

LOVE TO LEARN

WITH THURROCK ADULT
COMMUNITY COLLEGE



Inspiring futures through lifelong learning

Courses, Learning Programmes and Events 2023/24

NEW **COURSES**

NEW **VENUE**

NEW **SKILLS**

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Welcome to our guide to upcoming courses, workshops and events at Thurrock Adult Community College (TACC)

We specialise in supporting adults to develop new skills that will help you fulfil your potential and achieve your ambitions whether they be career related or personal.

It's an exciting time for the College as we prepare to move to a new home in Grays! Our base will be at the Old Courthouse at the end of the High Street. It's a great building, ideally located and steeped in history. It has a fabulous atmosphere with excellent facilities so we can't wait to welcome you there in September.

We invite you to come along and see what you can learn with us – see the dates for our open days at the bottom of this page. If you can't make those dates just call in and meet the team and maybe enrol on a course! You can also contact the college via phone, email or our website so don't be shy – enquire today!

At TACC we want as many local people as possible to take advantage of the new opportunities coming to Thurrock through the Freeport and other investments as well as to help you with your wider wellbeing needs so we have a really varied offer ranging from bookkeeping to yoga.

We have careers advisors on hand that can help you to understand your transferable skills and what opportunities are available, as well as highly qualified and experienced tutors to make your learning experience work for you.

You will be given all the guidance you need to access your course whether you are learning in college or at home. We will make sure you have all the support and equipment you need to engage with your learning experience. We have a support fund that can help you financially with course fees, travel or childcare costs – subject to eligibility requirements. Our learning support team are ready to help with your wider needs.

Contact our friendly learner services team either online through our chat bot, by phoning 01375 372476, emailing TACC@thurrock.gov.uk, or in person at one of our venues (please contact us first to book an appointment).

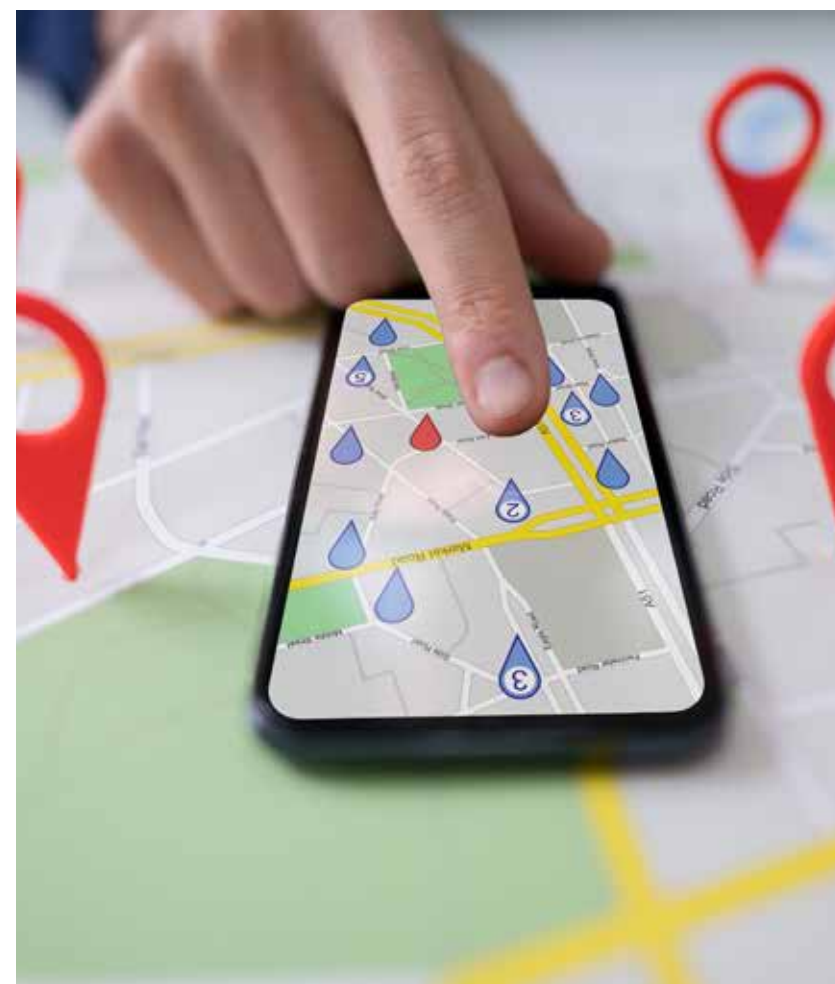
Open days at the Old Courthouse, Grays

- Thursday 7th September 2023: 3pm – 8pm
- Tuesday 12th September 2023: 10am - 3pm

Venues for adult learning

We have various locations across Thurrock, including localised learning hubs, libraries, Family Hubs (children's centres) and integrated medical centres, all enabling learners to develop essential skills closer to where they live. Our main centres are The Old Courthouse in Grays, Aveley Community Hub and Library (Wednesdays) and Tilbury Hub and Library (Tuesdays and Fridays).

Find all the latest availability, along with type of learning and venue, from our Find A Course page at www.tacc.ac.uk



HOW TO ENROL

Find A Course page

Courses and pre-course skills scan can be booked online at any time of year. Search and book from the **Find A Course** web page. If a pre-course skills scan is booked, you will receive further details from our Support Team, including an invitation to enrol online once you have been offered a course.

In person appointments and drop-in

If you are unable to enrol online or by phone, or need to provide evidence for fee remissions/residency, you can make an appointment by emailing tacc@thurrock.gov.uk or phone **01375 372 476**.

By phone or email

During reception opening hours, you can call our Learner Services Team on **01375 372 476** to complete your enrolment over the phone, including paying fees or instalments. Alternatively you can email TACC@thurrock.gov.uk or use our web chat bot.

Follow us on social channels to discover more courses and events near you

facebook.com/adult.education.thurrock

twitter.com/thurrockACC

instagram.com/thurrockACC

linked.com/company/

thurrock-adult-community-college

Love Learning:

Sign up for our quarterly e-newsletter to get updates on the latest news and opportunities by visiting thurrock.gov.uk/email

Cost of living - how can we help?

