

Inspire Adult Learning

Culture | Learning | Libraries

Course Guide April – August 2023

Your complete guide to our
adult learning courses across
Nottinghamshire and online
for the Summer term

Grow Achieve
Learn

"OVER 1000
COURSES TO
CHOOSE FROM!"

Summer School
feature in this
edition!

Something
for everyone

Learn online in
your community, or
at your local library

Inspiring
courses for work,
life and leisure

Get help into
training and
employment

FREE
and low cost
courses

Scan here to book and enrol



Ofsted
Good rating

inspireculture.org.uk/learning | 01623 677 200 | learning@inspireculture.org.uk

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 **Inspire**
Culture | Learning | Libraries

working with



**Nottinghamshire
County Council**



**Education & Skills
Funding Agency**

Hello!

Welcome to your Inspire Adult Learning Course Guide: your complete guide to all our courses for adults for the summer term, across Nottinghamshire and online!

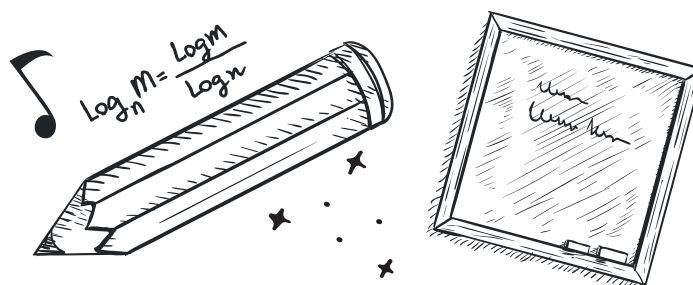
Whether you want to progress your career with a recognised qualification or just looking to have fun and pick up a new hobby, our courses are for everyone. Many are short enough to easily undertake around your other commitments, but still offer a fun, friendly, high-quality learning experience.

In this guide, you'll find an amazing range of courses for both adults and families, taking place at Inspire libraries and community venues across Nottinghamshire. If you can't make those, don't worry – we also offer online and distance learning courses, designed for you to learn from the comfort of your own home.

Stay local,
go far

FREE* and
low cost
courses

Recognised
qualifications



Some courses are accredited – this means they provide you with a recognised qualification in a particular subject, such as maths or IT. Courses approved by a professional awarding body can make you more desirable to employers, whether that's being offered a better salary, the chance of promotion, or just getting your foot in the door. If English isn't your first language our ESOL courses are for you – work towards nationally recognised qualifications and boost your skills and prospects.

FIND OUT MORE:

Visit inspireculture.org.uk/accredited for more information on accredited courses, and a guide to course fees. Accredited courses can be identified by a '★' in this guide.



All our courses are taught by friendly, experienced tutors and we're an Ofsted registered 'Good' provider as well as winner of the 2020 Tes FE Award for Community Learning Provider of the Year.

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*Even if you see a cost next to our courses, most are low cost or FREE depending on your circumstances and eligibility criteria inspireculture.org.uk/fundingyourcourse

Costs and fees

Our non-accredited courses are free for those in receipt of certain benefits (you'll need to show evidence when you enrol) or charged at £3 per hour. The full price for the course can be found on our website, on the individual course webpage.

Many of our accredited courses (that lead to a qualification) are at **no or low cost** to you depending on your circumstances.

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

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



OPEN DAYS!

Find out more, meet our tutors and see course demos inspireculture.org.uk/opendays



How to use this course guide

Check out our adult learning courses to find the right learning programme or course for you in our easy-to-use listings.

Courses are listed by subject area and per term. When viewing the listings, you'll see the title of the course, dates, venue or if it's online. More information about the individual course will be listed on the booking page online, so you can read up on all the details before you enrol.

Visit inspireculture.org.uk/learning

Look out for the green star '★' to find our accredited courses if you're looking to gain a qualification, such as in maths or IT. Courses marked with a blue dot '●' are part of our Multiply programme, helping you to improve your day-to-day maths skills in a relaxed, no pressure environment; turn to page 13 for more info.

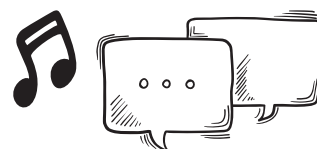
You will also find our distance learning courses. These won't have dates listed as they are online, ongoing and flexible for you to start when it's convenient for you.

We'll be adding more courses throughout the year and from time to time we may need to make some changes. **Visit our website or your local Nottinghamshire library for new courses and updates!**

Visit our website or your local Nottinghamshire library for new courses and updates!

ADDITIONAL LEARNING SUPPORT

If you need additional help and support in order to successfully complete your course, let us know when you enrol, and we'll take appropriate steps to make sure that this extra provision is in place.



Book and enrol on our courses

Book your place online, 24 hours a day, 7 days a week at inspireculture.org.uk/learning. Bookings can also be made by calling **Ask Inspire** on **01623 677200**, Monday to Friday 9am – 6pm and Saturday 9am – 4pm.



SCAN THE CODE TO BOOK ONLINE

DID YOU KNOW?

We also offer courses for young people aged 16-24. Our back page has more information or pick up our latest **Inspire Learning College Prospectus** in your local library. Visit inspireculture.org.uk/college

Your local library can help you achieve more — bookable computers, free WiFi, quiet study spaces, printing and photocopying.

Achieve more!

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inspireculture.org.uk | 01623 677 200 | learning@inspireculture.org.uk

Arts & Crafts

Express yourself through art or photography, or develop new craft skills in sewing, crochet, cardmaking, sugarcraft and more!



Courses starting Apr - Aug '23	Start Date	End Date	From	To	Day	Venue	Cost*
Journal Making for Beginners	13/04/23	27/04/23	14:30	16:30	Thurs	Dora Phillips Hall, Wood Street, Eastwood	FREE/£18
Macrame – An Introduction	15/04/23	29/04/23	13:00	15:00	Sat	Beeston Library	FREE/£18
Journal Making for Beginners	15/04/23	29/04/23	10:00	12:00	Sat	Stapleford Methodist Church	FREE/£18
Calligraphy Projects	17/04/23	22/05/23	10:00	12:00	Mon	Southwell Library	FREE/£30
Art Explored	17/04/23	22/05/23	10:00	12:00	Mon	Online	FREE/£30
Lino Printing – Next Steps	18/04/23	23/05/23	13:15	15:45	Tues	Newark Buttermarket	FREE/£45
Jewellery Making for Beginners	18/04/23	23/05/23	10:00	12:00	Tues	Southwell Library	FREE/£36
Quilling for Beginners	18/04/23	09/05/23	13:00	15:00	Tues	Newark Buttermarket	FREE/£24
Landscape Sketching and Painting	18/04/23	23/05/23	13:30	16:00	Tues	Ravenshead Library	FREE
Mixed Crafts Inspired by Nature	18/04/23	23/05/23	10:00	12:30	Tues	Ravenshead Library	FREE
Mindful Journaling and Nature	18/04/23	23/05/23	13:00	15:00	Tues	Online	FREE
Mindful Art	18/04/23	23/05/23	10:00	12:00	Tues	Online	FREE
Creative Photography Through Nature – Beginners	19/04/23	10/05/23	10:00	12:00	Weds	Online	FREE
Calligraphy Projects	19/04/23	24/05/23	13:00	15:00	Weds	St John's Church Hall, Hucknall	FREE/£36
Art for Beginners	19/04/23	24/05/23	10:00	12:00	Weds	Online	FREE/£36
Hand Embroidery – Summer Wildlife	19/04/23	24/05/23	10:00	12:00	Weds	Worksop Library	FREE/£36
Acrylic Painting for Beginners	20/04/23	25/05/23	13:30	16:00	Thurs	Eastbourne House, Sutton in Ashfield	FREE/£45
Exploring Nottinghamshire's Artists	20/04/23	25/05/23	10:00	12:30	Thurs	Eastbourne House, Sutton-in-Ashfield	FREE
Pencil Drawing	21/04/23	26/05/23	13:00	15:30	Fri	West Bridgford Library	FREE/£45
Macrame – An Introduction	21/04/23	05/05/23	13:00	15:00	Fri	Retford Library	FREE/£18
Calligraphy for Beginners	21/04/23	26/05/23	13:00	15:00	Fri	Mansfield Central Library	FREE/£36
Macrame – An Introduction	23/04/23	07/05/23	12:30	14:30	Sun	Worksop Library	FREE/£18
Crochet for Beginners	25/04/23	23/05/23	15:30	17:30	Tues	Arnold Library	FREE/£30
Dressmaking for Beginners	02/05/23	23/05/23	13:00	15:00	Tues	West Bridgford Library	FREE/£24
Dressmaking for Beginners	04/05/23	25/05/23	10:00	12:00	Thurs	Mansfield Central Library	FREE/£24
Photography with Smartphones for Beginners	05/05/23	26/05/23	12:30	14:30	Fri	Beeston Library	FREE/£24
Junk Journaling	11/05/23	25/05/23	14:30	16:30	Thurs	Dora Phillips Hall, Wood Street, Eastwood	FREE/£18
Indian Block Printing for Beginners	12/05/23	26/05/23	13:00	15:00	Fri	Retford Library	FREE/£18
Indian Block Printing – Next Steps	13/05/23	27/05/23	13:00	15:00	Sat	Beeston Library	FREE/£18
Bookbinding for Beginners	13/05/23	27/05/23	10:00	12:00	Sat	Stapleford Library	FREE/£18



