

INSPIRE LEARNING

SHORT COURSE GUIDE

AUTUMN
2017

SHORT COURSES IN YOUR LOCAL COMMUNITY - BOOK YOUR PLACE TODAY!



To book your place visit
www.inspireculture.org.uk/community
or phone 0115 804 4363

Welcome!

I'm delighted to introduce Inspire Learning's **first ever** autumn prospectus! Our Community and Family Learning Courses and our Study Programmes take place throughout Nottinghamshire, with each designed to inspire you to build your confidence, develop your skills, gain qualifications and explore new ideas.

Our courses all take place in local libraries and community venues, including Young People's Centres, so that they are easy for you to get to, wherever you live!

They are informal, fun and sociable, and are taught by experienced tutors. We cater for all ages and abilities and you don't need any skills or qualifications to join in.

It's all about taking part, so have a look at what we offer and why not give something new a go? It's easy to reserve your place: either visit www.inspireculture.org.uk or call us on **0115 804 4363**.

As well as community courses, we're also delighted to support local communities and businesses with Traineeships, Apprenticeships and in-house professional training.

Our new Access courses and accredited provision offers qualifications from Level 3 up to Level 5 in a range of disciplines, including Health and Social Care, Marketing, Accountancy and Management, to name a few. These can be funded by the 19+ Advanced Learning Loans (for more information about these exciting programmes see page 36).

I hope you'll be inspired to take part in this Autumn's Community and Family Learning Courses, or our Study Programmes. We're proud of them and hopefully you'll agree that Inspire Learning's range of unique courses will help you realise your goals at a time and location to meet your needs.

Ian Bond
Head of Inspire Learning

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Short courses for adults

Would you like to learn something new or improve your skills? Do you want to get out more and meet people locally? Are you interested in spending quality time with friends and family?

Our courses are for everyone aged 19+. Some are one-off workshops, whilst others run for a couple of hours a week, for 6 to 8 weeks.

You don't need any prior skills or qualifications, there are no exams - unless you want them - and all sessions are fun and informal. Why not sign up with a friend so that you can have fun learning something new together?

On some courses you can share the experience with a child you care for (called Family Learning), and are a great way to spend quality time together.



As we're funded by the Education and Skills Funding Agency and rated 'Good' by Ofsted, you can rest assured that all courses are delivered by highly professional, knowledgeable and friendly tutors.

If there's something you'd like to learn that's not in the prospectus, please let us know! We're already planning for next term which starts in January 2018.

If you'd like to receive updates about our courses, please sign up for our newsletter at **www.inspireculture.org.uk/newsletter**

In addition to courses delivered by Inspire's team of tutors, we also work with a range of local highly trusted providers. For more information please see: **www.inspireculture.org.uk/our_partners**

www.inspireculture.org.uk/community

0115 804 4363 | learning@inspireculture.org.uk

Courses for people with disabilities and learning difficulties

Inspire Learning works extensively with people who have learning and physical disabilities (LLDD). We also work with people who have mental health or other related needs. These courses are designed for pre-existing groups on demand, and are tailored to individual requirements. Courses for disabled people are targeted for learners aged 19+, are free of charge and are taught by skilled tutors who are excellent in their field.

The courses are available in a wide variety of subjects - for example, last year we provided courses such as film-making, arts and crafts, journalism, languages, drama, cookery, self-help for mental health, independent living, employability skills and more.

Contact Inspire Learning on 0115 804 4363 if your group or centre is interested in becoming a partner with Inspire Learning's LLDD provision.



Who we are

Inspire Learning delivers a range of services on behalf of Nottinghamshire County Council, the Education and Skills Funding Agency (ESFA).

Inspire Culture, Learning and Libraries is a Community Benefit Society and our mission is to inspire people to read, learn and enjoy culture. We are dedicated to helping people to be the best they can be.

Inspire manages Nottinghamshire's libraries, learning, archives and several cultural services.

Our services for schools include instrumental music teaching and the education library service.

Inspire Learning delivers educational services for the whole community, enabling Nottinghamshire residents to develop their skills by following courses tailored to meet their needs.



How do I book onto a course?

It's really easy to book your place on our Community and Family Learning Courses.

Online: The easiest way is to book online 24 hours a day at www.inspireculture.org.uk/community

Just search for your course and use the Eventbrite button to secure your place.

By Phone: If you don't have access to the Internet you can call us on **0115 804 4363** and selection option 2. Our office is open Monday to Friday 8.30am to 4.30pm.

If for any reason you are unable to attend the course please let us know so that we can offer your place to another person.

How much does it cost?

All our courses are subsidised by the Education and Skills Funding Agency and cost just £3 per hour. If you are receiving any of the following means-tested benefits your course will be free:

- Income-based Job Seekers Allowance (excluding contribution-based)
- Housing Benefit or Council Tax Support (excluding Single Person's Discount)
- Employment Support Allowance
- Income Support
- Incapacity Benefit
- Working Tax Credit
- Pension Credit (excluding Savings Credit)
- Unwaged Dependents of those in receipt of the above benefits
- Identified elements of Universal Credit

Payment should be made in full when booking unless you qualify for a free place. It may be possible to pay in instalments for your course, if you are unable to pay the full amount up front. If you would like to pay by phone or need any help with payment options please call us on **0115 804 4363**.

Some courses may ask you to bring materials or ask for a small payment to cover material costs. If so, that information will be on the course details page on our website.

At the first session we will take some details from you to enrol you on to the course. Please bring proof of benefits if you are hoping to not pay fees.



Our venues

Ashfield

Eastbourne House

Station Road,
Sutton-in-Ashfield, NG17 5JA

Hucknall Library

South Street, Hucknall,
Nottingham, NG15 7BS

Kirkby-in-Ashfield Library

21 Precinct Road,
Kirkby in Ashfield,
Nottingham, NG17 7BQ

Sutton-in-Ashfield Library

Idlewells Shopping Centre,
Forest Street,
Sutton-in-Ashfield, NG17 1BP

Bassetlaw

Retford Library

17 Churchgate, Retford
DN22 6PE

Workshop Library

Memorial Avenue,
Workshop, S80 2BP

All our venues have been assessed for disabled access. If you have specific accessibility needs please contact us and we will be happy to advise you on the suitability of each venue.

