

**Community Learning MK** 

# Health & Wellbeing Course Listings.

**Autumn term 2025** 





#### What we do.

We provide a variety of Health and Wellbeing sessions, many of which are FREE to all residents of Milton Keynes aged 19 and above.

We aim to support people who would like to improve, maintain and sustain their health and well-being. Our programmes are not suitable for those experiencing a mental health crisis and not intended to replace any medical advice or healthcare services.

\*Important: if you (or someone you are referring) have been given a trauma-related diagnosis, or a severe and enduring mental health consideration, 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 enrolling.

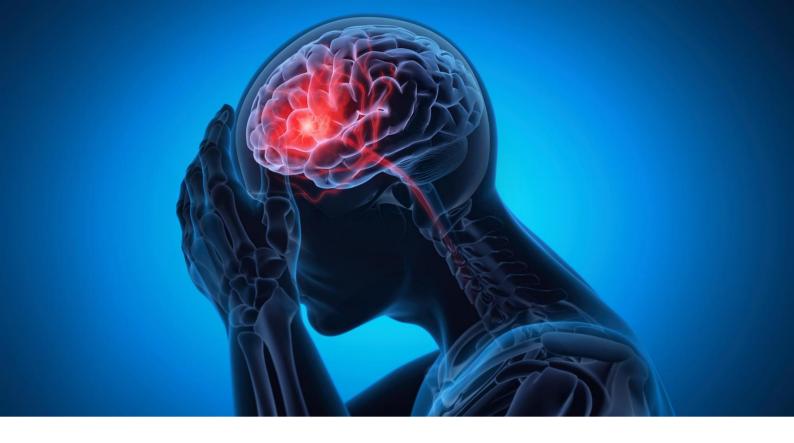
If you are making a referral on behalf of someone else, please contact us and request the course information sheet to ensure the course and content are suitable.

\* If you are repeating a course you have previously attended in the same academic year you will be charged a flat fee of £50 per course you re-attend.

To find out more / enrol please visit <a href="www.Milton-">www.Milton-</a>
<a href="www.Milton-">www.Milton-</a>
<a href="www.Milton-">keynes.gov.uk/courses</a>

Or contact <a href="mailto:communitylearning.mk@milton">communitylearning.mk@milton</a>
-keynes.gov.uk

If you would like a course specifically tailored for a group of your employees or service users, please contact <a href="mailton-">nicola.skelton@milton-</a> <a href="mailton-">keynes.gov.uk</a> to discuss.



# Well-being for Pain Management

This 6-week course is for people who experience ongoing problems with pain and fatigue, including those diagnosed with fibromyalgia and Long Covid, who wish to explore what might help (and what doesn't). The course includes discussion around mindfulness and mindset, as well as the impact of stress on our pain experiences.

Course code: SMC00191 Time: 13:00 – 14:30

Date: 6 Nov – 11 Dec Place: Online – Via Google

Day: Thursday

Classroom



#### **Authentic Mindfulness**

This 8-week course aims to help manage a busy mind, including thoughts and tricky feelings. It discusses the benefits of living life more intentionally through mindfulness meditation, as well as provide space to practice skills and develop your own personal toolkit. Sessions will include guided practice, with awareness on the breath and body. If you have a trauma-related diagnosis you may wish to discuss this course with your healthcare provider before enrolling.

Course code: SMC00481 Time: 18:15 – 19:45

Date: 16 Oct -11 Dec Place: MKCC Civic Offices

#### **Conversations that Count**

This 8-week course aims to help you develop essential skills for effective communication, including setting healthy boundaries and being more assertive. It also includes ideas for conflict resolution as well as preparing for important conversations.

Course code: SMC00551 Time: 13:00 – 14:30

Date: 4 Sept – 23 Oct Place: CLMK Learning Centre

**Day: Thursday** 

# Serenity: Self-Care for Busy People

This 6-week course provides a weekly space for self-care, reflection and meditation. We will also explore what really stops us resting in the 21st Century, the idea of 'radical rest' and what may help.

\*Please note this course has previously been titled 'Radical Rest'

Course code: SMC00371 Time: 18:15 – 19:45

Date: 4 Sept – 9 Oct Place: MKCC Civic Offices



### Kind to My Mind

During this 8-week course, we discuss ideas for demonstrating more self-compassion, including the importance of 'self-soothing' and emotion regulation, and the benefits of being kinder to ourselves.

