Adult Learning Course Guide Summer 2025

 **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 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.

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.

**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 £3.50 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.

**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.

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* [Science, Social Sciences & Humanities](file:///C%3A%5CUsers%5Csr400%5CDownloads%5CPlain_Text_Course_Guide_Autumn_2024.docx#_Science,_Social_Science)
* [Accredited Courses](file:///C%3A%5CUsers%5Csr400%5CDownloads%5CPlain_Text_Course_Guide_Autumn_2024.docx#_Accredited_Courses)

# [**Arts & Crafts**](https://www.inspireculture.org.uk/skills-learning/arts-crafts-courses/)

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

**ARNOLD LIBRARY**

Machine Sewing for Beginners – Bags from 22/04/2025 to 20/05/2025

Machine Sewing for Beginners – Cushions from 22/04/2025 to 20/05/2025

Crochet - Summer Designs from 23/04/2025 to 21/05/2025

Art Mixed Media from 02/06/2025 to 07/07/2025

Indian Block Printing from 04/06/2025 to 11/06/2025

Beadweaving Jewellery for Beginners from 06/06/2025 to 20/06/2025

Calligraphy for Beginners from 09/06/2025 to 14/07/2025

Creating Clay Animation for Beginners from 24/06/2025 to 01/07/2025

Beadweaving Jewellery Next Steps from 27/06/2025 to 11/07/2025

Gel Plate Printing from 02/07/2025 to 16/07/2025

**BEESTON LIBRARY**

Art Mixed Media Next Steps from 23/04/2025 to 21/05/2025

Paper Stencil Screen Printing from 23/04/2025 to 21/05/2025

Ceramics for Beginners from 25/04/2025 to 23/05/2025

Drawing and Painting using Frottage from 25/04/2025 to 23/05/2025

Gel Plate Printing from 26/04/2025 to 10/05/2025

Indian Block Printing from 26/04/2025 to 10/05/2025

Creative Printing 17/05/2025

Art - Personal Projects (Landscapes, Cityscapes, Still Life) from 04/06/2025 to 09/07/2025

