

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, health, social care or counselling, and business and management. Many even have funding available so your course could be fully or part-funded. All available online.



Visit our website for more info and to see our full range of accredited courses [INSPIRE CULTURE.ORG.UK/ACCREDITED](https://inspireculture.org.uk/accruited)

COURSES	Starts	Ends	From	To	Day	Cost	
Online							
Awareness of Substance Misuse - Level 1 Award	03/09/2025	24/09/2025	10:00	13:00	Weds	FREE/£72	★
Access to HE Health and Social Care Level 3	10/09/2025	11/06/2026	09:30	14:30	Weds & Thurs	FREE/£3,384	★
Preparing to Work in Schools - Level 1 Award	08/09/2025	08/12/2025	09:30	14:30	Mon	FREE/£188	★
Information, Advice or Guidance (IAG) - Level 3 Certificate	08/09/2025	02/03/2026	16:00	19:00	Mon	FREE/£800	★
Mental Health Awareness - Level 1 Award	09/09/2025	14/10/2025	10:00	13:00	Tues	FREE/£96	★
Counselling Skills - Level 2 Certificate	09/09/2025	01/09/2026	15:00	19:00	Tues & Fri	FREE/£480	★
Introduction to Health and Social Care - Level 1 Award	09/09/2025	14/10/2025	17:30	20:00	Tues	FREE/£76	★
Health and Safety Awareness - Level 1	09/09/2025	14/10/2025	18:30	20:30	Tues	FREE/£72	★
Stress Awareness - Level 1 Award	10/09/2025	15/10/2025	10:00	13:00	Weds	FREE/£96	★
Support Work in Schools and Colleges - Level 2 Award	15/09/2025	23/03/2026	10:00	14:00	Mon	FREE/£360	★
Mentoring - Level 1 Award	15/09/2025	16/02/2026	10:00	13:00	Mon	FREE/£240	★
Diploma in Counselling Skills - Level 3	15/09/2025	16/07/2026	16:00	20:00	Mon & Thurs	FREE/£1,080	★
Preparing to Work in Schools - Level 1 Award	16/09/2025	11/06/2025	18:00	20:30	Tues & Thurs	FREE/£188	★
Mental Health Awareness - Level 2 Certificate	16/09/2025	12/02/2025	17:00	20:00	Tues & Weds	FREE/£520	★
Coaching and Mentoring - Level 3 Certificate	16/09/2025	17/02/2026	17:30	20:30	Tues	FREE/£616	★
Understanding Child and Young People's Mental Health - Level 2 Certificate	17/09/2025	24/06/2026	15:00	19:30	Weds	FREE/£540	★
Principles of Team Leading - Level 2 Certificate	22/09/2025	07/02/2026	18:00	21:00	Mon & Thurs	FREE/£640	★
User Experience and User Interface (UX/UI) - Level 3	22/09/2025	11/12/2025	18:00	21:00	Mon, Tues, Weds & Thurs	FREE/£900	★
Diploma in Management Skills and Knowledge - Level 3	23/09/2025	08/07/2026	18:00	21:00	Tues & Weds	FREE/£600	★
Award in Education and Training - Level 3 (AET)	23/09/2025	16/12/2025	16:00	19:00	Tues	FREE/£495	★
Diploma in Counselling Skills - Level 3	24/09/2025	17/07/2026	10:00	14:00	Weds & Fri	FREE/£1,080	★
Assessing Vocationally Related Achievement - Level 3 Award	20/10/2025	24/03/2026	09:30	13:30	Mon & Tues	FREE/£750	★
Health and Social Care - Level 2 Certificate	04/11/2025	02/10/2026	17:00	20:30	Tues & Thurs	FREE/£720	★
Time Management and Problem Solving - Level 1 Award	05/11/2025	10/12/2025	11:30	14:00	Weds	FREE/£76	★

★ ACCREDITED COURSES: Get the skills you need to get the job you want! *subject to eligibility criteria

Inspire Adult Learning

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Autumn 2025 Inspiring New Courses in

RUSHCLIFFE

Learn Local, Go Far



In this issue

Welcome to our new booking system

Propel your future with career boosting accredited courses

New, exciting courses added!

