INTRODUCTION TO HEAL	TH AND SOCIAL CARE – LEVEL 1	
19/01/21 - 04/02/21	Tuesdays and Thursdays	13:00 - 15:00
10/03/21 - 26/03/21	Wednesdays and Fridays	17:00 - 19:00

23/02/21 – 11/03/21 Tuesdays and Thursdays

INTRODUCTION TO HEALTH AND SOCIAL CARE – LEVEL 1			
19/01/21 - 04/02/21	Tuesdays and Thursdays	13:00 - 15:00	
10/03/21 - 26/03/21	Wednesdays and Fridays	17:00 - 19:00	

INTRODUCTION TO HEAD	1	
19/01/21 - 04/02/21	Tuesdays and Thursdays	13:00 - 15:00
10/03/21 - 26/03/21	Wednesdays and Fridays	17:00 - 19:00

INTRODUCTION TO HEALTH AND SOCIAL CARE – LEVEL 1				
19/01/21 - 04/02/21	Tuesdays and Thursdays	13:00 - 15:00		
10/03/21 - 26/03/21	Wednesdays and Fridays	17:00 - 19:00		

AWARD IN VOLUNTEERING - LEVEL 1

22/02/21 - 29/03/21 Mondays

on 01623 677 200 for full details.			
PREPARING TO WORK IN	SCHOOLS – LEVEL 1		
04/01/21 - 10/02/21	Mondays and Wednesdays	09:30 - 14:00	
23/02/21 - 01/04/21	Tuesdays and Thursdays	09:30 - 14:00	

on 01023 677 200 for full details.				
PREPARING TO WORK IN SCHOOLS – LEVEL 1				
04/01/21 - 10/02/21	Mondays and Wednesdays	09:30 - 14:00		
23/02/21 – 01/04/21	Tuesdays and Thursdays	09:30 - 14:00		

PREPARING TO WORK IN SCHOOLS – LEVEL 1				
04/01/21 - 10/02/21	Mondays and Wednesdays	09:30 - 14:00		
23/02/21 - 01/04/21	Tuesdays and Thursdays	09:30 - 14:00		
	, , ,			

AWARENESS OF SUBSTANCE MISUSE – LEVEL 1

and recognised by employers.

inspirelearning.org.uk/learning or call Ask Inspire on 01623 677 200 for full details.	
PREPARING TO WORK IN SCHOOLS – LEVEL 1	

Courses are funded through the Adult Education

Budget so your course could be fully or part funded

depending on your circumstances. Visit our website

Spring 2021

If you want to expand your skills and knowledge to boost your job prospects, our level 1 and 2 accredited courses are approved by a professional awarding body

Accredited Courses:

ENROLLING NOW!

Inspire Learning Get online with

great feedback. peen very successful and we have had most of our courses online. This has eLearning opportunities and offering Nottinghamshire by developing our bring learning to the residents of During Covid-19 we've continued to

please get in touch on 01623 677 200. make it difficult for you to join an online course with us, online as accessible as possible. If there are barriers that some, and we're busy finding ways to help make learning We realise that online learning may present problems for

Find out more...

found in this leaflet, with more online Information about our courses can be



at inspireculture.org.uk/learning

🚺 @Learn_Inspire InspireLearningSkills

How much does it cost?

23/02/21 - 20/07/21 Tuesdays

23/02/21 - 20/07/21 Tuesdays

25/02/21 - 22/07/21 Thursdays

25/02/21 - 22/07/21 Thursdays

25/02/21 - 22/07/21 Thursdays

26/02/21 - 23/07/21 Fridays

26/02/21 - 23/07/21 Fridays

26/02/21 - 23/07/21 Fridays

22/02/21 - 26/07/21 Mondays

22/02/21 - 26/07/21 Mondays

22/02/21-26/07/21 Mondays

22/02/21 - 26/07/21

24/02/21 - 21/07/21 Wednesdays 09:30 - 12:30 24/02/21 - 21/07/21 Wednesdays 10:00 - 13:00

Mondays

Functional Skills

at grade C/4 (or equivalent).

