

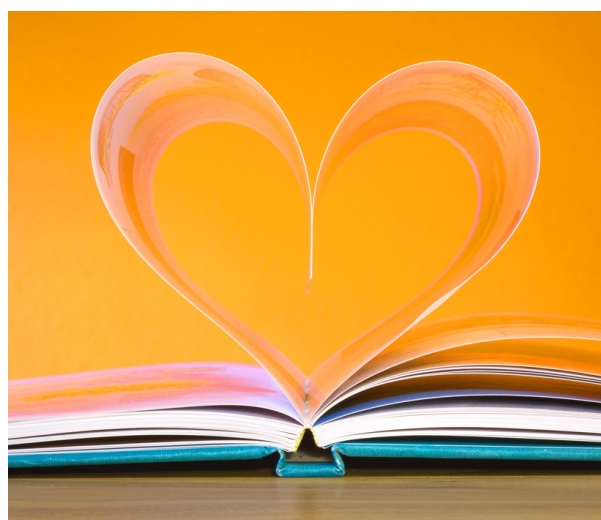


## Community Learning Newsletter

*Autumn term: Sept-Oct 2021*

Welcome to the autumn programme of Community Learning courses and workshops, for the first half of the new term, that are now open for bookings.

In this newsletter, you'll find both our popular online and face-to-face classes - from 90-minute workshops to courses with weekly sessions.

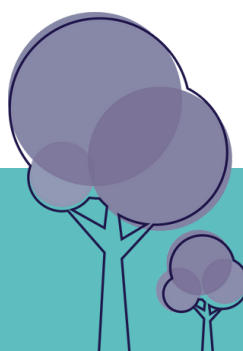


**A 5% discount  
applies for  
bookings  
taken before  
20 August  
2021!**

To enrol, please click on the link on 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, in most cases, courses will be closed to further enrolments **7 working days** before the start date, so we encourage you to apply early.



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Taster sessions

Six-week courses

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Standing Pilates

Tai Chi

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Computers

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How to Reduce Anxiety & Develop Resilience in your Child (Helping your Anxious Child)

Keeping Up With the Children - Primary English

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Singing for Happiness

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Skills to Help Manage your Emotions

Eat Well, Think Well

Sleep Workshops

Manage your Menopause

Managing Stress and Anxiety



## 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:

Friday, 17 Sept 2021 at 9.30am~11am Cost: FREE (online)

or

Thursday, 21 Oct 2021 at 6.45pm-8.15pm 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 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 - two ONLINE and one based in New Malden:

Tuesdays, 14 Sept~19 Oct at 9.30am-12.00pm Cost: FREE (online)

or

Wednesdays, 15 Sept~20 Oct at 6.45pm-9.15pm Cost: FREE (online)

or

Fridays, 17 Sept~22 Oct at 10.00am-12.30pm Cost: FREE (at The Groves Medical Centre, New Malden, KT3 3TX)

To enrol on any of the above Practical Ideas for Happier Living courses, please complete our application form by clicking: <https://bit.ly/KAE-CLpifhl2122>





## Pilates - online

This 12-week 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, 21 Sept 2021 ~ 14 Dec 2021 at 10:45-11:45 ONLINE Cost: £78\*

**Improvers:** Tuesdays, 21 Sept 2021 ~ 14 Dec 2021 at 09:30-10:30 ONLINE Cost: £78\*

## 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. The course runs for 12 weeks and is suitable for beginners and improvers.

**Mixed levels:** Fridays, 24 Sept 2021 ~ 17 Dec 2021 at 11:00-12:00 ONLINE Cost: £78\*

## Tai Chi at Chessington Sports Centre

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. This Lam Kam Chen style of Tai Chi is taught by an experienced instructor. The class is for beginners, improvers and intermediate levels.

**Beginners:** Mondays, 13 Sept 2021 ~ 13 Dec 2021 at 18:30-19:30 Cost: £98\*

**Improvers:** Mondays, 13 Sept 2021 ~ 13 Dec 2021 at 19:45-20:45 Cost: £98\*

## Yoga at Chessington Sports Centre

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.

**Mixed levels:** Tuesdays, 21 Sept 2021 ~ 14 Dec 2021 at 19:00-20:30 Cost: £135\*

To enrol on any of the above health and fitness courses, please complete our application form by clicking: <https://bit.ly/KAE-CLhaf2122>

\*A 5% discount is available for this course for learners enrolling before the 20th of August 2021. A 50% discount is also available for individuals who earn less than the London Living Wage of £21,157.50.



## Arts & Crafts (Beginners and Improvers)

This is a classroom-based course for adults with learning difficulties or disabilities and it is designed to tap into your love of being creative and enjoyment of making crafts, drawing and painting. The course covers a wide range of arts and crafts which are made during the session. This includes drawing, mosaics, baskets, paintings, working with tissue paper, junk modelling, making greetings cards, gifts and masks. Seasonal topics are covered and learners produce a different a piece of art or craft each week. There is a choice between two classes on either:

Thursday, 16 Sept ~ 21 Oct 2021 at 2.30pm-4.30pm Cost: £12 per session\*  
or

Friday, 17 Sept ~ 22 Oct 2021 at 10.30am-12.30pm Cost: £12 per session\*

*Venue: Hestia, 3rd floor, Millennium House, Eden Street, Kingston, KT1 1BL*

## Computers

This is a course for learners with learning difficulties or disabilities and is aimed at teaching users 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. The course is for learners with mixed IT abilities.

