

IT and Digital Media

COURSE CODE	COURSE TITLE	VENUE	START DATE	DAY/S	START TIME	END TIME	COURSE LENGTH	TUITION FEE	CONCESSIONS	DESCRIPTION
ITA00051	Digital Skills - Over 65s	Christ the Cornerstone	09/03/2022	We	13:00	15:00	4 wks	£0	£0	Improve your digital skills in a relaxed atmosphere

Professional Skills and Qualifications – Contact: elizabeth.bulbeck@milton-keynes.gov.uk

COURSE CODE	COURSE TITLE	VENUE	START DATE	DAY/S	START TIME	END TIME	COURSE LENGTH	TUITION FEE	CONCESSIONS	DESCRIPTION
PTC00012	Level 2 Award for Support Work in Schools Induction	Christ the Cornerstone	19/01/2022	We	10:00	12:00	1 day	£0	£0	An induction session to introduce the Level 2 Award for support work in schools
PTC00011	Level 2 Award for Support Work in Schools Induction	Christ the Cornerstone	20/01/2022	Th	13:00	15:00	1 day	£0	£0	An induction session to introduce the Level 2 Award for support work in schools
PTA00110	Level 2 Award for Support Work in Schools	Christ the Cornerstone	17/02/2022	Th	09:30	12:30	16 wks	£350	£0	This course will teach the skills and qualifications required to become a support worker/teaching assistant in schools. You will need to attend one of the Inductions before enrolling on this course
<i>If you achieve the Level 2 Award for Support Work in Schools, there will be an opportunity to progress onto the full Level 2 Certificate.</i>										
PTC00190	Award in Education and Training	Christ the Cornerstone	24/01/2022	Mo	18:30	21:00	15 wks	£350	No concession	For those who work, or want to work as teachers/trainers in the further education and skills sector
PTC00200	Award in Education and Training	MKPDC Galley Hill	24/01/2022	Mo	13:00	15:30	15 wks	£350	No concession	For those who work, or want to work as teachers/trainers in the further education and skills sector

Work Skills – Contact: elizabeth.bulbeck@milton-keynes.gov.uk

COURSE CODE	COURSE TITLE	VENUE	START DATE	DAY/S	START TIME	END TIME	COURSE LENGTH	TUITION FEE	CONCESSIONS	DESCRIPTION
EPA00223	Introduction to Childcare (Level 1 Employability Award)	Christ the Cornerstone	11/01/2022	Tu	12:30	14:30	10 wks	£0	£0	The course suits those wishing to gain experience in childcare
EPA00180	Getting Started with Volunteering (Level 1 Employability Award)	Seedlings Children's Centre	18/01/2022	Tu	09:30	11:30	10 wks	£0	£0	This course is for those interested in working as a volunteer
EPA00123	Introduction to IT (Entry 3 Employability Award)	Christ the Cornerstone	25/01/2022	Tu	13:00	15:00	10 wks	£0	£0	Aimed at anyone who wants to improve basic IT skills to live a more independent life, progress in education and/or employment prospects; get into a job.

Spring Term Dates

Tuesday 4 January – Saturday 9 April 2022
(Half term holiday Monday 21 – Friday 25 February)

Concessions

Can I claim a concession?

If you are unemployed and/or claiming certain benefits or on an income of less than £17,374.50 (based on 37.5 hours per week) you may be entitled to a concession on certain courses unless “no concession” is indicated.

Please note, if you are aged 65 or over you do not automatically qualify for a concession unless you are claiming certain benefits - please see our fee policy for details.

For more information contact:
communitylearning.mk@milton-keynes.gov.uk

Youth Provision

Our Youth Programmes and Traineeships are for anyone aged 16 – 19 years (up to 25 for those with an Education Health Care Plan – EHCP). They are designed to help young people become better prepared for future employment or education.

The Childcare Traineeship offers:

- Job search and Employability skills, including CV writing and digital skills
- 12-week work experience placement at a Children's, Family Centre or Nursery.
- Level 1 Award in Childcare
- Maths/English

Whatever the grades achieved at school or college, the CLMK Employability Programmes can offer certified educational progression for young people.