Work towards a City and Guilds qualification in either Maths or English with support from our

DID YOU KNOW?

MATHS

CARLTON

BEESTON

HUCKNALL

WORKSOP

RETFORD

ENGLISH

MANSFIELD

WEST BRIDGFORD

ONLINE DAYTIME

ONLINE EVENING

10:30 - 12:30

12:30 - 14:30

STAPLEFORD

MANSFIELD

WEST BRIDGFORD

ONLINE DAYTIME ONLINE EVENING

we've reduced this fee by 50% for the spring term tearning courses are usually £4.50 per hour, but Family Learning courses are FREE". Our community

to £2.25 per hour.

*Certain eligibility criteria apply

09:30 - 12:30

09:30 - 12:30

18:00 - 20:00

09:30 - 12:30

09:30 - 12:30

09:30 - 12:30

09:30 - 12:30

09:30 - 12:30

09:30 - 12:30

09:30 - 12:30

09:30 - 12:30

20:00

18:00 -

', (jojuə noli se receipt of certain benefits (you will need to show evidence Courses continue to be FREE if you are eligible and in

given at the time of booking or at the first session. You may need materials for some courses, details will be

online or over the phone, unless you qualify for a free place. Payment should be made in full at the time of booking

contse, to confirm your place. complete our e-enrolment form prior to the start of your Once you have booked your place, please make sure you

Certain eligibility criteria apply

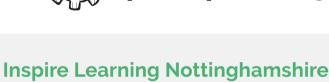
How do I book?

a week at inspireculture.org.uk/learning Book your place online 24 hours a day, 7 days

but you don't forget you can still book online! - 24 December 2020 and 4 January 2021 -9am – 4pm. Our office is closed between Monday to Friday 9am - 6pm and Saturday Call Ask Inspire on 01623 677 200. Our office is open



SPRING COURSES 2021

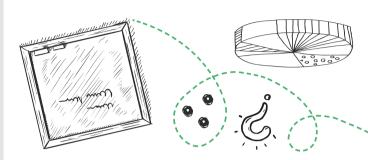


Community and Family Learning

.mooZ siv enilno tud tutors, the same friendly group learning experience, our spring term courses are online - the same expert everyone aged 19+. In response to Covid-19 almost all Our community and family learning courses are for

don't need any skills or qualifications to take part. huge commitment. They're informal, fun and friendly and you Courses are short enough to try something new without a

quality time together whilst learning something new. Our family learning courses bring families together to spend



and Employment Help into Training

and we're here to help. secure employment in our local communities We know Covid-19 has had an impact on

into training and employment. Nottinghamshire, Nottingham, Derby and Derbyshire through the WayzWork initiative, to support residents in courses listed in this leaflet we have dedicated funding As well as employability, functional skills and accredited

or visit inspireculture.org.uk/wayzwork Please get in touch for more details on 01623 677 200 you with support and a mentor to help you find work. If you're unemployed or looking for work we can provide





Contact our team at Inspire : learning@inspireculture.org.uk | 01623 677 200 | inspireculture.org.uk/learning

AWARD IN VOLUNTEERIN		
12/01/21 - 16/02/21	Tuesdays	18:00 - 20:00
MENTAL HEALTH AWARE	NESS – LEVEL 1	
22/02/21 - 11/03/21	Mondays and Fridays	10:00 - 12:00
DEVELOPING CUSTOMER	R SERVICE SKILLS – LEVEL 1	
18/01/21 - 05/02/21	Mondays and Fridays	10:00 - 12:00
01/03/21 - 19/03/21	Mondays and Fridays	16:00 - 18:00
16/03/21 - 01/04/21	Tuesdays and Thursdays	13:00 - 15:00
MENTAL HEALTH AWARE	NESS – LEVEL 2 CERTIFICATE	
02/03/21 - 27/05/21	Tuesdays, Wednesdays,	10:00 - 12:00
	Thursdavs	

DEMENTIA	AWARENESS -	LEVEL 2 AWARD	
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COUNSELLING SKILLS - LEVEL 2 CERTIFICATE

