

# Community Learning MK- Adult Education

Course Listings – Spring/Summer 2025

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

## Introduction

Welcome to a new term 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 January to April are detailed here but online you can find others that start later in the year.

Visit [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 added throughout the year so please check on our website and social media pages for the latest courses and updates!

For more information email [communitylearning.mk@milton-keynes.gov.uk](mailto: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.

## Spring Term Dates

**Monday 6 January to Saturday 5 April** (Half term holiday Monday 17 February to Saturday 22 February)

## 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)

## 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 in the right class.

Our next skills checks for GCSE are scheduled to run throughout July and August and into September for autumn term enrolments.

There is also an opportunity to join Functional Skills maths or English in January 2025 subject to skills checks that will take place during November and December 2024. To request an appointment please email: [communitylearning.mk@milton-keynes.gov.uk](mailto:communitylearning.mk@milton-keynes.gov.uk).

## Digital Skills

**Improve your IT Skills with our free courses (residency restrictions apply) courses with an asterisk (\*) at the end of the title will be running again in the summer term, check online or contact us for more information**

Course Code	Course Title	Venue	Start Date	Day and Times	Course Length	Fee	Description
ITL01610	Beginner's Guide to IT: 4-Week Programme*	CLMK Learning Centre	20 Jan	Monday 1pm-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
ITA02130	Beginners Guide to ICT (Entry 3)	CLMK Learning Centre	15 Jan	Wednesday 9.30am-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
ITA02170	Beginner's Guide to ICT (Entry 3)	CLMK Learning Centre	15 Jan	Wednesday 6pm-9pm	6 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
ITA02620	BTEC Level 1 Introduction to ICT	CLMK Learning Centre	15 Jan	Wednesday 12.30pm-3pm	14 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*	CLMK Learning Centre	7 Jan	Tuesday 1pm-3pm	3 wks	£0	Build your social media presence confidently in three weeks, learning platform navigation content creation and engagement strategies
ITL01210	Microsoft Word Skills for Success*	CLMK Learning Centre	30 Jan	Thursday 1pm-2.30pm	3 wks	£0	Enhance your document crafting abilities in 3 weeks: learn formatting, templates and advanced features to create professional Word documents
ITL01110	Microsoft Excel Essentials in Three Weeks*	CLMK Learning Centre	9 Jan	Thursday 1pm-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
ITL01130	Excel for Data Analysis	CLMK Learning Centre	16 Jan	Thursday 6pm-9pm	6 wks	£0	Improve your Excel skills and learn how to present, interpret and analyse data
ITL01510	Online Safety Essentials*	CLMK Learning Centre	27 Jan	Tuesday 1pm-3pm	3 wks	£0	Secure your digital life with our three-week online safety course, focusing on privacy, security practices and threat prevention
ITL01710	4-Week Smart Device Challenge: Boost Your Tech Skills*	CLMK Learning Centre	25 Feb	Tuesday 1pm-3pm	4 wks	£0	Take our four-week challenge to enhance your smart device proficiency, exploring apps, settings and connectivity for everyday use
ITL01310	PowerPoint Proficiency in Three Weeks*	CLMK Learning Centre	6 Mar	Thursday 1pm-2.30pm	3 wks	£0	Develop captivating presentations with our three-week PowerPoint course, mastering slide design, animations and storytelling techniques

