

Introduction to Art for Wellbeing



Adult

This course will be focused on the wellbeing effect of making. It is delivered at Westbourne Unit, Plymouth with the team from CROP and members of the NHS.

On this course you will explore a variety of mixed media, methods and technologies to produce creative artwork and develop your skills through observation and experimentation. You will develop an in-depth exploration of Art History, colour theory, painting applications and drawing skills.

The tutor will give you guidance to achieve your goals which you can adapt to make your own creations by considering design, form and function.

The Road to Wellbeing courses are relaxed and informal, designed to support your mental health and wellbeing. By building self-confidence and self-esteem, these classes offer a positive and welcoming environment. They're also a great way to meet new people and make friends. We offer courses suited to all skill levels and abilities.

Course 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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LEVEL No Qualification	DURATION 8-12 weeks â€” 1 day per week
ATTENDANCE Part-time	FEES Tuition Fees: £0.00

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**

