

## Course Outline and Details

<b>Course Code</b>	TL6005Y24	<b>Title:</b>	Calming Crafts
<b>Time and duration</b>		<b>Location</b>	
Start Date:	05 November 2024	Inspire Hub	
Start Time: 09:30	End Time: 11:30	24-28 Orsett Road	
Start Day:	Tuesday		
No. of Lessons:	5	Grays	
No. of Weeks:	5	Essex	
Total No. of Hours:	10.00	RM17 5EB	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](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.