

JAN-APRIL
2018

INSPIRE LEARNING

NOTTINGHAMSHIRE COURSE GUIDE

COURSES IN YOUR LOCAL COMMUNITY – ENROL TODAY!



To enrol on our courses, visit
inspireculture.org.uk/learning
or call 0115 804 4363


Ofsted
Good rating


matrix®
quality standard for information
advice and guidance services
approved by the matrix accreditation Body

 **Inspire**
Culture | Learning | Libraries

 Nottinghamshire
County Council

 Education & Skills
Funding Agency



My name is Ian Bond, the Inspire Learning Manager, and it gives me great pleasure to share the Inspire Learning Course

Guide for Spring 2018 with you all.

Since we introduced our new Inspire Learning course guide last Autumn we've been extremely busy, developing new courses that are delivered from new centres across Nottinghamshire!

We've delivered 1,200 courses to just under 4,000 learners. We've welcomed back some familiar faces and we've enjoyed meeting many new people who have taken their first steps on their own personal learning journey with us.

All our courses are taught by experienced tutors and we cater for learners of all ages and abilities. We've recently been Ofsted inspected and once again recognised as a high-quality provider receiving Grade 2 'Good' rating for the provision we deliver on behalf of Nottinghamshire County Council. As a Community Benefit Society, our priority isn't making a profit. We have no shareholders, so you'll always find that our fees are amongst the most competitive in the East Midlands. We're keen to remove barriers to learning and to support our local residents. Everything we do is focused on meeting the needs of our learners – people like you! Your fees will be re-invested to support new programmes of learning in the coming months.

We have hundreds of Community and Family Learning Courses designed to inspire you to build your confidence, develop your skills, gain qualifications and explore new ideas.

Most courses are run in local libraries and community venues, so they're easy for you to get to, wherever you live! They are informal, fun and sociable, and most don't require any prior skills or qualifications to enrol.

Our tailored Study Programmes and Traineeships for 16-19 year olds offer a great opportunity for young people to develop their skills whilst gaining real work experience. We pride ourselves in the individual support we give to our learners – particularly to those who may not have had the most positive school experience.

We also offer Apprenticeships to all ages in a range of vocational areas including management, project management, customer service, health and social care and business administration (including IT).

We're excited about our growing range of Adult Further Education courses and qualifications. These programmes are designed for anyone who may be looking to change or enhance their career. You can see our full listing on page 10. Courses include Access to Higher Education in Health and Social Care, providing a pathway to Nottingham Trent and Sheffield Hallam Universities (amongst others). There are also Level 3 to Level 5 qualifications in a range of disciplines including Training and Education, Advice and Guidance, Leadership and Management, and Business Administration.

I'm confident that wherever you are on your personal learning journey, you'll find something perfect for you in this latest Inspire Learning Course Guide for Spring 2018. I'm proud to be able to offer these programmes to you and we look forward to welcoming you on one of our courses soon.

Ian Bond
Inspire Learning Manager



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

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 InspireLearningSkills

 @Learn_Inspire

Who we are

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

We're part of Inspire Culture, Learning and Libraries which is a Community Benefit Society. 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 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.



Education & Skills
Funding Agency

In the past year...



2.7m visitors

came through the doors of Nottinghamshire libraries – that's the equivalent to the population of Chicago, reaching more than 51,000 each week!

9,035

Nottinghamshire people learnt with Inspire Learning. That's

255,505

hours of learning!



864

years of history in **4 million** archival documents dating from c1155, plus thousands of local studies items in collections in all 60 inspire libraries.



98,000 new

items added to the library catalogue – that's 18,000 more than last year!



143,276

items were selected by our Education Library Service librarians for teacher projects – that's enough books to stretch from West Bridgford to Mansfield each week!

111

performance pieces and 62 brand new songs were developed in Inspire Youth Arts projects. With 1,692 participants and 9,000 people having seen IYA performances.



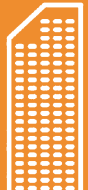
16,795 children

and young people participated in our musical learning activities

Our arts team hung

262m of exhibitions

in our library galleries – that's the height of the tallest skyscraper in Saigon!



Discover your local library

Libraries are an important part of our local communities and are at the heart of what we do at Inspire. Our libraries provide the hubs for our cultural activities and create knowledge through access to learning, information and opportunities.

