

# Community Learning MK- Adult Education

Course Listings – Summer 2025

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

## Introduction

As we enter the last term of this academic year there are still plenty of opportunities to choose from with Community Learning MK.

Visit [www.milton-keynes.gov.uk/courses](http://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](mailto:communitylearning.mk@milton-keynes.gov.uk)

Visit [www.milton-keynes.gov.uk/adult-education](http://www.milton-keynes.gov.uk/adult-education)

Call 01908 252500

## Summer Term Dates

Tuesday 22 April to Saturday 26 July (Half term holiday Monday 26 May to Saturday 31 May)

## 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 and can 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)

## Maths and English

Course Code	Course Title	Venue	Start Date	Day and Times	Course Length	Fee	Description
MAA20083	Get Ready for GCSE Maths	CLMK Learning Centre	2 Jun	Monday 6pm-9pm	7 wks	£0	An introduction to GCSE Maths to prepare you for the full course starting in September
ENA00011	Get Ready for GCSE English	CLMK Learning Centre	4 Jun	Wednesday 6pm-8pm	7 wks	£0	An introduction to GCSE English to prepare you for the full course starting in September

## 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 are scheduled to run throughout July and August and into September for autumn term enrolments.

To request an appointment please email: [communitylearning.mk@milton-keynes.gov.uk](mailto:communitylearning.mk@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 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)

## Digital Skills

### Improve your IT Skills with our free courses (residency restrictions apply)

Course Code	Course Title	Venue	Start Date	Day and Times	Course Length	Fee	Description
ITL01110	Microsoft Excel Essentials in 3 Weeks	CLMK Learning Centre	24 Apr	Thursday 1pm-3pm	3 wks	£0	Fully Booked - contact us to join the waiting list
ITL01140	Excel for Data Analysis	CLMK Learning Centre	1 May	Thursday 6pm-9pm	6 wks	£0	Improve your Excel skills and learn how to present, interpret and analyse data
ITL01410	Social Media Confidence: 3-Week Program	CLMK Learning Centre	29 Apr	Tuesday 1pm-3pm	3 wks	£0	Boost your social media skills with our 3-week course. Learn to navigate popular platforms, create engaging content and connect with your audience confidently. Perfect for beginners.
ITL01210	Microsoft Word Skills for Success: 3-Week Program	CLMK Learning Centre	5 Jun	Thursday 1pm-3pm	3 wks	£0	Enhance your document crafting abilities in three weeks. Learn formatting, templates and advanced features to create professional Word documents.
ITL01310	PowerPoint Proficiency in 3 Weeks	CLMK Learning Centre	26 Jun	Thursday 1pm-3pm	3 wks	£0	Develop captivating presentations with our three-week PowerPoint course, mastering slide design, animations and storytelling techniques.

Course Code	Course Title	Venue	Start Date	Day and Times	Course Length	Fee	Description
ITL01510	Online Safety Essentials: 3-Week Program	CLMK Learning Centre	3 Jun	Tuesday 1pm-3pm	3 wks	£0	Stay safe in the digital world with our online safety course: learn to protect your personal information, recognise cyber threats and practice safe online behaviours. Gain the knowledge and skills to navigate the internet securely and confidently.
ITL01710	4-Week Smart Device Challenge: Boost Your Tech Skills	CLMK Learning Centre	24 Jun	Tuesday 1pm-3pm	4 wks	£0	Unlock the potential of your smart devices with our 4-week challenge and explore advanced features, optimise settings and discover new apps to enhance your daily life. Perfect for anyone looking to get the most out of their smartphones, tablets and other smart gadgets.
ITL02130	Introduction to ICT for Over 50s	CLMK Learning Centre	2 Jun	Monday 12.30pm-2.30pm	4 wks	£0	Embrace the digital world with our 4-week beginners ICT course designed for those over 50. Learn essential computer skills, internet navigation and basic software applications. Build confidence and enhance your digital literacy for personal and professional enrichment.
ITA02140	City & Guilds Entry Level Award in Employability Skills ICT	CLMK Learning Centre	30 Apr	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	30 Apr	Wednesday 6pm-9pm	11 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.
ITA02630	BTEC Level 1 Introduction to ICT	CLMK Learning Centre	30 Apr	Wednesday 12pm-3pm	11 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.
ITL01610	Beginner's Guide to IT: 4-Week Program	CLMK Learning Centre	28 Apr	Monday 12.30pm-2.30pm	4 wks	£0	Fully Booked - contact us to join the waiting list

