

# Community Learning MK- Adult Education

Course Listings – Spring 2026

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

## Introduction

New year, new you? Join us to make 2026 the year you try something new or improve your skills whether it's for work, personal growth or just to take some time for yourself.

Visit [www.milton-keynes.gov.uk/courses](http://www.milton-keynes.gov.uk/courses) to see more information about each class, enrol for free courses and express interest in those with a fee. If you are not eligible for a free place on our chargeable courses go to <https://tinyurl.com/CLMK-enrol> 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](mailto:communitylearning.mk@milton-keynes.gov.uk)

Visit [www.milton-keynes.gov.uk/adult-education](http://www.milton-keynes.gov.uk/adult-education)

Call 01908 252500

## Spring Term Dates

Monday 5 January to Saturday 28 March (Half term holiday Monday 16 February to Saturday 21 February)

## Course Funding

If you are residing in England and 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 £25,750 p/a. You may need to provide evidence of residency, earnings or benefits to us.

Find out more online at [www.milton-keynes.gov.uk/fee-policy](http://www.milton-keynes.gov.uk/fee-policy)

## 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](http://www.milton-keynes.gov.uk/16-19-Team)

## 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](mailto:communitylearning.mk@milton-keynes.gov.uk)

## English and Maths

If you are looking to join a Functional Skills course in English or maths with us in January 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://tinyurl.com/CLMK-Skills> and we will contact you with an arrival time.

Monday 17 November	1pm-3pm
Tuesday 25 November	12.30pm-3pm
Tuesday 2 December	6pm-8pm
Wednesday 10 December	9.30am-1pm

For more informal help with your maths try one of our free classes, in-person or online to help increase your confidence.

Course Code	Course Title	Venue	Start Date	Day and Times	Course Length	Fee	Description
LWN10	Life with Numbers	CLMK Learning Centre	8 Jan	Thursday 10.30am-12pm	10 wks	£0	A course for adults with basic number skills who want to develop numeracy skills, improve confidence and overcome maths anxiety.
ESM10	Maths Boost: Extra Support 4 Success	CLMK Learning Centre	13 Jan	Tuesday 6pm-8pm	10 wks	£0	Classes to give your maths skills a boost and improve your confidence with numbers.

## 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
ITL01620	IT Basics: 4-Week Program	CLMK Learning Centre	23 Feb	Monday 12.30pm-2.30pm	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
ITL02120	Introduction to ICT for Over 50's	CLMK Learning Centre	19 Jan	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
ITL01820	Get ahead with Google Classroom	CLMK Learning Centre	5 Jan	Monday 12.30pm-2.30pm	2 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
ITA02120	City & Guilds Beginners Guide to ICT (Entry 3)	CLMK Learning Centre	12 Jan	Monday 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
ITA02620	BTEC Level 1 Introduction to ICT	CLMK Learning Centre	15 Jan	Thursday 9.30am-12pm	14 wks	£0	Unlock your potential with our BTEC Level 1 Introduction to ICT course, designed to equip adults with essential digital skills for today’s tech-driven world.

## 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
ITA02820	Progress with Office: MS Excel and Word (Level 1 Award)	CLMK Learning Centre	14 Jan	Wednesday 9.30am-11.30am	8 wks	£0	Improve your skills in Microsoft Word and Excel to work more efficiently and boost your job prospects
ITA02820	Progress with Office: MS Excel and Word (Level 1 Award)	CLMK Learning Centre	14 Jan	Wednesday 6pm-8.30pm	7 wks	£0	Improve your skills in Microsoft Word and Excel to work more efficiently and boost your job prospects

## 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
ITA02920	Level 2 Award in Digital Skills for Work	CLMK Learning Centre	18 Mar	Wednesday 6pm-8.30pm	7 wks	£0	Gain the digital skills employers are looking for and feel more confident using technology at work

