

'I just wanted to say thank you for the way you made the sessions fun, encouraging and welcoming made me feel like I belonged somewhere, something I haven't felt in a really long time. You helped me rediscover my passion for crafts and arts, it's really help me along in myrecovery and contributed in my decision to apply for a course. So for everything I mentioned, I am always grateful.' B

'Thank you both for all the help and support you have given me. And for opening the world of crafts to me. I can't thank you enough.' L

## Getting Involved

We are creating a community to which everyone is invited to contribute in any way they can. Our craft groups also offer the opportunity for the development of sustained and supportive relationships between participants and between participants and the tutor. Participants in our long courses are invited to our weekly Craft and Chat sessions, monthly meetings and workshops and are eligible to volunteer e.g. as assistant tutors and/or to be involved in running the organization and to display and, potentially, to sell crafted items in our online gallery and at craft fairs. We hope that some of those who participate in our short courses will go on to join 1 or more of our longer courses.

Visit us at our Website or on Facebook:

Website: [www.craft4smiles-cic.org.uk](http://www.craft4smiles-cic.org.uk)

Facebook: <https://facebook.com/craft4smilescic>



**Craft4Smiles C.I.C.**

**Crafting for Wellbeing**

**Short Courses**

**Course 2A**

**February 2022**

## Who We Are

We are a group of people from different backgrounds and life experiences who live in Cambridgeshire and Peterborough who, through crafting, have found our smiles again. Smiles are infectious. We would love to share ours with you and through you to others.

Because we have all experienced the benefit of crafting for our own wellbeing, we are passionate about it and want to help as many people as possible to either start crafting or develop the crafting skills they already have, or simply to have a go at something they haven't tried before.

Established as a social enterprise to work with adults aged 18 years and over, we aim to:

- Help to improve the mental health and wellbeing of those who are excluded and/or experiencing or recovering from mental health problems;
- Respond to the needs of those who are lonely/isolated and/or experiencing mental health problems arising from the Covid-19 pandemic.

We are a Community Interest Company (C.I.C.), a limited company which operates to provide benefits to the community. We are therefore 'not for profit' with all profits made being invested in the organization.



## Craft Courses

### Overview

**Pop-up/taster events: 1 x 2 hour session for 8-15 people**

**Short courses: 5/10 week courses: 1 x 2 hour session per week for 8-12 people**

**Long course: From Beginner to Advanced Crafter: 1- 2 years: 1 x 2 hour session per week for 10 weeks per term over 4 terms per year for 8-12 people**

We offer a variety of courses in paper and mixed media crafting techniques - from 2-hour pop-up events and short 5/10 week long courses, to courses that are delivered over 2 years. All courses aim to develop crafting skills for improved wellbeing, with benefits that have a positive impact on other aspects of participants' lives. Delivery can be either face-to-face or live online via Zoom.

Courses can be delivered for a single organization or to participants from across geographical areas who can be brought together having signed up individually for our scheduled courses. If you would like to run an event and have less than the number of people specified who are likely to participate, contact us, and we will either/both draw from our waiting list or work with you to advertise the event to bring the numbers to 8.

## Short Courses

Our short courses offer the opportunity to develop skills in a specific crafting activity. These are run back-to-back with the second course building on the first, using both the tools supplied and the techniques learned. Therefore, you will need to have completed the first course of each 10 week course before enrolling for the second. At the end of every session, each participant will have made a quality item/s which they can be proud of - to keep or to give to family and friends or, exhibit and, potentially sell, in our online gallery. Sign up for 2 or 3 different courses to build your crafting skills.

### 1. Paper Crafting and Mixed Media

Starting with paper crafting and moving on to enhance what you have learned by applying a wider range of mixed media approaches, we have divided the first term of our long course in to 2 x 5 week blocks.

#### 1A1.1: Introduction to Paper Crafting

You will learn core paper crafting techniques including inking, stamping and dusting, construction, card and box making quilling, the ancient art of rolling thin strips of paper. You will make a range of boxes' gift boxes and 4 styles of greetings cards.

#### 1A1.2: Introduction to Mixed Media

Materials and ways of finishing work and the use of different media to embellish work will be added to the learning from course 1A1. You will learn decoupage and fussy cutting paper cutting techniques and gilding wax will be added to the range of materials you can apply. Mod podge will be introduced as a way of finishing your work. You will make 5/6 framed pictures, 5/6 greetings cards and 2/3 notebooks.

### 2. Box Making

#### 2A2.1 Introduction to Box Making

You will learn the basics of box making and will apply some core paper crafting techniques as you go e.g. accurate scoring and folding, types of adhesives and paper and card. You will produce gift and storage boxes of different designs e.g. square and rectangular die cut boxes, bird house gift boxes, cantilever boxes and shadow box pictures frames. You will decorate and embellish these using a range of techniques.

