

Inspire Adult Learning

Culture | Learning | Libraries

Course Guide Spring 2024

Your complete guide to our
Adult Learning Courses
across Nottinghamshire and online

Learn Grow
Achieve



SCAN HERE TO
BOOK AND ENROL



Ofsted
Good rating

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
*subject to eligibility criteria

OVER 1,000 COURSES!

Book now! Go online inspireculture.org.uk/learning or call **01623 677 200**

f InspireLearningSkills **@Learn_Inspire** **#BeInspired** **#InspireLearning**

Hello!

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

Whether you want to progress your career with a recognised qualification or just looking to have fun and ignite your passion for 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.

**Affordable
courses
on your
doorstep**

**Learn local,
go far**

**Free* and
low cost
courses**

**Recognised
qualifications**

**Online
Courses**

**Distance
Learning**

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 Grade 2 'Good' provider as well as winner of the 2020 Tes FE Award for Community Learning Provider of the Year.



**FREE* and
low costs
courses**

**subject to
eligibility criteria*

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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 will be 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 **free* 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.

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 our website: 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 12 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!**

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.

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

Use your library to support your learning with bookable computers, free use of WiFi, quiet study spaces, printing and photocopying.

ADDITIONAL LEARNING SUPPORT

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

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



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



SCAN THE CODE TO BOOK ONLINE

Achieve More!



Arts & Crafts

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

Course Title	Start Date	End Date	From	To	Day	Venue	Cost*
Art for Improvers	10/01/24	07/02/24	10:00	12:30	Weds	Beeston Library	FREE/£31.50
Printmaking - Lino Printing	10/01/24	07/02/24	13:15	15:45	Weds	Beeston Library	FREE/£31.50
Art - Mixed Media	21/02/24	27/03/24	10:00	12:30	Weds	Beeston Library	FREE/£39
Printmaking - Lino Printing Next Steps	21/02/24	27/03/24	13:15	15:45	Weds	Beeston Library	FREE/£39
Flower Arranging for Beginners	22/02/24	28/03/24	14:00	16:00	Thurs	Beeston Library	FREE/£36
Indian Block Printing - Print and Stitch	15/01/24	05/02/24	10:00	12:00	Mon	Blidworth Library	FREE/£8
Spring Macrame	15/01/24	05/02/24	13:00	15:00	Mon	Blidworth Library	FREE/£18
Bobbin Lace Making	22/02/24	07/03/24	14:00	16:00	Thurs	Calverton Village Hall	FREE/£12
Bobbin Lace Making - Braided	14/03/24	28/03/24	14:00	16:00	Thurs	Calverton Village Hall	FREE/£12
Crochet - Tunisian	12/01/24	09/02/24	12:30	14:30	Fri	Edwinstowe Library	FREE/£24
Gelli Plate Printing	18/01/24	08/02/24	10:00	12:00	Thurs	Edwinstowe Library	FREE/£18
Macrame Wall Hanging	21/02/24	06/03/24	10:00	12:00	Weds	Kirkby-in-Ashfield Library and Learning Centre	FREE/£12.00
Macrame Jewellery	20/03/24	27/03/24	09:30	12:30	Weds	Kirkby-in-Ashfield Library and Learning Centre	FREE/£12.00
Winter Crafts	06/01/24	06/01/24	10:00	12:00	Sat	Mansfield Central Library	FREE
Winterscapes in Acrylics	08/01/24	05/02/24	09:30	12:00	Mon	Mansfield Central Library	FREE/£1.50
Sugarcraft - Brushed Embroidery	08/01/24	05/02/24	10:00	12:00	Mon	Mansfield Central Library	FREE/£31.50
Portrait Painting for Beginners	11/01/24	08/02/24	09:30	12:00	Thurs	Mansfield Central Library	FREE/£31.50
Still Life Painting in Acrylics	11/01/24	08/02/24	12:30	14:30	Thurs	Mansfield Central Library	FREE/£24
Animal Painting in Acrylics - Beginners	11/01/24	08/02/24	15:00	17:00	Thurs	Mansfield Central Library	FREE/£24
Indian Block Printing - Print and Stitch	19/01/24	09/02/24	10:00	12:00	Fri	Mansfield Central Library	FREE/£18
Ink Drawing for Beginners - Next Steps	19/02/24	25/03/24	12:30	15:00	Mon	Mansfield Central Library	FREE/£39
Book Making	19/01/24	02/02/24	13:00	15:00	Fri	Mansfield Central Library	FREE/£12
Portrait Painting for Improvers	22/02/24	28/03/24	09:30	12:00	Thurs	Mansfield Central Library	FREE/£39
Still Life Painting in Acrylics for Improvers	22/02/24	28/03/24	12:30	14:30	Thurs	Mansfield Central Library	FREE/£37.50
Animal Painting in Acrylics for Improvers	22/02/24	28/03/24	15:00	17:00	Thurs	Mansfield Central Library	FREE/£30
Crochet for Beginners	23/02/24	22/03/24	12:30	14:30	Fri	Mansfield Central Library	FREE/£24
Sugarcraft - Cupcake Decorations	26/02/24	25/03/24	10:00	12:00	Mon	Mansfield Central Library	FREE/£30
Winterscape in Acrylics - Next Steps	19/02/24	25/03/24	09:30	12:00	Mon	Mansfield Central Library	FREE/£39
Cupcake Decorations - Love and Roses	16/01/24	06/02/24	10:00	12:00	Tues	Mansfield Woodhouse Library	FREE/£24
Spring Macrame	18/01/24	01/02/24	13:00	15:00	Thurs	Mansfield Woodhouse Library	FREE/£12
Bobbin Lace - Braided	18/01/24	01/02/24	16:00	18:00	Thurs	Mansfield Woodhouse Library	FREE/£12
Semi-Abstract Landscape Painting for Improvers	23/02/24	22/03/24	09:30	12:00	Fri	Mansfield Woodhouse Library	FREE/£31.50
Floral Painting in Acrylics for Beginners	23/02/24	22/03/24	12:30	15:00	Fri	Mansfield Woodhouse Library	FREE/£31.50
Cupcake Decorations - Easter	05/03/24	26/03/24	10:00	12:00	Tues	Mansfield Woodhouse Library	FREE/£24
Drawing for Beginners in Pen	10/01/24	27/03/24	10:00	12:00	Weds	Newark Buttermarket	FREE/£66
Printmaking - Lino Printing	12/01/24	09/02/24	10:00	12:30	Fri	Newark Buttermarket	FREE/£31.50

