

## Knitting for Wellbeing

### About the Course

On this course you will learn essential knitting skills while gaining practical knowledge about different yarns and materials. You will also learn more about the potential of knitting as a creative craft and as a way to improve mental health and wellbeing.

### Course Learning Outcomes

- Learn how to use knitting needles safely
- Identify and use basic knitting stitches such as 'stitch' and 'purl'
- Increase and decrease stitches whilst following a pattern
- Develop knitting vocabulary and how to read a basic pattern
- Complete a small project provided by the tutor

***Please note: To successfully complete this course you must commit to 100% attendance and punctuality.***

### What is needed for the course?

You will be asked to bring your own pair of knitting needles and yarn for the course. Your tutor will advise you further.

***If you need any additional support, please call us: 02085836000.***

### 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](mailto:work@hounslow.gov.uk) or
- ▶ Visit [www.workhounslow.co.uk](http://www.workhounslow.co.uk)