

Course Outline and Details

Course Code	TL6003Y24	Title:	Calming Crafts
Time and duration		Location	
Start Date:	07 October 2024	Thurrock Area	
Start Time: 12:15	End Time: 14:15		
Start Day:	Monday		
No. of Lessons:	5		
No. of Weeks:	5	RM17 5DD	
Total No. of Hours:	10.00		E: tacc@thurrock.gov.uk

Description

Discover a range of different crafts to aid with wellbeing and mental health. Discuss with your tutor a range of different activities to do each week - from collage and fabric jewellery to card making and sketching. Tuition/course fee is free - however, resources cost £12.00 per learner.

Entry Requirements

None

Learning Outcomes

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

All resources are provided.

You may wish to bring the following:

- * Pen
- * Note paper

Progression

Other Tailored Learning workshops/courses.
Further courses at TACC (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 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.