*Even if you see a cost next to our courses, most are low cost or FREE depending on your circumstances and eligibility criteria inspireculture.org.uk/fundingyourcourse

Journal Making for Beginners	14/05/23	28/05/23	12:00	14:00	Sun	West Bridgford Library	FREE/£18
Creative Photography Through Heritage – Intermediate	24/05/23	14/06/23	10:00	12:00	Weds	Online	FREE
Flower Arranging for Beginners	05/06/23	10/07/23	13:00	15:00	Mon	Mansfield Central Library	FREE/£36
Art – Working with Pastels	06/06/23	11/07/23	13:00	15:30	Tues	Beeston Library	FREE/£45
Crochet for Beginners – Next Steps	06/06/23	11/07/23	15:30	17:30	Tues	Arnold Library	FREE/£36
Painting Inspired by Nature	06/06/23	11/07/23	13:30	16:00	Tues	Ravenshead Library	FREE
Pottery Inspired by Nature – Beginners	06/06/23	11/07/23	10:00	12:30	Tues	Ravenshead Library	FREE
Natural Straw Crafts and Corn Dollies	06/06/23	20/06/23	10:00	12:00	Tues	Mansfield Woodhouse Library	FREE
Art for Beginners	06/06/23	11/07/23	14:00	16:00	Tues	Oasis Community Centre, Workshop	FREE/£36
Mindful Art	06/06/23	11/07/23	10:00	12:00	Tues	Online	FREE
Machine Embroidery – Summer Designs	06/06/23	27/06/23	13:00	15:00	Tues	West Bridgford Library	FREE/£24
Journal Making for Beginners	08/06/23	22/06/23	10:00	12:00	Thurs	Bingham Library	FREE/£18
Mixed Media Art for Beginners	08/06/23	13/07/23	10:00	12:30	Thurs	Mansfield Woodhouse Library	FREE/£45
Collage for Beginners	08/06/23	13/07/23	13:30	16:00	Thurs	Mansfield Woodhouse Library	FREE/£45
Flower Arranging – Summer Designs	08/06/23	13/07/23	13:00	15:00	Thurs	Hucknall Library	FREE/£36
Machine Embroidery – Summer Designs	08/06/23	29/06/23	10:00	12:00	Thurs	Mansfield Central Library	FREE
Silk Painting	09/06/23	16/06/23	09:30	12:00	Fri	Newark Buttermarket	FREE/£15
Journal Making for Beginners	09/06/23	23/06/23	14:00	16:00	Fri	Southwell Library	FREE/£18
Nature Journalling	09/06/23	23/06/23	10:00	12:00	Fri	Edwinstowe Library	FREE
Nature Postcard Painting	09/06/23	14/07/23	14:00	16:00	Fri	Edwinstowe Library	FREE
Photo Editing	09/06/23	14/07/23	10:00	12:00	Fri	Beeston Library	FREE/£36
Calligraphy Projects	09/06/23	14/07/23	13:00	15:00	Fri	Mansfield Central Library	FREE/£36
Bobbin Lace Making – Stepping into Torchon	10/06/23	24/06/23	13:00	15:00	Sat	Newark Buttermarket	FREE/£18
Bookbinding for Beginners	10/06/23	24/06/23	10:00	12:00	Sat	Newark Buttermarket	FREE/£18
Bookbinding for Beginners	11/06/23	25/06/23	12:00	14:00	Sun	West Bridgford Library	FREE/£18
Origami for Beginners	13/06/23	04/07/23	13:00	15:00	Tues	Newark Buttermarket	FREE/£24
Cupcake Decoration	20/06/23	11/07/23	18:00	20:00	Tues	Mansfield Woodhouse Library	FREE/£24
Junk Journalling	23/06/23	14/07/23	10:00	12:00	Fri	Newark Buttermarket	FREE/£24
Jewellery Making for Beginners	27/06/23	18/07/23	13:30	15:30	Tues	Mansfield Central Library	FREE
Natural Straw Crafts and Corn Dollies	27/06/23	11/07/23	10:00	12:00	Tues	Edwinstowe Library	FREE
Junk Journalling	29/06/23	13/07/23	10:00	12:00	Thurs	Bingham Library	FREE/£18
Bookbinding for Beginners	30/06/23	14/07/23	14:00	16:00	Fri	Southwell Library	FREE/£18
Macrame – Getting Knotted in Nottinghamshire	30/06/23	14/07/23	10:00	12:00	Fri	Edwinstowe Library	FREE/£18
Papermaking for Beginners	07/07/23	07/07/23	10:00	16:00	Fri	Mansfield Woodhouse Library	FREE/£16.50
Bobbin Lace Making (Braid) for Beginners	08/07/23	22/07/23	10:00	12:00	Sat	Eastwood Library	FREE/£18
Machine Embroidery – Summer Designs	08/07/23	08/07/23	09:45	15:45	Sat	Arnold Library	FREE
Papermaking for Beginners	10/07/23	10/07/23	10:00	16:00	Mon	Newark Buttermarket	FREE/£16.50
Papermaking for Beginners	12/07/23	12/07/23	10:00	16:00	Weds	Beeston Library	FREE/£16.50
Papermaking for Beginners	13/07/23	13/07/23	10:00	16:00	Thurs	West Bridgford Library	FREE/£16.50
Lino Printing Cards and Images	14/07/23	14/07/23	10:00	16:00	Fri	Mansfield Woodhouse Library	FREE/£16.50
Screen Printing for Beginners	17/07/23	17/07/23	10:00	16:00	Mon	Newark Buttermarket	FREE/£16.50
Lino Printing Cards and Images	18/07/23	18/07/23	10:00	16:00	Tues	Beeston Library	FREE/£16.50
Screen Printing for Beginners	19/07/23	19/07/23	10:00	16:00	Weds	Beeston Library	FREE/£16.50
Screen Printing for Beginners	20/07/23	20/07/23	10:00	16:00	Thurs	West Bridgford Library	FREE/£16.50
Screen Printing for Beginners	21/07/23	21/07/23	10:00	16:00	Fri	Mansfield Woodhouse Library	FREE/£16.50
Art History – Countess Manvers of Thoresby Hall	25/07/23	25/07/23	18:00	21:00	Tues	Online	FREE

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Creative Writing & Literature

Courses for book lovers and writers. Develop your own story, poetry or explore literature with us.



Courses starting Apr - Aug '23	Start Date	End Date	From	To	Day	Venue	Cost*
Creative Writing – Snapshots	17/04/23	22/05/23	09:30	11:30	Mon	Online	FREE/£30
Creative Writing Next Steps	19/04/23	24/05/23	10:00	12:00	Weds	Keyworth Library	FREE/£36
Creative Writing – Script Writing and Performance	19/04/23	24/05/23	18:00	20:00	Weds	Arnold Library	FREE/£36
Creative Writing – Write a Short Story	19/04/23	24/05/23	10:00	12:00	Weds	Mansfield Central Library	FREE/£36
Poetry and Paintings	19/04/23	24/05/23	17:30	19:30	Weds	Online	FREE/£36
Poetry Inspired by Nature	21/04/23	26/05/23	13:00	15:00	Fri	Sutton-in-Ashfield Library	FREE
Creative Writing – Crime	22/04/23	27/05/23	10:00	12:00	Sat	Southwell Library	FREE/£36
Creative Writing – Inspired by Nature	28/04/23	26/05/23	10:00	12:00	Fri	Edwinstowe Library	FREE
Creative Writing – Writing for Wellbeing	05/06/23	10/07/23	09:30	11:30	Mon	Online	FREE/£36
Creative Writing – Write a Short Story	07/06/23	12/07/23	13:30	15:30	Weds	Kirkby-in-Ashfield Library	FREE/£36
Creative Writing – Write a Short Story	07/06/23	12/07/23	10:00	12:00	Weds	Sutton-in-Ashfield Library	FREE/£36
Creative Writing – Short Stories	10/06/23	15/07/23	13:00	15:00	Sat	West Bridgford Library	FREE/£36
Poetry Inspired by Nature	13/06/23	04/07/23	13:00	15:00	Tues	Mansfield Woodhouse Library	FREE

Inspire Learning Information and Enrolment Events

We're looking forward to welcoming you to learning and into our libraries with our inspiring open days.

Explore your local library, sign up to become a member, find out what's on and be inspired by our fantastic programme of courses for summer!

Stapleford Library – Monday 17 April 10am-12pm

Mansfield Central Library – Thursday 20 April 10am-12pm

Hucknall Library – Thursday 20 April, 10am-12pm

West Bridgford Library – Wednesday 19 April 10.30am-12.30pm

Arnold Library – Wednesday 19 April 1pm-3pm

Retford Library – Monday 17 April 10am-12pm

Southwell Library – Saturday 22 April 10.30am-12.30pm

Courses for work, life and leisure

If you're looking to progress your career or upskill, come and talk to us about our superb range of accredited career-boosting courses. We have courses in volunteering, teaching, health, social care or counselling, and business and management. Some even have funding available so your course could be fully or part-funded.



We look forward to welcoming you!

For more information visit inspireculture.org.uk/learning, call us 01623 677 200 or email ask@inspireculture.org.uk

*Even if you see a cost next to our courses, most are low cost or FREE depending on your circumstances and eligibility criteria inspireculture.org.uk/fundingyourcourse



Courses where you receive a recognised qualification

Education

Whether you want to be a teacher or teaching assistant in a school, college or private sector, our accredited courses in education and training will give you everything you need to work towards your career aspirations.