Broxtowe

Beeston Library

Foster Avenue, Beeston,
Nottingham, NG9 1AE

Stapleford Library

25 Church Street, Stapleford,
Nottingham, NG9 8GA

Eastwood Library

Wellington Place, Eastwood,
Nottingham, NG16 3GB

Gedling

Arnold Library

161 Front Street, Arnold,
Nottingham, NG5 7EE

Calverton Core Centre

17 St Wilfrids Square,
Calverton, Nottingham,
NG14 6FP

Calverton Library

1 St Wilfrids Square,
Calverton,
Nottingham, NG14 6FP

Calverton Village Hall

Park Road, Calverton,
Nottingham, NG14 6SA

Carlton Library

Manor Road, Carlton
Nottingham, NG4 3AY

Civic Centre Arnot Hill Park

Arnot Hill Road, Arnold,
Nottingham, NG5 6LU

Mansfield

Mansfield Library

38A West Gate,
Mansfield, NG18 1NH

The Old Library

Leeming Street,
Mansfield, NG18 1NG

Newark & Sherwood

Lifespring Centre

Sherwood Drive,
New Ollerton, NG22 9PP

Newark Library

Beaumont Gardens,
Baldertongate,
Newark, NG24 1UW

Ollerton Library

Forest Road, New Ollerton,
Newark, NG22 9PL

Southwell Library

The Bramley Centre,
King Street, Southwell,
NG25 0EH

Rushcliffe

West Bridgford Library

Bridgford Road,
West Bridgford,
Nottingham, NG2 6AT

Bingham Library

Eaton Place, Bingham,
Nottingham, NG13 8BE

Work Skills

Inspire Learning's Work Skills courses are aimed at helping you to get a good (or better) job. You will have the chance to learn new skills in a relaxed, friendly environment that will help you to maximise your chances of getting a new job. Courses normally last for no longer than 3 hours per session, and can be a one-off session through to a 6 week course. Our Functional Skills courses can run up to 15 weeks in length.

Course Title	Venue	Day	Start	Finish	Start	End	Sessions	Cost	Course ID
Confidence for Work	Arnold Library	Mon	11 Sep	16 Oct	13:30	15:30	6	£36	28609
Confidence for Work	Hucknall Library	Tue	12 Sep	17 Oct	13:30	15:30	6	£36	28619
Returning to Work	Stapleford Library	Tue	19 Sep	10 Oct	09:30	12:00	4	£30	28551



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Enterprise and Business Skills

These courses are designed for adults who are focussed on launching their own new business start-up. The course builds upon the new practical skills that you are learning in enjoyable subjects such as crafts and ICT. Courses run over 6 weeks, and last for up to 2 hours per week. You will learn new skills that will support your new business, including how to be more enterprising, how to sell your products/services and how to make sure that you get paid on time! This programme will help you to unleash the market value of the new skills you have been learning, turning a hobby into a potential new business.

Course Title	Venue	Day	Start	Finish	Start	End	Sessions	Cost	Course ID
Creative Crafts	West Bridgford Library	Tue	12 Sep	17 Oct	13:00	15:00	6	£36	28541
ICT for Business	Beeston Library	Tue	12 Sep	17 Oct	10:00	12:00	6	£36	28555
Creative Crafts	Hucknall Library	Tue	12 Sep	17 Oct	10:00	12:00	6	£36	28646
Creative Crafts	Newark Library	Thu	14 Sep	19 Oct	10:00	12:00	6	£36	28540
Creative Crafts	Mansfield Library	Fri	15 Sep	20 Oct	10:00	12:00	6	£36	28624
Creative Crafts	Worksop Library	Thu	21 Sep	19 Oct	10:00	12:00	6	£36	28626
Creative Crafts	Arnold Library	Mon	30 Oct	11 Dec	13:00	15:00	6	£36	28620
Creative Crafts	Beeston Library	Tue	31 Oct	5 Dec	10:00	12:00	6	£36	28627
Creative Crafts	Sutton-in-Ashfield Library	Wed	1 Nov	6 Dec	13:00	15:00	6	£36	28628

You may qualify for free courses.
See page 6 for details.

We offer professional qualifications with Advanced Learner Loans.
See page 36 for details.

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Functional Skills

On these courses you will work towards the Functional Skills qualifications in either Maths, English or ICT. Working in small, friendly groups you will learn the skills you'll need to pass the assessments at the right pace and level for you. These courses run for up to 13 weeks, and they are broken into bite-size 3-hour sessions each week.

Course Title	Venue	Day	From	Finish	Start	End	Sessions	Cost	Course ID
Functional Skills English - Level 1 & 2	Retford Library	Tue	12 Sep	12 Dec	13:00	15:30	12	Free	28621
Functional Skills English - Level 1 & 2	Bingham Library	Thu	14 Sep	14 Dec	10:00	13:00	13	Free	28554



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Volunteering

These courses are designed for learners who have an interest in becoming a volunteer. During the course, you will learn about what volunteers do, what they are responsible for and what skills they need when working with people. This will give you a great opportunity to find out about the valuable contribution that being a volunteer can make to your local community, and how volunteering can help you to become a stronger person by developing skills you never knew you had, and rediscovering some that you may have forgotten! Sessions will last for no longer than 2 ½ hours per week, over a maximum of 4 weeks. You will learn about the skills you'll need so that you can find and maintain a valuable volunteer placement. Inspire Learning's tutors will help you to find your first placement, if you haven't already secured one.

Course Title	Venue	Day	Start	Finish	Start	End	Sessions	Cost	Course ID
An Introduction to Volunteering	Beeston Library	Wed	1 Nov	22 Nov	09:30	12:00	4	Free	28644



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Vocational Courses

These courses are designed to teach you the skills you need to follow your chosen career. Working in a friendly, relaxed environment you will learn the relevant skills to your role and will have the chance to speak to potential new employers and find out about new opportunities for your future career development.

Course Title	Venue	Day	Start	Finish	Start	End	Sessions	Cost	Course ID
An Introduction to Audio Production	The Old Library Mansfield	Sun	20 Aug	20 Aug	10:00	16:00	1	£16.50	28529
An Introduction to Health & Social Care	Hucknall Library	Mon	11 Sep	16 Oct	09:30	12:30	6	£54	28553
An Introduction to Health & Social Care	Sutton-in-Ashfield Library	Tue	12 Sep	17 Oct	09:30	12:30	6	£54	28531
Next Steps to Photography	Mansfield Library	Thu	14 Sep	19 Oct	13:00	15:00	6	£36	28614
Working with Dementia Patients	Mansfield Library	Thu	14 Sep	19 Oct	09:30	12:30	6	£54	28648



Access to Health & Social Care course with funding. See page 36.

