

## Course Information Sheet 2025/26

### Work & Wellbeing Non-Qualification Course

Course title:	Introduction to Mindfulness Through Craft Making		Code: CMHB222
Tutor:	Sharron Walsh		
Day & Time:	Tuesday 1:00pm-3:00pm		
Start & End Dates:	Term 1	Term 2	Term 3 21/04/26-19/05/26 02/06/26-30/06/26
Number of sessions:			10
Venue:	Bury Adult Learning Centre		Room No: 20
Learner numbers:	Minimum	Maximum	
	6	9	
Costs:	Full Fee	Discounted Fee	
	£5.00 (Consumables)	£5.00(Consumables)	
Although this course is free, there is a £5 charge for consumables which must be paid at the point of enrolment.			

#### 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 with crafts. Bringing mindfulness into your life can help with negative thoughts, pain and defuse the stress which daily life can cause.

#### 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.
- Actively bring mindfulness into play within nature, ie, walking activity.
- Understand how to use the senses, mindfully to develop and focus.
- Use scratch art and doodle art to enhance mindfulness.

#### Additional information

These courses aim 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 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 e-mail at [learner.services@bury.gov.uk](mailto:learner.services@bury.gov.uk).

### **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](mailto: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.**