



Crochet for Wellbeing and Creative Confidence

Crochet is a fun, versatile and rewarding craft; it can help you relax and de-stress whilst you make a range of things including small clothing items, toys and even decorations for your home.

Course Learning Outcomes

- Learn basic crochet stitches
- Learn how to read crochet abbreviations
- Practise the stitches by making small crochet swatches
- Follow a beginner-friendly crochet pattern
- Practise mindful relaxation whilst crocheting

Please note: To successfully complete this course, you must commit to full attendance and punctuality. You will also be required to use basic digital skills throughout the course to access and support your learning materials.

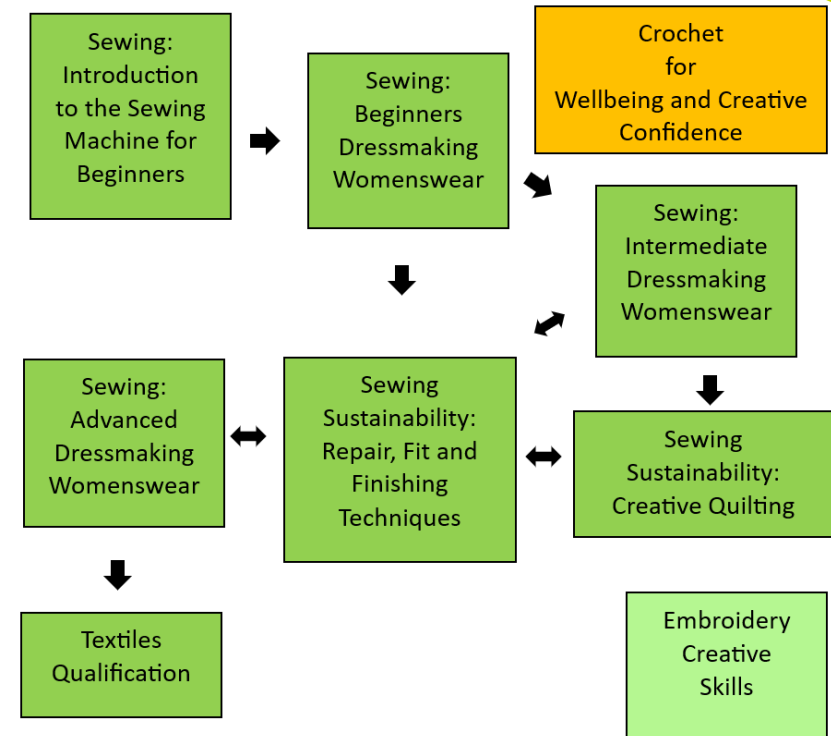
What is needed for the course?

Essential materials will be provided but you might wish to bring your own material to realise your project.

Your tutor will advise you further during your first lesson.

If you need any additional support, please call us: 020 8583 6000.

Progression Pathway



We can also provide you with information, advice and guidance for employment or further learning.

- ▶ Please speak with your tutor or
- ▶ Call 020 8583 6174 to speak to an advisor or
- ▶ Email work@hounslow.gov.uk or
- ▶ Visit www.workhounslow.co.uk