For more information contact: Elizabeth.bulbeck@milton-keynes.gov.uk

Family Learning

CLMK Family learning Department is offering a huge variety of sessions for all the family this term in various Family and Children Centres, schools and libraries across Milton Keynes.

As well as our staple favourites such as Soundstart, Story Sacks, Cooking on a Budget and Child Yoga, we also have several new activities available this year such as, 'Mini Nature explorer', 'Fakeaway' and 'Winter Wellbeing'.

Also included are the 'Get Ready for School' transition courses- These will be available online and face to face across both primary and secondary age groups.

Our ESOL café is running every Monday evening, 6-8pm from the Christ the Cornerstone Church and is available for anyone who is looking to improve their conversational English before enrolling on a qualification based ESOL programme.

If you have any questions or would like to enrol, please email nicola.skelton@milton-keynes.gov.uk



Family Learning MK

English, Maths and ESOL

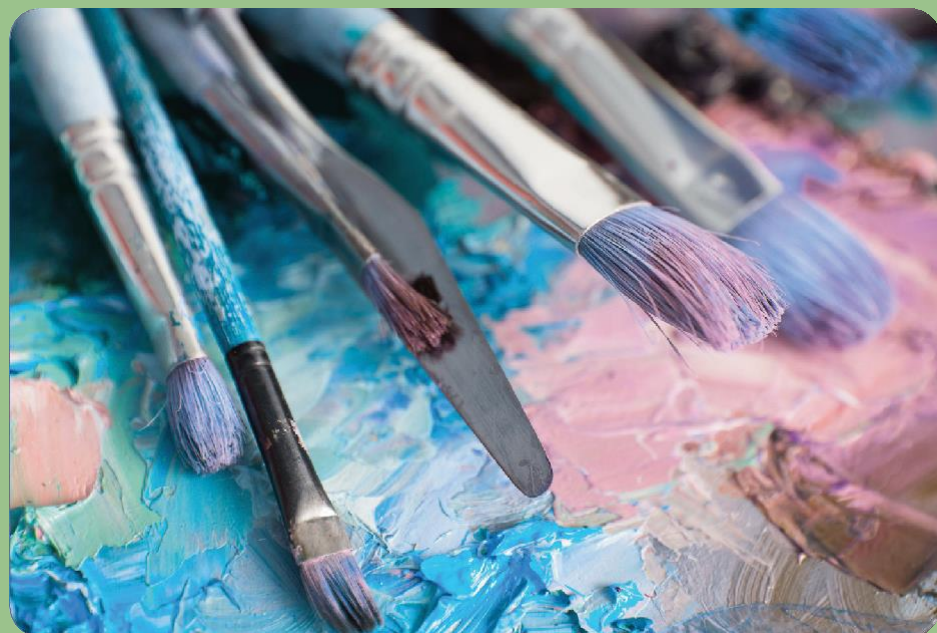
We offer English and maths at both Functional Skills and GCSE levels.

ESOL courses cover three topics: Speaking and Listening, is one topic with Reading and Writing taught as two separate topics, each with an exam.

Courses run throughout the year but before enrolling you will need to take a skills-check to make sure that you start at the right level.

To find out more email

communitylearning.mk@milton-keynes.gov.uk



Opening Times
Monday to Friday 9.00am to 4.30pm



Community Learning MK Adult Education

Course Listings - Spring Term 2022

www.milton-keynes.gov.uk/courses

Milton Keynes Council
Adult Education, Community Learning MK
Youth and Community, MKPDC, Galley Hill, Milton Keynes, MK11 1PA
communitylearning.mk@milton-keynes.gov.uk



Introduction

Welcome to our CLMK Adult Education spring term course brochure for 2021/22.

We are looking forward to the new year and have lots of new and familiar courses on offer. We are steadily moving our courses back into the classroom, although there is still the choice to learn online if you prefer. Face to face courses will be running across Milton Keynes in a variety of venues, including Christ the Cornerstone Church in CMK, Oakgrove School, Westbury Arts Centre, MK Gallery, MK Professional Development Centre in Galley Hill as well as Children's and Family Centres.

Happy New Year, and happy learning!

