



smile:)MK

Supporting Mental Health in a Learning Environment

Course Information Booklet - Autumn Term 2021



Smile:)MK – (Supporting Mental Health in a Learning Environment), is a programme of courses offering wellbeing support for adults aged 19+.

If you are experiencing low mood, feeling a bit anxious or just want to find ways to improve your overall wellbeing, Smile:)MK courses give you the time and space to focus on you. All courses are free to anyone aged 19+ regardless of income.

Learning enhances and empowers, providing us with knowledge and insight that can be truly life changing. Smile:)MK courses cover a wide range of topics and activities all geared towards developing new, healthier habits and strategies for dealing with the challenges life occasionally throws at us.

To find out more and/or enrol contact Adult Education on **01908 252083**, email **communitylearning.mk@milton-keynes.gov.uk** or go to **www.milton-keynes.gov.uk/smilemk**

***Important:** Smile:)MK courses are not a replacement for clinical treatments or therapies. They may not be appropriate if you (or someone you are referring) have been given a trauma-related diagnosis (such as Post Traumatic Stress Disorder) or a different mental health 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.

If you are worried about your mental health and would like to talk to someone in confidence you can call Samaritans free on 116 123

Smile Summer Workshops

This year we have introduced some fun summer workshops to our Smile:)MK programme. These short 2-hour courses will give you a little of taste of our longer courses starting in September. They're all online and completely free to anyone aged 19 and over.

Meditation for Beginners – Summer Workshop

Course 1: **SMC00241**
Date: Tues 10 Aug
Time: 6pm to 7.30pm

Course 2: **SMC00251**
Date: Tues 24 Aug
Time: 6pm to 7.30pm

The Art of Mindfulness – Mandalas Summer Workshop

Course: **SMC00451**
Date: Fri 20 Aug
Time: 10am to 12pm

Place: Online via Google Classroom

Fee: Free

Smile:)MK Termly Tasters

As well as our summer workshops we have included some 'termly tasters' to our main programme. These short one-off sessions complement our longer courses; focusing on sleep, dreams and self-care.

Better Sleep

Course: SMC00061
Date: Mon 6 Dec
Time: 7pm to 8.30pm

Hygge – The Danish Path to Happiness

Course: SMC00421
Date: Wed 8 Dec
Time: 7pm to 8.30pm

Dream Discovery

Course: SMC00161
Date: Mon 13 Dec
Time: 7pm to 8.30pm

Place: Online via Google Classroom

Fee: Free

Art for Wellbeing

Delivered in a safe and supportive environment, this 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 and show examples, demonstrate techniques, giving plenty of support and guidance.

Course:	SMC00301
Dates:	1 Oct – 10 Dec 2021
Time:	12.30pm to 14.30pm
Day:	Friday
Place:	Westbury Arts Centre Foxcovert Road Shenley Wood Milton Keynes MK5 6AA
Fee:	Free

Art Journaling

This 5-week course will show you how to create and keep an art journal which can extend your artistic skills and aid wellbeing.

Course:	SMC00281
Dates:	1 Oct – 10 Dec 2021
Time:	10.00am to 12.00pm
Day:	Friday
Place:	Westbury Arts Centre Foxcovert Road Shenley Wood Milton Keynes MK5 6AA
Fee:	Free

Art and Mindfulness

This 5 week course will show you how mindfulness, meditation and engaging in art activities can enhance your wellbeing.

Course 1: **SMC00321**

Dates: 23 Sept – 21 Oct 2021

Course 2: **SMC00391**

Dates: 4 Nov – 2 Dec 2021

Time: 10.00am to 12.00pm

Day: Thursday

Place: Online – via Google Classroom

Fee: Free

Living with Chronic Fatigue

Chronic Fatigue is a debilitating condition that can restrict your life. This course will introduce some holistic and therapeutic tools that can help to support your recovery if you are dealing with Chronic Fatigue Syndrome (ME) and Multiple Sclerosis and may benefit those living with symptoms of Long Covid.

Course code: SMC00471

Dates: 21 Sept – 19 Oct

Time: 6pm – 7.30pm

Day: Tuesday

Place: Online via Google Classroom

Fee: Free

Relaxation through Mindfulness

This 8-week course will help you to use mindfulness as a method to help you relax. Mindfulness is a great tool for improving your mental health and once you learn the basics you will start to see an improvement in your physical health (e.g. reduce blood pressure and improve sleep) and you'll be able to manage your stress and anxiety more effectively.

