

Community Learning MK.

Autumn 2025

Adult Education Course Listings

www.milton-keynes.gov.uk/courses





Welcome to our Autumn course listings!

It's a new academic year at Community Learning MK 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, enrol for free courses and express your interest in those with a fee.



If you are not eligible for a free place for our chargeable courses, visit <https://tinyurl.com/CLMK-Art> or use the QR code 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 2025
(Half term holiday Monday 27 October to Saturday 1 November)

Course Funding

If you are a UK national (or a non-UK national who has lived in the UK for at least 3 years) and you are over the age of 19 on 31 August 2025 most of our courses are free. For art/craft courses or those that lead to a qualification, a fee may apply if you earn over £25,750 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 and can 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 course 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 for SKILLS at **<https://tinyurl.com/CLMK-Skills>** and we will contact you with an arrival time.

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

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.**

communitylearning.mk@milton-keynes.gov.uk

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.

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
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 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.					



Digital Skills – the basics

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.

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
ITL01610	IT Basics: 4-Week Program Whether you're starting from scratch or brushing up, this short course gives you the essential IT skills to feel more confident and capable.	CLMK Learning Centre	22 Sep	Monday 9.30am-11.30am	4 wks	£0
ITA02210	Online and E-Safety Understand how to protect yourself online, avoid scams and use the internet safely and responsibly in everyday life.	CLMK Learning Centre	3 Nov	Monday 9.30am-12pm	7 wks	£0
ITL02110	Introduction to ICT for Over 50s It's never too late to learn - this friendly course helps you to get comfortable with technology at your own pace.	CLMK Learning Centre	3 Sep	Wednesday 12.30pm-2.30pm	4 wks	£0
ITL01810	Get Ahead with Google Classroom Learn how to confidently use Google Classroom to support your learning with CLMK.	CLMK Learning Centre	1 Sep	Monday 9.30am-11.30am	2 wks	£0

Digital Skills – for improvers

I'm comfortable using a computer, but I'd like a bit of 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
ITA02110	City & Guilds Beginners Guide to ICT (Entry 3) Start your digital journey with this beginner-friendly course designed to help you feel confident using computers and the internet.	CLMK Learning Centre	10 Sep	Wednesday 9.30am-11.30am	10 wks	£0

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

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
ITA02910	Level 2 Award in Digital Skills for Work Gain the digital skills employers are looking for and feel more confident using technology at work.	CLMK Learning Centre	5 Nov	Wednesday 6pm-8.30pm	7 wks	£0



Courses for Young People

At Community Learning MK we also offer programmes for young people. These are for anyone aged 16-19 years 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 & 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.



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
SMC00031	Caring for Carers	Church of Christ the Cornerstone	2 Sep	Tuesday 1pm-2.30pm	6 wks	£0
	This 6-week course aims to provide support and a safe space for those who support someone with their physical or mental health and will include relaxation techniques.					
SMC00131	Meaningful Connections	MKCC Civic Offices	2 Sep	Tuesday 6.15pm-7.45pm	6 wks	£0
	A 6-week 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 6-week course aims to explore what rest really is, why we find it so hard to relax and offers top tips on what might help.					

Health and Wellbeing - continued

COURSE CODE	COURSE TITLE	VENUE	START DATE	DAY AND TIMES	COURSE LENGTH	FEE
SMC04000	SHE: Healing for Her	Church of Christ the Cornerstone	16 Sep	Tuesday 10am-12pm	12 wks	£0
	This course is for women who have been subjected to male violence, with a focus on domestic abuse. Sessions will be held over two hours, with facilitated group discussions to explore a range of 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 12-week course to help develop skills, learn best-practice techniques (at home or at work) and explore ways for supporting others and help them reach their potential. Please note this course does not offer a formal qualification.					
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 8-week course that looks at managing 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	Wellbeing 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.					
SMC00061	Better Sleep	Church of Christ the Cornerstone	16 Dec	Tuesday 10am-12pm	1 day	£0
	Learn effective sleep strategies.					

If you have any queries about any of our courses you can call us on:
01908 252500

Health and Wellbeing - continued

COURSE CODE	COURSE TITLE	VENUE	START DATE	DAY AND TIMES	COURSE LENGTH	FEE
SMC00091	Emotional Freedom Technique (EFT) EFT works on the belief that energy blockages in the body can cause emotional discomfort and negative thoughts. During this session you will explore the tapping technique to release these blockages.	Church of Christ the Cornerstone	16 Dec	Tuesday 1pm-3pm	1 day	£0
SMC01000	An Introduction to Yoga Nidra Learn more about the deep relaxation practice to help reduce stress and improve sleep.	Online	16 Dec	Tuesday 6pm-8pm	1 day	£0
SMC00161	Understanding Dreams Explore your dreams and what they might mean.	CLMK Learning Centre	18 Dec	Thursday 10am-12pm	1 day	£0
SMC00431	Shinrin Yoku – The Japanese Art of Treebathing Discover Shinrin Yoku - the Japanese Art of Treebathing and how nature can be used as a form of therapy.	CLMK Learning Centre	18 Dec	Thursday 1pm-3pm	1 day	£0
SMC00421	Hygge – The Danish Path to Happiness Give yourself a well-deserved hug and discover how to live well and be happy, the Danish way.	MKCC Civic Offices	18 Dec	Thursday 6.15pm-8.15pm	1 day	£0



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



Family Learning MK

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 us on Facebook:



< FamilyLearningMK or CommunityLearningMK >



Opening Times

Monday to Thursday 9.00am to 4.30pm

Friday 9.00am to 4.00pm



Milton Keynes City Council
CLMK Learning Centre
Central Milton Keynes Library
555 Silbury Boulevard
Milton Keynes
MK9 3HL

communitylearning.mk@milton-keynes.gov.uk
01908 252500