

Community Learning MK.

Autumn 2026

Adult Education Course Listings

www.milton-keynes.gov.uk/courses





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**

Autumn Term Dates

Tuesday 1 September to Saturday 19 December 2026
(Half term holiday Monday 26 October to Saturday 31 October)

English for Speakers of other Languages (ESOL)

- Learn to speak, read and write in English
- Classes available in the mornings or evenings
- Classes are twice a week over 12 weeks
- There is an exam at the end of the course
- All levels and abilities are welcome

New to English?

Join our pre-entry course (available in the afternoons)

Want to join?

Email: communitylearning.mk@milton-keynes.gov.uk



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**

Course Funding

If you are residing in England and over the age of 19 on 31 August 2026 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



GCSE English and Maths

Take the next step towards achieving a nationally recognised qualification with our GCSE English and maths courses. Starting in September, these year-long courses are designed for adults who want to build their skills and improve their opportunities. To enrol, you will need to attend a short skills check to make sure the course is right for you - see below for available dates.

Functional Skills English and Maths

If you are looking to join a Functional Skills course in English or maths with us in September, 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 for SKILLS at <https://tinyurl.com/CLMK-Courses> and we will contact you with an arrival time. Please allow up to 1 hour to complete the assessment and discuss your options with our tutors.

- 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

Maths and English

COURSE CODE	COURSE TITLE	VENUE	START DATE	DAY AND TIMES	COURSE LENGTH	FEE
ESE10	Basic English Support for Success	CLMK Learning Centre	14 Sep	Monday 10.30am-12.30pm	10 wks	£0
	Develop essential English skills for everyday use, including grammar, speaking, listening, reading and writing.					
BMS10	Basic Maths Support for Success	CLMK Learning Centre	10 Sep	Thursday 1pm-3pm	15 wks	£0
	Gain confidence in maths and numeracy skills in this basic level of maths support.					
ESM10	Refresh Your Maths	Online	8 Sep	Tuesday 6pm-8pm	15 wks	£0
	Develop essential numeracy skills for everyday use. Learn maths to help prepare you for future maths qualifications.					
TLK10	Talk and Do	Church of Christ the Cornerstone	3 Sep	Thursday 1pm-3pm	10 wks	£0
	A conversation class for ESOL learners.					
HKUK20	Life in the UK (Preparation for test)	Church of Christ the Cornerstone	17 Sep	Thursday 10.30am-12.30pm	10 wks	£0
	Understand key knowledge of the UK, develop the skills and confidence needed to pass the citizenship test.					
UKWEL20	Games 4 U	Central Library	3 Nov	Tuesday 10am-11.30am	4 wks	£0
	Come and learn maths and English in a fun and informative way playing board games. Meet new people, find out what else CLMK offers and where you can go as a next step.					

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
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CHILDCARE AND EDUCATION

EYP2101	Get Ready for Level 2 Early Years & Childcare	CLMK Learning Centre	8 Sep	Tuesday 1pm-4pm	7 wks	£0
	Get ready to progress into Level 2 childcare with this supportive introductory course.					
EYP0021	BTEC Introductory Award in Caring for Children Under Five	Church of Christ the Cornerstone	11 Sep	Friday 9.30am-12pm	12 wks	£0
	Take your first step into childcare and learn how to support young children's development.					
EYP0091	Gateway Access to HE Diploma (Education and Teaching)	MKCC Civic Offices	14 Sep	Monday 6pm-9pm	38 wks	£0
	Open the door to university with this access course in education and teaching.					
EYP2071	Level 2 Diploma for the Early Years Practitioner	CLMK Learning Centre	3 Nov	Tuesday 1pm-4pm	32 wks	£0
	Prepare for a rewarding career in early years by developing professional childcare skills.					

Employability and Qualifications - continued

COURSE CODE	COURSE TITLE	VENUE	START DATE	DAY AND TIMES	COURSE LENGTH	FEE
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HEALTH AND SOCIAL CARE

HSC1011	BTEC Level 1 Introduction to Health and Social Care	Church of Christ the Cornerstone	18 Sep	Friday 12.30pm-3pm	12 wks	£0
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Explore careers in health and social care while developing essential knowledge and skills.