19/01/21 – 20/05/21 Tuesdays and Thursdays 1/.30 – 19.30	19/01/21 - 20/05/21	Tuesdays and Thursdays	17:30 - 19:30
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HEALTH AND SOCIAL CARE - LEVEL 2 CERTIFICATE

13/04/21 - 01/07/21	Tuesdays and Wednesdays	09:30 - 14:30
	Thursdays	10:00 - 12:00

UNDERSTANDING AUTISM - LEVEL 2 CERTIFICATE

19/01/21 - 23/06/21 Tuesdays and Wednesdays 17:30 - 21:00



RETFORD	22/02/21 - 26/07/21	Mondays	13:30 - 16:30
BINGHAM	23/02/21 - 20/07/21	Tuesdays	09:30 - 12:30
HUCKNALL	23/02/21 - 20/07/21	Tuesdays	09:30 - 12:30
KIRKBY-IN-ASHFIELD	24/02/21 - 21/07/21	Wednesdays	09:30 - 12:30
ARNOLD	25/02/21 - 22/07/21	Thursdays	09:30 - 12:30
BEESTON	25/02/21 - 22/07/21	Thursdays	13:00 - 16:00
SUTTON	25/02/21 - 22/07/21	Thursdays	12:00 - 15:00
NEWARK	26/02/21 - 23/07/21	Fridays	09:30 - 12:30
STAPLEFORD	26/02/21 - 23/07/21	Fridays	13:00 - 16:00

BOOK A PLACE * GET IN TOUCH!

Inspire Culture, Learning & Libraries

Inspire delivers culture, learning and library services on behalf of Nottinghamshire County Council. Just pop into your local library or contact us:

- W : inspireculture.org.uk/learning
- learning@inspireculture.org.uk Ε
- Т 01623 677 200

Ofsted

Good rating





See our website for full details Inspireculture.org.uk/learning







<u>Ł</u>ŚŚ Education & Skills

Find full details about these courses, and many others starting later in the year on our website inspireculture.org.uk/learning

COURSES

FREE* AND LOW COST COURSES Starts Ends Day Total Cost From To

COURSES	Starts	Ends	From	То	Day	Total	Cost
ART AND CRAFTS						Weeks	
Crochet – Tunisian	18/01/21	08/02/21	18:00	20:00	Mon	4	£18.00
Flower Craft – Recycled Arrangement	18/01/21	08/02/21	14:00	16:00	Mon	4	£18.00
Flower Arranging for Beginners	18/01/21	08/02/21	10:00	12:00	Mon	4	£18.00
Patchwork for Absolute Beginners	19/01/21	16/02/21	10:00	11:30	Tue	5	£16.88
Photography – An Introduction	19/01/21	09/02/21	18:30	20:00	Tue	4	£13.50
Photography – An Introduction	19/01/21	09/02/21	13:00	14:30	Tue	4	£13.50
Creative Photography Intermediate - Wollaton Hall	20/01/21	10/02/21	10:30	12:30	Wed	4	£18.00
Crochet – Granny Squares	20/01/21	10/02/21	13:00	15:00	Wed		£18.00
			0	0		-1	
Upcycling – Clothing and Home	20/01/21	10/02/21	14:00	15:30	Wed	4	£13.50
Jewellery Making for Beginners	21/01/21	18/02/21	10:00	12:00	Thur	5	£25.00
Sewing – Getting to Know Your Sewing Machine	22/01/21	12/02/21	10:00	12:00	Fri	4	£18.00
Creative Photography Intermediate – Newstead Abbey	22/01/21	12/02/21	10:30	12:30	Fri	4	£18.00
Crochet – Seasonal Designs	22/01/21	12/02/21	10:00	12:00	Fri	4	£18.00
Mixed Media Art	23/01/21	20/02/21	10:00	13:00	Sat	5	£27.00
Photography – Editing Your Photos							
and Creating Novel Images	23/01/21	13/02/21	11:30	13:00	Sat	4	£13.50
Paper Craft – Make Do and Recreate	28/01/21	11/02/21	18:00	19:30	Thur	3	£10.13
Flower Arranging – Fresh Spring Wreath	04/02/21	04/02/21	10:00	12:00	Thur	1	£4.50
Art History – Harold and Dame Laura Knight	10/02/21	10/02/21	09:30	12:30	Wed	1	£6.75