Courses starting Apr - Jul '23	Start Date	End Date	From	To	Day	Venue	Cost*	
Preparing to Work in Schools – Level 1 Award	21/04/23	14/07/23	09:30	14:00	Fri	Newark Buttermarket	FREE/ £108	★
Assessing Vocationally Related Achievement – Level 3 Award	25/04/23	02/05/23	13:00	17:00	Tues	Online	£750**	★
Preparing to Work in Schools – Level 1 Award	05/06/23	12/07/23	09:30	14:30	Mon	Online	FREE/ £108	★
Internal Quality Assurance (IQA) of Assessment Processes and Practice – Level 4 Award	06/06/23	13/06/23	13:00	17:00	Tues	Online	£800**	★

Adult Reading Scheme

Helping readers with the basics and beyond. 1:1 FREE sessions. Visit inspireculture.org.uk/learntoread

THE INSPIRE OFFER IN NEWARK IS GROWING

Discover events, workshops, cultural activities, courses for adults, coffee mornings, reading groups, family theatre and more in Newark, with opportunities for learning, creativity and exploration at Inspire Library Newark and our lively new home at the Buttermarket, right in the heart of the town centre.

We're bringing a wealth of Adult Learning courses for the community to boost your skills and help you gain new hobbies, alongside our Inspire College provision for young people aged 16 to 19 in the area. Be one of the first to learn at our newly renovated venue in the Buttermarket, and discover more about the cultural and learning activities on offer that are making Newark a trailblazer across the county.

BE INSPIRED, WE LOOK FORWARD TO WELCOMING YOU!

Pop in and see us in person, visit inspireculture.org.uk or call 01623 677 200 for more details.



DID YOU KNOW? Your local library can help you achieve more – books, resources, bookable computers, free WiFi, quiet study spaces, printing and photocopying.



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** Our level 3 qualifications offer flexible payment options or could be fully funded subject to eligibility criteria inspireculture.org.uk/fundingyourcourse

inspireculture.org.uk | 01623 677 200 | learning@inspireculture.org.uk



Courses where you receive a recognised qualification

English & ESOL

Build your confidence in using spoken and written English whilst also developing your enjoyment of reading. Our English courses allow you to gain a Functional Skills English qualification.

Our ESOL courses will help you to improve your English skills and your confidence using these if English is not your first language.



Courses starting Apr - Aug '23	Start Date	End Date	From	To	Day	Venue	Cost*
Grammar and Punctuation – An Introduction	17/04/23	22/05/23	13:00	15:00	Mon	Online	FREE/£30
English Functional Skills – Intensive	20/04/23	21/07/23	09:30	12:00	Thurs & Fri	Mansfield Central Library	FREE ★
English Functional Skills – Intensive	25/04/23	13/07/23	18:00	19:30	Tues & Thurs	Online	FREE ★
ESOL – Everyday English	03/08/23	03/08/23	10:00	16:00	Thurs	Beeston Library	FREE
ESOL – Everyday English	10/08/23	10/08/23	10:00	16:00	Thurs	Beeston Library	FREE

JOB CLUBS

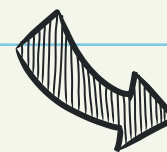
Looking for work or need to upskill? Drop into one of our free Job Clubs for CV support, employment advice and more.

inspireculture.org.uk/jobclub



DID YOU KNOW?

You're entitled to a FREE* Functional Skills English course if you haven't achieved GCSE at Grade C/4 (or equivalent) yet?



ACCESS TO HIGHER EDUCATION

Want to go to University but don't have the qualifications you need?

Our 19+ Access courses in Health and Social Care and Teaching are fantastic stepping stones if you don't have the qualifications you need to get into university, or you've been out of formal education for some time. We have links with local universities and can offer a pathway for some students to Nottingham Trent University.

inspireculture.org.uk/accesstohe



Enrolling now for September 2023!

Advanced Learner Loan

Our Access courses offer flexible payment options or help through an Advanced Learner Loan. Courses can also be funded for people aged 23 and under if it's your first level 3 qualification. Eligibility criteria apply. Visit inspireculture.org.uk/fundingyourcourse

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Family Learning

Designed for parents and carers to learn enjoyable strategies to understand, support and help develop their children's learning. Some courses are for adults only, specifically designed for family members to positively support their children.

Courses starting Apr - Aug'23	Start Date	End Date	From	To	Day	Venue	Cost*
Adventures in Music	17/04/23	10/07/23	09:30	10:15	Mon	West Bridgford Library	FREE/£22.50
Adventures in Music	17/04/23	10/07/23	11:15	12:00	Mon	Sutton-in-Ashfield Library	FREE/£22.50
Adventures in Music	17/04/23	10/07/23	09:30	10:15	Mon	Mansfield Central Library	FREE/£22.50
Arts and Crafts	18/04/23	23/05/23	16:00	17:00	Tues	Newark Library	FREE/£18
Special Educational Needs – Create an 'All About Me' Book	19/04/23	26/04/23	10:00	12:00	Weds	Online	FREE/£12
Makaton Signing for Babies and Families	19/04/23	24/05/23	10:30	11:30	Weds	St John's Church Hall, Hucknall	FREE/£18
Music Making for Early Years – Our World	20/04/23	25/05/23	11:15	12:15	Thurs	The Good Shepherd Centre, Woodthorpe	FREE/£15
Music Making for Early Years – Our World	20/04/23	25/05/23	14:00	15:00	Thurs	Gedling Library	FREE/£12
Music Making for Early Years – Our World	21/04/23	26/05/23	10:30	11:30	Fri	Mansfield Central Library	FREE/£12
Adventures in Music	25/04/23	11/07/23	11:00	11:45	Tues	Kirkby-in Ashfield-Library	FREE/£22.50
Adventures in Music	25/04/23	11/07/23	09:30	10:15	Tues	Hucknall Library	FREE/£22.50
Adventures in Music	26/04/23	12/07/23	09:45	10:30	Weds	Southwell Library	FREE/£22.50
Adventures in Music	26/04/23	12/07/23	11:00	11:45	Weds	Newark Library	FREE/£22.50
Adventures in Music	27/04/23	13/07/23	10:15	11:00	Thurs	Retford Library	FREE/£22.50
Adventures in Music	27/04/23	13/07/23	09:45	10:30	Thurs	Bingham Library	FREE/£22.50
Adventures in Music	27/04/23	13/07/23	09:30	10:15	Thurs	Beeston Library	FREE/£22.50
Adventures in Music	28/04/23	14/07/23	09:30	10:15	Fri	Workshop Library	FREE/£22.50
Adventures in Music	28/04/23	14/07/23	10:30	11:15	Fri	Arnold Library	FREE/£22.50
Active Kids	28/04/23	26/05/23	16:00	17:00	Fri	Beeston Library	FREE/£15
Autism: Practical Tips for Parents Part 2	07/06/23	12/07/23	18:00	20:00	Weds	Online	FREE/£36
Makaton Signing for Babies and Families	08/06/23	13/07/23	11:15	12:15	Weds	The Good Shepherd Centre, Woodthorpe	FREE/£18
Music Making for Early Years – Animals	08/06/23	13/07/23	14:00	15:00	Thurs	Gedling Library	FREE/£12
Music Making for Early Years – Animals	09/06/23	14/07/23	10:30	11:30	Fri	Mansfield Central Library	FREE/£12



HAVE FUN LEARNING ALONGSIDE YOUR CHILDREN

Our family learning courses take place during the day for families with children in early years and after school for families with older children.

*Even if you see a cost next to our courses, most are low cost or FREE depending on your circumstances and eligibility criteria inspireculture.org.uk/fundingyourcourse

inspireculture.org.uk | 01623 677 200 | learning@inspireculture.org.uk



Courses where you receive a recognised qualification

Get Active

Designed to get you moving and learn more about sport, fitness and physiology. Improve your fitness/flexibility with our indoor or outdoor courses.

Get moving!

Look after yourself

Personal development



Courses starting Apr - Jun '23	Start Date	End Date	From	To	Day	Venue	Cost*
Yoga for Osteoporosis – Beginners	18/04/23	23/05/23	10:00	11:30	Tues	West Bridgford Library	FREE/£27
Get Fit and Flexible	20/04/23	25/05/23	14:00	15:30	Thurs	Beeston Library	FREE/£36
Yoga for Health and Wellbeing – Next Steps	25/04/23	23/05/23	14:30	16:30	Tues	Beeston Library	FREE/£30
Sherwood Hikes	03/05/23	17/05/23	09:30	13:30	Weds	Sherwood Forest	FREE
Shinrin Yoku (Forest Immersion)	15/05/23	05/06/23	13:00	15:00	Mon	Ransom Hall, Mansfield	FREE
Yoga for Osteoporosis – Next Steps	06/06/23	11/07/23	10:00	11:30	Tues	West Bridgford Library	FREE/£27
Get Fit and Flexible	08/06/23	13/07/23	14:00	15:30	Thurs	Beeston Library	FREE/£36
Map Reading in Practice	24/06/23	24/06/23	09:30	16:00	Sat	Edwinstowe Library	FREE
Sherwood Hikes	29/06/23	13/07/23	09:30	13:30	Thurs	Newstead Community Centre	FREE

Health & Wellbeing

Courses designed to boost both your physical and mental wellbeing. Discover complementary therapies, learn about food and nutrition, mindfulness and meditation. Get moving with us or learn more about looking after yourself. We also have workshops on topical subjects such as dementia, autism and dyslexia.