For more information and to enrol, please visit our website: <https://www.milton-keynes.gov.uk/schools-and-lifelong-learning/community-learning-mk-hub> and click on Adult Education

For general enquiries, telephone: 07765 343091 or email us. For enrolments, telephone 01908 252083 or email us. Email: communitylearning.mk@milton-keynes.gov.uk

 Community Learning MK

 clmk_adult_education

Arts, Craft and Creative Media

COURSE CODE	COURSE TITLE	VENUE	START DATE	DAY/S	START TIME	END TIME	COURSE LENGTH	TUITION FEE	CONCESSIONS	DESCRIPTION
ACC00691	Dressmaking - Improvers	Oakgrove	17/01/2022	Mo	19:00	21:00	10 wks	£150	20% off	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.
ACC00351	Machine Sewing - Beginners	Oakgrove	19/01/2022	We	19:00	21:00	5 wks	£75	20% off	Simple practical projects to develop your sewing machine skills
ACC00021	Painting in Oils	Westbury Arts Centre	19/01/2022	We	13:00	15:00	9 wks	£135	20% off	A flexible mixed-level approach to using this medium
ACC00671	Drawing and Painting Improvers	Westbury Arts Centre	19/01/2022	We	10:00	12:00	9 wks	£135	20% off	For those moving on from Drawing and Painting Beginners and those with some experience
ACC00211	Creative Writing - Beginners	Online	26/01/2022	We	19:00	21:30	8 wks	£130	20% off	A beginner's guide to creative writing, giving you the tools to write novels, short stories, flash fiction, memoir, non-fiction and more
ACC00381	Project Based Watercolour Painting	MK Gallery	27/01/2022	Th	10:00	12:30	8 wks	£150	20% off	Guided project based course, for those who have completed 1 or more terms at Intermediate level
ACC00371	Stained Glass - Beginners and Improvers	Oakgrove	27/01/2022	Th	18:30	21:00	8 wks	£150	20% off	Learn how to work with glass, designing and making your own creations using lead came of copper foil. Mixed level
ACC00681	Machine Sewing - Improvers	Oakgrove	02/03/2022	We	19:00	21:00	5 wks	£75	20% off	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

Smile:)MK courses offer 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. For more information contact: jane.sharp@milton-keynes.gov.uk