We offer many free courses. English, maths and digital skills courses are free for everyone. English for speakers of other languages (ESOL) and vocational qualification courses may be free for learners receiving some benefits or on a low income. A Discretionary Learner Support Fund (DLSF) is also available for those in financial hardship for courses up to and including Level 2, to help with course fees and related costs, including childcare fees, travel and equipment loans. Some level 3 courses may also be free, if you do not already have a level 3 qualification, or already have a level 3 qualification or higher but earn below the National Living Wage annually, or already have a level 3 qualification or higher but are unemployed.

If you are currently out of work and in receipt of universal credit, courses are free and we can help you update your CV and finding a new job.

Help with childcare costs

With some of our courses we may be able to help you with the cost of childcare whilst you are attending your course. These are normally courses that lead to a qualification. Maximum payment is £20 per session and the childcare provider must be Ofsted registered. If you would like to know more and to see if you qualify for this payment please contact **tacc@thurrock.gov.uk** or call us on **01375 372 476**.

Support to achieve

We aim to help you succeed, and to enhance your experience and development. We understand there may be times when you need a little extra support to reach your goal. Our class tutors work together with our Learner Support and Guidance Team to make all reasonable adjustments that will help you achieve your individual goals. If you have a disability, learning difficulty or long-term health condition, please let us know before the start of your course, on the enrolment form.

Wraparound support

You are entitled to advice, guidance, help with your studies, independent learning and support with planning your future direction. Visit our webpage for more details: **tacc.ac.uk/learning-development-hub**

Skills scan

Some of our courses lead to qualifications. To be able to enrol on these courses you will need to come into college to meet the tutors and have a skills scan.

This is so you are enrolled on the right level course for you. The skills scan will take approximately one and a half hours. We do not allow children at these sessions.

When you come to your appointment please bring:

One document from the following list

- Passport (UK or Irish only)
- ARC, Biometric Residence permit (BRP), Home Office Letter, Pre-settled or Settled documentation from Home Office or Government share code

AND another document from the following list

- Driving Licence (full or provisional)
- Council Tax Bill 23/24
- Bank statement or utility bill (dated within last three months)

If you earn below £20,319 per year, please bring your last three months' payslips – as you may qualify for a free course or reduced fees.

If you have arrived from Ukraine, you must provide all of the following documents;

- Home Office Letter
- Passport (both pages with picture and official stamp)
- Residency Permit (if you have got one)

If you are unable to provide any of these documents, please let us know appointment emailing **tacc@thurrock.gov.uk** or call **01375 372 476**.

To book a skills scan; search for your subject/skills scan online at **www.tacc.ac.uk** and click on the Enrolment Information button or call **01375 372 476**.

Job hub - term time only

Job hub is a free weekly drop-in session for one to one support with job searching, CV writing, interview tips and preparation or anything else you need to help you find a job or change careers.

No appointment needed, just pop in and meet one of our friendly career's advisers. For more information email **tacc.iag@thurrock.gov.uk**.

New locations for the job hub will be coming soon – check our website for updates.

Information, advice, guidance and careers advice

You can find information about all our courses on our website **www.tacc.ac.uk** or by calling our Learner Services team on **01375 372 476 (option 1)**. During your time with us your tutor will offer support through discussions around why you have enrolled on the course, your goals and suggest next steps. If you are looking for work or wish to change careers, we offer free workshops on job searching, CV writing, interview tips and more. If you prefer one to one support, you can book a free one to one session with one of our friendly career's advisers.

We can provide:

- Impartial careers information advice and guidance (including action plans)
- Support with job and apprenticeship applications
- Help with CV and cover letter writing
- Interview preparation, training, and skills
- Advice on suitable training courses
- Psychometric testing
- Job search help and support
- Current and relevant labour market information

How to book an appointment

Call **01375 372 476** or email **tacc.iag@thurrock.gov.uk** to book an appointment with one of our career's advisers. Appointments can either be face-to-face or virtually via Microsoft Teams.



We offer English for Speakers of Other Languages (ESOL), English, and maths courses at all levels in a relaxed and supportive adult learning environment. Our aim is to help you gain confidence as well as qualifications and help you to get on a route to achieve your goals.

All our courses are part time and run over a duration of up to 17 weeks. Courses start in September or February, but you can enrol at any time throughout the year. The start and end times are school friendly enabling you to drop off or pick up children and evening classes are available.

You can also study around your shifts at work because we offer the same course several times per week.

Before starting your course, you will need to attend a skills scan to ensure you are joining the right course for you prior qualifications will be taken into consideration where relevant.

We have skills scan dates available at different times during the year, please look at our website at www.tacc.ac.uk, email tacc@thurrock.gov.uk or phone **01375 372 476** for available dates and times.



ENGLISH

All English courses are free (subject to eligibility).

Whether your goal is learning to read, improving your writing skills, or working towards a functional skills or GCSE qualification our experienced tutors will work with you to identify the things you need to focus on and support you in achieving your goals .

We place everyone in a class with others of similar abilities, so if you are just starting learning to read, do not feel worried, your classmates will be in a similar position and all abilities are welcome.

GCSE English

Our GCSE course is an essential qualification for anyone who would like to develop their higher-order reading skills and effective writing. You will work towards a GCSE in English Language (9-1). It is one of the most commonly required qualifications by employers and universities and will enhance your job and education prospects.



I am very grateful to all the Staff at Thurrock Adult Community College, especially my teacher Safaa. You all made the course very interesting, and I look forward to enrolling onto more courses in the future.

