

## Drawing & Painting for Wellbeing

Course Code	Venue & Contact Details	
MM299CBA	<b>Venue</b>	Hounslow House
	<b>Address</b>	7 Bath Rd, Hounslow TW3 3EB
	<b>Phone</b>	020 8583 6000
	<b>Email</b>	<a href="mailto:courses@hounslow.gov.uk">courses@hounslow.gov.uk</a>
	<b>Website</b>	<a href="http://www.hace.ac.uk">www.hace.ac.uk</a>

Day	Times	Start date	End date	No of Weeks	Fee
Tuesdays	10am-12pm	21.09.2021	14.12.2021	12	£76 /*Free

*\*If you are unemployed, looking for work, and are in receipt of a means tested benefit, you do not have to pay the course fees. You will need to sign a self-declaration form stating that you are looking for a job and provide supporting evidence.*

*\*If you are in low paid employment and you earn less than £10.85p/h or £21,157.59 annual gross salary, you do not have to pay the course fees. You will need to provide proof of income, for example, this could be a wage slip within 3 months of the course start date, or a current employment contract, which states gross monthly/annual wages.*

### About the course

This course is part of our wellbeing programme designed to enable learners to try a new art, craft or exercise in order to explore the benefits they have our wellness. Once you have completed this course you might decide to join a local painting group or learn more on our Drawing and Painting specialist programmes to gain more confidence so to start painting more independently.

On this course you will be introduced to a range of drawing and painting techniques and will have the opportunity to develop these into one ambitious single painting or a series of drawings and paintings. The class will be a space for process-led exploration, where the learning and group discussion matters more than the final result. High attendance is a priority.

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### **What will I learn?**

#### **After this course you will be able to:**

- Use drawing and painting to practice focus and “staying in the moment”
- Use a range of drawing and painting medium (for example watercolour, acrylic paint, charcoal, etc)
- Discuss your drawings and paintings in group settings
- Prepare your drawing and painting session with appropriate materials and equipment, in a safe and healthy way
- Care for and clean materials and equipment appropriately

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### **What are the entry requirements?**

- This course is for beginners.
- We use Google Suite for Education to record your learning journey. If you are a new learner with us, we will create an account for you. Details will be sent to your personal email so please check your inbox and spam regularly prior to course start.

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### **What do I need to bring with me?**

- Essential resources will be provided
- You may wish to bring a piece of paper and a pen to take notes

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### **How will my learning be assessed?**

This is a non-accredited course with the intent to benefit lifelong learning. Your tutor will give you regular verbal and feedback to support your progression. will participate in group discussions and receive guidance.

To successfully complete the course your attendance should be a minimum of 85% and course work should be completed by the end of the course. **Please note that the first session is an induction to the course and the centre, so it is therefore essential that you attend.** If you for any reason are unable to attend, please let us know and ensure that you read through the induction slides located in your Google Classroom and complete any related tasks.

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### **What can I do after completing this course?**

- The most obvious next step is to continue on one of our specialist courses in Drawing and Painting. At the end of the course your tutor will advise you on your possible next steps.
- You can call us to find out about upcoming courses on 020 8583 6000

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### **Information, advice and guidance for employment**

- Call 020 8583 6174 to speak to an advisor
- Email [work@hounslow.gov.uk](mailto:work@hounslow.gov.uk)
- Visit <http://www.hace.ac.uk/employment-support>

