

# BRIGHTER FUTURES

The Brighter Futures programme offers FREE Wellbeing courses for those 18+ who believe their mental health and wellbeing may benefit from attending a creative course.

VENUE: THE WILLIS MUSEUM, BASINGSTOKE

## Watercolour Wellbeing Series

Tuesday 26 September - 17 October, 2pm - 4pm

This four-week course led by Sarah Goy takes a relaxed, fun, and supportive approach to exploring the wellbeing benefits of keeping a watercolour journal. There will be some pencil and pen work where you will be introduced to mark making and simple sketching techniques before learning about water colour paints, wash techniques, and the joy of colour and colour mixing. These sessions are suitable for beginners to give you the confidence to journal in watercolour and encourage you to express your feelings in colour, capture special moments and experiment. This course includes a visit to the Exhibition.

*\*Please note the toilets at this venue are not accessible to wheelchair users or those who have a mobility impairment.*



VENUE: THE WILLIS MUSEUM, BASINGSTOKE

## Needle Felting for Wellbeing

Tuesday 24 October - 14 November, 10.15am - 12.45pm



In this four-week class led by Carol Scicluna you will relax into the therapeutic craft of needle felting. Working through basic techniques to tips and tricks, you will learn how to blend a collage of colours and create perspective using ethically sourced sheep's wool. You will create a beautiful 2D needle felted framed image inspired by seasonal landscapes to take home with you in the final week. This is a mixed ability course suitable for beginners, teaching will be differentiated according to your skill or experience.

*\*Please note the toilets at this venue are not accessible to wheelchair users or those who have a mobility impairment.*

VENUE: THE WILLIS MUSEUM, BASINGSTOKE

## Jewellery Making for Wellbeing

Sunday 19 November (1 day course), 10am – 4pm

In this festive beaded decoration workshop with tutor Renata Graham, you will learn how to create stunning, bespoke beaded wire ornaments. You will work through a selection of projects using various glass and seed beads and wire including Snowflakes and Japanese Trees. These will be accompanied by a series of wellbeing exercises encouraging you to reflect, take notice and share kindness throughout the day.

This course is suitable for beginners and all material will be provided. Please note, tea and coffee will be provided free of charge, lunch is not provided.

*\*Please note the toilets at this venue are not accessible to wheelchair users or those who have a mobility impairment.*



ONLINE VIA ZOOM

## Creative Writing for Wellbeing: Crafting Fictional Narratives

Tuesday 7 November – 5 December, 10am – 12pm

Get lost in imaginary worlds during this four-week creative writing course with tutor Eva Hibbs. You can expect to spend time describing beautiful places, thinking up entertaining characters, crafting suspenseful plots, and discussing how story has the magical power to connect us across time and distance. Alongside your own creative writing, you'll study some inspiring examples of this in action. No writing experience necessary, just a passion for reading and an active imagination.

All courses are **free of charge**. All materials will be provided.

To register your interest in any of these courses, please scan the QR code... or go to <https://forms.office.com/r/nk7Hq3Ha8R>