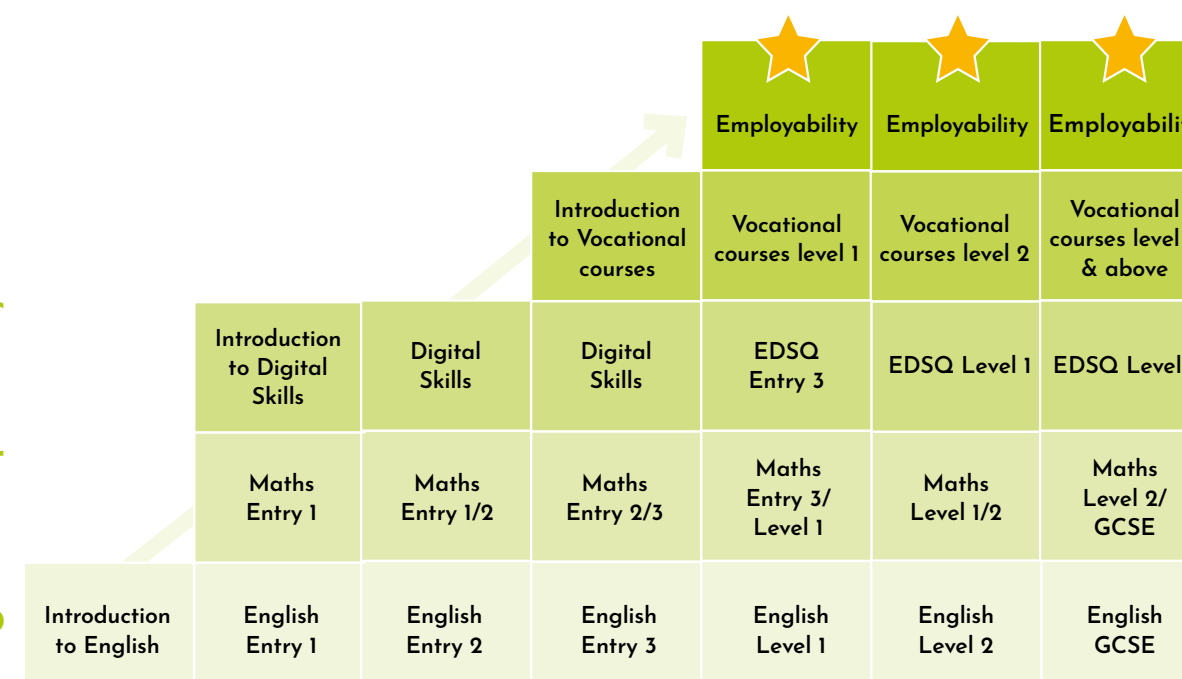
Learner Feedback

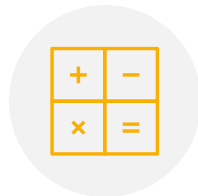
GCSE English is free if you meet the residency requirements and you have not achieved a grade C or above previously. Grade 4 is equivalent to a C.

Creative Writing

This course will introduce you to the wonderful world of creative writing. It will empower you to use your existing writing skills to express yourself, experiment with a variety of genres, and unlock your imagination.

Progression pathway





MULTIPLY

Multiply is a Government initiative which started in September 2022 designed to help people across England to improve their maths skills.

Thurrock Council will receive over £1million over the next three years to support this work. Thurrock Adult Community College is leading on this project and will be developing activities to engage people across Thurrock.

Employers can benefit from boosting their workforce's maths skills by working with the college to design bespoke programmes for their workforce – at no cost to them. In some cases, a financial incentive will be available.

People with higher level maths skills are more likely to be in employment, have higher wages and enjoy better wellbeing.

There will be a range of free activities, events, workshops and short courses to help Thurrock residents and their families to:

- increase wages
- deal with the rising cost of living
- support children with their schoolwork
- improve wellbeing
- give access to higher level qualifications or apprenticeships
- progress in their careers

We will be holding coffee mornings and focus groups to talk to Thurrock residents about the maths support they would find helpful. If you would like to be involved or find out more, please email multiply@thurrock.gov.uk.



MATHS

All maths (including GCSE) courses are free (subject to eligibility). Maths is an essential skill in everyday life and can open the door to a range of careers.

You will focus on using maths to solve problems found in everyday life as well as in the workplace. You will practise several topics, including addition, subtraction, multiplication, division, percentages, fractions, calculating the area and volume, ratio and algebra. You will develop independent learning skills and confidence using maths in a range of contexts.

GCSE Maths

Gaining a GCSE maths qualification is essential for many career pathways. Our year long course will provide you with the materials and resources to work towards achieving the



My name is Bev and I teach all levels of maths. I have a schoolteacher's background so I

understand the type of homework your child might bring home and need your help on. After a basic knowledge section, I will show you how you can use maths in everyday situations, and I encourage you to do the work in a practical way.

Unlike my time at school, when there was only one method to solve a problem, I like to show a range of solutions and let you choose which works for you. Maths is fun and should be for everyone.

Tutor Beverley

qualification. You will develop maths skills and cover topics such as number, algebra, graphs, shape ratio, proportion and rates of change, geometry and measure, pythagoras and trigonometry, and probability and statistics.

You must complete a pre-course assessment.

This course is only free if you meet the residency requirements and for GCSE if you have not achieved a grade C / or grade 4 previously (grade 4 is equivalent to a grade C)

Progression pathway

			★	★	★
			Employability	Employability	Employability
		Introduction to Vocational courses	Vocational courses level 1	Vocational courses level 2	Vocational courses level 2 & above
Introduction to Digital Skills	Digital Skills	Digital Skills	EDSQ Entry 3	EDSQ 1	EDSQ 1
English Entry 1	English Entry 2	English Entry 3	English Level 1	English Level 2	English GCSE
Maths Entry 1	Maths Entry 1/2	Maths Entry 2/3	Maths Entry 3/ Level 1	Maths Level 1/2	Maths Level 2/ GCSE

ENGLISH FOR SPEAKERS OF OTHER LANGUAGES (ESOL)



If English is not your first language, you can join our class - English for Speakers of Other Languages - ESOL.

We will help you improve your reading, writing, speaking, listening, grammar, vocabulary, and pronunciation. Our aim is to help you with things like talking to your neighbours, supporting your children with homework, going shopping, getting a job, or progressing onto another course. You will also learn about various aspects of living and working in the UK.

