

Expressive Painting – Art for Wellbeing

Course Code	Venue & Contact Details	
MM599CMA	Venue	Adult and Community Centre Meadowbank
	Address	Community Close, Cranford, Hounslow TW5 9QX
	Phone	020 8583 6000
	Email	courses@hounslow.gov.uk
	Website	www.hace.ac.uk

Day	Times	Start date	End date	No of Weeks	Fee
Friday	10am-1pm	01.10.2021	10.12.2021	10	£84 /*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

They say that a picture is worth a thousand words. Throughout history art has been used to communicate imagination and express big feelings through the language of colour and composition. On this course you will be introduced to the key concepts of expressive painting and you will be guided through methods of painting in an expressive style, using the medium of your choice. In every session you will learn about a different artist and take part of a creative art exercise inspired by the ideas. The course blends theory with practice and the aim for this course is not to make a completed work of art but to challenge your creative process, and the paintings you make will remain as evidence of the activity that has taken place.

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.

What will I learn?

After this course you will be able to:

- Use of colour and form for artistic expression
- Explore composition and scale for artistic expression
- Describe how a painting technique can be used to convey emotion
- Better understand your own intuitive visual language

- Discuss well-known artworks that are characterized by emotional expression

What are the entry requirements?

- This course is suitable 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?

- You will bring your own resources, both equipment and material, and your tutor will guide you on this in your first session
 - In some session, material will be provided
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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 written feedback to support your progression. You will submit your course work and track your learning in Google Classroom. You 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.

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

Information, advice and guidance for employment

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