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Gelli Plate Printing	17/01/24	07/02/24	10:00	12:00	Weds	Newark Buttermarket	FREE/£18
Watercolour Painting for Beginners	17/01/24	07/02/24	13:30	15:30	Weds	Newark Buttermarket	FREE/£18
Paper Crafts	19/02/24	25/03/24	10:00	12:00	Mon	Newark Buttermarket	FREE/£30
Indian Block Printing - Print and Stitch	23/02/24	15/03/24	10:00	12:00	Fri	Newark Buttermarket	FREE/£18
Printmaking - Lino Printing Next Steps	23/02/24	22/03/24	10:00	12:30	Fri	Newark Buttermarket	FREE/£31.50
Spring Macrame	23/02/24	15/03/24	13:00	15:00	Fri	Newark Buttermarket	FREE/£18
Mindful Art for Nature	17/01/24	07/02/24	10:00	12:00	Weds	Online	FREE/£18
Art Explored	21/02/24	27/03/24	10:00	12:00	Weds	Online	FREE/£36
Winter Crafts	01/03/24	01/03/24	14:30	16:30	Weds	Ollerton Library	FREE
Glass Painting Inspired by Nature for Beginners	09/01/24	06/02/24	10:00	13:00	Tues	Ravenshead Library	FREE/£39
Mixed Media for Beginners	09/01/24	06/02/24	13:30	16:30	Tues	Ravenshead Library	FREE/£39
Glass Painting Inspired by Nature for Improvers	20/02/24	26/03/24	10:00	13:00	Tues	Ravenshead Library	FREE/£48
Mixed Media for Improvers	20/02/24	26/03/24	13:30	16:30	Tues	Ravenshead Library	FREE/£48
Spring Macrame	22/02/24	07/03/24	10:00	12:00	Thurs	Ravenshead Library	FREE/£12
Bobbin Lace Making	14/03/24	28/03/24	10:00	12:00	Thurs	Ravenshead Library	FREE/£12
Crochet for Beginners	17/01/24	07/02/24	13:00	15:30	Weds	Retford Library	FREE/£24
Bobbin Lace Making for Beginners	27/01/24	10/02/24	10:00	12:00	Sat	Retford Library	FREE/£12
Spring Macrame	27/01/24	10/02/24	13:00	15:00	Sat	Retford Library	FREE/£12
Crochet - Granny Squares	21/02/24	27/03/24	13:00	15:00	Weds	Retford Library	FREE/£30
Paper Crafts and Collage	16/01/24	06/02/24	13:00	15:00	Tues	Southwell Library	FREE/£18
Mixed Media Art	21/02/24	27/03/24	10:00	12:00	Weds	Southwell Library	FREE/£30
Watercolour Painting for Beginners	21/02/24	27/03/24	13:00	15:00	Weds	Southwell Library	FREE/£30
Crochet Next Steps	11/01/24	08/02/24	10:00	12:00	Thurs	Stapleford Library and Learning Centre	FREE/£24
Flower Arranging for Beginners	15/01/24	05/02/24	13:30	15:30	Mon	Stapleford Library and Learning Centre	FREE/£24
Book Making	19/02/24	04/03/24	10:00	12:00	Mon	Stapleford Library and Learning Centre	FREE/£12
Indian Block Printing - Print and Stitch	19/02/24	04/03/24	13:00	15:30	Mon	Stapleford Library and Learning Centre	FREE/£16.50
Flower Arranging Next Steps	19/02/24	25/03/24	13:30	15:30	Mon	Stapleford Library and Learning Centre	FREE/£36
Printmaking - Lino Printing	24/02/24	23/03/24	10:00	12:30	Sat	Stapleford Library and Learning Centre	FREE/£31.50
Macrame Jewellery	11/03/24	25/03/24	10:00	12:00	Mon	Stapleford Library and Learning Centre	FREE/£12
Indian Block Printing - Print and Patchwork	11/03/24	25/03/24	13:00	15:30	Mon	Stapleford Library and Learning Centre	FREE/£16.50
Printmaking - Lino Printing	09/01/24	06/02/24	13:15	15:45	Tues	West Bridgford Library	FREE/£31.50
Indian Block Printing - Print and Stitch	21/01/24	11/02/24	12:00	14:00	Sun	West Bridgford Library	FREE/£18
Printmaking - Lino Printing Next Steps	20/02/24	26/03/24	13:15	15:45	Tues	West Bridgford Library	FREE/£39
Flower Arranging for Beginners	22/02/24	28/03/24	10:00	12:00	Thurs	West Bridgford Library	FREE/£36
Spring Crafts	16/01/24	06/02/24	13:00	15:00	Tues	Worksop Library	FREE/£18
Crochet for Beginners	18/01/24	08/02/24	13:00	15:30	Thurs	Worksop Library	FREE/£24
Crochet - Granny Squares	22/02/24	28/03/24	13:00	15:00	Thurs	Worksop Library	FREE/£30
Indian Block Printing	10/03/24	24/03/24	12:30	14:30	Sun	Worksop Library	FREE/£12

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Creative Writing & Literature

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

Course Title	Start Date	End Date	From	To	Day	Venue	Cost*
Literature - Byron and Lawrence	08/01/24	05/02/24	14:00	16:00	Mon	Arnold Library	FREE/£30
Creative Writing - Write Your Own Story	12/01/24	09/02/24	18:00	20:00	Fri	Arnold Library	FREE/£30
Literature - John Keats Poetry	19/02/24	25/03/24	14:00	16:00	Mon	Arnold Library	FREE/£36
Creative Writing - Snapshots	23/02/24	22/03/24	18:00	20:00	Fri	Arnold Library	FREE/£30
Spring Poetry	20/02/24	26/03/24	10:00	12:00	Tues	Bingham Library	FREE/£36
Creative Writing - Short Stories	23/01/24	06/02/24	10:30	12:30	Tues	Burton Joyce Library	FREE/£18
Women Writers of Nottinghamshire	04/03/24	11/03/24	13:00	15:00	Mon	Burton Joyce Library	FREE/£12
Literature - Byron and Lawrence	08/01/24	05/02/24	09:30	11:30	Mon	John Godber Centre, Hucknall	FREE/£30
Literature - John Keats Poetry	19/02/24	25/03/24	09:30	11:30	Mon	John Godber Centre, Hucknall	FREE/£36
Creative Writing for Beginners - Non-Fiction	21/02/24	27/03/24	10:00	12:00	Weds	Keyworth Library	FREE/£36
Poetry for Beginners	09/01/24	30/01/24	10:00	12:00	Tues	Newark Buttermarket	FREE/£24
Creative Writing for Beginners	09/01/24	06/02/24	14:00	16:00	Tues	Newark Buttermarket	FREE/£30
Creative Writing - Exploring the Senses	11/01/24	08/02/24	14:00	16:00	Thurs	Newark Buttermarket	FREE/£30
Creative Writing for Beginners - Next Steps	20/02/24	26/03/24	14:00	16:00	Tues	Newark Buttermarket	FREE/£36
Creative Writing - Writing a Radio Play	22/02/24	28/03/24	14:00	16:00	Thurs	Newark Buttermarket	FREE/£36
Creative Writing - Write Your Own Story	08/01/24	05/02/24	09:30	11:30	Mon	Online	FREE/£30
Creative Writing - Short Stories	10/01/24	07/02/24	13:00	15:00	Weds	Online	FREE/£30
Creative Writing - Crime	13/01/24	10/02/24	10:30	12:30	Sat	Online	FREE/£30
Creative Writing - Snapshots	19/02/24	25/03/24	09:30	11:30	Mon	Online	FREE/£36
Creative Writing - Poetry	21/02/24	27/03/24	13:00	15:00	Weds	Online	FREE/£36
Blogging for Beginners	24/02/24	09/03/24	10:30	12:00	Sat	Online	FREE/£13.50
DH Lawrence and Nottinghamshire	08/02/24	08/02/24	10:00	12:00	Thurs	Ravenshead Library	FREE/£6
Creative Writing - Words and Pictures	11/01/24	08/02/24	10:00	12:00	Thurs	Southwell Library	FREE/£30
DH Lawrence and Nottinghamshire	01/02/24	01/02/24	10:00	12:00	Thurs	Stapleford Library and Learning Centre	FREE/£6
Creative Writing - Short Stories Next Steps	22/02/24	28/03/24	10:00	12:00	Thurs	Stapleford Library and Learning Centre	FREE/£36

TESTIMONIAL

“At school, maths is daunting for a lot of people, and so you say to yourself, it's fine because I won't need it when I get older. But you do – everything you buy, you need maths. Multiply is completely different, and enjoyable.