Courses starting Apr - Aug '23	Start Date	End Date	From	To	Day	Venue	Cost*
Meditation for Beginners	17/04/23	22/05/23	16:00	18:00	Mon	Online	FREE/£36
Reiki 1	19/04/23	24/05/23	13:00	15:00	Weds	Mansfield Central Library	FREE/£36
Alternative Therapies – An Introduction	20/04/23	25/05/23	10:00	12:00	Thurs	Mansfield Woodhouse Library	FREE/£36
Meditation Next Steps	20/04/23	25/05/23	13:00	15:00	Thurs	Stapleford Methodist Church	FREE/£36
Meditation for Beginners	20/04/23	25/05/23	16:00	18:00	Thurs	Beeston Library	FREE/£36
Meditation for Beginners	21/04/23	26/05/23	10:00	12:00	Fri	Eastbourne House, Sutton-in-Ashfield	FREE/£36
History of Holistic Therapies	21/04/23	26/05/23	14:00	16:00	Fri	Mansfield Central Library	FREE/£36
Reiki 2	22/04/23	27/05/23	10:00	12:00	Sat	Arnold Library	FREE/£36
History of Holistic Therapies	22/04/23	27/05/23	13:00	15:00	Sat	Arnold Library	FREE/£30
Indian Head Massage	27/04/23	18/05/23	13:00	15:00	Thurs	Mansfield Woodhouse Library	FREE/£24
Meditation Next Steps	05/06/23	10/07/23	16:00	18:00	Mon	Online	FREE/£36
Reiki 2	07/06/23	12/07/23	13:00	15:00	Weds	Mansfield Central Library	FREE/£36
Alternative Therapies – An Introduction	07/06/23	12/07/23	10:00	12:00	Weds	Mansfield Central Library	FREE/£36
Techniques for Better Sleep	07/06/23	12/07/23	10:00	12:00	Weds	Online	FREE/£36
Drama for Fun	07/06/23	12/07/23	18:00	20:00	Weds	Arnold Library	FREE/£36
Indian Head Massage	08/06/23	13/07/23	13:00	15:00	Thurs	Mansfield Central Library	FREE/£36
Reiki 1	08/06/23	13/07/23	13:00	15:00	Thurs	Stapleford Library	FREE/£36
Meditation Next Steps	08/06/23	06/07/23	16:00	18:00	Thurs	Beeston Library	FREE/£24
Meditation Next Steps	09/06/23	14/07/23	10:00	12:00	Fri	Eastbourne House, Sutton-in-Ashfield	FREE/£36
History of Holistic Therapies	10/06/23	15/07/23	10:00	12:00	Sat	West Bridgford Library	FREE/£36
Mindful Journaling through the Menopause	02/06/23	07/07/23	14:00	16:00	Fri	Worksop Library	FREE/£36

*Even if you see a cost next to our courses, most are low cost or FREE depending on your circumstances and eligibility criteria inspireculture.org.uk/fundingyourcourse

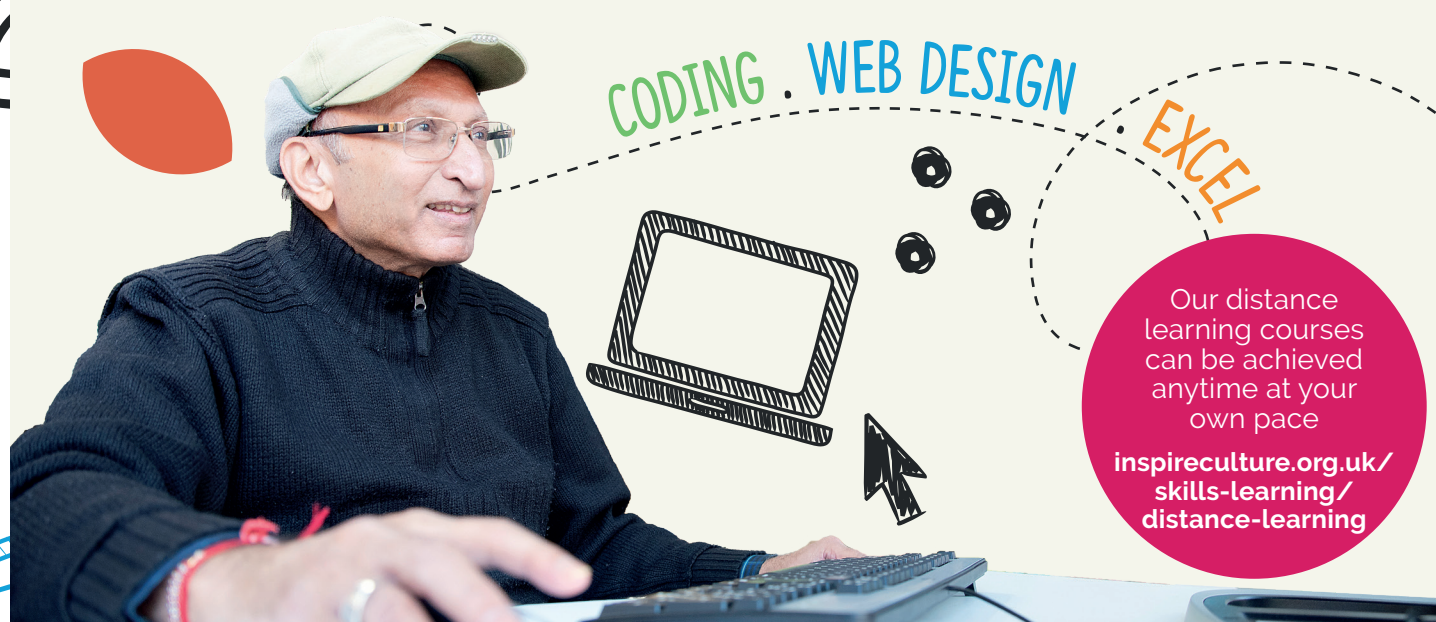
IT & Digital Skills

Become computer savvy, from coding to internet safety to the basics of Microsoft Office.

Courses starting Apr - Aug '23	Start Date	End Date	From	To	Day	Venue	Cost*
Web Page: User Experience and User Interface (UX/UI) – Level 3 Certificate	18/04/23	13/07/23	10:00	14:30	Tues	Online	£900 ★
Web Design and UX/UI – An Introduction	18/04/23	27/04/23	19:00	20:30	Tues	Online	FREE/£18
Design for Social Media – An Introduction	19/04/23	03/05/23	18:00	20:00	Weds	Online	FREE/£18
Photo Editing	21/04/23	26/05/23	14:00	16:00	Fri	Eastbourne House Sutton-in-Ashfield	FREE/£36
Animation for Beginners	21/04/23	26/05/23	10:00	12:00	Fri	Beeston Library	FREE/£36
Coding Practices – Level 3 Certificate	24/04/23	19/07/23	10:00	14:30	Mon	Online	£900 ★
Get Back to Work – The Digital Tool Kit	25/04/23	23/05/23	10:00	12:00	Tues	Mansfield Central Library	FREE/£30
Confidence with Technology	04/05/23	25/05/23	10:00	12:00	Thurs	Bingham Library	FREE/£24
Learn More about Google Apps: Sheets	08/05/23	22/05/23	19:00	20:30	Mon	Online	FREE/£13.50
Excel for Work – Basics	09/05/23	23/05/23	19:00	20:30	Tues	Online	FREE/£13.50
Internet Marketing for Business – Level 3	11/05/23	13/07/23	14:00	20:00	Thurs	Online	FREE
Animation for Beginners	05/06/23	10/07/23	13:00	15:00	Mon	Mansfield Central Library	FREE/£36
Learn More about Google Apps: Slides	05/06/23	19/06/23	19:00	20:30	Mon	Online	FREE/£13.50
Key Computer Skills	06/06/23	20/06/23	10:00	12:00	Tues	Mansfield Central Library	FREE/£18
Excel for Work – Intermediate	07/06/23	21/06/23	19:00	20:30	Weds	Online	FREE/£13.50
Coding – An Introduction	07/06/23	07/06/23	09:30	12:00	Weds	Online	FREE/£7.50
Design for Social Media – An Introduction	12/06/23	16/06/23	12:00	15:00	Mon	Online	FREE/£18
Coding for Beginners	14/06/23	12/07/23	09:30	12:00	Weds	Online	FREE/£37.50
Web Design and UX/UI – An Introduction	17/06/23	24/06/23	10:00	13:00	Sat	Online	FREE/£18
Excel for Work	27/06/23	11/07/23	10:00	12:00	Tues	Mansfield Central Library	FREE/£18
Excel for Work – Advanced	27/06/23	11/07/23	19:00	20:30	Tues	Online	FREE/£13.50

DID YOU KNOW?

