

# Community Learning MK- Adult Education

Course Listings – Summer 2026

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

## Summer Term Dates

Monday 13 April to Saturday 18 July (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 31/08/2025 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)

## 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)

## Courses for People with Additional Support Needs

We provide supportive, inclusive and personalised learning programmes for people with Additional Support Needs. Our tailored curriculum offers courses in employability and work skills, 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 form at <https://forms.office.com/e/wfXZFynqXM>

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

## 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).

## English and Maths

Course Code	Course Title	Venue	Start Date	Day and Times	Course Length	Fee	Description
ESM10	Basic Maths Support for Success	Online	21 Apr	Tuesday 6pm-8pm	10 wks	£0	Classes to give your maths skills a boost and improve your confidence with numbers.
ESE10	Basic English Support for Success	CLMK Learning Centre	21 Apr	Tuesday 1pm-2.30pm	10 wks	£0	Classes to give your English skills a boost and improve your confidence.
MAA20083	Get Ready for GCSE Maths	CLMK Learning Centre	1 Jun	Monday 6pm-9pm	7 wks	£0	An introduction to GCSE Maths to prepare you for the full course starting in September
ENA00011	Get Ready for GCSE English	CLMK Learning Centre	3 Jun	Wednesday 6pm-8pm	7 wks	£0	An introduction to GCSE English to prepare you for the full course starting in September

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

## 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
ITL02130	Introduction to ICT for Over 50's	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 get comfortable with technology at your own pace

#### 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
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

#### 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
ITL02840	Advanced Office: MS Excel and Word	CLMK Learning Centre	20 Apr	Monday 9.30am-11.30am	8 wks	£0	For learners who already have good working knowledge of Microsoft Excel and Microsoft Word and wish to develop their skills to an advanced level
ITL02850	Advanced Office: MS Excel and Word	CLMK Learning Centre	3 Jun	Wednesday 6pm-8.30pm	7 wks	£0	For learners who already have good working knowledge of Microsoft Excel and Microsoft Word and wish to develop their skills to an advanced level
ITL02930	AI for Work Skills	CLMK Learning Centre	4 Jun	Thursday 9.30am-12pm	7 wks	£0	The course will focus on practical, work-related uses of AI rather than technical programming or development.

## 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
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 into a rewarding career in childcare and learn how to support children's early development

## 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 for free 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	Description
LAC00651	British Sign Language - Beginners	MKCC Civic Offices	21 Apr	Tuesday 3pm-5pm	10 wks	£0	For absolute beginners and those with a little knowledge
LAC00730	British Sign Language - Improvers	MKCC Civic Offices	21 Apr	Tuesday 6pm-8pm	10 wks	£0	For learners that have completed the beginner's course and those with some knowledge of BSL
LAC00731	Lip Reading - Improvers	MKCC Civic Offices	21 Apr	Tuesday 7pm-8.30pm	10 wks	£0	This course is for those who have completed absolute beginners and those with some knowledge
ACC00351	Machine Sewing - Beginners	CLMK Learning Centre	4 Jun	Thursday 6.30pm-8.30pm	6 wks	£180	Simple practical projects to develop your sewing machine skills
ACC00721	Dressmaking Improvers	CLMK Learning Centre	22 Apr	Wednesday 6.30pm-8.30pm	5 wks	£150	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.
ACC00801	Patchwork Quilting Improvers	CLMK Learning Centre	3 Jun	Wednesday 6.30pm-8.30pm	5 wks	£150	For those who have completed the Introduction to Patchwork Quilting and those with some knowledge
SMC00461	Armchair Yoga	Church of Christ the Cornerstone	13 Apr	Monday 1.30pm-2.30pm	10 wks	£0	Gentle seated yoga stretches for those with mobility issues

Course Code	Course Title	Venue	Start Date	Day and Times	Course Length	Fee	Description
SMC04000	SHE: Healing for Her	Church of Christ the Cornerstone	14 Apr	Tuesday 10am-12pm	12 wks	£0	For women who have been subjected to male violence, with a focus on domestic abuse
SMC00131	Meaningful Connections	CLMK Learning Centre	14 Apr	Tuesday 1pm-2.30pm	6 wks	£0	A six-week exploration of what it means to make friends, build communities and tackle loneliness
SMC00191	Wellbeing for Pain Management	Online	14 Apr	Tuesday 6pm-7.30pm	6 wks	£0	For anyone experiencing ongoing pain and fatigue, including those diagnosed with fibromyalgia or Long Covid, to explore what might help (and what doesn't)
SMC00551	Conversations That Count	CLMK Learning Centre	16 Apr	Thursday 10am-11.30am	8 wks	£0	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
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. Please note this course does not offer a formal qualification.
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	Thursday 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	1 day	£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
SMC00081	Map Skills	CLMK Learning Centre	13 Jun	Saturday 10am-4pm	1 day	£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	Description
SMC00341	Upstandership: The 5Ds of Intervention	Online	4 Jun	Thursday 6pm-8pm	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

Course Code	Course Title	Venue	Start Date	Day and Times	Course Length	Fee	Description
SMC01000	An Introduction to Yoga Nidra	Online	11 Jun	Thursday 6pm-8pm	1 day	£0	Learn more about this 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 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

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

## 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

## 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