Courses for fun

FREE* and low cost courses

Recognised qualifications

Online Courses

Maths and English

OUR NEW COURSE BOOKING SYSTEM IS LIVE! SCAN THIS CODE TO EASILY ACCESS ALL RUSHCLIFFE COURSES



BOOK NOW! Go online inspireculture.org.uk/learning or call 01623 677 200

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ACCESS TO HIGHER EDUCATION

- Do you have ambitions of a career in the Health and Social Care sector?
- Inspire Adult Learning can help you achieve your goals.

>> in Health and Social Care

- No GCSEs needed - we'll help you work towards Functional Skills in maths and English
- Financial support available through an Advanced Learner Loan or flexible payment options
- FREE if you're aged 19-23 and this is your first full Level 3 qualification

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



working with



Inspire College
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ENROLLING NOW!

Achieve your goals with Inspiring courses

GCSE Resits in English and maths

We can help cover meal, travel, and other costs

Supportive tutors

Volunteering, work placements and traineeships**

Our GCSE resit pass rate is above the national average!

* Child benefit not affected

** Traineeships available for learners aged 19-24 or 25 with a EHC Plan

Aged 16 - 19* in Rushcliffe?

Supporting your studies, supporting your success!

@InspireLearning1624

#BeInspired #InspireLearning

inspireculture.org.uk/college | 0115 804 3611 | learning@inspireculture.org.uk



Hello!

Our new courses for the autumn term are here! In this leaflet, you'll find an amazing range of courses for adults and families taking place in Rushcliffe and the surrounding area. Don't forget, we also have courses in Inspire libraries and community venues across Nottinghamshire, along with online and distance learning courses.

For the full list of courses we offer, pick up a copy of our Adult Learning Course Guide today in your local library, or view online at inspireculture.org.uk/learning

Browse and book courses via our website inspireculture.org.uk/learning or call Ask Inspire on 01623 677 200. Our opening times are Monday to Friday 9am to 6pm, and Saturday 9am to 4pm.

We look forward to welcoming you!

GET FREE CAREERS AND BENEFITS ADVICE

ACHIEVE MORE! Use your library to support your learning with bookable computers, free WiFi, quiet study spaces, printing and photocopying.

Courses Visit inspireculture.org.uk/fundingyourcourse to find out more about affordable funding options

