**Community Learning MK - Adult Education**

Course Listings – Autumn/Winter 2024

[www.milton-keynes.gov.uk/courses](http://www.milton-keynes.gov.uk/courses)

# **Introduction**

Welcome to a new academic year at Community Learning MK!

Whether you want to learn something new, improve your skills or take some time for yourself have a look through and find your path.

Our classes starting from September to December are detailed here but you can find more starting later online. Go to [www.milton-keynes.gov.uk/courses](http://www.milton-keynes.gov.uk/courses) to find out more about each class, enrol for free courses and express your interest in those with a fee.
New courses are being added throughout the year so please check on our website and social media for the latest courses and updates!

For more information on any of our courses email communitylearning.mk@milton-keynes.gov.uk visit [www.milton-keynes.gov.uk/adult-education](http://www.milton-keynes.gov.uk/adult-education) or call us on 01908 252500.

**Autumn Term Dates**

**Monday 2 September to Saturday 21 December** (Half term holiday Monday 28 October to Saturday 2 November)

**Payments**

Changes to the MK City Council payments system has led to changes in the way you pay and enrol on some courses Implementation of the new MK City Council payments system has meant that the process to enrol for chargeable courses has temporarily changed. Select the ‘enquire’ button on our online course database to start the enrolment process. You will then be contacted by a member of our team for payment using the automated telephone service and subsequently enrolled.

We apologise for the inconvenience and will revert to online payments and enrolments as quickly as possible.

**Course Funding**

If you are a UK national (or Non-UK national who has lived in the UK for at least 3 years), over the age of 19 on 31/08/2024 most of our courses are free. For courses leading to a qualification a fee may apply if you earn over £25,000 p/a.

You may need to provide evidence of residency, earnings or benefits to us.

If you have not been resident in the UK for 3 years you may still be eligible for funding, contact us for more information.

Due to changes in the government funding rules our leisure courses in arts and languages no longer receive funding and therefore no concession is available.

Find out more online at [www.milton-keynes.gov.uk/fee-policy](http://www.milton-keynes.gov.uk/fee-policy)

# **Digital Skills**

# **Improve your IT Skills with our free courses (residency restrictions apply) courses marked with \* will be running again in the new year**

| **Course Code** | **Course Title** | **Venue** | **Start Date** | **Day and Times** | **Course Length** | **Fee** | **Description** |
| --- | --- | --- | --- | --- | --- | --- | --- |
| ITL01610 | Beginner’s Guide to IT: 4-Week Program | CLMK Learning Centre | 9 Sep | Monday1pm-2.30pm | 4 wks | £0 | Lay a solid IT foundation with our four-week beginner’s guide, exploring computer basics, internet navigation and essential software. |
| ITA12120 | Introduction to ICT for Over 50s\* | Church of Christ the Cornerstone | 12 Nov | Tuesday1pm-2.30pm | 6 wks | £0 | Embrace the digital world with our Entry 3 in ICT, tailored for those over 50. Learn essential tech skills, software basics and digital communication in a supportive environment. |
| ITA02110 | Beginners Guide to ICT (Entry 3)\* | CLMK Learning Centre | 2 Oct | Wednesday9.30am-11.30am | 10 wks | £0 | Unlock digital literacy with our Entry 3 in ICT: foundational skills for navigating technology, understanding software and communicating effectively in the digital age. |
| ITA02610 | BTEC Level 1 Introduction to ICT\* | CLMK Learning Centre | 18 Sep | Wednesday12.30pm-3pm | 12 wks | £0 | Kickstart your tech journey with our Level 1 BTEC in ICT: foundational skills, essential software understanding and practical digital communication tools for the modern world. |
| ITL01410 | Social Media Confidence: 3-Week Program\* | CLMK Learning Centre | 10 Sep | Tuesday1pm-2.30pm | 3 wks | £0 | Build your social media presence confidently in three weeks, learning platform navigation content creation and engagement strategies. |
| ITL01510 | Online Safety Essentials: 3-Week Program | CLMK Learning Centre | 1 Oct | Tuesday1pm-2.30pm | 3 wks | £0 | Secure your digital life with our three-week online safety course, focusing on privacy, security practices and threat prevention. |
| ETL01210 | Unlocking Your Phone’s Potential in Job Applications in 4 Weeks\* | CLMK Learning Centre | 7 Oct | Monday1pm-2.30pm | 4 wks | £0 | Discover how to best use your phone for job hunting in our four-week course, focusing on mobile resumes, applications and interview preparation. |
| ITL01710 | 4-Week Smart Device Challenge: Boost Your Tech Skills\* | CLMK Learning Centre | 26 Nov | Tuesday1pm-2.30pm | 4 wks | £0 | Take our four-week challenge to enhance your smart device proficiency, exploring apps, settings and connectivity for everyday use. |
| ITL01110 | Microsoft Excel Essentials in Three Weeks\* | CLMK Learning Centre | 5 Sep | Thursday1pm-2.30pm | 3 wks | £0 | Fast-track your data management skills with our intensive three-week Excel course, covering formulas, charts and analysis for workplace efficiency. |
| ITL01310 | PowerPoint Proficiency in Three Weeks\* | CLMK Learning Centre | 28 Nov | Thursday1pm-2.30pm | 3 wks | £0 | Develop captivating presentations with our three-week PowerPoint course, mastering slide design, animations and storytelling techniques. |