## 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)

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)

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	Description
ETL01110	Job Application Bootcamp: From Novice to Pro in 4 Weeks	CLMK Learning Centre	29 Apr	Tuesday 1pm-3pm	4 wks	£0	Transform your job search approach in four weeks; learn to craft standout applications, network effectively and succeed in interviews
ETL01310	Mastering CV's and Interviews: 4-Week Program	CLMK Learning Centre	3 Jun	Tuesday 1pm-3pm	4 wks	£0	Perfect your CV and interview skills in 4 weeks, gaining insights into personal branding, impactful resumes and confident interviewing
EPA11141	City & Guilds Get into Work: From Job Search to Day One	CLMK Learning Centre	28 Apr	Monday 9.30am-11.30am	10 wks	£0	Kickstart your career with our comprehensive course: master job search techniques, succeed in interviews and navigate your first day with confidence. Gain essential skills and strategies for a successful transition into the workforce.
EPA04630	BTEC Level 1 Introduction to Health and Social Care	Church of Christ the Cornerstone	1 May	Thursday 12.30pm-3pm	10 wks	£0	Explore fundamental aspects of health and social care, emphasizing practical skills and foundational knowledge. This course prepares learners for further study or entry into the field.
EPA03270	BTEC Level 1 Introduction to Childcare	Church of Christ the Cornerstone	2 May	Friday 9.30am-11.30am	12 wks	£0	Explore fundamental childcare principles, including communication with young children, play and child development, in a practical, assessment-based course with no exams required
EPA08630	BTEC Level 1 Introduction to Business – Vocational Studies	Church of Christ the Cornerstone	29 Apr	Tuesday 12.30pm-3pm	12 wks	£0	Explore fundamental aspects of business, including communication, problem-solving and teamwork, in a practical, assessment-based course designed to support progression in the field
EPA09230	BTEC Level 1 Health and Fitness	Church of Christ the Cornerstone	2 May	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 and Craft – One Day Workshops

### Explore a range of creative skills on a one-day workshop

(Fee includes materials, no concessions available)

Course Code	Course Title	Venue	Start Date	Day and Times	Course Length	Fee	Description
ACX00460	An 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
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.
ACX00661	Woven Table Mat	CLMK Learning Centre	26 Apr	Saturday 10am-3pm	1 day	£55	Learn more about the art of weaving and create a beautiful, personalised mat
ACX00510	Needle Felting	CLMK Learning Centre	3 May	Saturday 1pm-4pm	1 day	£33	Learn this calm and relaxing craft, take wool fibres and work with a specialised needle until they bond together to create a solid shape
ACX00731	Landscape Weaving	CLMK Learning Centre	17 May	Saturday 10am-3pm	1 day	£55	Discover the world of textile art through the unique medium of landscape weaving
ACX00030	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
ACX00721	Dressmaking Saturday - Beginners & Improvers	Oakgrove School	14 Jun	Saturday 10am-4pm	1 day	£66	Sew a garment over a day, learn some new skills so you can complete a garment at home, or extend your knowledge and try a more complex pattern.

## Art and Craft

### 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	Description
ACX00161	Dressmaking – Beginners	Oakgrove School	24 Apr	Monday 7pm-9pm	5 wks	£110	Fully Booked – contact us to join the waiting list
ACX00171	Dressmaking – Improvers	Oakgrove School	28 Apr	Thursday 7pm-9pm	10 wks	£220	Fully Booked – contact us to join the waiting list
ACX00711	Dressmaking – Pattern Cutting Improvers	Oakgrove School	5 Jun	Thursday 7pm-9pm	5 wks	£110	For those who have completed Pattern Cutting Beginners and want to learn how to use pattern blocks to cut a variety of patterns
ACX00221	Quilting – Improvers	Oakgrove School	7 May	Wednesday 7pm-9pm	6 wks	£132	For those who have completed An Introduction to Quilting or who already have some experience
ACX00671	Art Skills - Drawing and Painting (Improvers)	MK Gallery	29 Apr	Tuesday 12.30pm-3pm	8 wks	£220	Continue to develop your drawing and painting skills using different media