## Multiply

### Improve your Maths skills and gain more confidence (for learners who have not achieved a Level 2 or higher)

You can join these classes any week between the start and end dates

Course Code	Course Title	Venue	Start Date	Day and Times	Course Length	Fee	Description
MUX200160	Cooking on a Monday	Saplings Children's Centre	20 Jan	Monday 11am-12.30pm	6 wks	£0	Create quick and easy recipes that won't break the bank while learning innovative ways to use ingredients. Learn how to budget and shop wisely, manage money for your household and take home some tasty food too!
MUX60080	ESOL Maths	Saplings Children's Centre	20 Jan	Monday 1.30pm-3pm	9 wks	£0	For ESOL students who want to strengthen their English and support their children with maths or prepare for future maths and English qualifications. The course will explore English language used within Maths and support you in gaining further numeracy skills.
MUX10100	Life with Numbers	Church of Christ the Cornerstone	21 Jan	Tuesday 10.30am-12.30pm	8 wks	£0	Develop confidence in numbers by learning skills that range from telling the time, planning a journey and using a calculator. Apply maths to your daily life to understand household bills and retail discounts. Prepare for a Level 1 maths qualification or take this course alongside your Level 1 studies for additional support and practice.
MUX1050	The Language of Maths ESOL	Online	21 Jan	Tuesday 6pm-8pm	8 wks	£0	Aimed at ESOL students who want to strengthen their English, support their children with maths and perhaps prepare for future maths and English qualifications. The course explores English language within maths and supports further numeracy skills.
MUX90090	Games 4 U	Central MK Library	22 Jan	Wednesday 1pm-2.30pm	4 wks	£0	Join us for some boardgame and puzzle fun! Play your favourite boardgames and challenge yourself by learning new ones. Refreshments and sweet treats included.
MUX200220	International Flavours: Cooking on a Budget	Church of Christ the Cornerstone	24 Jan	Friday 12.30pm-2.30pm	7 wks	£0	Create quick and easy Asian cooking recipes that won't break the bank. Learn to spread your money by shopping wisely and how to use ingredients in innovative ways. Learn money management and household budgeting skills and take home some Asian food!

You can join these classes any week between the start and end dates

## Employment Support Services

Our Employment Support Services are available to help you into work. Our services can offer you practical help and advice to identify your skills and give you information about local vacancies and training opportunities.

**Early Help:** A free employability support service that is part of the Early Help package, offering parents access to a wide range of provision such as advice regarding employment, training opportunities, budgeting and benefit information. Available through any of the Family Centres located across Milton Keynes.

For more information visit: [www.milton-keynes.gov.uk/employment-early-help](http://www.milton-keynes.gov.uk/employment-early-help)

Email [nep@milton-keynes.gov.uk](mailto:nep@milton-keynes.gov.uk) or call 01908 252323.

**SEND:** A specialist support team enabling adults with Special Education Needs (SEND) and learning difficulties to gain successful employment.

For more information visit: [www.milton-keynes.gov.uk/employment-send](http://www.milton-keynes.gov.uk/employment-send) Email [supportedemploymentmk@milton-keynes.gov.uk](mailto:supportedemploymentmk@milton-keynes.gov.uk) or call 01908 252688.

## Employability and Qualifications

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

(Residency and employment restrictions apply)

Courses with an asterisk (\*) at the end of the title will be running again in the summer term, check online or contact us for more information

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	21 Jan	Tuesday 1pm-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	4 Mar	Tuesday 1pm-2.30pm	4 wks	£0	Perfect your CV and interview skills in four weeks, gaining insights into personal branding, impactful resumes and confident interviewing
EPA04120	Entry to Health and Social Care*	CLMK Learning Centre	13 Jan	Monday 10am-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
EPA05220	BTEC Level 1 Introduction to Hospitality and Tourism*	Church of Christ the Cornerstone	7 Jan	Tuesday 9.30am-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
EPA08620	BTEC Level 1 Introduction to Business*	CLMK Learning Centre	7 Jan	Tuesday 12.30pm-3pm	12 wks	£0	Explore fundamental aspects of business, including communication, problem-solving and teamwork. A practical, assessment-based course designed to support progression in the field.
EPA04620	BTEC Level 1 Introduction to Health and Social Care*	Church of Christ the Cornerstone	9 Jan	Thursday 12.30pm-3pm	12 wks	£0	Explore fundamental aspects of health and social care, emphasizing practical skills and foundational knowledge. Prepare for further study or entry into the field.
EPA03220	Level 1 Introduction to Childcare*	CLMK Learning Centre	10 Jan	Friday 9.30am-11.30am	14 wks	£0	Explore fundamental childcare principles, including communication with young children, play and child development, in a practical, assessment-based course
EPA09220	BTEC Level 1 Health and Fitness*	Church of Christ the Cornerstone	10 Jan	Friday 10am-12pm	12 wks	£0	Embark on a fitness journey with our Level 1 course: learn sports fundamentals, health principles, and wellness strategies tailored for active lifestyles and personal growth

