

KCC opening hours

(adult education term time only)

Monday-Thursday 0900-2100

Friday 0900-1700

(non term time only)

Monday-Friday 0900-1700

Where the courses run

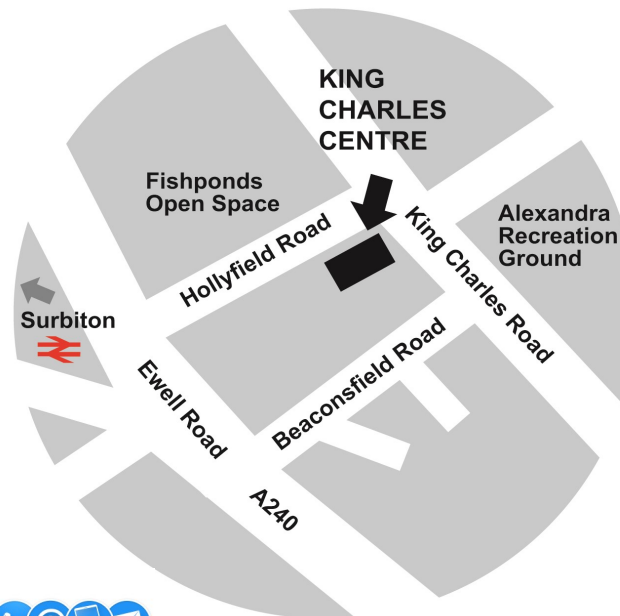
King Charles Centre

Hollyfield Road

Surbiton, Surrey KT5 9AL

Some courses may be offered at other centres and sites in the borough. Please contact us for further details.

Centres are fully accessible



Tel: 020 8547 6732/6700

email: communitylearningkae@kingston.gov.uk

web: www.kingston.gov.uk/adulteducation

 Kingston Adult Education

 @AdultEdKingston

 Kingstonadulteducation

Mental Well-being courses



Kingston Adult Education 2019-20



Information & advice for learners
National Careers Service Tel: 0800 100 900
www.direct.gov.uk/nationalcareersservice

 **Kingston
Adult
Education**



Mental Well-being courses

These courses offer an opportunity to develop new interests and promote well-being.

- **Practical ideas for Happier Living**

This unique well-being course has been designed with the charity Action for Happiness which has over 70,000 members worldwide; their patron is the Dalai Lama.

Modern life often leaves us feeling anxious and exhausted due to family challenges, work pressures and worries about the future. Whatever our situation, there are practical things we can do to be happier and to cope better when things go wrong. This informal and friendly course gives practical ideas and tips, based on the latest proven scientific research. This course will improve your resilience and well-being, and help you manage your stress and anxiety levels better. After completing the six week course, you will be invited to attend a monthly Refresher course.

- **Relaxation & Meditation**

Meditation is a way of wiping away the stress that we can often experience day to day, and bring you inner peace. This one hour class will teach you techniques in relaxation and meditation to take home so that you can use it as daily practice and/or when you need it most.

- **Kingston Adult Education Community Choir**

Singing is not only enjoyable but can also help to reduce your stress levels. When you are stressed, a hormone called cortisol in your body increases. Singing is found to reduce the level of cortisol in the body, easing tension and helping you relax.

Why not join us in this community choir that is more than just a 'sing along'! No experience necessary, nor the ability to read music and there will be no auditions. We will be singing a range of fun, inspiring and uplifting music.

- **Restorative Chair Yoga for Well-being**

Chair Yoga is a perfect Yoga practice for all bodies and all ages, whether you are senior or less able bodied, if you are desk bound, travel a lot or are happier to be sitting in a chair and not on the floor, or you suffer with any conditions that mean that mat based Yoga is inaccessible.

Yoga helps us to improve the mind and breath, improve focus, body alignment, mobility, posture, balance, flexibility, and strength as well as being a great social activity.

- **Mindfulness through Art**

Art is a natural way to practice mindfulness. The textures, colours and sounds of creating something can bring us into the moment. You do not need any previous training or particular ability to attend this course, just a willingness to take part with freedom and a sense of curiosity. The content will cover a variety of skills, paying attention to mindfulness.

- **Card Making/Crafts**

Crafting and card making is a great way to destress and focuses your mind on the task you are doing. Because it is a creative process, you need to concentrate on the 'here and now', choosing your resources and concentrating on the process of designing and making. You will make new friends in a relaxed and supportive environment.

- **Boost your Mood with Food**

Knowing what foods we should and shouldn't be eating can be really confusing, especially when it feels like the advice changes regularly. However, evidence suggests that as well as affecting our physical health, what we eat may also affect the way we feel. This is a practical course with opportunities to share tips and ideas.

- **Accredited courses in Mental Health (OCN)**

KAE are offering the chance to take some accredited courses in managing mental health. These include: 'Awareness of mental health and well-being' and 'Stress and stress management techniques' (for the full list of courses, please consult the prospectus).

**For further information please contact
the Community Learning Team**

Tel: 020 8547 6732

communitylearningkae@kingston.gov.uk