HSC2031	Level 2 Diploma in Health and Social Care	CLMK Learning Centre	14 Sep	Monday 1pm-3pm	38 wks	£0
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Develop the skills and knowledge needed for a successful career in health and social care.

HSC2021	Level 2 Diploma in Health and Social Care (Evening)	CLMK Learning Centre	14 Sep	Monday 6pm-8.30pm	38 wks	£0
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Study health and social care in the evening and prepare for a career in this vital sector.

BUSINESS AND PROFESSIONAL SERVICES

BUS0021	CV Writing and Interview Skills	Church of Christ the Cornerstone	11 Sep	Friday 9.30am-11.30am	10 wks	£0
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Learn how to write a strong CV, apply with confidence and impress at interviews to land the job you want.

BUS0011	Working as a volunteer	CLMK Learning Centre	16 Sep	Wednesday 12.30pm-3pm	12 wks	£0
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Make a difference in your community while gaining valuable volunteering experience.

BUS1031	BTEC Level 1 Introduction to Business	CLMK Learning Centre	16 Sep	Wednesday 12.30pm-3pm	12 wks	£0
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Gain an introduction to business and learn the basics of working in a professional environment.

BUS1021	BTEC First Award in Business Level 1/2	CLMK Learning Centre	18 Sep	Friday 12.30pm-3pm	20 wks	£0
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Develop business knowledge and skills to prepare for further study or employment.

BUS2041	Level 2 Certificate in Business and Administration (Evening)	CLMK Learning Centre	15 Sep	Tuesday 6pm-8.30pm	38 wks	£0
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Build your administrative skills in an evening course to support your career progression.

BUS2061	Gateway Qualification Level 2 Award in Digital Marketing	CLMK Learning Centre	15 Sep	Tuesday 12.30pm-3pm	12 wks	£0
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Learn how to promote brands effectively and start your journey in digital marketing.



Employability and Qualifications - continued

COURSE CODE	COURSE TITLE	VENUE	START DATE	DAY AND TIMES	COURSE LENGTH	FEE
HSC0011	City & Guilds Customer Service (Entry 3)	Church of Christ the Cornerstone	16 Sep	Wednesday 9.30am-11am	10 wks	£0
Develop excellent customer service skills and learn how to meet and exceed customer expectations.						
HSC1021	BTEC Level 1 Customer Service	CLMK Learning Centre	16 Sep	Wednesday 2.45pm-4.45pm	12 wks	£0
Gain the basic skills needed to provide great customer service in a range of settings.						
HSC0031	Diploma in Hospitality and Tourism	CLMK Learning Centre	14 Sep	Monday 12.30pm-3pm	38 wks	£0
Prepare for an exciting career in hospitality and tourism with hands-on learning.						
HSC0041	Diploma in Hospitality and Tourism (Evening)	CLMK Learning Centre	14 Sep	Monday 6pm-8.30pm	38 wks	£0
Study hospitality and tourism in the evening and develop skills for a fast-paced industry.						



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 from 10am to 2pm & Thursdays from 10am to 12pm
at the Church of Christ the Cornerstone**

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

**Thursdays 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

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
ICT0011	Get ahead with Google Classroom Learn how to confidently use Google Classroom to support your learning with CLMK.	CLMK Learning Centre	7 Sep	Monday 9.30am-11.30am	2 wks	£0
ICT0021	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	21 Sep	Monday 9.30am-11.30am	4 wks	£0
ICT0031	IT Basics: 4-Week Program Build confidence in everyday IT skills and learn how to use computers for work, study and life.	CLMK Learning Centre	2 Nov	Monday 9.30am-11.30am	4 wks	£0
ICT0051	Online and e-Safety Stay safe online and learn how to protect yourself and others in the digital world.	CLMK Learning Centre	30 Nov	Monday 9.30am-11.30am	3 wks	£0

