

Course Information Sheet

Wellbeing Through Resin



Course Summary: Craft your calm with Wellbeing Through Resin! This 3-week course explores the therapeutic art of resin crafting, teaching you to create stunning decorative pieces while promoting relaxation and well-being.

Course Description:

The modern world can be overwhelming. Our Wellbeing Through Resin course offers a creative escape that fosters mindfulness and reduces stress. Explore the world of resin crafting, a captivating art form that allows you to create beautiful and unique pieces. This beginner-friendly course guides you through the safe handling of resin, mould selection, and various casting techniques. No prior artistic experience is necessary! By the end of the course, you'll have completed a personalised resin art project to take home, along with a newfound appreciation for the therapeutic benefits of crafting.

What will I learn?

- **Week 1: Introduction to Resin Crafting & Safety:** Discover the basics of resin casting, explore different types of resin and explore safe handling practices. Learn about the tools and materials you'll need to get started.
- **Week 2: Design & Mould Selection:** Develop your creative vision! Explore design possibilities for resin casting, learn about mould types and choose the perfect one for your project.
- **Week 3: Casting Techniques & Finishing Touches:** Put your skills into action! Learn various casting techniques like layering, embedding objects, and using pigments to create unique effects. Explore finishing touches like sanding, polishing, and adding embellishments.

How will I be assessed?

- **Formative:** Interactive discussions, group critiques, practical exercises like mixing resin, mould preparation, and basic casting techniques throughout the course.
- **Summative:** Develop, create, and present your final resin art project, reflecting on the creative process and its impact on your well-being.

Who is this course for?

This course is designed for anyone seeking a relaxing and creative outlet. It's perfect for individuals interested in exploring art therapy techniques, managing stress, or simply enjoying a new hobby with a modern twist.

Progression Opportunities:

After completing this course, you could explore online resources or workshops on advanced resin casting techniques. Consider enrolling in longer art courses focusing on mixed media or working with

specific casting materials. Look for courses in art therapy to delve deeper into the therapeutic benefits of art-making.

Career or Job Enhancement Pathways:

- **Art Therapist:** This course can spark an interest in pursuing further training in art therapy, a career that uses art-making for therapeutic purposes.
- **Resin Artist:** Develop your skills and create decorative resin art for sale in galleries, online marketplaces, or for private commissions.
- **Craft Business Owner:** Turn your passion for resin crafting into a business by selling your creations or offering workshops.
- **Art Instructor:** Share your knowledge and techniques by leading resin crafting workshops or online tutorials.

How do I enrol?

If you are paying the full fee, the quickest way to enrol is online at www.oucoursesouthwest.co.uk, simply create an account and select enrol now. Alternatively, you will need to speak to one of our customer service team on 01752 660713.

How will the course be delivered?

This is a practical course, and the sessions will include tutor-led demonstrations, learner-led group activities, instruction and repetition. These will form part of the delivery together with one-to-one support as required.

Will I need to practise outside the classroom?

You will be encouraged to review your notes between lessons to ensure maximum benefit from your course. It is always useful to practise your skills between sessions. Your tutor may encourage home learning, or independent research.

How will I know I'm making progress?

During the first session, your tutor will discuss your goals and current level in relation to the course. Based on this assessment, you will agree individual targets which you will record in your individual learning plan (ILP). You and your tutor will review your targets regularly to ensure that you are making progress; these will be written in your individual learning plan.

What will I need?

Please bring a notepad, and pen to each session. You may wish to bring a file for any handouts. A laptop with internet access is required for completion of coursework and home learning outside of the classroom.

Please note:

Most courses attract a subsidy from the Education and Skills Funding Agency (ESFA). It is a requirement of the ESFA that you complete various forms at different stages of your course, further information is available on request. Courses are subject to a minimum number of enrolments and could be cancelled if recruitment is low. In some cases, an alternative class at a different location may be offered.

Terms and conditions are available at

<https://www.onsouthwest.co.uk/learner-information/essential-information-for-every-learner>

Room numbers are subject to change - please check when you arrive at the venue.