It's been really good; the instructor has been so helpful with breaking down tasks step-by-step. That's made it much easier to follow, which has boosted my confidence.”

Multiply – Arts and Crafts at Hucknall Library



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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.

Course Title	Start Date	End Date	From	To	Day	Venue	Cost*	
English - Functional Skills	20/02/24	23/07/24	09:30	12:30	Tues	Arnold Library	FREE	★
ESOL Book Club	17/01/24	27/03/24	13:00	15:00	Weds	Beeston Library	FREE	
English - Functional Skills	22/02/24	25/07/24	13:00	16:00	Thurs	Beeston Library	FREE	★
English - Entry Level Functional Skills	01/03/24	26/07/24	09:30	12:30	Fri	Beeston Library	FREE	
English - Functional Skills	19/02/24	22/07/24	09:30	12:30	Mon	Mansfield Central Library	FREE	★
English - Entry Level Functional Skills	29/02/24	25/07/24	13:00	16:00	Thurs	Mansfield Central Library	FREE	★
English - Functional Skills	21/02/24	24/07/24	09:30	12:30	Weds	Newark Buttermarket	FREE	★
English Functional Skills	10/01/24	22/05/24	09:30	12:30	Weds	Online	FREE	★
Grammar and Punctuation Explained	10/01/24	07/02/24	14:00	16:00	Weds	Online	FREE/£30	
ESOL Everyday English Part 2	11/01/24	02/08/24	09:30	11:30	Thurs	Online	FREE	
English Functional Skills	20/02/24	23/07/24	10:00	13:00	Tues	Online	FREE	★
English Functional Skills	21/02/24	24/07/24	18:00	20:00	Weds	Online	FREE	★
ESOL Everyday English Part 3	22/02/24	28/03/24	09:30	11:30	Thurs	Online	FREE	
English Functional Skills	22/02/24	25/07/24	10:00	13:00	Thurs	Online	FREE	★
English Functional Skills	22/02/24	25/07/24	13:00	16:00	Thurs	Online	FREE	★
English - Functional Skills	19/02/24	22/07/24	09:30	12:30	Mon	Stapleford Library and Learning Centre	FREE	★
English - Functional Skills	19/02/24	22/07/24	09:30	12:30	Mon	West Bridgford Library	FREE	★

Looking to build your confidence in maths, or maybe you want to gain a qualification?

See our maths and Multiply courses on page 12.



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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.

Course Title	Start Date	End Date	From	To	Day	Venue	Cost*
Makaton Signing for Babies and Families	24/01/24	06/03/24	10:30	11:30	Weds	Arnold Library	FREE/£18
Music Making for Early Years - Food	24/01/24	06/03/24	13:30	14:30	Weds	Arnold Library	FREE/£15
SEND Sensory Story - The Singing Mermaid	22/02/24	22/02/24	10:00	11:30	Thurs	Arnold Library	FREE/£4.50
SEND Sensory Story - The Singing Mermaid	24/02/24	24/02/24	10:00	11:30	Sat	Arnold Library	FREE/£4.50
Peter Rabbit	27/03/24	27/03/24	10:00	11:30	Weds	Arnold Library	FREE/£4.50
Peter Rabbit	27/03/24	27/03/24	13:00	14:30	Weds	Arnold Library	FREE/£4.50
Music Making for Early Years - Food	11/01/24	08/02/24	14:00	15:00	Thurs	Gedling Library	FREE/£15
Makaton Signing for Babies and Families	23/01/24	05/03/24	10:30	11:30	Tues	Gedling Library	FREE/£18
Music Making for Early Years - Story Songs	22/02/24	28/03/24	14:00	15:00	Thurs	Gedling Library	FREE/£15
Music Making for Early Years - Food	11/01/24	08/02/24	11:15	12:15	Thurs	The Good Shepherd Social Centre, Woodthorpe	FREE/£15
Music Making for Early Years - Story Songs	22/02/24	28/03/24	11:15	12:15	Thurs	The Good Shepherd Social Centre, Woodthorpe	FREE/£15
Parenting Skills - Age Birth to 6 Months	08/01/24	05/02/24	13:00	15:00	Mon	Hucknall Library	FREE/£30
Parenting Skills - Age 6 Months to 1 Year	19/02/24	11/03/24	13:00	15:00	Mon	Hucknall Library	FREE/£24
Makaton Signing for Babies and Families	23/01/24	05/03/24	14:00	15:00	Tues	St Johns Centre, Hucknall	FREE/£18
Baby Massage	18/01/24	08/02/24	12:30	14:00	Thurs	The Summit Centre, Kirkby-in-Ashfield	FREE/£18
Baby Massage	18/01/24	08/02/24	09:30	11:00	Thurs	Mansfield Central Library	FREE/£18
Parenting Skills - Age Birth to 1 Year	22/02/24	28/03/24	10:00	12:00	Thurs	Online	FREE/£36
Parenting Skills - Age 1 to 3 Years	22/02/24	28/03/24	13:00	15:00	Thurs	Online	FREE/£36

Get Active

Courses designed to get you moving and learn more about sport, fitness and physiology. Improve your fitness and flexibility or get a qualification in sports coaching.

Course Title	Start Date	End Date	From	To	Day	Venue	Cost*
Get Fit and Flexible	09/01/24	06/02/24	14:00	15:30	Tues	Beeston Library	FREE/£22.50
Get Fit and Flexible	20/02/24	26/03/24	14:00	15:30	Tues	Beeston Library	FREE/£27
Yoga for Osteoporosis	12/01/24	22/03/24	10:00	11:30	Fri	Bingham Library	FREE/£45.
Yoga for Osteoporosis	09/01/24	26/03/24	10:00	11:30	Tues	Millgate Community Centre	FREE/£54
Get Fit and Flexible	11/01/24	08/02/24	10:00	11:30	Thurs	John Godber Centre, Hucknall	FREE/£22.50
Get Fit and Flexible	22/02/24	28/03/24	10:00	11:30	Thurs	John Godber Centre, Hucknall	FREE/£27
Yoga for Wellbeing	11/01/24	08/02/24	13:00	15:00	Thurs	Stapleford Library and Learning Centre	FREE/£30

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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.