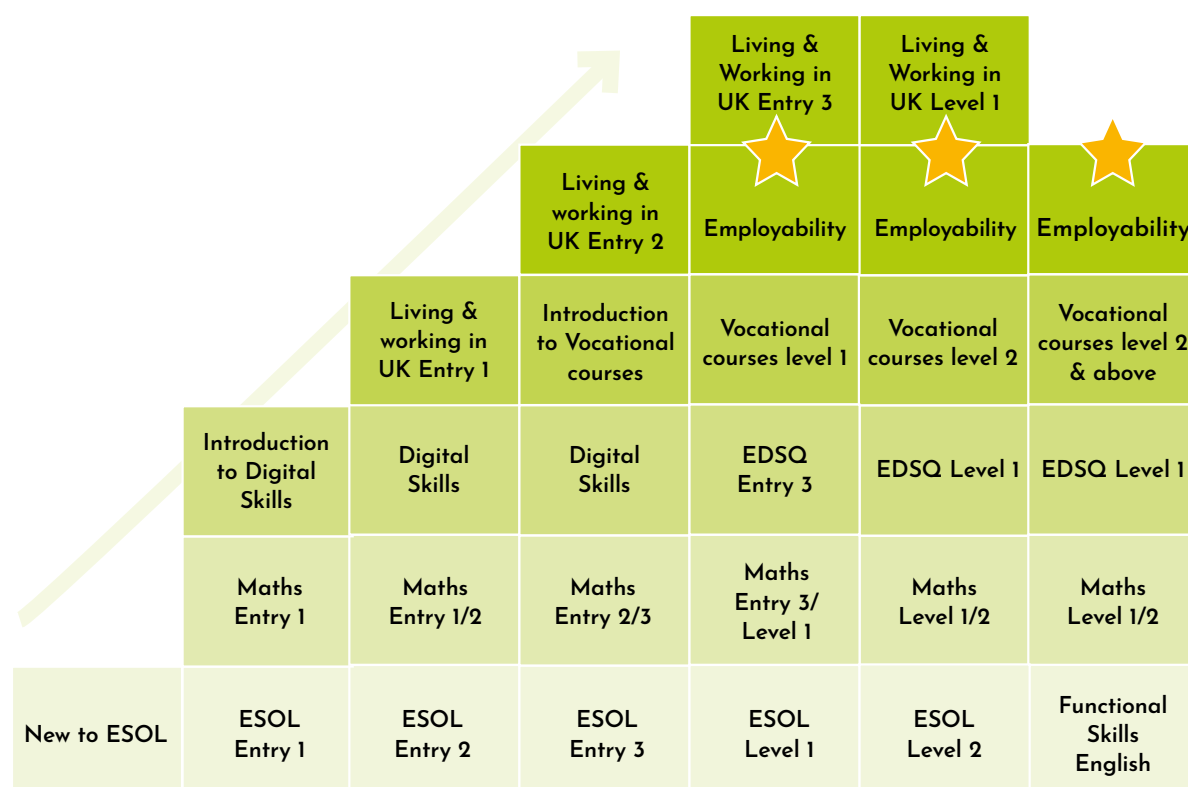
The classes are usually twice a week, for a total of six hours. They vary in times of the day: mornings, afternoons, and evenings are all available to enable you to work and/or do the school runs.

Before you start, you will need to attend a skills scan to ensure you are joining the best class for you. Beginners who do not speak, read, or write English are welcome.

Courses are free if you are unemployed or earn less than £20,319 each year (Subject to change April 2024).



Progression pathway



DIGITAL SKILLS



So much of our daily lives rely on us using computers and mobile technologies to access services and even work online.

This became evident during the pandemic, when we met family and friends on Zoom, shopped online, completed online forms to book GP appointments and so much more. It may have got you thinking, would you like to brush up on your skills? Boost your confidence or upskill yourself ready for a career change? Would you like to maximise your chances of getting back into work or gaining a promotion?

Having these essential digital skills through our free course will give you the confidence and skills to live, work and learn in the new digital world. You have the option to take a nationally recognised qualification to put on your CV. Courses are part-time in small groups with learners at a similar level to yourself.

Having the right skills and qualifications is more important than ever in today's competitive job market. These courses are for you whether you are getting back into work, not sure what sector you want to work in, are employed and looking for promotion or just for personal development.

Level 1 and Level 2 courses are free if you are unemployed or earn below £20,319 (subject to change in April 2024). If you are aged 19 or over and do not hold a full level 3 qualification – your level 3 course could be free (subject to eligibility).

If you are interested and would like to know more or enrol on any of the courses below you will need to come into college to meet our friendly team of tutors and have a quick skills check so we can ensure we enrol you on the best course for you.

Call **01375 372 476** or book online at www.tacc.ac.uk

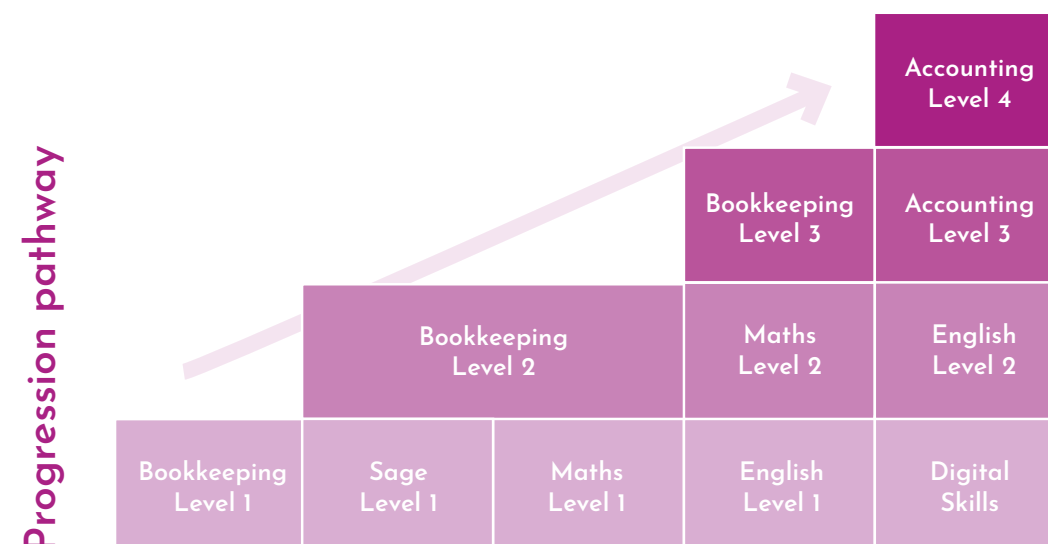


ASSOCIATION OF ACCOUNTING TECHNICIANS (AAT) - BOOKKEEPING

Whether you are already working in business or finance, taking your first steps or have your own business, these courses will offer further training in several accounting and bookkeeping activities.