www.milton-keynes.gov.uk/courses





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
ICT0041	City & Guilds Beginners Guide to ICT (Entry 3)	CLMK Learning Centre	14 Sep	Monday 12.30pm-2.30pm	10 wks	£0
	Take your first steps into digital skills with a practical introduction to essential ICT tools.					
ICT1061	Level 1 Essential Digital Skills	CLMK Learning Centre	16 Sep	Wednesday 9.30am-11.30am	12 wks	£0
	Develop the core digital skills you need for work, study and everyday life.					
ICT1071	Level 1 Essential Digital Skills (Evening)	CLMK Learning Centre	17 Sep	Thursday 6pm-8pm	12 wks	£0
	Gain essential digital skills in a flexible evening course designed to fit around your schedule.					
ICT1121	Gateway Level 1 Award in Website Design	CLMK Learning Centre	18 Sep	Friday 1pm-3pm	10 wks	£0
	Learn how to design and build your own website and develop your creative digital skills.					
ICT1181	BTEC Level 1 Introduction to ICT	Church of Christ the Cornerstone	14 Sep	Monday 1pm-3.30pm	12 wks	£0
	Explore the basics of ICT and develop skills for further study or entry-level roles.					
ICT1182	BTEC Level 1 Introduction to ICT	CLMK Learning Centre	17 Sep	Thursday 6pm-8.30pm	12 wks	£0
	Explore the basics of ICT and develop skills for further study or entry-level roles.					

communitylearning.mk@milton-keynes.gov.uk

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
ICT0131	Progress with Office: MK Excel and Word Improve your productivity by mastering Microsoft Excel and Word for work and everyday tasks.	CLMK Learning Centre	18 Sep	Friday 12.15pm-2.45pm	6 wks	£0
ICT0201	AI for Work Skills The course will focus on practical, work-related uses of AI rather than technical programming or development.	CLMK Learning Centre	5 Nov	Thursday 4pm-5.30pm	7 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
ICT0101	Diploma in Digital and IT Skills Build practical IT skills and knowledge to progress into further study or digital careers.	Online	16 Sep	Wednesday 9.30am-12pm	38 wks	£0
ICT0111	Diploma in Digital and IT Skills (Evening) Study digital and IT skills in the evening and balance learning with your daytime commitments.	CLMK Learning Centre	16 Sep	Wednesday 6pm-8.30pm	38 wks	£0
ICT0141	Certificate in Digital and IT Skills Gain a recognised qualification while developing essential digital skills for employment.	CLMK Learning Centre	17 Sep	Thursday 3pm-5.30pm	20 wks	£0

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.

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
SMC00191	Wellbeing for Pain Management Gives people who experience ongoing problems with pain the opportunity to explore things that may help (or not).	Online	1 Sep	Tuesday 6pm-7.30pm	6 wks	£0
SMC00791	Kind to My Mind Explore what self-compassion is and how you can develop yours for a happier life.	CLMK Learning Centre	3 Sep	Thursday 10am-11.30am	8 wks	£0
SMC00041	Soul Work Explore how we might include spiritual health as a step to wellbeing - discussions may include brief references to religion but do not endorse any specific religious concepts or activities.	Online	3 Sep	Thursday 6pm-7.30pm	8 wks	£0
SMC00081	Map Skills 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.	CLMK Learning Centre	5 Sep	Saturday 10am-4pm	1 wk	£0
SMC02000	Advanced Map Skills This course is for learners who have completed the introductory Map Skills course.	CLMK Learning Centre	12 Sep	Saturday 10am-3pm	2 wks	£0
SMC05000	Level 2 Award in Supporting Wellbeing and Mental Health in self and others This exciting new course provides the opportunity for those looking to expand their learning or career into the Health & Wellbeing arena.	CLMK Learning Centre	10 Sep	Thursday 1pm-2.30pm	14 wks	£0
SMC04000	SHE: Healing for Her 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.	Church of Christ the Cornerstone	15 Sep	Tuesday 1pm-3pm	12 wks	£0
SMC00461	Chair Yoga Gentle seated yoga stretches for those with mobility issues.	Church of Christ the Cornerstone	21 Sep	Monday 1.30pm-2.30pm	10 wks	£0
SMC00761	Chair Yoga Gentle seated yoga stretches for those with mobility issues.	Woughton Community Hub	24 Sep	Thursday 10am-11am	10 wks	£0
SMC00731	Textile Heaven Knitting, weaving, sewing, crochet, patchwork, yarn art - find out how these fun crafting activities can improve your wellbeing as well as your skill set!	CLMK Learning Centre	25 Sep	Friday 1pm-3pm	10 wks	£0

