



# smile:)MK

Course Information Booklet - Spring Term 2021



Smile:)MK is a programme of free 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.**

**\*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.

To find out more and/or enrol contact Adult Education on **01908 252083**, email **[communitylearning.mk@milton-keynes.gov.uk](mailto:communitylearning.mk@milton-keynes.gov.uk)** or visit our website: **[www.milton-keynes.gov.uk/courses](http://www.milton-keynes.gov.uk/courses)**

# Art for Wellbeing

Delivered over 10 weeks in a safe and supportive environment, this course will help you to unlock your creativity and use art as a tool for self-expression. The tutor will introduce a wide variety of activities and show examples, demonstrate techniques, giving plenty of support and guidance.

**Course code:** SMC00301

**Dates:** 15 Jan – 26 Feb 2021

**Time:** 10.00am to 12.00pm

**Day:** Friday

**Place:** MKPDC  
Galley Hill  
Milton Keynes  
MK11 1PA

**Fee:** Free

# 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 code:** SMC00281

**Dates:** 13 Jan – 10 Feb 2021

**Time:** 10.00am to 12.00pm

**Day:** Wednesday

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

**Fee:** Free

# Art and Mindfulness

This 5 week course will show you how mindfulness, meditation and engaging in art activities can enhance your wellbeing.

**Course code:** SMC00321

**Dates:** 24 Feb – 24 March 2021

**Time:** 10.00am to 12.00pm

**Day:** Wednesday

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

**Fee:** 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 5-week course, just be willing to have a go. You'll be amazed how many people feel the same as you!

**Course code:** SMC00011

**Dates:** 12 Jan – 23 March 2021

**Day:** Tuesday

**Time:** 12.30pm to 2.30pm

**Place:** MKPDC  
Galley Hill  
MK11 1PA

**Fee:** 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.

**\*Important:** If you 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 this course or speak to the tutor before registering.

**Course 1:** SMC00241  
12 Jan – 9 Feb 2021  
6.00pm – 7.30pm

**Course 2:** SMC00251  
23 Feb – 23 March 2021  
6.00pm – 7.30pm

**Day:** Tuesday

**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.

**\*Important:** If you 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 this course or speak to the tutor before registering.

**Course code:** SMC00111

**Dates:** 20 Jan – 17 March 2021

**Time:** 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 and develop healthy communication skills by identifying healthy coping mechanisms.

<b>Course 1:</b>	SMC00091 12 Jan – 9 Feb 2021 1.00pm to 2.30pm
<b>Course 2:</b>	SMC00101 12 Jan – 9 Feb 2021 7.00pm to 8.30pm
<b>Course 3:</b>	SMC00171 23 Feb – 23 March 2021 1.00pm to 2.30pm
<b>Course 4:</b>	SMC00181 23 Feb – 23 March 2021 7.00pm to 8.30pm
<b>Day:</b>	Tuesday
<b>Place:</b>	Online – via Zoom and our virtual learning environment - Moodle
<b>Fee:</b>	Free

# Building a Resilient Mindset

There is no doubt we are living through challenging times. Sometimes things can get on top of us. By developing inner resilience, we not only help ourselves but those around us too.

**Course 1:** SMC00331  
11 Jan – 8 Feb 2021  
1.00pm to 2.30pm

**Day:** Monday

**Course 2:** SMC00311  
24 Feb – 24 March 2021  
1.00pm to 2.30pm

**Day:** Wednesday

**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 1:** SMC00161  
25 Jan – 8 Feb 2021  
7.00pm to 8.30pm

**Course 2:** SMC00061  
8 March to 22 March 2021  
7.00pm to 8.30pm

**Day:** Monday

**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  
25 Jan to 8 Feb 2021  
10.00am to 11.30am

**Day:** Monday

**Course 2:** SMC00131  
10 March to 24 March 2021  
10.00am to 11.30am

**Day:** Wednesday

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

**Fee:** Free