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Course Title	Venue	Day	Start	Finish	Start	End	Sessions	Cost	Course ID
An Introduction to Indian Head Massage	Southwell Library	Sat	16 Sep	21 Oct	10:30	12:30	6	£36	28539
An Introduction to Alternative Therapies	Arnold Library	Sat	16 Sep	21 Oct	10:00	13:30	6	£63	28641
Studio Skills - Audio Production	The Old Library Mansfield	Wed	20 Sep	13 Dec	18:30	20:30	13	£78	28642
Working with Dementia Patients	Hucknall Library	Mon	30 Oct	4 Dec	09:30	12:30	6	£54	28649
An Introduction to Health & Social Care	Mansfield Library	Tue	31 Oct	5 Dec	09:30	12:30	6	£54	28647
An Introduction to Alternative Therapies	Arnold Library	Sat	4 Nov	9 Dec	10:00	13:30	6	£63	28651
An Introduction to Indian Head Massage	Southwell Library	Sat	18 Nov	9 Dec	10:00	13:00	6	£54	28653



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Work Essentials

These one-day courses are designed for adults who want to 'brush up' their core knowledge in work-related subjects. Our unaccredited courses are suitable for both beginners and experienced learners who want to refresh their knowledge, following a period away from their job to raise a family. Where appropriate, accreditation is available as an optional extra on some of these courses.

Course Title	Venue	Day	Start	Finish	Start	End	Sessions	Cost	Course ID
An Introduction to First Aid	Worksop Library	Mon	4 Sep	4 Sep	09:30	15:30	1	£16.50	28533
Manual Handling	Arnold Library	Mon	4 Sep	4 Sep	09:30	15:30	1	£16.50	28549
An Introduction to First Aid	Sutton-in-Ashfield Library	Tue	5 Sep	5 Sep	09:30	15:30	1	£16.50	28534
Manual Handling	Mansfield Library	Wed	6 Sep	6 Sep	09:30	15:30	1	£16.50	28545
An Introduction to First Aid	Newark Library	Thu	7 Sep	7 Sep	09:30	15:30	1	£16.50	28532
An Introduction to First Aid	West Bridgford Library	Fri	8 Sep	8 Sep	09:30	15:30	1	£16.50	28535
Manual Handling	Beeston Library	Fri	8 Sep	8 Sep	09:30	15:30	1	£16.50	28546
An Introduction to First Aid	Stapleford Library	Tue	12 Sep	12 Sep	09:30	15:30	1	£16.50	28542
An Introduction to First Aid	Retford Library	Fri	20 Oct	20 Oct	09:30	15:30	1	£16.50	28631
An Introduction to First Aid	Hucknall Library	Fri	20 Oct	20 Oct	09:30	15:30	1	£16.50	28634
An Introduction to First Aid	Arnold Library	Mon	23 Oct	23 Oct	09:30	15:30	1	£16.50	28536
Manual Handling	Newark Library	Mon	23 Oct	23 Oct	09:30	15:30	1	£16.50	28543
An Introduction to First Aid	Beeston Library	Tue	24 Oct	24 Oct	09:30	15:30	1	£16.50	28537

Course Title	Venue	Day	Start	Finish	Start	End	Sessions	Cost	Course ID
Manual Handling	Sutton-in-Ashfield Library	Tue	24 Oct	24 Oct	09:30	15:30	1	£16.50	28548
An Introduction to First Aid	Mansfield Library	Wed	25 Oct	25 Oct	09:30	15:30	1	£16.50	28538
Manual Handling	West Bridgford Library	Thu	26 Oct	26 Oct	09:30	15:30	1	£16.50	28544
Manual Handling	Worksop Library	Fri	27 Oct	27 Oct	09:30	15:30	1	£16.50	28547
An Introduction to First Aid	Ollerton Library	Mon	30 Oct	30 Oct	09:30	15:30	1	£16.50	28629
An Introduction to First Aid	Bingham Library	Fri	10 Nov	10 Nov	09:30	15:30	1	£16.50	28635
An Introduction to First Aid	Kirkby-in-Ashfield Library	Fri	24 Nov	24 Nov	09:30	15:30	1	£16.50	28633



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Health & Wellbeing

We live in rapidly changing and challenging times and many of us often don't have the opportunity to take a step back and reflect. Our Health and Wellbeing courses offer the chance to appreciate alternative therapies, try new activities and explore innovative treatments. Our experienced and engaging tutors deliver courses aimed at increasing your sense of happiness and fulfilment.

Mind

Mental health and wellness have been in the spotlight in recent times. These courses will address some of the challenges faced by individuals and offer techniques to thrive in stressful situations.

Course Title	Venue	Day	From	Finish	Start	End	Sessions	Cost	Course ID
Peace of Mind - Coping with Anxiety and Depression	Beeston Library	Mon	11 Sep	9 Oct	09:30	12:30	5	£45	28681
Confidence and Assertiveness	Mansfield Library	Mon	11 Sep	9 Oct	10:00	12:30	5	£37.50	28696
Confidence and Assertiveness	Sutton-in-Ashfield Library	Mon	11 Sep	9 Oct	13:00	15:30	5	£37.50	28697
Confidence & Assertiveness	Workshop Library	Thu	14 Sep	14 Sep	10:00	15:30	1	£15	28698
Exploring Mindfulness Creatively with Photography	Southwell Library	Thu	14 Sep	5 Oct	13:00	15:30	4	£30	28868
Peace of Mind - Coping with Anxiety and Depression	Hucknall Library	Fri	15 Sep	13 Oct	09:30	12:00	5	£37.50	28674

You may qualify for free courses.
See page 6 for details.

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Course Title	Venue	Day	Start	Finish	Start	End	Sessions	Cost	Course ID
Introduction to Mindfulness	Beeston Library	Fri	15 Sep	13 Oct	10:00	12:30	5	£37.50	28664
Practising Mindfulness	Stapleford Library	Fri	15 Sep	13 Oct	13:00	15:30	5	£37.50	28665
Peace of Mind - Coping with Anxiety and Depression	Sutton-in-Ashfield Library	Fri	15 Sep	13 Oct	13:00	15:30	5	£37.50	28676
Mindful and Sensory Walks	West Bridgford Library	Sat	16 Sep	7 Oct	10:00	12:30	4	£30	28690
Mindful and Sensory Walks	Bingham Library	Sat	16 Sep	7 Oct	13:30	15:30	4	£24	28688
Confidence and Assertiveness	Sutton-in-Ashfield Library	Thu	19 Oct	19 Oct	10:00	15:30	1	£15	28699
Mindfulness - Being Here & Now	Kirkby-in-Ashfield Library	Mon	30 Oct	27 Nov	10:00	12:00	5	£30	28738
Mindfulness - Being Here & Now	Mansfield Library	Mon	30 Oct	27 Nov	13:00	15:00	5	£30	28740



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Body

There is a need to look at wellbeing in a holistic way. These courses will explore strategies which support mental and physical health and enhance traditional therapies.