Tuesday, 14 Sept ~ 14 Dec 2021 at 6.30pm-8.30pm Cost: £12 per session\*

*Venue: New Malden Library, Kingston Road, New Malden, KT3 3LY*



**To enrol on any of the above LLDD courses, please complete our application form by clicking:**

**<https://bit.ly/KAE-CLlidd2122>**

## Cookery (Beginners and Improvers)

This 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. Learners will be able to chop food safely and understand the basic health and safety precautions that have to be taken when you are preparing food. Clearing down surfaces and washing up is all part of the course and you will understand the importance of keeping utensils, surfaces and cooking implements clean and stored safely. Dishes that have been prepared include: cakes, biscuits, shepherd's pie, burgers, pizzas and lasagne. Seasonal dishes are also produced. There is a choice between either:

Monday, 13 Sept ~ 18 Oct 2021 at 7pm-9pm Cost: £12 per session\*

or

Thursday, 16 Sept ~ 21 Oct 2021 at 7pm-9pm Cost: £12 per session\*

*Venue: Richard Challoner School, Manor Drive North, New Malden, KT3 5PE*

## Music & Drama

Interested in drama, acting, singing, and anything to do with the performing arts? Then come along and show us what you have! Work together to express yourself in word, dance and song! Learn in a relaxed, supportive and safe environment in a real theatre. All learners fully supported and encouraged to develop at their own pace. We always try to have an end of year production and in recent years, this has been at The Rose Theatre in Kingston. This course is for a whole academic year and is designed for adults with learning difficulties or disabilities.

Wednesday, 15 Sept 2021 ~ 13 July 2022 at 12.45pm-4.15pm Cost: £18 per session\*

*Venue: The CornerHOUSE Arts Centre, 116 Douglas Rd, Surbiton, KT6 7SB*

**To enrol on any of the above LLDD courses, please complete our application form by clicking:**

**<https://bit.ly/KAE-CLlidd2122>**



*\*Concessionary fee available if your personal annual income is below the London Living Wage of £21,157.50*





## How to Reduce Anxiety & Develop Resilience in your Child (Helping your Anxious 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, 21 Sept ~ 19 Oct 2021 at 6.30pm-8.30pm ONLINE Cost: £40 or FREE\*

## Keeping Up With the Children - Primary English

This 5-week ONLINE course aims to simplify SPaG (Spelling, Punctuation and Grammar) to help you support your child with English. Our children learn some challenging terminology in English from as early as Key Stage 1; this course will help you keep up. You will increase your vocabulary and begin to improve your own SPaG. This will help you to feel more confident as you support your primary school child with their English.

Suitable for parents/carers of Primary School age children.

Thursdays, 4 Nov ~ 2 Dec 2021 at 10.00am-12.00pm ONLINE Cost: £40 or FREE\*

## Mother & Baby Pilates

Enjoy some gentle post-natal 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 your posture and reducing any back pain.

Fridays, 24 Sept ~ 22 Oct 2021 at 9.45am-10.45am ONLINE Cost: £20 or FREE\*

To enrol on any of the above Family Learning courses, please complete our application form by clicking: <https://bit.ly/KAE-CLf12122>



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



## 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.

Monday, 13 Sept ~ 18 Oct 2021 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 that you can try out in your daily routine.

Tuesday, 14 Sept ~ 19 Oct 2021 at 8.00pm-9.00pm ONLINE Cost: £24 or FREE\*

## Skills to Help Manage your Emotions

This course runs for 5 weeks and you will explore how to regulate your emotions using a variety of practical techniques and exercises which will enable you to understand how to feel calmer and more in control of your reactions. You will learn how to incorporate self-care into your daily life, to be compassionate with yourself and reduce stress and anxiety in the process.

Tuesdays, 21 Sept ~ 19 Oct 2021 at 1.30pm-3pm ONLINE Cost: £30 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!

Wednesdays, 29 Sept ~13 Oct 2021 at 10am-12pm ONLINE Cost: £24 or FREE\*

**To enrol on any of the above courses, please complete our application form by clicking on this link: <https://bit.ly/KAE-CLwell2122>**





## Sleep Workshops

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 are two dates on offer:

Wednesday, 29 Sept 2021 at 6.30pm~8pm ONLINE Cost: £6 or FREE\*

or

Wednesday, 20 Oct 2021 at 6.30pm~8pm ONLINE Cost: £6 or FREE\*

## Managing 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.

Thursday, 11 Nov ~ 25 Nov 2021 at 7pm-8.30pm ONLINE Cost: £18 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, 16 Nov ~ 7 Dec 2021 at 7pm-8.30pm ONLINE Cost: £24 or FREE\*



To enrol on any of the above courses, please complete our application form by clicking on this link: <https://bit.ly/KAE-CLwell2122>