

Community Learning MK- Adult Education

Course Listings – Autumn 2025

www.milton-keynes.gov.uk/courses

Introduction

It's a new academic year at CLMK and we're looking forward to welcoming you onto our courses whether you are a new or returning learner.

Visit www.milton-keynes.gov.uk/courses or use the QR code to see more information about each class and enrol for free courses. If you are not eligible for a free place for our art/craft courses go to https://mycouncil.milton-keynes.gov.uk/service/Community_Learning_MK to make payment and enrol.

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

Visit www.milton-keynes.gov.uk/adult-education

Call 01908 252500

Autumn Term Dates

Monday 1 September to Saturday 20 December (Half term holiday Monday 27 October to Saturday 1 November)

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 31/08/2025 most of our courses are free. For qualification and art/craft courses 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, contact us for more information.

Find out more online at www.milton-keynes.gov.uk/fee-policy

Functional Skills and GCSE English and Maths

If you are looking to join a GCSE or Functional Skills course in English or maths you will first need to attend a skills check to find the right class for you. We have a number of dates to choose from, all taking place at our Learning Centre, and booking is essential.

Enrol by searching SKILLS at <https://ebsontrackprospect-mk.tribal-ebs.com/page/findcourse> and we will contact you with an arrival time.

Monday 21 July	9.30am-1pm
Wednesday 23 July	1pm-3pm
Tuesday 19 August	9.30am-12.30pm
Thursday 21 August	6pm-8pm
Wednesday 27 August	1pm-4pm
Tuesday 2 September	9.30am-1pm
Monday 8 September	9.30am-12.30pm

Courses for People with Additional Support Needs

Through our Supported Employment scheme, we have a range of courses for those with a learning disability who want to learn at a pace more suited to their needs. Courses include Support into Employment. We provide ongoing support into Further Education for those who want to progress. For more information, please email communitylearning.mk@milton-keynes.gov.uk

Digital Skills

Improve your IT Skills with our free courses (a fee may apply if you do not meet the age/residency requirements)

Choosing the right ICT course is an important first step towards building your digital confidence and achieving your personal or professional goals.

Digital Skills – the basics

“I’m looking for a short, supportive course to help me feel more confident with IT basics – like setting up accounts and getting online. I’d also like to learn how to use the internet safely and wisely.”

Course Code	Course Title	Venue	Start Date	Day and Times	Course Length	Fee	Description
ITL01610	IT Basics: 4-Week Program	CLMK Learning Centre	22 Sep	Monday 9.30am-11.30am	4 wks	£0	Whether you're starting from scratch or brushing up, this short course gives you the essential IT skills to feel more confident and capable
ITA02210	Online and E-Safety	CLMK Learning Centre	3 Nov	Monday 9.30am-12pm	7 wks	£0	Understand how to protect yourself online, avoid scams and use the internet safely and responsibly in everyday life
ITL02110	Introduction to ICT for Over 50's	CLMK Learning Centre	3 Sep	Wednesday 12.30pm-2.30pm	4 wks	£0	It's never too late to learn—this friendly course helps you get comfortable with technology at your own pace
ITL01810	Get ahead with Google Classroom	CLMK Learning Centre	1 Sep	Monday 9.30am-11.30am	10 wks	£0	Learn how to confidently use Google Classroom to support your learning with CLMK

Digital Skills – for improvers

“I’m comfortable using a computer, but I’d like a bit more help with tasks like editing and saving documents and keeping useful information from the internet on my device. I would also like to gain a qualification.”

Course Code	Course Title	Venue	Start Date	Day and Times	Course Length	Fee	Description
ITA02110	City & Guilds Beginners Guide to ICT (Entry 3)	CLMK Learning Centre	10 Sep	Wednesday 9.30am-11.30am	10 wks	£0	Start your digital journey with this beginner-friendly course designed to help you feel confident using computers and the internet

Digital Skills – for the workplace

“I use a computer at work, but I sometimes find things like emails, managing files and documents, or using shared drives a bit tricky. I’d like to improve my skills in these areas.”