## **Community Employment Service**

**Are you looking for work?** Our Community Employment Service can help support you into work, offering practical help and advice to identify your skills and give information about local vacancies and training opportunities.

These free sessions take place across Milton Keynes and online and can be one to one or as part of a group.

Whether you need help creating your CV, preparing for interviews, improving your confidence or to gain skills through work-related training courses, we can help.

For more information visit [www.milton-keynes.gov.uk/ces](http://www.milton-keynes.gov.uk/ces) email **nep@milton-keynes.gov.uk** or call **01908 252323**

## **Young People’s Careers Information, Advice and Guidance**

We offer a free and confidential service for young people in Milton Keynes aged 16-19 (up to 25 for care leavers and young people who have special educational needs and or a disability) who are not in education, employment, or training. Our aim is to support young people to understand the options open to them in order that they can make realistic and informed choices. We offer impartial advice on:

* Career Pathways
* Education and Training Courses
* Traineeships and Apprenticeships
* Help with looking and applying for jobs
* CV writing and employability skills

For more information please visit the website.

## **Courses for Young People**

Although our main brochure courses are only open to people aged 19 and over we also run programmes for young people.
These are for anyone aged 16 – 19 years (or up to 25 for those with an Education Health Care Plan – EHCP) not in education, employment or training.
The courses aim to increase confidence and communication levels and to help prepare for future pathways into learning or employment and include:
**Wellbeing & Life Skills** course: An opportunity to build on confidence and resilience through wellbeing activities.
Tuesdays and Wednesdays 10am-2pm at the Church of Christ the Cornerstone
**Wellbeing Café**: Focusing on self-care and building confidence in an informal group setting
Wednesdays 11am-12pm at the Church of Christ the Cornerstone
For more information email jayne.hobbs@milton-keynes.gov.uk

## **Employability and Qualifications**

**Free courses for anyone looking to get into work or improve their employment prospects.**

(Residency and employment restrictions apply) courses marked with \* will be running again in the new year

