

smile:)MK

Learning to enjoy life more



Project and course information booklet

Introduction

Launched in September 2015, Smile:)MK is a project co-ordinated by Adult Education (CLMK - formerly ACE) aimed at supporting people with mild to moderate depression, anxiety and/or sleep disorders by providing access to various learning activities. The courses are **free** and offer the space to focus on improving mental wellbeing in a low-stress, supportive environment.

If you would like to find out more about the project and how it could help or you would like to enrol on a course then please contact Adult Education on 01908 556700 or email jane.sharp@milton-keynes.gov.uk. To enrol on Anger Awareness, Top Up for Wellbeing and Arts on Prescription courses please follow the instructions at the bottom of the relevant page.

Through the Smile:)MK project we have also been able to support Arts for Health, which we will continue to do over 2016/17. Arts for Health deliver Arts on Prescription courses which can be accessed via referrals from GPs, health professionals and community workers. For more information you can visit their website: www.artsforhealthmk.com

Art for Wellbeing

Delivered over 5 weeks in a safe and mutually supportive environment, this course will help you to unlock your creativity and learn to use art as a tool for self-expression. The tutor will show examples, demonstrate techniques and give plenty of support and guidance.

There's no need to bring anything with you apart from an open mind and a willingness to have a go.

Course details:

Course 1: 4th November to 2nd December 2016

Course 2: 13th January to 10th February 2017

Course 3: 24th February to 24th March 2017

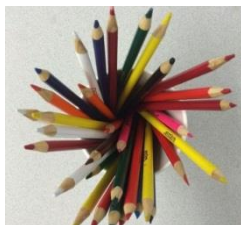
Course 4: 21st April to 19th May 2017

Course length: 5 weeks

Day: Friday

Times: 10am to 12pm

Place: Adult Education, Community Learning
MK, Rivers Centre, Humber Way,
Bletchley, MK3 7PH



Restart with Art

Art can be used as a way to express yourself and work through feelings of depression and anxiety. You don't have to be good at art to get the most out of this course; you just have to be willing to have a go. You'll be amazed how many people feel the same as you!*

Course details:

- Course 1:** 3rd November to 1st December 2016
Course 2: 12th January to 9th February 2017
Course 3: 2nd Mar to 30th March 2017
Course 4: 27th April to 25th May 2017

Course length: 5 weeks

Day: Thursday

Times: 12.30pm to 2.30pm

Place: Hedgerows Family Centre, Langland Road,
Netherfield, MK6 4NP*



*There is a crèche available with this course, but space will be limited so please ensure you book your child's place early to avoid disappointment

Meditation and Relaxation

Learning to calm your body and mind is the key to improving your mental wellbeing. This course will help you to develop techniques and methods for becoming more aware of your thoughts, emotions and environment. This can help to reduce stress, improve attention, focus and functioning.

Course details:

Course 1: 30th September to 21st October 2016
Course 2: 11th November to 2nd December 2016
Course 3: 28th April to 26th May 2017

Course Length: Courses 1 and 2 - 4 weeks
Course 3 – 5 weeks

Day: Friday

Time: 10am to 11.30

Venue: Adult Education, Community Learning
MK, Rivers Centre, Humber Way,
Bletchley, MK3 7PH



Go with the Flow

Movement and exercise is a great way to release tension and clear your mind. This course focuses on using dance, movement and breathing as a way to develop awareness of your body and improve your energy levels.

You don't have to have any dance experience to do this course, just come with an open mind and be willing to have a go!

Course details:

Course 1: 10th November to 8th December 2016

Course 2: 20th January to 10th February 2017

Course 3: 3rd March to 31st March 2017

Course 4: 28th April to 26th May 2017

Course length: 4/5 weeks

Day: Friday

Time: 1.30pm to 2.30pm

Venue: Adult Education, Community Learning
MK, Rivers Centre, Humber Way,
Bletchley, MK3 7PH



Relaxation through Mindfulness

This introductory course will help you to use Mindfulness as a way to help you to relax.

Mindfulness is a great tool for improving your mental health and once you learn and start practising the basics you will also begin to see an improvement in your physical health (e.g. reduce blood pressure and improve sleep).

