

EPUT's Open Arts is pleased to offer, an opportunity for people to attend an Open Arts course for 12 weeks. No previous art experience or art skills are necessary; just an interest in art is all that is needed.

The course offers taster sessions in various techniques, in drawing, painting, printmaking, photography, sculpture and craft work. Sample programme below.

The course is open to anyone who is 16 years old or over who has a mental health illness; carers are also very welcome to attend.

The course will help people improve and maintain their own mental health and wellbeing, through creative learning, social inclusion, in a safe and supportive environment.

People who have attended previous courses have said:

- *"Good fun... Therapeutic! Excellent, loved it, can't wait until next week... Started off tense but really enjoyed it"*
- *"Really enjoyed trying out acrylics on canvas.. Absolutely wonderful group to attend! Surprised myself by actually doing well...Very well presented, learning loads"*
- *A brilliant and relaxing time. Really enjoyed this simple printing technique to achieve fantastic results...Loving it, very friendly and relaxing"*
- *"I felt I was treated as an artist, not a person with mental health problems"*

People who have attended have reported they feel less socially isolated, improvements in self-identity, confidence and choice and reduction in stress and anxiety. Carers will benefit from peer support and improved self-esteem, thereby maintaining or improving their health and wellbeing and thus increasing their own capacity to care.

Open Arts Courses are eligible for recovery budgets, personal budgets or carer's budgets.

For people wishing to attend the course costs are:

1. 12 week course, includes art materials, an optional gallery visit and accreditation **£250**
2. 12 week course; plus a six months studio place at Hadleigh Old Fire Station for independent art making, with the option of exhibitions, accreditation and volunteering. Art materials to be supplied for studio placement **£350**

For further information or to make a referral please email: [epunft.open.arts@nhs.net](mailto:epunft.open.arts@nhs.net)  
or call **07903 188 673**

Registered Charity number 1053793

**Week One – Mark making** Introductions, exploring drawing materials through timed drawings. Using different mark making techniques with pencils, pastels and charcoals. Bookbinding practical, to make small individual drawing books.

*“Good fun... Therapeutic! Excellent, loved it can't wait until next week... Started off tense but really enjoyed it”*

**Week Two – Collage** Designing and making your paper surfaces using different materials that can then be used to draw onto.

*“I enjoyed today and engaging with people as well...loved using all the raw different materials...fantastically relaxing, love collage”*

**Week Three - Acrylics and mixed media** Exploring acrylics and experimenting with different paint techniques on a variety of surfaces.

*“Really enjoyed trying out acrylics on canvas.. Absolutely wonderful group to attend! Surprised myself by actually doing well...Very well presented, learning loads”*

**Week Four – Modroc sculptures** Using modroc (plaster bandage) to create functional and sculptural pieces which can be painted during the last week.

*“I really enjoyed mod-roc today and it was really therapeutic.... I'm feeling really positive about what I can achieve...Made a sunflower, I did not even think about having a cigarette”*

**Week Five and Six– Printmaking** A chance to develop your ideas through the medium of printmaking - simple printmaking techniques including mono types and simple relief prints  
*“Enjoyed learning new skill”*

*“A brilliant and relaxing time.. Really enjoyed this simple printing technique to achieve fantastic results...Loving it, very friendly and relaxing”*

**Week Seven - Clay construction** Claywork – Construction. Explore a range of construction techniques using air drying clay

*“Enjoyed feeling and using clay-very relaxing.... I really loved playing around with clay”*

**Week Eight – ModRoc and Clay Sculpture decoration.** Decorating modroc sculptures using acrylic paints and other materials.

*“It was relaxing and I like painting my work.. Very enjoyable...nice and relaxed”*

**Week Nine - Inks and Watercolours** Learning how to paint a simple watercolour and extending drawing explorations with the addition of colour and ink.

*“Really relaxing and learn a lot about watercolours and ink mediums.. Wow, I have a confidence I never had before and it has started a process of believing that I am a somebody- just because I did a piece of ink work that I actually liked and felt good about”*

**Week Ten, Eleven and Twelve - Individual Arts Development** An opportunity for everyone to develop their own theme of work using the skills and materials from the previous sessions, with the support of the Artist.

*“I would recommend this art course to everyone as a good form of “mindfulness” so therapeutic”*