Our courses build from basic to higher levels and cover the skills and knowledge you need to start your career in finance and accounting. These include developing practical accountancy skills, checking transactions for accuracy, using accounting software, producing reports and much more. The qualifications are awarded by the Association of Accounting Technicians which is the UK's leading body for accounting staff.

We offer part-time courses from Level 1 to Level 3 all led by one of our friendly and experienced team of tutors.



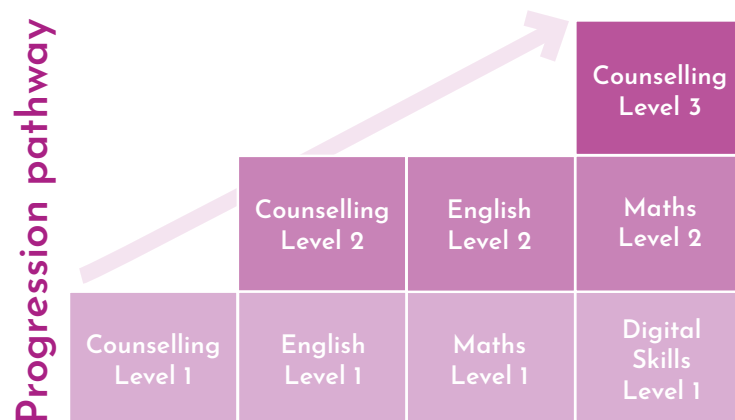
COUNSELLING



These courses are suitable for those wanting to further their counselling knowledge. You will learn how to reflect on personal development, what core counselling skills are and how to establish a therapeutic relationship.

Having the right combination of skills will ensure that, once you become a counsellor, you are providing the best possible service to those who need it. Please note these courses are to develop your skills to train and work as a counsellor. They are not intended to provide personal counselling.

We offer part-time courses from Level 1 to Level 3.



EARLY YEARS CHILDCARE



These courses help you build the knowledge and skills needed when working with children in pre-school settings.

These skills are also applicable to a diverse range of job roles in children and young people's workforce settings. You will learn about the value of play, child development, partnership with parents and building positive relationships with children. Courses available include tasters, courses with guaranteed job interviews, level 1, level 2 and level 3 qualifications.

If you enrol on a level 2 course, you will need to have a placement in a childcare setting for ideally ten but a minimum of six hours per week.

Level 3 courses are intended for those currently working in the sector. We will require a letter from your manager to confirm you will be able to undertake certain duties and tasks to provide evidence of work-based competence for your portfolio.

HEALTH & SOCIAL CARE



The Health and Social care sector is growing fast with a need for many more staff to care for those in our society who are unwell or vulnerable.

These courses are for those who wish to pursue a career in this sector and learn about how to provide a high standard of support to a wide variety of people in a range of care settings and how to reduce the risks of malpractice and negligence. We offer part-time courses from Level 1 to Level 3.

Learners on the Level 3 course will need to be working in the sector as you will need to show competence in both knowledge and skills.

TEACHER TRAINING

Interested in teaching or training? This part-time course provides you with the skills, knowledge and understanding of the post 16 teaching profession.

Teaching in adult education is "family friendly" - courses run in term time, start and finish times allow for school runs. You don't need a degree and can qualify in a matter of months studying part time. Many people work as a tutor alongside other jobs to boost their income and share their knowledge and skills

It will give you an insight into the roles, responsibilities and relationships in education and training. It will show you how to plan and deliver teaching sessions, how to assess and give constructive feedback to your learners. Many learning providers will recruit you if you have this award whilst you work towards your full teaching qualification.

You may be eligible for funding.
Contact us for details.



WORKING IN SCHOOLS

These courses provide you with an understanding of the knowledge required to work directly with children and young people in a school or college environment.

You will learn about children and young people's development, how to support children and young people's positive behaviour and communication, and how to support children and young people with Special Educational Needs and Disability (SEND).

We offer part-time courses from Level 1 to Level 3.

For the Level 2 Diploma you will need a placement in a school for ideally ten but a minimum of six hours per week.

The level 3 course is intended for those currently employed in the sector. We will require confirmation from your manager that you will be able to undertake certain duties and tasks to provide evidence of work-based competence for your portfolio.



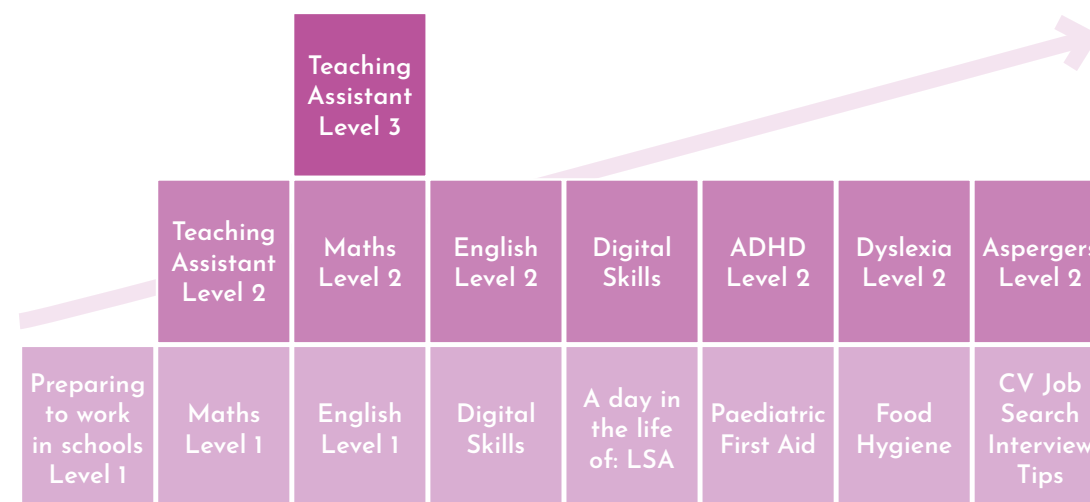
It was my best decision to join the LSA level

3 Course following the finish of level 2. The course is informative and gives theoretical and practical knowledge of the subject. My tutor is amazing. I could not expect a better one. The College is always supportive and gives possibilities to grow further within your chosen area.