Course details:

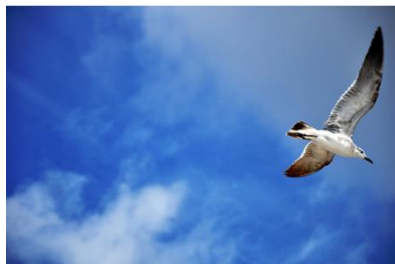
Course length: 6 weeks

Dates: 24th February – 31st March 2017

Day: Friday

Times: 10am to 11.30 am

Venue: Adult Education, Community Learning
MK, Rivers Centre, Humber Way,
Bletchley, MK3 7PH



Stress and Anxiety Management

Stress and anxiety are common problems in today's world but there are ways to overcome them. This course will help you to develop techniques and methods for managing your stress and anxiety in a healthy, positive and effective way. Among other benefits it will help you to boost your confidence and self-esteem, develop healthy communication skills, and build resilience by identifying healthy coping mechanisms.

Course details:

Course length:	5 weeks
Dates:	21st February – 21st March 2017
Day:	Tuesday
Times:	1pm – 2.30pm
Venue:	Adult Education, Community Learning MK, Rivers Centre, Humber Way, Bletchley, MK3 7PH



Anger Awareness

This course will offer you the space to really examine what anger is; what triggers your anger, what style your anger takes, the benefits, payoffs and drawbacks and its physical effects. You will look at challenging thinking habits and beliefs and learn the tools and techniques to help reduce your anger levels.

Course details:

Course 1:	30 th November to 21 st December 2016
Course 2:	1 st February to 22 nd February 2017
Course 3:	5 th April to 26 th April 2017
Course 4:	7 th June – 28 th June 2017

Course length: 4 weeks

Day: Wednesday

Times: 7pm to 9pm

Venue: Wellbeing Room, 2nd Floor, Margaret Powell House, Midsummer Boulevard, Central Milton Keynes, MK9 3BN

For more information and/or to express an interest please call 0300 330 0635 or email training@mind-blmk.org.uk

Top-up for Wellbeing

We all need extra support from time to time. These workshops will give you the space to focus on your own mental health and wellbeing. They are designed to work as a full 6 week course and as stand-alone sessions that you can ‘dip-into’ when you feel the need.

Course details:

Workshops:

1. Lifestyle Balance
2. Managing Your Emotions
3. What Helps When You Are Feeling Stressed
4. Why Do We Feel Anger Sometimes?
5. Mindfulness and Relaxation
6. Food and Mood – Exercise and How to Sleep

Course 1:	11 th November to 16 th December 2016
Course 2:	Monday 30 th Jan to 6 th March 2017
Course 3:	Friday 3 rd March to 7 th April
Course 4:	Monday 13 th March to 8 th May 2017
Course 5:	Monday 15 th May to 28 th June 2017

Times: 10am – 12pm

Venue: 4th Floor, Margaret Powell House,
Midsummer Boulevard, Central Milton
Keynes, MK9 3BN

For more information and/or to express an interest please call 0300 330 0635 or email training@mind-blmk.org.uk



Arts on Prescription

These art workshops are available on referral for adults who experience depression, stress or anxiety. The programme covers a range of painting, drawing and printmaking activities. The workshops are socially orientated small groups and provide a wealth of benefits including distraction from pain, increased confidence and reduced social isolation.

Course details:

Course 1: 2pm – 4pm, Mon 17th Oct to 19th Dec 2016

Course 2: 2pm – 4pm, Tues 29th Nov 2016 to 7th Feb 2017

Course 3: 2pm – 4pm, Tues 10th Jan to 14th Mar 2017

Course 4: 10am – 12pm, Tues 21st Mar to 23rd May 2017

Course 5: 6pm – 8pm, Tues 16th May to 18th July

Course length: 10 weeks

Venue: Kingston Library, Winchester Circle,
Kingston, Milton Keynes, MK10 0BA

To be referred onto these workshops you should speak to your GP, health professional or community worker. You can find out more information about Arts on Prescription courses by visiting www.artsforhealthmk.com calling 01908 996124 or emailing info@mkartsforhealth.org.uk

