

# Arts & Crafts for Wellbeing

This course will provide a safe welcoming and supportive environment in which you can learn and develop your craft skills building up confidence to develop your own artistic skills and creativity.

The tutor will work with you to improve your confidence in your ability to develop artistic skills and creativity. You will learn the skills of many crafts by watching and following step by step demonstrations.

**Where:** Thackray Medical Museum,  
141 Beckett Street, Leeds, LS9 7LN

**When:** 03.11.22 - 15.12.22

**How long:** 7 sessions

**Time:** Thu 10.30am -11.30am

**Reference:** C3681261

If you receive certain benefits you may be entitled to a free course.

## Book today

[enrolonline.wea.org.uk](http://enrolonline.wea.org.uk)

0300 303 3464

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