Course Code	Course Title	Venue	Start Date	Day and Times	Course Length	Fee	Description
ACX00381	Project Based Watercolour Painting Intermediate/Advanced	MK Gallery	29 Apr	Tuesday 9.30am-12pm	8 wks	£220	Guided project-based course, for those who have completed 1 or more terms at Intermediate level
ACX00371	Stained Glass - Beginners/Improvers	Oakgrove School	24 Apr	Thursday 7pm-9pm	5 wks	£110	Learn how to work with glass, designing and making your own creations using lead came or copper foil. Cost of materials paid directly to the tutor.

## Courses for Young People

At Community Learning MK we also run programmes for young people.

These are for anyone aged 16 – 19 years 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 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)

## Languages

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

Find your language level by visiting: [www.milton-keynes.gov.uk/language-level](http://www.milton-keynes.gov.uk/language-level)

Course Code	Course Title	Venue	Start Date	Day and Times	Course Length	Fee	Description
LAX00251	Spanish – Beginners	MKCC Civic Offices	12 May	Monday 7pm-8.30pm	10 wks	£150	For absolute beginners and those with a little knowledge
LAX00751	Spanish – Next Steps	MKCC Civic Offices	24 Apr	Thursday 7pm-8.30pm	10 wks	£150	For those who have completed Spanish – Beginners or one term of tuition
LAX00291	Spanish – Moving on to Improvers	MKCC Civic Offices	23 Apr	Wednesday 7pm-8.30pm	10 wks	£150	For those who have completed Spanish – Next Steps or two terms of tuition
LAX00713	Spanish – Intermediate	MKCC Civic Offices	22 Apr	Tuesday 7pm-9pm	10 wks	£200	For those continuing at Intermediate level or who have completed at least two terms of Spanish Improvers and feel ready to move on
LAX00391	Italian – Beginners	MKCC Civic Offices	28 Apr	Monday 7pm-8.30pm	10 wks	£150	For absolute beginners and those with a little knowledge

Course Code	Course Title	Venue	Start Date	Day and Times	Course Length	Fee	Description
LAX00421	Italian - Next Steps	MKCC Civic Offices	23 Apr	Wednesday 7pm-8.30pm	10 wks	£150	For those who have completed Italian – Beginners or one term of tuition
LAX00431	Italian – Moving on to Improvers	MKCC Civic Offices	22 Apr	Tuesday 7pm-8.30pm	10 wks	£150	For those who have completed Italian - Next Steps or two terms of tuition
LAX00717	Italian Improvers – Year 2	MKCC Civic Offices	28 Apr	Monday 7pm-8.30pm	10 wks	£150	For learners who have completed three terms of Italian Improvers Year 1 or two years of tuition
LAX00481	Italian – Intermediate	Online	24 Apr	Thursday 7pm-9pm	10 wks	£200	For those continuing at Intermediate level or who are new but at the required level
LAX00951	Japanese – Next Steps	MKCC Civic Offices	28 Apr	Monday 6.45pm-8.15pm	10 wks	£150	For those who have completed Japanese Beginners or one term of tuition
LAX00591	Japanese – Intermediate	MKCC Civic Offices	22 Apr	Monday 6.45pm-8.15pm	10 wks	£150	For those who have been studying Japanese for at least two terms
LAC00731	Lip-Reading – Improvers	MKCC Civic Offices	24 Apr	Thursday 7pm-8.30pm	10 wks	£0	This course is for those who have completed Lip-Reading Beginners and those with some knowledge

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

## Family Learning

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

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

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

We also offer the Family Links Nurturing programme – as a 10 week and a 4 week course.

