

# Course Information Sheet



## Course Code and Name: GL0057490 Creative Wellbeing and Self Care

**Venue:** The Churn Project  
14-16 The Waterloo  
Cirencester  
GL7 2PY

**Start Date:** 17 October 2023  
**End Date:** 14 November 2023  
**Day:** Tuesday  
**Time:** 10:00 to 12:00  
**Weeks:** 4

**Tutor:** Siobain Drury

**Course Provider:** Adult Education in Gloucestershire

### Course Summary

Learn how to create various items to improve your wellbeing.

- Printmaking
- Collage
- Candle-Making
- Facial Massage
- Hand and Foot Care

### Eligibility

Learners must be over the age of 19 and a UK resident in the last 3 years. Learner must be one of the following: Unemployed/earning below £20,319/retired; Learning disability; Mental health difficulty; qualified below a level 2 (less than 5 GCSEs). There may be a cost for people in work.

### How will the course be taught?

Learning will take place in small friendly classes using, individual and group work, demonstration, discussion and using a variety of practical activities

### How will I know how well I am doing?

You will follow your own individual learning plan with progress recorded by tutors and yourself.

### Do I need any prior knowledge or qualifications?

No prior knowledge required.

### What do I need to bring?

No materials needed

### How do I join the course, or find out more?

Contact Michelle or Amanda from The Churn: 01285 380038

### Cost

Free to eligible learners.

### What course can I do next?

mindfulness

### Information and Advice for Progression

Advice will be given on an individual basis throughout the course. Please contact your tutor for information about suitable progression routes

### Health and safety

All of our venues undergo a health and safety audit on a regular basis. The tutor will advise on health and safety guidelines at the beginning of the course, these guidelines will be followed throughout the course.

### Further information

No information provided