| **Course Code** | **Course Title** | **Venue** | **Start Date** | **Day and Times** | **Course Length** | **Fee** | **Description** |
| --- | --- | --- | --- | --- | --- | --- | --- |
| ETL01110 | Job Application Bootcamp: From Novice to Pro in 4 Weeks\* | CLMK Learning Centre | 10 Sep | Tuesday1pm-2.30pm | 4 wks | £0 | Transform your job search approach in four weeks; learn to craft standout applications, network effectively and ace interviews. |
| ETL01310 | Mastering CV’s and Interviews: 4-Week Program | CLMK Learning Centre | 8 Oct | Tuesday1pm-2.30pm | 4 wks | £0 | Perfect your CV and interview skills in four weeks, gaining insights into personal branding, impactful resumes and confident interviewing. |
| EPA01130 | Entry 3 – Applying for jobs from a phone | CLMK Learning Centre | 4 Sep | Wednesday9.30am-11.30am | 3 wks | £0 | Master mobile job applications with our course: learn to create resumes, navigate job portals and apply effectively using just your phone. Get hired on the go! |
| EPA04110 | Entry Award to Health and Social Care | CLMK Learning Centre | 16 Sep | Monday10am-12pm | 10 wks | £0 | Begin your journey into health and social care, learning foundational skills and concepts to support and care for individuals in various healthcare settings. |
| EPA04610 | BTEC Level 1 Introduction to Health and Social Care\* | CLMK Learning Centre | 19 Sep | Thursday12.30pm-3pm | 12 wks | £0 | Explore fundamental aspects of health and social care, emphasizing practical skills and foundational knowledge. This course prepares learners for further study or entry into the field. |
| EPA13210 | Level 1 Introductory Award in Child Development | Church of Christ the Cornerstone | 11 Sep | Wednesday9.30am-12pm | 3 wks | £0 | City & Guilds Level 1 for anyone thinking about working in childcare. Develop your understanding of child development and the physical and psychological needs of children. |
| EPA03210 | BTEC Level 1 Introduction to Childcare\* | CLMK Learning Centre | 6 Sep | Friday9.30am-11.30am | 10 wks | £0 | Explore fundamental childcare principles, including communication with young children, play and child development, in a practical, assessment-based course with no exams required. |
| EPA03510 | Level 2 Diploma for the Early Years Practitioner | Church of Christ the Cornerstone | 2 Oct | Wednesday9.30am-12pm | 32 wks | £0 | A qualification for anyone looking to work in an Early Years setting |
| EPA05210 | BTEC Level 1 Introduction to Hospitality and Tourism\* | Church of Christ the Cornerstone | 17 Sep | Tuesday9.30am-12pm | 12 wks | £0 | Discover the vibrant sectors of hospitality and tourism, learning customer service, planning and industry-specific skills for a successful start in these dynamic fields. |
| EPA08610 | BTEC Level 1 Introduction to Business\* | Church of Christ the Cornerstone | 17 Sep | Tuesday12.30pm-3pm | 12 wks | £0 | Explore fundamental aspects of business, including communication, problem-solving and teamwork, in a practical, assessment-based course designed to support progression in the field. |

## **ESOL - English for Speakers of Other Languages**

# Community Learning MK offers a wide variety of ESOL courses to suit all levels and abilities.

# ESOL courses are for people living in the UK whose first language is not English. Courses run for 12 weeks and cover the three core skills of Speaking and Listening, Reading and Writing. Each course ends with an exam. We offer courses at levels ranging from Elementary (Pre-Entry) to Advanced (level 2).

# We also run numerous Talk English sessions available throughout the week, including Saturdays. These are for adults who wish to start their ESOL journey.

# To register your interest and/or find out more, email communitylearning.mk@milton-keynes.gov.uk

**Functional Skills and GCSE English and Maths**

At Community Learning MK we offer accredited maths and English Functional Skills qualifications ranging from Entry 3 to Level 2. To enrol on one of these courses, you will need to attend a skills check to determine your current level of ability and ensure you are placed on the right class for you.
Our next skills checks are scheduled to run throughout July, August and September for autumn term enrolments. Please email us at communitylearning.mk@milton-keynes.gov.uk to request an appointment.
There is also an opportunity to join Functional Skills maths or English in January 2025 subject to skills checks that will take place during December 2024.

## **Courses for People with Additional Support Needs**

Through our Supported Employment scheme, we provide a range of courses for those with a learning disability who want to learn at a pace more suited to their needs.
Courses available are Autism Social Skills and Support into Employment. We also provide ongoing support into Further Education for those who want to progress.
For more information, please email communitylearning.mk@milton-keynes.gov.uk

## **Opening Times**

Monday to Thursday 9am-4.30pm
Friday 9am-4pm
**CLMK Learning Centre,** Central Milton Keynes Library, 555 Silbury Boulevard, Milton Keynes, MK9 3HL

