

# Crochet for Wellbeing



## Leisure and Professional

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 - 29 April 2025



<b>LEVEL</b> No Qualification	<b>DURATION</b> 12 weeks - 1 evening per week
<b>ATTENDANCE</b> Part-time	<b>FEES</b> Tuition Fees: £45.00

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.



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### 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.



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