

Course Outline and Details

Course Code	TL1005Y25C	Title:	Lifeskills Workshops
Time and duration		Location	
Start Date:	16 January 2026	St, Luke's Hospice(Bulphan)	
Start Time: 09:30	End Time: 12:30	Farriers Way	
Start Day:	Friday	Bulphan	
No. of Lessons:	1	Upminster	
No. of Weeks:	1	Essex	
Total No. of Hours:	3.00	RM14 3EB	E: tacc@thurrock.gov.uk

Description

This course helps carers build practical everyday skills that make life easier and more confident. You can choose the topics that matter most to you and learn at your own pace, in a relaxed and supportive setting.

Entry Requirements

For referrals from St Lukes only.

What will you learn?

This course is designed to support carers in developing practical skills for everyday life. Each learner can focus on the topics that are most relevant to their own circumstances and needs — there's no set order or requirement to attend every session.

Workshops cover a wide range of useful skills, including:

Basic digital skills

Budgeting and paying bills

Online banking and setting up direct debits

Recognising scams online or in person

Everyday home maintenance (such as using appliances or changing a light bulb)

Simple and healthy cooking with a slow cooker or preparing easy meals

All resources are available in Google Classroom, allowing learners to access or revisit materials at any time and learn independently at their own pace

Key Dates

Workshops are monthly, feel free to attend as many as you like.

16 Jan 2026

27 Feb 2026

13 Mar 2026

24 Apr 2026

22 May 2026

26 Jun 2026

Progression

After completing this course, you may wish to continue learning by joining one of our follow-on or community courses. These include:

Digital Skills

Building Confidence and Self-Esteem

Wellbeing and Craft Courses

English, Maths, and ESOL

Vocational Courses for Work

Come and join us at our Community College to keep learning, growing, and developing new skills for life and work.

Health/Medical Conditions

If you require any additional support or have any special requirements that you have not already told us about, please inform us as soon as possible by emailing: TACC@thurrock.gov.uk a member of our Learning Support team will contact you to talk about these confidentially.

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