

Course Outline and Details

Course Code	TL6019Y25	Title:	Next Steps: New Opportunities
Time and duration		Location	
Start Date:	08 January 2026	Grays Area	
Start Time: 12:30	End Time: 14:30	Grays Area	
Start Day:	Thursday		
No. of Lessons:	5	Grays	
No. of Weeks:	5	Essex	
Total No. of Hours:	10.00	RM17 5DD	E: tacc@thurrock.gov.uk

Description

Start fresh with Next Steps: New Opportunities – a free 5-week course at Thurrock Adult Community College to explore goals, build skills, and plan your next move in life or work.

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.