Some of our courses offer levels of progression, helping you to go from beginner, to intermediate, to advanced. If you want to discuss course progression and how best to maximise your learning journey, please get in touch with our Information, Advice and Guidance team inspireculture.org.uk/way2work



Our distance learning courses can be achieved anytime at your own pace
inspireculture.org.uk/skills-learning/distance-learning

Affordable qualifications

*Our level 3 qualifications offer flexible payment options or could be fully funded subject to eligibility criteria inspireculture.org.uk/fundingyourcourse

*Even if you see a cost next to our courses, most are low cost or FREE depending on your circumstances and eligibility criteria inspireculture.org.uk/fundingyourcourse

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Courses where you receive
a recognised qualification

Languages

Learn a new language and improve your conversational ability.

Courses starting Apr - Aug '23	Start Date	End Date	From	To	Day	Venue	Cost*
Spanish for Beginners	24/04/23	24/07/23	14:00	15:30	Mon	Online	FREE/£54
German for Beginners	18/04/23	23/05/23	17:00	18:00	Tues	Online	FREE/£18
Spanish – Conversation and Culture	26/04/23	12/07/23	18:00	19:30	Weds	Online	FREE/£54
Italian for Beginners – Part 2	20/04/23	25/05/23	13:00	15:00	Thurs	Newark Buttermarket	FREE/£36
Spanish for Holidays	14/04/23	26/05/23	14:30	16:30	Fri	Online	FREE/£36
Spanish for Beginners Part 2	21/04/23	26/05/23	16:00	18:00	Fri	Online	FREE/£36
Italian Intermediate	09/05/23	13/06/23	14:00	16:00	Tues	Online	FREE/£36
Italian for Beginners Part 1	11/05/23	15/06/23	14:00	16:00	Thurs	West Bridgford Library	FREE/£36
Italian Intermediate	11/05/23	15/06/23	11:00	13:00	Thurs	West Bridgford Library	FREE/£36
Italian Intermediate	12/05/23	16/06/23	11:00	13:00	Fri	Online	FREE/£36
Italian for Beginners Part 2	15/05/23	19/06/23	14:00	16:00	Mon	Online	FREE/£30
German – Conversation Part 2	06/06/23	11/07/23	17:00	18:00	Tues	Online	FREE/£36
Italian – Conversation and Culture	08/06/23	13/07/23	13:00	15:00	Thurs	Newark Buttermarket	FREE/£36



European Union

European
Social Fund

Partially funded by the European Social Fund
If you don't already have an IT qualification, you
can study towards an Essential Digital Skills
Qualification for FREE!

Inspire Adult Learning Survey

We want to hear from you!

We seek to offer the best programme of adult learning and are always looking for your feedback to help shape what we offer. If you have ideas about what courses you'd like to see at any of our venues, please let us know. This short survey takes a couple of minutes to complete and will help us deliver the very best for the upcoming year. Thank you!

Scan here or drop into your local library to fill in our survey!



YOUR FEEDBACK MATTERS!

Tell us what you think of
our courses or what
you'd like us to include
in the future.

For more information visit
inspireculture.org.uk/learning,
call us 01623 677 200 or email
ask@inspireculture.org.uk



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Maths and Multiply

Boost your skills, CV and job prospects with our Functional Skills courses in maths. Alternatively, if maths makes you feel a bit nervous, why not brush up on skills including fractions, statistics and division in a no-pressure, relaxed environment and grow your confidence with numbers with our Multiply courses.

Courses starting May - Aug '23	Start Date	End Date	From	To	Day	Venue	Cost*
Employability – Get Back to Work	17/04/23	24/04/23	10:00	12:00	Mon	Mansfield Woodhouse Library	FREE ●
Help Your Child with Year 6 SATs	17/04/23	22/05/23	16:00	17:00	Mon	Eastwood Library	FREE ●
Maths Functional Skills Intensive Level 2	18/04/23	18/07/23	09:30	14:00	Mon	Online	FREE ★
Making Your Money Stretch	18/04/23	23/05/23	13:00	15:00	Tues	Hucknall Library	FREE ●
Help Your Child with Year 6 SATs	18/04/23	23/04/23	16:00	17:00	Tues	Hucknall Library	FREE ●
Making Your Money Stretch	18/04/23	23/05/23	13:00	15:00	Tues	Edwinstowe Library	FREE ●
Help Your Child with Year 6 Maths	18/04/23	23/05/23	16:00	17:00	Tues	Edwinstowe Library	FREE ●
Making Your Money Stretch	18/04/23	23/05/23	13:00	15:00	Tues	Buttermarket	FREE ●
Making Your Money Stretch	19/04/23	24/05/23	13:00	15:00	Weds	Retford Library	FREE ●
Making Your Money Stretch	20/04/23	25/05/23	13:00	15:00	Thurs	Sutton-in-Ashfield Library	FREE ●
Help Your Child with Year 6 SATs	20/04/23	25/05/23	16:00	17:00	Thurs	Sutton-in-Ashfield Library	FREE ●
Making Your Money Stretch	20/04/23	25/05/23	13:00	15:00	Thurs	Mansfield Central Library	FREE ●
Help Your Child with year 6 SATs	20/04/23	25/04/23	16:00	17:00	Thurs	Buttermarket	FREE ●
Help Your Child with Year 6 SATs	20/04/23	25/05/23	16:00	17:00	Thurs	Beeston Library	FREE ●
Making Your Money Stretch	21/04/23	26/05/23	13:00	15:00	Fri	Kirkby-in-Ashfield Library	FREE ●
Help Your Child with Year 6 SATs	21/04/23	26/05/23	16:00	17:00	Fri	Kirkby-in-Ashfield Library	FREE ●
Making Your Money Stretch	21/04/23	26/05/23	13:00	15:00	Fri	Worksop Library	FREE ●
Help Your Child with Year 6 SATs	21/04/23	26/05/23	16:00	17:00	Fri	Worksop Library	FREE ●
Making Your Money Stretch	21/04/23	26/05/23	13:00	15:00	Fri	Southwell Library	FREE ●
Help Your Child with year 6 SATs	21/04/23	26/05/23	16:00	17:00	Fri	Southwell Library	FREE ●
Making Your Money Stretch	21/04/23	26/05/23	12:30	14:30	Fri	Ravenshead Library	FREE ●
Budgeting Tips & Tricks	24/04/23	24/04/23	13:00	15:00	Mon	Eastwood Library	FREE ●
Budgeting Tips & Tricks	25/04/23	25/04/23	10:00	12:00	Tues	Hucknall Library	FREE ●
Budgeting Tips & Tricks	25/04/23	25/04/23	10:00	12:00	Tues	Edwinstowe Library	FREE ●
Budgeting Tips & Tricks	25/04/23	25/04/23	10:00	12:00	Tues	Buttermarket	FREE ●
Budgeting Tips & Tricks	26/04/23	26/04/23	10:00	12:00	Weds	Retford Library	FREE ●
Employability – Get Back to Work	26/04/23	24/05/23	14:30	16:30	Weds	Arnold Library	FREE ●
Online shopping – What's the Cost?	26/07/23	26/07/23	14:30	16:30	Weds	Arnold Library	FREE ●
Budgeting Tips & Tricks	27/04/23	27/04/23	10:00	12:00	Thurs	Sutton-in-Ashfield Library	FREE ●
Employability – Get Back to Work	27/04/23	11/05/23	10:00	12:00	Thurs	Mansfield Central Library	FREE ●
Employability – Get Back to Work	27/04/23	11/05/23	13:00	15:00	Thurs	Beeston Library	FREE ●
Budgeting Tips & Tricks	28/04/23	28/04/23	10:00	12:00	Fri	Kirkby-in-Ashfield Library	FREE ●
Budgeting Tips & Tricks	28/04/23	28/04/23	10:00	12:00	Fri	Worksop Library	FREE ●
Budgeting Tips & Tricks	28/04/23	28/04/23	10:00	12:00	Fri	Southwell Library	FREE ●
Budgeting Tips & Tricks	28/04/23	28/04/23	09:30	11:30	Fri	Ravenshead Library	FREE ●
Ways to Save Money	02/05/23	23/05/23	10:00	12:00	Tues	Hucknall Library	FREE ●
Ways to Save Money	02/05/23	23/05/23	10:00	12:00	Tues	Edwinstowe Library	FREE ●
Employability – Get Back to Work	02/05/23	23/05/23	10:00	12:00	Tues	Buttermarket	FREE ●
Ways to Save Money	04/05/23	25/05/23	10:00	12:00	Thurs	Sutton-in-Ashfield Library	FREE ●
Employability – Get Back to Work	10/05/23	24/05/23	10:00	12:00	Weds	Retford Library	FREE ●
Employability – Get Back to Work	12/05/23	26/05/23	10:00	12:00	Fri	Kirkby-in-Ashfield Library	FREE ●
Employability – Get Back to Work	12/05/23	26/05/23	10:00	12:00	Fri	Worksop Library	FREE ●
Employability – Get Back to Work	12/05/23	26/05/23	10:00	12:00	Fri	Southwell Library	FREE ●
Budgeting Tips & Tricks	12/05/23	12/05/23	10:00	12:00	Fri	Bingham Library	FREE ●
Employability – Get Back to Work	12/05/23	26/05/23	13:00	15:00	Fri	Bingham Library	FREE ●
Employability – Get Back to Work	12/05/23	26/05/23	09:30	11:30	Fri	Ravenshead Library	FREE ●
Budgeting Tips & Tricks	15/05/23	15/05/23	10:00	12:00	Mon	Mansfield Woodhouse Library	FREE ●
Employability – Get Back to Work	15/05/23	22/05/23	13:00	15:00	Mon	Eastwood Library	FREE ●
Comparison Websites – How to Save Money	16/05/23	16/05/23	13:30	15:30	Tues	Beeston Library	FREE ●

Visit inspireculture.org.uk/multiply

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inspireculture.org.uk | 01623 677 200 | learning@inspireculture.org.uk

Maths and Multiply

cont'd...