## 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
EPA03220	BTEC Level 1 Introduction to Childcare	Church of Christ the Cornerstone	9 Jan	Friday 9.30am-12pm	11 wks	£0	Take your first step into a rewarding career in childcare and learn how to support children's early development
EPA06220	Working as a volunteer (Level 1 Award)	CLMK Learning Centre	14 Jan	Wednesday 12.30pm-2.30pm	12 wks	£0	Discover how volunteering can build your confidence, develop new skills and open doors to future opportunities
EPA09220	BTEC Level 1 in Health and Fitness	CLMK Learning Centre	14 Jan	Wednesday 12.30pm-3pm	14 wks	£0	Explore how to support healthy lifestyles and gain the knowledge to help yourself and others stay well
EPA04620	BTEC Level 1 Introduction to Health and Social Care	CLMK Learning Centre	15 Jan	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
EPA08620	BTEC Level 1 Introduction to Business	CLMK Learning Centre	16 Jan	Friday 9.30am-12pm	14 wks	£0	Explore how businesses work, develop key skills and see if a future in business is right for you

## 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.

**Connect to Work:** A programme of Supported Employment for people with health conditions, disabilities and disadvantaged or complex issues which makes finding and sustaining work difficult. The programme is suitable for people who are not working and can also support some people who are at high risk of becoming inactive if they fall out of work or become unemployed.

Connect to Work offers up to 12 months of intensive support and is tailored to your needs. For more information:

Visit [www.milton-keynes.gov.uk/employment-support](http://www.milton-keynes.gov.uk/employment-support) or  
[www.southmidlands.org.uk/connect-to-work](http://www.southmidlands.org.uk/connect-to-work)

Email [connect2work@milton-keynes.gov.uk](mailto:connect2work@milton-keynes.gov.uk) or  
[connect2work@southmidlands.org.uk](mailto:connect2work@southmidlands.org.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](http://www.milton-keynes.gov.uk/employment-send)

Email [supportedemploymentmk@milton-keynes.gov.uk](mailto:supportedemploymentmk@milton-keynes.gov.uk)

Call 01908 252688

## 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:

**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

**Self-care drop-in:** 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](mailto:jayne.hobbs@milton-keynes.gov.uk)

## Health and Wellbeing

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

Courses where a fee is indicated are free to eligible learners earning less than £25,750 p/a, contact us by phone, email or online enquiry to enrol.

A fee of £50 is applied if you are repeating a course you have already completed in the Autumn term.

If you are not eligible for a free place you can make payment online at <https://tinyurl.com/CLMK-enrol>

Course Code	Course Title	Venue	Start Date	Day and Times	Course Length	Fee	Description
SMC00071	A Grief Guide	Church of Christ the Cornerstone	6 Jan	Tuesday 1pm-2.30pm	6 wks	£0	A 6-week course which aims to bring bereaved people together to help navigate loss, through awareness and understanding. May also be useful to those who are helping others with a loss.
ACC00701	Introduction to Patchwork Quilting	CLMK Learning Centre	7 Jan	Wednesday 6.30pm-8.30pm	6 wks	£180	Discover the art and joy of quilting in this introductory course
SMC00089	An Introduction to Mentoring	CLMK Learning Centre	8 Jan	Thursday 1pm-2.30pm	11 wks	£0	An 11-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.
SMC00461	Armchair Yoga	Church of Christ the Cornerstone	12 Jan	Monday 1.30pm-2.30pm	10 wks	£0	Gentle seated yoga stretches for those with mobility issues
LAC00661	BSL Beginners	MKCC Civic Offices	13 Jan	Tuesday 6pm-8pm	10 wks	£0	For absolute beginners and those with a little knowledge
LAC00817	Lip Reading Beginners	MKCC Civic Offices	13 Jan	Tuesday 7pm-8.30pm	10 wks	£0	For absolute beginners and those with a little knowledge
ACC00351	Machine Sewing Beginners	CLMK Learning Centre	15 Jan	Thursday 6.30pm-8.30pm	5 wks	£150	Simple practical projects to develop your sewing machine skills
SMC00051	Rise: Trauma Awareness – A path to healing	Church of Christ the Cornerstone	20 Jan	Tuesday 10am-11.30am	8 wks	£0	An 8-week course for people who would like to consider how being 'trauma aware' can improve our well-being. Suitable for those who are ready to approach this topic, as well as those who are working with people affected by traumatic injury.

