



Community Learning MK

Health & Wellbeing Course Listings.

Spring term 2025



What we do.

We provide a variety of Health and Wellbeing sessions for FREE to all residents of Milton Keynes aged 19 and above.

We aim to support anyone with mild to moderate depression, anxiety and or sleep difficulties or those who simply wish to improve their mental well-being.

*Important: if you (or someone you are referring) have been given a trauma-related diagnosis, please speak to your doctor or a trained mental health professional before joining any of these courses and if necessary, ask to speak to the tutor before registering.

To find out more / enrol please visit www.Milton-

[Keynes.gov.uk/courses](http://www.Milton-Keynes.gov.uk/courses)

Or contact

communitylearning.mk@milton-Keynes.gov.uk

If you would like a course specifically tailored for a group of your employees or service users, please contact nicola.skelton@milton-keynes.gov.uk to discuss.



Well-being for Pain Management

This 6-week course is for people who experience ongoing problems with pain and fatigue, who may wish to explore what might help (and what doesn't). The course includes discussion around mindfulness and mindset.

*Important: If you are in any doubt about participating in this course or have concerns about your health, please speak to your healthcare team. This course does not guarantee specific results.

Course code: SMC00191

Date: 27 Feb – 03 April

Day: Thursday

Time: 13:00 – 14:30

Place: Online – Via Google Classroom



Relaxation through Mindfulness

This 8-week course aims to help people manage their thoughts and feelings, by living life more intentionally through mindfulness meditation.

We will explore how mindfulness can be used in everyday situations, develop skills for managing tricky moments, anxiety and overwhelm and create a personal toolkit using a mindfulness method, for rest and relaxation.

Course code: SMC00481

Time: 18:30 – 20:00

Date: 27 Feb – 03 April

Place: MKCC Civic Offices

Day: Thursday



Soul Journey

This 6-week course is for those intrigued about spirituality and aims to explore the relevance of spiritual health as a step to well-being. Conversations will include insights on dreams, 'shadow work' and an ingredient for spiritual living.

While these discussions may include brief references to religion, this course is *not* an endorsement of any specific religious concept or activity. i.e You do not need to be 'religious' to attend this course.

Course code: SMC00041

Time: 13:00 – 14:30

Date: 07 Jan – 11 Feb

**Place: Christ the Cornerstone
Church**

Day: Tuesday



Rise

This 6-week course is for people who would like to become more ‘trauma aware’ and is suitable for those who are ready to approach this topic as a way to enhance their well-being. It may also be of benefit for those working with people affected by traumatic injury.

Conversations will include identifying integrative options for “treatment” and healing, as well as the concept of “Trauma Releasing Exercises”.

This is a learning environment not a therapy group, and the course is not a replacement for therapy, including trauma therapy.

Course code: SMC00051

Time: 13:00 – 14:30

Date: 25 Feb – 01 April

**Place: Christ the Cornerstone
Church**

Day: Tuesday

Manifest your success

This 6-week course is suitable for anyone who is exploring what it means to be successful, would like to set meaningful goals and create a vision for their future success.

Discussions will include what it means to handle failure, ideas for effective goal setting and the nature of 'the comfort zone'.

Course code: SMC00791

Time: 18:30 – 20:00

Date: 09 Jan -13 Feb

Place: MKCC Civic Offices

Day: Thursday

Less Stress, More Resilience

This 8-week course will help you to consider what stress and resilience really are and the key ingredients to live a calmer, more resilient life. Conversations will include ideas to measure resilience and manage burnout.

Course code: SMC00371

Time: 18:30 – 20:00

Date: 07 Jan – 04 March

Place: MKCC Civic Offices

Day: Tuesday



Ways to Well-being

This 6-week course is designed to help you enhance and maintain your well-being by focusing on wellness. Conversations will include different dimensions of holistic health, a model of well-being and 'living well' and creating a personal wellness plan.

Course code: SMC03000

Date: 09 Jan – 13 Feb

Day: Thursday

Time: 13:00 – 14:30

**Place: Online – Via Google
Classroom**



**LOVE
YOURSELF
FIRST**

Working towards Self-Compassion

During this 6-week course you will discover the nature of self – compassion, why it matters and how to be kinder to ourselves.

Course code: SMC00031

Date: 07 Jan – 11 Feb

Day: Tuesday

Time: 10:00 – 11:30

**Place: Christ the Cornerstone
Church**

Chair Yoga

Gentle seated yoga stretches for those with mobility issues.

*A medical form will be sent to you after enrolment to ensure the tutor is aware of any issues prior to the course starting.