Course Title	Venue	Day	Start	Finish	Start	End	Sessions	Cost	Course ID
Holistic Care for a Healthy Menopause	West Bridgford Library	Mon	11 Sep	9 Oct	09:30	12:30	5	£45	28669
Healthy Foods & Nutrition for Wellbeing	Calverton Core Centre	Mon	11 Sep	23 Oct	13:15	15:15	7	£42	28810
Homemade Beauty Products	Beeston Library	Tue	12 Sep	10 Oct	09:30	12:30	5	£45	28687
Holistic Care for a Healthy Menopause	Beeston Library	Wed	13 Sep	11 Oct	09:30	12:30	5	£45	28670
Pilates for Beginners	Mansfield Library	Wed	13 Sep	11 Oct	10:00	12:00	5	£30	28701
Pilates for Beginners	Sutton-in-Ashfield Library	Wed	13 Sep	11 Oct	13:00	15:00	5	£30	28702
Pilates for Beginners	West Bridgford Library	Fri	15 Sep	13 Oct	10:00	12:00	5	£30	28767
Pilates for Beginners	Beeston Library	Fri	15 Sep	13 Oct	13:00	15:00	5	£30	28766
Holistic Care for a Healthy Menopause	Newark Library	Fri	15 Sep	13 Oct	18:00	20:00	5	£30	28672
An Introduction to Alternative Therapies	Worksop Library	Sat	14 Oct	21 Oct	09:30	12:30	2	£18	28746
Food Safety for Healthy Living	Beeston Library	Mon	30 Oct	27 Nov	10:00	12:00	5	£30	28811
Introduction to Seated Yoga	Mansfield Library	Mon	30 Oct	27 Nov	10:30	12:30	5	£30	28712



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Course Title	Venue	Day	Start	Finish	Start	End	Sessions	Cost	Course ID
Introduction to Seated Yoga	Sutton-in-Ashfield Library	Mon	30 Oct	27 Nov	13:00	15:00	5	£30	28713
Food & Nutrition - The Complete Diet	Beeston Library	Mon	30 Oct	27 Nov	13:00	15:00	5	£30	28812
Beyond the Food Fads	Eastwood Library	Thu	2 Nov	9 Nov	09:30	15:30	2	£33	28709
Exploring Reiki, Chakras and Meditation	Worksop Library	Thu	2 Nov	9 Nov	09:30	15:30	2	£33	28754
Food & Nutrition - The Complete Diet	Newark Library	Fri	3 Nov	1 Dec	10:00	12:30	5	£37.50	28732
An Introduction to Alternative Therapies	Kirkby-in-Ashfield Library	Fri	3 Nov	17 Nov	10:00	12:30	3	£22.50	28743
An Introduction to Alternative Therapies	Hucknall Library	Fri	3 Nov	17 Nov	13:00	15:30	3	£22.50	28745
Food & Nutrition - The Complete Diet	Ollerton Library	Fri	3 Nov	1 Dec	13:30	16:00	5	£37.50	28730

Course Title	Venue	Day	Start	Finish	Start	End	Sessions	Cost	Course ID
Beyond the Food Fads	Beeston Library	Sat	4 Nov	11 Nov	09:30	15:30	2	£33	28710
Introduction to Seated Yoga	Eastwood Library	Fri	10 Nov	08 Dec	10:30	12:30	5	£30	28695
Introduction to Seated Yoga	Beeston Library	Fri	10 Nov	08 Dec	13:30	15:30	5	£30	28692
Beyond the Food Fads	Worksop Library	Thu	16 Nov	23 Nov	09:30	15:30	2	£33	28708
An Introduction to Alternative Therapies	Bingham Library	Thu	23 Nov	07 Dec	13:30	16:00	3	£22.50	28748
An Introduction to Alternative Therapies	West Bridgford Library	Fri	24 Nov	08 Dec	09:30	12:00	3	£22.50	28751
An Introduction to Hand Reflexology & Massages	Worksop Library	Thu	30 Nov	07 Dec	09:30	15:30	2	£33	28758
Food & Nutrition - The Complete Diet	Kirkby-in-Ashfield Library	Fri	01 Dec	08 Dec	09:30	15:30	2	£33	28711



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Health and Leisure

When our life is dictated by routines, there is often little room for personal growth. These courses offer a range of opportunities to stimulate and develop your creativity and enable you to flourish.

Course Title	Venue	Day	Start	Finish	Start	End	Sessions	Cost	Course ID
Long Hair Upstyles	Calverton Core Centre	Wed	06 Sep	11 Oct	11:00	13:00	6	£36	28873
Creative Writing	Beeston Library	Wed	06 Sep	25 Oct	13:00	15:30	8	£60	28661
Chinese Painting	Calverton Core Centre	Mon	11 Sep	13 Nov	11:15	13:15	10	£60	28859
An Introduction to Graphology	Workshop Library	Tue	12 Sep	10 Oct	17:45	19:45	5	£30	28671
Creative Bag Making	Eastwood Library	Thu	14 Sep	12 Oct	09:30	12:30	5	£45	28682
Flower Arranging for Beginners	Hucknall Library	Thu	14 Sep	19 Oct	09:30	12:00	6	£45	28741
Creative Writing	Kirkby-in-Ashfield Library	Thu	14 Sep	12 Oct	09:30	12:00	5	£37.50	28774
Making Personalised Lingerie	Eastwood Library	Thu	14 Sep	12 Oct	13:00	16:00	5	£45	28680
Creative Writing	Hucknall Library	Thu	14 Sep	12 Oct	13:30	16:00	5	£37.50	28775
Bach Flower Remedies - Introductory Course	Beeston Library	Sat	16 Sep	21 Oct	10:00	12:00	6	£36	28770
Chinese Brushstrokes	Beeston Library	Tue	19 Sep	17 Oct	09:30	12:00	5	£37.50	28703
Chinese Brushstrokes	Stapleford Library	Tue	19 Sep	17 Oct	13:00	15:30	5	£37.50	28704
Creative Writing	Stapleford Library	Wed	20 Sep	18 Oct	10:00	12:30	5	£37.50	28663
Murder Most Interesting	West Bridgford Library	Sat	23 Sep	23 Sep	10:00	15:00	1	£13.50	28685
Trace Your Ancestors - The Next Steps	Calverton Core Centre	Wed	27 Sep	6 Dec	10:00	12:00	10	£60	28762

