



Community Learning Newsletter

Spring term (2): February 2022



Many of our courses are FREE if your personal annual income is below the London Living Wage of £21,547.50 (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

Skills to help Manage your Emotions

Managing Stress & Anxiety

Singing for Happiness

Relaxation & Meditation

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

NEW!

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 £21,547.50*



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 26 April to 12 July 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 £21,547.50*



Practical Ideas for Happier Living - taster sessions

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, 23 February 2022 at 2pm~3.30pm Cost: FREE (online)

or

Wednesday, 16 March 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, 22 Feb - 29 Mar 2022 at 9.30am~12.00pm Cost: FREE

ONLINE

or

Thursdays, 24 Feb - 31 Mar at 6.45pm~9.15pm Cost: FREE

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

or

Fridays, 25 Feb - 1 Apr 2022 at 10.00am-12.30pm Cost: FREE ONLINE

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

<https://bit.ly/KAE-CLpifhl2122>





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*

Wednesday, 23 Mar 2022 at 6.30pm~8pm ONLINE Cost: £6 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, 1 Mar - 29 Mar 2022 at 6.30pm~8pm Cost: £30 or FREE*
ONLINE**

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.

**Wednesdays, 9 Mar - 23 Mar 2022 at 7pm~8.30pm Cost: £18 or FREE*
ONLINE**

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, 22 Feb ~ 29 Mar 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, 22 Feb ~ 29 Mar 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>