Health and Wellbeing - continued

COURSE CODE	COURSE TITLE	VENUE	START DATE	DAY AND TIMES	COURSE LENGTH	FEE
SMC00051	Rise: Trauma Awareness	Church of Christ the Cornerstone	3 Nov	Tuesday 10am-11.30am	7 wks	£0
	For people who would like to consider how being 'trauma aware' can improve our wellbeing. Suitable for those who are ready to approach this topic, as well as those who are working with people affected by traumatic injury.					
SMC00551	Conversations that Count	CLMK Learning Centre	5 Nov	Thursday 10am-11.30am	7 wks	£0
	Essential skills for effective communication, including developing healthy boundaries and assertiveness.					
SMC00481	Authentic Mindfulness	MKCC Civic Offices	5 Nov	Thursday 6.15pm-7.45pm	6 wks	£0
	An in-depth 6-week course that looks at managing thoughts and emotions by staying in the 'now' using mindfulness.					
LAC00651	British Sign Language Beginners	MKCC Civic Offices	22 Sep	Tuesday 6.15pm-8.15pm	10 wks	£0
	This course is for absolute beginners and those with a little knowledge.					
LAC00730	British Sign Language Improvers	Church of Christ the Cornerstone	22 Sep	Tuesday 3pm-5pm	10 wks	£0
	For learners that have completed the beginner's class and those with some knowledge.					
LAC00817	Lip Reading Beginners	MKCC Civic Offices	22 Sep	Tuesday 7pm-8.30pm	10 wks	£0
	For absolute beginners and those with a little knowledge.					
ACC00351	Machine Sewing Beginners	CLMK Learning Centre	17 Sep	Thursday 6.30pm-8.30pm	6 wks	£180
	Simple practical projects to develop your sewing machine skills.					
ACC00681	Machine Sewing Improvers	CLMK Learning Centre	5 Nov	Thursday 6.30pm-8.30pm	6 wks	£180
	For those who have completed Machine Sewing Beginners and/or already have basic machine sewing skills. Simple practical projects to improve your sewing machine skills.					

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 including Pathways to Employment, a course for anyone with learning disabilities and autism, as well as courses in life skills, English and maths support and digital skills. All these courses are designed to build confidence and independence. We pride ourselves on creating a safe, welcoming environment where every learner feels valued and encouraged to achieve their potential.

To find out more about any of these courses, please contact:
communitylearning.mk@milton-keynes.gov.uk



Health and Wellbeing 2-hour Workshops

COURSE CODE	COURSE TITLE	VENUE	START DATE	DAY AND TIMES	COURSE LENGTH	FEE
SMC00061	Faulty Winks	Online	13 Oct	Tuesday 6pm-8pm	1 day	£0
	Learn effective sleep strategies.					
SMC00161	Understanding Dreams	Online	20 Oct	Tuesday 6pm-8pm	1 day	£0
	Explore your dreams and what they might mean.					
SMC00341	Upstandership: The 5Ds of Intervention	Online	3 Nov	Tuesday 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.					
SMC00111	Peace Matters: An Introduction to Pacifism	Online	10 Nov	Tuesday 6pm-8pm	1 day	£0
	A 2-hour workshop to explore the myths of pacifism and how pacifist living might benefit our wellbeing in troubled times.					
SMC01000	Yoga Nidra	MKCC Civic Offices	17 Nov	Tuesday 6.15pm-8.15pm	1 day	£0
	Learn more about the deep relaxation practice to help reduce stress and improve sleep.					
SMC00091	EFT: Emotional Freedom Technique	Online	1 Dec	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.					
SMC00421	Hygge – the Danish Path to Happiness	Online	8 Dec	Tuesday 6pm-8pm	1 day	£0
	Give yourself a well-deserved hug and discover how to live well and be happy, the Danish way.					
SMC00011	An Introduction to Colour Therapy	Church of Christ the Cornerstone	15 Dec	Tuesday 1pm-3pm	1 day	£0
	To consider the benefits of using colour as a way to 'feel better' and ideas to practice in everyday life.					
SMC00431	Shinrin Yoku - The Japanese Art of Treebathing	Online	15 Dec	Tuesday 6pm-8pm	1 day	£0
	Discover Shinrin Yoku - the Japanese art of Treebathing and how nature can be used as a form of therapy.					
SMC00101	An Introduction to Energy Medicine	MKCC Civic Offices	17 Dec	Thursday 6.15pm-8.15pm	1 day	£0
	To explore the idea of using energy as a 'medicine' for improving our health and wellbeing. Please note: this is a 'taster' session that does not guarantee or imply any specific results. A short demonstration will be included, and participation is optional, not required.					