Learner feedback



Progression pathway



SEND DYSLEXIA, DYSPRAXIA, MENTAL HEALTH



This suite of short, part-time courses will give you the opportunity to apply new knowledge and skills to improve access to learning for children with Special Educational Needs and Disability (SEND).

While specifically useful for teaching and learning support staff, these courses would also be suitable for parents, carers and guardians of children with SEND to gain a better understanding of strategies to improve support. Courses include ADHD, Asperger's, dyslexia and understanding children's mental health.

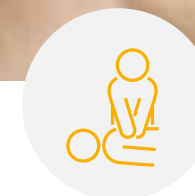
Our level 1 and 2 courses may be free (subject to eligibility).

FOOD SAFETY FOR CATERING LEVEL 2



This qualification is aimed at individuals who are, or intend to be, food handlers working in catering.

The short six hour course helps to prepare you for employment in catering role, or to support a role in the workplace. Learners gaining this qualification will know that food safety is the responsibility of everyone involved in the storage, preparation, cooking service and handling of food. You will be required to take a multiple-choice exam at the end of the course.



EMERGENCY FIRST AID AT WORK

This six hour course will provide you with a certificate in Emergency First Aid at Work level 3

This will be awarded by tutor observations and assessments throughout the course. You will learn how to carry out primary and secondary surveys, deal with choking, fits, allergic reactions, cardiac arrest, CPR, and use of a defibrillator.

PAEDIATRIC FIRST AID



This course is offered to employers for staff continued professional development (CPD) or to community groups.

You will gain a certificate in Paediatric First Aid level 3. This will be awarded by tutor observations and assessments throughout the course. You will learn how to carry out primary and secondary surveys, deal with choking, fits, allergic reactions, cardiac arrest, CPR, and use of a defibrillator. You will also learn about other common childhood illnesses.

Please contact the college for further details and pricing. If you are a parent and would like an awareness course please see page 21.

Learning in the Community is at the heart of our offering, and we are ambitious about our residents.

We deliver sessions at a range of different venues across Thurrock, all designed to bring the learning opportunities to you. Currently we have courses at the Aveley Community Hub and at the Tilbury Hub, as well as at libraries across the area. We are also working in partnership with other local organisations to ensure that no part of the borough is left out. We want to ensure people can access learning close to where they live.

We continue to deliver community learning courses with partner organisations across Thurrock, if there is something you would like to learn, and it is not listed here then we may be able to create something bespoke and deliver it at a venue near you.

We are very excited with the range of sessions available from wellbeing and yoga to drawing and painting – all designed and delivered by specialist, qualified staff, with the aim of helping you gain a new skill or develop an existing one.

You can keep up to date with our extra courses and events throughout the year by liking our Facebook page or following us on Instagram, Twitter, or LinkedIn – our social media account details can be found on page 3.



FOREIGN LANGUAGES

If you have never studied a foreign language before and would like to try it, our introduction courses are an ideal opportunity to get started.

The languages to choose from include Spanish, French, Italian and Polish. We are always adding to our list of languages so if you would like to learn a language that isn't listed give us a call on **01375 372 476**.

Through a variety of activities, you will practise introductions, talking about your family, profession, hobbies and much more.



Course	Starts	Weeks	Start time	Fees	Venue
Cake decorating: Basics	06/10/2023	1	09:30	£11.12/ £7.42/Free*	Grays Area
Cake decorating: Flowers	09/02/2024	1	09:30	£11.12/ £7.42/Free*	Grays Area
Cake decorating: Spring	19/04/2024	1	09:30	£11.12/ £7.42/Free*	Grays Area
Craft: Christmas Wreaths	08/12/2023	1	10:00	£11.12/ £7.42/Free*	Grays Area
Craft: Easter Wreaths	22/03/2024	1	10:00	£11.12/ £7.42/Free*	Grays Area
Craft: Paper Flowers: Mother's Day	28/02/2024	1	12:00	£11.12/ £7.42/ Free*	Aveley Community Hub
Craft: Paper Flowers: Mother's Day	29/02/2024	1	09:30	£11.12/ £7.42/Free*	Grays Area
Craft: Paper Flowers: Mother's Day	08/03/2024	1	10:00	£11.12/ £7.42/Free*	Tilbury Hub/Library
Crochet for beginners	19/04/2024	5	10:00	£55.60/ £37.10/Free*	Tilbury Hub/Library
Drawing For Beginners	20/09/2023	5	18:30	£55.60/ £37.10/Free*	Grays Area
Drawing For Improvers	01/11/2023	5	18:30	£55.60/ £37.10/Free*	Grays Area
Grow Your Greens	27/02/2024	5	12:00	Free*	Tilbury Hub/Library
Grow Your Greens	28/02/2024	5	10:00	Free*	Grays Area
Illustration for Beginners	11/01/2024	6	12:30	£66.72/ £44.52/Free*	Grays Area
Paediatric First Aid Awareness	20/09/2023	1	12:30	Free*	Aveley Community Hub
Paediatric First Aid Awareness	22/11/2023	1	18:30	Free*	Grays Area
Paediatric First Aid Awareness	07/02/2024	1	12:30	Free*	Aveley Community Hub
Paediatric First Aid Awareness	18/04/2024	1	18:30	Free*	Grays Area
Paediatric First Aid Awareness	10/07/2024	1	12:30	Free*	Aveley Community Hub
Painting: Beginners	31/10/2023	6	12:45	Free*	Tilbury Hub/Library
Painting: Florals	27/02/2024	5	12:45	£55.60/ £37.10/Free*	Tilbury Hub/Library
Painting: Improvers	09/01/2024	6	12:45	£66.72/ £44.52/Free*	Tilbury Hub/Library
Plan Your Garden	16/01/2024	5	12:00	Free*	Tilbury Hub/Library
Plan Your Garden	17/01/2024	5	10:00	Free*	Grays Area
Public Speaking	27/02/2024	2	18:30	Free*	Grays Area
Self Defence for Women	10/01/2024	4	12:30	Free*	Aveley Community Hub

*Subject to eligibility

Thurrock’s Family Learning team offer a range of free sessions and courses for mums, dads, grandparents and carers with an aim to boost confidence and help build a child’s self-esteem. We also offer sessions to help develop your child’s maths and English skills, as well as fun activities which help to develop communication and social interaction.

