

Have fun learning something new

Would you like to learn something new, or improve your skills? Do you want to meet more people and get out of the house? Perhaps you want to socialise and spend quality time with friends and family? Our short courses are for you!

When?

Our community courses are short enough to try something new without a huge commitment.

They vary in length from half a day, or a day, to 2 hours each week over 6 to 8 weeks.

Most of the sessions take place at local libraries or community centres, so they are easy to get to wherever you live. They're fun, friendly and nothing like school – why not go along with a friend or family member. Everyone is welcome!

Who is it for?

Our courses are for everyone aged 19+.

You don't need any skills or qualifications to take part and sessions are just for fun, so although we ask you to complete the course there are no exams at the end.

Some of the sessions are family learning, which means a parent or carer can learn at the same time as their child/ren. It's a great way to spend quality time together.

Our staff have lots of experience working with people with learning difficulties. We have a selection of courses that might interest you. Just get in touch and we can advise you on what is available.

How much does it cost?

Our courses are £3 per hour but **FREE** if you're in receipt of means-tested benefits.

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.

Payment should be made in full at the time of booking unless you qualify for a free place. If you would like to pay by phone, need further help with payment options or spreading the cost of your course, please call us on the number below.

How do I book?

Book your place online 24 hours a day, 7 days a week at

www.inspireculture.org.uk/community

Call us on **0115 804 4363**

Our office is open Monday to Friday 8.30am to 4.30pm.

Inspire Culture, Learning and Libraries

Inspire now delivers culture, learning and libraries on behalf of Nottinghamshire County Council.

Just pop into your local library or contact us:

W: www.inspireculture.org.uk/community

E: learning@inspireculture.org.uk

T: **0115 804 4363**

NEW
Autumn 2017 short
course guide in
libraries now!

INSPIRE LEARNING

SHORT COURSES IN YOUR COMMUNITY



SHORT COURSES IN ASHFIELD - AUTUMN 2017

Courses are **FREE** if you're in receipt of certain benefits.

Course	Venue	Day	Start date	End date	Start time	End time	Cost
Confidence & Assertiveness	Sutton in Ashfield Library	Thu	19/10/2017	19/10/2017	10:00	15:30	£15.00
Introduction to First Aid	Hucknall Library	Fri	20/10/2017	20/10/2017	09:30	15:30	£16.50
Manual Handling & Health & Safety	Sutton in Ashfield Library	Tue	24/10/2017	24/10/2017	09:30	15:30	£16.50
Working with Dementia Patients	Hucknall Library	Mon	30/10/2017	04/12/2017	09:30	12:30	£54.00
Mindfulness - Being Here & Now	Kirkby in Ashfield Library	Mon	30/10/2017	27/11/2017	10:00	12:00	£30.00
Introduction to Seated Yoga	Sutton in Ashfield Library	Mon	30/10/2017	27/11/2017	13:00	15:00	£30.00
Decoupage & Shabby Chic Jars	Sutton in Ashfield Library	Tue	31/10/2017	28/11/2017	10:00	12:00	£30.00
Eat, Sleep, Print, Repeat - Printmaking	Hucknall Library	Tue	31/10/2017	28/11/2017	13:30	15:30	£30.00
Creative Crafts	Sutton in Ashfield Library	Wed	01/11/2017	06/12/2017	13:00	15:00	£36.00
An Introduction to Alternative Therapies	Kirkby in Ashfield Library	Fri	03/11/2017	17/11/2017	10:00	12:30	£22.50
An Introduction to Alternative Therapies	Hucknall Library	Fri	03/11/2017	17/11/2017	13:00	15:30	£22.50
Introduction to First Aid	Kirkby in Ashfield Library	Fri	24/11/2017	24/11/2017	09:30	15:30	£16.50
Food & Nutrition - The Complete Diet	Kirkby in Ashfield Library	Fri	01/12/2017	08/12/2017	09:30	15:30	£33.00

For more information and our full course listing pick up a copy of our new short course guide from your local library. You can also download a copy and book your place online at www.inspireculture.org.uk/community or call us on 0115 804 4363.

We've made every effort to make sure that course information is correct at the time of printing but we advise you to check details when booking. We reserve the right to cancel a course if there are insufficient enrolments.

Want to go to University but don't have the qualifications you need? Inspire Learning can help!

It's not too late to enrol!

NEW Access to Higher Education - Health and Social Care

- No GCSEs needed.
- Financial support available through an Advanced Learner Loan – we will help you apply!
- **PLUS...** your course will be **FREE** with no loan repayments if you progress to a University course afterwards.
- We have links with local universities and students who pass the course will be offered a pathway to Nottingham Trent University.

This course is running at Beeston Library and The Old Library, Mansfield - it's not too late to enrol!

Find out more visit www.inspireculture.org.uk/accesstoHE • Email: learning@inspireculture.org.uk • Tel: 0115 804 4363