



Community Learning Newsletter

Summer term 2021

Welcome to our latest newsletter with details of our Community Learning courses starting after Easter.

In this edition, you'll find our popular online classes that range from 90-minute workshops to courses with weekly sessions running for 3, 5 or 6 weeks. Why not kick-start your summer feeling calmer, stronger and ready to take advantage of the longer, warmer days ahead?

Where to find your course:

Mental Wellbeing [pages 2-3]

[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](#) | [Sleep Workshops](#) | [Practical Ideas for Happier Living](#)

Health & Fitness [page 4]

[Pilates](#) | [Standing Pilates](#) | [Yoga](#)

Family Learning [page 5]

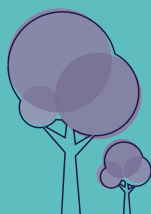
[How to Reduce Anxiety & Develop Resilience in your Child](#) | [Mother & Baby Pilates](#)

Enrolment information:

To enrol, please click on the link (in the green bar) at the bottom of the page where the course is advertised. Most of our courses are FREE if your personal annual income is below the London Living Wage of £21,157.50 (receipt of benefits does not affect this figure).

Please note that enrolments will not be taken later than 7 working days before the course is due to start so we encourage you to apply early.





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, 15 June~29 June at 1.30pm-3.00pm [WEL1337C] 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, 16 Apr~30 Apr at 9.30am-11.00am [WEL1311C] Cost: £18 or FREE*

Relaxation and Meditation

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

Tuesdays, 20 Apr~25 May at 8.00pm-9.00pm [WEL1307C] Cost: £24 or FREE*

Eat Well, Think Well

This course runs for 3 weeks and 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, 12 May~26 May at 10am-12noon [WEL1335C] Cost: £24 or FREE*

Sleep Workshops - New!

If you are having trouble falling or staying asleep there are many practical steps you can take to improve the quality of your sleep. Find out what you can do during the day and evening to help yourself sleep better and wake up more refreshed. There is a choice of two workshops:

Wednesday, 28 April at 6.30pm~8pm [WEL1338C] Cost: £6 or FREE*

or

Wednesday, 26 May at 6.30pm~8pm [WEL1339C] Cost: £6 or FREE*

**FREE: if your personal annual income is below the London Living Wage of £21,157.50 (receipt of benefits does not affect this figure).*

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



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 classes have seen some amazing results!

There is a choice of two dates:

Thursday, 22 Apr at 6.45pm-8.15pm [PIFHL1341C] Cost: FREE

or

Friday, 14 May at 9.30am~11am [PIFHL1342C] Cost: FREE

Practical Ideas for Happier Living - 6 week course

This unique mental wellbeing 6-week **online** course (2.5 hrs per week) 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. There is a choice of three courses:

Tuesdays, 20 Apr~25 May at 9.30am-12.00noon [PIFHL1301C] Cost: FREE (online)

or

Wednesdays, 21 Apr~26 May at 6.45pm-9.15pm [PIFHL1302C] Cost: FREE (online)

or

Fridays, 23 Apr~28 May at 10.00am-12.30pm [PIFHL1303C] Cost: FREE (online)

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



Pilates - online

This 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, 20 Apr~20 July at 10.45-11.45am [HAF1301C] Cost: £84.50**

Improvers: Tuesdays, 20 Apr~20 July at 9.30-10.30am [HAF1302C] Cost: £84.50**

Standing Pilates - online

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

& Improvers: Fridays, 23 Apr~23 July at 11am-12noon [HAF1303C] Cost: £84.50**

Yoga to improve your mental health - online

Yoga has many positive benefits on mental health. It has been shown to enhance mental wellbeing and improve the symptoms of depression and sleep disorders. It increases body awareness, relieves stress, reduces muscle tension, strain and inflammation, sharpens attention and concentration, and both calms and centres the nervous system.

This mixed level Yoga Class is suitable for all ages and abilities developing body awareness in yogic terms, in order to develop a personal practice for life-long wellbeing. It integrates poses with breathing techniques within a methodical, supportive and pressure-free learning environment. Not only will this class improve your mental health, you will develop a better understanding of physical movements in relation to both yoga and everyday life, including improved posture, breathing and relaxation. What's more, you'll develop and improve your flexibility, strength and body awareness.

Beginners & improvers: Thursdays, 22 Apr~15 Jul at 9.30-10.30am [HAF1306C] Cost: £90**

***A 50% discount is available if your personal annual income is below the London Living Wage of £21,157.50 (receipt of benefits does not affect this figure).*

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



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, 27 Apr~25 May at 6.30pm-8.30pm [WFL1303C] Cost: £40 or FREE*

Mother & Baby Pilates

Enjoy some gentle exercise for mums with very young babies. Suitable for all mums with babies aged from 6-8 weeks to pre-crawlers (after post-natal check). This 5-week Pilates course will focus on post-natal recovery from labour with exercises to help strengthen your core muscles, whilst improving posture and reducing back pain.

Fridays, 30 Apr-28 May at 9.45am-10.45am [WFL1311C] Cost: £25 or FREE*

**FREE: if your personal annual income is below the London Living Wage of £21,157.50 (receipt of benefits does not affect this figure).*

Enquiries: please email communitylearningkae@kingston.gov.uk

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

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