

Community Learning MK.

Adult Education Course Listings

Autumn/Winter 2024

www.milton-keynes.gov.uk/courses





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 (or use the QR code below) to see 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 updates!

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To find out more email communitylearning.mk@milton-keynes.gov.uk
visit www.milton-keynes.gov.uk/adult-education
or call us on **01908 252500**

Term Dates

Monday 2 September to Saturday 21 December 2024

(Half term holiday Monday 28 October to Saturday 2 November)

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	COURSE VENUE	START DATE	DAY AND TIMES	COURSE LENGTH	FEE
ITL01610	Beginner's Guide to IT: 4-Week Program*	CLMK Learning Centre	09-Sep	Monday 1pm-2.30pm	4 weeks	£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 50's*	Church of Christ the Cornerstone	12-Nov	Tuesday 1pm-2.30pm	6 weeks	£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	02-Oct	Wednesday 9.30am-11.30am	10 weeks	£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	Wednesday 12.30pm-3pm	12 weeks	£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	Tuesday 1pm-2.30pm	3 weeks	£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	01-Oct	Tuesday 1pm-2.30pm	3 weeks	£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	07-Oct	Monday 1pm-2.30pm	4 weeks	£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	Tuesday 1pm-2.30pm	4 weeks	£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	05-Sep	Thursday 1pm-2.30pm	3 weeks	£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	Thursday 1pm-2.30pm	3 weeks	£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
email nep@milton-keynes.gov.uk or call **01908 252323**



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
ETL01110	Job Application Bootcamp: From Novice to Pro in 4 Weeks*	CLMK Learning Centre	10-Sep	Tuesday 1pm-2.30pm	4 weeks	£0
	Transform your job search approach in four weeks; learn to craft standout applications, network effectively and ace interviews.					
ETL01310	Mastering CVs and Interviews: 4-Week Program	CLMK Learning Centre	08-Oct	Tuesday 1pm-2.30pm	4 weeks	£0
	Perfect your CV and interview skills in four weeks, gaining insights into personal branding, impactful resumes and confident interviewing.					

Employability and Qualifications - continued

COURSE CODE	COURSE TITLE	VENUE	START DATE	DAY AND TIMES	COURSE LENGTH	FEE
EPA01130	Entry 3 - Applying for jobs from a phone 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!	CLMK Learning Centre	04-Sep	Wednesday 9.30am-11.30am	3 weeks	£0
EPA04110	Entry Award to Health and Social Care Begin your journey into health and social care, learning foundational skills and concepts to support and care for individuals in various healthcare settings.	CLMK Learning Centre	16-Sep	Monday 10am-12pm	10 weeks	£0
EPA04610	BTEC Level 1 Introduction to Health and Social Care* 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.	CLMK Learning Centre	19-Sep	Thursday 12.30pm-3pm	12 weeks	£0
EPA13210	Level 1 Introductory Award Child Development 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.	Church of Christ the Cornerstone	11-Sep	Wednesday 9.30am-12pm	3 weeks	£0
EPA03210	BTEC Level 1 Introduction to Childcare* Explore fundamental childcare principles, including communication with young children, play and child development, in a practical, assessment-based course with no exams required.	CLMK Learning Centre	06-Sep	Friday 9.30am-11.30am	10 weeks	£0
EPA03510	Level 2 Diploma for the Early Years Practitioner A qualification for anyone looking to work in an Early Years setting	Church of Christ the Cornerstone	02-Oct	Wednesday 9.30am-12pm	32 weeks	£0
EPA05210	BTEC Level 1 Introduction to Hospitality and Tourism* Discover the vibrant sectors of hospitality and tourism, learning customer service, planning and industry-specific skills for a successful start in these dynamic fields.	Church of Christ the Cornerstone	17-Sep	Tuesday 9.30am-12pm	12 weeks	£0
EPA08610	BTEC Level 1 Introduction to Business* Explore fundamental aspects of business, including communication, problem-solving and teamwork, in a practical, assessment-based course designed to support progression in the field.	Church of Christ the Cornerstone	17-Sep	Tuesday 12.30pm-3pm	12 weeks	£0

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.