Course Title	Start Date	End Date	From	To	Day	Venue	Cost*
Gut Health	12/03/24	26/03/24	14:00	16:00	Tues	Arnold Library	FREE/£18
Facial Peels - An Introduction	10/02/24	10/02/24	10:00	13:00	Sat	Beeston Library	FREE/£9
Hand Reflexology	19/02/24	25/03/24	10:00	12:00	Mon	Beeston Library	FREE/£36
Reiki 2	11/01/24	08/02/24	10:00	12:00	Thurs	Eastwood Library	FREE/£30
Meditation - Next Steps	11/01/24	08/02/24	13:00	15:00	Thurs	Eastwood Library	FREE/£30
Mindfulness for Beginners	09/01/24	06/02/24	13:00	15:00	Tues	Edwinstowe Library	FREE/£30
Meditation for Beginners	12/01/24	09/02/24	10:00	12:00	Fri	Edwinstowe Library	FREE/£30
Mindfulness - Next Steps	20/02/24	26/03/24	12:30	14:30	Tues	Edwinstowe Library	FREE/£36
Indian Head Massage	20/02/24	26/03/24	10:00	12:00	Tues	Edwinstowe Library	FREE/£36
Reiki 1	09/01/24	06/02/24	10:00	12:00	Tues	Hucknall Library	FREE/
Meditation for Beginners	09/01/24	06/02/24	13:00	15:00	Tues	Hucknall Library	FREE/£30
Learn to Relax	27/02/24	26/03/24	10:00	12:00	Tues	Hucknall Library	FREE/£24
Reiki 1	21/02/24	27/03/24	13:30	15:30	Weds	Kirkby-in-Ashfield Library and Learning Centre	FREE/£36
Colour Therapy - An Introduction	09/01/24	06/02/24	10:00	12:00	Tues	Mansfield Central Library	FREE/£30
Reiki 1	10/01/24	07/02/24	12:30	14:30	Weds	Mansfield Central Library	FREE/£30
Reiki 2	21/02/24	27/03/24	12:30	14:30	Weds	Mansfield Central Library	FREE/£36
Indian Head Massage	23/02/24	22/03/24	10:00	12:00	Fri	Mansfield Central Library	FREE/£30
Indian Head Massage	08/01/24	05/02/24	10:00	12:00	Mon	Mansfield Woodhouse Library	FREE/£30
Meditation for Beginners	08/01/24	05/02/24	12:30	14:30	Mon	Mansfield Woodhouse Library	FREE/£30
Learn to Relax	09/01/24	30/01/24	13:00	15:00	Tues	Mansfield Woodhouse Library	FREE/£24
Reflexology - An Introduction	19/02/24	25/03/24	10:00	12:00	Mon	Mansfield Woodhouse Library	FREE/£36
Meditation for Beginners - Next Steps	19/02/24	25/03/24	12:30	14:30	Mon	Mansfield Woodhouse Library	FREE/£36
Vision Boards for Beginners	12/01/24	19/01/24	10:00	12:30	Fri	Newark Buttermarket	FREE/£15
Healthy Eating - Reducing the Risk of Type 2 Diabetes	18/01/24	08/02/24	10:00	12:00	Thurs	Newark Buttermarket	FREE/£24
Healthy Eating - Managing Type 2 Diabetes	22/02/24	14/03/24	10:00	12:00	Thurs	Newark Buttermarket	FREE/£24

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 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!



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

Learn to Relax	08/01/24	05/02/24	10:00	12:00	Mon	Online	FREE/£30
Meditation Next Steps	10/01/24	07/02/24	10:00	12:00	Weds	Online	FREE/£30
History of Holistic Therapies	10/01/24	07/02/24	13:00	15:00	Weds	Online	FREE/£30
Gut Health - Next Steps	17/01/24	31/01/24	10:00	12:00	Weds	Online	FREE/£18
Growth Mindset	20/02/24	26/03/24	18:00	20:00	Tues	Online	FREE/£36
Vision Boards for Beginners	26/01/24	02/02/24	13:30	16:00	Fri	Retford Library	FREE/£15
Vision Boards for Beginners	24/01/24	31/01/24	10:00	12:30	Weds	Southwell Library	FREE/£15
Vision Boards for Beginners	13/01/24	20/01/24	10:00	12:30	Sat	Stapleford Library and Learning Centre	FREE/£15
Reiki 2	22/02/24	28/03/24	10:00	12:00	Thurs	Stapleford Library and Learning Centre	FREE/£36
Meditation and Mindfulness	22/02/24	28/03/24	13:00	15:00	Thurs	Stapleford Library and Learning Centre	FREE/£36
New Year New You	11/01/2024	25/01/2024	10:00	12:00	Thurs	West Bridgford Library	FREE/£18
Meditation and Mindfulness	12/01/2024	09/02/2024	13:30	15:30	Fri	West Bridgford Library	FREE/£30
Gut Health	25/01/2024	08/02/2024	13:00	15:00	Thurs	West Bridgford Library	FREE/£18
Healthy Eating - Reducing the Risk of Type 2 Diabetes	01/03/24	22/03/24	13:00	15:00	Fri	West Bridgford Library	FREE/£24
Meditation and Mindfulness	23/02/24	22/03/24	10:00	12:00	Fri	Worksop Library	FREE/£30
Reiki 2 - Shoden	23/02/24	22/03/24	13:00	15:00	Fri	Worksop Library	FREE/£30

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.



IT & Digital Skills

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

Course Title	Start Date	End Date	From	To	Day	Venue	Cost*
Introduction to Word	08/01/24	04/03/24	10:00	12:30	Mon	Beeston Library	FREE/£60
Digital Skills for ESOL Students	08/01/24	22/07/24	13:00	15:00	Mon	Beeston Library	FREE/£150
Introduction to Excel	11/03/24	20/05/24	10:00	12:30	Mon	Beeston Library	FREE/£60
Computer Skills for Beginners	16/01/24	06/02/24	13:00	15:00	Tues	Kirkby-in-Ashfield Library and Learning Centre	FREE/£24
Shopping Safely Online	17/01/24	17/01/24	10:00	12:30	Weds	Kirkby-in-Ashfield Library and Learning Centre	FREE/£7.50
Photo Editing for Beginners	24/01/24	31/01/24	10:00	12:30	Weds	Kirkby-in-Ashfield Library and Learning Centre	FREE/£15
Photo Editing with Photoshop	24/01/24	07/02/24	13:00	15:00	Weds	Kirkby-in-Ashfield Library and Learning Centre	FREE/£18
Making Effective Powerpoint Presentations Workshop	23/02/24	23/02/24	13:00	16:00	Fri	Kirkby-in-Ashfield Library and Learning Centre	FREE/£9
Confidence with Technology Workshop	01/03/24	01/03/24	13:00	16:00	Fri	Kirkby-in-Ashfield Library and Learning Centre	FREE/£9
Internet Safety Workshop	08/03/24	08/03/24	13:00	16:00	Fri	Kirkby-in-Ashfield Library and Learning Centre	FREE/£9