The Department for Education states that ‘parental involvement in a child’s learning is a key factor for improving children’s academic attainment and achievements.’

Pre-booking is essential. If a class is full, you can register your interest and you will be contacted as more dates are added throughout the year. We also offer an outreach programme to schools, Family Hubs (formerly Children’s Centres), and local community groups.

Contact us by calling **01375 372 476** or email **tacc@thurrock.gov.uk** if you would like to work in partnership for the benefit of the families in your community.



Course	Starts	Weeks	Start time	Fees	Venue
Aiding Your Anxious Child	18/10/2023	1	12:30	Free*	Aveley Community Hub
Aiding Your Anxious Child	07/11/2023	1	18:30	Free*	Grays Area
Aiding Your Anxious Child	16/01/2024	1	10:00	Free*	Tilbury Hub/Library
Aiding Your Anxious Child	14/03/2024	1	18:30	Free*	Grays Area
Aiding Your Anxious Child	27/03/2024	1	12:30	Free*	Aveley Community Hub
Aiding Your Anxious Child	11/06/2024	1	10:00	Free*	Tilbury Hub/Library
Family Fun: Around the World	10/04/2024	1	10:00	Free*	Aveley Community Hub
Family Fun: Easter Crafts	03/04/2024	1	10:00	Free*	Aveley Community Hub
Family Fun: Easter Crafts	09/04/2024	1	10:00	Free*	Tilbury Hub/Library
Family Fun: Get ready for Summer	28/05/2024	1	10:30	Free*	Tilbury Hub/Library
Family Fun: Halloween Horrors	24/10/2023	1	10:30	Free*	Tilbury Hub/Library
Family Fun: Halloween Horrors	25/10/2023	1	10:00	Free*	Aveley Community Hub
Family Fun: Summer Picnics	29/05/2024	1	10:00	Free*	Aveley Community Hub
Family Fun: Winter Wonderland	21/02/2024	1	10:00	Free*	Aveley Community Hub
Family Fun: Winter Wonderland	20/02/2024	1	10:00	Free*	Tilbury Hub/Library
Family Fun: Winter Wonderland	23/02/2024	1	10:30	Free*	Tilbury Hub/Library
Number fun for little ones	22/05/2024	1	12:00	Free*	Aveley Community Hub
Promoting Positive Behaviour (0-11)	10/10/2023	1	10:00	Free*	Tilbury Hub/Library
Promoting Positive Behaviour (0-11)	06/12/2023	1	12:00	Free*	Aveley Community Hub
Promoting Positive Behaviour (0-11)	06/02/2024	1	18:30	Free*	Grays Area
Promoting Positive Behaviour (0-11)	17/04/2024	1	12:00	Free*	Aveley Community Hub
Promoting Positive Behaviour (0-11)	14/05/2024	1	10:00	Free*	Tilbury Hub/Library
School Transitions: Ready for Big School?	01/05/2024	3	12:00	Free*	Aveley Community Hub
Shape fun for little ones	06/12/2023	1	09:30	Free*	Aveley Community Hub

*Subject to eligibility

At Thurrock Adult Community College wellbeing is of the utmost importance to us. We offer a range of free motivational courses which will boost your confidence and develop your self-esteem and resilience to enable you to plan clear goals for your future.

We have also created a suite of courses designed to reduce anxiety and sooth your mood, such as card making, scrapbooking and meditation.

Pre-booking is essential. If your course has started, or is full, please register your interest as more courses can be added on demand.

YOGA

Looking for something with physical and mental benefits? We have a range of Yoga classes available across Thurrock.

Classes are ideal for those starting yoga for the first time and for those developing their skills.



Course	Starts	Weeks	Start time	Fees	Venue
Yoga for Beginners	20/09/2023	5	09:30	Free*	Aveley Community Hub
Yoga for Beginners	22/09/2023	5	11:15	Free*	Grays Area
Yoga for Beginners	01/11/2023	5	09:30	Free*	Aveley Community Hub
Yoga for Beginners	03/11/2023	5	11:15	Free*	Grays Area
Yoga for Beginners	10/01/2024	6	09:30	Free*	Aveley Community Hub
Yoga for Beginners	12/01/2024	6	11:15	Free*	Grays Area
Yoga for Beginners	28/02/2024	5	09:30	Free*	Aveley Community Hub
Yoga for Beginners	01/03/2024	4	11:15	Free*	Grays Area
Yoga for Beginners	17/04/2024	6	09:30	Free*	Aveley Community Hub
Yoga for Beginners	19/04/2024	6	11:15	Free*	Grays Area
Yoga for Beginners	05/06/2024	5	09:30	Free*	Aveley Community Hub
Yoga for Beginners	07/06/2024	5	11:15	Free*	Grays Area
Yoga for Improvers	20/09/2023	5	11:00	Free*	Aveley Community Hub
Yoga for Improvers	22/09/2023	5	12:45	Free*	Grays Area
Yoga for Improvers	01/11/2023	5	11:00	Free*	Aveley Community Hub
Yoga for Improvers	03/11/2023	5	12:45	Free*	Grays Area
Yoga for Improvers	10/01/2024	6	11:00	Free*	Aveley Community Hub
Yoga for Improvers	12/01/2024	6	12:45	Free*	Grays Area
Yoga for Improvers	28/02/2024	5	11:00	Free*	Aveley Community Hub
Yoga for Improvers	01/03/2024	4	12:45	Free*	Grays Area
Yoga for Improvers	17/04/2024	6	11:00	Free*	Aveley Community Hub
Yoga for Improvers	19/04/2024	6	12:45	Free*	Grays Area
Yoga for Improvers	05/06/2024	5	11:00	Free*	Aveley Community Hub
Yoga for Improvers	07/06/2024	5	12:45	Free*	Grays Area

