



Hampshire *learning* in libraries



Fabric Painting for Well-being

at Lymington Library

Friday 06 April 2018

10:00am – 1:00pm

FREE COURSE

Booking is essential, so contact the Library, call the Booking Line: 01590 673272 or visit www.hants.gov.uk/shop to guarantee a place.

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Course Information

Course title: Fabric Painting for Well-being	Tutor: Jo Powell
Friday 06 April 2018 10am-1pm	Length of Course: 3 hours
Free Course	

Aims of the Course

The overall aim is to help you discover your craft skills in a supportive and encouraging atmosphere through a mixture of practice, discussion and demonstration. You will be introduced to basic methods of fabric painting and helped to feel more confident.

Learning Goals (by the end of the course you will be able to)

- Demonstrate the use of fabric paints
- Produce painted fabric items
- Identify ways crafting can improve your well-being

About the Course

No previous knowledge or experience is required

Enjoy learning how to use fabric paints and produce painted items to take home. The course will also help you to improve your confidence at trying a new craft and your general well-being.

Fabric items and paints will be available to purchase from the tutor for a small fee.

This Course could lead to:

Continuation of other Craft related courses for pleasure

Progression on to other courses in another media

Joining craft groups and societies

Attendance is expected at each session to ensure that you get the most out of your learning experience and to minimise disruption for other learners. Please advise the venue/tutor of any absence you may have.

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