

smile:)MK

Learning to enjoy life more



Project and course information booklet

What is Smile:)MK?

Launched in September 2015, Smile:)MK is a project co-ordinated by Community Learning MK (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.

Some courses are more practical such as arts and crafts while others focus in particular on improving personal relationships, confidence and recognising and overcoming stress triggers. They vary in length from short two-hour workshops through to longer 10 week courses and are being delivered in various locations around Milton Keynes.

This booklet provides information on the courses available and how you can enrol.

This list of courses is not definitive and we are planning new ones all the time.

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 Jane Sharp on 01908 556745 or email jane.sharp@milton-keynes.gov.uk

Creative courses

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:

Dates: 12th January – 9th February 2016

Times: 10am to 12pm

Place: Community Learning MK, Rivers Centre, Bletchley, MK3 7BB

Expressive Art



Art can be used as a tool for self-expression enabling you to work through feelings associated with depression and anxiety.

During this course you will use art to express your ideas and experiences, explore different approaches to self-expression through music, painting and collage and depict what you feel rather than what you see.

Course details:

Dates: 8th March to 22nd March 2016

Times: 10am to 12pm

Place: Community Learning MK, Rivers Centre, Bletchley, MK3 7BB

Introduction to Mosaics



Taking part in art and craft activities has long been known to have therapeutic benefits. Engaging in practical activities as part of a supportive group can help distract and re-focus the mind and may help with depression, anxiety and chronic pain.

During this course you will discover the amazing art of mosaic and learn the techniques that will allow you to express yourself using this unique art form. By the end you will have created your own design to take away.

Course details:

Dates: 27th Jan, 3rd, 10th, 24th Feb, 2nd, 9th, 16th and 23rd March 2016

Times: 12pm to 2pm

Place: Works for Us, Norfolk House West (1st Floor), 433 Silbury Boulevard,
Central Milton Keynes, MK9 2AH

Zentangling



'Tangling' is a method of doodling which follows a specific process, yet is very easy to learn. It promotes a calming and meditative state and is incredibly useful for managing stress and negative emotions. It has been used therapeutically for people who have suffered trauma and as a coping mechanism to manage a range of mental health problems because of its relaxing effect.

You don't need to be artistic to join this course. During the sessions the tutor will introduce you to the idea of tangling as a form of relaxation, and help you practise some of the patterns to equip you with the confidence and inspiration to continue tangling beyond the course. Once you get 'into' it, you will find that you come up with your own unique style.

Course details:

Dates: Mondays 11th, 18th, 25th January, 1st, 8th, 22nd February

Times: 9.30am to 11.30am

Place: Works for Us, Norfolk House West (1st Floor), 433 Silbury Boulevard,
Central Milton Keynes, MK9 2AH

Photography and Creative Writing



You don't have to be an expert in photography or creative writing to attend this course. Your tutor will guide you through the creative process to help you produce digital photographs and write content for a Mental Health Awareness eZine.

Focusing on issues surrounding mental health, the eZine will look at dispelling myths, highlighting issues and introducing ways to cope with the symptoms of poor mental health. By the end of the course you will have built up your own portfolio of work to take away and develop in your own time.

Course details:

Course 1: Jan 5th, 12th, 19th, and 26th, Feb 2nd, 8th, 9th, 16th, 22nd, 23rd, and 29th and Mar 1st

Times: 1pm to 4pm

Place: Maybe Magazine, Bletchley Park Science and Innovation Centre,
Bletchley Park, Sherwood Drive, Milton Keynes, MK3 6EB

How to Blog



Blogging has become a global phenomenon; blogs first started appearing on the internet way back in 1991 shortly after the first website appeared. Originally called Weblogs, they are a great way to communicate all sorts of information and thoughts to the outside world. Communicating personal experience can be beneficial to both the writer and potential readers alike and can often alleviate a sense of isolation.

This course will help you to understand the basics, how to contribute to and create your own personal blog which you can continue to build on after the course has finished.

Course details:

Dates: Jan 4th, 5th, 11th, 12th, 18th, 19th and 26th and Feb 1st, 2nd, 9th and 15th

Times: 1pm to 4pm

Place: Maybe Magazine, Bletchley Park Science and Innovation Centre,
Bletchley Park, Sherwood Drive, Milton Keynes, MK3 6EB

Managing Your Money (using eBay)



As we all know money worries can have an effect on our mental health. This course will show you how you can make your money work for you through developing budgeting skills and identifying sources of income. There will be a particular focus on how you can use auction sites like eBay to your advantage to boost your income.

Course details:

Dates: Jan 4th, 11th, 18th and 25th, Feb 1st, 8th, 15th, 16th, 22nd, 23rd, 29th and Mar 1st

Times: 9am to 12pm

Place: Maybe Magazine, Bletchley Park Science and Innovation Centre, Bletchley Park, Sherwood Drive, Milton Keynes, MK3 6EB

Wellbeing Courses

Chasing the Blues Away



This course designed for parents and carers struggling with low level anxiety, depression and/or sleep disorders.

Caring can be a stressful and a thankless task and it can often feel like your needs come last. During this course you will become more aware of the things that cause stress, depression and anxiety and learn tips and strategies to overcome those 'blues'.

Course details:

Dates: TBA

Times: 10am to 1pm

Place: DoubleTree Hilton Hotel, MK Stadium, Stadium Way, Grafton Street, Bletchley, Milton Keynes, MK1 1ST

Confidence Building



If your mental health is low then your confidence may well have taken a knock. This course will help you to improve your confidence and self-esteem. You will gain an understanding of how to work confidently with others and develop ways of overcoming communication barriers.

Course details:

Dates: TBA

Times: 9.30am to 12.30pm

Place: Community Learning MK, Rivers Centre, Trent Road, Bletchley, Milton Keynes, MK3 7BB

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.

They will help you to increase your self-esteem and confidence, discover strategies for coping with anxiety, emotions and depression, gain knowledge and understanding of physical symptoms and behaviour and find out about the link between eating well and exercise and improved wellbeing.

Course details:

- 6th November:** Lifestyle Balance
- 13th November:** Managing Your Emotions
- 20th November:** What Helps When You Are Feeling Stressed
- 27th November:** Why Do We Feel Anger Sometimes?
- 4th December:** Mindfulness and Relaxation
- 11th December:** Food and Mood – Exercise and How to Sleep
- Times:** 10am to 12pm

***New course starts on Friday 8th January**

- Place:** Margaret Powell House, Central Milton Keynes, MK9 3BN

Moving Forward and Taking Charge of Your Life



This course is for anyone who has experienced divorce and separation and who wants to come to terms with this life-changing event.

With the help of your tutor you will gain an understanding of the stages involved in coming to terms with relationship break-up, increase your awareness, skills and confidence in relating to others, how to meet your own needs and rebuild your confidence.

Course details:

Dates: 25th January – 7th March 2016

Times: 7pm – 9pm

Place: Moorlands Children's Centre, Dodkin, Beanhill, Milton Keynes, MK6 4LP

www.milton-keynes.gov.uk/clmk



Available in audio, large print,
braille and other languages

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