

Community Learning MK.

Spring/Summer 2025

Adult Education Course Listings

www.milton-keynes.gov.uk/courses





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 in this brochure but online you can find others that start later in the year.

Visit www.milton-keynes.gov.uk/courses or use the QR code to see more information about each class, enrol for free courses and express your interest in those with a fee.

New courses are added throughout the year so keep an eye on the website and social media pages for the latest updates.



For more information:

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

Spring Term Dates

Monday 6 January to Saturday 5 April 2025

(Half term holiday Monday 17 February to Saturday 22 February)

Course Funding

If you are a UK national (or a non-UK national who has lived in the UK for at least 3 years) and you are 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 and can contact us for more information.

Due to changes in the government funding rules most of 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



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.

Courses with an asterisk at the end of the title will be offered again in our summer term starting in April. Check online or contact us for more information.

Digital Skills

Improve your IT Skills.

COURSE CODE	COURSE TITLE	VENUE	START DATE	DAY AND TIMES	COURSE LENGTH	FEE
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.					
ITL01310	PowerPoint Proficiency in 3 Weeks *	CLMK Learning Centre	6 Mar	Thursday 1pm-2.30pm	3 wks	£0
	Develop captivating presentations with our 3-week PowerPoint course, mastering slide design, animations, and storytelling techniques.					
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.					
ITA02620	BTEC Level 1 Introduction to ICT	CLMK Learning Centre	15 Jan	Wednesday 12.30pm-3pm	14 wks	£0
	Kickstart your tech journey with a Level 1 BTEC in ICT: foundational skills, essential software understanding, and practical digital communication tools for the modern world.					
ITL01110	Microsoft Excel Essentials in 3 Weeks *	CLMK Learning Centre	9 Jan	Thursday 1pm-2.30pm	3 wks	£0
	Fully booked – contact us to join the next course or join the waiting list.					
ITL01610	Beginner's Guide to IT: 4-week program *	CLMK Learning Centre	20 Jan	Monday 1pm-2.30pm	4 wks	£0
	Lay a solid IT foundation with our 4-week beginner's guide, exploring computer basics, internet navigation and essential software.					
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.					
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.					
ITL01510	Online Safety Essentials *	CLMK Learning Centre	27 Jan	Tuesday 1pm-3pm	3 wks	£0
	Secure your digital life with our 3-week online safety course, focusing on privacy, security practices and threat prevention.					
ITL1710	4-Week Smart Device Challenge: Boost your Tech Skills *	CLMK Learning Centre	25 Feb	Tuesday 1pm-3pm	4 wks	£0
	Take our 4-week challenge to enhance your smart device proficiency, exploring apps, settings and connectivity for everyday use.					
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.					

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
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!					
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.					
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					
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 for your household in innovative ways. Learn money management and household budgeting skills and take home some Asian food!					
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.					
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.					

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
Email 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
Email 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.)

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	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 CVs 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 & 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 to support progression in the field.					

Employability and Qualifications - continued

COURSE CODE	COURSE TITLE	VENUE	START DATE	DAY AND TIMES	COURSE LENGTH	FEE
EPA04620	BTEC Level 1 Introduction to Health & Social Care * Explore fundamental aspects of health and social care, emphasizing practical skills and foundational knowledge. Prepare for further study or entry into the field.	Church of Christ the Cornerstone	9 Jan	Thursday 12.30pm-30pm	12 wks	£0
EPA03220	Level 1 Introduction to Childcare Explore fundamental childcare principles, including communication with young children, play, and child development, in a practical, assessment-based course.	CLMK Learning Centre	10 Jan	Friday 9.30am-11.30am	14 wks	£0
EPA09220	BTEC Level 1 Health and Fitness * 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.	Church of Christ the Cornerstone	10 Jan	Friday 10am-12pm	12 wks	£0



Art and Craft – ONE DAY WORKSHOPS

Take some time for yourself and try something new! (no concessions available)

COURSE CODE	COURSE TITLE	VENUE	START DATE	DAY AND TIMES	COURSE LENGTH	FEE
ACX00661	Christmas Speed Crafting Escape the crowds and immerse yourself in Christmas crafts, learn something new each hour. Fee includes cost of materials.	CLMK Learning Centre	30 Nov	Saturday 10am-1pm	1 day	£35
ACX00781	Christmas Willow Wreath Making 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!	CLMK Learning Centre	7 Dec	Saturday 10am-1pm	1 day	£35
ACX00791	Christmas Willow Wreath Making 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!	CLMK Learning Centre	11 Dec	Wednesday 6pm-9pm	1 day	£35
ACX00520	Slow Stitching * 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.	CLMK Learning Centre	14 Dec	Saturday 1pm-4pm	1 day	£33
ACX00441	Weaving a Christmas Tree Wall Hanging Weave a jolly Christmas tree decoration using twigs and yarn. Materials included in fee.	CLMK Learning Centre	14 Dec	Saturday 10am-1pm	1 day	£33

Art and Craft – ONE DAY WORKSHOPS continued

COURSE CODE	COURSE TITLE	VENUE	START DATE	DAY AND TIMES	COURSE LENGTH	FEE
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.					
ACX00461	Stained Glass – Copper Foiled Sun Catchers/ 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.					
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.					
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.					
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.					

