

## Course Information Sheet 2024/25

### Learning for Pleasure Course

|                               |   |                             |         |                              |                    |        |
|-------------------------------|---|-----------------------------|---------|------------------------------|--------------------|--------|
| <b>Course title:</b>          | <b>Relaxing Art for pleasure</b>                          |                             |         | <b>Code:<br/>LPB122X/Y/Z</b> |                    |        |
| <b>Tutor:</b>                 | Sharron Walsh   |                             |         |                              |                    |        |
| <b>Day &amp; Time:</b>        | Monday 3.30-5.30  |                             |         |                              |                    |        |
| <b>Start &amp; End Dates:</b> | Term 1<br>23/09/24-02/12/24                               | Term 2<br>06/01/25-17/03/25 |         | Term 3<br>14/04/24-07/07/25  |                    |        |
| <b>Number of sessions:</b>    | 10  | 10                          |         | 10                           |                    |        |
| <b>Venue:</b>                 | Bury Adult Learning Centre                                |                             |         |                              | <b>Room No: 20</b> |        |
| <b>Learner Numbers:</b>       | Minimum   |                             |         | Maximum                      |                    |        |
|                               | 7   |                             |         | 10                           |                    |        |
| <b>Costs:</b>                 | Full Fee  |                             |         | Discounted Fee               |                    |        |
|                               | Term 1  | Term 2                      | Term 3  | Term 1                       | Term 2             | Term 3 |
|                               | £163.60   | £163.60                     | £163.60 | £86.80                       | £86.80             | £86.80 |
| <b>Cost of Consumables</b>    | <b>£10 for Art workbook and pencils (Included in fee)</b> |                             |         |                              |                    |        |

### What will I learn on this course?

These very relaxing 10-week courses will increase your understanding of how to use art as a tool to support your wellbeing. Use of therapeutic art in your life can help with negative thoughts, pain and defuse the stress which daily life can cause. Using therapeutic art techniques can also help when preparing for stressful situations.

Students wishing to take this course will most likely have already completed the Therapeutic Doodle Art course, or Therapeutic Art course and wish to continue to improve their skills. During this course you will continue to work on and improve the skills and techniques you have learned in previous courses, you will increase your knowledge of patterns and use them to create artwork in a range of styles including creating Zentangles, Mandalas and Zendalas as well as other art pieces. You will participate in a range of practical therapeutic art tasks using a range of techniques. Each session includes a relaxing meditation at the end.

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

- Understand the how art can be beneficial for my health and wellbeing.
- Use a range of patterns to create Zentangle art and doodle art.
- Use shading techniques to enhance my art.
- Enjoy the benefits of creating art and create a range of art projects.
- Use a range of mediums such as watercolour, pencils, fine liner pens, acrylics.
- Understand and appreciate the benefits of art for calming the mind and aiding stress reduction.
- Develop techniques to better deal with stressful situations.

### **Additional information**

This is a course for those learners who have sensory, physical or cognitive impairments, described as neuro-divergent or with mental health conditions. A pre course interview is required.

Before you enrol on a course advice and information is available to help you decide if this is 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). Alternatively, you can get advice and information from Bury Adult Learning Centre on 0161 253 5772.

### **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 would be useful 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](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.

### **Help with paying for your course.**

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