ARTS & CRAFTS	Starts	Ends	From	To	Day	Cost
Keyworth Library Christmas Macrame	19/09/2025	03/10/2025	14:00	16:00	Fri	FREE/£24
West Bridgford Library Needle Felting for Beginners - 2D Picture-Based	23/09/2025	14/10/2025	14:00	16:00	Tues	FREE/£32
Needle Felting for Beginners - 3D Christmas	23/09/2025	14/10/2025	17:00	19:00	Tues	FREE/£32
Christmas Macrame	18/10/2025	18/10/2025	10:00	15:30	Sat	FREE/£20
West Bridgford Methodist Church Art for Beginners	11/09/2025	16/10/2025	10:00	12:30	Thurs	FREE/£60
Botanical Printing and Monoprinting - Making Artist's Books	11/09/2025	16/10/2025	13:15	15:45	Thurs	FREE/£60
Art Next Steps	06/11/2025	11/12/2025	10:00	12:30	Thurs	FREE/£60
Lino Printed Christmas Cards, Gifts and Images	06/11/2025	11/12/2025	13:15	15:45	Thurs	FREE/£60
Online Art Explored	08/09/2025	13/10/2025	09:30	11:30	Mon	FREE/£48
Art for Beginners	09/09/2025	14/10/2025	10:00	12:00	Tues	FREE/£48
Animals in Art	10/09/2025	15/10/2025	10:00	12:00	Weds	FREE/£48
Mindful Art	11/09/2025	16/10/2025	10:00	12:00	Thurs	FREE/£48
Flower Painting	11/09/2025	16/10/2025	18:00	20:00	Thurs	FREE/£60
Garden Painting in Acrylics	06/11/2025	11/12/2025	18:00	20:00	Thurs	FREE/£60
CREATIVE WRITING & LITERATURE	Starts	Ends	From	To	Day	Cost
West Bridgford Methodist Church Contemporary British Poets (Celebrating Diversity)	19/09/2025	31/10/2025	13:00	15:00	Fri	FREE/£40
Exploring Greek Myths: A Source for Modern Fiction	14/11/2025	12/12/2025	13:00	15:00	Fri	FREE/£40
Online Creative Writing - Short Stories	24/09/2025	15/10/2025	13:00	15:00	Weds	FREE/£32
Creative Writing - Short Stories	28/09/2025	19/10/2025	10:00	12:00	Sun	FREE/£32
Great Books - An Inspector Calls	03/11/2025	08/12/2025	13:00	15:00	Mon	FREE/£48
Creative Writing - Short Stories Next Steps	05/11/2025	26/11/2025	13:00	15:00	Weds	FREE/£32
Great Books - Pride and Prejudice	05/11/2025	10/12/2025	13:30	15:30	Weds	FREE/£48
EMPLOYABILITY & WORK SKILLS	Starts	Ends	From	To	Day	Cost
Online Personal Development and Life Coaching	10/09/2025	15/10/2025	17:00	18:30	Weds	FREE/£36
Life Coaching Next Steps	12/11/2025	17/12/2025	17:00	18:30	Weds	FREE/£36
ENGLISH & ESOL	Starts	Ends	From	To	Day	Cost
Ruddington Library ESOL Everyday English	16/09/2025	10/02/2026	13:15	15:15	Tues	FREE ★
West Bridgford Library English Functional Skills	08/09/2025	09/02/2026	09:30	12:30	Mon	FREE ★
ESOL	16/09/2025	24/07/2026	09:30	12:30	Tues & Fri	FREE ★
Online Grammar and Punctuation	08/09/2025	13/10/2025	13:00	15:00	Mon	FREE
English Functional Skills	09/09/2025	10/02/2026	10:00	13:00	Tues	FREE ★
English Functional Skills	10/09/2025	11/02/2026	18:00	20:00	Weds	FREE ★
English Functional Skills	11/09/2025	12/02/2026	10:00	13:00	Thurs	FREE ★
English Functional Skills	11/09/2025	12/02/2026	13:00	16:00	Thurs	FREE ★
ESOL Everyday English for Beginners - Part 1	18/09/2025	16/10/2025	09:30	11:30	Thurs	FREE
ESOL Everyday English	24/09/2025	10/12/2025	18:00	20:00	Weds	FREE
ESOL Everyday English	25/09/2025	11/12/2025	10:00	12:00	Thurs	FREE

Our new course booking system is LIVE!



Exciting new changes are coming to Inspire Learning! We're changing how you book courses online to make it quicker and easier.

Now when you're booking a course, you'll be taken to our new system and asked to create an online account and profile using your email address. After you've signed up, all you'll need to do to book a course from then on is enter your email and password - simple!

Everything else will be the same: you'll still be able to browse all our courses on our website as before, and you'll still click the same 'Book Now' button, it will just take you to a new place. If you prefer to book by calling Ask or via email, this process will stay the same.

We're really excited to be launching our new system, which we think will make the whole booking process much faster. If you have any issues using it, please get in touch with us and we'll be able to help.