At your local library you could discover:

- Rattle, Rhyme and Roll and Storyhullabaloo free sessions for pre-school children
- Art workshops and exhibitions
- Author visits and book recommendations
- Family theatre, drama and dance
- Local heritage collections to find out more about your local past
- Audio books, DVDs, newspapers, large print and books in other languages
- Room hire for children's parties, meetings and events
- Use Wi-Fi, browse the Internet and use computers for free, and print or photocopy your documents



Join your library for free today

Visit any Nottinghamshire library, or join online at www.inspireculture.org.uk/join

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.

"I like the fact that I can work in a comfortable environment and I know help is there when I need it. I have learnt useful skills that I can use in everyday life"

Liam Kelsey, Newark.

#IamInspireLearning



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.



Apprenticeships

At Inspire Learning, we have a track record of delivering quality Apprenticeship programmes.

The new Apprenticeship Levy came into effect May 2017 and we've introduced a range of professional qualifications for existing and new employees of levy-paying organisations which attract funding.

Our range of Apprenticeships are for all ages from 16 upwards. They're a great way to earn whilst you learn, develop practical skills and progress in your chosen career without the need for extended study leave or a career break – you get hands-on experience whilst being paid.

For employers, an Apprenticeship is a convenient way to develop, train and retain an existing workforce. It's also an opportunity to bring in future talent that you can shape to fit the needs of your organisation.



Inspire Apprenticeship Programmes

We have a dedicated team of professional tutors offering the following Apprenticeship programmes:

Business Administration – Level 2, Level 3 and Level 4

Children and Young People's Workforce – Level 2 and Level 3

Customer Services – Level 2 and Level 3

Customer Service Practitioner – Level 2

Hospitality – Level 2 and Level 3

Operational Delivery Officer (Public Service) – Level 2 and Level 3

Team Leader – Level 2

Team Leader/Supervisor – Level 3

Operations Departmental Manager – Level 5 (Institute of Leadership and Management)

Management – Leadership and Management – Level 3 and Level 5

Associate Project Manager – Level 4

Apprentices

As an Apprentice, you'll receive support from us at every stage, from the moment you apply to us, to the moment you complete your qualification and beyond. You'll receive all the personalised advice and guidance you need to get the most out of your Apprenticeship, including help with CV writing, job applications and interviews.

Employers

As a levy-paying employer, we can design Apprenticeships to meet the needs of you and your organisation.

We tailor content around job descriptions and skill shortages with the aim of improving your workforce. We'll help you to recruit an Apprentice, write job descriptions and match applicants to your organisational needs. We will even provide you with a shortlist of suitable candidates.

We do all the work, freeing you up to concentrate on your business.

Additional funding of £1500 available for employers appointing an Apprentice aged 16–24.*

Choose an Inspire Apprenticeship

If you're a local levy-paying business, employed professional, or unemployed and you're interested in an Apprenticeship with Inspire Learning, please get in touch with our team of expert advisors.

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

*Aged 16–18 and only up to 24 if they are a care leaver or if they have an educational statement.

Adult Further Education qualifications

If you're looking for a career change, or you want to expand your skills and knowledge to boost your job prospects, Inspire Learning can help!

We support adults through high-quality teaching, training and assessment across Nottinghamshire and beyond with a range of Adult Further Education courses and qualifications.

Customer Service, Business Administration and IT

Level 4 NVQ Diploma in Advice & Guidance

Level 3 NVQ Certificate in Advice & Guidance

Level 3 NVQ Diploma in Customer Service

Level 3 NVQ Diploma in Business Administration

Level 3 Certificate for IT Users

Health, Social Care and Early Years

Access to Higher Education – Health and Social Care

Level 4 Diploma in Adult Care

Level 3 Diploma in Health and Social Care (Adults)

Level 3 Certificate in Preparing to Work in Adult Social Care

Level 3 Certificate in Working in End of Life Care

Level 3 Diploma for the Early Years Practitioner

Leadership and Management

Level 5 Diploma in Coaching and Mentoring

Level 4 Certificate in Leadership and Management for FE Managers

Level 4 Certificate in Principles of Leadership and Management

Level 3 Certificate in Coaching and Mentoring

Level 3 Certificate in Principles of Leadership and Management

Training and Education

AIM Awards Level 3 Certificate in Assessing Vocational Achievement

AIM Awards Level 4 Certificate in Education and Training

A range of venues, days of the week and study patterns available – contact us for more details.

0115 804 4363 | learning@inspireculture.org.uk



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 will run at Mansfield Old Library on Monday, Tuesday, Wednesday and Thursday morning from January to November, and you will need to attend all sessions. 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 Professional Qualifications

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 3
- 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



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.

