

## English and Maths

We offer English and maths at both Functional Skills and GCSE levels. 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. Our next round of skills checks will take place during August.

New for this term we are offering an intensive 2 week maths summer school where you can earn a Level 2 Functional Skills qualification!

To book a place and/or find out more, email  
[communitylearning.mk@milton-keynes.gov.uk](mailto:communitylearning.mk@milton-keynes.gov.uk)

## ESOL

### English for Speakers of Other Languages

ESOL courses are for people living in the UK whose first language is not English

These 12 week courses cover three modes: Reading, Writing, and Speaking and Listening, each with an exam.

We offer courses at levels ranging from Elementary (Entry 1) to advanced (Level 2)

Book a Skills Check to find the right class for you by emailing  
[communitylearning.mk@milton-keynes.gov.uk](mailto:communitylearning.mk@milton-keynes.gov.uk)

## Courses for People with Additional Support Needs

Do you need some extra support with your learning?

We have a range of courses aimed at those wanting to go at a more suitable pace due to a learning disability.

Improve your communication and confidence, become a self-advocate or brush up on your maths and English.

For further information, please email  
[communitylearning.mk@milton-keynes.gov.uk](mailto:communitylearning.mk@milton-keynes.gov.uk)

## Courses for Young People

Our programmes for young people, including traineeships, are for anyone aged 16 – 19 years (up to 25 for those with an Education Health Care Plan – EHCP).

They are aimed at increasing confidence and communication levels and to help prepare for future pathways into learning or employment.

Any young person not in education, employment or training is welcome to join the small and very welcoming group. Bus passes and lunch will be provided.

We also offer maths and English for young people.

Contact [jayne.hobbs@milton-keynes.gov.uk](mailto:jayne.hobbs@milton-keynes.gov.uk) for further information.

If you are looking for free and impartial advice on career pathways, education and training options or looking and applying for jobs you can contact on **Young People's Careers Information, Advice and Guidance Team** on **01908 254410**

## Family Learning

CLMK Family learning Department offers a huge variety of sessions for all the family in various Family and Children Centres, schools and libraries across Milton Keynes. Throughout the summer holidays we have many fun and creative workshops planned for you to enjoy with your children.

From staple favourites such as Soundstart, Story Sacks, Cooking on a Budget and Child Yoga, to newer activities such as, 'Mini Nature explorer', 'Fakeaway', 'Curiosity approach', 'Fun with Phonics' and 'Early Maths'.

Also included are the 'Get Ready for School' transition courses to help prepare parents and children for all the changes that starting a new school brings. Choose from online and face to face for primary and secondary age groups.

Our ESOL café now runs most weekday afternoons and evenings along with a Saturday morning session and is available for anyone starting their ESOL journey or wishing 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](mailto:nicola.skelton@milton-keynes.gov.uk)



**Family Learning MK**

### Opening Times

Monday to Thursday 9.00am to 5.00pm  
Friday 9.00am to 4.00pm



## Community Learning MK Adult Education

### Course Listings - Autumn Term 2022

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




# Introduction


Welcome to a brand new year of learning. We are really pleased to be offering even more courses this year for all ages, abilities and interests and there really is something for everyone.

We are now back in our CLMK Learning Centre in the Central Library, as well as having courses running across Milton Keynes in a variety of venues, including Christ the Cornerstone Church in CMK, Oakgrove School, MK Professional Development Centre in Galley Hill and other local centres. Please check with children’s centres, schools and libraries for more information on what is happening near you.