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Microsoft Office - The Basics	10/01/24	07/02/24	10:00	12:00	Weds	Mansfield Central Library	FREE/£24
Microsoft Office - Next Steps	21/02/24	27/03/24	10:00	12:00	Weds	Mansfield Central Library	FREE/£30
Introduction to Word	10/01/24	28/02/24	12:30	15:30	Weds	Newark Buttermarket	FREE/£21
Photo Editing - Intermediate	21/02/24	06/03/24	10:00	12:00	Weds	Newark Buttermarket	FREE/£18
Shopping Safely Online	13/03/24	13/03/24	09:30	12:30	Weds	Newark Buttermarket	FREE/£9
Coding - An Introduction	09/01/24	06/02/24	10:00	12:30	Tues	Online	FREE/£39
Excel for Work - Basics	15/01/24	29/01/24	19:00	20:30	Mon	Online	FREE
Excel for Work - Intermediate	19/02/24	04/03/24	19:00	20:30	Mon	Online	FREE
NCFE Skills Forward (For New E&M Students)	22/02/24	01/03/24	10:00	11:00	Thurs	Online	FREE
NCFE Skills Forward (For New E&M Students)	22/02/24	01/03/24	16:00	17:00	Thurs	Online	FREE
Excel for Work - Advanced	11/03/24	25/03/24	19:00	20:30	Mon	Online	FREE/£9
Internet Safety for Parents	11/01/24	25/01/24	10:00	12:00	Thurs	Stapleford Library and Learning Centre	FREE/£18
Internet Safety for Adults	11/01/24	01/02/24	13:00	15:00	Thurs	Stapleford Library and Learning Centre	FREE/£24
Digital Skills for ESOL Students	12/01/24	26/07/24	10:00	12:00	Fri	Stapleford Library and Learning Centre	FREE/£150
Introduction to Word	12/01/24	08/03/24	12:30	15:00	Fri	Stapleford Library and Learning Centre	FREE/£60
Shopping Safely Online	08/02/2024	08/02/2024	10:00	12:30	Thurs	Stapleford Library and Learning Centre	FREE/£750
Exploring New and Emerging Digital Technologies	05/03/24	11/06/24	11:30	13:30	Tues	Stapleford Library and Learning Centre	FREE/£72
Confidence with Technology Workshop	12/03/24	12/03/24	09:30	12:00	Tues	Stapleford Library and Learning Centre	FREE/£9
Introduction to Excel	15/03/24	24/05/24	12:30	15:00	Fri	Stapleford Library and Learning Centre	FREE/£60
Introduction to Spreadsheets Workshop	19/03/24	19/03/24	09:30	12:00	Tues	Stapleford Library and Learning Centre	FREE/£9
Buying on Selling Online Workshop	26/03/24	26/03/24	09:30	12:00	Tues	Stapleford Library and Learning Centre	FREE/£9
Introduction to Word	09/01/24	12/03/24	13:00	16:00	Tues	West Bridgford Library	FREE/£60
Introduction to Excel	19/03/24	11/06/24	13:00	16:00	Tues	West Bridgford Library	FREE/£60

Languages

Learn a new language and improve your conversational ability.

Course Title	Start Date	End Date	From	To	Day	Venue	Cost*
Italian for Beginners - Part 2	09/01/24	26/03/24	13:00	15:00	Tues	Newark Buttermarket	FREE/£66
Learn Italian Through Music	10/01/24	27/03/24	13:00	15:00	Weds	Newark Buttermarket	FREE/£66
Italian for Beginners - Next Steps Part 2	11/01/24	28/03/24	13:00	15:00	Thurs	Newark Buttermarket	FREE/£66
Spanish for Beginners - Part 2	08/01/24	25/03/24	14:00	16:00	Mon	Online	FREE/£72
Spanish - Intermediate 2	10/01/24	27/03/24	18:00	20:00	Weds	Online	FREE/£72
Spanish Next Steps 2	12/01/24	29/03/24	14:00	16:00	Fri	Online	FREE/£72
Italian - Next Steps	10/01/24	07/02/24	14:00	16:00	Weds	West Bridgford Library	FREE/£36
Italian - Next Steps	21/02/24	27/03/24	14:00	16:00	Weds	West Bridgford Library	FREE/£36
Italian for Beginners - Part 1	22/02/24	28/03/24	14:00	16:00	Thurs	West Bridgford Library	FREE/£36

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Courses where you receive
a recognised qualification

Maths & 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 build your confidence with Multiply, a range of courses to help build your confidence with maths.

Multiply is a government-funded initiative to help learners gain a Level 2 maths qualification (equivalent to a GCSE C or 4/5). Our courses range from short 2 hour sessions to longer 5, 6 or 12-week courses. All are designed to boost and support your number skills in a relaxed and friendly atmosphere.

Course Title	Start Date	End Date	From	To	Day	Venue	Cost*	
Getting Ready for Functional Maths	12/01/24	09/02/24	10:00	12:00	Fri	Arnold Library	FREE	●
Maths - Functional Skills	21/02/24	17/07/24	18:00	21:00	Weds	Arnold Library	FREE	●★
Introduction to Word	08/01/24	04/03/24	10:00	12:30	Mon	Beeston Library	FREE/£60	●
Digital Skills for ESOL Students	08/01/24	22/07/24	13:00	15:00	Mon	Beeston Library	FREE/£150	●
Introduction to Excel	11/03/24	20/05/24	10:00	12:30	Mon	Beeston Library	FREE/£60	●
Maths - Functional Skills	22/02/24	18/07/24	13:00	16:00	Thurs	Hucknall Library	FREE	●★
Maths - Functional Skills	20/02/24	16/07/24	09:30	12:30	Tues	Kirkby-in-Ashfield Library and Learning Centre	FREE	●★
Getting Ready for Functional Maths	11/01/24	08/02/24	10:00	12:00	Thurs	Mansfield Central Library	FREE	●
Maths for ESOL Learners	11/01/24	08/02/24	13:00	15:00	Thurs	Mansfield Central Library	FREE	●
Maths - Functional Skills	21/02/24	17/07/24	09:30	12:30	Weds	Mansfield Central Library	FREE	●★
Helping Your Child with Primary Maths	22/02/24	21/03/24	10:00	12:00	Thurs	Mansfield Central Library	FREE	●
Maths Fun with Modelling Clay & Papercrafts	22/02/24	21/03/24	13:00	15:00	Thurs	Mansfield Central Library	FREE	●
Getting Ready for Functional Maths	08/01/24	05/02/24	10:00	12:00	Mon	Newark Buttermarket	FREE	●
Maths for ESOL Learners	08/01/24	05/02/24	13:00	15:00	Mon	Newark Buttermarket	FREE	●
Maths - Functional Skills	18/02/24	14/07/24	09:30	12:30	Mon	Newark Buttermarket	FREE	●★
Helping Your Child with Primary Maths	23/02/24	22/03/24	10:00	12:00	Fri	Newark Buttermarket	FREE	●
Maths Fun with Modelling Clay & Papercrafts	23/02/24	22/03/24	13:00	15:00	Fri	Newark Buttermarket	FREE	●
Budgeting Tips & Tricks	08/01/24	05/02/24	10:00	12:00	Mon	Online	FREE	●
Maths for ESOL Learners	08/01/24	05/02/24	13:00	15:00	Mon	Online	FREE	●
Introduction to Maths	08/01/24	05/02/24	14:00	16:00	Mon	Online	FREE	●
Helping Your Child with Primary Maths	09/01/24	06/02/24	10:00	12:00	Tues	Online	FREE	●
Getting Ready for Functional Maths	09/01/24	06/02/24	13:00	15:00	Tues	Online	FREE	●
Maths for ESOL Learners	10/01/24	07/02/24	10:00	12:00	Weds	Online	FREE	●
Maths - Functional Skills	19/02/24	22/07/24	09:30	12:30	Mon	Online	FREE	●★
Budgeting Tips & Tricks	21/02/24	20/03/24	13:00	15:00	Weds	Online	FREE	●
Maths - Functional Skills	22/02/24	18/07/24	09:30	12:30	Thurs	Online	FREE	●★
Support with Functional Maths	22/02/24	21/03/24	10:00	12:00	Thurs	Online	FREE	●
Helping Your Child with Primary Maths	22/02/24	21/03/24	13:00	15:00	Thurs	Online	FREE	●
Getting Ready for Functional Maths	09/01/24	06/02/24	10:00	12:00	Tues	Retford Library	FREE	●
Maths for ESOL Learners	09/01/24	06/02/24	13:00	15:00	Tues	Retford Library	FREE	●
Helping Your Child with Primary Maths	20/02/24	19/03/24	10:00	12:00	Tues	Retford Library	FREE	●

