Return to Learning: Mindful Sketch 1 PM

Medway Adult Education

R261506T

Return to Learning: Mindful Sketch booking, part of the Medway Thrive Strategy.
This course is offered as part of the Part of the Medway Thrive Strategy. A series of course programmes designed to ease you back into a learning setting, whilst engaging and developing a wide range of skills that could be a stepping stone to employment.
Return to Learning: Mindful Sketch booking offers a gentle, supportive and welcoming environment where you can rebuild confidence at your own pace. There are no exams, no pressure and no expectation of previous artistic experience.
This course has been designed as a first step for adults who would like to reconnect with learning, meet others in a friendly setting, and explore creativity as a tool for wellbeing and personal growth.
By the end of the course, learners will have created a personal sketchbook or journal that reflects their journey and progress.

Contact Natalie Clark via maeapplications@medway.gov.uk for more information or to book onto a course

Start Date:	10 November 2026
Start Time:	13:00
Lessons:	4
Weeks:	4
Hours:	8.00

Venue

Rochester Adult Education Centre
Rochester Community Hub
Eastgate
ME1 1EW

What Will I Learn On This Course?

WHAT WILL I LEARN ON THIS COURSE?

Learners will:

1. Explore at least 3 different mark making, journalling, and sketch booking skills
2. Build confidence in English and maths through a range of creative, low -pressure tasks
3. Encourage mindfulness, self-expression, and emotional wellbeing through practical activities and reflective journalling

This course will also:
Support resilience and confidence in returning to learning in a creative classroom environment
Prepare learners for progression into further learning, hobbies, or work

Is This Course Suitable For Me?

Returning to learning can feel like a big step, especially if you have not been in a classroom for some time. You maa, lack confidence, have experienced challenges with education in the past, or simply be unsure about starting something new. These courses are designed to help you overcome barriers and open potential new opportunities.

Is There Anything Else I Need To Know About This Course?

Learners will explore a range of simple creative techniques including drawing, mark -making, collage, and reflective journalling. The focus is on process rather than perfection, encouraging learners to express themselves freely and build resilience through experimentation.
English and maths are naturally embedded through activities such as writing short reflections, describing ideas, measuring layouts, and organising pages. The course provides a safe, relaxed environment where learners can work at their own pace, connect with others, and develop confidence in both learning and self -expression.

Will There Be Additional Costs?

All tools and materials will be provided.

What Could I Go On To Do After This Course?

Your tutor will talk to you about other subject related courses available and progression routes through the Thrive Medway Strategy. There will be advice and guidance built into the course to help learners think about the routes open to them.

Medway Adult Education works with many partners locally such as MidKent College, Medway School of Arts and the University of Kent; information about their courses can be found in our studios, café and on Moodle. Medway has an exciting and wide-range of events, exhibitions and activities to inspire and help you make further progress - please see the community noticeboards in the Rochester Centre and again on Moodle. Your tutor will be able to talk through your individual progression options.

If you wish to explore your learning, work or career options, you can speak to a fully trained careers advisor on 0800 100 900. https://nationalcareersservice.direct.gov.uk
If you need further advice, please telephone 01634 338400.

What Is The Attendance Policy?

Multiple sessions-
To get the most out of your course you will need to attend as many sessions as possible. We recommend at least 90%. If you do have a holiday booked during term time, please let the tutor know in advance so that we can help you catch up on missed sessions and ensure that you still achieve the course outcomes. If you are unavoidably ill or unable to attend, please contact 01634 338400 so that we can let your tutor know, and so they can send you any work you may have missed

Health & Safety

Health and Safety Disclaimer

By taking part in this course, you understand that Art involves use of tools, materials and equipment and carries some risk.
You agree that:

- Art activities can involve some risk (tools, materials)
- Work at a level that suits your ability
- Wear suitable clothing and protect your work area
- Agree to the ground rules and follow safety guidance from your tutor
- Medway Adult Education is not responsible for personal injury or damage to personal property.
- By attending the course, you confirm that you have read and understood this information.