Course Information

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Thurrock Adult Community College

Course Outline and Details

Course Code TL7005Y26 **Title:** Art for Wellbeing

Time and duration		**Location**	
Start Date:	13 January 2027	iQualify UK (IQUK)	
Start Time: 12:30	End Time: 14:30	Queensgate Centre	
Start Day:	Wednesday	Orsett Rd	
No. of Lessons:	4	Grays	
No. of Weeks:	4	Essex	
Total No. of Hours:	8.00	RM17 5DF	E: tacc@thurrock.gov.uk

Description

Learners will have the opportunity to explore how art can support positive mental wellbeing through creative activities including free drawing, collage and colour exploration. Develop confidence, self - expression and practical techniques that can be used beyond the course.

NB - There is a £5.00 Resource Cost

Entry Requirements

An interest in the topic

What will I learn?

Take time for yourself and discover how art can support relaxation, mindfulness and wellbeing. This 4-week course uses drawing, collage and colour-based activities to encourage creativity, confidence and self-expression. No previous experience is necessary.

Course Aim: To explore how creative art activities can support emotional wellbeing, relaxation and self-expression through drawing, collage and colour.

By the end of the course learners will be able to:

Use free drawing and mark-making techniques to support relaxation and mindfulness.

Create collages that express thoughts, feelings and personal experiences.

Explore how colour can represent mood and emotion.

Produce a small collection of artwork that can be used to support wellbeing beyond the course.

Resources/Equipment

In addition to any applicable course fees, there is a small resource cost for this workshop. Please see the course description for the exact amount.

Progression

All other workshops and courses will be shared for learners to consider as progression.

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.

How we will use your information - TACC and Thurrock Council

Data protection and fair processing statement

We will use your information to provide the service requested. We may share your personal data between our services and with partner organisations, such as government bodies and the police. We will do so when it is of benefit to you, or required by law, or to prevent or detect fraud.

To find out more, go to thurrock.gov.uk/privacy

How the Department for Education use your information

This privacy notice is issued on behalf of the Secretary of State for the Department of Education (DfE) to inform learners about the Individualised Learner Record (ILR) and how their personal information is used in the ILR. Your personal information is used by the DfE to exercise our functions under article 6(1)(e) of the UK GDPR and to meet our statutory responsibilities, including under the Apprenticeships, Skills, Children and Learning Act 2009. Our lawful basis for using your special category personal data is covered under Substantial Public Interest based in law (Article 9(2)(g)) of UK GDPR legislation. This processing is under Section 54 of the Further and Higher Education Act (1992).

The ILR collects data about learners and learning undertaken. It helps ensure that public money is being spent in line with government targets. We retain your ILR learner data for 20 years for operational purposes. Your personal data is then retained in our research databases until you are aged 80 years so that it can be used for long-term research purposes. For more information about the ILR and the data collected, please see the ILR specification at https://www.gov.uk/government/collections/individualised-learner-record-ilr

ILR data is shared with third parties where it complies with DfE data sharing procedures and where the law allows it. The DfE and the English European Social Fund (ESF) Managing Authority (or agents acting on their behalf) may contact learners to carry out research and evaluation to inform the effectiveness of training.

Full details of how we will process your personal data are available in our privacy notice which is available on our website or on request. guidance.submit-learner-data.service.gov.uk/25-26/ilr/ilrprivacynotice