**Multiply**

## **Improve your Maths skills and gain more numeracy confidence**Courses marked with a \* will be running again in the new year

| **Course Code** | **Course Title** |  **Venue** | **Start Date** | **Day and Times** | **Course Length** | **Fee** | **Description** |
| --- | --- | --- | --- | --- | --- | --- | --- |
| MUX900100 | Living with Numbers (numeracy confidence)\* | Daisychain Family Centre | 4 Sep | Wednesday10am-12pm | 6 wks | £0 | Brush up on your numeracy skills, be more confident in your own money management decisions, get stronger in your household budgeting skills. Join any week! |
| MUX900110 | Living with Numbers (numeracy confidence)\* | Saplings Children’s Centre | 2 Sep | Monday11.30am-1pm | 12 wks | £0 | Brush up on your numeracy skills, be more confident in your own money management decisions, get stronger in your household budgeting skills. Join any week! |
| MUX900120 | Family Fortunes (numeracy confidence)\* | Moorlands Family Centre | 4 Sep | Wednesday1pm-3pm | 6 wks | £0 | Brush up on numeracy skills to help your children with their Maths and increase confidence in your money management decisions and household budgeting skills - join any week! |
| MUX90090 | Games 4 U\* | Central MK Library | 18 Sep | Wednesday1pm-2.30pm | 4 wks | £0 | Come and join us for some boardgame and puzzle fun! Refreshments and sweet treats included. |
| MUX900130 | Garden Club | Daisychain Childrens Centre | 9 Sep | Monday1pm-2.30pm | 6 wks | £0 | Learn basic gardening skills to create your own garden space at the Centre and at home. Create your own flower and vegetable garden and learn some tips and tricks that will make gardening fun.Children welcome to join for fun, creative activities. |
| MUX10100 | Life with Numbers\* | Church of Christ the Cornerstone | 10 Sep | Tuesday10.30am-12.30pm | 12 wks | £0 | Apply Maths to your daily life and develop confidence in understanding household bills, retail discounts, journey planning and more. |
| MUX1050 | The Language of Maths – ESOL\* | Online | 3 Sep | Tuesday6pm-8pm | 12 wks | £0 | For ESOL students who want to strengthen their English and support their children with maths and perhaps prepare for future Maths and English qualifications. |
| MUX200220 | International Flavours: Cooking on a Budget\* | Church of Christ the Cornerstone | 20 Sep | Friday12.30pm-2.30pm | 6 wks | £0 | Create quick and easy tasty recipes that won't break the bank. Learn how to use your money wisely and learn innovative ways to use ingredients for your household. |
| MUX50160 | Refresh Your Maths (Online)\* | Online | 4 Sep | Wednesday6pm-8pm | 12 wks | £0 | A refresher class for those confident at Level 1 Maths, who would like to improve their budgeting and money management skills, or perhaps prepare for a Level 2 Maths qualification |
| MUX50220 | Refresh Your Maths (Online)\* | Online | 10 Sep | Tuesday6pm-8pm | 6 wks | £0 | A refresher class for those confident at Level 1 Maths, who would like to improve their budgeting and money management skills, or perhaps prepare for a Level 2 Maths qualification. |
| MUX60080 | ESOL Maths\* | Saplings Children’s Centre | 2 Sep | Monday1.30pm-3pm | 12 wks | £0 | Aimed at ESOL students who want to strengthen their English and support their children with maths and perhaps prepare for future Maths and English qualifications. |

## **Art, Craft and Leisure**

**Take some time for yourself and try something new!**(No concessions available.) Courses marked with \* will be running again in the new year.