For more information and to enrol, please visit our website: [www.milton-keynes.gov.uk/adult-education](http://www.milton-keynes.gov.uk/adult-education)

For general enquiries and enrolments, telephone: **01908 556727** or email: [communitylearning.mk@milton-keynes.gov.uk](mailto:communitylearning.mk@milton-keynes.gov.uk)

 **Community Learning MK**

 **clmk\_adult\_education**

## Digital Skills

COURSE CODE	COURSE TITLE	VENUE	START DATE	DAY/S	START TIME	END TIME	COURSE LENGTH	TUITION FEE	CONCESSIONS	DESCRIPTION
ITC00011	Getting Started with Computers	CMK Library Learning Centre	27/09/2022	Tu	12:45	14:45	4 wks	£0	£0	The basics to get you started with computers and being safe online
ITC00021	Next Steps with Computers	CMK Library Learning Centre	01/11/2022	Tu	12:45	14:45	4 wks	£0	£0	The next step on your digital skills journey for life and work
ITC00031	Getting Started with MS Office	CMK Library Learning Centre	31/10/2022	Mo	12:30	14:30	4 wks	£0	£0	Short, intensive course covering the basics of Microsoft Word, Excel and PowerPoint for work/education
EPA00123	Introduction to ICT (Entry 3 Award)	CMK Library Learning Centre	28/09/2022	We	12:45	14:45	10 wks	£0	£0	This qualification course is aimed at anyone who wants to live a more independent life, progress
ITA00051	Digital Skills - Over 65s	CMK Library Learning Centre	04/11/2022	Fr	13:00	15:00	4 wks	£0	£0	Improve your digital skills in a relaxed atmosphere
ITC00051	Excel an Introduction	CMK Library Learning Centre	04/11/2022	Fr	10:00	16:00	1 day	£60	20% off	Learn the basics of spreadsheets and simple formulae
ITC00061	Excel Improvers	CMK Library Learning Centre	18/11/2022	Fr	10:00	16:00	1 day	£60	20% off	More features of Excel - including database functions and customising charts and graphs
ITC00071	Presenting to an Audience using PowerPoint	CMK Library Learning Centre	21/10/2022	Fr	10:00	16:00	1 day	£60	20% off	Use PowerPoint to enhance your presentation skills
ITC00081	Google Classroom - Getting Started	CMK Library Learning Centre	03/10/2022	Mo	13:00	14:30	1 day	£0	£0	Get to know the basics of Google Classroom
ITC00091	Google Classroom - Getting Started	CMK Library Learning Centre	17/10/2022	Mo	13:00	14:30	1 day	£0	£0	Get to know the basics of Google Classroom

## Professional Training

Contact: [elizabeth.bulbeck@milton-keynes.gov.uk](mailto: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
PTA00220	Early Years Practitioners (Level 2 Diploma)	CMK Library Learning Centre	22/09/2022	Th	09:30	13:00	30 wks	£650	£0	This course will teach the skills and qualifications required to become an Early Years practitioner. You must attend an Induction session before joining this qualification
PTC00241	Induction for Early Years Practitioners (Level 2 Diploma)	CMK Library Learning Centre	08/09/2022	Th	09:30	12:00	1 day	£0	£0	An induction session to introduce the diploma in Early Years
PTC00231	Induction for Early Years Practitioners (Level 2 Diploma)	CMK Library Learning Centre	15/09/2022	Th	09:30	12:00	1 day	£0	£0	An induction session to introduce the diploma in Early Years
PTA00110	Support Work in Schools (Level 2 Award)	CMK Library Learning Centre	29/09/2022	Th	09:30	12:30	16 wks	£350	£0	This course will teach the skills and knowledge required to become a support worker/teaching assistant in schools. You must attend an Induction session before joining this qualification
PTC00012	Induction for Support Work in Schools (Level 2 Award)	CMK Library Learning Centre	08/09/2022	Th	09:30	12:00	2 wks	£0	£0	An induction session to introduce the Level 2 certificate for support work in schools
PTA00190	Award in Education and Training (Level 3)	Oakgrove School	27/09/2022	Tu	18:00	21:00	15 wks	£350	£350	For those who work, or want to work as teachers/trainers in the further education and skills sector
EPA00213	Introduction to Childcare (Level 1 Award)	Robin's Childrens Centre	14/09/2022	We	09:30	11:30	10 wks	£0	£0	This qualification course suits those wishing to gain experience in childcare
EPA00223	Introduction to Childcare (Level 1 Award)	CMK Library Learning Centre	26/09/2022	Mo	13:00	15:00	10 wks	£0	£0	This qualification course suits those wishing to gain experience in childcare
EPA00180	Getting Started with Volunteering (Level 1 Award)	The Windmill Childrens Centre	20/09/2022	Tu	09:30	11:30	10 wks	£0	£0	This qualification course is for those interested in working as a volunteer
EPA00133	Introduction to Retail and Customer Service (Entry 3 Award)	CMK Library Learning Centre	27/09/2022	Tu	12:30	14:30	10 wks	£0	£0	This qualification course is aimed at anyone who is interested in working in retail or a customer service role

