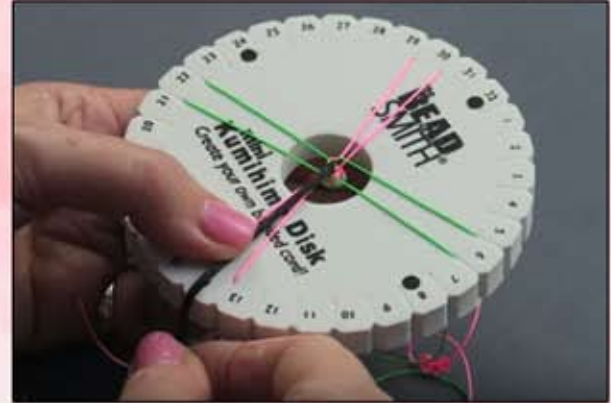




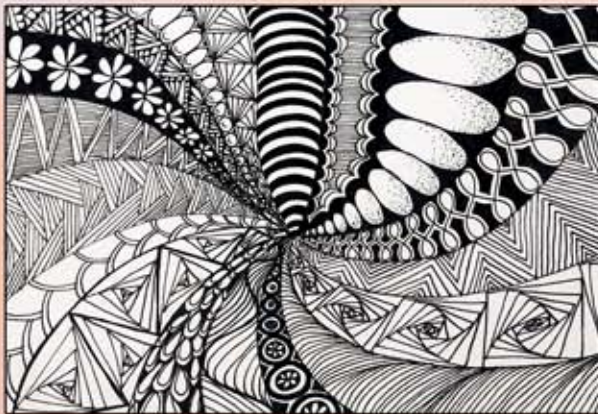
Creative Wellbeing

The aim of this course is to explore a range of arts and crafts that can impact positively on mental health and wellbeing.



Whilst on this course you will achieve the following learning outcomes:

- **Identify the benefits of creative activities in terms of health and wellbeing.**
- **Participate in at least three creative activities that aim to calm/distract and focus.**
- **Create a plan on how to use the skills you have learnt, in the future**



This flexible course is tailored to beginners or those who have some experience. The course requires a minimum of four hours study, which you can do at your own pace. Tutor support will be available throughout your learning experience.

To participate in this course you must be 19 or over and live in the Rotherham area.

If you would like to find out more please contact the tutor on hayley.brown@rotherham.gov.uk

Visit our website: <http://www.rotherhamclc.org.uk>