

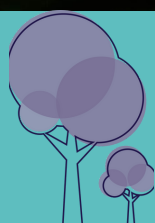


Community Learning Newsletter

Autumn term (2): Oct-Dec 2022

For some of our Community Learning courses
there is no charge.

For the courses that have a cost, if you need
financial support to attend (either partly or fully subsidised)
please indicate this when registering your interest
on the application form



A guide to our courses and workshops

STARTING NEXT HALF TERM

(October to December)

To book your place, scan the QR code at the side of your course choice or click on the link on the bottom of the page where the course is being advertised.

Family Learning

Reduce Anxiety & Develop Resilience in your child



Practical Ideas for Happier Living

Taster sessions

Six-week courses



Wellbeing

Sleep Workshop

Manage your Menopause

Managing Stress & Anxiety

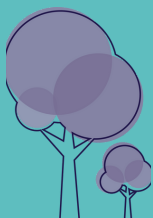
Mindful Movement to boost Mental Wellbeing

Relaxation & Meditation

Live well, Feel better



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

Family Learning

Reduce Anxiety & Develop Resilience in your child

Are you concerned about your child's mental wellbeing? If you want to learn strategies to help your child manage anxiety and stress, then this course will definitely help you. You will learn effective tools such as breathing exercises and meditation, as well as techniques to support your child to calmly navigate through life. You'll also be taught how to cope better too. You will gain an understanding to what causes a mild to moderate anxiety in children and practical tools to help them build their resilience to cope with change.

Tuesday 8 November ~ 6 December 2022 at 12.30pm ~ 2.30pm
ONLINE Cost: £50

To enrol on any of the above courses,
please click here: <https://bit.ly/KAE-CLf12223>

Practical Ideas for Happier Living

Practical Ideas for Happier Living

Would you like to deal with everyday stress better?

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. Designed with the charity Action for Happiness, which has over 275,000 members worldwide and whose patron is the Dalai Lama.

Either try a **FREE** 90 minute Taster session or sign up for one of our **FREE** 6 week courses, details below.

Taster Sessions:-

Wednesday, 16 November 2022 at 2.15pm-3.45pm

at The Hook Centre, Hook Road, Chessington, KT9 1EJ

6 week courses:-

Thursdays, 10 November-15 December 2022 at 10.00am-12.30pm

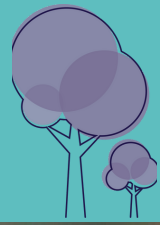
at The Groves Medical Centre, 171 Clarence Avenue, New Malden, KT3 3TX

Thursdays, 10 November-15 December 2022 at 6.45pm-9.15pm

ONLINE

To enrol on any of the above on this page,
please click here: <https://bit.ly/KAE-CLpifhl2223>

ACTION FOR HAPPINESS



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, 14 December 2022 at 6.30pm~8pm ONLINE Cost: £7.50

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.

Friday, 18 November ~ 9 December 2022 at 11.00am-12.30pm

at Advantage Day Nursery, Red Lion Road, Surbiton - No Charge

Relaxation and Meditation

An hour of bliss every week! Boost your happiness with an online 7-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, 15 November ~ 13 December 2022 at 8.00pm ~ 9.00pm ONLINE

Cost: £25

Managing Stress & 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. Sleep better and wake up more refreshed. This 90-minute workshop takes place on:

Wednesday, 23 November-7 December 2022 at 7.00pm ~ 8.30pm

ONLINE Cost: £22.50



Live well/Feel better

Join us on this **FREE** six week course to give you tips on living well which will improve your mental wellbeing. During this course you will learn how to motivate yourself, set goals and the importance of exercise and sleep.

Wednesday, 2 November-7 December 2022 at 10.00am~12.30pm
at Mole Valley Employment Hub, Swan Centre, Leatherhead, KT22 8AH

Mindful Movement to Boost Mental Wellbeing

A wellbeing course with a difference. Join us on this **FREE** seven week course where we combine gentle mindful movement, relaxation tools and discuss how to reconnect you to your body. Bringing awareness to your body can improve wellbeing, increase resilience and release stress. This is a course that introduces you to a combination of tools to improve your emotional and physical wellbeing.

Friday, 4 November ~ 16 December 2022 at 9.30am-10.30am
at Advantage Day Nursery, Red Lion Road, Surbiton - No Charge