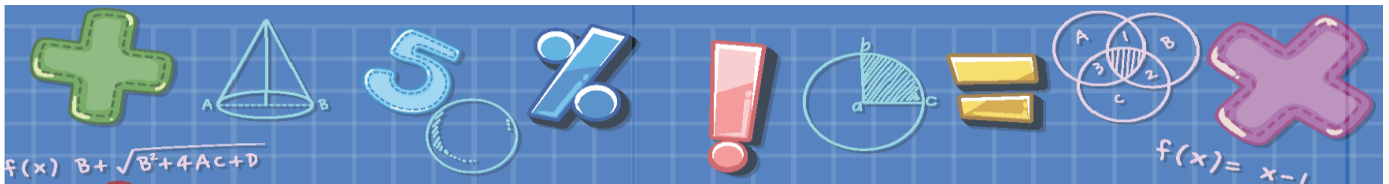
Due to changes in the government funding rules our leisure courses in arts and languages no longer receive funding and therefore no concession is available. Find out more online at www.milton-keynes.gov.uk/fee-policy

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. 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 course 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.

Multiply

COURSE CODE	COURSE TITLE	VENUE	START DATE	DAY AND TIMES	COURSE LENGTH	FEE
MUX900100	Living With Numbers (numeracy confidence)*	Daisychain Family Centre	04-Sep	Wednesday 10am-12pm	6 weeks	£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	02-Sep	Monday 11.30am-1pm	12 weeks	£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	04-Sep	Wednesday 1pm-3pm	6 weeks	£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*	CMK Library	18-Sep	Wednesday 1pm-2.30pm	4 weeks	£0
	Come and join us for some Monday boardgame and puzzle fun! A great start to the week. Refreshments and sweet treats included.					
MUX900130	Garden Club	Daisychain Childrens Centre	09-Sep	Monday 1pm-2.30pm	6 weeks	£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	Tuesday 10.30am-12.30pm	12 weeks	£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	03-Sep	Tuesday 6pm-8pm	12 weeks	£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	Friday 12.30pm-2.30pm	6 weeks	£0
	Quick and easy international 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 Wednesdays (Online)*	Online	04-Sep	Wednesday 6pm-8pm	12 weeks	£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 Tuesdays (Online)*	Online	10-Sep	Tuesday 6pm-8pm	6 weeks	£0
	A refresher class for those confident at Level 1 Maths, who would like to improve their budgeting and money management skills, or perhaps for a Level 2 Maths qualification					
MUX60080	ESOL Maths*	Saplings Children's Centre	02-Sep	Monday 1.30pm-3pm	12 weeks	£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
ACX00351	Machine Sewing - Beginners* Simple practical projects to develop your sewing machine skills	Oakgrove School	25-Sep	Wednesday 7pm-9pm	5 weeks	£110
ACX00681	Machine Sewing - Improvers* For those who have completed Machine Sewing Beginners and/or who already have basic machine sewing skills. Simple practical projects to improve your sewing machine skills	Oakgrove School	06-Nov	Wednesday 7pm-9pm	5 weeks	£110
ACX00721	Dressmaking Saturday - Beginners & Improvers Suitable for beginners with some experience of using a sewing machine and more confident learners who wish to extend their sewing machine skills	Oakgrove School	16-Nov	Saturday 10am-4pm	1 day	£66
ACX00161	Dressmaking - Beginners* Develop your basic sewing skills and make a simple garment using a commercial pattern. You will need to know how to use a sewing machine	Oakgrove School	23-Sep	Monday 7pm-9pm	5 weeks	£110
ACX00571	Dressmaking - Beginners Develop your basic sewing skills and make a simple garment using a commercial pattern. You will need to know how to use a sewing machine	Oakgrove School	04-Nov	Monday 7pm-9pm	5 weeks	£110
ACX00171	Dressmaking - Improvers* 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.	Oakgrove School	26-Sep	Thursday 7pm-9pm	5 weeks	£110
ACX00701	Dressmaking - Pattern Cutting for Beginners Learn how to create and cut your own dressmaking pattern	Oakgrove School	07-Nov	Thursday 7pm-9pm	5 weeks	£110
ACX00021	An Introduction to Quilting Discover the art and joy of quilting in this introductory course	Oakgrove School	09-Oct	Wednesday 7pm-9pm	6 weeks	£132
ACX00460	Introduction to Kiln Fused/Warm Glass* Make a stained glass sun catcher or item of jewellery as a gift for yourself or a loved one (fee includes cost of materials)	Oakgrove School	09-Nov	Saturday 10am-4pm	1 day	£72
ACX00461	Stained Glass - Copper Foiled Sun Catchers/Jewellery* First steps in fusing clear and coloured glass to make small decorative items (fee includes cost of materials)	Oakgrove School	07-Dec	Saturday 10am-4pm	1 day	£72
ACX00371	Stained Glass - Beginners/Improvers* Learn how to work with glass, designing and making your own creations using lead came or copper foil (fee includes cost of materials)	Oakgrove School	03-Oct	Thursday 6.30pm-9pm	8 weeks	£240
ACX00431	Art Skills - Drawing and Painting - Beginners An introduction to basic drawing and painting techniques	MK Gallery	01-Oct	Tuesday 12.30pm-3pm	8 weeks	£220