Course Code	Course Title	Venue	Start Date	Day and Times	Course Length	Fee	Description
SMC00791	Kind to My Mind	Online	20 Jan	Tuesday 6pm-7.30pm	8 wks	£0	Explore what self-compassion is and how you can develop yours for a happier life
SMC00551	Conversations That Count	CLMK Learning Centre	22 Jan	Thursday 10am-11.30am	8 wks	£0	Essential skills for effective communication, including developing healthy boundaries and assertiveness
SMC00041	Soul Work	Online	22 Jan	Thursday 6pm-7.30pm	8 wks	£0	An 8-week course to explore how we might include spiritual health as a step to well-being - discussions may include brief references to religion but do not endorse any specific religious concepts or activities.
SMC00031	Flourish	Church of Christ the Cornerstone	24 Feb	Tuesday 1pm-2.30pm	5 wks	£0	A 5 week introductory course about approaching well-being holistically, and what it really means to be happy
ACC00161	Dressmaking Beginners	CLMK Learning Centre	25 Feb	Wednesday 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.
ACC00681	Machine Sewing Improvers	CLMK Learning Centre	26 Feb	Thursday 6.30pm-8.30pm	5 wks	£150	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.

## Health and Wellbeing – 2-hour workshops

Course Code	Course Title	Venue	Start Date	Day and Times	Course Length	Fee	Description
ACC00631	Willow Wreath Making	Church of Christ the Cornerstone	27 Nov	Thursday 6pm-8pm	1 day	£30	Festive workshop to create a beautiful and sustainable wreath. Suitable for complete beginners and those with experience. All resources included but please bring secateurs if you have some.
ACC00661	Willow Wreath Making	CLMK Learning Centre	29 Nov	Saturday 10am-12pm	1 day	£30	Festive workshop to create a beautiful and sustainable wreath. Suitable for complete beginners and those with experience. All resources included but please bring secateurs if you have some.
SMC00421	Hygge - the Danish Path to Happiness	Online	6 Jan	Tuesday 6pm-8pm	1 day	£0	Give yourself a well-deserved hug and discover how to live well and be happy, the Danish way
SMC00431	Shinrin Yoku - The Japanese Art of Treebathing	Online	8 Jan	Thursday 6pm-8pm	1 day	£0	Discover how nature can be used as a form of therapy
SMC00061	Faulty Winks	Online	13 Jan	Tuesday 6pm-8pm	1 day	£0	Learn effective sleep strategies
SMC00161	Understanding Dreams	Online	15 Jan	Thursday 6pm-8pm	1 day	£0	Explore your dreams and what they might mean
SMC01000	An Introduction to Yoga Nidra	Church of Christ the Cornerstone	24 Mar	Tuesday 10am-12pm	1 day	£0	Learn more about this deep relaxation practice to help reduce stress and improve sleep

Course Code	Course Title	Venue	Start Date	Day and Times	Course Length	Fee	Description
SMC00091	Emotional Freedom Technique – EFT	Online	24 Mar	Tuesday 6pm-8pm	1 day	£0	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.
SMC00341	Upstandership: The 5Ds of Intervention	CLMK Learning Centre	26 Mar	Thursday 10am-12pm	1 day	£0	A two hour “taster” session about the 5D’s of intervention and ideas on how to step up and step in during a moment of conflict

## 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.

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](mailto:nicola.skelton@milton-keynes.gov.uk) or visit FamilyLearningMK on Facebook

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](mailto: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