



Community Learning Newsletter

Spring term (1): Jan-Feb 2022



Many 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).

Courses for Adults with Learning Difficulties or Disabilities [pages 3 & 4]

Cookery

Computers

Practical Ideas for Happier Living [page 5]

Taster sessions

Six-week courses

Wellbeing [pages 6 & 7]

Sleep Workshop

Eat Well, Think Well

Manage your Menopause

Singing for Happiness

Relaxation & Meditation

Health & Fitness [pages 8-10]

Pilates - beginners

Pilates - improvers

Standing Pilates

Tai Chi

Yoga

To book your place, please click on the link on the page where the course is being advertised.



Please note that, in general, courses will be closed to enrolments **7 working days before** the start date, so we encourage you to apply early.

You can contact us by email at:
communitylearningkae@kingston.gov.uk

Cookery (for beginners and improvers)

This weekly course is for adults with learning difficulties or disabilities and it is designed to provide life, cooking and social skills.

Different recipes are prepared each week and learners get to take home all of their hard work to enjoy with their families.

The course covers all aspects of preparing food in a kitchen safely. You will:

- Learn how to follow a recipe and weigh out ingredients.
- Be able to chop food safely and understand basic health and safety precautions.
- Clear down surfaces and wash up.
- Learn the importance of keeping utensils, surfaces and cooking implements clean and stored safely.
- Learn how to make everyday and seasonal dishes (eg. cakes, biscuits, shepherd's pie, burgers, pizzas and lasagne).

Mondays, from 21 February to 28 March 2022 at 7pm~9pm

Cost: £12 per session*

at Richard Challoner School, Manor Drive North, New Malden, KT3 5PE

To book on this course, please click on this link:

<https://bit.ly/KAE-CLl1dd2122>

**A concessionary fee applies if your personal annual income is below the London Living Wage of £21,157.50*



Computers (for learners of all levels)

This is a course for learners with learning difficulties or disabilities and is aimed at teaching how to use Word Processing and search the internet safely.

Learners will be given tasks, according to their learning need and interest and should be able to complete these independently, with some assistance from the tutor or Learning Support Assistant.

We also use the Smart Board to play games, in order to let the learners interact with each other and share their IT skills during the session. These games will also help with spelling, grammar and memory.

Tuesdays, from 11 January to 5 April 2022 at 6.30pm~8.30pm

Cost: £12 per session*

at New Malden Library, Kingston Rd, New Malden, KT3 3LY

To book on this course, please click on this link: <https://bit.ly/KAE-CLlIdd2122>



**A concessionary fee applies if your personal annual income is below the London Living Wage of £21,157.50*



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.

This introductory session has seen some amazing results and many learners progress further onto our 6 week course.

Wednesday, 19 January 2022 at 2pm~3.30pm Cost: FREE (online)

Practical Ideas for Happier Living - 6 week course

This unique mental wellbeing 6-week course (2.5 hrs per week) has been designed with the charity, Action for Happiness, which has over 275,000 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 are 3 options on offer: one is online and two are face-to-face courses:

Tuesdays, 4 Jan - 8 Feb 2022 at 9.30am~12.00pm Cost: FREE

ONLINE

or

Thursdays, 6 Jan - 10 Feb at 6.45pm~9.15pm Cost: FREE

at Richard Challoner School, Manor Drive North, New Malden, KT3 5PE

or

Fridays, 7 January - 11 February 2022 at 10.00am-12.30pm Cost: FREE

ONLINE



To enrol on any of the above courses, please click here:

<https://bit.ly/KAE-CLpifh12122>



Sleep Workshop

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. This 90-minute workshop takes place on:

Wednesday, 23 Feb 2022 at 6.30pm~8pm ONLINE Cost: £6 or FREE*

Eat Well, Think Well

This 3-week 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!

Wednesday, 26 Jan ~ 9 Feb 2022 at 10am-12pm ONLINE Cost: £24 or FREE*

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 4-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.

Tuesday, 18 Jan ~ 8 Feb 2022 at 1.30pm-3pm ONLINE Cost: £24 or FREE*

To enrol on any of the above courses, please click here:

<https://bit.ly/KAE-CLwell2122>



Singing for Happiness

Discover your inner voice and develop your confidence with 'Singing for Happiness'. A course that teaches you about musicianship, vocal technique and vocal health - you'll meet others online and feel part of something.

