

Adult Learning - Course Information Sheet



AHK2WA07 - Art Medicine F2F

Wellingborough Hindu Community Centre

148 Highfield Road

Wellingborough

NN8 1PL

Room Hindu Centre

Start Date: 01 November 2022

End Date: 13 December 2022

Start Time: 10:00AM

End Time: 12:00PM

Day: Tuesday

Sessions: 7

Tutor: Mrs Honorata Chorazy-F

Learn2b

Learn2b specialises in supporting people's recovery from mental health difficulties through learning and education. Learn2b is not therapy and the courses can run alongside any other form of help, support, education or training learners may be receiving. Learners are at the heart of every session; we recognise that some days we can feel unmotivated or low, and we accept that is okay. By attending our courses, people soon learn that they are not on their own; they will discover that other people experience similar things to themselves and find some common ground, often leading to a peer to peer support network. If you are new to Learn2b you will be contacted by our Learner Support Advisor to have a brief conversation with you prior to enrolling on to the course.

Email alsreferrals@northnorthants.gov.uk if you would like some help accessing Zoom.

Course aim

In this course, every session is an opportunity to use a different art technique for expressive and therapeutic benefits supporting your emotional exploration. The core of the course is not the production of an art piece but an experience of the process. The course focusses on what happens to us during the creative process and how we can use this to become more self-reflective. Some sessions will involve working with colour, images and drawing but no previous experience required.

Course outcomes

- a) Demonstrate and give examples of the use of creative arts in an expressive way as a wellbeing support tool
- b) Explain how the process of using art contributes to self-exploration
- c) Explore and practice working with a selection of art materials

How will the course be taught?

This course is held in-person. A variety of teaching methods will be used which may include group discussion, worksheets, practical activities etc., relevant to the course subject. Handouts may be emailed to you after the session to support your learning. Your tutor will guide you throughout your session.

What do I need to bring / have ready?

From your own resources, you can bring some magazines for images if you wish. A notebook and pen may be useful if you wish to take notes. A supply of course resources will be available during the sessions, including scissors, glue, pens/pencils, magazines, paints, paper/card etc.

Further support and progression

If you need help whilst on a course with us, our Learner Support Advisor is available to discuss your needs. We offer a range of services, subject to eligibility, which can include practical support and/or financial assistance to ensure you feel fully supported while learning with us. For more information contact alsreferrals@northnorthants.gov.uk or call 01604 368023 (answerphone available). Visit our website www.northamptonshire.gov.uk/course-info for further information about our fees and concessions. Your tutor will inform you of further learning opportunities and progression during your course.

Health and Safety / Online Safety

Your tutor will give you information about Health and Safety on the first session. For information on how to keep safe online, go to https://safety.lovetoknow.com/internet_Safety_Adult and <https://takefive-stopfraud.org.uk/> national awareness campaign. To report suspected scams, or for information on preventing scams, call the Citizens Advice on 03454 04 05 06.

Northamptonshire Adult Learning Service work in partnership with National Careers Service advisers who can provide information, advice and guidance on skills, learning and work. National Careers Service can be contacted by telephone 0800 100 900 or text your name and the word ADVICE to 07766 413219 and an adviser will call you back for free or go to <https://nationalcareersservice.direct.gov.uk/>