

Community Learning MK.

Summer 2026

Adult Education Course Listings

www.milton-keynes.gov.uk/courses





Welcome to our Summer course listings!

As we enter the last term of this academic year there are still plenty of opportunities to choose from with Community Learning MK.

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-Enrol> 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**

Summer Term Dates

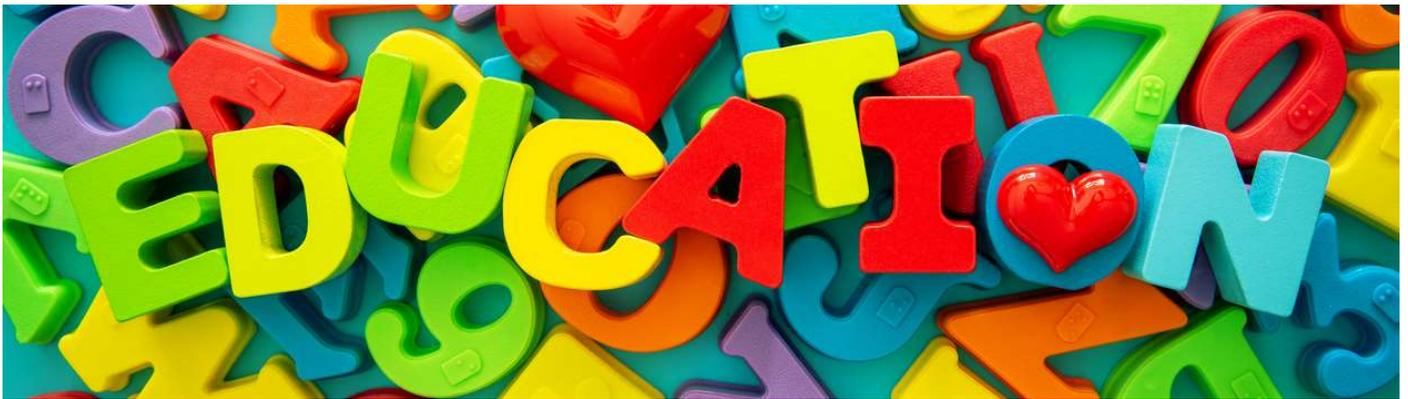
Monday 13 April to Saturday 18 July 2026
(Half term holiday Monday 25 May to Saturday 30 May)

Course Funding

If you are residing in England and over the age of 19 on 31 August 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



Functional Skills English and Maths

If you would like to join one of our Functional Skills or GCSE courses in English and/or maths this September, your first step is to attend a skills check so we can help you find the class that suits you best.

We have various dates available at our Learning Centre and booking is required.

Book a date by searching for SKILLS at <https://tinyurl.com/CLMK-Courses> and we will contact you with an arrival time.

- Monday 27 July - 10am to 1pm
- Tuesday 28 July - 10am to 12pm
- Tuesday 28 July - 1pm to 3pm
- Wednesday 12 August - 5pm to 8pm
- Thursday 13 August - 1pm to 4pm
- Tuesday 1 September - 5pm to 8pm
- Wednesday 2 September - 10am to 1pm
- Thursday 3 September - 10am to 1pm

To find out exactly what's involved in our intensive GCSE courses enrol on our Get Ready maths/English (see below).

Maths and English

| COURSE CODE | COURSE TITLE | VENUE | START DATE | DAY AND TIMES | COURSE LENGTH | FEE |
|-------------|---|-------------------------|------------|-----------------------|---------------|-----|
| ESM10 | Basic Maths Support for Success If you're not ready to pursue a qualification and want to improve your skills. | Online | 21 Apr | Tuesday 6pm-8pm | 10 wks | £0 |
| ESE10 | Basic English Support for Success If you're not ready to pursue a qualification and want to improve your skills. | CLMK Learning Centre | 21 Apr | Tuesday 1pm-2.30pm | 10 wks | £0 |
| MAA20083 | Get Ready for GCSE Maths An introduction to GCSE maths to prepare you for the full course starting in September. | CLMK Learning Centre | 1 Jun | Monday 6pm-9pm | 7 wks | £0 |
| ENA00011 | Get Ready for GCSE English A short introduction to GCSE English to prepare you for the full course starting in September. | CLMK Learning Centre | 3 Jun | Wednesday 6pm-8pm | 7 wks | £0 |



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 or www.southmidlands.org.uk/connect-to-work

Email connect2work@milton-keynes.gov.uk or connect2work@southmidlands.org.uk

Call **01908 252323**

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 |
|---|---|----------------------------------|------------|--------------------------|---------------|-----|
| ETL01120 | Job Application, CV and Interview Skills: From Novice to Pro | CLMK Learning Centre | 3 Jun | 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. | | | | | | |
| EPA03220 | BTEC Level 1 Introduction to Childcare | Church of Christ the Cornerstone | 17 Apr | Friday 9.30am-12pm | 11 wks | £0 |
| Take your first step towards a rewarding career in childcare and learn how to support children's early development. | | | | | | |



Courses for People with Additional Support Needs

We provide supportive, inclusive and personalised learning programmes for people with Additional Support Needs. We offer a range of courses in employability and work skills such as our Pathways to Employment course for anyone with learning disabilities and autism, life skills, English and maths support, and digital skills, all designed to build confidence, independence and real-world ability. We pride ourselves on creating a safe, welcoming environment where every learner feels valued and encouraged to achieve their potential.