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Health and Leisure

Course Title	Venue	Day	Start	Finish	Start	End	Sessions	Cost	Course ID
Murder Most Interesting	Stapleford Library	Sat	30 Sep	30 Sep	10:00	15:00	1	£13.50	28686
Creative Writing	West Bridgford Library	Thu	26 Oct	7 Dec	13:00	15:30	7	£52.50	28752
Murder Most Interesting	Mansfield Library	Sat	28 Oct	28 Oct	10:00	15:00	1	£13.50	28771
Upcycling Old Fabrics	Mansfield Library	Mon	30 Oct	27 Nov	09:30	12:30	5	£45	28675
Making Personalised Lingerie	Mansfield Library	Mon	30 Oct	27 Nov	13:00	16:00	5	£45	28673
Chinese Brushstrokes	Southwell Library	Mon	30 Oct	27 Nov	13:00	15:30	5	£37.50	28705
Flower Arranging for Beginners	West Bridgford Library	Mon	30 Oct	4 Dec	13:00	15:30	6	£45	28739
Decoupage & Shabby Chic Jars	Sutton-in-Ashfield Library	Tue	31 Oct	28 Nov	10:00	12:00	5	£30	28867
Eat, Sleep, Print, Repeat - Printmaking	Hucknall Library	Tue	31 Oct	28 Nov	13:30	15:30	5	£30	28772
Upcycling Old Fabrics	Worksop Library	Wed	1 Nov	29 Nov	09:30	12:30	5	£45	28679
Masks, Myths & Mask Making	Beeston Library	Wed	1 Nov	29 Nov	09:30	12:00	5	£37.50	28706
Making Personalised Lingerie	Worksop Library	Wed	1 Nov	29 Nov	13:00	16:00	5	£45	28677
Get Going on the Guitar	Beeston Library	Wed	1 Nov	29 Nov	13:00	15:30	5	£37.50	28707
Introduction to Family History	Southwell Library	Wed	1 Nov	13 Dec	13:30	15:30	7	£42.	28763
Upcycling Old Fabrics	Retford Library	Fri	3 Nov	8 Dec	09:30	12:30	6	£54	28870
Making Personalised Lingerie	Retford Library	Fri	3 Nov	8 Dec	13:00	16:00	6	£54	28872

Course Title	Venue	Day	Start	Finish	Start	End	Sessions	Cost	Course ID
Advanced Flower Arranging	Southwell Library	Sat	4 Nov	25 Nov	09:30	12:30	4	£36	28737
Bach Flower Remedies - Introductory Course	West Bridgford Library	Sat	4 Nov	9 Dec	10:00	12:00	6	£36	28769
Advanced Flower Arranging	Calverton Library	Thu	9 Nov	14 Dec	13:30	16:00	6	£45	28734
Crochet for Beginners	West Bridgford Library	Mon	13 Nov	4 Dec	09:30	12:00	4	£30	28700
Murder Most Interesting	Beeston Library	Sat	25 Nov	25 Nov	10:00	15:00	1	£13.50	28691
Jack the Ripper/ Crime in Victorian England	Beeston Library	Sat	9 Dec	9 Dec	10:00	15:00	1	£13.50	28693
Christmas Murder Most Interesting	Eastwood Library	Sat	16 Dec	16 Dec	10:00	15:00	1	£13.50	28694



Book your place now www.inspireculture.org.uk/community or 0115 804 4363

Family Learning

Family Learning courses aim to develop positive outcomes for families and children. Courses are all free of charge and are delivered in children's centres and libraries. nSome courses are for adults only, whilst others involve mums, dads, grandparents or carers learning together with their children.

Family Health

These courses are for mums, dads, grandparents or carers and their children. They are generally 10 hour courses run over 5 weeks and most include an element of exercise along with practical activities which improve knowledge to live a healthier lifestyle.

Course Title	Venue	Day	From	Finish	Start	End	Sessions	Cost	Course ID
Baby Massage	Hucknall Library	Mon	11 Sep	9 Oct	13:30	15:00	5	Free	28572 1
Baby Yoga - Beginners	Worksop Library	Tue	12 Sep	10 Oct	09:30	11:00	5	Free	28560 2
Baby Massage	Southwell Library	Wed	13 Sep	11 Oct	13:30	15:00	5	Free	28574 1
Baby Yoga - Beginners	Sutton-in-Ashfield Library	Thu	14 Sep	12 Oct	09:30	11:00	5	Free	28564 2
Baby Massage	West Bridgford Library	Thu	14 Sep	12 Oct	13:30	15:00	5	Free	28573 2
Baby Yoga - Beginners	Stapleford Library	Fri	15 Sep	13 Oct	09:30	11:00	5	Free	28566 2
Baby Massage	Kirkby-in-Ashfield Library	Sat	16 Sep	14 Oct	09:30	11:00	5	Free	28571 2

Course Title	Venue	Day	Start	Finish	Start	End	Sessions	Cost	Course ID
Baby Yoga - Beginners	Hucknall Library	Mon	30 Oct	27 Nov	13:30	15:00	5	Free	28567 2
Paediatric First Aid	Arnbrook Children's Centre	Mon	30 Oct	4 Dec	13:00	15:00	6	Free	28904 3
Baby Yoga - Advanced	Worksop Library	Tue	31 Oct	28 Nov	09:30	11:00	5	Free	28570 4
Baby Yoga - Advanced	Sutton-in-Ashfield Library	Thu	2 Nov	30 Nov	09:30	11:00	5	Free	28568 4

- 1** For parents/carers and babies aged 6 weeks to 6 months old (not yet mobile)
- 2** For parents and children aged 8 to 20 weeks old
- 3** For parents/carers only
- 4** For parents and children aged 16 to 20+ weeks old



Book your place now www.inspireculture.org.uk/community or 0115 804 4363

Creative Families

These courses are for mums, dads, grandparents or carers and their children. They are generally 12 hour courses run over 6 weeks and give families the opportunity to explore their creative skills alongside their children. Some courses may be for adult learners only and aim to equip carers with the skills to develop their child's creativity.

Course Title	Venue	Day	Start	Finish	Start	End	Sessions	Cost	Course ID
Family Arts & Crafts	Beeston Library	Tue	12 Sep	17 Oct	15:30	17:30	6	Free	28580 5
Making Costumes for Children	Beeston Library	Tue	12 Sep	28 Nov	13:00	15:00	10 (omitting half-term)	Free	28582 3
Making Costumes for Children	Kirkby-in-Ashfield Library	Fri	15 Sep	24 Nov	13:00	15:00	10 (omitting half-term)	Free	28581 3
Christmas Crafts with Children	Beeston Library	Tue	31 Oct	28 Nov	15:30	17:30	5	Free	28577 5