## Concessions

### Can I claim a concession?

If you are unemployed and/or claiming benefits you may be entitled to a reduced fee on our courses unless “no concession” is indicated. There is also a concession available for courses that lead to a qualification if you are in employment but earning a low wage.

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

For more information contact: [communitylearning.mk@milton-keynes.gov.uk](mailto:communitylearning.mk@milton-keynes.gov.uk)

## Autumn Term Dates

### Monday 5 September to Saturday 17 December

(Half term holiday)

### Monday 24 to Saturday 29 October



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
LAC00844	Try French - Free Taster	Online	13/09/2022	Tu	19:00	20:00	1 day	£0	£0	A chance to learn words and phrases useful for a visit to a French-speaking country
LAC00011	French - First Steps - Part One	Church of Christ the Cornerstone	20/09/2022	Tu	19:15	20:45	5 wks	£60	20% off	A five-week course for absolute beginners. Continues in Part Two from 1 November
LAC00031	French - Moving on to Improvers	Church of Christ the Cornerstone	21/09/2022	We	19:15	20:45	10 wks	£120	20% off	This course is for learners who have completed the Next Steps course, or two terms of tuition, and are working at Level 2 or 3
LAX00811	French - Moving on to Advanced (Part One)	CMK Library Learning Centre	21/09/2022	We	13:00	15:00	5 wks	£100	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. Continues in Part Two from 2 November
LAC00791	Language Lunchtime (French) 1	MKPDC Galley Hill	03/10/2022	Mo	12:30	13:30	1 day	£7	20% off	This lunchtime drop-in session is an opportunity to practise your conversational French. For Intermediate level and above
LAC00706	German - Intermediate Year One	Online	20/09/2022	Tu	19:00	21:00	10 wks	£160	20% off	This course is for learners who have completed Improvers Year Two, or nine terms of tuition, and are working at Level 6
LAX00707	German - Upper Intermediate	Online	22/09/2022	Th	13:00	15:00	10 wks	£200	No Concession	This course is for those who have been learning for four years or more and wish to move towards Advanced level
LAC00794	Language Lunchtime (German) 1	Online	04/10/2022	Tu	13:00	14:00	1 day	£7	20% off	This lunchtime drop-in session is an opportunity to practise your conversational German. For Improvers Year Two level and above
LAC00821	Try Spanish - Free Taster	Online	12/09/2022	Mo	19:00	20:00	1 day	£0	£0	A chance to learn words and phrases useful for a visit to a Spanish-speaking country
LAC00804	Cook Spanish	Online	18/11/2022	Fr	19:00	20:30	3 wks	£36	20% off	A three-week workshop on preparing some popular Spanish dishes. This workshop is also open to those without any knowledge of Spanish
LAC00803	Learn Spanish through simple songs	Online	04/11/2022	Fr	19:00	20:30	2 wks	£24	20% off	A two-week workshop for beginners and those with some prior knowledge of Spanish
LAC00765	Discover Spanish (Part One)	Church of Christ the Cornerstone	08/10/2022	Sa	10:00	13:00	1 day	£24	20% off	Part One of a short Spanish course for absolute beginners. Continues in Part Two on 15 October
LAC00251	Spanish - First Steps - Part One	Oakgrove School	19/09/2022	Mo	19:00	20:30	5 wks	£60	20% off	A five-week course for absolute beginners. Continues in Part Two from 31 October