CREATIVE WRITING AND LITERATURE

Step into Creative Writing	18/01/21	15/02/21	10:00	11:30	Mon	5	£16.88
Creative Writing – Short Stories	18/01/21	15/02/21	13:00	14:00	Mon	5	£11.25
A Poet and I Didn't Know It	19/01/21	19/01/21	13:00	15:00	Tue	1	£4.50
Black British Writers	19/01/21	09/02/21	18:30	20:00	Tue	4	£13.50
Write a Novel	20/01/21	17/02/21	17:30	18:30	Wed	5	£11.25
Poems to Live By	20/01/21	10/02/21	14:00	15:30	Wed	4	£13.50
Play Writing – Beginners	21/01/21	18/02/21	18:30	20:00	Thur	5	£16.88
Writing Your Life	21/01/21	11/02/21	10:30	11:30	Thur	4	£9.00
Nottinghamshire Authors – Crime	22/01/21	12/02/21	14:00	15:00	Fri	4	£9.00
Your Life Through a Lens	22/01/21	19/02/21	10:00	12:00	Fri	5	£22.50
Write a Novel	22/01/21	19/02/21	11:00	12:00	Fri	5	£11.25
A Poet and I Didn't Know It	22/01/21	22/01/21	10:00	12:00	Fri	1	£4.50
Writing for Wellbeing	23/01/21	20/02/21	10:00	12:00	Sat	5	£22.50
Poetry for Beginners	26/01/21	02/02/21	13:30	15:00	Tue	2	£6.75
Poetry for Beginners	29/01/21	05/02/21	10:00	11:30	Fri	2	£6.75
Poetry in the Making	05/02/21	12/02/21	18:30	20:00	Fri	3	£12.38

EMPLOYABILITY

effort to make sure that course information is correct at the time of printing in December 2020, but we advise you check details when booking. We reserve the right to cancel a course if there are insufficient enrolments.

Bookkeeping	18/01/21	15/02/21	18:00	19:00	Mon	5	£11.25
First Steps to Employment	18/01/21	08/02/21	14:00	16:30	Mon	4	£22.50
Business Start-Up	19/01/21	09/02/21	13:00	15:00	Tue	4	£18.00
Autism – An Introduction	21/01/21	21/01/21	09:30	12:30	Thur	1	£6.75
Bookkeeping for Beginners 1	21/01/21	18/02/21	10:00	11:00	Thur	5	£11.25
Office 365 – An Introduction	21/01/21	11/02/21	10:30	12:30	Thur	4	£18.00
Bookkeeping for Beginners 2	22/01/21	19/02/21	09:30	10:30	Fri	5	£11.25
ICT – Making the Most of the Internet	23/01/21	13/02/21	14:00	15:30	Sat	4	£13.50
Dyslexia Awareness	26/01/21	26/01/21	18:00	19:30	Tue	1	£3.38
Dyslexia Awareness	28/01/21	28/01/21	09:30	12:30	Thur	1	£6.75
Understanding Social Media	28/01/21	11/02/21	10:00	11:30	Thur	3	£10.13
Dementia – An Introduction	04/02/21	04/02/21	09:30	12:30	Thur	1	£6.75
Introduction to Working with Children	05/02/21	05/02/21	10:00	12:30	Fri	1	£5.63
Emergency First Aid at Work Level 3 –							
Beeston Library	10/02/21	12/02/21	09:30	11:30	Wed	2	£26.50
Substance Misuse – An Introduction	11/02/21	11/02/21	09:30	12:30	Thur	1	£6.75
Introduction to Working with Children	11/02/21	11/02/21	10:00	12:30	Thur	1	£5.63
Mental Health – An Introduction	18/02/21	18/02/21	09:30	12:30	Thur	1	£6.75

