



## Course details

### Course title

Foundations in the Creative Arts

### Course code

Q00027623

### Course date

Start: 08/09/26

End: 15/10/26

### Number of classes

12 sessions

### Timetable

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

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

Tue 15th Sep, 13:00 to 15:00

Thu 17th Sep, 13:00 to 15:00

Tue 22nd Sep, 13:00 to 15:00

Thu 24th Sep, 13:00 to 15:00

Tue 29th Sep, 13:00 to 15:00

Thu 1st Oct, 13:00 to 15:00

Tue 6th Oct, 13:00 to 15:00

Thu 8th Oct, 13:00 to 15:00

Tue 13th Oct, 13:00 to 15:00

Thu 15th Oct, 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

Beginners

## Course overview

This course is funded by the Department for Education and only open to residents living in non devolved authorities. Foundations in the Creative Arts enables you to explore creativity in a relaxed, supportive space. Creative Arts is an umbrella term covering a range of activities and themes such as practical art, drawing and painting, mosaics, sewing and craft, and creative writing. No previous experience is needed, making the set course ideal as a first step back into learning. The course supports health and wellbeing by encouraging relaxation, mindfulness through making, and time to focus on enjoyable creative activities. You will build confidence, reduce stress, and develop a sense of achievement while connecting with others in a positive, social environment. Sessions focus on simple techniques, sharing ideas, and enjoying the creative process rather than perfection. By the end of the course, you will have created a small personal project and have gained inspiration to continue creative activities at home or move on to other community or skills based courses.

## Course description

Foundations in the Creative Arts courses are designed to help you explore a broad range of creative arts in a relaxed and supportive environment. The set course may focus on different creative pathways, including practical art, drawing and painting, mosaics, sewing and craft, or creative writing. Each course sits under the wider umbrella of creative arts, encouraging learners to experiment, build confidence, and develop skills at their own pace, with no previous experience required.

Sessions introduce simple techniques, materials, and creative exercises that support personal expression and enjoyment across the creative arts. You will be guided step by step, with opportunities to share ideas, learn from others, and reflect on their progress. The set course promotes wellbeing by offering a positive space to relax, focus, and express thoughts and feelings through creative activity.

Across all creative arts variations, the emphasis is on participation, exploration, and building confidence rather than perfection. You will work on small personal projects that reflect your interests and growing skills. By the end of the course, you will have gained practical knowledge, creative confidence, and inspiration to continue their chosen creative art form at home, in community groups, or through further learning. The course also supports social connection, helping you feel part of a creative and encouraging community.

## **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.

**Source URL:** <https://www.wea.org.uk/courses/arts-crafts/arts/8-september-foundations-creative-arts>