



smile:)MK

Course information booklet - autumn term 2020



Smile:)MK is a programme of courses delivered by Adult Education (part of Community Learning MK) aimed at **supporting adults aged 19 and above with *mild to moderate* depression, anxiety and/or sleep difficulties** by providing access to various learning activities.

***Important:** If you (or someone you are referring) have been given a trauma-related diagnosis (such as Post Traumatic Stress Disorder) or a different mental health diagnosis, please speak to your doctor or a trained mental health professional before joining any of these courses and if necessary ask to speak to the tutor before registering.

Most courses are free, but some have a fee attached, however if you are claiming certain income based benefits or earning under £17,004.00 per year then you may be entitled to a full concession.

To find out more and/or enrol contact Adult Education on **01908 556700**, email **communitylearning.mk@milton-keynes.gov.uk** or visit our website: **www.milton-keynes.gov.uk/courses**

Art for Wellbeing – Art Journalling

This 5-week course will show you how to create and keep an art journal which can extend your artistic skills and aid wellbeing. Delivered online.

Course 1: **SMC00271**
23 Sept - 21 Oct
10.00am to 12.00pm

Course 2: **SMC00281**
4 Nov – 2 Dec
10.00am to 12.00pm

Day: Wednesday

Place: Online – via Zoom and our
virtual learning environment -
Moodle

Fee: **£55 (Concessions: free)**

Restart with Art

Art can be used to express yourself and work through feelings of depression and anxiety. You don't have to be good at art to get the most out of this 10-week course, you just have to be willing to have a go. You'll be amazed how many people feel the same as you!

Course: SMC00011
22 Sept - 1 Dec

Day: Tuesday

Time: 11.45am to 1.45pm

Place: The Old Bath House Community Centre
205 Stratford Road
Wolverton
MK12 5RL

Fee: £100 (Concessions: free)

Meditation and Relaxation

This 5-week course will introduce you to basic relaxation and breathing techniques, mantras and affirmations and touches on the benefits of reiki, crystals and balancing chakras. You will also investigate deep healing meditation to help navigate negative emotions.

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Course 1: **SMC00241**
22 Sept – 23 Oct
Tue 11.00am – 11.45am
Fri 7.00pm – 7.45pm

Course 2: **SMC00251**
3 Nov – 4 Dec
Tue 11.00am – 11.45am
Fri 7.00pm – 7.45pm

Day: One session divided into two per week;
the first on Tuesday morning the second
on Friday evening

Place: Online – via Zoom and our
virtual learning environment -
Moodle

Fee: **Free**

Relaxation through Mindfulness

This 8-week course will help you to use mindfulness as a method to help you relax. Mindfulness is a great tool for improving your mental health and once you learn the basics you will start to see an improvement in your physical health (e.g. reduce blood pressure and improve sleep) and you'll be able to manage your stress and anxiety more effectively.

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Course 1: **SMC00111**
30 Sept – 25 Nov
10.00am – 11.30am

Course 2: **SMC00121**
30 Sept – 25 Nov
7.00pm – 8.30pm

Day: Wednesday

Place: Online – via Zoom and our
virtual learning environment -
Moodle

Fee: **Free**

Stress and Anxiety Management

This 5-week course will help you to develop techniques and methods for managing your stress and anxiety in a healthy, positive and effective way. Among other benefits it will help you to boost your confidence and self-esteem, develop healthy communication skills, and build resilience by identifying healthy coping mechanisms.

Course 1: **SMC00091**
22 Sept – 20 Oct
1.00pm to 2.30pm

Course 2: **SMC00101**
22 Sept – 20 Oct
7.00pm to 8.30pm

Course 3: **SMC00171**
3 Nov – 1 Dec
1.00pm to 2.30pm

Course 4: **SMC00181**
3 Nov – 1 Dec
7.00pm to 8.30pm

Day: Tuesday

Place: Online – via Zoom and our
virtual learning environment -
Moodle

Fee: **Free**

Finding Your Way through Grief

When we lose someone we love, our world can change in an instant; we can feel disconnected, isolated and alone. This course aims to bring bereaved people together, who want to learn helpful ways to connect with the world again.

Course 1: **SMC00071**
21 Sept – 19 Oct
1.00pm to 2.30pm

Course 2: **SMC00081**
21 Sept – 19 Oct
7.00pm to 8.30pm

Course 3: **SMC00141**
2 Nov – 30 Nov
1.00pm to 2.30pm

Course 4: **SMC00151**
2 Nov – 30 Nov
7.00pm to 8.30pm

Day: Monday

Place: Online – via Zoom and our
virtual learning environment -
Moodle

Fee: **Free**

Understanding Sleep and Dreams

We spend one third of our lives sleeping (or attempting to do so!) If you're finding sleep elusive and/or you're having dreams you'd like to understand, then this 3-week course will give you some useful insights.

Course:	SMC00161 Monday 2 Nov – 16 Nov 10.00pm to 11.30pm
Place:	Online – via Zoom and our virtual learning environment - Moodle
Fee:	Free

Managing Anger

This course is for anyone who wants to discover healthier ways to process feelings of anger. It explores what anger really is and considers ways to channel difficult emotions helpfully. During these sessions, we will explore different types of anger, how our thoughts can affect how we behave, and use tools like mindfulness to manage difficult moments.

Course 1: **SMC00051**
Tuesday 8 Sept – 22 Sept
10.00am to 11.30am

Course 2: **SMC00131**
Monday 5 Oct – 19 Oct
10.00am to 11.30am

Place: Online – via Zoom and our
virtual learning environment -
Moodle

Fee: **Free**

Pain Management

This course is for anyone experiencing physical pain and offers techniques and strategies for managing it helpfully. Using tools such as mindfulness, and therapeutic models designed to create a positive plan of action; we will explore the nature of pain and discover healthier ways to manage it.

Course: SMC00191
Thursday 26 Nov – 10 Dec
10.00am – 11.30am

Place: Online – via Zoom and our
virtual learning environment -
Moodle

Fee: Free