Course Code	Course Title	Venue	Start Date	Day and Times	Course Length	Fee	Description
ITA02810	Progress with Office: MS Excel and Word	CLMK Learning Centre	10 Sep	Wednesday 6pm-8.30pm	7 wks	£0	Improve your skills in Microsoft Word and Excel to work more efficiently and boost your job prospects
ITA02710	ICT Skills for Work	CLMK Learning Centre	11 Sep	Thursday 9.30am-12pm	14 wks	£0	Build practical computer skills that help you succeed in the modern workplace and stand out to employers

Digital Skills – for certification

“I’m keen to boost my productivity at work by improving my computer skills, and I may also be interested in gaining a digital skills qualification to support my career goals. I have already completed an ICT qualification at Level 1.”

Course Code	Course Title	Venue	Start Date	Day and Times	Course Length	Fee	Description
ITA02910	Level 2 Award in Digital Skills for Work	CLMK Learning Centre	5 Nov	Wednesday 6pm-8.30pm	7 wks	£0	Gain the digital skills employers are looking for and feel more confident using technology at work

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

Email 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

Email 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

(a fee may apply if you do not meet the age/residency requirements)

Course Code	Course Title	Venue	Start Date	Day and Times	Course Length	Fee	Description
ETL01110	Job Application, CV and Interview Skills: From Novice to Pro	CLMK Learning Centre	1 Oct	Wednesday 12.30pm-2.30pm	8 wks	£0	Learn how to write a strong CV, apply with confidence and impress at interviews to land the job you want
EPA06210	Working as a volunteer	CLMK Learning Centre	8 Sep	Monday 12.30pm-2.30pm	12 wks	£0	Discover how volunteering can build your confidence, develop new skills and open doors to future opportunities
EPA08610	BTEC Level 1 Introduction to Business	CLMK Learning Centre	10 Sep	Wednesday 12.30pm-3pm	14 wks	£0	Explore how businesses work, develop key skills and see if a future in business is right for you
EPA04610	BTEC Level 1 Introduction to Health and Social Care	CLMK Learning Centre	11 Sep	Thursday 12.30pm-3pm	14 wks	£0	Learn the basics of working in care and discover if a career in health and social care is right for you
EPA09210	BTEC Level 1 in Health and Fitness	CLMK Learning Centre	12 Sep	Friday 9.30am-12pm	14 wks	£0	Explore how to support healthy lifestyles and gain the knowledge to help yourself and others stay well
EPA03210	BTEC Level 1 Introduction to Childcare	Church of Christ the Cornerstone	12 Sep	Friday 9.30am-11.30am	14 wks	£0	Take your first step into a rewarding career in childcare and learn how to support children's early development
EPA13210	Get Ready for Level 2 Early Years and Childcare	Church of Christ the Cornerstone	10 Sep	Wednesday 9.30am-12.30pm	6 wks	£0	If you're thinking about a career in childcare, this course helps you build the foundation and prepare for the next level
EPA03510	City & Guilds Level 2 Diploma for the Early Years Practitioner	Church of Christ the Cornerstone	5 Nov	Wednesday 9.30am-12.30pm	31 wks	£0	Take the next step in your childcare career with a recognised qualification that prepares you for real-world roles

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

Health and Wellbeing

Take some time for yourself, support your mental health or learn a new skill

Courses are free to eligible learners earning less than £25,000 p/a, otherwise you can make payment online for courses where a fee is indicated, at