## Art, Craft and Leisure

### Take some time for yourself and try something new!

(No concessions available)

Courses with an asterisk (\*) at the end of the title will be running again in the summer term, check online or contact us for more information

### One Day Workshops

Course Code	Course Title	Venue	Start Date	Day and Times	Course Length	Fee	Description
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
ACX00781	Christmas Willow Wreath Making	CLMK Learning Centre	7 Dec	Saturday 10am-1pm	1 day	£35	Weave your own sustainable and natural wreath and decorate using willow, natural foliage, dried fruits, ribbons and more. Fee includes all resources, refreshments and a mince pie!
ACX00791	Christmas Willow Wreath Making	CLMK Learning Centre	11 Dec	Wednesday 6pm-9pm	1 day	£35	Weave your own sustainable and natural wreath and decorate using willow, natural foliage, dried fruits, ribbons and more. Fee includes all resources, refreshments and a mince pie!
ACX00441	Weaving a Christmas Tree 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	Learn a range of hand embroidery stitches and build a fabric collage design which can be added to a simple hand-stitched purse. All materials included.
ACX00030	Pastel Art*	CLMK Learning Centre	11 Jan	Saturday 9.30am-11.30am	1 day	£22	Explore your creativity – surprise yourself and produce stunning pastel art perfect for beginners and art enthusiasts alike! All materials provided.
ACX00510	Needle Felting*	CLMK Learning Centre	18 Jan	Saturday 1pm-4pm	1 day	£33	Learn this calm and relaxing craft bonding wool fibres with a specialised needle to create a solid shape. All materials for completing your project are included in the fee.
ACX00731	Landscape Weaving*	CLMK Learning Centre	25 Jan	Saturday 10am-3pm	1 day	£55	Discover the world of textile art through the unique medium of landscape weaving. All materials are included in the fee.
ACX00211	Quilling Paper Art*	CLMK Learning Centre	1 Feb	Saturday 9.30am-12.30pm	1 day	£33	Use strips of paper that are rolled, looped, curled and twisted to create different shapes and decorative designs for greeting cards, pictures, gift boxes, art collages and even jewellery. All materials included.
ACX00771	Film Fans Forum	CLMK Learning Centre	1 Feb	Saturday 11.30am-1.30pm	1 day	£22	Film fanatics step this way! Analyse film clips, debate which is the best film genre and why, and learn some basic techniques as an introduction to film studies, ending in a fun quiz.
ACX00761	Air Fryer Passion – Valentine's Day Special	Church of Christ the Cornerstone	14 Feb	Friday 11.30am-2.30pm	1 day	£33	Create tantalising, healthy, Valentine's Day themed food and learn air fryer tips and tricks. All learners will be entered into our prize draw to win an air fryer! All ingredients included.