COURSE CODE	COURSE TITLE	VENUE	START DATE	DAY/S	START TIME	END TIME	COURSE LENGTH	TUITION FEE	CONCESSIONS	DESCRIPTION
SMC00331	Building a Resilient Mindset	Online	17/01/2022	Mo	19:00	20:30	5 wks	£0	£0	Build your resilience to help you deal with the challenges of life
SMC00571	Living Your Best Life	Online	18/01/2022	Tu	10:00	11:30	5 wks	£0	£0	When life is out of balance it can mean we find ourselves surviving rather than thriving. This course can take you on a journey to help you reset and recharge
SMC00091	Coping with Stress	Online	18/01/2022	Tu	13:00	14:30	5 wks	£0	£0	Recognise what your stress triggers are and develop strategies for overcoming them
SMC00491	Find Your Flow	Online	18/01/2022	Tu	19:00	20:30	5 wks	£0	£0	Discover the science behind 'being in the zone' and how that knowledge can help you recover your mojo
SMC00471	Living with Chronic Fatigue	Online	18/01/2022	Tu	18:00	19:00	5 wks	£0	£0	This course is suitable for those living with or caring for someone with Chronic Fatigue Syndrome (CFS/ME) and may benefit Long Covid sufferers
SMC00131	Exploring Difficult Emotions	Online	19/01/2022	We	13:00	14:30	5 wks	£0	£0	Tricky emotions like guilt, regret and anger, can leave us feeling sad and stuck. On this course we will be exploring these in more detail to find ways to manage them more helpfully
SMC00421	Hygge - The Danish Path to Happiness	Online	19/01/2022	We	19:00	20:30	1 day	£0	£0	Give yourself a well-deserved hug and discover how to live well and be happy, the Danish way
SMC00321	Art and Mindfulness	Online	20/01/2022	Th	10:00	12:00	5 wks	£0	£0	Explore the relationship between creativity and mindfulness
SMC00111	Relaxation Through Mindfulness	Online	26/01/2022	We	19:00	20:30	8 wks	£0	£0	Learn Mindfulness techniques to help you relax
SMC00531	Living Well with Hearing Loss	Online	27/01/2022	Th	19:00	20:30	4 wks	£0	£0	Explore strategies for overcoming the challenges that come with hearing loss
SMC00431	Shinrin Yoku - The Japanese Art of Treebathing	Online	09/02/2022	We	10:00	11:30	1 day	£0	£0	Discover Shinrin Yoku-the Japanese Art of Treebathing and how nature can be used as a form of therapy
SMC00311	Building a Resilient Mindset	Online	28/02/2022	Mo	19:00	20:30	5 wks	£0	£0	Build your resilience to help you deal with the challenges of life
SMC00481	Mindful Living	Online	01/03/2022	Tu	19:00	20:30	5 wks	£0	£0	Whether it's through eating, movement, communication, with or without meditation, explore different ways of bringing mindfulness into everyday life
SMC00541	Living with Chronic Fatigue	Online	01/03/2022	Tu	18:00	19:30	5 wks	£0	£0	This course is suitable for those living with or caring for someone with Chronic Fatigue Syndrome (CFS/ME) and may benefit Long Covid sufferers
SMC00581	Living Your Best Life	Online	01/03/2022	Tu	10:00	11:30	5 wks	£0	£0	When life is out of balance it can mean we find ourselves surviving rather than thriving. This course can take you on a journey to help you reset and recharge
SMC00101	Coping with Stress	Online	01/03/2022	Tu	13:00	14:30	5 wks	£0	£0	Recognise what your stress triggers are and develop strategies for overcoming them
SMC00341	Exploring Difficult Emotions	Online	02/03/2022	We	13:00	14:30	5 wks	£0	£0	Tricky emotions like guilt, regret and anger, can leave us feeling sad and stuck. On this course we will be exploring these in more detail to find ways to manage them more helpfully
SMC00391	Art and Mindfulness	Online	03/03/2022	Th	10:00	12:00	5 wks	£0	£0	Explore the relationship between creativity and mindfulness
SMC00601	Hygge - The Danish Path to Happiness	Online	30/03/2022	We	19:00	20:30	1 day	£0	£0	Give yourself a well-deserved hug and discover how to live well and be happy, the Danish way
SMC00061	Better Sleep	Online	04/04/2022	Mo	19:00	20:30	1 day	£0	£0	Learn effective sleep strategies
SMC00161	Dream Discovery	Online	05/04/2022	Tu	19:00	20:30	1 day	£0	£0	Explore your dreams and what they might mean
SMC00591	Shinrin Yoku - The Japanese Art of Treebathing	Online	06/04/2022	We	10:00	11:30	1 day	£0	£0	Discover Shinrin Yoku-the Japanese Art of Treebathing and how nature can be used as a form of therapy
SMC00281	Art Journaling	Westbury Arts Centre	04/02/2022	Fr	10:00	12:00	8 wks	£0	£0	Create your own unique visual journal to aid your wellbeing
SMC00301	Art for Wellbeing	Westbury Arts Centre	04/02/2022	Fr	12:30	14:30	8 wks	£0	£0	Improve your wellbeing through creativity
SMC00551	Finding Your Way through Grief	Church of Christ the Cornerstone	24/01/2022	Mo	13:00	14:30	8 wks	£0	£0	Whether you are grieving due to a bereavement, loss of a relationship or life changes, this course offers you space to explore this and build simple steps to help you manage your grief

Languages

Online courses will include some independent working time as part of the advertised two-hour course