Print and Stitch for Beginners from 04/06/2025 to 09/07/2025

Ceramics Next Steps from 06/06/2025 to 11/07/2025

Drawing and Sketching for Beginners from 06/06/2025 to 11/07/2025

**BINGHAM LIBRARY**

Bobbin Lace for Beginners from 30/06/2025 to 14/07/2025

**BURTON JOYCE LIBRARY**

Mixed Media - Collage Landscapes from 12/05/2025 to 09/06/2025

Bobbin Lace for Beginners from 07/07/2025 to 21/07/2025

**CARLTON FIRE STATION**

Sculpture for Beginners from 24/04/2025 to 22/05/2025

Drawing and Painting using Frottage from 24/04/2025 to 22/05/2025

**EDWINSTOWE LIBRARY**

Nature Journalling from 22/04/2025 to 20/05/2025

Crochet for Beginners from 06/06/2025 to 11/07/2025

Crochet - Granny Squares from 06/06/2025 to 11/07/2025

**HIGH PAVEMENT HOUSE, SUTTON-IN-ASHFIELD**

Painting à la Matisse from 25/04/2025 to 23/05/2025

Garden Painting - Beginners from 25/04/2025 to 23/05/2025

Macrame for Beginners from 02/05/2025 to 16/05/2025

Bobbin Lace for Beginners from 02/05/2025 to 16/05/2025

Decoupage for Beginners from 05/06/2025 to 10/07/2025

Clay Modelling for Beginners from 05/06/2025 to 10/07/2025

Painting à la Klimt from 06/06/2025 to 11/07/2025

Garden Painting - Next Steps from 06/06/2025 to 11/07/2025

**HUCKNALL LIBRARY**

Beadweaving Jewellery for Beginners from 22/04/2025 to 06/05/2025

Needle Felting for Beginners from 22/04/2025 to 06/05/2025

Calligraphy for Beginners from 23/04/2025 to 21/05/2025

Crochet - Summer Designs from 25/04/2025 to 23/05/2025

Beadweaving Jewellery Next Steps from 13/05/2025 to 27/05/2025

Needle Felting Next Steps from 13/05/2025 to 27/05/2025

Creating Clay Animation for Beginners from 03/06/2025 to 17/06/2025

Calligraphy Next Steps - Uncial and Gothic from 04/06/2025 to 25/06/2025

Gel Plate Printing from 04/07/2025 to 18/07/2025

**KIRKBY-IN-ASHFIELD LIBRARY AND LEARNING CENTRE**

Machine Sewing for Beginners - Cushions from 24/04/2025 to 22/05/2025

Gel Plate Printing on 02/06/2025

Indian Block Printing on 09/06/2025

**MANSFIELD CENTRAL LIBRARY**

Needle Felting for Beginners from 25/04/2025 to 09/05/2025

Bead Weaving Jewellery for Beginners from 25/04/2025 to 09/05/2025

Gel Plate Printing from 27/04/2025 to 11/05/2025

Needle Felting - Next Steps from 16/05/2025 to 30/05/2025

Bead Weaving Jewellery - Next Steps from 16/05/2025 to 30/05/2025

Ink Drawing from 02/06/2025 to 07/07/2025

Drawing and Painting Nature from 02/06/2025 to 07/07/2025

Sewing Machines for Beginners – Bags from 05/06/2025 to 10/07/2025

Machine Sewing for Beginners – Cushions from 05/06/2025 to 10/07/2025

**MANSFIELD WOODHOUSE LIBRARY**

Floral Abstractions - Beginners from 24/04/2025 to 22/05/2025

Drawing and Painting Nature from 24/04/2025 to 22/05/2025

Impressionist Painting in Acrylics from 03/06/2025 to 08/07/2025

Collage and Mixed Media from 03/06/2025 to 08/07/2025

Macrame Jewellery from 05/06/2025 to 12/06/2025

Bobbin Lace - Torchon from 05/06/2025 to 12/06/2025

Gel Plate Printing from 03/07/2025 to 17/07/2025

Book Making from 03/07/2025 to 17/07/2025

**NEWARK BUTTERMARKET**

Art Next Steps from 22/04/2025 to 20/05/2025

Hand Sewn Felt: Butterflies and Moths from 24/04/2025 to 22/05/2025

Drawing for Beginners in Pen from 24/04/2025 to 17/07/2025

Watercolour Painting for Beginners from 24/04/2025 to 05/06/2025

Machine Sewing for Beginners - Bags from 26/04/2025 to 24/05/2025

