

## Course Outline and Details

<b>Course Code</b>	CL62344A	<b>Title:</b>	Calming Craft: Soothing sketching
<b>Time and duration</b>		<b>Location</b>	
Start Date:	22 April 2024	Aveley Family Hub	
Start Time: 10:00	End Time: 12:00	Stifford Road	
Start Day:	Monday	Aveley	
No. of Lessons:	1		
No. of Weeks:	1	Essex	
Total No. of Hours:	2.00	RM15 4AA	E: tacc@thurrock.gov.uk

## Description

Feel that you can't draw? Or do you like drawing and find it relaxing? Either way, come and join us to learn some basic techniques to improve your sketching.

## Entry Requirements

None

## Learning Outcomes

By the end of the workshop you will;

\*have used craft as a means to support your wellbeing.

\*be shown how to create a craft item relating to the workshop theme.

By the end of the workshop you will have looked at ways to take responsibility for your own health and wellbeing and identified areas to concentrate on to improve these areas.

## Resources/Equipment

Please be aware that although the course is free (and resources are usually provided) you may be required to bring/purchase some minimal resources. Details will be confirmed closer to the start date via text message.

Please bring the following to the first class:

\* Pen

\* Note paper

## Progression

Other wellbeing and/or craft courses.

Other courses with TACC

## Health/Medical Conditions

Please advise your tutor of any medical or health issues that may impact on your learning or your safety whilst attending the college.

The College wants to make sure every learner has the best chance to achieve their full potential. If you need any help or support on your course, and you have not told us already, please speak to your tutor or email [TACC@thurrock.gov.uk](mailto:TACC@thurrock.gov.uk) and a member of staff from our Learner Experience Team will contact you. Everything you tell us is in confidence and we will only use this to help you on your course.