

## Course Outline and Details

<b>Course Code</b>	TL1014Y24	<b>Title:</b>	LDD Looking After Myself
<b>Time and duration</b>		<b>Location</b>	
Start Date:	23 April 2025	TACC within OCH	
Start Time: 09:30	End Time: 11:30	The Old Courthouse	
Start Day:	Wednesday	Orsett Road	
No. of Lessons:	10	Grays	
No. of Weeks:	10	Essex	
Total No. of Hours:	20.00	RM17 5DD	E: tacc@thurrock.gov.uk

## Description

A discreet supported course for Adults with learning difficulties and disabilities. Be healthy and happy and ensure you are able to look after yourself.

## Entry Requirements

None

## Learning Outcomes

By the end of the workshop you will have had the opportunity to work with others on building your confidence and skills in everyday settings.

## Resources/Equipment

We advise you not to purchase anything before your lesson as we are unable to refund the cost of these in the event a course is cancelled.

You may wish to bring the following:

- \* Pen
- \* Note paper

## Progression

Other Tailored Learning workshops/courses.  
Further courses at TACC ([www.tacc.ac.uk](http://www.tacc.ac.uk))

## 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.