For more information contact us on:
Bassetlaw, Newark & Sherwood

0785 050 3152

Ollerton & District

0785 050 3156

BBO@inspireculture.org.uk



Courses for people with learning difficulties and disabilities

We work extensively with people who have learning difficulties and disabilities (LLDD). We also work with people who have mental health or other related needs. These courses are not advertised generally but are designed especially for pre-existing groups.

Last year we supported a wide range of learners with learning and physical disabilities. We're proud of the learning experiences we're able to offer these students who might otherwise not be able to access learning.

Our courses for disabled people are 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 variety of subjects, including:

- Out and about – Independence skills
- Moving to music
- Motivation and confidence
- Film-making
- Massage and reflexology

Contact us on 0115 804 4363 or email learning@inspireculture.org.uk if your group or centre is interested in becoming a partner with Inspire Learning's LLDD provision.

#IamInspireLearning

"It's very interesting. There is something for us all to do regardless of our abilities."

"It's absolutely fabulous! The tutor used our individual interests to create a show and DVD."



Community Learning Courses

Learning doesn't have to be about studying towards a formal qualification – at Inspire Learning we understand this isn't for everyone. Our Community and Family Learning Courses are designed with this in mind.

If you want to improve or brush up your skills, meet more people, simply get out of the house more, or spend quality time with your friends and family – our community and family learning courses are for you!

For everyone aged 19+ our community courses are short enough to try something new without a huge commitment. Some courses are one-off workshops, whilst others run for a few hours each week for 6 to 8 weeks. You can even sign up with a friend or family member to share the fun of discovering something new. Community courses are free if you're in receipt of certain benefits, see page 15 for details.

Courses in our Family Learning section on page 41 mean parents/carers can learn at the same time as their child. It's a great way to learn and spend quality time together. They're also free!

The really great thing about our Community and Family Learning Courses is that you don't need any prior skills or qualifications to sign up. There are no exams at the end and all sessions are fun and informal. Our staff also have lots of experience of working with people with learning difficulties, and we have a selection of courses that might interest you.

If there's something you'd like to learn but you don't see it here, please let us know! Although it's still a bit dark and grey outside, we're already planning for the summer. If you'd like to receive updates 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 commission delivery from a range of local highly trusted providers. For more information on their offer please visit: www.inspireculture.org.uk/partners

W: www.inspireculture.org.uk/learning
E: learning@inspireculture.org.uk
T: 0115 804 4363



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/learning

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 select 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 Seeker's 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.

Reserve your place today at www.inspireculture.org.uk/learning



Arts & Crafts

Acrylic Painting for Beginners

On this course you will explore different techniques to use when painting with acrylic paints. Please bring your own art materials.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	03 Mar	24 Mar	13:00	15:00	4	Southwell Library	£24.00	30295

Life Drawing and Still-life Work

On this course you will learn a range of life drawing techniques and work with a variety of mixed media. You will also have the opportunity to work from still life as well as from a life model. Each session will be clearly defined by focusing on a different theme and subject within still life. Please bring your own art materials.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	06 Mar	27 Mar	09:30	12:00	4	West Bridgford Library	£30.00	30214

Oil Painting for Beginners

Explore painting with oils and techniques which are best suited to oil painting. No experience needed. Please bring your own art materials.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	13 Jan	17 Feb	13:00	15:00	6	Southwell Library	£36.00	30294



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

Bespoke Crafts

You will learn how to create craft items that are fantastic gifts, such as shabby chic jars, découpage items and brooches. You will need to bring your own equipment which will be confirmed before the first session.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	11 Jan	15 Feb	13:00	15:30	6	Bingham Library	£45.00	30291

Creative Crafts

On this course you will explore different craft skills including book folding, découpage, sewing and origami. You will also look at the different aspects of starting up a business to sell your crafts. At the first session you will find out any materials you will need to provide yourself.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	11 Jan	15 Feb	13:00	15:00	6	Bilthorpe Library	£36.00	30288
Monday	26 Feb	26 Mar	13:30	15:30	5	Hucknall Library	£30.00	30319
Wednesday	28 Feb	28 Mar	13:00	15:00	5	Southwell Library	£30.00	30208

