

Course Title	Day/Time	Dates	Venue	Course Description
Sewing Machine Skills	Fri 1-4pm	6th Jan-3rd Feb	Oakdale	Get familiar with the workings of a sewing machine and learn how to solve problems that often occur.
Creative Writing	Monday 2-5	9th Jan-6th Feb	Dorchester	Let this workshop help you to articulate your creative expression in words, get 'write' to where you want to be!
Mixed Media Painting	Mon 6-9pm	9th Jan-6th Feb	Oakdale	Be inspired! Get ideas for things to make to decorate your home -or give away as gifts
Seasonal Treats	Tues 1-4pm	10th Jan-7th Feb	Oakdale	Create tasty treats for yourself, friends and family to keep or give away as gifts.
Sewing Machine Skills	Wed 9:30-12:30	11th Jan-8th Feb	Blandford	Get familiar with the workings of a sewing machine and learn how to solve problems that often occur.
Seasonal Treats	Wed 9:30-12:30	11th Jan-8th Feb	BIBC	Create tasty treats for yourself, friends and family to keep or give away as gifts.
Watercolour for Beginners	Wed 9:30-12:30	11th Jan-8th Feb	BIBC	An introduction to the some of the materials, terms and techniques of watercolour painting.
Hand Building Ceramics	Wed 1:30-4:30	11th Jan-8th Feb	Weymouth	A short, fun ceramics course to introduce you to a range of hand building techniques to create functional and decorative objects.
Confidence & Vitality	Fri 1-4pm	27th Jan-3rd March	BIBC	Explore what confidence means to you and the steps you can take to improve it.
Explore your interest in Photography	Mon 1:30-4:30	20th Feb-20th March	Oakdale	We will explore landscape, portrait and movement photography with opportunities to practice technique and share with the group.
Expressive Drawing	Thurs 9:30-12:30	23rd Feb-23rd March	BIBC	An introduction to the some of the materials, terms and techniques of drawing.
Flower Arranging for Fun	Thu 10-1pm	9th March –6th April	Christchurch	Learn how to make fun and funky arrangements while having a good time!
Photoshop Introduction	Thu 1-3:30	2nd March-6th April	Dorchester	Learn the basic steps to edit your images using Photoshop to 'develop' your digital photographs in a fun and informal environment.
Creative Writing	Monday 2:15-4:45	6th March-3rd April	Bridport	Let this workshop help you to articulate your creative expression in words, get 'write' to where you want to be!
Machine Embroidery Pictures	Tues 6-9pm	7th March-4th April	Oakdale	Create a piece of textile art. Projects are chosen to give you the chance to put into practice the skills and knowledge that you will be taught.
Design for Craft	Weds 1:30-4:30pm	8th March-5th April	Blandford	Using art & design techniques to explore your own creativity as a way to enhancing whatever craft you specialise in.
Wire Sculpture	Thu 10-1pm	9th March—6th April	Wimborne	Learn to make striking and original figure, animal or abstract sculptures from simple pieces of wire.
Explore your interest in Photography	Sat 9:30-12:30	10th June—8th July	Dorchester	We will explore landscape, portrait and movement photography with opportunities to practice technique and share with the group.

**FREE\*** courses for people who wish to improve their wellbeing



Our Living Well courses are available in Bournemouth, Dorset and Poole. They focus on self-help, lifestyle, confidence building, progression and employability. They also offer an opportunity to meet new people, learn new skills and develop new interests.

To find out more about the project please visit  
[www.skillsandlearningbdp.co.uk/living-well](http://www.skillsandlearningbdp.co.uk/living-well)



As part of the research project every learner has an appointment with a Wellbeing Adviser. During the appointment and during your course you will be asked to complete mood and wellbeing questionnaires. Your Wellbeing Adviser will discuss which courses available to you during your appointment.

If you would like to be involved in the research please contact Customer Services on 01202 262300.



\*Eligibility criteria applies