



Course details

Course title

Art: Crafting for Mindfulness

Course code

Q00027634

Course date

Start: 03/11/26

End: 10/12/26

Number of classes

12 sessions

Timetable

Tue 3rd Nov, 13:00 to 15:00

Thu 5th Nov, 13:00 to 15:00

Tue 10th Nov, 13:00 to 15:00

Thu 12th Nov, 13:00 to 15:00

Tue 17th Nov, 13:00 to 15:00

Thu 19th Nov, 13:00 to 15:00

Tue 24th Nov, 13:00 to 15:00

Thu 26th Nov, 13:00 to 15:00

Tue 1st Dec, 13:00 to 15:00

Thu 3rd Dec, 13:00 to 15:00

Tue 8th Dec, 13:00 to 15:00

Thu 10th Dec, 13:00 to 15:00

Tutor

Tracey Sweetman

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

Clovelly Centre (Southampton)

60-68 Clovelly Road

Southampton

SO14 0AU

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 guides you through practical craft activities that support mindfulness and wellbeing. It is ideal if you want to explore creativity in a relaxed and supportive environment. You don't need any previous experience. You will take part in hands-on activities such as drawing, painting, collage, simple textiles, or working with recycled and natural materials. The focus is on fully engaging in the creative process, helping you to concentrate, relax, and enjoy a sense of achievement. You will also learn how crafting can support mindfulness by encouraging reflection, being present, and expressing yourself. As you work, you will develop skills in patience, creativity, problem solving, and focus—either independently or with others.

Course description

This course introduces you to practical craft activities designed to support mindfulness, relaxation, and personal wellbeing. It's ideal if you want to explore creativity while learning techniques that help you focus, reduce stress, and feel calm. You don't need any previous experience.

You will take part in hands on activities such as drawing, painting, collage, simple textiles, or working with recycled and natural materials. The focus is on the process of creating—not on making something perfect—so you can fully engage in the activity and enjoy the benefits of mindful practice.

You will also explore how crafting supports wellbeing by encouraging presence, reflection, and personal expression. As you work, you will develop skills in concentration, patience, and creativity, with the option to work independently or together with others in a supportive environment.

By the end of the course, you will have tried a range of craft techniques, experienced the benefits of mindful creativity, and gained confidence in using craft as a tool for relaxation and wellbeing.

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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