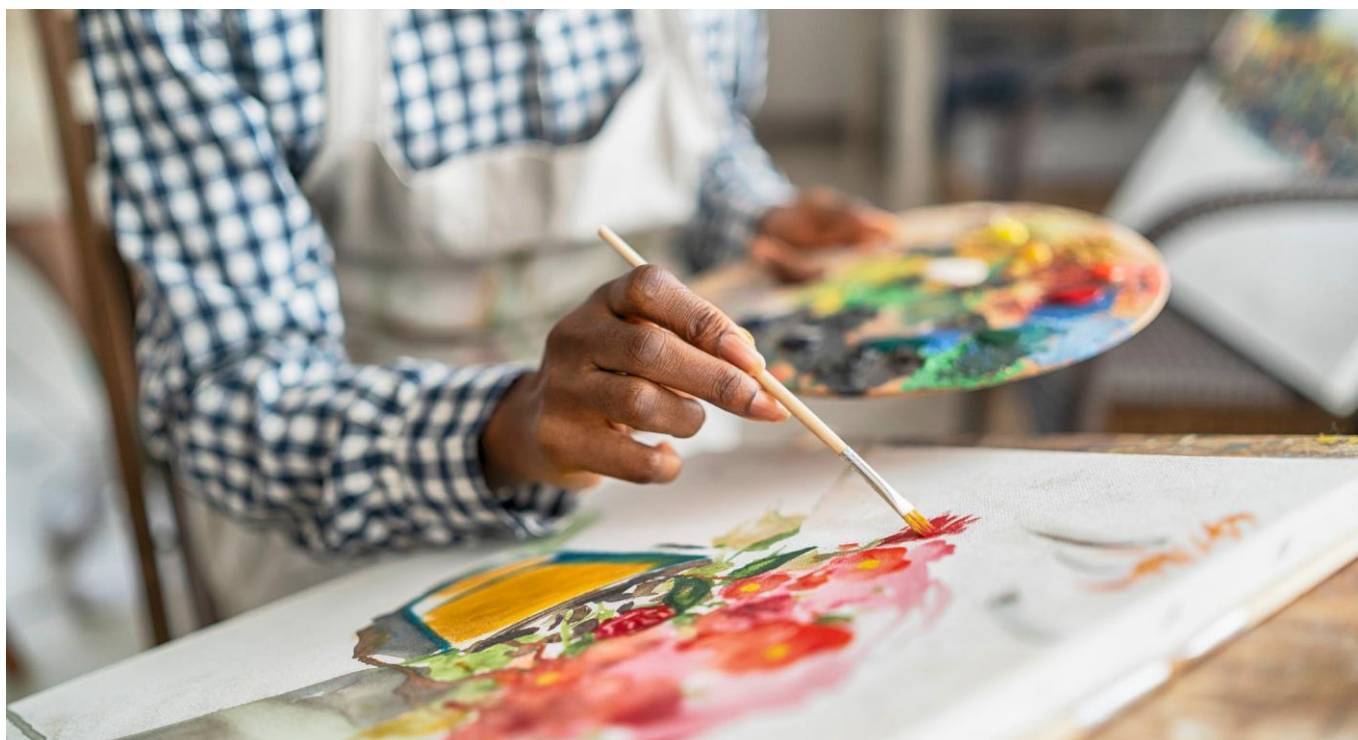
Art, Craft and Leisure - continued

COURSE CODE	COURSE TITLE	VENUE	START DATE	DAY AND TIMES	COURSE LENGTH	FEE
ACX00401	Watercolour - Beginners	MK Gallery	02-Oct	Wednesday 9.30am-12pm	8 weeks	£220
	An introduction for those new to working with watercolour					
ACX00381	Project Based Watercolour Painting - Intermediate/advanced*	MK Gallery	01-Oct	Tuesday 9.30am-12pm	8 weeks	£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 Cornerstone	08-Oct	Tuesday 2pm-3.30pm	4 weeks	£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 - a study of the game*	CLMK Learning Centre	6-Nov	Wednesday 1pm-2.30pm	4 weeks	£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	07-Sep	Saturday 9.30am-12.30pm	1 day	£33
	Create amazing art with paper (fee includes cost of materials)					
ACX00200	Japanese Sashiko Stitching*	CLMK Learning Centre	14-Sep	Saturday 10.30am-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	Saturday 10am-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 Wolverton Bath House	28-Sep	Saturday 9.30am-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	Saturday 1pm-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	Saturday 11.30am-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	Saturday 10am-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	09-Nov	Saturday 9.30am-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	Saturday 10.30am-1.30pm	1 day	£33
	Create your own decorations to personalise your Christmas tree or to give as gifts (fee includes cost of materials)					