Machine Sewing for Beginners – Cushions from 26/04/2025 to 24/05/2025

Indian Block Printing - Print and Stitch from 30/04/2025 to 21/05/2025

Indian Block Printing - Print and Patchwork from 30/04/2025 to 21/05/2025

Paper Crafts from 13/05/2025 to 10/06/2025

Art - Mixed Media from 03/06/2025 to 08/07/2025

Hand Sewn Felt: Flowers and Birds from 05/06/2025 to 10/07/2025

Indian Block Printing on 06/06/2025

Watercolour Painting for Beginners - Next Steps from 12/06/2025 to 17/07/2025

Indian Block Printing - Print and Patchwork on 13/06/2025

**ONLINE**

Art Explored from 23/04/2025 to 21/05/2025

Art for Beginners from 29/04/2025 to 20/05/2025

Animals in Art from 30/04/2025 to 21/05/2025

**RAVENSHEAD LIBRARY**

Painting à la Van Gogh from 22/04/2025 to 20/05/2025

Semi-Abstract Landscape Painting from 22/04/2025 to 20/05/2025

Beadweaving Jewellery for Beginners from 06/06/2025 to 20/06/2025

Beadweaving Jewellery Next Steps from 27/06/2025 to 11/07/2025

**RETFORD LIBRARY**

Book Folding on 05/07/2025

**SOUTHWELL LIBRARY**

Floral Painting in Acrylic from 23/04/2025 to 14/05/2025

Watercolour Painting for Beginners from 23/04/2025 to 21/05/2025

Abstract Landscape Painting from 23/04/2025 to 21/05/2025

Macrame for Beginners on 28/04/2025

Indian Block Printing on 12/05/2025

Indian Block Printing - Print and Patchwork on 19/05/2025

Contemporary Lansdscape Painting from 04/06/2025 to 09/07/2025

Contemporary Still Life from 04/06/2025 to 09/07/2025

**STAPLEFORD LIBRARY AND LEARNING CENTRE**

Art Next Steps from 25/04/2025 to 23/05/2025

Macrame for Beginners on 01/05/2025

Macrame Jewellery from 08/05/2025 to 22/05/2025

Bobbin Lace for Beginners from 08/05/2025 to 22/05/2025

Photography for Wellbeing on 16/05/2025

Needle Felting for Beginners from 02/06/2025 to 16/06/2025

Machine Sewing for Beginners - Bags from 02/06/2025 to 07/07/2025

Beadweaving Jewellery for Beginners from 02/06/2025 to 16/06/2025

Machine Sewing for Beginners - Cushions from 02/06/2025 to 07/07/2025

Ceramics for Beginners from 05/06/2025 to 10/07/2025

Sculpture for Beginners from 05/06/2025 to 10/07/2025

Art Mixed Media from 06/06/2025 to 11/07/2025

Needle Felting Next Steps from 23/06/2025 to 07/07/2025

Beadweaving Jewellery Next Steps from 23/06/2025 to 07/07/2025

**ST MARKS CHURCH, WOODTHORPE**

Mixed Media - Collage Landscapes from 12/05/2025 to 09/06/2025

**WEST BRIDGFORD LIBRARY**

Ikebana Japanese Flower Arranging from 01/05/2025 to 22/05/2025

Summer Flower Arranging from 05/06/2025 to 26/06/2025

Gel Plate Printing on 07/06/2025

Indian Block Printing on 14/06/2025

Indian Block Printing - Print and Stitch from 05/07/2025 to 26/07/2025

Indian Block Printing - Print and Patch from 05/07/2025 to 26/07/2025

**WEST BRIDGFORD METHODIST CHURCH**

Art Mixed Media Next Steps from 24/04/2025 to 22/05/2025

Mixed Media Printmaking (Monoprints and Collagraphs) from 24/04/2025 to 22/05/2025

Art - Personal Projects (Landscapes, Cityscapes, Still Life) from 05/06/2025 to 10/07/2025

Print and Stitch for Beginners from 05/06/2025 to 10/07/2025

**WORKSOP LIBRARY**

Macrame for Beginners from 08/06/2025 to 15/06/2025

Book Folding on 21/06/2025

Indian Block Printing - Print and Stitch from 06/07/2025 to 27/07/2025

# **Cooking**

Rediscover the joy of cooking with our tasty courses! From delicious tray bakes and treats to cuisines from around the world, there’s something to suit every taste.

