

Course Outline and Details

Course Code	TL6014Y25	Title:	Walk and Talk Thurrock
Time and duration		Location	
Start Date:	24 September 2025	Grays Area	
Start Time: 10:00	End Time: 12:00	Grays Area	
Start Day:	Wednesday		
No. of Lessons:	5	Grays	
No. of Weeks:	5	Essex	
Total No. of Hours:	10.00	RM17 5DD	E: tacc@thurrock.gov.uk

Description

Walk and Talk Thurrock is a free wellbeing activity from Thurrock Adult Community College. Enjoy gentle walks, fresh air, and friendly conversation to boost your mental and physical health.

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.