Art, Craft and Leisure - continued

COURSE CODE	COURSE TITLE	VENUE	START DATE	DAY AND TIMES	COURSE LENGTH	FEE
ACX00661	Christmas Speed Crafting	CLMK Learning Centre	30-Nov	Saturday 10am-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	07-Dec	Saturday 10am-12.30pm	1 day	£22
	Create mouth watering fudge recipes using different methods and ingredients (fee includes cost of materials)					
ACX00621	Perfume & Cologne workshop*	CLMK Learning Centre	02-Nov	Saturday 10am-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 Wall Hanging	CLMK Learning Centre	14-Dec	Saturday 10am-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	Saturday 1pm-4pm	1 day	£33
	Create beautiful motifs using a variety of embroidery stitches (fee includes cost of materials)					

www.milton-keynes.gov.uk/courses



www.milton-keynes.gov.uk/CLMK

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 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
LAC00817	 Lip-Reading - Beginners* For absolute beginners and those with a little knowledge	MKCC Civic Offices	26-Sep	Thursday 7pm-8.30pm	10 weeks	£0
LAC00251	 Spanish - Beginners* For absolute beginners and those with a little knowledge	MKCC Civic Offices	23-Sep	Monday 7pm-8.30pm	10 weeks	£150
LAX00751	 Spanish - Next Steps* For those who have completed one term of Spanish - Beginners	MKCC Civic Offices	26-Sep	Thursday 7pm-8.30pm	10 weeks	£150
LAX00291	 Spanish - Moving on to Improvers* For those who have completed one term of Spanish - Next Steps	MKCC Civic Offices	25-Sep	Wednesday 7pm-8.30pm	10 weeks	£150
LAX00741	 Spanish - Improvers Year 1* For those who have completed one year or three terms of Spanish - Moving on to Improvers	MKCC Civic Offices	24-Sep	Tuesday 7pm-8.30pm	10 weeks	£150
LAX00713	 Spanish - Intermediate* For those who have completed two years or six terms of Spanish Improvers	MKCC Civic Offices	24-Sep	Tuesday 7pm-9pm	10 weeks	£200
LAX00391	 Italian - Beginners* For absolute beginners and those with a little knowledge	MKCC Civic Offices	26-Sep	Thursday 7pm-8.30pm	10 weeks	£150
LAX00421	 Italian - Next Steps* For those who have completed one term of Italian - Beginners	MKCC Civic Offices	25-Sep	Wednesday 7pm-8.30pm	10 weeks	£150
LAX00431	 Italian - Moving on to Improvers* For those who have completed one term of Italian - Next Steps	MKCC Civic Offices	24-Sep	Tuesday 7pm-8.30pm	10 weeks	£150
LAX00781	 Italian Improvers - Year 1* For those who have completed one year or three terms of Italian - Moving on to Improvers	MKCC Civic Offices	25-Sep	Wednesday 7pm-8.30pm	10 weeks	£150
LAX00717	 Italian Improvers - Year 2* For those who have completed one year or three terms of Italian Improvers	MKCC Civic Offices	23-Sep	Monday 7pm-8.30pm	10 weeks	£150
LAX00481	 Italian - Intermediate* For those who have completed two years or six terms of Italian - Improvers	Online	26-Sep	Thursday 7pm-9pm	10 weeks	£200
LAX00951	 Japanese - Next Steps For those who have completed Japanese Beginners and/or those with some knowledge who wish to develop further	MKCC Civic Offices	24-Sep	Tuesday 6.45pm-8.15pm	10 weeks	£150
LAX00591	 Japanese Intermediate* For those who have completed three terms or one year of Japanese - Improvers or who are already at the required level	MKCC Civic Offices	23-Sep	Monday 6.45pm-8.15pm	10 weeks	£150



