



Course details

Course title

Art: Creativity for Welbeing

Course code

Q00027105

Course date

Start: 06/08/26

End: 13/08/26

Number of classes

2 sessions

Timetable

Thu 6th Aug, 9:30 to 15:30

Thu 13th Aug, 9:30 to 15:30

Tutor

Nicky Tarlton-Weatherall

Fee range

Funding available - £192.00

How you'll learn

You'll join a small group of fellow learners for classes at the venue indicated. Some materials may be provided in our virtual learning environment.

Got it!

In venue

Venue

Phoenix House
1 King Street

Leicester
LE1 6RN

Level of study

Entry Level

Course overview

This course is funded by the Department for Education and only open to residents living in non devolved authorities. This course introduces you to creative art activities that help with relaxation, confidence, and wellbeing. It's perfect if you want to explore creativity in a friendly, supportive environment. You don't need any previous art experience. You will take part in practical activities such as drawing, painting, collage, and experimenting with different materials. You'll be encouraged to explore ideas, try new techniques, and express yourself through art. You'll also learn how creative activities can support your wellbeing by helping you relax, focus, and enjoy a sense of achievement. You can work at your own pace while sharing ideas and experiences with others. The course is delivered through step-by-step guidance and hands-on activities that build your confidence and creativity. By the end of the course, you will have developed basic creative skills and a better understanding of how art can support your wellbeing and self-expression.

Course description

This course gives you the chance to explore your creativity through practical art activities while supporting your personal wellbeing. It is designed for you if you want to try art in a relaxed, friendly, and supportive environment. You don't need any previous art experience.

You will take part in simple, hands-on activities that encourage creativity, self-expression, and enjoyment. These may include drawing, painting, collage, or working with different materials and textures. The focus is on exploring ideas and enjoying the creative process—not on producing perfect artwork.

You will also learn how creative activities can support your wellbeing. Art can give you time to relax, focus your attention, and express your thoughts and feelings in a positive way. Sessions will encourage you to take time for yourself, try new ideas, and build confidence in your creative abilities.

Sessions are practical and supportive, with step-by-step guidance from your tutor. You will have opportunities to share ideas, learn from others, and develop your own creative style.

By the end of the course, you will have tried different art techniques and gained confidence in using creativity to support your wellbeing. You may also choose to progress to further art or creative courses.

What financial support is available?

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

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