Whether you need it for work, household budgeting, or just helping kids with homework, Multiply can help make maths less scary. We offer drop-in sessions, plus more advanced offers such as GCSE maths, Level 2 Functional Skills Qualification, or equivalent, to help you learn at a pace that suits you.

Budgeting Tips & Tricks	18/05/23	18/05/23	10:00	12:00	Thurs	Mansfield Central Library	FREE ●
Budgeting Tips & Tricks	18/05/23	18/05/23	13:00	15:00	Thurs	Beeston Library	FREE ●
Buying Online – What's the Cost?	22/05/23	22/05/23	10:00	12:00	Mon	Mansfield Woodhouse Library	FREE ●
Buying Online – What's the Cost?	23/05/23	23/05/23	13:30	15:30	Tues	Beeston Library	FREE ●
Budgeting Tips & Tricks	24/05/23	24/05/23	14:30	16:30	Weds	Arnold Library	FREE ●
Making Your Money Stretch	05/06/23	10/07/23	10:00	12:00	Mon	Mansfield Woodhouse Library	FREE ●
Making Your Money Stretch	05/06/23	10/07/23	13:00	15:00	Mon	Eastwood Library	FREE ●
Help Your Child with Maths	05/06/23	10/07/23	16:00	17:00	Mon	Eastwood Library	FREE ●
Making Your Money Stretch	05/06/23	10/07/23	13:00	15:00	Mon	Calverton Library	FREE ●
Employability – Get Back to Work	06/06/23	20/06/23	10:00	12:00	Tues	Hucknall Library	FREE ●
Help Your Child with Maths	06/06/23	18/07/23	16:00	17:00	Tues	Hucknall Library	FREE ●
Buying Online – What's the Cost?	06/06/23	06/06/23	10:00	12:00	Tues	Buttermarket	FREE ●
Ways to Save Money	07/06/23	28/06/23	10:00	12:00	Weds	Retford Library	FREE ●
Buying Online – What's the Cost?	07/06/23	07/06/23	13:00	15:00	Weds	Retford Library	FREE ●
Making Your Money Stretch	07/06/23	12/07/23	14:30	16:30	Weds	Arnold Library	FREE ●
Employability – Get Back to Work	08/06/23	22/06/23	10:00	12:00	Thurs	Sutton-in-Ashfield Library	FREE ●
Help Your Child with Maths	08/06/23	20/07/23	16:00	17:00	Thurs	Sutton-in-Ashfield Library	FREE ●
Making Your Money Stretch	08/06/23	13/07/23	13:00	15:00	Thurs	Beeston Library	FREE ●
Help Your Child with Maths	08/06/23	13/07/23	16:00	17:00	Thurs	Beeston Library	FREE ●
Ways to Save Money	09/06/23	30/06/23	10:00	12:00	Fri	Kirkby-in-Ashfield Library	FREE ●
Help Your Child with Maths	09/06/23	21/07/23	16:00	17:00	Fri	Kirkby-in-Ashfield Library	FREE ●
Ways to Save Money	09/06/23	30/06/23	10:00	12:00	Fri	Worksop Library	FREE ●
Buying Online – What's the Cost?	09/06/23	09/06/23	13:00	15:00	Fri	Worksop Library	FREE ●
Help Your Child with Maths	09/06/23	14/07/23	16:00	17:00	Fri	Worksop Library	FREE ●
Ways to Save Money	09/06/23	30/06/23	10:00	12:00	Fri	Southwell Library	FREE ●
Help Your Child with Maths	09/06/23	14/07/23	16:00	17:00	Fri	Southwell Library	FREE ●
Making Your Money Stretch	09/06/23	07/07/23	10:00	12:00	Fri	Bingham Library	FREE ●
Ways to Save Money	09/06/23	30/06/23	13:00	15:00	Fri	Bingham Library	FREE ●
Buying Online – What's the Cost?	09/06/23	09/06/23	09:30	11:30	Fri	Ravenshead Library	FREE ●
Geometric Art	09/06/23	23/06/23	12:30	14:30	Fri	Ravenshead Library	FREE ●
Budgeting Tips & Tricks	12/06/23	12/06/23	10:00	12:00	Mon	Ollerton Library	FREE ●
Making Your Money Stretch	12/06/23	17/07/23	11:30	13:00	Mon	Ollerton Library	FREE ●
Help Your Child with Maths	12/06/23	17/07/23	16:00	17:00	Mon	Ollerton Library	FREE ●
Budgeting Tips & Tricks	12/06/23	12/06/23	10:00	12:00	Mon	Calverton Library	FREE ●
Geometric Art	13/06/23	27/06/23	10:00	12:00	Tues	Ollerton Library	FREE ●
Comparison Websites – How to Save Money	13/06/23	13/06/23	10:00	12:00	Tues	Buttermarket	FREE ●
Comparison Websites – How to Save Money	14/06/23	14/06/23	13:00	15:00	Weds	Retford Library	FREE ●
Ways to Save Money	16/06/23	07/07/23	09:30	11:30	Fri	Ravenshead Library	FREE ●
Comparison Websites – How to Save Money	16/06/23	16/06/23	13:00	15:00	Fri	Worksop Library	FREE ●
Ways to Save Money	19/06/23	10/07/23	09:00	11:00	Mon	Ollerton Library	FREE ●
Maths Functional Skills Intensive Weeklong – Level 2	19/06/23	23/06/23	09:30	15:00	Mon	Stapleford Library	FREE ★
Employability – Get Back to Work	19/06/23	03/07/23	10:00	12:00	Mon	Calverton Library	FREE ●

DID YOU KNOW?

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*Even if you see a cost next to our courses, most are low cost or FREE depending on your circumstances and eligibility criteria inspireculture.org.uk/fundingyourcourse

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Ways to Save Money	20/06/23	11/07/23	10:00	12:00	Tues	Buttermarket	FREE ●
Decorating – Calculating the Cost	21/06/23	05/07/23	13:00	15:00	Weds	Retford Library	FREE ●
Decorating – Calculating the Cost	23/06/23	07/07/23	13:00	15:00	Fri	Worksop Library	FREE ●
Cheap Meal Ideas	27/06/23	11/07/23	10:00	12:00	Tues	Hucknall Library	FREE ●
Decorating – Calculating the Cost	27/06/23	11/07/23	13:00	15:00	Tues	Hucknall Library	FREE ●
Cheap Meal Ideas	29/06/23	13/07/23	10:00	12:00	Thurs	Sutton-in-Ashfield Library	FREE ●
Decorating – Calculating the Cost	29/06/23	13/07/23	13:00	15:00	Thurs	Sutton-in-Ashfield Library	FREE ●
Decorating – Calculating the Cost	30/06/23	14/07/23	13:00	15:00	Fri	Kirkby-in-Ashfield Library	FREE ●
Decorating – Calculating the Cost	30/06/23	14/07/23	13:00	15:00	Fri	Southwell Library	FREE ●
Shape, Space and Measure with Watercolours	30/06/23	14/07/23	12:30	14:30	Fri	Ravenshead Library	FREE ●
Cheap Meal Ideas	07/07/23	21/07/23	10:00	12:00	Fri	Kirkby-in-Ashfield Library	FREE ●
Cheap Meal Ideas	07/07/23	21/07/23	10:00	12:00	Fri	Southwell Library	FREE ●
Decorating – Calculating the Cost	07/07/23	21/07/23	13:00	15:00	Fri	Bingham Library	FREE ●
Shape, Space and Measure in Watercolours	11/07/23	25/07/23	10:00	12:00	Tues	Ollerton Library	FREE ●
Overnight Oats	12/07/23	12/07/23	13:00	15:00	Weds	Retford Library	FREE ●
Overnight Oats	14/07/23	14/07/23	13:00	15:00	Fri	Worksop Library	FREE ●
Buying Online – What's the Cost?	14/07/23	14/07/23	10:00	12:00	Fri	Bingham Library	FREE ●
Buying Online – What's the Cost?	17/07/23	17/07/23	09:00	11:00	Mon	Ollerton Library	FREE ●
Buying Online – What's the Cost?	18/07/23	18/07/23	10:00	12:00	Tues	Hucknall Library	FREE ●
Comparison Websites – How to Save Money	19/07/23	19/07/23	14:30	16:30	Weds	Arnold Library	FREE ●
Buying Online – What's the Cost?	20/07/23	20/07/23	10:00	12:00	Thurs	Sutton-in-Ashfield Library	FREE ●
Overnight Oats	20/07/23	20/07/23	13:00	17:00	Thurs	Sutton-in-Ashfield Library	FREE ●
Overnight Oats	21/07/23	21/07/23	13:00	15:00	Fri	Kirkby-in-Ashfield Library	FREE ●
Overnight Oats	21/07/23	21/07/23	13:00	15:00	Fri	Southwell Library	FREE ●
Comparison Websites – How to Save Money	21/07/23	21/07/23	10:00	12:00	Fri	Bingham Library	FREE ●
Comparison Websites – How to Save Money	24/07/23	24/07/23	09:00	11:00	Mon	Ollerton Library	FREE ●
Comparison Websites – How to Save Money	25/07/23	25/07/23	10:00	12:00	Tues	Hucknall Library	FREE ●
Comparison Websites – How to Save Money	27/07/23	27/07/23	10:00	12:00	Thurs	Sutton-in-Ashfield Library	FREE ●
Comparison Websites – How to Save Money	28/07/23	28/07/23	10:00	12:00	Fri	Kirkby-in-Ashfield Library	FREE ●
Buying Online – What's the Cost?	28/07/23	28/07/23	13:00	15:00	Fri	Kirkby-in-Ashfield Library	FREE ●
Comparison Websites – How to Save Money	28/07/23	28/07/23	10:00	12:00	Fri	Southwell Library	FREE ●
Buying Online – What's the Cost?	28/07/23	28/07/23	13:00	15:00	Fri	Southwell Library	FREE ●

**Inspire
Adult
Learning**
Culture | Learning | Libraries

Multiply Your Confidence

If the thought of maths makes you feel nervous, our Multiply courses are here to help.