Family Learning MK

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 Well-being Art for relaxation Family Fortunes Cooking on a budget	Singing Sacks Story Sacks Language and play Transition to school Fun with Phonics/Maths	Fun with Food Soundstart/Make Music Nature Explorers Childrens Yoga/Active Games Seasonal arts & 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 us on Facebook

familylearningMK

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communitylearningMK

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Health and Wellbeing

Take some time for yourself and support your mental health, enrolling on any of these will also give you access to our fortnightly Wellbeing Café (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
SMC00371	Less Stress, More Resilience*	MKCC Civic Offices	03-Sep	Tuesday 6.30pm-8pm	8 weeks	£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	03-Sep	Tuesday 10am-11.30am	8 weeks	£0
	Essential skills for effective communication, including developing healthy boundaries and assertiveness					
SMC00071	Finding your way through grief*	Church of Christ the Cornerstone	05-Sep	Thursday 10am-11.30am	8 weeks	£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	05-Sep	Thursday 6.30pm-8pm	8 weeks	£0
	An in-depth 8 week course that looks at managing thoughts and emotions by staying in the "now", using mindfulness.					
SMC00461	Armchair Yoga*	Church of Christ the Cornerstone	09-Sep	Monday 1.30pm-2.30pm	12 weeks	£0
	Gentle seated yoga stretches for those with mobility issues					
SMC03000	Ways to Wellbeing	Online	17-Sep	Tuesday 1pm-2.30pm	6 weeks	£0
	An in-depth 6 week wellness programme to help learners enhance their wellness to achieve better well-being					
SMC00089	Understanding Male Mental Health	Church of Christ the Cornerstone	18-Sep	Wednesday 6pm-8pm	4 wks	£0
	Delivered over 4 weeks in a supportive 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	Thursday 12.30pm-2.30pm	12 weeks	£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	Monday 6pm-8pm	10 weeks	£0
	Learn about the Japanese pastel art using your fingertips to create beautiful pieces of art					
SMC00261	Art for Wellbeing*	Westbury Arts Centre	27-Sep	Friday 12.30pm-2.30pm	10 weeks	£0
	Improve your wellbeing through creativity					
SMC00271	Art Journalling*	Westbury Arts Centre	27-Sep	Friday 10am-12pm	10 weeks	£0
	Create your own unique visual journal to aid your wellbeing					
SMC00731	Textile Heaven*	CLMK Learning Centre	27-Sep	Friday 1pm-3pm	10 weeks	£0
	Knitting, weaving, sewing, crochet, patchwork, yarn art...find out how these fun crafting activities can improve your well-being as well as your skill set!					

Health and Wellbeing - continued

COURSE CODE	COURSE TITLE	VENUE	START DATE	DAY AND TIMES	COURSE LENGTH	FEE
SMC02000	Map Skills	CLMK Learning Centre	28-Sep	Saturday 10am-4pm	1 day	£0
	Discover how to use an Ordnance Survey map to plan a walk, understand countryside footpaths and rights of way. Practice your skills on a gentle 2 hour walk.					
SMC00131	Meaningful Connections*	Church of Christ the Cornerstone	12-Nov	Tuesday 10am-11.30am	6 weeks	£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	Tuesday 6.30pm-8pm	6 weeks	£0
	Consider purpose, meaning and success by setting meaningful intentions					
SMC00031	Working Towards Self Compassion*	Church of Christ the Cornerstone	14-Nov	Thursday 10am-11.30am	6 weeks	£0
	Explore what self-compassion is and how you can develop yours for a happier life					
SMC00191	Wellbeing for Pain Management*	Online	12-Nov	Tuesday 1pm-2.30pm	6 weeks	£0
	Gives people who experience ongoing problems with pain the opportunity to explore things that may help (or not)					
SMC00431	Shinrin Yoku - The Japanese Art of Treebathing*	Online	14-Nov	Thursday 6pm-8pm	1 day	£0
	Discover Shinrin Yoku-the Japanese Art of Treebathing and how nature can be used as a form of therapy					
SMC00421	Hygge - the Danish Path to Happiness*	Online	21-Nov	Thursday 6pm-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	Thursday 6pm-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					
SMC01000	An Introduction to Yoga Nidra*	Church of Christ the Cornerstone	05-Nov	Tuesday 9.30am-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	05-Nov	Tuesday 6.15pm-8.15pm	1 day	£0
	Learn effective sleep strategies					
SMC00161	Understanding Dreams*	MKCC Civic Offices	07-Nov	Thursday 6.15pm-8.15pm	1 day	£0
	Explore your dreams and what they might mean					





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

Courses for Young People

At Community Learning MK we also offer 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 you for future pathways into learning or employment and include:

Tuesdays and Wednesdays from 10am to 2pm at the Church of Christ the Cornerstone - Wellbeing and Life Skills: an opportunity to build confidence and resilience through wellbeing activities.

Wednesdays from 11am to 12pm at the Church of Christ the Cornerstone – Wellbeing Café: Focusing on self-care and building confidence in an informal group setting.

For more information email jayne.hobbs@milton-keynes.gov.uk

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 to help them 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:

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Opening Times

Monday to Thursday 9.00am to 4.30pm

Friday 9.00am to 4.00pm

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