Course code: SMC00461

Time: 13:30 – 14:30

Date: 03 Feb – 24 March

**Place: Christ the Cornerstone
Church**

Day: Monday

Textile Heaven

Across this 7-week course you will take part in knitting, weaving, sewing, crochet, patchwork and yarn art and you will discover how these fun crafting activities can improve your well-being as well as your skill set.

Course code: SMC00731

Time: 13:00 – 15:00

Date: 07 Feb – 28 March

Place: CLMK Learning Centre

Day: Friday

Art for Well-being

This 8-week course will help you to unlock your creativity and use art as a tool for self-expression. The tutor will introduce a wide variety of activities, show examples, and demonstrate techniques, giving plenty of support and guidance.

Course code: SMC00261

Time: 12:30 – 14:30

Date: 07 Feb – 04 April

Place: Westbury Art Centre

Day: Friday

Art Journalling

This 8-week course will show you how to create and keep an art journal which can extend your artistic skills and aid well-being.

Course code: SMC00271

Time: 10:00 – 12:00

Date: 07 Feb – 04 April

Place: Westbury Art Centre

Day: Friday

Understanding Dreams

In this 2-hour workshop we will explore the science of dreaming, why we need to dream and tips on how to explore your own.

Course code: SMC00161

Time: 18:15 – 20:15

Date: 01 April

Place: MKCC Civic Offices

Day: Tuesday

Better Sleep

This 2-hour workshop will discuss a tried-and-tested technique, proven to help people sleep better, as well as ideas to consider when preparing for a good night's rest.

Course code: SMC00061

Time: 18:15 – 20:15

Date: 11 March

Place: MKCC Civic Offices

Day: Tuesday

Shinrin Yoku

This 2-hour workshop offers insight into the Japanese art of Forest Bathing and how it can help both our mood and well-being.

Course code: SMC00431

Time: 18:15 – 20:15

Date: 18 March

Place: MKCC Civic Offices

Day: Tuesday

Hygge

This 2-hour workshop will consider the philosophy behind what's been described as a Danish path to happiness, including a list of ideas you could try to boost your well-being.

Course code: SMC00421

Time: 18:15 – 20:15

Date: 25 March

Place: MKCC Civic Offices

Day: Tuesday



Nagomi Art

Delivered over 7-weeks we will learn about the Japanese Pastel Art. Using fingertips to create beautiful pieces of art.

You will also learn how to make your own stencils to create a wider range of art.

Course code: SMC00011

Date: 03 Feb – 24 March

Day: Monday

Time: 18:00 – 20:00

Place: Christ the Cornerstone Church



Own My Life!

This 12-week course is about enabling you to take greater ownership of your life and is for women who have been subjected to male violence, like domestic abuse. The course looks at several core areas of potential learning and development including, the mind, body, our choices, relationships, feelings, and the future.

It also explores many societal myths and truths about domestic abuse alongside a journal for personal reflection. The course recognises that women can be harmed by others (not just men), and that women themselves can cause harm. However, this course is specifically tailored for women subjected to male violence, and what they may uniquely experience.

Course code: SMC04000

Time: 09:30 – 11:30

Date: 09 Jan – 03 April

**Place: Christ the Cornerstone
Church**

Day: Thursday



Meaningful Connections

This 6-week course has been designed to help explore what it means to make friends, build communities, and tackle loneliness. We will consider some key ingredients for maintaining meaningful friendships as well as identify skills and challenges (like building rapport) for making new friends.

- Explore what we mean by loneliness and connection.
- Identify Skills and challenges when building and maintaining healthy friendships and communities.
- Consider a concept for making friends with yourself.
- List self-care ideas for lonely days.

Course code: SMC00131

Time: 10:00 – 11:30

Date: 25 Feb – 01 April

**Place: Christ the Cornerstone
Church**

Day: Tuesday



Autism Social Skills Group

We host a social group for young adults with autism on the 1st Thursday of every month at The Christ the Cornerstone Church Café from 1-3pm .

This is free to attend and is open to everyone with autism.

We offer a safe non-judgemental space for you to discuss issues, meet / make friends and discover additional support.

We also plan trips / days out in addition to the Thursday sessions.

The first session for 2025 is on the 6th February.



Youth Well-being

At Community Learning MK we also offer programmes for young people. These are for anyone aged 16-19 years (24 with EHCP) 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.



Family Learning

We also offer a huge variety of FREE short courses for parents and/or carers with children under 18. These are available in Family and Community Centre's, 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 Centre for Emotional Health - Nurturing program as a 10- or 4-week course and the welcome to the world maternity program.

To request a Family Learning brochure please contact nicola.skelton@milton-keynes.gov.uk.



**Community Learning MK
Milton Keynes City Council
CLMK Learning Centre
Central Milton Keynes Library
555 Silbury Boulevard
Milton Keynes
MK9 3HL
01908 252500**