| **Course Code** | **Course Title** |  **Venue** | **Start Date** | **Day and Times** | **Course Length** | **Fee** | **Description** |
| --- | --- | --- | --- | --- | --- | --- | --- |
| ACX00351 | Machine Sewing – Beginners\* | Oakgrove School | 25 Sep | Wednesday7pm-9pm | 5 wks | £110 | Simple practical projects to develop your machine sewing skills. |
| ACX00681 | Machine Sewing – Improvers\* | Oakgrove School | 6 Nov | Wednesday7pm-9pm | 5 wks | £110 | For those who have completed Machine Sewing Beginners and/or who already have basic machine sewing skills |
| ACX00721 | Dressmaking Saturday - Beginners & Improvers | Oakgrove School | 16 Nov | Saturday10am-4pm | 1 day | £66 | Suitable for beginners with some experience of using a sewing machine and more confident learners who wish to extend their sewing machine skills |
| ACX00161 | Dressmaking – Beginners\* | Oakgrove School | 23 Sep | Monday7pm-9pm | 5 wks | £110 | For complete beginners and those with a little experience. You will need to know how to use a sewing machine. |
| ACX00571 | Dressmaking - Beginners | Oakgrove School | 4 Nov | Monday7pm-9pm | 5 wks | £110 | For complete beginners and those with a little experience. You will need to know how to use a sewing machine. |
| ACX00171 | Dressmaking – Improvers\* | Oakgrove School | 26 Sep | Thursday7pm-9pm | 5 wks | £110 | For learners who have completed the Dressmaking Beginners course and/or who have some basic dressmaking skills already. You will need to know how to use a sewing machine. |
| ACX00701 | Dressmaking – Pattern Cutting for Beginners | Oakgrove School | 7 Nov | Thursday7pm-9pm | 5 wks | £110 | Learn how to create and cut your own dressmaking pattern |
| ACX00021 | An Introduction to Quilting | Oakgrove School | 9 Oct | Wednesday7pm-9pm | 6 wks | £132 | Discover the art and joy of quilting in this introductory course |
| ACX00460 | Introduction to Kiln Fused/Warm Glass\* | Oakgrove School | 9 Nov | Saturday10am-4pm | 1 day | £72 | First steps in fusing clear and coloured glass to make small decorative items (fee includes cost of materials) |
| ACX00461 | Stained Glass – Copper Foiled Sun Catchers or Jewellery | Oakgrove School | 7 Dec | Saturday10am-4pm | 1 day | £72 | Make a stained glass sun catcher or small item of jewellery as a gift for yourself or a loved one. (Fee includes cost of materials.) |
| ACX00371 | Stained Glass ­ Beginners/Improvers\* | Oakgrove School | 3 Oct | Thursday6.30pm-9pm | 8 wks | £240 | Learn how to work with glass, designing and making your own creations using lead came or copper foil (fee includes cost of materials) |
| ACX00431 | Art Skills - Drawing and Painting – Beginners | MK Gallery | 1 Oct | Tuesday12.30pm-3pm | 8 wks | £220 | An introduction to basic drawing and painting techniques |
| ACX00401 | Watercolour – Beginners | MK Gallery | 2 Oct | Wednesday9.30am-12pm | 8 wks | £220 | An introduction to those new to working with watercolour |
| ACX00381 | Project Based Watercolour Painting Intermediate/Advanced\* | MK Gallery | 1 Oct | Tuesday9.30am-12pm | 8 wks | £220 | Guided project-based course, for those who have completed 1 or more terms at Intermediate level. |
| ACX00550 | Good for the Soul | Church of Christ the Cornerstone | 8 Oct | Tuesday2pm-3.30pm | 4 wks | £66 | Each week, experience a new learning activity ranging from creative art, a recipe, singing, discussions, games and quizzes...delight in activities all Good for the Soul! |