\*Please note this course has previously been titled 'Working Towards Self-Compassion'

Course code: SMC00791 Time: 18:15 – 19:45

Date: 14 Oct – 9 Dec Place: MKCC Civic Offices

**Day: Tuesday** 

#### Shinrin Yoku

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

Course code: SMC00431 Time: 13:00 – 15:00

Date: 18 Dec Place: CLMK Learning Centre

**Day: Thursday** 

### Hygge

This 2-hour workshop discusses this "Danish path to happiness", ways we can incorporate Hygge into our everyday life – and how to pronounce it!

Course code: SMC00421 Time: 18:15 – 20:15

Date: 18 Dec Place: MKCC Civic Offices



#### Introduction to Mentoring

This 12-week course aims to help develop your skills, learn best-practice techniques and explore ways for supporting others so they may reach their potential at home or at work. During this course we'll explore what mentoring is, identify skills a mentor needs including building rapport, setting goals and ethical considerations when providing meaningful support. In this context, the mentoring is centred around those who may want to help someone be and stay well.

\* Please note this course does *not* offer a formal mentoring qualification.

Course code: SMC00089 Time: 10:00 -11:30

Date: 18 Sept – 11 Dec Place: CLMK Learning Centre

#### **Understanding Dreams**

This two-hour session explores why we dream, what the science suggests and how we can learn to remember them. We will also look at some common dreams and how we might decode them.

Course code: SMC00161 Time: 10:00 – 12:00

Date: 18 Dec Place: CLMK Learning Centre

**Day: Thursday** 

#### Better Sleep

This 2-hour workshop will help you learn the latest sleep science, some top tips for better rest and one of the biggest myths that might actually stop us sleeping.

Course code: SMC00061 Time: 10:00 – 12:00

Date: 16 Dec Place: Christ the Cornerstone



#### Meaningful Connections

This 6-week course discusses what we really mean by loneliness and connection and identifies skills and challenges when making friends as an adult. We will explore 'must haves' for our social circle, identify the spaces we occupy along with a wider discussion about what it means to build 'good community'.

Course code: SMC00131 Time: 18:15 – 19:45

Date: 2 Sept – 7 Oct Place: MKCC Civic offices

**Day: Tuesday** 

#### Yoga Nidra

This 2-hour workshop will help you discover the fascinating concept of Yoga Nidra – also known as 'Dynamic Sleep' - and how it can benefit our mental health and well-being.

Course code: SMC01000 Time: 18:00 – 20:00

Date: 16 Dec Place: Online – Via Google

Day: Tuesday Classroom

#### **EFT**

Emotional Freedom Technique, aims to explore the science behind Emotional Freedom Technique (also known as 'tapping'), to consider its benefits and give insight on how to practice it.

Course code: SMC00091 Time: 13:00 – 15:00

Date: 16 Dec Place: Christ the Cornerstone



### SHE: Healing for Her™

A 12-week course offering **S**afety, **H**ope and **E**mpowerment (SHE) for women who have been subjected to male violence, with a focus on domestic abuse. Sessions are held over two hours, with facilitated group discussions, to explore a range of topics including the science of trauma, how societal and media narratives help or hinder this discussion, and what may help women find their way forward towards a healthier, happier life.

Course code: SMC04000 Time: 10:00 – 12:00

Date: 16 Sept – 9 Dec Place: Christ the Cornerstone

#### Chair Yoga

Gentle seated yoga stretches for those with mobility issues. This course provides instruction on adapting traditional yoga poses for a seated position, making it accessible to individuals with limited mobility or those new to yoga. This can be beneficial for individuals seeking to improve their flexibility and wellbeing.

\*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 Time: 13:30 – 14:30

Date: 22 Sept – 1 Dec Place: Christ the Cornerstone

Day: Monday Church

### Lip Reading

This is a 9-week course for absolute beginners and those with a little knowledge / experience of Lip reading.

We will discover the fundamentals of lipreading, including identifying visible lip shapes, understanding the context of conversations, and using other communication tactics to support your lipreading skills.

Course code: LAC00817 Time: 18:00-19:30

Date: 23 Sept – 25 Nov Place: MKCC Civic Offices

**Day: Tuesday** 



#### Caring for Carers

This 6-week course aims to provide a safe space and support, in a learning environment for people who look out for others, offering a weekly meet up to sit, share and learn over a cuppa.