LAC00710	Spanish - Next Steps	Church of Christ the Cornerstone	19/09/2022	Mo	19:00	20:30	10 wks	£120	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
LAC00732	Spanish - Improvers Year One	Church of Christ the Cornerstone	20/09/2022	Tu	19:00	20:30	10 wks	£120	20% off	This course is for learners who have completed the Moving on to Improvers course, or three terms of tuition, and are working at Level 3
LAC00802	Explore Seville	Online	14/10/2022	Fr	19:00	20:30	2 wks	£24	20% off	A two-week workshop introducing the fascinating Spanish city of Seville. For learners at Improvers Year One level and above
LAC00810	Practise your Spanish grammar - Using prepositions	Online	08/10/2022	Sa	10:00	12:00	1 day	£16	20% off	This workshop will focus on using different Spanish prepositions. For learners at Improvers level and above
LAC00815	Practise your Spanish grammar - Using ser and estar	Online	26/10/2022	We	18:00	20:00	1 day	£16	20% off	This workshop will cover the uses of ser and estar. For learners at Improvers level and above
LAC00812	Practise your Spanish grammar - Using the imperfect tense	Online	05/11/2022	Sa	10:00	12:00	1 day	£16	20% off	This workshop will cover the formation and use of the imperfect tense in Spanish. For learners at Improvers level and above
LAC00713	Spanish - Intermediate	Online	19/09/2022	Mo	19:00	21:00	10 wks	£160	20% off	This course is for those who have been learning for three to four years and are working at Levels 7 to 9
LAC00761	Spanish Conversation (Intermediate) - Fortnightly	Online	22/09/2022	Th	19:00	20:30	5 wks	£60	20% off	This course will help learners at Intermediate level (Levels 7 to 9) to develop their Spanish conversational and spontaneous speaking skills
LAC00813	Practise your Spanish grammar - Using the subjunctive	Online	26/11/2022	Sa	10:00	12:00	1 day	£16	20% off	This workshop will provide revision and practice of the subjunctive. For learners at Intermediate level and above
LAX00762	Spanish - Upper Intermediate	Online	21/09/2022	We	19:00	21:00	10 wks	£200	No Concession	This course is for those who have been learning for four years or more and wish to move towards Advanced level
LAC00831	Try Italian – Free Taster	Online	12/09/2022	Mo	19:00	20:00	1 day	£0	£0	A chance to learn words and phrases useful for a visit to Italy
LAC00391	Italian - First Steps - Part One	Church of Christ the Cornerstone	19/09/2022	Mo	19:00	20:30	5 wks	£60	20% off	A five-week course for absolute beginners. Continues in Part Two from 31 October
LAC00717	Italian – Next Steps	Church of Christ the Cornerstone	19/09/2022	Mo	19:00	20:30	10 wks	£120	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	21/09/2022	We	19:00	21:00	10 wks	£160	20% off	This course is for learners who have completed the Moving on to Improvers course, or three terms of tuition, and are working at Level 3
LAC00805	Italian - Improvers Year Two - Summer School	Online	18/08/2022	Th	19:00	21:00	4 wks	£64	20% off	This course is for learners who have completed Improvers Year Two, or nine terms of tuition, and are working at Level 6
LAC00814	Practise your Italian grammar - direct and indirect object pronouns	Church of Christ the Cornerstone	05/10/2022	We	19:00	20:30	1 day	£12	20% off	A course for learners at Improvers level and above who wish to learn and practise using pronouns
