

# Introduction to Creative Crafts for Wellbeing



Adult

On this course you will be able to develop your creative skills by working on a project of your choice with the help and support of the tutor. This could be anything from still life drawing and painting, sketching, perspective drawing, textiles, crochet, sewing machine techniques, card making, water colours and photography.

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

Your road to wellbeing courses are relaxed and informal, enabling you to improve your wellbeing and mental health, building your self-confidence, and a great way to make friends.

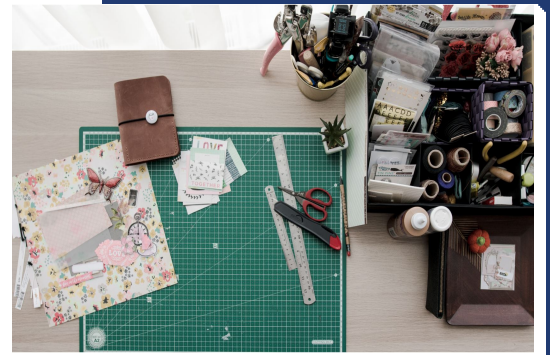
Our courses are for anyone aged 19 plus who suffers from or who is recovering from mental ill health.

Our courses run one day per week, over 10 to 13 weeks per term. If you miss the start of the course don't worry, you can join the courses at any time.

These courses are run at CROP Gardens, Plymouth, a horticultural site managed by Livewell. Sessions run on Mondays from 10.00-3.00.



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.



This can be mild, moderate or long term.

## LOCATION & NEXT START DATE(S)

CROP Gardens - As required  
CROP Gardens - As required  
CROP Gardens - As required



Find out more and apply online



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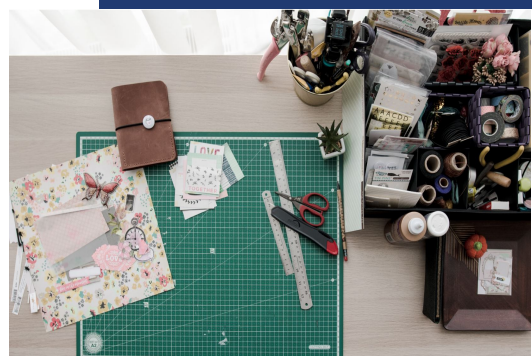
Adult

<b>LEVEL</b> No Qualification	<b>DURATION</b> 10-13 Weeks - 1 day per week
<b>ATTENDANCE</b> Part-time	<b>FEES</b> Tuition Fees: £72.00

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**

