain the confidence to move into further learning and work, if appropriate. Courses offer a great starting point to develop new skills, gain confidence, improve general wellbeing and/or adapt to life changes. Some courses may require a pre-course informal meeting.

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 email at buryadultadmin@bury.gov.uk

Joining requirements

No prior experience is required. However, this course is specifically designed for those with mild to moderate mental health conditions.

A pre course interview is required.

What will I need to provide myself?

Your tutor will discuss materials further at the first class.
Please check that the class is running before buying anything.

What could I do next?

From this course you could progress onto English, maths, IT or another course within our Work & Wellbeing programme to develop further your skills for work. Alternatively, if you wish to pursue a hobby or develop a new skill you could progress onto one of our creative courses.

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 e-mail at learner.services@bury.gov.uk

Can I get extra help?

Support with English and Maths is available. For more information, please contact Learner Services on 0161 253 7501.

Extra support is available for those learners who have sensory, physical or cognitive impairments, neuro-divergent or with mental health conditions.

Help with paying for your course

You may be entitled to a reduced fee for your course if you claim a benefit. Please refer to the 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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