We'll discuss a range of topics including compassion fatigue, selfcare strategies and managing stress. This course will include guided relaxation activities.

Course code: SMC00031 Time: 13:00 -14:30

Date: 2 Sept – 7 Oct Place: Christ the Cornerstone



#### Improvers Map Skills

\*This course is for learners who complete the introductory map skills course with CLMK between 2023 and 2025.

Would you like to develop your existing skills using an ordnance survey map to plan countryside walks?

We will use a compass to take bearings of footpaths and other features and go on to practice our new skills on a moderate 12km walk within Buckinghamshire.

There will be 2 sessions and you will need to attend both.

Course code: SMC02000 Planning session at CLMK

**Learning Centre** 

**Date: Saturday 6 Sept** 

Time: 10:00 -12:00

Walk: Saturday 20 Sept

Time: 10:00 -16:00

Place: To be agreed at

planning session



# **Dressmaking for Beginners**

Come and learn some basic sewing skills so you can make items for yourself.

Suitable for beginners with some experience of a sewing machine and more confident learners who wish to extend their skills and learn to:

- Use the sewing machine and an over- locker effectively
- Use a variety of seams, neatening methods and fastenings
- Make a simple garment
- Use commercial patterns
- Use simple techniques of fabric manipulation

Course code: ACC00161 Course code: ACC00571

Date: Thursday 18 Sept – 16 Oct Date: Thursday 6 Nov – 11 Dec

Time: 18:30 – 20:30 Time: 18:30 -20:30

Place: CLMK Learning Centre Place: CLMK Learning Centre

<sup>\*</sup>Please note there is a fee of £150 for this 5-week course payable at time of enrolment (this may be reduced if you are on a low wage or benefits)



# Introduction to Patchwork Quilting

Come and learn some new basic piecing and quilting skills so you can make a quilt and see the possibilities these skills offer.
Suitable for beginners with some experience of a sewing machine.
You will learn how to:

- Use the sewing machine to join pieces into blocks
- Use a variety of cutting methods to create patterns
- Construct a block
- Quilt simple patterns
- Construct a basic quilt and bind the edges

\*Please note there is a fee of £180 for this 6-week course payable at time of enrolment (this may be reduced if you are on a low wage or benefits)

Course code: ACC00701 Time: 18:30 -20:30

Date: 5 Nov – 10 Dec Place: CLMK Learning Centre

**Day: Wednesday** 

#### THE CENTRE FOR

### EMOTIONAL HEALTH

#### **Nurture Parenting Programmes**

These programmes are cofacilitated with family centre staff. Ensuring a welcoming and supportive space, where you may find it useful to share your experiences.

Created by The Centre for Emotional Health, this is a tried and tested programme, to help us think about what we do, why we do it and how it makes us feel.

Partners are welcome and it's also fine to come on your own or with a relative or friend (you will all need to book a space though)

Each group will have 8-12 parents/carers and there will always be 2 trained group leaders.

There will often be a free crèche available on site.

Each session is between 2 – 2.5 hours which will include a tea / coffee break.

You must commit to and attend all sessions as they fit together like a puzzle.

Dependent upon your circumstances you can choose from

- Welcome to the world for expectant parents – 8 sessions
- Parenting Puzzle 4 week
   workshops for parents / carers
   of children under 5
- Nurture Programme 10 week for parents / carers of children any age.

For the course schedule or for more information please contact <a href="mailton-keynes.gov.uk">nicola.skelton@milton-keynes.gov.uk</a> or speak to centre staff at your local centre.



#### Youth Well-being

At Community Learning MK we also offer programmes for young people. These are for anyone aged 16-19 years (24 with EHCP) and 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:

# Tuesdays and Wednesdays from 10am to 2pm at the Church of Christ the Cornerstone

Wellbeing and Life Skills: an opportunity to build confidence and resilience through wellbeing activities.

#### Wednesdays from 11am to 12pm at the Church of Christ the Cornerstone

Wellbeing Café: Focusing on self-care and building confidence in an informal group setting.

For more information email jayne.hobbs@milton-keynes.gov.uk.

# Milton Keynes City Council

Community Learning MK
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