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

## 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)

Course Code	Course Title	Venue	Start Date	Day and Times	Course Length	Fee	Description
SMC00051	RISE	MKCC Civic Offices	22 Apr	Tuesday 6.30pm-8pm	4 wks	£0	For people who would like to consider how being 'trauma aware' can improve wellbeing. Suitable for those who are ready to approach this topic, as well as those working with people affected by traumatic injury.
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
SMC03000	Ways to Wellbeing	Church of Christ the Cornerstone	22 Apr	Tuesday 10am-11.30am	4 wks	£0	An in-depth wellness programme consisting of modules to help learners enhance their wellness to achieve better wellbeing
SMC00061	Better Sleep	Online	24 Apr	Thursday 6pm-8pm	1 day	£0	Learn effective sleep strategies
SMC00091	Emotional Freedom Technique (EFT)	Online	24 Apr	Thursday 10am-12pm	1 day	£0	Fully Booked - contact us to join the waiting list
SMC00261	Art for Wellbeing	Westbury Arts Centre	25 Apr	Friday 10am-12pm	10 wks	£0	Fully Booked - contact us to join the waiting list
SMC00271	Art Journalling	Westbury Arts Centre	25 Apr	Friday 12.30pm-2.30pm	10 wks	£0	Fully Booked - contact us to join the waiting list
SMC00731	Textile Heaven	CLMK Learning Centre	25 Apr	Friday 1pm-3pm	10 wks	£0	Fully Booked - contact us to join the waiting list
SMC00371	Less Stress, More Resilience	MKCC Civic Offices	8 May	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
SMC00551	Confident Communication	Church of Christ the Cornerstone	8 May	Thursday 10am-11.30am	8 wks	£0	Fully Booked - contact us to join the waiting list
SMC00791	Radical Rest	Church of Christ the Cornerstone	8 May	Thursday 1pm-2.30pm	4 wks	£0	This 4-week course aims to explore what rest really is, why we find it so hard to relax and offers top tips on what might help
SMC02000	Map Skills	CLMK Learning Centre	10 May	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 then practice your skills on a gentle 2-hour walk
SMC00011	Nagomi Art	Church of Christ the Cornerstone	12 May	Monday 6pm-8pm	10 wks	£0	Fully Booked - contact us to join the waiting list
SMC00461	Armchair Yoga	Church of Christ the Cornerstone	12 May	Monday 1.30pm-2.30pm	10 wks	£0	Gentle seated yoga stretches for those with mobility issues



Course Code	Course Title	Venue	Start Date	Day and Times	Course Length	Fee	Description
SMC00191	Wellbeing for Pain Management	Online	10 Jun	Tuesday 10am-11.30am	6 wks	£0	Gives people who experience ongoing problems with pain the opportunity to explore what helps (and what doesn't)
SMC00481	Relaxation through Mindfulness	MKCC Civic Offices	10 Jun	Tuesday 6.30pm-8pm	6 wks	£0	An in-depth course that looks at managing thoughts and emotions by staying in the "now", using mindfulness
SMC00089	Understanding Male Mental Health	Church of Christ the Cornerstone	11 Jun	Wednesday 6pm-8pm	4 wks	£0	For healthcare providers, community leaders and anyone interested in men's mental health
SMC00031	Caring for Carers	Church of Christ the Cornerstone	12 Jun	Thursday 1pm-2.30pm	6 wks	£0	This 6-week course aims to provide support and a safe space for those who support someone with their physical or mental health and will include relaxation techniques
SMC00081	Map Skills	CLMK Learning Centre	28 Jun	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 then practice your skills on a gentle 2-hour walk
SMC00431	Shinrin Yoku – The Japanese Art of Treebathing	Online	1 Jul	Tuesday 1pm-3pm	1 day	£0	Discover how nature can be used as a form of therapy
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
SMC00161	Understanding Dreams	Online	10 Jul	Thursday 6pm-8pm	1 day	£0	Explore your dreams and what they might mean
SMC00421	Hygge - The Danish Path to Happiness	Online	15 Jul	Tuesday 1pm-3pm	1 day	£0	Give yourself a well deserved hug and discover how to live well and be happy, the Danish way

## 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