Course Code	Course Title	Venue	Start Date	Day and Times	Course Length	Fee	Description
ACX00200	Japanese Sashiko Stitching*	CLMK Learning Centre	22 Feb	Saturday 10am-1pm	1 day	£33	Learn the art of visible stitching and mending; primarily to mend, reinforce, and embellish garments. Suitable for complete beginners. The fee includes cost of materials.
ACX00441	Spring into Art	CLMK Learning Centre	1 Mar	Saturday 10am-12.30pm	1 day	£25	Quick and easy art and crafts for all learner levels in a fun and relaxing setting. Materials, refreshments and treats included.
ACX00461	Stained Glass – Copper Foiled Sun Catchers or Jewellery*	Oakgrove School	1 Mar	Saturday 10am-4pm	1 day	£66	Make a stained-glass sun catcher or item of jewellery to take home. Tutor will charge separately for materials.
ACX00721	Dressmaking Saturday - Beginners & Improvers*	Oakgrove School	15 Mar	Saturday 10am-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
ACX00520	Slow Stitching*	CLMK Learning Centre	15 Mar	Saturday 1pm-4pm	1 day	£33	Learn a range of hand embroidery stitches and build a fabric collage design which can be added to a simple hand-stitched purse. All materials included.
ACX00460	Introduction to Kiln Fused/Warm Glass*	Oakgrove School	22 Mar	Saturday 10am-4pm	1 day	£66	First steps in fusing clear and coloured glass to make small decorative items. Tutor will charge separately for materials.
ACX00741	Woven Selfie	CLMK Learning Centre	29 Mar	Saturday 10am-3pm	1 day	£55	Weave a selfie using a photograph and yarn. Create a self-portrait (or a picture of someone else) and learn how to incorporate it into a woven design. All materials included.
ACX00661	Yorkshire & Dorset Button Making	CLMK Learning Centre	31 May	Saturday 10am-3pm	1 day	£55	Make several buttons in different styles, experimenting with colours and patterns. Fee includes materials.

## Longer Courses

Course Code	Course Title	Venue	Start Date	Day and Times	Course Length	Fee	Description
ACX00010	Clothes Cash: How to Effectively Sell Clothes Online	CLMK Learning Centre	15 Jan	Wednesday 2pm-4pm	2 wks	£40	Over two sessions, get tips on marketing and photography and be more confident in your digital skills to further your sales.
ACX00351	Machine Sewing – Beginners*	Oakgrove School	15 Jan	Wednesday 7pm-9pm	5 wks	£110	Simple practical projects to develop your machine sewing skills.
ACX00681	Machine Sewing – Improvers*	Oakgrove School	26 Feb	Wednesday 7pm-9pm	5 wks	£110	For those who have completed Machine Sewing Beginners and/or who already have basic machine sewing skills
ACX00161	Dressmaking – Beginners*	Oakgrove School	16 Jan	Thursday 7pm-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	13 Jan	Monday 7pm-9pm	10 wks	£220	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.

Course Code	Course Title	Venue	Start Date	Day and Times	Course Length	Fee	Description
ACX00711	Dressmaking – Pattern Cutting Improvers (Part 1)	Oakgrove School	27 Feb	Thursday 7pm-9pm	5 wks	£110	Develop your pattern cutting skills. For those who have completed Pattern Cutting Beginners.
ACX00221	Quilting – Improvers*	Oakgrove School	29 Jan	Wednesday 7pm-9pm	6 wks	£132	Suitable for those who have completed the Introduction to Quilting course and those with some experience of quilting, sewing and using a sewing machine.
ACX00671	Art Skills - Drawing and Painting (Improvers)*	MK Gallery	4 Feb	Tuesday 12.30pm-3pm	8 wks	£220	Continue to develop your drawing and painting skills using different media.
ACX00381	Project Based Watercolour Painting Intermediate/Advanced *	MK Gallery	4 Feb	Tuesday 9.30am-12pm	8 wks	£220	Guided project-based course, for those who have completed 1 or more terms at Intermediate level.
ACX00440	Stained Glass - Beginners/Improvers*	Oakgrove School	27 Feb	Thursday 7pm-9pm	5 wks	£110	Learn how to work with glass, designing and making your own creations using lead came or copper foil. Tutor will charge separately for materials.

## Courses for People with Additional Support Needs

Through our Supported Employment scheme, we have a range of courses for those with a learning disability who want to learn at a pace more suited to their needs.

