



Health & Wellbeing MK

Course Listings – Spring 2024

Community Learning MK provide a programme of Health & 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

or contact communitylearning.mk@milton-keynes.gov.uk

01908 556700

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

Wellbeing Café

We offer a Wellbeing Café every fortnight on Wednesdays during Term time, where learners, on any of our Wellbeing courses, can attend free of charge.

Each session is standalone allowing you to attend as many as you would like.

Some of the things we offer include:

- Decoupage
- Simple soft toys
- Puddle painting
- Zen doodle art
- Rock painting
- Watercolours

The first session will be 12:30-2:30 on 10th January 2024 at the Christ the Cornerstone Church.

A timetable will be available on our website and in our learning centre, your tutor will also have copies of the timetable.

Understanding male mental health

Delivered over 4 weeks in a safe and supportive environment, we will discuss the unique challenges faced by men and explore strategies to improve male mental health.

- Understanding mental health
- Common mental health conditions
- Evidence-based strategies
- Community resources and open dialogue.

Course code: SMC00081

Date: 26 Feb – 18 March 24

Day: Monday

Time: 6 – 8pm

Place: Christ the Cornerstone Church

Wellbeing for Pain Management

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

*Important: This is a learning environment, not a therapy group. 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: 9 Jan – 13 Feb 2024

Day: Tuesday

Time: 10:00 – 11:30

Place: Online – Via Google Classroom

Relaxation through Mindfulness

This 8-week course will help you to manage a busy mind, including thoughts and tricky feelings, by living life more intentionally through mindfulness meditation. 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 code: SMC00481

Date: 9 Jan – 5 Mar 2024

Day: Tuesday

Time: 6:30 -8:00pm

Place: MKCC Civic Offices

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. Those who would like tips for managing anxiety may also find this course useful.

Course code: SMC00371

Date: 11 Jan – 7 March 2024

Day: Thursday

Time: 13:00 – 14:30

Place: Online – Via Google Classroom

Finding your way through grief

This 8-week course aims to bring bereaved people together, to help them navigate their loss through awareness and understanding of what helps (and what doesn't) when someone is grieving. This course will be particularly useful for those who may also want to gain skills to help other going through a difficult time.

***Important** Please note this is a learning environment, not a therapy group.

Course code: SMC00071

Date: 9 Jan – 5 March 2024

Day: Tuesday

Time: 1:00 – 2:30pm

Place: Christ the Cornerstone Church

Manifest your success!

This 8-week course will help you to consider purpose, meaning and success by setting meaningful intentions, ‘finding your flow’ and creating a vision for the future of the life you want to live.

Course code: SMC00791

Date: 11 Jan – 7 March 2024

Day: Thursday

Time: 6:30 – 8:00pm

Place: MKCC Civic Offices

Confident Communication

This 8-week course is split into 2 parts and is suitable for anyone who would like to be more confident at work or in their personal life.

Part1: You will consider how to grow confidence in general.

Part 2: You will explore how to have confident, compassionate conversations to help achieve goals in life.

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Course code: SMC00551

Date: 11 Jan – 7 March 2024

Day: Thursday

Time: 10:00 – 11:30

Place: MKCC Civic Offices

Nagomi Art

Delivered over 10-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.

We will explore the history of the art form in a relaxing and peaceful environment.

No previous experience is necessary.

Course code: FL23NA6

Date: 17 Jan – 27 March 24

Day: Wednesday

Time: 6 - 8:30pm

Place: CLMK Learning Centre

Art Journalling

This 10-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: SMC00281 / SMC00271

Date: 9 / 12 Jan – 19 / 22 March 24

Day: Tuesday / Friday

Time: 10:00 – 12:00pm

Place: Westbury Arts Centre

Textile Heaven

Across this 10-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

Date: 12 Jan – 22 March 24

Day: Friday

Time: 1:00 – 3:00pm

Place: CLMK Learning Centre

Armchair 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

Date: 8 Jan – 18 March 2024

Day: Monday

Time: 1:30 – 2:30pm

Place: Christ the Cornerstone Church

Menopause & you

If you are affected by the changes and symptoms brought on by menopause and perimenopause, then this 10-week course will help you find support and advice.

Course code: SMC00721

Date: 11 Jan – 21 March 2024

Day: Thursday

Time: 18:00 20:00pm

Place: CLMK Learning Centre

Working towards self-compassion

During this 4-week course you will discover the nature of self – compassion, why it matters and how to be kinder to ourselves.

Course code: SMC00031

Date: 27 Feb– 19 March 2024

Day: Tuesday

Time: 10:00 – 11:30am

Place: Christ the Cornerstone Church

Understanding Dreams

We spend one third of our lives sleeping (or attempting to do so!) If you're finding sleep elusive and / or you're having dreams you'd like to understand, then this 2-hour workshop will give you some useful insights.

Course code: SMC00161

Date: 12 March 2024

Day: Tuesday

Time: 6:00 – 8:00 pm

Place: MKCC Civic Offices

Better sleep

This 2-hour workshop will help you learn some of the science behind sleep and a tried and tested technique which has been proven to help people sleep better.

Course code: SMC00061

Date: 27 Feb 2024

Day: Tuesday

Time: 6:00 – 8:00 pm

Place: MKCC Civic Offices

Shinrin Yoku

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

Course code: SMC00431

Date: 21 March 2024

Day: Thursday

Time: 9:30 – 11:30 am

Place: MKCC Civic Office

Hygge

This 2-hour workshop will show you what Hygge is and how it can benefit your everyday life, we will also consider the philosophy of the Danish path to happiness.

Course code: SMC00421

Date: 28 March 2024

Day: Thursday

Time: 9:30 – 11:30 am

Place: MKCC Civic Offices

Yoga Nidra

In this 2-hour introduction you can learn more about the deep relaxation practice to help reduce stress and improve sleep.

Course code: SMC01000

Date: 14 March 2024

Day: Thursday

Time: 9:30 – 11:30 am

Place: MKCC Civic Offices



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