LAC00816	Made in Italy - Part One	Church of Christ the Cornerstone	09/11/2022	We	19:00	20:30	1 day	£12	20% off	A language and culture workshop for learners at Improvers level and above. The ability to understand Italian is a requirement
LAC00481	Italian - Intermediate Year One	Online	22/09/2022	Th	19:00	21:00	10 wks	£160	20% off	This course is for learners who have completed Improvers Year Two, or nine terms of tuition, and are working at Level 6
LAX00491	Italian - Advanced - Upper Intermediate	Online	20/09/2022	Tu	19:00	21:00	10 wks	£200	No Concession	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)
LAX00815	Practise your Italian grammar - direct and indirect speech	Church of Christ the Cornerstone	19/10/2022	We	19:00	20:30	1 day	£15	No Concession	A course for learners at Intermediate level and above who wish to learn and practise direct and indirect speech
LAX00817	Made in Italy - Part Two	Church of Christ the Cornerstone	23/11/2022	We	19:00	20:30	1 day	£15	No Concession	A language and culture workshop for learners at Intermediate level and above. The ability to understand Italian is a requirement
LAC00733	Greek - Intermediate	Online	20/09/2022	Tu	19:00	21:00	10 wks	£160	20% off	This course is for those who have been learning for three to four years and are working at Levels 7 to 9
LAC00846	Try Japanese - Free Taster	Online	12/09/2022	Mo	19:00	20:00	1 day	£0	£0	A chance to learn some useful words and phrases
LAC00807	Japanese for Beginners	Church of Christ the Cornerstone	19/09/2022	Mo	18:45	20:15	5 wks	£60	20% off	A five-week course for absolute beginners
LAX00591	Japanese - Advanced Intermediate	Church of Christ the Cornerstone	20/09/2022	Tu	19:00	21:00	10 wks	£200	No Concession	This course is for learners who have been learning Japanese for four years and have reached a minimum of Intermediate level (Levels 7 to 9)
LAC00841	Try Chinese - Free Taster	Online	15/09/2022	Th	19:00	20:00	1 day	£0	£0	A chance to learn some useful words and phrases
LAC00551	Mandarin Chinese – First Steps (Part One)	Church of Christ the Cornerstone	22/09/2022	Th	19:00	20:30	5 wks	£60	20% off	A five-week course for absolute beginners. Continues in Part Two from 3 November
LAC00847	Try Russian - Free Taster	Online	08/09/2022	Th	19:00	20:00	1 day	£0	£0	A chance to learn some useful words and phrases
LAC00611	Russian for Beginners	Church of Christ the Cornerstone	22/09/2022	Th	19:00	20:30	5 wks	£60	20% off	A five-week course for absolute beginners
LAC00809	Russian - Intermediate Year One	Online	20/09/2022	Tu	19:00	21:00	10 wks	£160	20% off	This course is for learners who have completed Improvers Year Two, or nine terms of tuition, and are working at Level 6
LAC00842	Try British Sign Language - Free Taster	Online	14/09/2022	We	18:00	19:00	1 day	£0	£0	A chance to learn some useful signs before taking a longer course
LAC00651	British Sign Language - First Steps (Part One)	Online	21/09/2022	We	18:00	20:00	5 wks	£80	20% off	A five-week course for absolute beginners. Continues in Part Two from 2 November
LAC00843	Try Lip-reading - Free Taster	Online	15/09/2022	Th	19:00	20:00	1 day	£0	£0	A chance to learn some useful techniques before taking a longer course
LAC00817	Introduction to Lip-reading	Church of Christ the Cornerstone	24/09/2022	Sa	10:00	13:00	1 day	£24	20% off	This course is for beginners. A 20% concession is available for the deaf and carers of the deaf