**HIGH PAVEMENT HOUSE, SUTTON-IN-ASHFIELD**

Cooking - Family Meals - Spring into Summer from 24/04/2025 to 22/05/2025

Cupcake Toppers – Makeup on 24/04/2025

Baking - Biscuits on 01/05/2025

Baking – Cookies on 08/05/2025

Cooking - Family Meals - Making a Mezze from 05/06/2025 to 10/07/2025

Cooking - West Indian - Cutters (Tapas) from 19/06/2025 to 10/07/2025

Cooking - Spanish from 26/06/2025 to 24/07/2025

**HOCKERTON HOUSING PROJECT**

Sow, Cook, Eat - Part 2 from 25/04/2025 to 09/05/2025

**MANSFIELD CENTRAL LIBRARY**

Sugar Craft - Quilted Cupcake Toppers on 28/04/2025

Sugar Craft - Cherry Blossom from 12/05/2025 to 19/05/2025

Sugar Craft - Fondant Fruit on 02/06/2025

Sugar Craft - Cosmos Flowers from 23/06/2025 to 14/07/2025

**MANSFIELD WOODHOUSE LIBRARY**

Sugar Craft - Magnolias from 22/04/2025 to 20/05/2025

Sugar Craft - Fondant Vegetables on 03/06/2025

Sugar Craft - Piping and Flooding from 24/06/2025 to 15/07/2025

# [**Creative Writing & Literature**](https://www.inspireculture.org.uk/skills-learning/creative-writing-literature-courses/)

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

**EDWINSTOWE LIBRARY**

Poetry for Beginners from 25/04/2025 to 23/05/2025

**ONLINE**

Creative Writing - Poetry from 22/04/2025 to 20/05/2025

Creative Writing - Short Stories from 03/05/2025 to 24/05/2025

Creative Writing - Folk Tales from 03/06/2025 to 08/07/2025

**RAVENSHEAD LIBRARY**

Nottinghamshire’s Women Writers from 08/05/2025 to 15/05/2025

**SOUTHWELL LIBRARY**

Byron and Lawrence from 24/04/2025 to 22/05/2025

John Keats’ Poetry from 05/06/2025 to 10/07/2025

**WEST BRIDGFORD LIBRARY**

James Joyce Explored from 25/04/2025 to 23/05/2025

Shakespeare - Heroes and Villains from 06/06/2025 to 11/07/2025

**WORKSOP LIBRARY**

Poetry for Beginners from 02/06/2025 to 07/07/2025

Creative Writing - Short Stories from 07/06/2025 to 21/06/2025

# [**Employability & Work Skills**](https://www.inspireculture.org.uk/skills-learning/work-skills-employment-courses/)

Courses to enhance your employability prospects, for a variety of workplaces.

**BEESTON LIBRARY**

Bookkeeping Next Steps from 24/04/2025 to 22/05/2025

**NEWARK BUTTERMARKET**

Bookkeeping for Beginners from 23/04/2025 to 21/05/2025

Bookkeeping for Beginners - Next Steps from 04/06/2025 to 09/07/2025

**ONLINE**

Sales Skills - An Introduction from 04/06/2025 to 09/07/2025

**WEST BRIDGFORD LIBRARY**

Career Coaching from 29/04/2025 to 20/05/2025

Setting Up a Holistic Business on 16/07/2025

**WORKSOP LIBRARY**

Setting up a Holistic Business on 17/07/2025

# [**English & ESOL**](https://www.inspireculture.org.uk/skills-learning/english-esol-courses/)

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 if English is not your first language.

**NEWARK BUTTERMARKET**

ESOL: Beginner Writing Skills from 28/04/2025 to 14/07/2025

**ONLINE**

English Functional Skills Intensive from 22/04/2025 to 09/07/2025

Grammar and Punctuation from 22/04/2025 to 20/05/2025

ESOL Everyday English for Beginners Part 4 from 24/04/2025 to 22/05/2025

ESOL - Everyday English for Beginners from 19/06/2025 to 24/07/2025

## [**Family Learning**](https://www.inspireculture.org.uk/skills-learning/online-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.