| ACX00751 | Football Crazy United – a study of the game\* | CLMK Learning Centre | 6 Nov | Wednesday1pm-2.30pm | 4 wks | £66 | Analyse football in all its glory: Learn about the history and it’s impact on society today - why is football the phenomenon it is. Reminisce your favourite football moments in quizzes and discussions. Be a part of this learning team with a potential trip to MK Dons stadium |
| ACX00211 | Quilling Paper Art\* | CLMK Learning Centre | 7 Sep | Saturday9.30am-12.30pm | 1 day | £33 | Create amazing art with paper (fee includes cost of materials) |
| ACX00200 | Japanese Sashiko Stitching\* | CLMK Learning Centre | 14 Sep | Saturday10.30am-1.30pm | 1 day | £33 | Learn the art of visible stitching and mending (fee includes cost of materials) |
| ACX00741 | Doodle Weaving | CLMK Learning Centre | 28 Sep | Saturday10am-1pm | 1 day | £33 | Learn how to create simple woven designs in your sketchbook (fee includes cost of materials) |
| ACX00761 | Sour Dough Bread Making | Old Bath House – Wolverton | 28 Sep | Saturday9.30am-12.30pm | 1 day | £35 | Learn the art of sour dough bread making. Ingredients and resources included in the fee |
| ACX00510 | Needle Felting\* | CLMK Learning Centre | 19 Oct | Saturday1pm-4pm | 1 day | £33 | Create designs using wool fibres and a specialised needle until they bond together to create a solid shape (fee includes cost of materials) |
| ACX00771 | Music Mania! Let’s Talk Music!\* | CLMK Learning Centre | 19 Oct | Saturday11.30am-1.30pm | 1 day | £22 | Popular music appreciation from 1950's to 1990's. Come along for music quizzes, games, discussions and song analysis. Prizes, refreshments and all things music fun! |
| ACX00731 | Twig Weaving | CLMK Learning Centre | 26 Oct | Saturday10am-1pm | 1 day | £33 | Weaving with twigs to create interesting, attractive designs (fee includes cost of materials) |
| ACX00450 | Soap Basket with handmade flower design | CLMK Learning Centre | 9 Nov | Saturday9.30am-12.30pm | 1 day | £33 | Create and decorate your own basket (fee includes cost of materials) |
| ACX00030 | Handmade Christmas Tree decorations | CLMK Learning Centre | 16 Nov | Saturday10.30am-1.30pm | 1 day | £33 | Create your own decorations to personalise your Christmas tree or to give as gifts (fee includes cost of materials) |
| ACX00661 | Christmas Speed Crafting | CLMK Learning Centre | 30 Nov | Saturday10am-1pm | 1 day | £35 | Create quick and easy crafts in this fun, Christmas themed session. Learn a new craft and skill every hour! Materials, refreshments and treats included in the fee |
| ACX00440 | Fudge Recipes Workshop | Church of Christ the Cornerstone | 7 Dec | Saturday10am-12.30pm | 1 day | £22 | Create mouth watering fudge recipes using different methods and ingredients (fee includes cost of materials) |
| ACX00621 | Perfume and Cologne Workshop\* | CLMK Learning Centre | 2 Nov | Saturday10am-1pm | 1 day | £33 | Create your own bespoke scent and leave with your new creation in a fab bottle to enjoy, or gift to someone (fee includes cost of materials) |
| ACX00441 | Weaving a Christmas Tree Hanging | CLMK Learning Centre | 14 Dec | Saturday10am-1pm | 1 day | £33 | Weave a jolly Christmas tree decoration using twigs and yarn (fee includes cost of materials) |
| ACX00520 | Slow Stitching\* | CLMK Learning Centre | 14 Dec | Saturday1pm-4pm | 1 day | £33 | Create beautiful motifs using a variety of embroidery stitches (fee includes cost of materials) |