#### 2A2.2 Intermediate Box Making

Building on the skills you learned in course 2A1, you will make a number of more intricate, decorative boxes using die cut pieces and a range of papers and card. Extending the range of techniques you know, you will produce a number of beautifully embellished boxes and gift boxes.

### 3. Quilling

#### 3A3.1 Introduction to Quilling

Quilling is the ancient art of rolling narrow coloured paper strips. You will learn to use the range of tools used in quilling, produce the basic shapes and learn about sizing and design. You will make a number of quilled pieces, some of which you will mount for display.

### 3A3.2 Intermediate Quilling

You will practice and develop the techniques learned in course 3A1. You will learn more techniques, including the basics of 3D design. You will make more mounted designs, greetings cards and 2 or 3 3D pieces.

## 4. Memory Books

### 4A4.1 Introduction to Memory Books

You will make a 'Create The Life You Love Keepsake' memory book using die cut pieces and 1 or 2 Legacy Keeper Wallets made using Tonic Studios dies. You will learn about accurate scoring and folding, and types of adhesives and types, weights of paper. You will be introduced to the principles of die cutting.

### 4A4.2 Extending the Range: Memory Books 2

You will make 2 memory books, the first based on the techniques developed by Paul Ford, the other using the Keepsake Book Maker Creator Die Set from Tonic Studios. This will introduce the basic techniques of construction including key materials used such as grey board, kraft card and construction tape.

## 5. Greetings Cards

### 2A5.1 Introduction to Greetings Cards (1)

You will learn to make a variety of basic designs of card including 3D designs - center and side stepper, 'A Frame' and centre-fold cards. You will learn some basic crafting techniques, including accurate scoring and folding, types of adhesives and types and weights of paper, use of card toppers, decoupage and decoupage and fussy cutting. You will decorate and add sentiments to the cards you make so that you can send them to family and friends.

### 2A5.2 Extending the Range: Greetings Cards (2)

You will learn to make more complex folded 3D and non-standard shaped cards, including Tattered Lace die cut theatre cards and twisted easel cards from Die'sire dies. You will learn and apply more crafting techniques as you go, decorating and adding sentiments to your cards so that you can send them to family and friends.

### 2A6 Get Creative Using Crafty Off-Cuts

#### 2A6.1 Get Creative Using Crafty Off-Cuts (1)

Every craft project produces off-cuts – large and small. At Craft4Smiles C.I.C. we keep and use all our 'Elegant Bits' getting creative with them to produce unique designs. You will learn the basics of presentation and design and basic crafting techniques such as folding and scoring card and box making, types of adhesives, types and weights of paper and ways of decorating such as inking, dusting and stamping, glitter and gilding wax. You will make cards, boxes and pictures, embellishing them with your own Elegant bits designs.

#### 2A6.2 Get Creative Using Crafty Off-Cuts (2)

Using more 'Elegant Bits' and new ways of finishing your work, you will build on the first 5 week course, making and decorating boxes, gift boxes, cards and notebooks to keep for yourself or to give as gifts or maybe display, and potentially sell in our gallery.

## Cost

Short Course 2A			
Course		Cost per Person:1/ Group: 8 people £	
No.	Description	1	8
<b>2A1 Paper Crafting and Mixed Media</b>			
2A1.1	Introduction to Paper Crafting	382	3,056
2A1.2	Introduction to Mixed Media	298	2,384
<b>2A.2 Box Making</b>			
2A2.1	Introduction to Box Making	341	2,728
2A2.2	Intermediate Box Making	221	1,768
<b>2A3 Quilling</b>			
2A3.1	Introduction to Quilling	211	1,688
2A3.2	Intermediate Quilling	184	1,472
<b>2A4 Memory Books</b>			
2A4.1	Introduction to Memory Books	356	2,848
2A4.2	Extending the Range: Memory Books (2)	282	2,256
<b>2A5 Greetings Cards</b>			
2A5.1	Introduction to Greetings Cards (1)	357	2,856
2A5.2	Extending the Range: Greetings Cards (2)	275	2,200
<b>2A6 Get Creative with Crafty Off-Cuts</b>			
2A6.1	Let's Get Creative with Crafty Off-cuts (1)	tbc	tbc
2A6.2	Let's Get Creative with Crafty Off-cuts (2)	tbc	tbc

8 people is the optimum group size for online delivery. 8 people is the minimum for face-to-face delivery. The maximum is 12. For online courses, all equipment and materials are posted in advance of the course and become the property of the participant.

Please note that online courses are delivered via Zoom. A webcam with computer/tablet to ensure that participants and tutor can see each other at all times is required.

## Course Booking

If you would like more information or to commission an event, contact:  
[fiona@craft4smiles-cic.org.uk](mailto:fiona@craft4smiles-cic.org.uk)