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

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

Course title:	**Art to Reduce Anxiety and Stress**		**Code: CMHB243**
Tutor:	Tracey Caren		
Day & Time:	Tuesday 7.00pm-9.00pm		
Start & End Dates:	Term 1	Term 2	Term 3 13/04/27-11/05/27
Number of sessions:			5
Venue:	Bury Adult Learning Centre		**Room 20**
Learner numbers:	Minimum	Maximum	
	6	10	
Costs:	Full Fee	Discounted Fee	
	Free- £5.50 towards materials	Free- £5.50 towards materials	

What will I learn on this course?

This course is a great way to relax, get creative and try something new. Art can help you unwind while building your confidence and creativity.

During the course, you will explore a range of art styles and techniques, from sketching to painting with acrylics. The sessions are friendly, fun and easy to follow. You will try out new techniques and create your own artwork, which you can share with others in the group if you wish. Just come along, enjoy the experience and learn at your own pace.

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

- Demonstrate an increase in motivation and creativity.
- Identify the work of a range of artists.
- Produce a finished piece of art.
- Develop an awareness of employment opportunities within the creative industries.

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 or adapt to life changes.

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 email at buryadultadmin@bury.gov.uk

Joining requirements

You don't need any previous experience to join this course. This course is designed to help you learn simple, practical ways to manage mild to moderate mental health challenges. It will support you in building confidence and developing helpful strategies you can use in everyday life.

However, this course requires a pre-course informal meeting before you enrol. This is to ensure this is the right course for you.

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 will see the benefits of learning to improve wellbeing. As a result, you could progress onto English, maths, IT or another course within our Work & Wellbeing programme to further develop 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.