**ARNOLD LIBRARY**

Music Making for Early Years - Space from 23/04/2025 to 21/05/2025

Music Making for Early Years - Animals from 04/06/2025 to 09/07/2025

**GEDLING LIBRARY**

Music Making for Early Years - Space from 24/04/2025 to 22/05/2025

Makaton Signing for Babies and Families from 05/06/2025 to 10/07/2025

Music Making for Early Years - Animals from 05/06/2025 to 10/07/2025

**MANSFIELD CENTRAL LIBRARY**

Music and Signing (BSL) for 0-3 Years from 25/04/2025 to 23/05/2025

Autism - All About Me from 25/04/2025 to 23/05/2025

Baby Massage - 8 Weeks to Mobile from 29/04/2025 to 20/05/2025

Baby Massage - 8 Weeks to Mobile from 03/06/2025 to 24/06/2025

**MANSFIELD WOODHOUSE LIBRARY**

Autism - All About Me from 22/04/2025 to 20/05/2025

Music and Signing (BSL) for 0-3 Years from 22/04/2025 to 20/05/2025

**SOUTHWELL LIBRARY**

Music and Signing (BSL) for 0-3 Years from 03/06/2025 to 08/07/2025

Autism - All About Me from 03/06/2025 to 08/07/2025

**WOODTHORPE LIBRARY**

Music Making for Early Years – Animals from 02/06/2025 to 07/07/2025

**WORKSOP LIBRARY**

Autism - All About Me from 06/06/2025 to 11/07/2025

Music and Signing (BSL) for 0-3 Years from 06/06/2025 to 11/07/2025

# [**Health & Wellbeing**](https://www.inspireculture.org.uk/skills-learning/online-health-and-wellbeing-courses/)

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.

