

# Introduction to Creative Craft for Wellbeing



Adult

This course will be focused on the wellbeing effect of making. It is delivered at CROP Gardens with the NHS team in Plymouth.

On this course you will be able to work on a variety of projects including papercraft, painting, printing, textiles.

The tutor will give you guidance to achieve your goals which you can adapt to make your own creations.

The Road to Wellbeing courses are relaxed and informal, enabling you to improve your wellbeing and mental health, building your self-confidence and self-esteem. Attending our classes is a great way of meeting new people, making friends and developing personal and vocational skills.

Duration - 8-12 weeks – 1 day per week.

You will be expected to attend each week.

Find out more about courses to support mental health and wellbeing



Scan the QR Code for full course description, assessment and progression options from this course

## ENTRY REQUIREMENTS

Our courses are for anyone aged 19+ who is experiencing or recovering from mental ill-health.



## LOCATION & NEXT START DATE(S)

CROP Gardens - As required  
CROP Gardens - As required



**Find out more and  
apply online**



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<b>LEVEL</b> No Qualification	<b>DURATION</b> 8-12 weeks â€" 1 day per week.
<b>ATTENDANCE</b> Part-time	<b>FEES</b> Tuition Fees: £97.50

Fees apply to adults and HE students only. Only the most common fees scenario is shown. Actual fees may vary depending on your personal situation. Please contact us for further information. Courses listed on this website are indicative of the subject, nature and level of study. The College reserves the right to alter specific qualifications titles, awarding bodies and levels of qualification, which can change in year. Any cost may also vary, based on personal funding eligibility. The Cornwall College Group reserves the right to withdraw any course listed at any time.

## Explore Our Courses & Apprenticeships

Join us for a campus tour, meet our dedicated team, and get all your questions answered. Scan the QR code to register for our next Open Event or Taster Day.



**Find out more and  
apply online**

