

Course Outline and Details

Course Code	TL6002Y25	Title:	Menopause Unwrapped
Time and duration		Location	
Start Date:	06 October 2025	ONLINE	
Start Time: 18:00	End Time: 20:00	Online	
Start Day:	Monday		
No. of Lessons:	1		
No. of Weeks:	1	Online	
Total No. of Hours:	2.00	ZZ99 9ZZ	E: tacc@thurrock.gov.uk

Description

Menopause Unwrapped is a supportive adult workshop at TACC, offering guidance, self-care tips, and open discussion around menopause and wellbeing.

Entry Requirements

None

What will you learn?

In this workshop, you will learn what menopause is and what to expect during this life stage. We will explore the different stages of menopause—perimenopause, menopause, and post menopause—and what changes happen during each stage. You'll learn about common symptoms like hot flashes, mood swings, and sleep problems, along with simple ways to manage them.

We will also talk about important health concerns like bone and heart health and how diet, exercise, and self-care can help you stay healthy during menopause.

By the end of the session, you'll have a clear understanding of menopause and practical tips to support yourself or others going through it.

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.