**ARNOLD LIBRARY**

Meditation to Support Better Sleep from 25/04/2025 to 23/05/2025

Holistic Therapies Explored from 25/04/2025 to 23/05/2025

Facial Peels - An Introduction on 26/04/2025

Healthy Gut Healthy Mind from 20/06/2025 to 11/07/2025

**BEESTON LIBRARY**

Managing Type 2 Diabetes from 23/04/2025 to 14/05/2025

Hand Reflexology from 24/04/2025 to 22/05/2025

**BINGHAM LIBRARY**

Yoga for Osteoporosis from 25/04/2025 to 11/07/2025

**EDWINSTOWE LIBRARY**

Soundscapes for Beginners from 25/04/2025 to 23/05/2025

**HIGH PAVEMENT HOUSE, SUTTON-IN-ASHFIELD**

Dream Exploration from 24/04/2025 to 22/05/2025

Meditation to Support Better Sleep from 24/04/2025 to 22/05/2025

Reiki 1 from 07/06/2025 to 12/07/2025

**JOHN GODBER CENTRE, HUCKNALL**

Complementary Therapies Explored from 04/06/2025 to 09/07/2025

**MILLGATE COMMUNITY CENTRE, NEWARK**

Yoga for Osteoporosis from 22/04/2025 to 08/07/2025

**MANSFIELD CENTRAL LIBRARY**

Reiki 1 from 22/04/2025 to 20/05/2025

Indian Head Massage for Beginners from 22/04/2025 to 20/05/2025

Hand Reflexology from 23/04/2025 to 21/05/2025

Mindfulness for Beginners from 24/04/2025 to 22/05/2025

Colour Therapy - An Introduction from 24/04/2025 to 22/05/2025

Reiki 2 from 03/06/2025 to 08/07/2025

Reflexology for Beginners from 03/06/2025 to 08/07/2025

Indian Head Massage for Beginners from 04/06/2025 to 09/07/2025

Meditation for Beginners from 04/06/2025 to 09/07/2025

**MANSFIELD WOODHOUSE LIBRARY**

Mindfulness for Beginners from 02/06/2025 to 07/07/2025

Colour Therapy - An Introduction from 02/06/2025 to 07/07/2025

**OLLERTON LIBRARY**

Singing for Wellbeing from 06/06/2025 to 11/07/2025

Soundscapes for Beginners from 06/06/2025 to 11/07/2025

**ONLINE**

Feng Shui from 22/04/2025 to 20/05/2025

Meditation and Mindfulness from 22/04/2025 to 20/05/2025

Learn to Relax from 25/04/2025 to 23/05/2025

Positive Psychology from 25/04/2025 to 23/05/2025

Positive Psychology from 03/06/2025 to 01/07/2025

Learn to Relax from 03/06/2025 to 01/07/2025

Diet and Nutrition - An Introduction from 03/06/2025 to 08/07/2025

**STAPLEFORD LIBRARY AND LEARNING CENTRE**

Reiki 1 from 05/06/2025 to 10/07/2025

Meditation and Mindfulness from 05/06/2025 to 10/07/2025 Hand Reflexology - An Introduction from 05/06/2025 to 10/07/2025

**WEST BRIDGFORD LIBRARY**

Meditation and Mindfulness from 23/04/2025 to 21/05/2025

Holistic Therapies Explored from 23/04/2025 to 21/05/2025

Health and Wellbeing - Cultural Explorations from 04/06/2025 to 09/07/2025

Reiki 1 from 04/06/2025 to 09/07/2025

Reducing the Risk of Type 2 Diabetes from 18/06/2025 to 09/07/2025

**WEST BRIDGFORD METHODIST CHURCH**

Yoga for Osteoporosis from 25/04/2025 to 11/07/2025

**WORKSOP LIBRARY**

Learn to Relax from 24/04/2025 to 22/05/2025

Soundscapes for Beginners from 02/06/2025 to 07/07/2025

Elemental Meditation from 03/06/2025 to 08/07/2025

Holistic Therapies Explored from 03/06/2025 to 08/07/2025

Positive Mind - Positive Life from 05/06/2025 to 03/07/2025

Meditation to Support Better Sleep from 06/06/2025 to 11/07/2025

Health and Wellbeing - Cultural Explorations from 06/06/2025 to 11/07/2025

# [**IT & Digital Skills**](https://www.inspireculture.org.uk/skills-learning/it-digital-skills-courses/)

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

**ARNOLD LIBRARY**

Word Processing for Beginners from 23/04/2025 to 21/05/2025

Computer and Internet Basics from 23/04/2025 to 14/05/2025

Online Safety and Avoiding Internet Scams from 04/06/2025 to 11/06/2025

Word Processing (Intermediate) from 24/06/2025 to 01/07/2025

Digital Crafts: AI Generated Images for Beginners on 03/07/2025

AI (ChatGPT) for Meal Planning on 03/07/2025

Animation for Beginners (Next Steps) from 08/07/2025 to 29/07/2025

Online Safety and Avoiding Internet Scams from 16/07/2025 to 23/07/2025

Coding for Beginners (Python) from 23/07/2025 to 30/07/2025

**BEESTON LIBRARY**

Coding for Beginners (Python) from 23/04/2025 to 21/05/2025

Computer and Internet Basics from 24/04/2025 to 15/05/2025

Online Basics from 24/04/2025 to 22/05/2025

Digital Crafts for Beginners from 09/05/2025 to 23/05/2025

Computer and Internet Basics from 02/06/2025 to 07/07/2025

PowerPoint Presentations for Beginners from 05/06/2025 to 26/06/2025

Word Processing for Beginners from 06/06/2025 to 27/06/2025

Computer and Internet Basics from 03/07/2025 to 24/07/2025

Digital Skills for Wellbeing (incl. AI Meal Planning) from 04/07/2025 to 25/07/2025

