

<b>Course title:</b>	<b>Art to Reduce Anxiety &amp; Stress</b>			<b>Code: CMHB251</b>		
<b>Tutor:</b>	Tracy Caren					
<b>Day &amp; Time:</b>	Tuesday 7.00pm-9.00pm					
<b>Start &amp; End Dates:</b>	Term 1	Term 2		Term 3 11/6/24 – 9/7/24		
<b>Number of sessions:</b>					5	
<b>Venue:</b>	Bury Adult Learning Centre				<b>Room No:20</b>	
<b>Learner numbers:</b>	Minimum			Maximum		
	6			10		
<b>Costs:</b>	Full Fee			Discounted Fee		
	Term 1	Term 2	Term 3	Term 1	Term 2	Term 3
			Free			Free

### What will I learn on this course?

For many people art provides an opportunity to relax, which frees their creativity. During this course we look at an eclectic range of art movements and techniques from sketching to painting in acrylics. The class is fun and informative, there are no assessments or exams. Bring yourself along to a fun evening, learn new techniques and create inspirational pieces that you can share with the rest of the group. Join us for a relaxing evening and explore different art techniques using them to produce pieces of art you will be proud of.

### 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 is specifically developed for adults who are experiencing mild to moderate mental health conditions such as stress, anxiety, and low mood. The aim of this course is to help improve emotional wellbeing whilst learning something new, meeting people and having fun! The course provides the opportunity to identify and practice ways to cope and feel better.

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?**

You will need a pen and a small notebook or paper, apart from this you do not need to provide any materials for this course.

**Please check that the class is running before buying anything.**

### **What could I do next?**

From this course you could progress onto one of our Get Ready for Work courses; Confidence Building & Assertiveness, Goal Setting & Motivation or Build Better Resilience. If you are wanting to progress into work, then our Get That Job course can support you in searching and applying for jobs as well as improving your confidence in preparing for interviews.

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 through our Skills for Life section. 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. Please contact Nikki Naylor on 0161 253 7287.

### **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.**