

Course Outline and Details

Course Code	TL6017Y25	Title:	Crafting Calm: Zen Art Stone Painting
Time and duration		Location	
Start Date:	20 May 2026	Grays Area	
Start Time: 12:30	End Time: 14:30	Grays Area	
Start Day:	Wednesday		
No. of Lessons:	1	Grays	
No. of Weeks:	1	Essex	
Total No. of Hours:	2.00	RM17 5DD	E: tacc@thurrock.gov.uk

Description

Zen Art: Painting Stones is a relaxing adult workshop at TACC using creativity and mindfulness to reduce stress and enhance wellbeing. Although this Wellbeing course is free there is a £4 non - refundable art resource cost attached.

What will I learn?

On this course you will have the opportunity to try your hand at a new craft activity, from a wide selection including Autumn Lanterns, Pot Painting, Zen Art Stone Painting, Winter Holiday Wreath to name a few.

The emphasis of the course will be on you and your wellbeing, taking time out to be creative and work on your individual project.

This is an opportunity to spend some time on a new craft, develop a hobby or simply enjoy a mindful activity.

There is a non-refundable £4 resource cost per topic/course.

Entry Requirements

None

What do I need to bring?

All resources will be provided, but you may wish to bring your own equipment and will be advised by the tutor.

What support is available?

You can arrange to see an information, advice, and guidance (IAG) advisor for career guidance and support.

The Discretionary Learning Support Fund (DLSF) can be used to help with travel costs and other expenses, our Learner Experience Team can support you with your application.

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.

What is expected from me?

We expect all our learners to partake fully in all sessions and to enjoy themselves. Please be on time for all sessions and if you cannot make your class, please contact your tutor or the college

Key dates

Courses run mainly from September to February or February to July.
No sessions will take place during college holidays

Additional information

Craft activities can include glue, glitter and paint, so please bring an apron and wear older clothes.

What can I do next?

We have a wider and varied range of classes at Thurrock Adult Community College and with our partners across the borough. Your tutor will be able to advise of other sessions, but also check out our college website and social media pages for new and exciting courses throughout the year.

We are also able to offer English, maths, Digital Skills and Employability at a wide range of levels to meet individual needs.

We can offer our courses in partnership with community organisations across the Borough, so please let us know if this would be of interest.