COURSE CODE	COURSE TITLE	VENUE	START DATE	DAY/S	START TIME	END TIME	COURSE LENGTH	TUITION FEE	CONCESSIONS	DESCRIPTION
LAC00011	French - First Steps - Part One	Church of Christ the Cornerstone	19/01/2022	We	19:30	21:00	5 wks	£57	20% off	A five-week course for absolute beginners
LAC00021	French - First Steps - Part Two	Church of Christ the Cornerstone	02/03/2022	We	19:30	21:00	5 wks	£57	20% off	A five-week course for those who have completed Part One of the First Steps course
LAC00785	French - Intermediate	Online	18/01/2022	Tu	19:00	21:00	10 wks	£130	20% off	This course is for those who have been learning for three to four years and are working at Levels 7 to 9
LAX00811	French Moving on to Advanced (Part One)	MKPDC	19/01/2022	We	13:00	15:00	5 wks	£88	No concession	This course is for those who have been learning for four years or more, are developing all four skills and their grammatical knowledge, and are working at Levels 10 to 12 and above
LAX00812	French Moving on to Advanced (Part Two)	MKPDC	02/03/2022	We	13:00	15:00	5 wks	£88	No concession	This course is for those who have been learning for four years or more, are developing all four skills and their grammatical knowledge, and are working at Levels 10 to 12 and above
LAC00759	German - Improvers Year Two	Online	18/01/2022	Tu	19:00	21:00	10 wks	£130	20% off	This course is for learners who have completed one term of Improvers Year Two, or seven terms of tuition, and are working at Level 6
LAC00707	German - Upper Intermediate	Online	20/01/2022	Th	13:00	15:00	10 wks	£130	20% off	This course is for those who have been learning for four years or more and wish to move towards Advanced level
LAC00251	Spanish - First Steps - Part One	Oakgrove School	17/01/2022	Mo	19:00	20:30	5 wks	£57	20% off	A five-week course for absolute beginners
LAC00261	Spanish - First Steps - Part Two	Oakgrove School	28/02/2022	Mo	19:00	20:30	5 wks	£57	20% off	A five-week course for those who have completed Part One of the First Steps course
LAC00710	Spanish - Next Steps	Church of Christ the Cornerstone	18/01/2022	Tu	19:00	20:30	10 wks	£113	20% off	This course is for learners who have completed the First Steps course, or one term of tuition, and are working at Level 1 or 2
LAC00712	Spanish - Improvers Year Two	Online	17/01/2022	Mo	19:00	21:00	10 wks	£130	20% off	This course is for learners who have completed one term of Improvers Year Two, or seven terms of tuition, and are working at Level 6
LAC00713	Spanish - Intermediate	Online	17/01/2022	Mo	19:00	21:00	10 wks	£130	20% off	This course is for those who have been learning for three years and a term and are working at Levels 7 to 9
LAC00761	Spanish Conversation (Intermediate) - Fortnightly	Online	19/01/2022	We	19:00	20:30	5 wks	£49	20% off	This course will help learners at Intermediate level (Levels 7 to 9) to develop their Spanish conversational and spontaneous speaking skills
LAC00762	Spanish - Upper Intermediate	Oakgrove School	17/01/2022	Mo	19:00	21:00	10 wks	£150	20% off	This course is for those who have been learning for four years or more and wish to move towards Advanced level
LAC00787	Practise your Spanish grammar - using the future tense	Online	17/02/2022	Th	19:00	21:00	1 day	£13	20% off	This workshop will provide revision and practice of the future tense for learners at Improvers Year Two level and above.
LAC00788	Practise your Spanish grammar - sentence organisation and negatives	Online	17/03/2022	Th	19:00	21:00	1 day	£13	20% off	This workshop will provide revision and practice of sentence organisation and negatives for learners at Improvers Year Two level and above.
LAC00765	Discover Spanish (Part One)	Church of Christ the Cornerstone	12/02/2022	Sa	10:00	13:00	1 day	£23	20% off	Part One of a short Spanish course for absolute beginners. Part Two is on 12 March.
LAC00766	Discover Spanish (Part Two)	Church of Christ the Cornerstone	12/03/2022	Sa	10:00	13:00	1 day	£23	20% off	Part Two of a short Spanish course for absolute beginners. Part One is on 12 February.
LAC00391	Italian - First Steps - Part One	Oakgrove School	17/01/2022	Mo	19:00	20:30	5 wks	£57	20% off	A five-week course for absolute beginners
LAC00401	Italian - First Steps - Part Two	Oakgrove School	28/02/2022	Mo	19:00	20:30	5 wks	£57	20% off	A five-week course for those who have completed Part One of the First Steps course
