



Community Learning Newsletter

Spring term 2021

Welcome to our latest newsletter with details of courses starting in January 2021. We hope that you will find something that catches your eye! The reference guide will point you to the page number for each subject area.

A quick guide to our courses

Mental Wellbeing [page 2]

Skills to Help Manage your Emotions | Practical Ideas on How to Manage your Menopause | Practical Ways to Manage Stress and Anxiety | Relaxation & Meditation | Eat Well, Think Well

[page 3] Practical Ideas for Happier Living

Health & Fitness [page 3]

Pilates | Standing Pilates

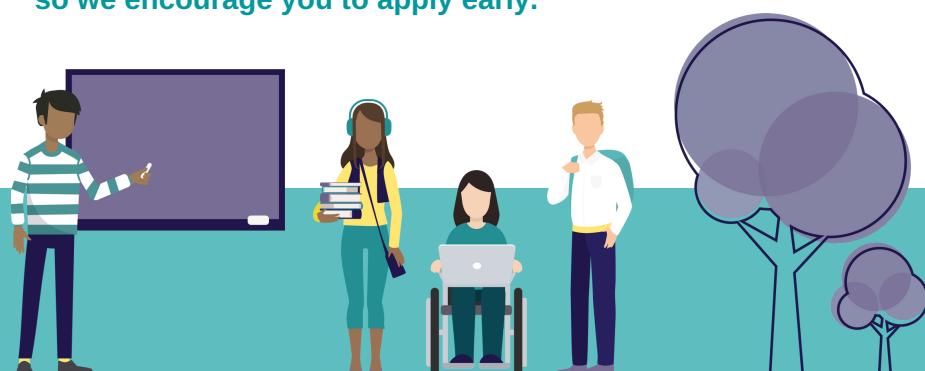
Family Learning [page 4]

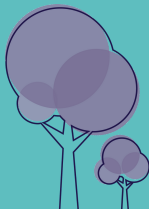
How to reduce anxiety & develop resilience in your child | Mother & Baby Pilates | Sharing Stories

Enrolment information

To enrol, please click on the links in each section of this newsletter. **Most of our courses are FREE** if your personal annual income is below the London Living Wage of £20,962 (receipt of benefits does not affect this figure).

Please note that enrolments will not be taken later than 5 working days before the course is due to start so we encourage you to apply early.





Skills to Help Manage your Emotions

This 3-week course will explore how to regulate your emotions using a variety of practical techniques and exercises which help you to understand how to feel calmer and more in control of your reactions.

Tuesdays, 12 Jan~26 Jan at 1.30pm-3pm [WEL1221C] Cost: £18 or FREE*

Practical Ideas on How to Manage your Menopause

If you would like to improve your understanding of what lifestyle changes you can make to help you manage your menopause, this 3-week course is for you. You'll increase your confidence in speaking out to the people in your life about what support you need from them during this time.

Tuesdays, 12 Jan~26 Jan at 7pm-8.30pm [WEL1222C] Cost: £18 or FREE*

Practical Ways to Manage Stress and Anxiety

With a focus on your wellbeing, this 3-week course will provide guidance and offer practical tips for coping - particularly useful in these unprecedented times. You'll discover ways to deal with stress and anxiety and feel better able to manage your immediate circumstances.

Fridays, 22 Jan~5 Feb at 9.30am-11am [WEL1211C] Cost: £18 or FREE*

Relaxation and Meditation

An hour of bliss every week! An online meditation programme that helps you relax and takes away the stresses and strains of the day.

Tuesdays, 5 Jan~9 Feb at 7pm-8.30pm [WEL1207C] Cost: £24 or FREE*

Eat Well, Think Well

This course will look at the relationship between food and mood, including healthy eating habits and how these can affect the way you feel. Making better informed choices when deciding what to eat will help our minds as well as our bodies!