Courses include 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](mailto:communitylearning.mk@milton-keynes.gov.uk)

## 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 with an asterisk (\*) at the end of the title will be running again in the summer term, check online or contact us for more information

Course Code	Course Title	Venue	Start Date	Day and Times	Course Length	Fee	Description
LAC00731	Lip-Reading – Improvers*	MKCC Civic Offices	6 Feb	Thursday 7pm-8.30pm	8 wks	£0	For learners who have completed beginners level and those with some knowledge
LAX00251	Spanish – Beginners*	MKCC Civic Offices	13 Jan	Monday 7pm-8.30pm	10 wks	£150	For absolute beginners and those with a little knowledge
LAX00751	Spanish – Next Steps*	MKCC Civic Offices	6 Feb	Thursday 7pm-8.30pm	8 wks	£120	For those who have completed one term of Spanish - Beginners

Course Code	Course Title	Venue	Start Date	Day and Times	Course Length	Fee	Description
LAX00291	Spanish – Moving on to Improvers*	MKCC Civic Offices	5 Feb	Wednesday 7pm-8.30pm	8 wks	£120	For continuing learners and those who have completed one term of Spanish – Next Steps
LAX00741	Spanish – Improvers Year 1*	MKCC Civic Offices	14 Jan	Tuesday 7pm-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	4 Feb	Tuesday 7pm-9pm	8 wks	£160	For those who have completed two years or six terms of Spanish Improvers
LAX00391	Italian – Beginners*	MKCC Civic Offices	13 Jan	Thursday 7pm-8.30pm	10 wks	£150	For absolute beginners and those with a little knowledge
LAX00421	Italian - Next Steps*	MKCC Civic Offices	5 Feb	Wednesday 7pm-8.30pm	8 wks	£120	For those who have completed one term of Italian - Beginners
LAX00431	Italian – Moving on to Improvers*	MKCC Civic Offices	4 Feb	Tuesday 7pm-8.30pm	8 wks	£120	For continuing learners and those who have completed one term of Italian - Next Steps
LAX00717	Italian Improvers – Year 2*	MKCC Civic Offices	13 Jan	Monday 7pm-8.30pm	10 wks	£150	For learners who have completed one year or three terms of Italian – Improvers
LAX00481	Italian – Intermediate*	Online	6 Feb	Thursday 7pm-9pm	8 wks	£160	For those who have completed two years or six terms of Italian - Improvers
LAX00807	Japanese – Beginners	MKCC Civic Offices	14 Jan	Tuesday 6.45pm-8.15pm	10 wks	£150	For absolute beginners and those with a little knowledge
LAX00591	Japanese – Intermediate*	MKCC Civic Offices	3 Feb	Monday 6.45pm-8.15pm	8 wks	£120	For those who have completed three terms or one year of Japanese - Improvers or who are already at the required level

## 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 and 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:

**Wellbeing & Life Skills:** 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](mailto:jayne.hobbs@milton-keynes.gov.uk)



## Health and Wellbeing

### Take some time for yourself and support your mental health.

(A fee may apply if you do not meet the age/residency requirements or have already completed the same course this academic year)

Courses with an asterisk (\*) at the end of the title will be running again in the summer term, check online or contact us for more information