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Maths Fun with Modelling Clay & Papercrafts	20/02/24	19/03/24	13:00	15:00	Tues	Retford Library	FREE	●
Maths - Functional Skills	23/02/24	19/07/24	09:30	12:30	Fri	Retford Library	FREE	●★
Getting Ready for Functional Maths	10/01/24	07/02/24	10:00	12:00	Weds	Sutton in Ashfield Library	FREE	●
Maths for ESOL Learners	10/01/24	07/02/24	13:00	15:00	Weds	Sutton in Ashfield Library	FREE	●
Helping Your Child with Primary Maths	21/02/24	20/03/24	10:00	12:00	Weds	Sutton in Ashfield Library	FREE	●
Maths Fun with Modelling Clay & Papercrafts	21/02/24	20/03/24	13:00	15:00	Weds	Sutton in Ashfield Library	FREE	●
Maths - Functional Skills	19/02/24	22/07/24	13:00	16:00	Mon	West Bridgford Library	FREE	●★
Getting Ready for Functional Maths	08/01/24	05/02/24	10:00	12:00	Mon	Worksop Library	FREE	●
Maths for ESOL Learners	08/01/24	05/02/24	13:00	15:00	Mon	Worksop Library	FREE	●
Helping Your Child with Primary Maths	19/02/24	18/03/24	10:00	12:00	Mon	Worksop Library	FREE	●
Maths Fun with Modelling Clay & Papercrafts	19/02/24	18/03/24	13:00	15:00	Mon	Worksop Library	FREE	●

Multiply

YOUR SKILLS,
YOUR BUDGET
AND 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.



Funded by
UK Government



Free

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

inspireculture.org.uk/multiply

Music

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

Course Title	Start Date	End Date	From	To	Day	Venue	Cost*
Guitar for Beginners - Next Steps	09/01/24	19/03/24	16:30	17:30	Tues	Newark Buttermarket	FREE/£27
Guitar for Beginners	09/01/24	19/03/24	17:45	18:45	Tues	Newark Buttermarket	FREE/£27
Keyboards for Beginners	09/01/24	19/03/24	16:30	17:30	Tues	Online	FREE/£27
Music Theory for Beginners	09/01/24	19/03/24	17:45	18:45	Tues	Online	FREE/£27
Music Theory for Beginners - Next Steps	09/01/24	19/03/24	19:00	20:00	Tues	Online	FREE/£27
Music Theory - Advanced (Grade 4+)	10/01/24	20/03/24	16:00	17:00	Weds	Online	FREE/£27
Media - Next Steps	21/02/24	20/03/24	13:00	15:00	Weds	Online	FREE/£30

Sciences, Social Sciences & Humanities

Take a walk-through history, get political, analyse myths, mind and body. Learn how the world and society works. tune with music theory and history.

Course Title	Start Date	End Date	From	To	Day	Venue	Cost*
Anatomy and Physiology	19/02/24	25/03/24	13:00	15:00	Mon	Beeston Library	FREE/£30
Map-Reading Made Easy	07/03/24	28/03/24	10:00	12:00	Thurs	Beeston Library	FREE/£18
Positive Psychology - An Introduction	12/01/24	09/02/24	10:00	12:00	Fri	Blidworth Library	FREE/£30
Positive Psychology - An Introduction	27/02/24	26/03/24	12:30	14:30	Tues	Hucknall Library	FREE/£24
Nottinghamshire's History	22/02/24	21/03/24	14:00	15:00	Thurs	Mansfield Woodhouse Library	FREE/£15
Bletchley Code Breakers	20/03/24	20/03/24	09:30	12:30	Weds	Newark Buttermarket	FREE/£9
Human Biology - Part 2	09/01/24	06/02/24	18:00	20:30	Tues	Online	FREE/£37.50
Human Biology - Part 1	10/01/24	07/02/24	18:00	20:30	Weds	Online	FREE/£37.50
British Government - How It All Works	15/01/24	29/01/24	18:30	20:30	Mon	Online	FREE/£12
Lets Talk About Racism	18/01/24	08/02/24	18:00	20:00	Thurs	Online	FREE/£24
Body Language	28/01/24	11/02/24	10:30	12:30	Sun	Online	FREE/£18
Human Biology - Part 1	11/01/24	08/02/24	09:30	12:00	Thurs	Online	FREE/£37.50
Human Biology - Part 2	22/02/24	21/03/24	09:30	12:00	Thurs	Online	FREE/£37.50
Trinidad - A Cultural Journey	22/02/24	07/03/24	10:00	12:00	Thurs	Online	FREE/£18
Positive Psychology - An Introduction	26/02/24	25/03/24	10:00	12:00	Mon	Online	FREE/£24
Map Reading Made Easy	05/03/24	26/03/24	18:30	20:30	Tues	Online	FREE/£18
Psychology of Emotions	16/03/24	30/03/24	10:30	12:00	Sat	Online	FREE/£13.50
How to Read People	19/01/24	09/02/24	13:30	15:30	Fri	Stapleford Library and Learning Centre	FREE/£24
Bletchley Code Breakers	08/02/24	08/02/24	13:30	16:00	Thurs	Stapleford Library and Learning Centre	FREE/£7.50
Map-Reading Made Easy	20/02/24	12/03/24	14:00	16:00	Tues	Stapleford Library and Learning Centre	FREE/£18
Nottinghamshire's History	10/01/24	07/02/24	14:00	15:00	Weds	Southwell Library	FREE/£15
Map-Reading Made Easy	06/03/24	27/03/24	13:00	15:00	Weds	Southwell Library	FREE/£18
Researching Family History - An Introduction	13/01/24	17/02/24	10:00	12:00	Sat	Worksop Library	FREE/£36
Map-Reading Made Easy	05/03/24	26/03/24	10:00	12:00	Tues	Worksop Library	FREE/£18

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Career
boosting
coursesGiving
you a
head startProgress
your
educationGetting a
job in your
chosen
industry

Work Skills & Employment

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

Course Title	Start Date	End Date	From	To	Day	Venue	Cost*
Bookkeeping for Beginners	08/01/24	05/02/24	13:00	15:00	Mon	Mansfield Central Library	FREE/£24
Bookkeeping for Beginners - Next Steps	19/02/24	25/03/24	13:00	15:00	Mon	Mansfield Central Library	FREE/£30
Bookkeeping Next Steps	21/02/24	27/03/24	13:00	15:00	Weds	Newark Buttermarket	FREE/£30
Personal Development and Life Coaching	09/01/24	13/02/24	17:00	18:30	Tues	Online	FREE/£27
Expanding Self Awareness	20/02/24	26/03/24	13:00	15:00	Tues	Online	FREE/£36
Personal Development and Life Coaching	20/02/24	26/03/24	17:00	18:30	Tues	Online	FREE/£27

INSPIRE LIBRARIES & BEYOND

Fantasy Issue

WHAT'S ON

ARTS & CULTURE

DECEMBER – MARCH 2024

Our new season is packed full of fantasy & folklore, heritage, reading, theatre, music, exhibitions, film and events for children & families.

WANT TO FIND OUT MORE?
Visit: inspireculture.org.uk/whatson
Email: ask@inspireculture.org.uk
Phone: 01623 677 200
Guide: Pick up a copy in your local library

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 @NottsLibraries
 @InspireCultureNotts

SEE ALL OUR EVENTS

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Nottinghamshire County Council

Supported using public funding by
ARTS COUNCIL ENGLAND

*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

Accredited Courses

If you're looking to progress your career or up-skill, come and talk to us about our superb range of accredited career-boosting courses. We have courses in volunteering, teaching, coding, health, social care or counselling, and business and management.

