

Course Information Sheet

Wellbeing through Screen Printing



Course Summary: Unleash your creativity and discover the mindful practice of screen printing with Wellbeing through Screen Printing! This 6-week course for beginners teaches essential techniques while promoting relaxation and a sense of accomplishment.

Course Description:

Feeling the need to express yourself? Our Wellbeing through Screen Printing course offers a unique and calming outlet for boosting your well-being. This beginner-friendly course guides you through the exciting world of screen printing, from creating designs to transferring them onto fabric using stencils and inks. Learn at your own pace and discover the joy of creating unique prints while practising mindfulness and reducing stress. By the end of the course, you'll have completed several screen-printed projects to take home, along with newfound skills and a sense of creative empowerment.

What will I learn?

- **Week 1: Introduction to Screen Printing & Mindfulness:** Explore the history and therapeutic benefits of screen printing. Learn about essential tools and materials. Practise basic design techniques and mindfulness exercises.
- **Week 2: Design & Stencil Creation:** Learn how to design your screen printing artwork and explore different stencil creation methods.
- **Week 3: Preparing Screens & Inks:** Understand the screen printing process and learn how to prepare screens and inks for printing.
- **Week 4: Printing Techniques:** Put your skills into action! Master the art of screen printing techniques like squeegee strokes and achieving clean prints.
- **Week 5: Printing on Fabric:** Learn how to prepare different fabrics for printing and experiment with colour combinations.
- **Week 6: Experimentation & Reflection:** Showcase your completed screen-printed projects, share your experiences, and reflect on the impact of creativity on your well-being.

How will I be assessed?

- **Formative:** Interactive discussions, group critiques, practical exercises like design creation, stencil making, screen preparation, printing techniques, and project completion throughout the course.
- **Summative:** Develop, create, and present your final screen-printed projects, reflecting on the learning process and its impact on your well-being.

Who is this course for?

This course is designed for anyone seeking a creative and relaxing outlet. It's perfect for beginners with no prior screen printing experience, individuals interested in exploring art therapy techniques, or anyone looking to manage stress and boost their well-being through a unique artistic pursuit.

Progression Opportunities:

After completing this course, you could explore online resources or workshops on advanced screen printing techniques like multi-color printing or creating complex designs. Consider enrolling in longer art courses focusing on printmaking or textiles. Look for courses in art therapy to delve deeper into the therapeutic benefits of art-making. There are also online resources available on starting a small business selling your screen-printed creations.

Career or Job Enhancement Pathways:

- **Textile Designer (with further training):** This course can spark an interest in pursuing further training in textile design, incorporating screen printing techniques.
- **Print Technician/Production Assistant:** Develop your skills and assist in screen printing production environments.
- **Craft Business Owner:** Turn your passion for screen printing into a business by selling your creations online or at craft fairs.
- **Independent Artist:** Showcase your screen-printed artwork at exhibitions or online platforms.

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.