**Languages**

**Learn a new language or improve your skills (no concessions available.)**

To find out the right level of course for you visit [www.milton-keynes.gov.uk/adult-education](http://www.milton-keynes.gov.uk/adult-education) and go to Find Your Language Level.
Courses marked with \* will be running again in the new year.

| **Course Code** | **Course Title** |  **Venue** | **Start Date** | **Day and Times** | **Course Length** | **Fee** | **Description** |
| --- | --- | --- | --- | --- | --- | --- | --- |
| LAC00807 | Lip-Reading – Beginners\* | MKCC Civic Offices | 26 Sep | Thursday7pm-8.30pm | 10 wks | £0 | For absolute beginners and those with a little knowledge |
| LAX00251 | Spanish – Beginners\* | MKCC Civic Offices | 23 Sep | Monday7pm-8.30pm | 10 wks | £150 | For absolute beginners and those with a little knowledge |
| LAX00751 | Spanish – Next Steps\* | MKCC Civic Offices | 26 Sep | Thursday7pm-8.30pm | 10 wks | £150 | For those who have completed one term of Spanish - Beginners |
| LAX00291 | Spanish – Moving on to Improvers\* | MKCC Civic Offices | 25 Sep | Wednesday7pm-9pm | 10 wks | £150 | For those who have completed one term of Spanish – Next Steps |
| LAX00741 | Spanish – Improvers Year 1\* | MKCC Civic Offices | 24 Sep | Tuesday7pm-8.30pm | 10 wks | £150 | For those who have completed one year or three terms of Spanish - Moving on to Improvers |
| LAX00713 | Spanish – Intermediate\* | MKCC Civic Offices | 24 Sep | Tuesday7pm-9pm | 10 wks | £200 | For those who have completed two years or six terms of Spanish Improvers |
| LAX00391 | Italian – Beginners\* | MKCC Civic Offices | 26 Sep | Thursday7pm-8.30pm | 10 wks | £150 | For absolute beginners and those with a little knowledge |
| LAX00421 | Italian - Next Steps\* | MKCC Civic Offices | 25 Sep | Wednesday7pm-8.30pm | 10 wks | £150 | For those who have completed one term of Italian - Beginners |
| LAX00431 | Italian – Moving on to Improvers\* | MKCC Civic Offices | 24 Sep | Tuesday7pm-8.30pm | 10 wks | £150 | For those who have completed one term of Italian - Next Steps |
| LAX00781 | Italian Improvers – Year 1\* | MKCC Civic Offices | 25 Sep | Wednesday7pm-8.30pm | 10 wks | £150 | For those who have completed one year or three terms of Italian - Improvers |
| LAX00717 | Italian Improvers – Year 2\* | MKCC Civic Offices | 23 Sep | Monday7pm-8.30pm | 10 wks | £150 | For learners who have completed Italian Next Steps, or two terms of tuition |
| LAX00481 | Italian – Intermediate\* | Online | 26 Sep | Thursday7pm-9pm | 10 wks | £200 | For those who have completed two years or six terms of Italian - Improvers |
| LAX00951 | Japanese – Next Steps | MKCC Civic Offices | 24 Sep | Tuesday6.45pm-8.15pm | 10 wks | £150 | For those who have completed Japanese Beginners and/or those with some knowledge who wish to develop further |
| LAX00591 | Japanese – Intermediate\* | MKCC Civic Offices | 23 Sep | Monday6.45pm-8.15pm | 10 wks | £150 | For those who have completed three terms or one year of Japanese - Improvers or who are already at the required level |

## **Family Learning**

Our Community Learning MK, Family Learning team offers a huge variety of FREE short courses for parents and/or carers with children under 18. These are available in Children’s and Family Centres, community centres, libraries and schools.

Here are some of the sessions we deliver across Milton Keynes:

|  |  |  |
| --- | --- | --- |
| **Just for the grown-ups** | **Supporting your child** | **Fun with your child** |
| Build Your Confidence | Singing Sacks | Fun with Food |
| Wellbeing | Story Sacks | Soundstart/Make Music |
| Art for Relaxation | Language and Play | Nature Explorers |
| Family Fortunes | Transition to School | Children’s Yoga/Active Games |
| Cooking on a Budget | Fun with Phonics/Maths | Seasonal Arts and Crafts |

We also offer the Family Links Nurturing programme – as a 10 week and a 4 week course.
To request a family learning brochure please contact nicola.skelton@milton-keynes.gov.uk or visit FamilyLearningMK on Facebook

**Health and Wellbeing
Take some time for yourself and support your mental health. Also look out for our fortnightly Wellbeing Café sessions.**

(A fee may apply if you do not meet the age/residency requirements.) Courses marked with \* will be running again in the new year.