FAMILY LEARNING Help Your Child with Literacy and

We've made every

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Numeracy - Early Years	11/01/21	19/07/21	10:00	11:00	Mon	SP**	FREE
Music Making for Early Years	14/01/21	01/03/21	14:00	15:00	Thur	11	FREE
Music Making for Early Years	15/01/21	26/03/21	10:30	11:30	Fri	10	FREE
Let's Talk About Race	20/01/21	10/02/21	16:30	18:00	Wed	4	FREE
Early Years Interactive Storytime – Teddy Bears Picnic	20/01/21	31/03/21	10:00	11:00	Wed	10	FREE
Animation	20/01/21	10/02/21	16:00	17:00	Wed	4	FREE
Autism – Practical Tips for Parents	21/01/21	25/02/21	18:30	20:30	Thur	6	FREE

	HEALIH AND WELLBEING											-	X	
An i a Maria	Counselling Skills for Beginners	18/01/21	08/02/21	18:00	19:30	Mon	4	£13.50		22/07/21	13:30	16:30	Tues & Thur	H.
916 1 76	Balancing the Chakra System -									29/03/21		12:30	Mon	
1111	Lower Chakras	18/01/21	08/02/21	13:00	14:30	Mon	4	£13.50		25/05/21			Mon	
	Mindfulness for Beginners	19/01/21	09/02/21	18:00	20:00	Tue	4	£18.00	ESOL Life in the UK 07/06/21	12/07/21	09:30	12:30	Mon	
	Mindfulness for Beginners	19/01/21	09/02/21	10:00	12:00	Tue	4	£18.00						
•	Colour Therapy for Health and Wellbeing – An Introduction	19/01/21	09/02/21	10:00	11:30	Tue	4	£13.50		~				
	Reframing Menopause	19/01/21	19/01/21	18:30	20:30	Tue	1	£4.50				1		2
7	Pilates Intermediate	20/01/21	31/03/21	10:00	11:30	Wed	10	£22.50						\sim
/	Meditation for Beginners	<mark>20/0</mark> 1/21	10/02/21	18:00	20:00	Wed	4	£18.00	× ····		<u>``</u>			
	Confidence and Assertiveness	20/01/21	10/02/21	14:00	15:30	Wed	4	£13.50			j)			
/	Anxiety Management	20/01/21	10/02/21	18:00	19:30	Wed	4	£13.50						
1	Visualisations for a Positive Life	20/01/21	17/02/21	10:30	12:00	Wed	5	£16.88						
/	Pilates Intermediate	21 <mark>/01/21</mark>	01/04/21	10:00	11:30	Thur	10	£22.50				II (0	
	Anxiety Management	21/01 <mark>/21</mark>	11/02/21	14:00	16:30	Thur	4	£22.50						2
l	Reiki Refresher	21/01/2 <mark>1</mark>	18/02/21	14:00	15:30	Thur	5	£16.88		\sim				
1	Sound Therapy – An Introduction	22/01/21	19/02/21	14:00	15:30	Fri	5	£16.88		\sim	\square	~		
1	Crystals for Health and Wellbeing -													
1	An Introduction		20/02/21			Sat	5	£16.88						
	Reframing Menopause	09/02/21	09/02/21	10:00	12:00	Tue	1	£4.50		2	-3.2			100 M
									100		· · · · · · · · · · · · · · · · · · ·		101	
Ŵ	" self-paced: learn at a time to suit you `Subj	ect to eligibilit	y criteria					ALC.	Ber				Jun-	*