Course	Starts	Weeks	Start time	Fees	Venue
Calming Craft: Card Making	19/10/2023	1	09:30	Free*	Grays Area
Calming Craft: Card Making	24/11/2023	1	10:00	Free*	Tilbury Hub/Library
Calming Craft: Card Making	14/02/2024	1	12:30	Free*	Aveley Community Hub
Calming Craft: Collage	04/10/2023	1	12:30	Free*	Aveley Community Hub
Calming Craft: Collage	15/02/2024	1	09:30	Free*	Grays Area
Calming Craft: Collage	24/05/2024	1	10:00	Free*	Tilbury Hub/Library
Calming Craft: Fabric Jewellery	25/01/2024	1	09:30	Free*	Grays Area
Calming Craft: Fabric Jewellery	06/03/2024	1	12:30	Free*	Aveley Community Hub
Calming Craft: Fabric Jewellery	14/06/2024	1	10:00	Free*	Tilbury Hub/Library
Calming Craft: Flower pot painting	11/10/2023	1	12:30	Free*	Aveley Community Hub
Calming Craft: Flower pot painting	29/03/2024	1	10:00	Free*	Tilbury Hub/Library
Calming Craft: Flower pot painting	02/05/2024	1	09:30	Free*	Grays Area
Calming Craft: Pebble painting	26/01/2024	1	10:00	Free*	Tilbury Hub/Library
Calming craft: Pebble painting	20/03/2024	1	12:30	Free*	Aveley Community Hub
Calming craft: Pebble painting	20/06/2024	1	09:30	Free*	Grays Area
Calming Craft: Soothing sketching	06/10/2023	1	10:00	Free*	Tilbury Hub/Library
Calming Craft: Soothing sketching	14/03/2024	1	09:30	Free*	Grays Area
Calming Craft: Soothing sketching	24/04/2024	1	12:30	Free*	Aveley Community Hub
Good to be me	01/11/2023	5	12:30	Free*	Aveley Community Hub
Good to be me	16/01/2024	5	12:30	Free*	Tilbury Hub/Library
Good to be me	18/01/2024	5	18:30	Free*	Grays Area
Good to be me	27/02/2024	5	12:30	Free*	Grays Area
Good to be me	23/04/2024	5	12:30	Free*	Tilbury Hub/Library
Good to be me	05/06/2024	5	12:30	Free*	Aveley Community Hub
Meditation And Mindfulness	01/11/2023	5	12:30	Free*	Online using Google Meet
Meditation And Mindfulness	16/04/2024	5	12:30	Free*	Online using Google Meet
Soothing Scrapbooking	03/11/2023	5	10:00	Free*	Grays Area
Soothing Scrapbooking	29/02/2024	5	09:30	Free*	Grays Area
Soothing Scrapbooking	27/02/2024	5	10:00	Free*	Tilbury Hub/Library

*Subject to eligibility

Apprenticeships are real, paid jobs with training. Equally perfect for new entrants into work, or for those already employed looking for progression into different or higher-level jobs.

Alongside on-the-job training, apprentices spend at least 20% of their working hours completing classroom-based learning with a college, university or training provider which leads to a nationally recognised qualification.

An apprenticeship includes paid employment with holiday leave, hands-on-experience in a sector/role of interest, at least 20% off-the-job training formal assessment which leads to a nationally recognised qualification.

Thurrock Adult Community College is a registered apprenticeship training provider and delivers apprenticeships in business administration and customer services.

Look out for our vacancies on our website at www.tacc.ac.uk, or the government's "Find an Apprenticeship" website at www.gov.uk/apply-apprenticeship

Employers, if you're looking to recruit a new starter, or have existing staff that you want to upskill, then please get in touch, email Julia.walker@thurrock.gov.uk



I am so grateful to Thurrock Adult Community

College and Thurrock Council for the opportunity to complete my level 3 business administration apprenticeship. Coming into the programme I was lacking in self-confidence and belief, mainly due to the events of the pandemic. This course transformed me. I have learnt so many translatable skills on the job and in the classroom that has enabled myself to not only believe in myself once more but to kickstart an exciting career at Global in London. I fully recommend Thurrock Adult Community College to anyone, it is never too late!

Level 3 Business Administration Apprentice

RECRUITMENT/CAREER OPPORTUNITIES

Tutors

When most people think about getting in to teaching, they think of schools, degrees and student debts. Adult education is different. Our courses are part time and start and finish to allow for school runs and other life commitments. No degree is needed, and the initial teacher training qualification can be completed within 12 to 13 weeks studying part time. See page 16 for more details.

The college funds this qualification for its teaching staff. We are always looking to increase the range of subjects we offer and grow our team of tutors. You may already have experience of teaching or training; have a hobby you would like to share with others or are interested in sharing your skills and knowledge from previous or current employment.

We would like to hear from you if you have existing skills, or have a strong interest in the following areas:

- | | | |
|-----------------------------|-----------------|---|
| English | Lip Reading | Paediatric First Aid |
| Maths | Floristry | Emergency First Aid at Work (EFAW) |
| ESOL | Singing | Ukrainian |
| Counselling | Horticulture | Family Learning |
| Health & Social Care | Cooking | Wellbeing (Confidence building, Mindfulness and Meditation) |
| Bookkeeping Levels 1-4 | Cake decorating | Reflexology |
| Teaching Assistants Level 3 | Knitting | Indian Head Massage |
| Digital Skills | Crochet | Pilates |
| Leadership & Management | Art | |
| British Sign Language (BSL) | Crafts | |
| | Food Safety | |

We are also looking for tutors to teach adults with learning difficulties and disabilities.

If you are interested in teaching a subject not listed above please contact us - we may be able to include it in our offer.

For more information about career opportunities with Thurrock Adult Community College, please email tacc.hr@thurrock.gov.uk



Each year 2,000 people learn new skills or gain qualifications with us.

Why not join them?

Look out for our roadshow events coming soon throughout the summer in Thurrock!

Enrol on a flexible course today!

- ✓ Email: tacc@thurrock.gov.uk
- ✓ Call: **01375 372 476**
- ✓ Website: www.tacc.ac.uk
- ✓ Venues in **Grays, Tilbury, Aveley and Corringham,**