You will also learn how to: control your breathing and support your sound; pitch and hear notes confidently; and sing in harmony and in a variety of styles, plus much more.

Tuesday, 4 Jan ~ 8 Feb at 7pm-8.30pm ONLINE Cost: £36 or FREE*

Relaxation and Meditation

An hour of bliss every week! Boost your happiness with an online 6-week meditation programme that helps you relax and takes away the stresses and strains of the day.

You'll learn useful techniques, including mindfulness, that you can try out in your daily routine.

Tuesday, 4 Jan ~ 8 Feb 2022 at 8.00pm-9.00pm ONLINE Cost: £24 or FREE*

To enrol on either of the *above courses*, please click:

<https://bit.ly/KAE-CLwell2122>



* FREE if your personal annual income is below the London Living Wage of £21,157.50

Pilates - beginners

This 10-week course will boost both your physical and mental wellbeing through floor-based exercises which strengthen your core muscle groups. Pilates will improve your posture, balance and flexibility - so if you want to start the new year full of vim and vigour, why not give it a try?

Friday, 21 Jan ~ 1 Apr 2022 at 11.15am-12.15pm Cost: £75**
at Advantage Day Nursery, 228 Red Lion Rd, Surbiton, KT6 7QT

Pilates - improvers (online)

For learners continuing with your Pilates classes, you will have built up your stamina and flexibility. You can take part in this popular course from the comfort of your own home. You'll need a tablet or laptop to connect to the class.

Over this 10-week course, you will continue to boost both your physical and mental wellbeing through floor-based exercises which strengthen your core muscle groups.

Tuesday, 18 Jan ~ 29 Mar 2022 at 9.30am-10.30am Cost: £65**



To enrol on either of the above courses, please click:

<https://bit.ly/KAE-CLhaf2122>

**A 50% discount is available for individuals who earn less than the London Living Wage of £21,157.50.



Standing Pilates

A gentler version of mat-based Pilates but using a chair or wall for support. This form of exercise is especially recommended for people with osteoporosis, osteopenia, osteoarthritis and those who find exercising on the floor difficult due to limited mobility, lack of flexibility or who have an injury.

The class will focus on strengthening the back, the upper and lower body and the core muscles. It will also include breathing and will have some relaxation components.

The course runs for 10 weeks and is suitable for beginners and improvers.

Friday, 21 Jan ~ 1 Apr 2022 at 10am-11am Cost: £75**
at Advantage Day Nursery, 228 Red Lion Rd, Surbiton, KT6 7QT

Tai Chi

This ancient system of exercise can be taken up at any age due to its gentle application. Tai Chi is both sustainable and stamina-building, whilst strengthening the body.

Slow movements, accompanied by natural breathing, will relax and develop you holistically, improving both your physical and mental health.

The 12-week class is taught in Lam Kam Chen style by an experienced instructor and is for beginners, improvers and intermediate levels.

Monday, 10 Jan ~ 4 Apr 2022 at 6.45pm-8.15pm Cost: £135**
at Chessington Sports Centre, Garrison Lane, KT9 2JS

To enrol on either of the above courses, please click: <https://bit.ly/KAE-CLhaf2122>

**A 50% discount is available for individuals who earn less than the London Living Wage of £21,157.50.



Yoga

Yoga has many benefits for mental health such as improving the symptoms of depression and helping with sleep disorders.

Aside from relieving stress, yoga will increase your body awareness and reduce muscle tension, strain and inflammation.

This yoga course integrates physical poses with breathing techniques in a supportive and pressure-free environment. Not only will your mental health improve, you will develop a better understanding of how your body moves in relation to both yoga and everyday life, including improved posture, breathing and relaxation.

This mixed-level course is suitable for all ages and abilities.

Tuesday, 18 Jan ~ 29 Mar 2022 at 7pm-8.30pm Cost: £113**
at Chessington Sports Centre, Garrison Lane, KT9 2JS



To enrol, please click: <https://bit.ly/KAE-CLhaf2122>

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