| **Course Code** | **Course Title** | **Venue** | **Start Date** | **Day and Times** | **Course Length** | **Fee** | **Description** |
| --- | --- | --- | --- | --- | --- | --- | --- |
| SMC00371 | Less Stress, More Resilience\* | MKCC Civic Offices | 3 Sep | Tuesday6.30pm-8pm | 8 wks | £0 | The key ingredients to live a calmer, more resilient life. This may also benefit those who are experiencing anxiety |
| SMC00551 | Confident Communication\* | Church of Christ the Cornerstone | 3 Sep | Tuesday10am-11.30am | 8 wks | £0 | Essential skills for effective communication, including developing healthy boundaries and assertiveness |
| SMC00071 | Finding Your Way through Grief\* | Church of Christ the Cornerstone | 5 Sep | Thursday10am-11.30am | 8 wks | £0 | Aims to bring bereaved people together to help navigate loss, through awareness and understanding. May also be useful to those who are helping others with a loss |
| SMC00481 | Relaxation through Mindfulness\* | MKCC Civic Offices | 5 Sep | Thursday6.30pm-8pm | 8 wks | £0 | An in-depth eight-week course that looks at managing thoughts and emotions by staying in the "now", using mindfulness |
| SMC00461 | Armchair Yoga\* | Church of Christ the Cornerstone | 9 Sep | Monday1.30pm-2.30pm | 12 wks | £0 | Gentle seated yoga stretches for those with mobility issues |
| SMC03000 | Ways to Wellbeing | Online | 17 Sep | Tuesday1pm-2.30pm | 6 wks | £0 | An in-depth 6 week wellness programme to help learners enhance their wellness to achieve better wellbeing |
| SMC00089 | Understanding Male Mental Health | Church of Christ the Cornerstone | 18 Sep | Wednesday6pm-8pm | 4 wks | £0 | Delivered over 4 weeks in a suportive environment, we will discuss the unique challenges faced by men and explore strategies to improve male mental health |
| SMC04000 | Own my life\* | Church of Christ the Cornerstone | 19 Sep | Thursday12.30pm-2.30pm | 12 wks | £0 | A 12 week course to help women who have experienced abuse to regain ownership of their lives |
| SMC00011 | Nagomi Art\* | Church of Christ the Cornerstone | 23 Sep | Monday6pm-8pm | 10 wks | £0 | Learn about the Japanese pastel art using fingertips to create beautiful pieces of art |
| SMC00271 | Art Journalling\* | Westbury Arts Centre | 27 Sep | Friday10am-12pm | 10 wks | £0 | Create your own unique visual journal to aid your wellbeing |
| SMC00261 | Art for Wellbeing\* | Westbury Arts Centre | 27 Sep | Friday12.30pm-2.30pm | 10 wks | £0 | Improve your wellbeing through creativity |
| SMC00731 | Textile Heaven\* | CLMK Learning Centre | 27 Sep | Friday1pm-3pm | 10 wks | £0 | Knitting, weaving, sewing, crochet, patchwork, yarn art … find out how these fun crafting activities can improve your wellbeing as well as your skill set |
| SMC00131 | Meaningful Connections\* | Church of Christ the Cornerstone | 12 Nov | Tuesday10am-11.30am | 6 wks | £0 | A 6 week exploration of what it means to make friends, build communities and tackle loneliness |
| SMC00791 | Manifest Your Success\* | MKCC Civic Offices | 12 Nov | Tuesday6.30pm-8pm | 6 wks | £0 | Consider purpose, meaning and success by setting meaningful intentions |
| SMC00031 | Working Towards Self Compassion\* | Church of Christ the Cornerstone | 14 Nov | Thursday10am-11.30am | 6 wks | £0 | Explore what self-compassion is and how you can develop yours for a happier life |
| SMC00191 | Wellbeing for Pain Management\* | Online | 12 Nov | Tuesday1pm-2.30pm | 6 wks | £0 | Gives people who experience ongoing problems with pain the opportunity to explore what helps (and what doesn’t) |
| SMC02000 | Map Skills | CLMK Learning Centre | 28 Sep | Saturday10am-4pm | 1 day | £0 | Discover how to use an ordnance survey map to plan a walk, understand countryside footpaths and rights of way then practice your skills on a gentle 2-hour walk |
| SMC01000 | An Introduction to Yoga Nidra\* | Church of Christ the Cornerstone | 5 Nov | Tuesday9.30am-11.30am | 1 day | £0 | Learn more about the deep relaxation practice to help reduce stress and improve sleep |
| SMC00061 | Better Sleep\* | MKCC Civic Offices | 5 Nov | Tuesday6.15pm-8.15pm | 1 day | £0 | Learn effective sleep strategies |
| SMC00161 | Understanding Dreams\* | MKCC Civic Offices | 7 Nov | Thursday6.15pm-8.15pm | 1 day | £0 | Explore your dreams and what they might mean |
| SMC00431 | Shinrin Yoku – The Japanese Art of Treebathing\* | Online | 14 Nov | Thursday6pm-8pm | 1 day | £0 | Discover how nature can be used as a form of therapy |
| SMC00421 | Hygge - The Danish Path to Happiness\* | Online | 21 Nov | Thursday6pm-8pm | 1 day | £0 | Give yourself a well deserved hug and discover how to live well and be happy, the Danish way |
| SMC00091 | Emotional Freedom Technique – EFT | Online | 28 Nov | Thursday6pm-8pm | 1 day | £0 | EFT works on the belief that energy blockages in the body can cause emotional discomfort and negative thoughts, explore the tapping technique to release these blockages |