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:

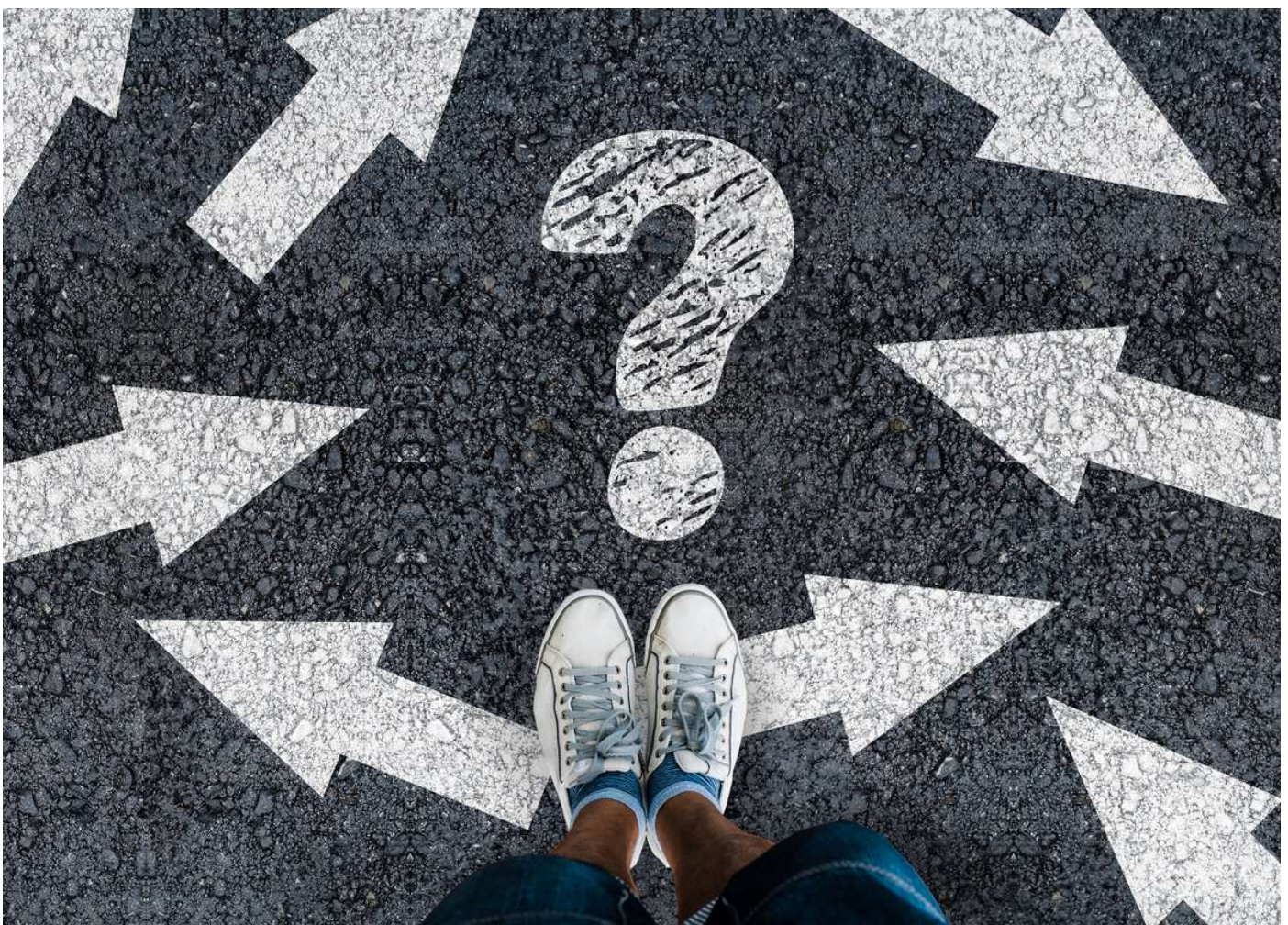
- Career pathways
- Education and training opportunities
- Apprenticeships
- The application process
- CV writing and employability skills



For more information please visit the website:

www.milton-keynes.gov.uk/16-19-Team

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