Course Code	Course Title	Venue	Start Date	Day and Times	Course Length	Fee	Description
SMC00031	Working Towards Self Compassion*	Church of Christ the Cornerstone	7 Jan	Tuesday 10am-11.30am	6 wks	£0	Explore what self-compassion is and how you can develop yours for a happier life
SMC00041	Soul Journey	Church of Christ the Cornerstone	7 Jan	Tuesday 1pm-2.30pm	6 wks	£0	A 6-week course to explore how we might include spiritual health as a step to wellbeing - discussions may include brief references to religion but do not endorse any specific religious concepts or activities
SMC04000	Own My Life	Church of Christ the Cornerstone	9 Jan	Thursday 9.30am-11.30am	12 wks	£0	A 12-week course to help women who have been subjected to abuse to regain ownership of their lives
SMC03000	Ways to Wellbeing*	Online	9 Jan	Thursday 1pm-2.30pm	6 wks	£0	An in-depth 6-week wellness programme to help learners enhance their wellness to achieve better wellbeing
SMC00461	Armchair Yoga*	Church of Christ the Cornerstone	3 Feb	Monday 1.30pm-2.30pm	7 wks	£0	Gentle seated yoga stretches for those with mobility issues
SMC00731	Textile Heaven*	CLMK Learning Centre	7 Feb	Friday 1pm-3pm	7 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	25 Feb	Tuesday 10am-11.30am	6 wks	£0	A 6-week exploration of what it means to make friends, build communities and tackle loneliness
SMC00051	Rise: Trauma Awareness – A Path to Healing	Church of Christ the Cornerstone	25 Feb	Tuesday 1pm-2.30pm	6 wks	£0	A 6-week course for people who would like to consider how being 'trauma aware' can improve our wellbeing. Suitable for those who are ready to approach this topic, as well as those who are working with people affected by traumatic injury.
SMC00191	Wellbeing for Pain Management*	Online	27 Feb	Thursday 1pm-2.30pm	6 wks	£0	Gives people who experience ongoing problems with pain the opportunity to explore what helps (and what doesn't)
SMC00071	Finding Your Way through Grief	Church of Christ the Cornerstone	22 Apr	Tuesday 1pm-2.30pm	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
SMC00551	Confident Communication	Church of Christ the Cornerstone	1 May	Thursday 10am-11.30am	8 wks	£0	Essential skills for effective communication, including developing healthy boundaries and assertiveness
SMC00371	Less Stress, More Resilience*	MKCC Civic Offices	7 Jan	Tuesday 6.30pm-8pm	8 wks	£0	The key ingredients to live a calmer, more resilient life - this may also benefit those who are experiencing anxiety
SMC00791	Manifest Your Success*	MKCC Civic Offices	9 Jan	Thursday 6.30pm-8pm	6 wks	£0	Consider purpose, meaning and success by setting meaningful intentions

Course Code	Course Title	Venue	Start Date	Day and Times	Course Length	Fee	Description
SMC00089	Understanding and Addressing Male Mental Health*	Church of Christ the Cornerstone	15 Jan	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
SMC00011	Nagomi Art*	Church of Christ the Cornerstone	3 Feb	Monday 6pm-8pm	7 wks	£0	Learn about the Japanese pastel art using fingertips to create beautiful pieces of art
SMC00481	Relaxation through Mindfulness*	MKCC Civic Offices	27 Feb	Thursday 6.30pm-8pm	8 wks	£0	An in-depth 8-week course that looks at managing thoughts and emotions by staying in the "now", using mindfulness
SMC00061	Better Sleep*	MKCC Civic Offices	11 Mar	Tuesday 6.15pm-8.15pm	1 day	£0	Learn effective sleep strategies
SMC00431	Shinrin Yoku – The Japanese Art of Treebathing*	MKCC Civic Offices	18 Mar	Tuesday 6.15pm-8.15pm	1 day	£0	Discover how nature can be used as a form of therapy
SMC00421	Hygge - The Danish Path to Happiness*	MKCC Civic Offices	25 Mar	Tuesday 6.15pm-8.15pm	1 day	£0	Give yourself a well-deserved hug and discover how to live well and be happy, the Danish way
SMC00161	Understanding Dreams*	MKCC Civic Offices	1 Apr	Tuesday 6.15pm-8.15pm	1 day	£0	Explore your dreams and what they might mean
SMC00091	Emotional Freedom Technique – EFT	Online	24 Apr	Thursday 10am-12pm	1 day	£0	EFT works on the belief that energy blockages in the body can cause emotional discomfort and negative thoughts. During this session you will explore the tapping technique to release these blockages.
SMC01000	An Introduction to Yoga Nidra	Church of Christ the Cornerstone	8 Jul	Tuesday 1pm-3pm	1 day	£0	Learn more about the deep relaxation practice to help reduce stress and improve sleep

## Young People's Careers Information, Advice and Guidance

We offer a free and confidential service for young people in Milton Keynes aged 16-19 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 [www.milton-keynes.gov.uk/16-19-Team](http://www.milton-keynes.gov.uk/16-19-Team)

## 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 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 or 4 week course.

To request a Family Learning brochure please contact [nicola.skelton@milton-keynes.gov.uk](mailto:nicola.skelton@milton-keynes.gov.uk) or visit FamilyLearningMK on Facebook

## 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