ESOL Reading E1-E3 Online	26/09/2025	13/02/2026	09:30	12:00	Fri	FREE	★
English Functional Skills - Intensive	04/11/2025	11/02/2026	10:00	12:00	Tues	FREE	
English Functional Skills	05/11/2025	25/03/2026	09:30	12:30	Weds	FREE	★
ESOL Everyday English	12/11/2025	11/02/2026	18:00	20:00	Weds	FREE	
FAMILY LEARNING	Starts	Ends	From	To	Day	Cost	
Online SEND Awareness	05/11/2025	10/12/2025	10:00	11:30	Weds	FREE/£36	
Autism All About Me Book	05/11/2025	10/12/2025	13:00	14:30	Weds	FREE/£36	
HEALTH & WELLBEING	Starts	Ends	From	To	Day	Cost	
Bingham Library Yoga for Osteoporosis	12/09/2025	05/12/2025	13:15	14:30	Fri	FREE/£55	
Yoga for Osteoporosis	12/09/2025	05/12/2025	15:00	16:15	Fri	FREE/£55	
West Bridgford Library Healthy Gut Healthy Mind	11/09/2025	11/09/2025	10:00	15:00	Thurs	FREE/£18	
Improve Your Wellbeing	15/11/2025	15/11/2025	09:30	15:30	Sat	FREE/£22	
West Bridgford Methodist Church Yoga for Osteoporosis	12/09/2025	12/12/2025	10:00	11:30	Fri	FREE/£72	
Online Mindful Meditation	10/09/2025	15/10/2025	10:00	12:00	Weds	FREE/£48	
Mindful Journaling and Nature	04/11/2025	09/12/2025	10:00	12:00	Tues	FREE/£48	
Meditation in Practice	05/11/2025	10/12/2025	10:00	12:00	Weds	FREE/£48	
IT & DIGITAL SKILLS	Starts	Ends	From	To	Day	Cost	
Bingham Library Digital Functional Skills - Level 1	12/09/2025	13/02/2026	09:30	12:30	Fri	FREE	★
West Bridgford Library Word Processing for Beginners	09/09/2025	14/10/2025	17:00	19:00	Tues	FREE/£48	
Computer and Internet Basics	17/09/2025	08/10/2025	10:00	12:00	Weds	FREE/£24	
Spreadsheet Software - Level 1	04/11/2025	16/12/2025	17:00	19:00	Tues	FREE/£56	
AI for Business	02/12/2025	16/12/2025	14:00	16:00	Tues	FREE/£24	
Online Coding for Beginners (Python)	10/09/2025	15/10/2025	10:00	12:00	Weds	FREE	
Excel Spreadsheets for Work - Beginners	10/09/2025	24/09/2025	13:15	15:15	Weds	FREE/£24	
Excel Spreadsheets for Work - Beginners	30/09/2025	14/10/2025	19:00	20:30	Tues	FREE/£18	
Excel Spreadsheets for Work - Intermediate	01/10/2025	15/10/2025	13:15	15:15	Weds	FREE/£24	
PowerPoint	03/11/2025	10/11/2025	15:30	17:00	Mon	FREE/£12	
Excel Spreadsheets for Work - Intermediate	04/11/2025	18/11/2025	19:00	20:30	Tues	FREE/£18	
Excel Spreadsheets for Work - Advanced	05/11/2025	19/11/2025	13:15	15:15	Weds	FREE/£24	
Excel Spreadsheets for Work - Advanced	25/11/2025	09/12/2025	19:00	20:30	Tues	FREE/£18	
AI - ChatGPT/Copilot for Beginners	26/11/2025	10/12/2025	13:15	15:15	Weds	FREE/£24	
Canva Templates for Work	17/12/2025	17/12/2025	13:15	15:15	Weds	FREE/£8	
LANGUAGES	Starts	Ends	From	To	Day	Cost	
Bingham Library French - Next Steps	18/09/2025	04/12/2025	10:00	12:00	Thurs	FREE/£80	
West Bridgford Library Spanish for Beginners	12/09/2025	12/12/2025	14:00	16:00	Fri	FREE/£96	
French for Beginners	22/09/2025	08/12/2025	10:30	12:30	Mon	FREE/£80	
Online Spanish for Beginners - Part 1	15/09/2025	08/12/2025	14:00	16:00	Mon	FREE/£104	
Spanish Intermediate - Part 1	17/09/2025	10/12/2025	18:00	20:00	Weds	FREE/£104	
