



## Wellbeing through Art - Creative Minds

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| Location    | Cheadle College  |
| Course Type | Adult  |
| Department  | Art & Design   |
| Start Date  | Friday 5th June 2026   |
| Duration    | Part-time, 0 Weeks   |
| Time        | 14:00:00 - 16:00:00  |
| Fee         | £ 9.00<br>You may be eligible for support with your tuition fees - please visit the college website - funding and finance page for further information |
| Course Code | CPQ-CYXZ-1048  |

## Course Overview

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Wellbeing through art is a powerful way to nurture mental, emotional, and social health. Engaging in creative activities such as painting, drawing, or crafting allows individuals to express feelings that may be difficult to articulate with words. Art provides a safe space for self-reflection, stress relief, and mindfulness, helping to reduce anxiety and improve overall mood. It fosters a sense of accomplishment and can strengthen community connections when shared in group settings.

## Course Requirements

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No formal entry requirements-just a passion for art and a love of creativity.

## What You Will Learn

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You will get individual guidance and instruction on the crucial elements needed in creating artwork, such as.

- Line and Detail
- Composition
- Perspective
- Scale and Proportions
- Light, Tone and Texture

.and much more. We will be using a variety of materials to work with, so you can start to build and or enhance your art portfolio.

## Assessment

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- Group discussions
- Tutor feedback
- Self-assessment

## Progression

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Other creative courses such as Floristry, Photography or Ceramics

## Career Options

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Completing a Wellbeing through Art - Creative Minds" course can lead to career paths in creative health, education, and community arts. While it is typically an introductory course, it provides a foundation for roles that combine artistic practice with wellbeing support.

- Community Arts Facilitator
- Creative Wellbeing Practitioner
- Education Support Roles
- Art Therapy Pathway (Further Study Required)
- Health & Social Care Support Roles
- Freelance Creative Workshops"

## Mandatory Units

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There are no mandatory units

## Contact Details

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For further information please contact T: 0161 886 7070 or E: [info@trafford.ac.uk](mailto:info@trafford.ac.uk)

## Disclaimer

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Although every care has been taken to ensure that the information contained within this document is accurate, there may be changes to this programme and provision. We will endeavour to keep prospective and current students updated where appropriate and when the information becomes available.