You can self-refer to Pathways to Employment by completing an online enrolment form: <https://tinyurl.com/CLMK-Form1>

Once you have completed the form we will contact you to talk about the course, what you want to achieve and any support needs you might have.

For more information about any of our courses, please contact: communitylearning.mk@milton-keynes.gov.uk

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 |
|--|---|----------------------|------------|--------------------------|---------------|-----|
| ITL02130 | Introduction to ICT for the Over 50s | CLMK Learning Centre | 20 Apr | Monday 12.30pm-2.30pm | 4 wks | £0 |
| It's never too late to learn - this friendly course helps you to get comfortable with technology at your own pace. | | | | | | |

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 |
|---|---|----------------------|------------|-----------------------------|---------------|-----|
| ITA02130 | City & Guilds Beginners Guide to ICT (Entry 3) | CLMK Learning Centre | 22 Apr | 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. | | | | | | |



www.milton-keynes.gov.uk/courses

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 |
|-------------|---|----------------------|------------|--------------------------|---------------|-----|
| ITL02840 | Advanced 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 | 20 Apr | Monday 9.30am-11.30am | 8 wks | £0 |
| ITL02850 | Advanced 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 | 3 Jun | Wednesday 6pm-8.30pm | 7 wks | £0 |
| ITL02930 | AI for Work Skills The course will focus on practical, work-related uses of AI rather than technical programming or development. | CLMK Learning Centre | 4 Jun | Thursday 9.30am-12pm | 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

Self-Care Drop-in: 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 where a fee is indicated are free to eligible learners earning less than £25,750 p/a, contact us by phone, email or online to enrol.

A fee of £50 is applied if you are repeating a course that you have already attended in the Autumn or Spring 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 |
|-------------|---|----------------------------------|------------|----------------------------|---------------|------|
| LAC00651 | British Sign Language – Beginners For absolute beginners and those with a little knowledge of BSL. | CLMK Learning Centre | 21 Apr | Tuesday 3pm-5pm | 10 wks | £0 |
| LAC00730 | British Sign Language – Improvers For learners that have completed the beginner's course and those with some knowledge of BSL. | MKCC Civic Offices | 21 Apr | Tuesday 6pm-8pm | 10 wks | £0 |
| LAC00731 | Lip Reading – Improvers This course is for those who have completed the absolute beginner's course and those with some knowledge. | MKCC Civic Offices | 21 Apr | Tuesday 7pm-8.30pm | 10 wks | £0 |
| ACC00351 | Machine Sewing – Beginners Simple practical projects to develop your sewing machine skills. | CLMK Learning Centre | 4 Jun | Thursday 6.30pm-8.30pm | 6 wks | £180 |
| ACC00721 | Dressmaking – Improvers For those who have completed the Dressmaking Beginners course or have some knowledge. Continue to develop your sewing skills and make a more complex garment using a commercial pattern. | CLMK Learning Centre | 22 Apr | Wednesday 6.30pm-8.30pm | 5 wks | £150 |
| ACC00801 | Patchwork Quilting – Improvers For those who have completed the Introduction to Patchwork Quilting and those with some knowledge. | CLMK Learning Centre | 3 Jun | Wednesday 6.30pm-8.30pm | 5 wks | £150 |
| SMC00461 | Armchair Yoga Gentle seated yoga stretches for those with mobility issues. | Church of Christ the Cornerstone | 13 Apr | Monday 1.30pm-2.30pm | 10 wks | £0 |
| SMC04000 | SHE: Healing for Her For women who have been subjected to male violence, with a focus on domestic abuse. | Church of Christ the Cornerstone | 14 Apr | Tuesday 10am-12pm | 12 wks | £0 |
| SMC00131 | Meaningful Connections A six-week exploration of what it means to make friends, build communities and tackle loneliness. | CLMK Learning Centre | 14 Apr | Tuesday 1pm-2.30pm | 6 wks | £0 |
| SMC00191 | Wellbeing for Pain Management For anyone experiencing ongoing pain and fatigue, including those diagnosed with fibromyalgia or Long Covid, to explore what might help (and what doesn't). | Online | 14 Apr | Tuesday 6pm-7.30pm | 6 wks | £0 |
| SMC00551 | Conversations that Count Develop essential skills for effective communication, including setting healthy boundaries and being more assertive, as well as ideas for conflict resolution and preparing for important conversations. | CLMK Learning Centre | 16 Apr | Thursday 10am-11.30am | 8 wks | £0 |