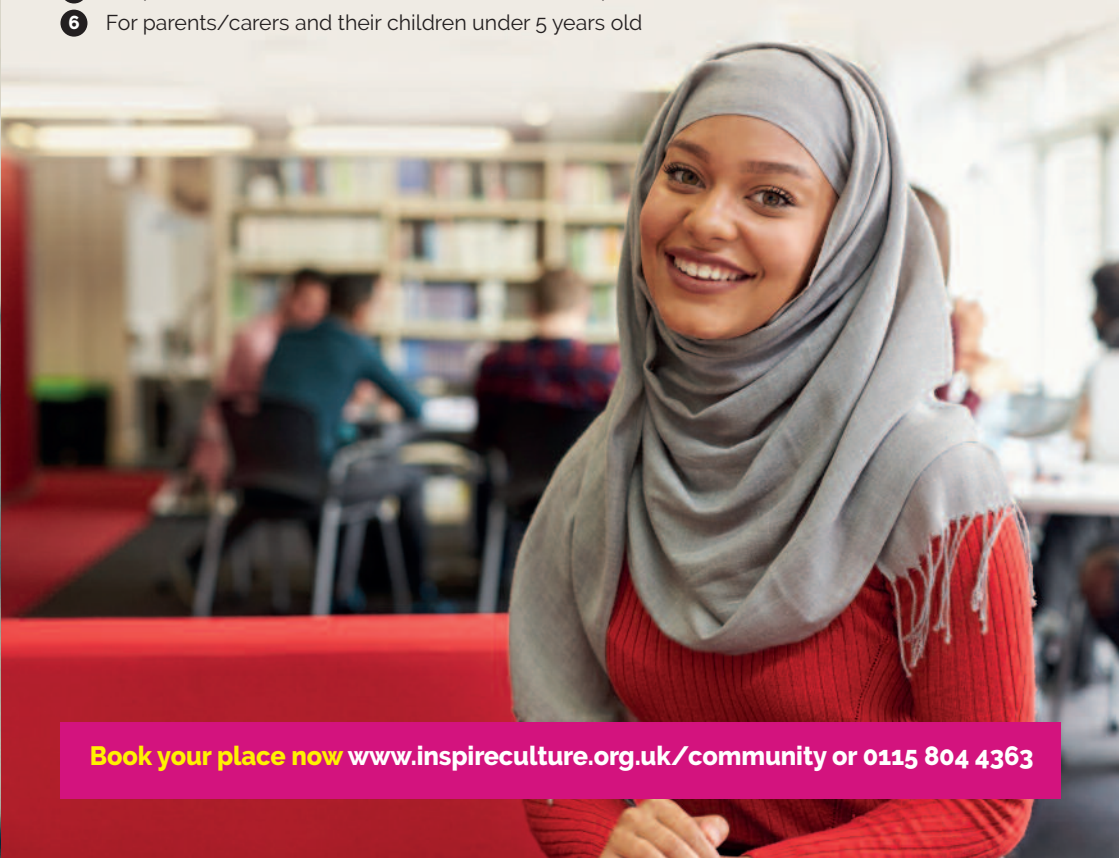


Family English, Maths and Language

These courses are usually for mums, dads, grandparents or carers. They aim to improve adults' literacy skills and to teach them how English, reading, phonics and maths are being taught in schools to their children. This helps carers to better support their child's learning at home and at school.

Course Title	Venue	Day	Start	Finish	Start	End	Sessions	Cost	Course ID
Story Fun	Sutton-in-Ashfield Library	Mon	11 Sep	16 Oct	13:30	15:00	6	Free	28578 6
Family Phonics & Reading	Eastwood Library	Tue	12 Sep	17 Oct	09:30	11:30	6	Free	28583 5
Story Fun	Stapleford Library	Thu	2 Nov	7 Dec	09:30	11:30	6	Free	28815 6

- 3** For parents/carers only
- 5** For parents/carers and their children (no unaccompanied children)
- 6** For parents/carers and their children under 5 years old



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Family Science, Technology, Engineering and Maths

These courses are for parents or carers to learn about the way Information Technology is being taught in schools, understand the importance of IT in the modern world and explore some online programmes. Some courses are focussed on simple practical aspects of science and engineering through experiments which also include some maths, and give carers the chance to learn about these subjects alongside their children. Often the kids know more than the adults, and this can be a great way of sharing your learning together!

Course Title	Venue	Day	Start	Finish	Start	End	Sessions	Cost	Course ID
Family Supersonic Car	Beeston Library	Mon	30 Oct	27 Nov	16:00	18:00	5	Free	28921 ⁵
Keeping your Children Safe Online	Hucknall Library	Tue	31 Oct	5 Dec	09:30	11:30	6	Free	28588 ³
Keeping your Children Safe Online	West Bridgford Library	Wed	1 Nov	6 Dec	09:30	11:30	6	Free	28589 ³

- ³ For parents/carers only
- ⁵ For parents/carers and their children (no unaccompanied children)



Book your place now www.inspireculture.org.uk/community or 0115 804 4363

Aged 16 to 18?

If you're aged 16 to 18 and not sure what your next steps are, then get in touch with our team at Skills for Employment.

We offer tailored study programmes and traineeships that help you develop your skills whilst getting real work experience. You will also qualify for a bursary to help you financially whilst you study.

We offer individual support to learners who may not have had a positive school experience. Our small class sizes and our determination to provide you with individual support has contributed to our excellent progression levels.

Over 75% of our learners move on to additional learning or employment when they complete their time with us.

We pay a bursary to all students with payments varying in amount depending on your situation. All travel costs are refunded and Child Benefit is not affected.

**SO WHAT ARE YOU
WAITING FOR?**

**CONTACT US TODAY
ON 0115 804 4363 OR EMAIL
US AT [LEARNING@
INSPIRECULTURE.ORG.UK](mailto:LEARNING@INSPIRECULTURE.ORG.UK)**

You can enrol at any time and join our programmes at specialist centres in Mansfield, Sutton-in-Ashfield, Retford, Ollerton, Eastwood, Stapleford and Newark.

Our dedicated team of professional tutors offers programmes including:

- Health and Social Care
- Hospitality and Catering
- Carpentry and Joinery
- Painting and Decorating
- Employability Skills
- Functional Skills
- Construction
- IT Skills
- GCSEs in English and Maths

As well as the study programme, you can also complete a traineeship for up to six months which includes:

- A work placement offering developmental work experience
- Work training skills, for example CV writing, interview preparation and interpersonal skills
- A qualification in English and Maths
- A range of support and flexible training to help develop skills and progress quickly on to an Apprenticeship or secure employment.

Getting you back into work

The Building Better Opportunities Towards Work project benefits people of all ages across Bassetlaw, Newark & Sherwood and Ollerton districts who are unemployed and interested in getting back into work, education or training.

Participants are supported by a Work Coach and Job Broker who will work with individuals to develop an action plan, enabling them to achieve their job goals; help with CV writing is included in the project.

The project can provide participants with a 'personal budget' which can pay for access to training opportunities, equipment and other costs to alleviate barriers to work when it may prove difficult to finance these personally.

If you'd like to change your current situation, then contact the Building Better Opportunities team who will help you make a positive a difference to your future.

Phone:
Bassetlaw, Newark & Sherwood
0785 050 3152

Ollerton & District
0785 050 3156

Email:
BBO@inspireculture.org.uk

This is what past participants have said:

"Very productive. Good to know what I can do and get help with."