# Health and Wellbeing

As part of our commitment to supporting your wellbeing we offer fortnightly fun workshops in our Wellbeing Café which are free to anyone enrolled on one of our Health and Wellbeing courses

COURSE CODE	COURSE TITLE	VENUE	START DATE	DAY/S	START TIME	END TIME	COURSE LENGTH	TUITION FEE	CONCESSIONS	DESCRIPTION
SMC00371	Building a Resilient Mindset	CMK Library Learning Centre	14/09/2022	We	11:00	12:00	3 wks	£0	£0	Explore what resilience is and isn't and how you can build more into your daily life even in difficult times
SMC00311	Building a Resilient Mindset	Oakgrove School	03/10/2022	Mo	19:00	20:00	3 wks	£0	£0	Explore what resilience is and isn't and how you can build more into your daily life even in difficult times
SMC00101	Less Stress, More Happiness	Oakgrove School	12/09/2022	Mo	19:00	20:00	3 wks	£0	£0	Explore what stress really is, what can help manage it and develop a personal happiness plan
SMC00481	Mindfulness for Busy People	CMK Library Learning Centre	13/09/2022	Tu	13:00	14:00	3 wks	£0	£0	Simple ways you can bring mindfulness into everyday life
SMC00411	Mindfulness for Busy People	Oakgrove School	13/09/2022	Tu	19:00	20:00	3 wks	£0	£0	Simple ways you can bring mindfulness into everyday life
SMC00471	Living with Chronic Fatigue	Online	20/09/2022	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
SMC00541	Living with Chronic Fatigue	Online	01/11/2022	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
SMC00071	Finding Your Way through Grief	CMK Library Learning Centre	26/09/2022	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 grief
SMC00111	Present Moment Living	Oakgrove School	28/09/2022	We	19:00	20:00	8 wks	£0	£0	An in-depth eight week course that looks at managing thoughts and emotions by staying in the "now", using mindfulness
SMC00711	Menopause and You	CMK Library Learning Centre	22/09/2022	Th	12:30	14:30	5 wks	£0	£0	If you are affected by the changes and symptoms brought on by perimenopause and menopause then join this short course to find support, advice and more!
SMC00721	Menopause and You	CMK Library Learning Centre	03/11/2022	Th	12:30	14:30	5 wks	£0	£0	If you are affected by the changes and symptoms brought on by perimenopause and menopause then join this short course to find support, advice and more!
SMC00491	Motivated for Success	CMK Library Learning Centre	04/10/2022	Tu	13:00	14:00	3 wks	£0	£0	Explore some of the psychology behind developing a successful mindset and how to be 'in the zone'
SMC00791	Motivated for Success	Oakgrove School	04/10/2022	Tu	19:00	20:00	3 wks	£0	£0	Explore some of the psychology behind developing a successful mindset and how to be 'in the zone'
SMC00621	The Art of Communication	CMK Library Learning Centre	05/10/2022	We	11:00	12:00	3 wks	£0	£0	Essential skills for effective communication, including developing healthy boundaries and assertiveness
SMC00551	The Art of Communication	CMK Library Learning Centre	01/11/2022	Tu	13:00	14:00	3 wks	£0	£0	Essential skills for effective communication, including developing healthy boundaries and assertiveness
SMC00751	The Art of Communication	Oakgrove School	01/11/2022	Tu	19:00	20:00	3 wks	£0	£0	Essential skills for effective communication, including developing healthy boundaries and assertiveness
SMC00501	Essential Self Care	Oakgrove School	21/11/2022	Mo	19:00	20:00	3 wks	£0	£0	Make room to be kind to yourself with self care and self compassion
SMC00681	Boost Your Self Esteem, Grow in Confidence	Oakgrove School	31/10/2022	Mo	19:00	20:00	3 wks	£0	£0	Explore how you can improve your confidence and find ways to shine your light in the world
SMC00571	Live with Purpose	CMK Library Learning Centre	22/11/2022	Tu	13:00	14:00	3 wks	£0	£0	What do you want from life and what's your vision for the future? Explore the big questions in this short, reflective course
SMC00581	Live with Purpose	Oakgrove School	22/11/2022	Tu	19:00	20:00	3 wks	£0	£0	What do you want from life and what's your vision for the future? Explore the big questions in this short, reflective course
SMC00461	Armchair Yoga	Church of Christ the Cornerstone	19/09/2022	Mo	13:30	14:30	5wks	£0	£0	Gentle seated yoga stretches for those with mobility issues
SMC00761	Armchair Yoga	Church of Christ the Cornerstone	31/10/2022	Mo	13:30	14:30	5 wks	£0	£0	Gentle seated yoga stretches for those with mobility issues
SMC00531	Living Well with Hearing Loss	Oakgrove School	10/11/2022	Th	19:00	20:30	4 wks	£0	£0	Explore strategies for overcoming the challenges that come with hearing loss
SMC00701	Healthy Eating on a Budget	Church of Christ the Cornerstone	21/09/2022	We	17:30	19:00	5 wks	£0	£0	Healthy, affordable recipes for those on a budget
SMC00741	Healthy Eating on a Budget	Church of Christ the Cornerstone	02/11/2022	We	17:30	19:00	5 wks	£0	£0	Healthy, affordable recipes for those on a budget
SMC00281	Art Journaling	Westbury Arts Centre	23/09/2022	Fr	10:00	12:00	10 wks	£0	£0	Create your own unique visual journal to aid your wellbeing
SMC00301	Art for Wellbeing	Westbury Arts Centre	23/09/2022	Fr	12:30	14:30	10 wks	£0	£0	Improve your wellbeing through creativity
SMC00731	Textile Heaven	CMK Library Learning Centre	23/09/2022	Fr	12:30	14:30	10 wks	£0	£0	Knitting, Weaving, Sewing, Crochet, patchwork, yarn art...find out how these fun crafting activities can improve your well-being as well as your skill set!