Health and Wellbeing - continued

| COURSE CODE | COURSE TITLE | VENUE | START DATE | DAY AND TIMES | COURSE LENGTH | FEE |
|-------------|--|----------------------------------|------------|------------------------|---------------|-----|
| SMC00089 | An Introduction to Mentoring | CLMK Learning Centre | 16 Apr | Thursday 1pm-2.30pm | 12 wks | £0 |
| | Develop skills, learn best-practice techniques (at home or at work) and explore ways for supporting others and helping them to reach their potential. | | | | | |
| SMC00481 | Authentic Mindfulness | MKCC Civic Offices | 16 Apr | Thursday 6.15pm-7.45pm | 6 wks | £0 |
| | An in-depth course that looks at managing thoughts and emotions by staying in the 'now' using mindfulness. | | | | | |
| SMC00731 | Textile Heaven | CLMK Learning Centre | 24 Apr | Friday 1pm-3pm | 10 wks | £0 |
| | Knitting, weaving, sewing, crochet, patchwork, yarn art - find out how these fun crafting activities can improve your wellbeing as well as your skill set. | | | | | |
| SMC00791 | Kind to my Mind | Church of Christ the Cornerstone | 2 Jun | Tuesday 1pm-2.30pm | 7 wks | £0 |
| | Discuss ideas for demonstrating more self-compassion, including the importance of 'self-soothing' and emotion regulation, and the benefits of being kinder to ourselves. | | | | | |
| SMC00041 | Soul Work | Online | 2 Jun | Tuesday 6pm-7.30pm | 7 wks | £0 |
| | Explore how we might include spiritual health as a step to wellbeing. | | | | | |
| SMC02000 | Map Skills | CLMK Learning Centre | 16 May | Saturday 10am-4pm | 2 wks | £0 |
| | Discover how to use an ordnance survey map to plan a walk, understand countryside footpaths and rights of way then practice your skills on a gentle walk. | | | | | |



Health and Wellbeing 2-hour Workshops

| COURSE CODE | COURSE TITLE | VENUE | START DATE | DAY AND TIMES | COURSE LENGTH | FEE |
|-------------|--|--------|------------|----------------------|---------------|-----|
| SMC00341 | Upstandership: The 5Ds of Intervention | Online | 4 Jun | Thursday 6pm-8pm | 1 day | £0 |
| | A 2-hour 'taster' session about the 5Ds of intervention and ideas on how to step up and step in during a moment of conflict. | | | | | |
| SMC01000 | An Introduction to Yoga Nidra | Online | 11 Jun | Thursday 6pm-8pm | 1 day | £0 |
| | Learn more about the deep relaxation practice to help reduce stress and improve sleep. | | | | | |
| SMC00061 | Faulty Winks | Online | 25 Jun | Thursday 6pm-8pm | 1 day | £0 |
| | Learn effective sleep strategies. | | | | | |
| SMC00161 | Understanding Dreams | Online | 2 Jul | Thursday 6pm-8pm | 1 day | £0 |
| | Explore your dreams and what they might mean. | | | | | |
| SMC00431 | Shinrin Yoku – The Japanese Art of Treebathing | Online | 9 Jul | Thursday 6pm-8pm | 1 day | £0 |
| | Discover the Japanese Art of Treebathing and how nature can be used as a form of therapy. | | | | | |
| SMC00091 | Emotional Freedom Technique – EFT | Online | 14 Jul | Tuesday 10am-12pm | 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. | | | | | |
| SMC00421 | Hygge – the Danish Path to Happiness | Online | 16 Jul | Thursday 6pm-8pm | 1 day | £0 |
| | Give yourself a well-deserved hug and discover how to live well and be happy, the Danish way. | | | | | |

Young People's Careers Information, Advice and Guidance

The 16–19 Team provides careers information, advice, and guidance for young people in Milton Keynes who are not currently in education, employment, or training. Our goal is to support young people in exploring their options and understanding the pathways available to them, enabling them to make informed and realistic decisions about their future.

We offer impartial advice on:

- Career pathways
- Education and training opportunities
- Apprenticeships
- The application process
- 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:



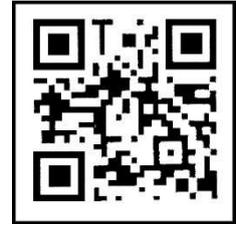
< FamilyLearningMK or CommunityLearningMK >



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**