Course 1: **SMC00121**

Dates: 29 Sept – 24 Nov

Time: 1pm – 2.30pm

Course 2: **SMC00111**

Dates: 29 Sept – 24 Nov

Time: 7.00pm – 8.30pm

Day: Wednesday

Place: Online – via Google Classroom

Fee: Free

Coping with Stress

If you feel overwhelmed with stress in everyday life and would like to learn healthy, effective strategies to manage and maintain your mental health, this is the course for you.

Course 1: **SMC00091**

Dates: 21 Sept – 19 Oct

Time: 1.00pm to 2.30pm

Course 2: **SMC00101**

Dates: 2 Nov – 30 Nov

Time: 7.00pm to 8.30pm

Day: Tuesday

Place: Online – via Google Classroom

Fee: Free

Building a Resilient Mindset

There is no doubt we are living through challenging times. Sometimes things can get on top of us. By developing inner resilience, we not only help ourselves but those around us too.

Course 1: SMC00331

Dates: 20 Sept – 18 Oct

Time: 10am – 11.30am

Course 2: SMC00311

Dates: 1 Nov – 29 Nov

Time: 7pm – 8.30pm

Day: Monday

Place: Online – via Google Classroom

Fee: Free

Find your Flow

Some days, things just seem to go perfectly don't they? Every task you undertake seems to go smoothly. Other days...not so much. Learn about 'flow state' and the art of 'being in the zone' as a way to help you rediscover your 'mojo' and achieve your goals.

Course: SMC00491

Dates: 2 Nov – 30 Nov

Time: 1pm – 2.30pm

Day: Tuesday

Place: Online – via Google Classroom

Fee: Free

Exploring Anger

What is anger? This emotion can be problematic and difficult to deal with for those who struggle with it and those around them. This course is for anyone who wants to discover healthier ways to process feelings of anger. It explores what anger really is and considers ways to channel difficult emotions helpfully.

Course 1: **SMC00051**
Dates: 5 Oct – 19 Oct
Time: 10am to 11.30am
Day: Tuesday

Course 2: **SMC00131**
Dates: 8 Nov – 22 Nov
Time: 1pm to 2.30pm
Day: Monday

Course 3: **SMC00341**
Dates: 1 Dec – 15 Dec
Time: 10am to 11.30am
Day: Wednesday

Place: Online – via Google Classroom

Fee: Free

Mindful Living

This course is for anyone who wants to live life more intentionally and consider ways to be more mindful at work and at home – with and without meditation.

Course: SMC00481

Dates: 21 Sept – 19 Oct

Time: 7pm to 8.30pm

Day: Tuesday

Place: Online – via Google Classroom

Fee: Free

Self-Care for Wellbeing

Sometimes it can be easier to care for others and forget about our own needs; however, before we can truly look after others we need to know how to look after ourselves. This course will give you an insight into how to develop your own self-care strategies to support your wellbeing.

Course:	SMC00501
Dates:	27 Sept – 18 Oct
Time:	12.30pm to 2.30pm
Day:	Monday
Place:	Daisychain Family Centre Abbeys Primary School Melrose Avenue West Bletchley Milton Keynes MK3 6PS
Fee:	Free

Flip your Thinking

Our mindset can really impact how we approach problems and challenges in everyday life. This course will help you recognise your own negative thought processes and help you turn them around.

Course:	SMC00511
Dates:	1 Nov – 15 Nov
Time:	12.30pm to 2.30pm
Day:	Monday
Place:	The Rowans Family Centre 13A Moorfoot Fullers Slade Milton Keynes MK11 2BD
Fee:	Free

Setting Goals and Dreaming Dreams

We all have dreams we want to fulfil, sometimes they feel out of reach. Find out how to set yourself realistic and achievable goals to make those dreams come true!

Course: SMC00521

Dates: 25 Nov – 9 Dec

Time: 12.30pm to 2.30pm

Day: Thursday

Place: Moorlands Family Centre
Beanhill Local Centre
Dodkin
Beanhill
Milton Keynes
MK6 4LP

Fee: Free

Living Well with Hearing Loss

Hearing loss can make communication difficult, which in turn can lead to feelings of social isolation or depression. This course explores the issues that hearing loss can cause and suggests strategies to overcome them.

This course is intended for adults with acquired hearing loss.

Please note; the class is delivered in spoken and written English, **not** sign language. It may also be of interest to people who would like to support a family member or colleague with hearing loss.

Course: SMC00531

Dates: 23 Sept – 14 Oct

Time: 7pm – 8.30pm

Day: Thursday

Place: Online – via Google Classroom

Fee: Free