Course Title	Start Date	End Date	From	To	Day	Venue	Cost*	
Digital Functional Skills (Entry 3)	11/01/24	27/06/24	12:30	15:30	Thurs	Beeston Library	FREE	★
Mental Health Awareness - Level 1 Award	20/02/24	26/03/24	10:00	13:00	Tues	Burton Joyce Library	FREE/£54	★
Spreadsheet Software - Level 2	12/01/24	08/03/24	09:30	12:30	Fri	Kirkby-in-Ashfield Library and Learning Centre	FREE/£63	★
Word Processing Software - Level 1	12/01/24	16/02/24	13:00	16:00	Fri	Kirkby-in-Ashfield Library and Learning Centre	FREE/£45	★
Word Processing Software - Level 1	15/03/24	19/04/24	09:30	12:30	Fri	Kirkby-in-Ashfield Library and Learning Centre	FREE/£45	★
Spreadsheet Software - Level 1	15/03/24	19/04/24	13:00	16:00	Fri	Kirkby-in-Ashfield Library and Learning Centre	FREE/£40.50	★
Understanding Autism - Level 3 Certificate	08/01/24	08/07/24	09:30	16:30	Mon	Online	FREE/£425.25	★
Nutrition and Health - Level 1 Award	08/01/24	07/02/24	14:00	16:00	Mon	Online	FREE/£96.75	★
Mental Health Awareness - Level 2 Certificate	09/01/24	27/03/24	17:00	20:00	Tues	Online	FREE/£292.50	★
Volunteering - Level 1 Award	09/01/24	13/02/24	18:30	20:30	Tues	Online	FREE/£54	★
Awareness of Substance Misuse - Level 1 Award	10/01/24	31/01/24	10:00	13:00	Weds	Online	FREE/£54	★
Diploma in Education and Training (DET) - Level 5	15/01/24	08/12/25	15:00	19:00	Mon	Online	£2,500	★
Understanding Children and Young People's Mental Health - Level 2 Certificate	16/01/24	26/06/24	10:00	13:30	Tues	Online	FREE/£303.75	★

Accredited courses for work, life and leisure

If you're looking to progress your career or up-skill, come and talk to us about our superb range of accredited career-boosting courses.

We have courses in volunteering, teaching, coding, health, social care or counselling, and business and management. Some even have funding available so your course could be fully or part-funded.

Find out more at inspireculture.org.uk/accredited

Get **FREE** careers and benefits advice

*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

Coaching and Mentoring - Level 3 Certificate	16/01/24	11/06/24	10:00	13:00	Tues	Online	FREE/£595	★
Understanding Children and Young People's Mental Health - Level 2 Certificate	16/01/24	26/06/24	16:00	19:00	Tues	Online	FREE/£303.75	★
Award in Education and Training (AET) - Level 3	17/01/24	10/07/24	16:00	19:00	Tues	Online	£495	★
Award in Employability Skills - Level 1	24/01/24	28/02/24	13:00	16:00	Weds	Online	FREE/£117	★
Health and Social Care - Level 2 Certificate	30/01/24	01/05/24	16:00	19:00	Tues	Online	FREE/£405	★
Information, Advice or Guidance (IAG) - Level 3 Certificate	31/01/24	24/07/24	16:00	19:00	Weds	Online	FREE/£800	
Understanding Coding - Level 2 Certificate	20/02/24	17/05/24	09:30	13:00	Tues	Online	FREE/£405	★
Supporting Individuals with Learning Disabilities - Level 3 Award	20/02/24	07/05/24	10:00	13:00	Tues	Online	FREE/£186.75	★
Stress Awareness - Level 1 Award	20/02/24	26/03/24	13:00	16:00	Tues	Online	FREE/£54	★
Volunteering - Level 2 Award	20/02/24	26/03/24	13:00	15:00	Tues	Online	FREE/£90	★
Awareness of Substance Misuse - Level 1 Award	21/02/24	27/03/24	13:00	15:00	Weds	Online	FREE/£54	★
Sowing and Growing Techniques - Level 1 Award	22/02/24	28/03/24	09:30	11:30	Thurs	Online	FREE/£60.75	★
Customer Service in the Hospitality Industry - Level 1 Award	22/02/24	28/03/24	12:30	14:30	Thurs	Online	FREE/£60.75	★
Assessing Vocationally Related Achievement - Level 3 Certificate (NOCN)	05/03/24	10/09/24	13:00	17:00	Tues	Online	£750	★
Mentoring - Level 1 Award	05/03/24	16/07/24	15:00	18:00	Tues	Online	FREE/£135	★
Digital Functional Skills (Entry 3)	08/01/24	24/06/24	12:00	15:00	Mon	Stapleford Library and Learning Centre	FREE	★
Spreadsheet Software - Level 1	20/02/24	26/03/24	13:00	16:00	Tues	Stapleford Library and Learning Centre	FREE/£40.50	★
Mental Health Awareness - Level 1 Award	22/02/24	28/03/24	09:30	12:30	Thurs	Stapleford Library and Learning Centre	FREE/£54	★

TESTIMONIAL

“ I took the creative writing course at West Bridgford Library, where we explored aspects of writing fiction and poetry. I was interested in the course because I wanted to write a book; I used the sessions to hone some ideas I'd had. We were a small group, not like a big lecture theatre!

Our tutor was very approachable and friendly, and very knowledgeable. At the end of the course I was chatting with her and she encouraged me to write a first draft of my book, and said that once I was done, she'd read it for me... and it's now been published! ”

Creative Writing at West Bridgford Library



*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

Online Courses

If you're looking to progress your career or up-skill, come and talk to us about our superb range of accredited career-boosting courses. We have courses in volunteering, teaching, coding, health, social care or counselling, and business and management.

