



Community Learning & Wellbeing Newsletter

27 April - 1 May 2020

Week 1 SUMMER TERM 2020

Welcome to our first Community Learning weekly newsletter which will give you news of upcoming online workshops and activities that we will be running for the forthcoming week.

Some of you will have already signed up for, and attended workshops, and as a result from the positive feedback, we hope to extend our provision. However, we have had an overwhelming demand for the workshops, which means that places fill up quickly and we cannot always accept your booking, and request that you bear with us until we are able to schedule extra sessions.

We would therefore ask that you only book on to those workshops that you are certain you can attend, and once your place is confirmed, please do make a note in your diary and attend the session. If you find you can't attend, it is vital that you contact the Community Learning team so that we can offer the space to somebody else.

You are welcome to forward this newsletter to family or friends so that they may too enrol, but please note, they must also complete an enrolment form **before the start**, so that we can ensure there is enough space on the workshop and monitor numbers and attendance.

Email: communitylearningkae@kingston.gov.uk

Relaxation & Meditation Workshop

Join our one-hour online class and learn how to wipe away the stress of daily life and experience inner peace. In this session, you will be given helpful advice and shown techniques for: breathing; meditation; mindfulness; and the importance of gratitude.

Friday, 1st May at 12.30-1.30pm

To enrol, please click here: <https://forms.gle/fn4UQUMW88YM6V1WA>



Practical Ways to Reduce Stress & Anxiety Workshop

This online workshop will focus on your wellbeing, providing guidance and offering practical tips for coping - particularly useful in these unprecedented times.

You will discover ways to wipe away stress and anxiety and feel better able to manage your immediate circumstances.

To enrol, please click on the link next to your chosen workshop:

Tuesday, 28th April at 7.30pm-9pm <https://forms.gle/bjG2dAkkqptESHcd9>

Thursday, 30th April at 10.00-11.30am <https://forms.gle/bzfTNAyEK8C7DdMB7>

How to Successfully Regulate Your Emotions

In this workshop, you will deepen your understanding of how to deal with your feelings using the *emotional regulation model*. You will feel empowered to make informed choices about what you bring into your life to help regulate your emotional response to individual situations.

Tuesday, 28th April at 3.30pm-5pm

To enrol, please click here: <https://forms.gle/Q4MUyM2MUimfTfpo7>

Practical ideas for happier living - taster session

Would you like to deal with everyday stress better? This 90-minute session will give you an insight into our hugely successful 'Practical Ideas for Happier Living' course, written in collaboration with Action for Happiness. These sessions have seen some amazing results!

Friday, 1 May 2020 at 10.00am-11.30am

To enrol, please click here: <https://forms.gle/tnLJRkcyHjSGQaYe6>



Practical ideas for happier living (stand alone workshops)

Following on from the success of our six-week course, we are offering the course in six 'stand alone' workshops which will cover all of the content of the six-week course. You are welcome to register for just one or all of the workshops, but please only enrol for those you are *definitely able to attend* as places are limited.

Workshop 1: Introduction to Mindfulness and Gratitude

Wednesday, 29 April 2020 at 10.30am-12.30pm

To enrol, please click here: <https://forms.gle/hiZXJRUNQv9oTDVX6>



How to look after your family during lockdown

This online workshop will offer support and guidance within a safe, confidential environment. Explore different ways to look after yourself and your family during the current crisis. Learn and explore ways for you and your whole family to recharge, connect and cope during lockdown. Work out what you need to do for yourself, as well as your family, and how you are going to fit this into your new routine.

Friday, 1 May 2020 at 10.30am-12.00noon

To enrol, please click here: <https://forms.gle/gVENaHdbdV4PySjN7>

Coming Soon...

We will be launching a 'Singing for Fun' course. If you are interested, we would like to hear from you. Please click here to add your contact details and we will keep you updated: <https://forms.gle/SBJLKCCoB4XV4KxK>

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