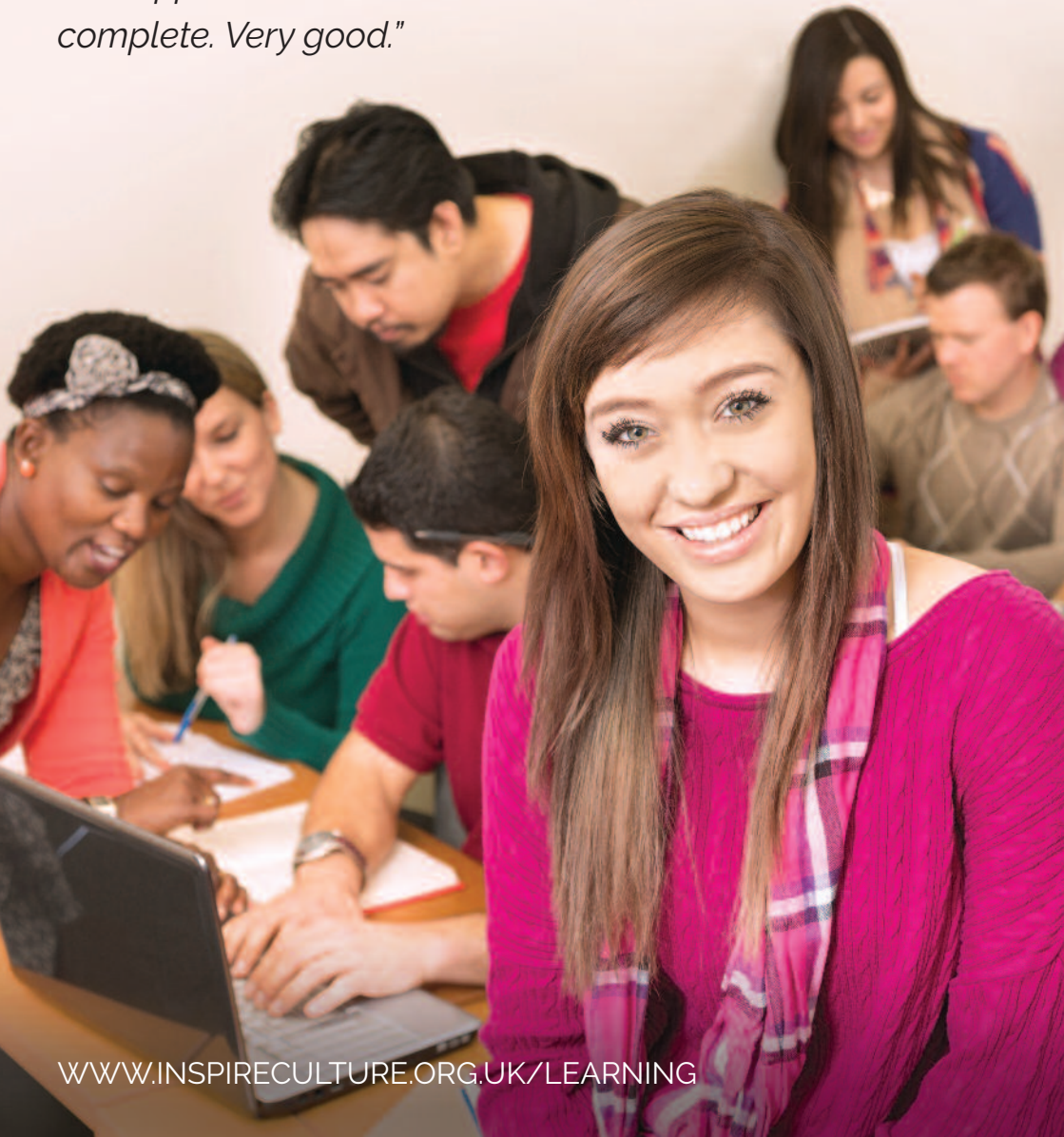
"The work coach helped me a lot with an application today. I am so grateful. I enjoyed doing it."

"I did my CV which was very helpful - I enjoyed learning how to do things. The work coach was very helpful."



"Best help I have had so far."

*"A really positive and
productive meeting.
Lots of further tasks to
complete. Very good."*



Apprenticeships

Apprenticeship reforms have created new professional qualifications for existing and new employees with funding available. Inspire offers a range of Apprenticeships for all ages across Nottinghamshire.

We have a track record of delivering quality Apprenticeship programmes. We can advise and guide your organisation through the process, including access to funding and recruiting an Apprentice.



Why do an Apprenticeship?

An Apprenticeship is a great way to earn while you learn, develop practical skills and progress in your chosen career without the need for extended study leave or a career break.

For employers an Apprenticeship is a more convenient way to develop and train staff as the majority of time is spent in the workplace.

As your training provider, we will design the Apprenticeship to meet the needs of you and your organisation by tailoring the content around job descriptions and skill shortages in the workplace. This approach allows organisations to improve staff retention and develop a workforce that is valued, motivated and productive.

Our dedicated team of professional tutors currently offers the following Apprenticeships:

- Business Administration - Level 2, Level 3
- Childcare - Level 2, Level 3
- Customer Services - Level 2, Level 3
- Hospitality - Level 2, Level 3
- Operational Delivery Officer (Public Service) - Level 2, Level 3
- Supporting Teaching and Learning in Schools & Specialist Support in Schools - Level 2, Level 3
- Team Leader - Level 3
- Diploma in Education and Training - Level 5
- Operations Departmental Manager - Level 5 (Institute of Leadership & Management ILM)
- Diploma for Leaders & Managers - Level 5

Recruiting an Apprentice

We offer a free Apprentice recruitment service and can help you recruit an apprentice, writing job descriptions and matching applicants to your organisational needs.

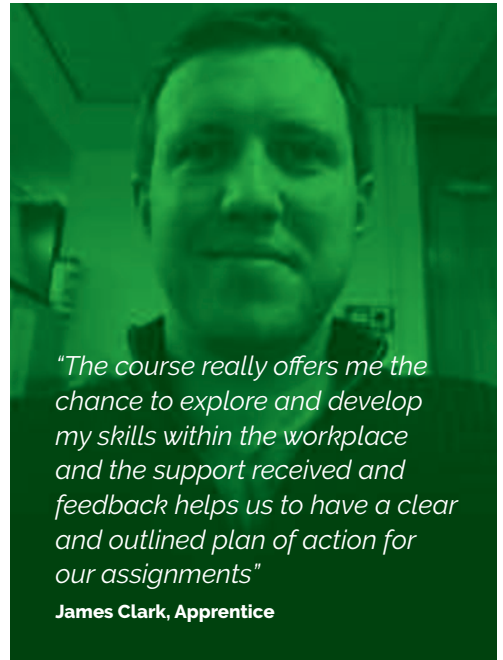
We will do all the work, freeing you up to concentrate on your business and provide you with a shortlist of suitable applicants.

Additional funding of £1500 is also available for employers who appoint an Apprentice between the ages of 16 and 24.

