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| **Introduction to Candle & Diffuser crafting** (Courses are offered subject to viable numbers.)  |
| This course is for: | Adult learners whoare interested in crafts as a medium for mental health and wellbeing or as an opportunity to develop skills to create own business in the future. This course is for beginners who wish to make their own candles and diffusers using aromatherapy oils. |
| What will I learn: | Course content below is subject to change based on prior knowledge and skills of each cohort.**Week 1*** Induction
* Initial and diagnostic assessment and setting of personal targets
* Introduction to aromatherapy essential oils and their benefits
* Creating an aroma-stick (Practical)

**Week 2*** Introduction to candle making
* Exploring qualities of different waxes
* The art of mixing essential oil blends
* Investigate pre-mixed oil blends

**Week 3*** Candle making (Practical session)
* Mixing an aromatherapy blend – calming
* Pouring your candle

**Week 4*** Candle making (Practical session)
* Mixing an aromatherapy blend – energising
* Pouring your candle

**Week 5*** Develop a Diffuser (Practical session)
* Design and develop your aromatherapy blend

**Week 6*** How to make Wax Melts (Practical session)
* Car Freshener
* Design and create an aromatherapy blend for your car

You will have the opportunity to discuss and set your individual learning targets with your tutor and discuss the support you might need to ensure you have an enjoyable and meaningful learning experience |
| Knowledge and skills needed: | **This is a course for complete beginners and no prior subject knowledge or skills are required.** On this course you will need to: * follow verbal and written instructions and work through them at your own pace
* listen and join in group discussions
* jot down notes to record relevant information
* keep your work organised in a file
* have dexterity using your hands.
* understand and comply with health and safety guidelines.

Your tutor will be able to offer support with any of the above, if needed |
| Materials needed: | At enrolment, you will need your NI number and proof of benefits (if applicable).Your tutor will provide many of the learning resources, but **you will need to come prepared to the lessons with an A4 pad; pen and folder or file to keep your work organised.**Please bring an apron to class, to save your clothes being stained. |
| How will I learn: | Each session will consist of a dynamic tutor presentation followed by a range of interactive activities. There will be plenty of revision and consolidation and learning will build on previous learning. Your progress will be monitored by informal assessment tasks, and you will receive verbal and written feedback from the tutor to help you make good progress.  |
| Progression routes: | On completion of this course, you can progress to a range of craft courses we offer, e.g. jewellery craft for beginners, knitting for beginners, sewing, etc.A course on digital skills would be useful if you are planning to set up your own business, e.g. Spreadsheets for beginners, Online marketing, Staying safe online.Ask your tutor for advice and a copy of the progression ladder.SCLS offers a range of Functional Skills courses from Entry 1 up to Level 2 if you need to brush up your maths and English skills or require a qualification to support you with your career path.Sefton @ Work will be able to provide independent information, advice, and guidance to support you making informed choices for progression into further education, volunteering, or employment. |

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