<https://tinyurl.com/CLMK-Art>

Course Code	Course Title	Venue	Start Date	Day and Times	Course Length	Fee	Description
SMC00031	Caring for Carers	Church of Christ the Cornerstone	2 Sep	Tuesday 1pm-2.30pm	6 wks	£0	This course aims to provide a safe space and support for those who support someone with their physical/mental health, including relaxation techniques
SMC00131	Meaningful Connections	MKCC Civic Offices	2 Sep	Tuesday 6.15pm-7.45pm	6 wks	£0	An exploration of what it means to make friends, build communities and tackle loneliness
SMC00551	Conversations That Count	CLMK Learning Centre	4 Sep	Thursday 1pm-2.30pm	8 wks	£0	Essential skills for effective communication, including developing healthy boundaries and assertiveness
SMC00371	Serenity: Self care for busy people	MKCC Civic Offices	4 Sep	Thursday 6.15pm-7.45pm	6 wks	£0	This course aims to explore what rest really is, why we find it so hard to relax and offers top tips on what might help
SMC04000	SHE: Healing for Her	Church of Christ the Cornerstone	16 Sep	Tuesday 10am-11.30am	12 wks	£0	For women who have been subjected to male violence, with a focus on domestic abuse. Explore topics to help women find their way forward, offering a safe space, hope and empowerment. This is a learning environment, not a therapy group
SMC00089	An Introduction to Mentoring	CLMK Learning Centre	18 Sep	Thursday 10am-11.30am	12 wks	£0	A course to help develop skills, learn best-practice techniques and explore ways to support others and help them reach their potential.
ACC00161	Dressmaking Beginners	CLMK Learning Centre	18 Sep	Thursday 6.30pm-8.30pm	5 wks	£150	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
SMC00461	Armchair Yoga	Church of Christ the Cornerstone	22 Sep	Monday 1.30pm-2.30pm	10 wks	£0	Gentle seated yoga stretches for those with mobility issues
LAC00817	Lip Reading Beginners	MKCC Civic Offices	23 Sep	Tuesday 6pm-7.30pm	9 wks	£0	For absolute beginners and those with a little knowledge
SMC00791	Kind to My Mind	MKCC Civic Offices	14 Oct	Tuesday 6.15pm-7.45pm	8 wks	£0	Explore what self-compassion is and how you can develop yours for a happier life
SMC00481	Authentic Mindfulness	MKCC Civic Offices	16 Oct	Thursday 6.15pm-7.45pm	8 wks	£0	An in-depth course that looks at Manage thoughts and emotions by staying in the "now", using mindfulness
ACC00701	Introduction to Patchwork Quilting	CLMK Learning Centre	5 Nov	Wednesday 6.30pm-8.30pm	6 wks	£180	Discover the art and joy of quilting in this introductory course
SMC00191	Well-being for Pain Management	Online	6 Nov	Thursday 1pm-2.30pm	6 wks	£0	Gives people who experience ongoing problems with pain the opportunity to explore things that may help (or not)
ACC00571	Dressmaking Beginners	CLMK Learning Centre	6 Nov	Thursday 6.30pm-8.30pm	5 wks	£150	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

Course Code	Course Title	Venue	Start Date	Day and Times	Course Length	Fee	Description
SMC00061	Better Sleep	Church of Christ the Cornerstone	16 Dec	Tuesday 10am-12pm	1 day	£0	Learn effective sleep strategies
SMC00091	Emotional Freedom Technique – EFT	Church of Christ the Cornerstone	16 Dec	Tuesday 1pm-3pm	1 day	£0	EFT works on the belief that energy blockages in the body can cause emotional discomfort and negative thoughts, explore the tapping technique to release them
SMC01000	An Introduction to Yoga Nidra	Online	16 Dec	Tuesday 6pm-8pm	1 day	£0	Learn more about this deep relaxation practice to help reduce stress and improve sleep
SMC00161	Understanding Dreams	CLMK Learning Centre	18 Dec	Thursday 10am-12pm	1 day	£0	Explore your dreams and what they might mean
SMC00431	Shinrin Yoku - The Japanese Art of Treebathing	CLMK Learning Centre	18 Dec	Thursday 1pm-3pm	1 day	£0	Discover how nature can be used as a form of therapy
SMC00421	Hygge - the Danish Path to Happiness	MKCC Civic Offices	18 Dec	Thursday 6.15pm-8.15pm	1 day	£0	Give yourself a well-deserved hug and discover how to live well and be happy, the Danish way

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 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 Centre for Emotional Health Nurture programme as a 10-week or 4-week course.

To request a family learning brochure please contact nicola.skelton@milton-keynes.gov.uk or visit FamilyLearningMK on Facebook

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

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