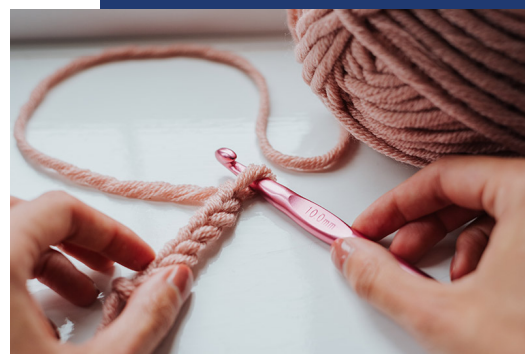# Crochet for Wellbeing

CORNWALL COLLEGE

Knitting and crochet are both considered to be meditative activities that can help to reduce stress and anxiety. The repetitive motions involved in knitting and crochet can help to calm the mind and promote a sense of relaxation.

Many people enjoy crochet as a way to connect with others who share the same interest. Joining a crochet group can provide an opportunity to socialize and connect with others, which can be beneficial for mental health and overall well-being.

Crochet involves complex hand movements and the use of spatial reasoning skills, which can help to keep the brain active and engaged.

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

ENTRY REQUIREMENTS

£10 cost for materials which will cover a bespoke handmade bamboo crochet hook, the yarn, written instructions, visual instructions, symbol sheet and a us/uk conversion sheet.

LOCATION & NEXT START DATE(S)

Cornwall College St Austell - 21 April 2026

LEVEL No Qualification	**DURATION** 10 weeks - 1 evening per week
ATTENDANCE Part-time	**FEES** Tuition Fees: £45.00

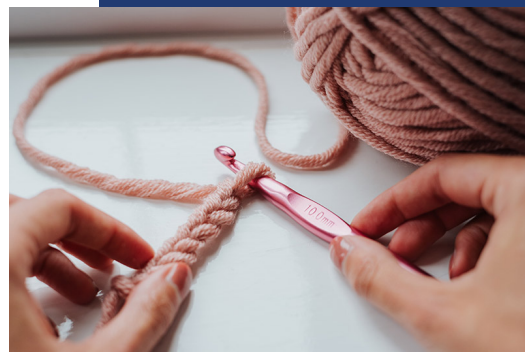## Find out more and apply online

Crochet for Wellbeing

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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