

Adult Learning - Course Information Sheet



UZZ5WA06 - Art Medicine

Virtual Classroom - Zoom

Start Date: 11 June 2021
End Date: 23 July 2021
Start Time: 1:30PM
End Time: 2:30PM
Day: Friday
Sessions: 7
Tutor: Mrs Honorata Chorazy-F

ZZ99 9ZZ Room Meeting ID: 646 7897 4537

Learn2b

Learn2b courses are free of charge to anyone who lives with (or has experienced) a mental health disorder. Diagnosis is not essential. Tutors, who are selected because of their own experiences of mental health illness will support you throughout your course in a safe, welcoming environment. 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

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

How will the course be taught?

This course will consist of live virtual sessions using Zoom, a free to use video conferencing platform. 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.

What do I need to bring / have ready?

To join the live session you will need to access the internet via either a phone/laptop/pc/ipad/tablet, with your webcam and microphone switched on. The session is very interactive so please bring some headphones if you have them, to maintain confidentiality, if you have other people in your home during the restrictions. A supply of relevant resources will be sent to you prior to your first practical session. During the course, you will need to have a cup/glass/jam jar of water, a pair of scissors, a glue stick, a pencil, a side plate or saucer, some magazines for images to hand and a notepad and pen may be useful if you wish to take notes.

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/>