



## Community Learning & Wellbeing Newsletter

*4 May - 8 May 2020*

Week 2 SUMMER TERM 2020

Welcome to our second Community Learning weekly newsletter giving you news of upcoming online workshops and activities that we will be running for next week.

Many of you will have now attended our workshops and we hope that you are enjoying our sessions. We are continuing to have an overwhelming demand for these workshops, which means that places fill up quickly and we cannot always accept your booking, but please be assured that we will endeavour to accommodate the demand and schedule extra sessions.

A polite reminder to please 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 as soon as possible so that we can offer the space to somebody else.

If you are looking for more tips and ideas to support your mental wellbeing, please see the action calendar at the bottom of the newsletter and take a look at the following short clip from Kingston Council:

[https://youtu.be/9Vst6EP\\_5Oc](https://youtu.be/9Vst6EP_5Oc)

Finally, this newsletter may have been forwarded to you, but if you would like to be on our direct mailing list, please complete this google form and you will receive the newsletter on the day it is published:

<https://forms.gle/YvZHVgduiaqeKGQN7>

or

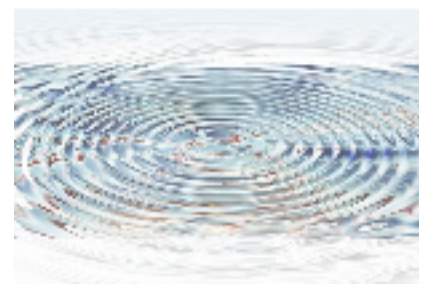
**Email:** [communitylearningkae@kingston.gov.uk](mailto:communitylearningkae@kingston.gov.uk)

### 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, 5 May at 3.30pm-5pm**

To enrol, please click here: <https://forms.gle/1XEcAYCEeNy6tfG67>



## 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, 5 May at 7.30pm-9pm <https://forms.gle/41rLz8Sten9MLi6p8>

Thursday, 7 May at 10.00-11.30am <https://forms.gle/bui9irDN6zNakys47>

## 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 2: Looking after your Relationships

Wednesday, 6 May 2020 at 10.30am-12.30pm

*To enrol, please click here:* <https://forms.gle/7UwPnMKFjZr1ZLaPA>



## 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.

Wednesday, 6 May 2020 at 3.30pm-5pm

*To enrol, please click here:* <https://forms.gle/fxwBJaDkazdd9EgaA>

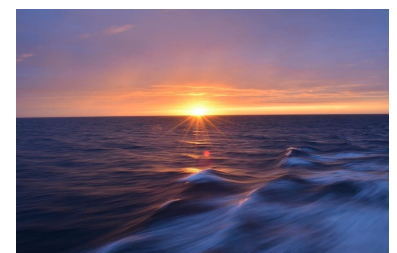
## Relaxation & Meditation Workshop

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.

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

Monday, 2pm-3pm <https://forms.gle/69TijL4qDzdPW0486>

Wednesday, 6 May at 8pm-9pm <https://forms.gle/NZTUFWWuqoWpkAR79>



## How to look after your child during lockdown

This online workshop will offer support and guidance within a safe, confidential child is showing signs of stress or anxiety due to the change of circumstances workshop is a chance to learn different tools and techniques to help your child. for you and your child to reduce anxiety and to feel happier again.

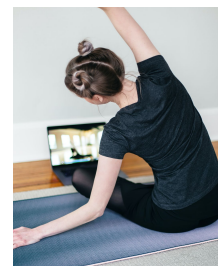


Thursday, 7 May 2020 at 7.30pm-9pm

To enrol, please click here: <https://forms.gle/G31SvvYTr8ziSh3t6>

## Pilates for Beginners (Taster session)

If you're feeling like you need a boost to your physical wellbeing, then why not try our online Pilates class? The floor-based exercises that you will be taught will strengthen the main muscle groups in your body, and you'll feel fitter, more energised and ready to take on those wheelie bins! You'll need some floor space and a firm but comfortable rug or ideally a yoga mat.



Tuesday, 5 May 2020 at 10.30am-11.30am

To enrol, please click here: <https://forms.gle/oN2trWp9sWiQvFd2A>

## 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>



## ACTION CALENDAR: MEANINGFUL MAY 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>"Start Where You Are. Use What You Have. Do What You Can" ~ Arthur Ashe</b>				1 Take a minute to remember what really matters to you and why	2 Do something meaningful for someone you really care about	3 Reconnect with nature today, even if you're stuck indoors
4 Focus on what you can do rather than what you can't do	5 Send friends a photo of a time you all enjoyed together	8 Take a step towards one of your life goals, however small	7 Let someone you love know how much they mean to you	8 Set yourself a kindness mission. Give your time to help others	9 Look out for positive news and reasons to be cheerful today	10 Tell someone about why your favourite music means a lot to you
11 What are your most important values? Use them today	12 Be grateful for the little things, even in difficult times	13 Today do something to care for the natural world	14 Show your gratitude to people who are helping to make things better	15 Find out about the values and traditions of another culture	16 Look around you and notice five things you find meaningful	17 Take a positive action to help in your local community
18 Hand-write a note to someone you love and send them a photo of it	19 Find a way to craft what you are doing to give it more meaning	20 Reflect on what makes you feel really valued and appreciated	21 Share photos of 3 things you find meaningful or memorable	22 Ask a loved one or colleague what matters most to them and why	23 Share an inspiring quote with others to give them a boost	24 Do something special today and revisit it in your memory tonight
25 Give your time to help a project or charity you care about	26 Recall three things you've done that you are really proud of	27 Today link your decisions and choices to your purpose in life	28 Tell someone about an event in your life that was really meaningful	29 Think about how your actions make a difference for others	30 Find three good reasons to be hopeful about the future	31 Look up at the sky. Remember we are all part of something bigger

**ACTION FOR HAPPINESS**



[www.actionforhappiness.org](http://www.actionforhappiness.org)

31 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

To download a PDF version of the Meaningful May calendar, please go to:  
[https://www.actionforhappiness.org/media/875756/may\\_2020.pdf](https://www.actionforhappiness.org/media/875756/may_2020.pdf)

To subscribe or unsubscribe to this newsletter, please email: [communitylearningkae@kingston.gov.uk](mailto:communitylearningkae@kingston.gov.uk)