**HIGH PAVEMENT HOUSE, SUTTON-IN-ASHFIELD**

Excel Spreadsheets for Work (Beginners) on 23/05/2025

**HUCKNALL LIBRARY**

Word Processing for Beginners from 25/04/2025 to 23/05/2025

PowerPoint Presentations for Beginners from 03/06/2025 to 17/06/2025

Creating Clay Animation for Beginners from 03/06/2025 to 17/06/2025

**MANSFIELD CENTRAL LIBRARY**

Excel Spreadsheets for Work (Intermediate) from 04/04/2025 to 11/04/2025

Computer and Internet Basics from 11/07/2025 to 25/07/2025

**NEWARK BUTTERMARKET**

Digital Skills for Wellbeing on 06/05/2025

AI ChatGPT for Meal Planning on 06/05/2025

Computer and Internet Basics from 13/05/2025 to 20/05/2025

Digital Skills: Creating a Vision Board from 03/06/2025 to 10/06/2025

Word Processing for Beginners from 17/06/2025 to 08/07/2025

Excel For Beginners from 15/07/2025 to 22/07/2025

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Excel Spreadsheets for Work (Intermediate) from 22/04/2025 to 06/05/2025

Coding for Beginners (Python) from 22/04/2025 to 20/05/2025

Outlook Emails (tips for work) from 13/05/2025 to 20/05/2025

Excel Spreadsheets for Work (Beginners) from 13/05/2025 to 20/05/2025

Digital Crafts: AI Generated Images for Beginners from 03/06/2025 to 17/06/2025

Digital Skills for Wellbeing from 03/06/2025 to 10/06/2025

Excel Charts for Beginners from 17/06/2025 to 24/06/2025

Online Basics from 24/06/2025 to 08/07/2025

Digital Skills for Wellbeing from 01/07/2025 to 08/07/2025

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PowerPoint Presentations for Beginners from 15/07/2025 to 22/07/2025

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Coding for Beginners (Python) from 22/04/2025 to 20/05/2025

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PowerPoint Presentations for Beginners from 22/04/2025 to 20/05/2025

Excel Spreadsheets (Intermediate) from 03/06/2025 to 08/07/2025

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Excel Spreadsheets for Work (Beginners) from 28/05/2025 to 11/06/2025

Word Processing for Beginners from 25/06/2025 to 09/07/2025

# [**Languages**](https://www.inspireculture.org.uk/skills-learning/languages-courses/)

Learn a new language and improve your conversational ability.

**BINGHAM LIBRARY**

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Italian for Beginners - Part 3 from 23/04/2025 to 16/07/2025

Conversational French from 25/04/2025 to 23/05/2025

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Spanish for Beginners - Part 3 from 14/04/2025 to 21/07/2025

Spanish Intermediate - Part 3 from 23/04/2025 to 09/07/202

Spanish Next Steps - Part 3 from 25/04/2025 to 18/07/2025

**SOUTHWELL LIBRARY**

Conversational French from 22/04/2025 to 20/05/2025 [**Maths & Multiply**](https://www.inspireculture.org.uk/skills-learning/maths-courses/)

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.

**ONLINE**

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Develop your musical talent with us. Learn an instrument or get in tune with music theory.

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Keyboards for Beginners from 22/04/2025 to 01/07/2025

Music Theory for Beginners from 22/04/2025 to 01/07/2025

Music Theory for Beginners - Next Steps from 22/04/2025 to 01/07/2025

Advanced Music Theory from 23/04/2025 to 02/07/2025

# [**Science, Social Science & Humanities**](https://www.inspireculture.org.uk/skills-learning/science-social-sciences-humanities-courses/)

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Evolutionary Psychology from 13/05/2025 to 27/05/2025

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Map Reading in Practice on 20/06/2025

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Nottinghamshire’s History from 23/04/2025 to 21/05/2025

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History of Computers on 01/05/2025

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Anatomy and Physiology from 02/06/2025 to 07/07/2025

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Nottinghamshire’s History from 04/06/2025 to 02/07/2025

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Nottinghamshire’s Women Writers from 25/04/2025 to 02/05/2025

**WEST BRIDGFORD LIBRARY**

Bletchley Code Breakers on 10/07/2025

Alan Turing - Complete on 10/07/2025

# [**Accredited Courses**](https://www.inspireculture.org.uk/skills-learning/accredited-courses-level-1-and-2/)

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 teaching, health, social care or counselling, and business and management.

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