

Crochet for Wellbeing

Progression Pathway

About the Course

On this course you will learn that crochet is a fun, versatile and rewarding craft; it is a great way to relax and de-stress whilst you make a range of things including blankets, 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

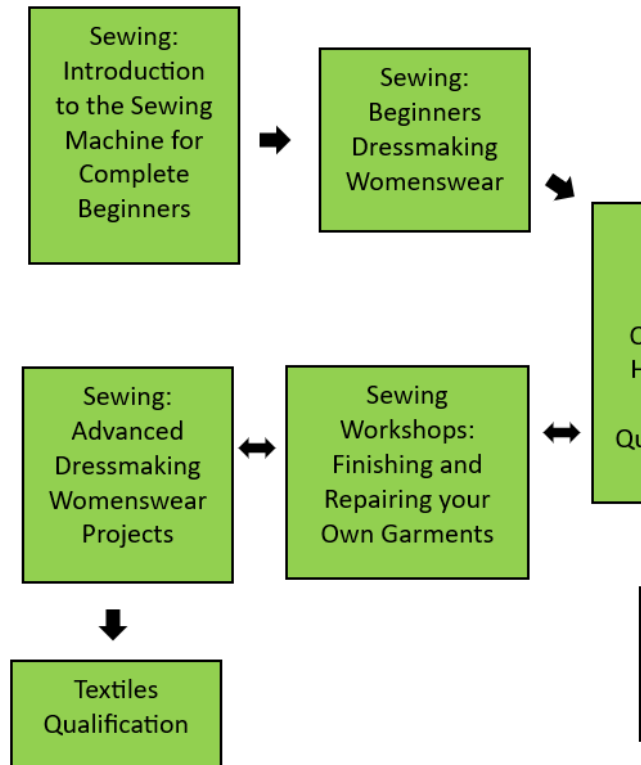
Please note: To successfully complete this course you must commit to 100% attendance and punctuality.

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.



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