Course Title	Start Date	End Date	From	To	Day	Venue	Cost*
Creative Writing - Write Your Own Story	08/01/24	05/02/24	09:30	11:30	Mon	Online	£30
Learn to Relax	08/01/24	05/02/24	10:00	12:00	Mon	Online	£30
Spanish for Beginners - Part 2	08/01/24	25/03/24	14:00	16:00	Mon	Online	£72
Budgeting Tips & Tricks	08/01/24	05/02/24	10:00	12:00	Mon	Online	FREE
Maths for ESOL Learners	08/01/24	05/02/24	13:00	15:00	Mon	Online	FREE
Introduction to Maths	08/01/24	05/02/24	14:00	16:00	Mon	Online	FREE
Coding - An Introduction	09/01/24	06/02/24	10:00	12:30	Tues	Online	£39
Helping Your Child with Primary Maths	09/01/24	06/02/24	10:00	12:00	Tues	Online	FREE
Getting Ready for Functional Maths	09/01/24	06/02/24	13:00	15:00	Tues	Online	FREE
Keyboards for Beginners	09/01/24	19/03/24	16:30	17:30	Tues	Online	£27
Music Theory for Beginners	09/01/24	19/03/24	17:45	18:45	Tues	Online	£27
Music Theory for Beginners - Next Steps	09/01/24	19/03/24	19:00	20:00	Tues	Online	£27
Human Biology - Part 2	09/01/24	06/02/24	18:00	20:30	Tues	Online	£38
Personal Development and Life Coaching	09/01/24	13/02/24	17:00	18:30	Tues	Online	£27
Creative Writing - Short Stories	10/01/24	07/02/24	13:00	15:00	Weds	Online	£30
English Functional Skills	10/01/24	22/05/24	09:30	12:30	Weds	Online	FREE ★
Grammar and Punctuation Explained	10/01/24	07/02/24	14:00	16:00	Weds	Online	£30
Meditation Next Steps	10/01/24	07/02/24	10:00	12:00	Weds	Online	£30
History of Holistic Therapies	10/01/24	07/02/24	13:00	15:00	Weds	Online	£30
Spanish - Intermediate 2	10/01/24	27/03/24	18:00	20:00	Weds	Online	£72
Maths for ESOL Learners	10/01/24	07/02/24	10:00	12:00	Weds	Online	FREE
Music Theory - Advanced (Grade 4+)	10/01/24	20/03/24	16:00	17:00	Weds	Online	£27
Human Biology - Part 1	10/01/24	07/02/24	18:00	20:30	Weds	Online	£38
ESOL Everyday English Part 2	11/01/24	08/02/24	09:30	11:30	Thurs	Online	FREE
Spanish Next Steps 2	12/01/24	29/03/24	14:00	16:00	Fri	Online	£72
Creative Writing - Crime	13/01/24	10/02/24	10:30	12:30	Sat	Online	£30
Excel for Work - Basics	15/01/24	29/01/24	19:00	20:30	Mon	Online	FREE
British Government - How It All Works	15/01/24	29/01/24	18:30	20:30	Mon	Online	£12
Mindful Art for Nature	17/01/24	07/02/24	10:00	12:00	Weds	Online	£18
Gut Health - Next Steps	17/01/24	31/01/24	10:00	12:00	Weds	Online	£18
Lets Talk About Racism	18/01/24	08/02/24	18:00	20:00	Thurs	Online	£24
Body Language	28/01/24	11/02/24	10:30	12:30	Sun	Online	£18
Creative Writing - Snapshots	19/02/24	25/03/24	09:30	11:30	Mon	Online	£36
Excel for Work - Intermediate	19/02/24	04/03/24	19:00	20:30	Mon	Online	FREE
Maths - Functional Skills	19/02/24	22/07/24	09:30	12:30	Mon	Online	FREE ★
English Functional Skills	20/02/24	23/07/24	10:00	13:00	Tues	Online	FREE ★
Growth Mindset	20/02/24	26/03/24	18:00	20:00	Tues	Online	£36
Expanding Self Awareness	20/02/24	26/03/24	13:00	15:00	Tues	Online	£36
Personal Development and Life Coaching	20/02/24	26/03/24	17:00	18:30	Tues	Online	£27
Art Explored	21/02/24	27/03/24	10:00	12:00	Weds	Online	£36
Creative Writing - Poetry	21/02/24	27/03/24	13:00	15:00	Weds	Online	£36
English Functional Skills	21/02/24	24/07/24	18:00	20:00	Weds	Online	FREE ★
Budgeting Tips & Tricks	21/02/24	20/03/24	13:00	15:00	Weds	Online	FREE
Media - Next Steps	21/02/24	20/03/24	13:00	15:00	Weds	Online	£30
Human Biology - Part 2	21/02/24	20/03/24	18:00	20:30	Weds	Online	£38
ESOL Everyday English Part 3	22/02/24	28/03/24	09:30	11:30	Thurs	Online	FREE
English Functional Skills	22/02/24	25/07/24	10:00	13:00	Thurs	Online	FREE ★
English Functional Skills	22/02/24	25/07/24	13:00	16:00	Thurs	Online	FREE ★
Parenting Skills - Age Birth to 1 Year	22/02/24	28/03/24	10:00	12:00	Thurs	Online	£36
Parenting Skills - Age 1 to 3 Years	22/02/24	28/03/24	13:00	15:00	Thurs	Online	£36
NCFE Skills Forward (For New E&M Students)	22/02/24	01/03/24	10:00	11:00	Thurs	Online	FREE
NCFE Skills Forward (For New E&M Students)	22/02/24	01/03/24	16:00	17:00	Thurs	Online	FREE
Maths - Functional Skills	22/02/24	18/07/24	09:30	12:30	Thurs	Online	FREE ★
Support with Functional Maths	22/02/24	21/03/24	10:00	12:00	Thurs	Online	FREE
Helping Your Child with Primary Maths	22/02/24	21/03/24	13:00	15:00	Thurs	Online	FREE
Trinidad - A Cultural Journey	22/02/24	07/03/24	10:00	12:00	Thurs	Online	£18
Blogging for Beginners	24/02/24	09/03/24	10:30	12:00	Sat	Online	£14
Positive Psychology - An Introduction	26/02/24	25/03/24	10:00	12:00	Mon	Online	£24
Map Reading Made Easy	05/03/24	26/03/24	18:30	20:30	Tues	Online	£18
Excel for Work - Advanced	11/03/24	25/03/24	19:00	20:30	Mon	Online	£9
Psychology of Emotions	16/03/24	30/03/24	10:30	12:00	Sat	Online	£14

*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



Inspire Stapleford Library and Learning Centre

What will you discover at our newly refurbished Library and Learning Centres, in Stapleford and Kirkby-in-Ashfield?

Join us for a range of events, activities, workshops and courses at your newly refurbished Library and Learning Centres, in Stapleford and Kirkby-in-Ashfield.

You'll discover a fantastic choice of courses delivered by our team of friendly tutors, ready to introduce you to digital skills, photo editing and crafts, in our brand-new learning spaces.

Visit inspireculture.org.uk/stapleford
and inspireculture.org.uk/kirkbyinashfield



You'll also find a whole range of services for local businesses, including workspaces, meeting spaces, conference facilities, training rooms and accredited courses, free access to databases, how to books, WiFi, computers and more!

Maths skills for community groups – empower your community!

Our Multiply courses are maths themed sessions run at Inspire venues across Nottinghamshire. The sessions are for anyone who doesn't feel confident with numbers – and we can bring these sessions to you!

If you run or attend a local community group and you think your members could benefit from support with their maths skills, get in touch. You might be a class for new parents, a programme that helps people get back into work, or a support group for people who don't speak English as a first language.

Our friendly tutors can visit you and help build confidence in using numbers at work or in everyday life. These relaxed, informal courses are for people aged 19+ who do not already have a GCSE at grade C (or equivalent) in maths.

For more information, please email
multiply@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

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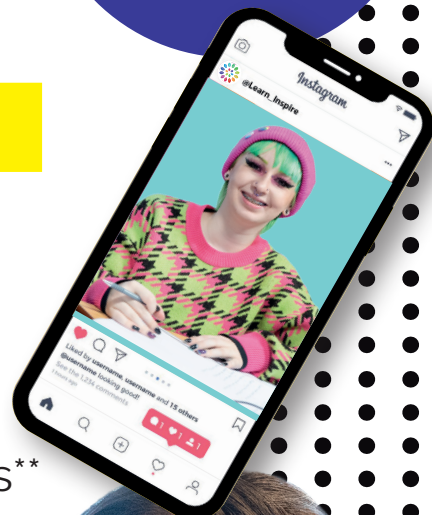


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Supporting your studies, supporting your success!

- Achieve your goals with Inspiring courses
- GCSE resits in English and maths
- Supportive tutors
- Volunteering, work placements and traineeships**
- Our GCSE resit pass rate is above the national average!



Not sure of your next steps?

Find out more about our inspiring courses, hear from students and staff, and more in our prospectus!

*Child benefit not affected

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