Wednesdays, 27 Jan~10 Feb at 10am-12noon [WEL1223] Cost: £24 or FREE*

***FREE: if your personal annual income is below the London Living Wage of £20,962 (receipt of benefits does not affect this figure).**

To enrol on any of our courses, please complete our application form by clicking on this link:

<https://bit.ly/KAE-CL>

Enquiries: please email communitylearningkae@kingston.gov.uk

More Mental Wellbeing



Practical Ideas for Happier Living - taster session

Would you like to deal with everyday stress better? This 90-minute **online** session will give you an insight into our hugely successful 'Practical Ideas for Happier Living' course, written in collaboration with Action for Happiness. These sessions have seen some amazing results!

Friday, 15 Jan at 9.30am~11am [PIFHL1241C] Cost: FREE

or

Thursday, 11 Feb at 6.45pm~8.15pm [PIFHL1242C] Cost: FREE

Practical Ideas for Happier Living - 6 week course

This unique mental wellbeing 6-week **online** course has been designed with the charity, Action for Happiness, which has over 70,000 members worldwide and whose patron is the Dalai Lama. This informal and friendly course gives practical ideas and tips, based on the latest scientific research to increase resilience, improve wellbeing and manage stress and anxiety levels better.

Tuesdays, 5 Jan~9 Feb at 9.30am-12noon [PIFHL1201C] Cost: FREE

or

Wednesdays, 6 Jan~10 Feb at 6.45pm-9.15pm [PIFHL1202C] Cost: FREE

or

Fridays, 8 Jan~12 Feb at 10am-12.30pm [PIFHL1203C] Cost: FREE

Health & Fitness



Pilates

This online course will boost both your physical and mental wellbeing through floor-based exercises which strengthen your core muscle groups. You'll feel more energised and ready to take on those wheelie bins! You will need some floor space and a firm but comfortable rug or, ideally, a yoga mat.

Beginners: Tuesdays, 12 Jan~23 Mar at 10.45-11.45am [HAF1201C] Cost: £65**

Improvers: Tuesdays, 12 Jan~23 Mar at 9.30-10.30am [HAF1202C] Cost: £65**

Standing Pilates

A gentler version of Pilates using a chair or wall for support. Suitable for those of us who are less agile but want the benefit of muscle-strengthening exercise.

Beginners and improvers: Fridays, 15 Jan~26 Mar at 11am-12noon [HAF1203C] Cost: £65**

**A 50% discount is available if your personal annual income is below the London Living Wage of £20,962 (receipt of benefits does not affect this figure).

To enrol on any of our courses, please complete our application form by clicking on this link: <https://bit.ly/KAE-CL>



How to reduce anxiety & develop resilience in your child

If your child is showing signs of stress or anxiety and finds it hard to bounce back from adversity, this course will give you the understanding and plenty of practical tools to guide your child to building their resilience and coping with change. A fully interactive 5-week course which means you can work out the best way to help you and your child improve their emotional wellbeing and enjoy life more.

Tuesdays, 12 Jan~9 Feb at 11am-1pm [WFL1203C] Cost: £48 or FREE*

Tuesdays, 23 Feb~23 Mar at 11am-1pm [WFL1204C] Cost: £48 or FREE*

Sharing Stories

Sharing stories together will encourage a love of reading and it's fun for everyone! This course will cover tips and advice to help you enjoy reading with your child including encouraging early reading skills and nurturing a love of books and stories.

Mondays, 11 Jan~8 Feb at 10am-12noon [FEML1202C] Cost: £40 or FREE*

Mother & Baby Pilates

Enjoy some gentle exercise together with your baby. Suitable for all mums and babies aged from 6-8 weeks to pre-crawlers (after post-natal check). This Pilates class will focus on post-natal recovery from labour with exercises to help strengthen your core muscles, whilst improving posture and reducing back pain.

Fridays, 15 Jan~12 Feb at 9.45am-10.45am [WFL1211C] Cost: £25 or FREE*

***FREE: if your personal annual income is below the London Living Wage of £20,962 (receipt of benefits does not affect this figure).**

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Enquiries: please email communitylearningkae@kingston.gov.uk

For up-to-date information on all our courses, please go to:
kingston.gov.uk/adulteducation