	Juli 12	EIIUS	FIOIII				
LANGUAGES					1	Weeks	2
talian for Holidays	18/01/21	15/02/21	14:00	15:30	Mon	5	£16.88
Spanish for Beginners	18/01/21	15/03/21	14:30	15:30	Mon	8	£18.00
German Culture and Language –							
Next Steps	19/01/21	09/02/21	18:30	19:30	Tue	4	£9.00
A Little Latin	19/01/21	09/02/21	10:30	12:30	Tue	4	£18.00
Spanish for Beginners	19/01/21	16/02/21	18:00	19:30	Tue	5	£16.88
Italian for Beginners	19/01/21	09/02/21	18:00	20:00	Tue	4	£18.00
Spanish for Beginners	20/01/21	17/02/21	18:00	19:30	Wed	5	£16.88
Italian for Holidays – Next Steps	20/01/21	17/02/21	14:00	15:30	Wed	5	£16.88
German Culture and Language – Next Steps	21/01/21	11/02/21	18:00	19:00	Thur	4	£9.00
Spanish for Beginners	21/01/21	18/03/21	09:30	10:30	Thur	8	£18.00
Italian Next Steps	21/01/21	11/02/21	10:00	10:30	Thur	4	£18.00
Italian Next Steps	21/01/21	11/02/21	10.00	12.00	mu	4	210.00
MUSIC							
Guitar Intermediate	18/01/21	29/03/21	19:45	20:45	Mon	10	£22.50
Introduction to Making Music –			_				_
iPad (Garageband)	18/01/21	29/03/21	18:30	19:30	Mon	10	£22.50
Ukulele Singalong	18/01/21	29/03/21	10:45	11:45	Mon	10	£22.50
Guitar for Beginners	18/01/21	29/03/21	09:30	10:30	Mon	10	£22.50
Music Theory for Beginners	19/01/21	30/03/21	18:00	19:00	Tue	10	£22.50
Guitar for Beginners – Next Steps	19/01/21	30/03/21	18:00	19:00	Tue	10	£22.50
Guitar for Beginners	19/01/21	30/03/21	17:00	18:00	Tue	10	£22.50
Music Theory for Beginners	19/01/21	30/03/21	09:30	10:30	Tue	10	£22.50
Keyboard for Beginners	20/01/21	31/03/21	18:00	19:00	Wed	10	£22.50
Songwriting	20/01/21	31/03/21	18:00	19:00	Wed	10	£22.50
Guitar Intermediate	20/01/21	31/03/21	13:00	14:00	Wed	10	£22.50
Introduction to Making Music –	20/01/01	24 /02 /24	10:45	44145	Wed	10	622.50
iPad (Garageband) Music Theory for Beginners	20/01/21	31/03/21 26/03/21	10:45 16:00	11:45 17:00	Fri	10 10	£22.50 £22.50
Jazz Appreciation	22/01/21	27/03/21			Sat	10	£22.50
Music Theory for Beginners	23/01/21	27/03/21	09:30	10:30	Sat		£22.50
	•		14:30	15:30	Sat	10	
Guitar for Beginners – Next Steps Ukulele for Beginners	23/01/21	27/03/21 27/02/21	10:45	11:45	Sat	10	£22.50
3			09:30	10:30		5	£11.25
Music for Stage and Screen	23/01/21	27/03/21	09:30	10:30	Sat	10	£22.50
Guitar for Beginners	23/01/21	27/03/21	09:30	10:30	Sat	10	£22.50

MINER2MAJOR: THE REAL SHERW	EST	The Rea	I Sherwood Fore	ajor	FUND		
Awareness of Health and Safety in Conservation Work	15/01/21	22/01/21	09:00	12:30	Fri	2	FREE
Sherwood Writers	20/01/21	10/02/21	14:00	15:00	Wed	4	FREE
Introduction to Rights of Way – Footpath Maintenance	21/01/21	04/02/21	09:30	12:30	Thur	4	FREE
Map Reading Made Easy	21/01/21	11/02/21	10:00	11:15	Thur	4	FREE
Art History - Countess Manvers of Thoresby Hall	25/01/21	25/01/21	13:00	16:00	Mon	1	FREE
Mindful Journaling and Nature	26/01/21	09/02/21	10:00	11:30	Tue	3	FREE
Historic Mapping for Beginners	04/02/21	18/02/21	19:00	20:30	Thur	3	FREE
Hand Tool Maintenance for Horticultural and Conservation Projects	05/02/21	05/02/21	09:00	12:30	Fri	1	FREE
History of Computers – The Ada Lovelace Connection	09/02/21	09/02/21	10:30	12:00	Tue	1	FREE
Sherwood Forest Habitats – A Guided Walk	11/02/21	11/02/21	10:00	12:00	Thur	1	FREE
NOTTINGHAMSHIRE							
Nottinghamshire's Black History	19/01/21	09/02/21	13:30	15:00	Tue	4	£13.50