Art and Craft – ONE DAY WORKSHOPS continued

COURSE CODE	COURSE TITLE	VENUE	START DATE	DAY AND TIMES	COURSE LENGTH	FEE
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.					
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.					



Art and Craft

COURSE CODE	COURSE TITLE	VENUE	START DATE	DAY AND TIMES	COURSE LENGTH	FEE
ACX00351	Machine Sewing – Beginners *	Oakgrove School	15 Jan	Wednesday 7pm-9pm	5 wks	£110
	Simple practical projects to develop your sewing machine 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. Simple practical projects to improve your sewing machine skills.					
ACX00161	Dressmaking – Beginners *	Oakgrove School	16 Jan	Thursday 7pm-9pm	5 wks	£110
	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.					
ACX00171	Dressmaking – Improvers*	Oakgrove School	13 Jan	Monday 7pm-9pm	10 wks	£220
	Fully booked - contact us to join the next course or join the waiting list.					
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.					

Art and Craft - continued

COURSE CODE	COURSE TITLE	VENUE	START DATE	DAY AND TIMES	COURSE LENGTH	FEE
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.					
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.					
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 at least one term at intermediate level.					
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.					



More courses are available online:
www.milton-keynes.gov.uk/courses

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.

Languages

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

COURSE CODE	COURSE TITLE	VENUE	START DATE	DAY AND TIMES	COURSE LENGTH	FEE
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 learners who have completed one term of Spanish for Beginners.					
LAX00291	Spanish – Moving on to Improvers *	MKCC Civic Offices	5 Feb	Wednesday 7pm-8.30pm	8 wks	£120
	For learners 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 learners 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 learners who have completed two years or six terms of Spanish Improvers.					
LAX00391	Italian – Beginners *	MKCC Civic Offices	13 Jan	Monday 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
	This course is for learners who have completed the Italian Beginners or one term of tuition.					
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 learners 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 learners who have completed three terms or one year of Japanese - Improvers or who are already at the required level.					
LAC00731	Lip-Reading – Improvers *	MKCC Civic Offices	6 Feb	Thursday 7pm-8.30pm	8 wks	£0
	For learners who have completed beginner's level and those with some knowledge.					

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 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:

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.

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 or have already completed the same course this academic year.)

COURSE CODE	COURSE TITLE	VENUE	START DATE	DAY AND TIMES	COURSE LENGTH	FEE
SMC00031	Working Towards Self Compassion *	Church of Christ the Cornerstone	7 Jan	Tuesday 10am-11.30am	6 wks	£0
	What do you want from life and what's your vision for the future? Explore the big questions in this short, reflective course.					
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.					
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.					
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.					

Health and Wellbeing - continued

COURSE CODE	COURSE TITLE	VENUE	START DATE	DAY AND TIMES	COURSE LENGTH	FEE
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.					
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.					
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.					
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.					
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 things that may help (and those that don't).					
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	Hyyge – 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.					

Health and Wellbeing - continued

COURSE CODE	COURSE TITLE	VENUE	START DATE	DAY AND TIMES	COURSE LENGTH	FEE
SMC00161	Understanding Dreams* Explore your dreams and what they might mean.	MKCC Civic Offices	1 Apr	Tuesday 6.15pm-8.15pm	1 day	£0
SMC00091	Emotional Freedom Technique (EFT) 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.	Online	24 Apr	Thursday 10am-12pm	1 day	£0
SMC00071	Finding Your Way Through Grief Explore what self-compassion is and how you can develop yours for a happier life.	Church of Christ the Cornerstone	22 Apr	Tuesday 1pm-2.30pm	8 wks	£0
SMC00551	Confident Communication Essential skills for effective communication, including developing healthy boundaries and assertiveness.	Church of Christ the Cornerstone	1 May	Thursday 10am-11.30am	8 wks	£0
SMC01000	An Introduction to Yoga Nidra Learn more about the deep relaxation practice to help reduce stress and improve sleep.	Church of Christ the Cornerstone	8 Jul	Tuesday 1pm-3pm	1 day	£0
SMC00011	Nagomi Art * Fully booked - contact us to join the next course or join the waiting list.	Church of Christ the Cornerstone	3 Feb	Monday 6pm-8pm	7 wks	£0



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



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 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 or visit us on Facebook:



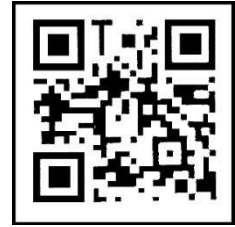
< FamilyLearningMK or CommunityLearningMK >



Opening Times

Monday to Thursday 9.00am to 4.30pm

Friday 9.00am to 4.00pm



Milton Keynes City Council
CLMK Learning Centre
Central Milton Keynes Library
555 Silbury Boulevard
Milton Keynes
MK9 3HL

communitylearning.mk@milton-keynes.gov.uk