# Art and Craft

COURSE CODE	COURSE TITLE	VENUE	START DATE	DAY/S	START TIME	END TIME	COURSE LENGTH	TUITION FEE	CONCESSIONS	DESCRIPTION
ACX00441	Acrylic Painting for Beginners	Westbury Arts Centre	20/09/2022	Tu	10:00	12:00	10 wks	£160	20% off	A step by step guide to working with acrylics, for beginners
ACX00021	Painting in Oils	Westbury Arts Centre	28/09/2022	We	12:30	15:00	8 wks	£200	No Concession	A flexible mixed-level approach to using this medium
ACX00431	Art Skills - Drawing and Painting - Beginners and Improvers	MK Gallery	29/09/2022	Th	12:30	15:00	8 wks	£200	No Concession	An introduction to basic drawing and painting techniques. For beginners and those with a little experience
ACX00381	Project Based Watercolour Painting – Intermediate/Advanced	MK Gallery	29/09/2022	Th	09:30	12:00	8 wks	£200	No Concession	Guided project based course, for those who have completed 1 or more terms at Intermediate level
ACX00371	Stained Glass - Beginners and Improvers	Oakgrove School	29/09/2022	Th	18:30	21:00	8 wks	£200	No Concession	Learn how to work with glass, designing and making your own creations using lead came of copper foil. Mixed level
ACX00731	Introduction to Mosaics	Westbury Arts Centre	20/09/2022	Tu	12:30	14:30	5 wks	£85	20% off	An introduction to creating your own mosaic. Fee includes materials
ACX00741	Improvers Mosaics	Westbury Arts Centre	01/11/2022	Tu	12:30	14:30	5 wks	£85	20% off	For those who have completed Introduction to Mosaics and those with some experience. Fee includes materials
ACX00721	Dressmaking - Beginners and Improvers	Oakgrove School	19/09/2022	Mo	19:00	21:00	10 wks	£160	20% off	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
ACX00351	Machine Sewing - Beginners	Oakgrove School	21/09/2022	We	19:00	21:00	5 wks	£80	20% off	Simple practical projects to develop your sewing machine skills
ACX00681	Machine Sewing - Improvers	Oakgrove School	02/11/2022	We	19:00	21:00	5 wks	£80	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
ACX00701	Dressmaking - Pattern Cutting for Beginners	Oakgrove School	03/11/2022	Th	19:00	21:00	5 wks	£80	20% off	Learn how to create and cut your own dressmaking pattern
ACX00661	Christmas Wreath Making	Church of Christ the Cornerstone	03/12/2022	Sa	12:30	15:30	1 day	£40	No Concession	Escape the crowds and immerse yourself in Christmas Greenery. Fee includes cost of materials
ACX00211	Creative Writing Beginners	Oakgrove School	28/09/2022	We	18:30	21:00	8 wks	£160	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