Brush up on skills including fractions, statistics and division in a no-pressure, relaxed environment, and grow your confidence with numbers, whether you need it for work, household budgeting, or just helping kids with homework.

With practical sessions, friendly tutors and plenty of support to build your confidence, come along and discover that maths isn't so scary after all.

Visit us to find out more, find a drop-in session or book onto an activity.

inspireculture.org.uk/multiply

**SKILLS
FOR LIFE**

*Even if you see a cost next to our courses, most are low cost or FREE depending on your circumstances and eligibility criteria inspireculture.org.uk/fundingyourcourse

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Music

Develop your musical talent with us. Learn an instrument, sing with others or get in tune with music theory and history.

Courses starting Apr - May '23	Start Date	End Date	From	To	Day	Venue	Cost*
Guitar for Beginners	17/04/23	03/07/23	18:00	19:00	Mon	Online	FREE/£30
Silver Choir	19/04/23	19/07/23	13:00	14:00	Weds	Newark Buttermarket	FREE/£39
Adult Orchestra – Blow Off the Cobwebs Orchestra	19/04/23	19/07/23	18:00	19:00	Weds	Newark Buttermarket	FREE/£39
Music Theory for Beginners – Next Steps	25/04/23	04/07/23	19:00	20:00	Tues	Online	FREE/£30
Music Theory for Beginners	25/04/23	04/07/23	17:45	18:45	Tues	Online	FREE/£30
Keyboard for Beginners	25/04/23	04/07/23	16:30	17:30	Tues	Online	FREE/£30
Guitar for Beginners – Next Steps	26/04/23	05/07/23	14:15	15:15	Weds	The Crossing, Worksop	FREE/£30
Guitar for Beginners	26/04/23	05/07/23	13:00	14:00	Weds	The Crossing, Worksop	FREE/£30
History of Popular Music in Context – 1950-2022	03/05/23	12/07/23	16:00	17:00	Weds	Online	FREE/£30



DID YOU KNOW?

Our Inspire Youth Arts team offer opportunities for young people to participate in performing arts and music. inspireculture.org.uk/iy



DID YOU KNOW?

Your local library can help you achieve more – books, resources, bookable computers, free WiFi, quiet study spaces, printing and photocopying.



NEW VENUE!

Be one of the first to learn at our new learning centre, the Buttermarket in Newark. inspireculture.org.uk/buttermarket



Sustainability & Environment

What's the best way to look after our planet? Learn about how to be more sustainable, from gardening to making your own products!

Courses starting Apr - Jun '23	Start Date	End Date	From	To	Day	Venue	Cost*
Understanding Ancient Trees	20/04/23	25/05/23	10:00	12:00	Thurs	Edwinstowe Library	FREE
Introduction to Wildlife and Conservation – Level 1 Award	20/04/23	25/05/23	12:30	14:30	Thurs	Online	FREE ★
Sowing and Growing Techniques – Level 1 Award	20/04/23	25/05/23	09:30	11:30	Thurs	Online	FREE ★
Growing an Edible Garden	21/04/23	05/05/23	10:00	12:00	Fri	Arnold Library	FREE
Nature Conservation – Healthy Hedges	04/05/23	04/05/23	10:00	16:00	Thurs	Rufford Country Park	FREE
Survey Training							
Caring for Old Buildings	08/05/23	22/05/23	12:30	16:30	Mon	Rufford Country Park	FREE
Eco-Living, Gift wrap	27/06/23	11/07/23	13:00	15:00	Tues	Edwinstowe Library	FREE/£18

CELEBRATE SHERWOOD WITH INSPIRE ADULT LEARNING
FREE Miner2Major courses celebrating the heritage of Sherwood Forest.



Miner2Major
The Real Sherwood Forest



HERITAGE FUND

*Even if you see a cost next to our courses, most are low cost or FREE depending on your circumstances and eligibility criteria inspireculture.org.uk/fundingyourcourse

Science, Social Sciences & Humanities

Take a walk through history, get political, analyse myths, mind and body. Learn how the world and society work.

Courses starting Apr - Aug '23	Start Date	End Date	From	To	Day	Venue	Cost*
Mythology – An Introduction	22/04/23	06/05/23	10:00	12:00	Sat	West Bridgford Library	FREE/£18
Trinidad – A Cultural Journey	25/04/23	09/05/23	17:30	19:30	Tues	Beeston Library	FREE/£18
Micro-organisms: Bacteria, Viruses and Fungi	03/05/23	10/05/23	13:30	15:00	Weds	Online	FREE/£9
Blood – Liquid of Life	03/05/23	10/05/23	18:30	20:00	Weds	Online	FREE/£9
The Periodic Table of Elements – Properties and Application	10/05/23	10/05/23	09:30	12:30	Weds	Online	FREE/£9
Mythology – Next Steps	13/05/23	27/05/23	10:00	12:00	Sat	West Bridgford Library	FREE/£18
Nutrition and Health – Level 1 Award	05/06/23	10/07/23	13:00	16:00	Mon	Online	FREE/£96.75
Human Nutrition – Digestion and Cell Respiration	05/06/23	12/06/23	10:00	12:00	Mon	Online	FREE/£12
Psychology of Emotions	07/06/23	21/06/23	17:30	19:30	Weds	West Bridgford Library	FREE/£18
Human Biology	13/06/23	04/07/23	09:30	12:30	Tues	Online	FREE/£36
Electricity – An Introduction	17/06/23	17/06/23	10:00	14:00	Sat	Eastbourne House Sutton-in-Ashfield	FREE/£12
Evolutionary Psychology	28/06/23	12/07/23	17:30	19:30	Weds	West Bridgford Library	FREE/£18

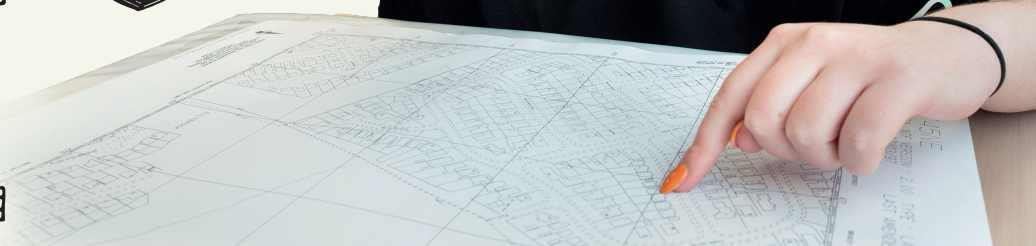
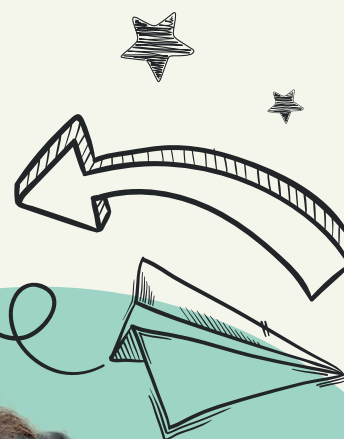
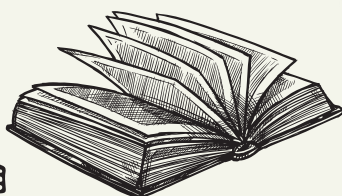


European Union

European Social Fund

We're proud of our Science, Technology Engineering and Maths (STEM) assured status. Some of our courses are part funded by the European Social Fund

GREAT FUN
AND SO
INTERESTING!



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Work Skills & Employment

Enhance your employability prospects with our range of courses for a variety of workplaces.