Your Apprenticeship Training Provider

If you are a local business, employed professional, or unemployed person interested in exploring an Apprenticeship, please contact our team of experienced advisors.

0115 804 4363 | learning@inspireculture.org.uk



"The course really offers me the chance to explore and develop my skills within the workplace and the support received and feedback helps us to have a clear and outlined plan of action for our assignments"

James Clark, Apprentice

Aged 19+?

Are you looking for a career change or a boost to your job prospects? At Inspire Learning we support adults through high quality teaching, training and assessment across Nottinghamshire and beyond.

Access to Health & Social Care

Do you want to go to university but don't have the qualifications you need? Access courses are for people aged 19+ who want to go to university but who may not have been in education for some time.

Our Access to Health & Social Care course is starting mid-September at both Mansfield Old Library and Beeston Library. The course costs £2,850 however Advanced Learner Loans are available to cover this cost. If you progress on to a degree course the loan is written off so that you won't have to repay it.

"Nottingham Trent University is delighted to be working in partnership with Inspire on the development of the new Access to Health & Social Care course. We look forward to welcoming some of you onto our BA (Hons) Health and Social Care degree course in the future."

Jane Challinor, Programme Manager,
Nottingham Trent University

NOTTINGHAM
TRENT UNIVERSITY

**CONTACT US TODAY
ON 0115 804 4363 OR EMAIL
US AT LEARNING@
INSPIRE CULTURE.ORG.UK**

Professional Qualifications

We offer the following professional qualifications. We're actively seeking employees with these qualifications and encourage you to apply to join our talent pool when you finish your course.

- Certificate in Information Advice and Guidance – Level 3
- Certificate in Support for Teaching and Learning in Schools – Level 3
- Certificate in Assessing Occupational Achievement – Level 3
- Award in The Internal Quality Assurance of Assessment Processes and Practices – Level 4
- Certificate in Education and Training – Level 4

Advanced Learner Loans

If you are aged 19 or over on the day your course starts you will qualify for an Advanced Learner Loan. We can guide you through the loan application if you study with us.

You won't pay anything back until you are earning at least £21,000 a year.

For more information or to enrol contact us on
0115 804 4363 | learning@inspireculture.org.uk

Courses for Employers

Inspire Learning offers a series of accredited courses that can be delivered at your premises, exclusively for your employees and tailored to your business needs.

- Paediatric First Aid - Level 3
- Emergency First Aid at Work - Level 2
- First Aid at Work - Level 3
- Food Safety in Catering - Level 2
- Manual Handling - Level 2
- Fire Safety and Fire Marshal - Level 2
- Health and Safety - Level 2
- Mental Health First Aid
- Award in Education and Training - Level 3

Contact us to discuss any of the courses in more detail or explore how we can help your staff development

0115 804 4363 | learning@inspireculture.org.uk

Teacher Training

Level 3 Award in Education and Training (AET)

Inspire is pleased to offer the Level 3 Award in Education and Training which is the first step qualification if you are interested in developing a career in teaching adults; this could be as a trainer in the private training industry or as a tutor in further education or community learning. This qualification replaces the former PTLLS course and is charged at £395 per person.

Courses will be run on demand and flexibly delivered either at weekends or during evenings. There will be a total of 5 days classroom-based learning, delivered in a series of one or half-day workshops with 12 to 24 hours of self-study. The course takes 4 to 12 weeks to complete.

To book, contact us on

0115 804 4363 | learning@inspireculture.org.uk



SONGWRITING MASTERCLASS WITH NINA SMITH

SUNDAY 22 OCTOBER, 10AM–1PM
THE OLD LIBRARY, MANSFIELD

Spend a morning with Nina Smith exploring songwriting.

If you are an aspiring songwriter with ideas you want to develop or just want to know how to write a song, this workshop is ideal for you. If you have musical playing ability and some music theory knowledge that would be helpful but not essential.

Nina is a professional songwriter working in London with a variety of artists. Nina has featured on Radio 1 and 1Xtra with rapper Scorzayzee. She has supported Alesha Dixon, Belinda Carlisle and Petebox. Her latest EP reached number 4 in the R&B iTunes chart. She is now recording a new album with producer Yoad Nevo whose credits include Sia, Sugababes, Girls Aloud, Bryan Adams and Goldfrapp.

The session will take place in a professional, fully equipped recording studio. Tickets: £45.

To book online visit www.inspireculture.org.uk/songwriting or call 0115 804 4363 for more details.



Are you a carer?

Are you, or is someone you know, providing much-needed care for a loved one?

Inspire Learning and Nottinghamshire Carers Hub provide free workshops for carers helping you meet the challenges of your caring role and lead a healthy lifestyle.

Carers Trust East Midlands provides a range of support and services via Nottinghamshire Carers Hub.

Register by contacting the Helpdesk on 0115 824 8824 where you can speak to an experienced support worker, who will explain what support is available to you.
www.carerstrustem.org/hub



AN EVENING WITH CHARLES HANSON

THURSDAY 12 OCTOBER, 7-9PM
NEWARK LIBRARY

Spend an evening with Charles Hanson who will talk about a day in the life of an auctioneer.

Having begun his career at Christies in London, Charles established Hanson's Auctioneers in 2005 in Derbyshire. Charles is fortunate to be frequently invited to film with the BBC shows *Flog It!*, *The Antiques Road Trip* and *Celebrity Antiques Road Trip*, alongside the BBC's *Bargain Hunt*, where he can be seen throughout the year as both expert and auctioneer.

If you'd like specialist advice then please bring along a family heirloom.

Tickets: £10

To book online visit
www.inspireculture.org.uk/hanson
or call Newark Library on
01636 703 966 for more information.





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AUTUMN
2017

SHORT COURSE GUIDE

English - Level 1 & 2

An Introduction to First Aid

Creative Writing

**Family Cooking
on a Budget**

Trace Your Ancestors

Family Phonics & Reading Get Going on the Guitar

Family Arts & Crafts

Decoupage & Shabby Chic Jars

Story Fun

Enterprise and Business Skills

Christmas Crafts with Children

Upcycling

Old Fabrics

**Baby
Massage**

Indian Head
Massage

Making costumes for children

**Masks, Myths &
Mask Making**

ICT for Business

Chinese Painting

Family Supersonic Car

Crochet for Beginners

**Paediatric
First Aid**

Flower Arranging

Keeping your Children Safe Online

An Introduction to Creative Bag Making

Graphology

Baby Yoga

Creative Crafts

Audio Production

**Introduction to
Family History**

Alternative Therapies

Contact us

0115 804 4363

learning@inspireculture.org.uk

We've made every effort to ensure that course information is correct at time of print, but we advise you to check the 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.

WWW.INSPIRECUltURE.ORG.UK/LEARNING