SOCIAL SCIENCE AND HUMANITIES

SUCIAL SCIENCE AND HUMANITI	ES						
The 10 Greatest Works of Art	18/01/21	08/02/21	10:30	12:30	Mon	4	£18.00
History of Reiki	21/01/21	11/02/21	10:30	12:00	Thur	4	£13.50
History of Fashion	21/01/21	11/02/21	14:00	15:30	Thur	4	£13.50
History of Egyptian Meditation	22/01/21	19/02/21	10:30	12:00	Fri	5	£16.88
Crime – Milestones in the History of Crime and Investigation	19/02/21	26/03/21	13:00	15:00	Fri	6	£27.00

ENGLISH FOR SPEAKERS OF OTHER LANGUAGES (ESOL)

ESOL courses are for anyone whose first language is not English to develop reading, writing, speaking and listening skills. *Certain eligibility criteria apply

	HEALTH AND WELLBEING								
hatau	Counselling Skills for Beginners	18/01/21	08/02/21	18:00	19:30	Mon	4	£13.50	ESOL ONLINE 19/01/21 22/07/21 13:30 16:30 Tues & Thur
UM V	Balancing the Chakra System -								ESOL Life in the UK 22/02/21 29/03/21 09:30 12:30 Mon
	Lower Chakras	18/01/21	08/02/21	13:00	14:30	Mon	4	£13.50	ESOL Employability 19/04/21 25/05/21 09:30 12:30 Mon
	Mindfulness for Beginners	19/01/21	09/02/21	18:00	20:00	Tue	4	£18.00	ESOL Life in the UK 07/06/21 12/07/21 09:30 12:30 Mon
	Mindfulness for Beginners	19/01/21	09/02/21	10:00	12:00	Tue	4	£18.00	
•	Colour Therapy for Health and Wellbeing – An Introduction	19/01/21	09/02/21	10:00	11:30	Tue	4	£13.50	
1	Reframing Menopause	19/01/21	19/01/21	18:30	20:30	Tue	1	£4.50	
7	Pilates Intermediate	<mark>20/</mark> 01/21	31/03/21	10:00	11:30	Wed	10	£22.50	
/	Meditation for Beginners	<mark>20/</mark> 01/21	10/02/21	18:00	20:00	Wed	4	£18.00	
	Confidence and Assertiveness	<mark>20/0</mark> 1/21	10/02/21	14:00	15:30	Wed	4	£13.50	
/	Anxiety Management	20/01/21	10/02/21	18:00	19:30	Wed	4	£13.50	
1	Visualisations for a Positive Life	20/01/21	17/02/21	10:30	12:00	Wed	5	£16.88	
/	Pilates Intermediate	21/01/21	01/04/21	10:00	11:30	Thur	10	£22.50	
	Anxiety Management	21/01 <mark>/21</mark>	11/02/21	14:00	16:30	Thur	4	£22.50	
١	Reiki Refresher	21/01/2 <mark>1</mark>	18/02/21	14:00	15:30	Thur	5	£16.88	
1	Sound Therapy – An Introduction	22/01/21	19/02/21	14:00	15:30	Fri	5	£16.88	
1	Crystals for Health and Wellbeing -	N							
<u> </u>	An Introduction		20/02/21	10:30	12:00	Sat	5	£16.88	
	Reframing Menopause	09/02/21	09/02/21	10:00	12:00	Tue	1	£4.50	
	" self-paced: learn at a time to suit you ' Subje	ect to eligibilit	y criteria		50	5	Q	ALC .	Ber

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