Career
boosting
courses

Giving
you a
head start

Progress
your
education

Getting
a job in your
chosen
industry

Our distance
learning courses
can be achieved
anytime at your
own pace

[inspireculture.org.uk/
distancelearning](https://inspireculture.org.uk/distancelearning)

Courses starting Apr - Aug '23	Start Date	End Date	From	To	Day	Venue	Cost*	
Counselling Skills – Level 2 Certificate	04/04/23	12/07/23	09:30	14:30	Tues	Online	£270	★
Setting up a Holistic Business	08/04/23	15/04/23	10:00	12:00	Sat	West Bridgford Library	FREE/£12	
Information, Advice or Guidance (IAG) – Level 3 Certificate	11/04/23	03/10/23	09:30	12:30	Tues	Online	£800	★
Stress Awareness – Level 1 Award	13/04/23	18/05/23	18:00	20:00	Thurs	Online	FREE/£54	★
Bookkeeping Next Steps	17/04/23	22/05/23	13:00	15:00	Mon	Mansfield Central Library	FREE/£30	
Health and Social Care – Level 2 Certificate	18/04/23	13/07/23	11:00	16:00	Tues	Online	£405	★
Volunteering – Level 1 Award	18/04/23	23/05/23	18:30	20:30	Tues	Online	FREE/£54	★
Setting up a Holistic Business	19/04/23	26/04/23	10:00	12:00	Weds	Sutton-in-Ashfield Library	FREE/£12	
Mental Health Awareness – Level 2 Certificate	25/04/23	19/07/23	17:00	20:00	Tues	Online	£292.50	★
Mental Health Awareness – Level 2 Certificate	25/04/23	19/07/23	10:00	13:00	Tues	Online	£292.50	★
Coaching and Mentoring – Level 3 Certificate	02/05/23	12/09/23	15:00	18:00	Tues	Online	£595	★
Supporting Individuals with Learning Disabilities – Level 3 Award	02/05/23	11/07/23	09:30	12:30	Tues	Online	£186.75	★
Mental Health Awareness – An Introduction	12/05/23	12/05/23	13:15	15:15	Fri	Online	FREE/£6	
Awareness of Substance Misuse – Level 1 Award	15/05/23	26/06/23	15:00	17:00	Mon	Online	FREE/£54	★
Developing Customer Service Skills – Level 1 Award	19/05/23	30/06/23	09:30	11:30	Fri	Online	FREE/£60.75	★
Health and Social Care – An Introduction	23/05/23	23/05/23	09:30	12:30	Tues	Online	FREE/£9	
Stress Awareness – Level 1 Award	05/06/23	10/07/23	09:30	11:30	Mon	Online	FREE/£54	★
Personal Development and Life Coaching	06/06/23	11/07/23	17:00	18:30	Tues	Online	FREE/£27	
Introduction to Health and Social Care – Level 1 Award	06/06/23	11/07/23	09:30	11:30	Tues	Online	FREE/£60.75	★
Problem-Solving at Work – Level 1 Award	08/06/23	13/07/23	12:30	14:30	Thurs	Online	FREE/£60.75	★
Customer Service in the Hospitality Industry – Level 1 Award	08/06/23	13/07/23	09:30	11:30	Thurs	Online	FREE/£60.75	★
Mental Health Awareness – Level 1 Award	08/06/23	13/07/23	13:00	16:00	Thurs	Eastwood Library	FREE/£54	★
Volunteering – Level 2 Award	08/06/23	13/07/23	10:00	12:00	Thurs	Newark Buttermarket	£90	★
Award in Employability Skills Level 1	16/06/23	21/07/23	13:00	16:00	Fri	Online	FREE/£117	★
Mental Health Awareness – Level 1 Award	25/07/23	29/08/23	13:00	15:00	Tues	Online	FREE/£54	★
Mental Health Awareness – Level 1 Award	25/07/23	29/08/23	13:00	15:00	Tues	Online	FREE/£54	★



Affordable qualifications

*Our level 3 qualifications offer flexible payment options or could be fully funded subject to eligibility criteria inspireculture.org.uk/fundingyourcourse

*Even if you see a cost next to our courses, most are low cost or FREE depending on your circumstances and eligibility criteria inspireculture.org.uk/fundingyourcourse

Summer School

Need a way to pass the time during the hot summer months? We have a variety of courses on offer to keep you busy, from massage to cupcake baking to bookkeeping: why not take a chance on something you've never tried before!

Courses starting Jul - Aug '23	Start Date	End Date	From	To	Day	Venue	Cost*
Mental Health Awareness – Level 1 Award	25/07/23	29/08/23	13:00	15:00	Tues	Online	FREE/£54 ★
Bullet Journaling and Mindfulness	31/07/23	14/08/23	13:00	15:30	Mon	Retford Library	FREE/£22.50
Bookkeeping for Beginners	01/08/23	01/08/23	10:00	16:00	Tues	Beeston Library	FREE/£15
Baby Massage	01/08/23	22/08/23	10:00	11:30	Tues	Mansfield Central Library	FREE/£18
Italian for Holidays Part 1	01/08/23	01/08/23	10:30	13:30	Tues	West Bridgford Library	FREE/£9
Creative Writing – Short Stories for Beginners	02/08/23	02/08/23	10:00	16:00	Weds	Beeston Library	FREE/£15
Introduction to Spreadsheet Software – Level 1 Award	02/08/23	30/08/23	13:00	17:00	Weds	Online	FREE/£60.75 ★
Spanish Advanced Practical Skills and Culture	03/08/23	31/08/23	09:00	11:00	Thurs	Online	FREE/£30
ESOL – Everyday English	03/08/23	03/08/23	10:00	16:00	Thurs	Beeston Library	FREE
Baby Massage	03/08/23	24/08/23	10:00	11:30	Thurs	Sutton-in-Ashfield Library	FREE/£18
Italian for Holidays Part 2	03/08/23	03/08/23	10:30	13:30	Thurs	West Bridgford Library	FREE/£9
Sugarcraft – Wedding Cupcakes	07/08/23	21/08/23	10:00	12:00	Mon	Mansfield Central Library	FREE/£18
Crochet Designs for Summer	07/08/23	21/08/23	10:00	12:00	Mon	Mansfield Central Library	FREE/£18
Sugarcraft – Cat Cupcakes	08/08/23	08/08/23	10:00	12:00	Tues	Mansfield Central Library	FREE/£6
Bookkeeping for Beginners	08/08/23	08/08/23	10:00	16:00	Tues	Beeston Library	FREE/£15
Hand Massage – An Introduction	08/08/23	08/08/23	10:00	12:00	Tues	Mansfield Woodhouse Library	FREE/£6
Italian for Holidays Part 1	08/08/23	08/08/23	10:30	13:30	Tues	West Bridgford Library	FREE/£9
Creative Writing – Short Stories for Beginners	09/08/23	09/08/23	10:00	16:00	Weds	Beeston Library	FREE/£15
Baby Massage	03/08/23	24/08/23	10:00	11:30	Thurs	Sutton-in-Ashfield Library	FREE/£18
Sugarcraft – Lion Cupcakes	10/08/23	10/08/23	10:00	12:00	Thurs	Mansfield Central Library	FREE/£6
ESOL – Everyday English	10/08/23	10/08/23	10:00	16:00	Thurs	Beeston Library	FREE
Italian for Holidays Part 2	10/08/23	10/08/12	10:30	13:30	Thurs	West Bridgford Library	FREE/£9
Sugarcraft – Unicorn Cupcakes	15/08/23	15/08/23	10:00	12:00	Tues	Mansfield Central Library	FREE/£6
Foot Reflexology – An Introduction	15/08/23	15/08/23	10:00	12:00	Tues	Mansfield Woodhouse Library	FREE/£6
Creative Writing Short Stories – An Introduction	15/08/23	15/08/23	13:00	15:00	Tues	Kirkby-in-Ashfield Library	FREE
Mindfulness Explained	16/08/23	16/08/23	10:00	12:00	Weds	Mansfield Central Library	FREE/£6
Sugarcraft – Animal Cupcakes	17/08/23	17/08/23	10:00	12:00	Thurs	Mansfield Central Library	FREE/£6
Kickstart your Poetry Writing in a Day	17/08/23	17/08/23	10:30	15:30	Thurs	Beeston Library	FREE/£15
Creative Writing Short Stories – An Introduction	17/08/23	17/08/23	13:00	15:00	Thurs	Stapleford Library	FREE
Sugarcraft – Animal Cupcakes	22/08/23	22/08/23	10:00	12:00	Tues	Mansfield Central Library	FREE/£6
Aromatherapy – An Introduction	22/08/23	22/08/23	10:00	12:00	Tues	Mansfield Woodhouse Library	FREE/£6
Ancient Mysteries of the World	23/08/23	23/08/23	10:00	12:00	Weds	Mansfield Central Library	FREE/£6
Sugarcraft – Unicorn Cupcakes	24/08/23	24/08/23	10:00	12:00	Thurs	Mansfield Central Library	FREE/£6



European Union

European
Social Fund



HELP INTO TRAINING AND EMPLOYMENT
inspireculture.org.uk/way2work

AGED 16 OR OVER...

Aged 16 or over, unemployed or looking for a career change?

You may be eligible for free support.

inspireculture.org.uk/way2work



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Inspire College

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Achieve your goals with Inspire College

Aged 16-19 in Nottinghamshire?

Are you finishing school and unsure of your next steps?

Are you looking to gain valuable skills, qualifications, and support?

We offer:

- GCSEs and Functional Skills in English and maths
- Employability Skills and Work Placements, plus expert careers advice!
- Pathways (Personal and Social Development)
- Volunteering opportunities

Local bases across the county:

- Worksop Library
- Retford Young People's Centre
- MyPlace @ Westfield Folkhouse, Mansfield
- Hucknall Young People's Centre
- Eastbourne House, Sutton-in-Ashfield
- Eastwood Young People's Centre
- Stapleford Young People's Centre
- Newark Buttermarket and YMCA Activity Village

Earn as you learn – up to £100 per month*

*Child benefit not affected

Supportive and experienced tutors

Improve interpersonal skills

Build your confidence

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Find out more: 0115 804 3611 | learning@inspireculture.org.uk | inspireculture.org.uk/college