French for Beginners	17/09/2025	03/12/2025	18:00	20:00	Weds	FREE/£80	
Spanish for Holidays	18/09/2025	23/10/2025	09:00	11:00	Thurs	FREE/£48	
Spanish - Next Steps - Part 1	19/09/2025	12/12/2025	14:00	16:00	Fri	FREE/£104	
MATHS	Starts	Ends	From	To	Day	Cost	
West Bridgford Library Functional Skills Maths	08/09/2025	09/02/2026	13:00	16:00	Mon	FREE	★
Online Functional Skills Maths Intensive Level 2	09/09/2025	16/12/2025	09:30	12:30	Tues	FREE	★
Functional Skills Maths Level 1 and 2	09/09/2025	10/02/2026	18:00	21:00	Tues	FREE	★
Functional Skills Maths Level 1 and 2	10/09/2025	11/02/2026	09:30	12:30	Weds	FREE	★
Functional Skills Maths Level 1 and 2	11/09/2025	12/02/2026	09:30	12:30	Thurs	FREE	★
GCSE Maths	12/09/2025	21/05/2026	09:30	14:00	Fri	FREE	
Functional Skills Maths Level 1 and 2	07/11/2025	17/04/2026	09:30	12:30	Fri	FREE	★
MUSIC	Starts	Ends	From	To	Day	Cost	
Online Music Theory for Songwriters, Composers and Improvisors	16/09/2025	02/12/2025	15:00	16:00	Tues	FREE/£40	
Keyboards for Beginners	16/09/2025	02/12/2025	16:30	17:30	Tues	FREE/£40	
Music Theory for Beginners	16/09/2025	02/12/2025	17:45	18:45	Tues	FREE/£40	
Music Theory for Beginners - Next Steps	16/09/2025	02/12/2025	19:00	20:00	Tues	FREE/£40	
Advanced Music Theory	17/09/2025	03/12/2025	17:15	18:15	Weds	FREE/£40	
SCIENCE, SOCIAL SCIENCES & HUMANITIES	Starts	Ends	From	To	Day	Cost	
West Bridgford Library Psychology - An Introduction	07/09/2025	21/09/2025	11:30	13:30	Sun	FREE/£24	
The History of Robin Hood	10/09/2025	15/10/2025	13:00	14:00	Weds	FREE/£20	
Nottinghamshire's History	10/09/2025	15/10/2025	14:15	15:45	Weds	FREE/£30	
Psychology - People and Relationships	27/09/2025	18/10/2025	10:00	12:00	Sat	FREE/£32	
W/W2 Home Front	07/10/2025	14/10/2025	14:00	15:30	Tues	FREE/£12	
Botany - How Plants Work	04/11/2025	18/11/2025	14:00	16:00	Tues	FREE/£24	
Ecology and Ecosystems - A Beginner's Guide	25/11/2025	16/12/2025	14:00	16:00	Tues	FREE/£24	
Online Psychology - An Introduction	06/09/2025	20/09/2025	10:00	12:00	Sat	FREE/£24	
British Government - How it All Works	06/09/2025	30/09/2025	18:30	20:30	Tues	FREE/£24	
Human Biology - Part 1	16/09/2025	14/10/2025	17:00	19:30	Tues	FREE/£50	
Psychology - People and Relationships	26/10/2025	16/11/2025	10:00	12:00	Sun	FREE/£32	
Diet and Nutrition	03/11/2025	08/12/2025	09:30	11:30	Mon	FREE/£48	
Positive Psychology for Wellbeing	07/11/2025	12/12/2025	12:00	14:00	Fri	FREE/£48	
Human Biology - Part 2	11/11/2025	09/12/2025	17:00	19:30	Tues	FREE/£50	
UK vs USA - How Their Governments Work	18/11/2025	25/11/2025	18:30	20:30	Tues	FREE/£16	

Visit inspireculture.org.uk/learning or your local Nottinghamshire library for full course listings, including dates, times and costs.

We've made every effort to ensure that course information is correct at the time of print, but we advise you check details when booking. We reserve the right to cancel a course if there are insufficient enrolments. For up to date course information please visit our website inspireculture.org.uk/learning