LAC00717	Italian - Next Steps	Church of Christ the Cornerstone	17/01/2022	Mo	19:00	20:30	10 wks	£113	20% off	This course is for learners who have completed the First Steps course, or one term of tuition, and are working at Level 1 or 2
LAC00718	Italian - Improvers Year One	Online	19/01/2022	We	19:00	21:00	10 wks	£130	20% off	This course is for learners who have completed the first term of Improvers Year One course, or four terms of tuition, and are working at Level 3 to 4
LAC00719	Italian - Improvers Year Two	Online	20/01/2022	Th	19:00	21:00	10 wks	£130	20% off	This course is for learners who have completed the first term of Improvers Year Two, or seven terms of tuition, and are working at Level 6
LAC00720	Italian - Advanced Intermediate	Online	18/01/2022	Tu	19:00	21:00	10 wks	£130	20% off	This course is for learners who have been learning Italian for three to four years and have reached a minimum of Intermediate level (Levels 7 to 9)
LAC00767	Practise your Italian grammar - imperfect tense and simple past	Church of Christ the Cornerstone	09/02/2022	We	19:00	20:30	1 day	£12	20% off	A course for learners at Improvers Year Two level and above who wish to learn and practise using these tenses
LAC00768	Practise your Italian grammar - using the subjunctive	Church of Christ the Cornerstone	16/02/2022	We	19:00	20:30	1 day	£12	20% off	A course for learners at Intermediate level and above who wish to learn and practise the subjunctive
LAC00769	The Food of Italy - language and culture workshop	Church of Christ the Cornerstone	09/03/2022	We	19:00	20:30	1 day	£12	20% off	A language and culture workshop for learners at Improvers Year Two and above. The ability to understand Italian is a requirement
LAC00770	The People of Italy (North and South) - language and culture workshop	Church of Christ the Cornerstone	16/03/2022	We	19:00	20:30	1 day	£12	20% off	A language and culture workshop for learners at Intermediate level and above. The ability to understand Italian is a requirement
LAC00511	Greek - First Steps - Part One	Church of Christ the Cornerstone	17/01/2022	Mo	19:00	20:30	5 wks	£57	20% off	A five-week course for absolute beginners
LAC00521	Greek - First Steps - Part Two	Church of Christ the Cornerstone	28/02/2022	Mo	19:00	20:30	5 wks	£57	20% off	A five-week course for those who have completed Part One of the First Steps course
LAC00733	Greek - Intermediate	Online	18/01/2022	Tu	19:00	21:00	10 wks	£130	20% off	This course is for those who have been learning for three to four years and are working at Levels 7 to 9
LAC00551	Mandarin Chinese - First Steps (Part One)	Church of Christ the Cornerstone	20/01/2022	Th	19:00	20:30	5 wks	£57	20% off	A five-week course for absolute beginners
LAC00561	Mandarin Chinese - First Steps (Part Two)	Church of Christ the Cornerstone	03/03/2022	Th	19:00	20:30	5 wks	£57	20% off	A five-week course for those who have completed Part One of the First Steps course
LAC00772	Discover Japanese (Part One)	Online	12/02/2022	Sa	13:00	15:00	1 day	£13	20% off	A two-hour workshop to learn some basic words and phrases
LAC00872	Discover Japanese (Part Two)	Online	12/03/2022	Sa	13:00	15:00	1 day	£13	20% off	A two-hour workshop to learn further words and phrases
LAC00728	Japanese - Advanced Intermediate	Online	18/01/2022	Tu	19:00	21:00	10 wks	£130	20% off	This course is for learners who have been learning Japanese for three to four years and have reached a minimum of Intermediate level (Levels 7 to 9)
LAC00773	Discover Russian (Part One)	Church of Christ the Cornerstone	17/02/2022	Th	19:00	21:00	1 day	£15	20% off	A two-hour workshop to learn some basic words and phrases
LAC00873	Discover Russian (Part Two)	Church of Christ the Cornerstone	17/03/2022	Th	19:00	21:00	1 day	£15	20% off	A two-hour workshop to learn some further words and phrases
LAC00774	Russian - Improvers Year Two	Online	18/01/2022	Tu	19:00	21:00	10 wks	£130	20% off	This course is for learners who have completed one term of Improvers Year Two, or seven terms of tuition, and are working at Level 6
LAC00730	British Sign Language - Next Steps	Online	19/01/2022	We	18:30	20:30	10 wks	£130	20% off	This course is for learners who have completed the First Steps course, or one term of tuition
LAC00775	Lip-reading for Beginners	Online	24/02/2022	Th	19:00	20:30	5 wks	£49	20% off	This course is for beginners. A 20% concession is available for the deaf and carers of the deaf