Course Information Sheet 2026/27
Learning for Pleasure Course

Course title:	**Relaxing Art For pleasure**		**Code: LPB122Y**
Tutor:	Sharron Walsh		
Day & Time:	Monday 1.00pm – 3.00pm		
Start & End Dates:		Term 2 04/01/27-01/02/27 22/02/27-15/03/27	Term 3
Number of sessions:		9	
Venue:	Bury Adult Learning Centre		**Room 20**
Learner Numbers:	Minimum		Maximum
	8		8
Costs:	Full Fee		Discounted Fee
	£156.70		£83.35
Cost of Consumables	**£10.00 (included in cost)**		

What will I learn on this course?

This course will help you feel better using art. Art can help you relax, feel calm, and deal with stress. It can also help with negative thoughts.

This course is for learners with learning disabilities and/or difficulties who have done a Therapeutic Art course before and want to get better at it.

You will practice drawing patterns and making different types of art, like Zentangles and Mandalas. You will try different art activities and use different materials.

Each lesson will end with a short, calm relaxation activity.

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

- Know how art can help me feel better.
- Make simple pattern art like Zentangles.
- Use shading to improve my pictures.
- Enjoy making my own art.
- Use different materials like paint, pencils, and pens.
- Use art to feel calm and less stressed.
- Use simple ways to help myself when I feel stressed.

Additional information

Before you enrol, 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

Tutor profile

Sharron Walsh is a well experienced and qualified teacher and Holistic Therapist. She has taught a range of subjects over the last 20+ years including Therapeutic Art, Mindfulness, ICT, Arts & Crafts, Digital Photography and much more in a wide range of settings, including colleges, hospices, children's centres and community venues and schools.

What will I need to provide myself?

A pen, pencil and sketchbook as well as some fine-liner colours. 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?

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 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.