Crochet for Beginners

Learn a range of basic stitches and be able to produce your own creation. You will need to bring a 4.5mm–5mm crochet hook and a ball of double knitting yarn. A small fee will be charged to cover other materials e.g. additional crochet hooks, darning needles, wool, buttons, and the handout booklet.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	08 Jan	12 Feb	13:30	15:30	6	Southwell Library	£36.00	30202
Monday	15 Jan	12 Feb	13:00	15:00	5	Stapleford Library	£30.00	29929
Tuesday	16 Jan	13 Feb	10:00	12:00	5	Mansfield Library	£30.00	30211
Tuesday	27 Feb	27 Mar	10:00	12:00	5	Hucknall Library	£30.00	30165

Decorations DIY for Events and Occasions

On this course you will learn a variety of techniques to create decorations for a range of occasions including birthdays, weddings, hen parties and other celebratory events.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	11 Jan	15 Feb	13:00	15:00	4	Southwell Library	£24.00	30283
Tuesday	27 Feb	27 Mar	13:00	15:00	5	Kirkby-in-Ashfield Library	£30.00	30108

Jewellery for Beginners

This course is designed for people with no previous experience who would like to have a go at making their own jewellery. The course will include kumihimo, wire wrapping, using wire, using jigs and spirals, bead weaving, adding charms and findings and making earrings.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	12 Jan	16 Feb	13:00	15:00	6	Beeston Library	£36.00	30117
Tuesday	16 Jan	13 Feb	10:00	12:00	5	Eastwood Library	£30.00	30120

Flower Arranging for Beginners

This course is aimed at total beginners who would like to learn the art of flower arranging. We will introduce you to a range of techniques and each week you will take home your new creation. Requirements for tools, materials and flowers will be discussed at the first session. Materials are not provided.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	16 Jan	13 Feb	10:00	12:00	5	Mansfield Library	£30.00	30248
Tuesday	27 Feb	27 Mar	10:00	12:00	5	Mansfield Library	£30.00	30249

Flower Arranging – Intermediate

This course is an intermediate course and will build on existing basic skills and knowledge. The course will introduce a wider range of flower arranging techniques, and each week you will learn a new design and take home your creation. Requirements for tools, materials and flowers will be discussed at the first session. Materials are not provided.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	15 Jan	12 Feb	09:30	12:00	5	Hucknall Library	£37.50	30161
Monday	15 Jan	12 Feb	13:00	15:00	5	Kirkby-in-Ashfield Library	£30.00	30077
Tuesday	16 Jan	13 Feb	13:00	15:00	5	Mansfield Library	£30.00	30250
Tuesday	27 Feb	27 Mar	13:00	15:00	5	Mansfield Library	£30.00	30252

Sugar Craft Flowers for Beginners

This course is an introduction to sugar craft flower making. You will become familiar with basic skills, techniques and processes using sugar florist paste. You will produce delicate spring sugar craft flowers, the perfect addition to any celebration cake. You will need some materials which will be discussed during the first session. A full resource list will be provided by the tutor.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	17 Jan	14 Feb	10:00	12:00	5	Sutton-in-Ashfield Library	£30.00	30141
Thursday	18 Jan	15 Feb	13:00	15:00	5	Mansfield Library	£30.00	30232
Tuesday	27 Feb	27 Mar	10:00	12:00	5	Southwell Library	£30.00	30286
Thursday	01 Mar	29 Mar	13:00	15:00	5	Mansfield Library	£30.00	30233

Photography – An Introduction

This course is for anyone who would like to explore photography techniques and improve the quality of the images they capture. Topics that will be covered include: editing, taking photos in different light and taking action pictures. This course is aimed at new photographers with a digital camera.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	18 Jan	15 Feb	10:00	12:00	5	Kirkby-in-Ashfield Library	£30.00	30099
Thursday	18 Jan	15 Feb	13:00	15:00	5	Mansfield	£30.00	30253

Photography – an Introduction to Online Editing

This course is for complete beginners and provides an introduction to editing your photos using both free software and Photoshop.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	17 Jan	14 Feb	09:30	11:30	5	Calverton Core Centre	£30.00	30350

Photography – Next Steps

This course is aimed at new and developing photographers with a DSLR camera. The interactive fun workshops cover everything from the exposure triangle to working in full manual control.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	01 Mar	29 Mar	13:00	15:00	5	Mansfield Library	£30.00	30255

Sewing for Beginners

On this course you will learn a range of basic techniques using both machine sewing and hand sewing. You will also get to learn about different fabrics and techniques for working with a range of fabrics. Suitable for beginners or people who want to brush up on their skills. Materials will be provided.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	28 Feb	28 Mar	13:00	15:00	5	Mansfield Library	£30.00	30303

Patchwork for Beginners

Enjoy designing and hand stitching a lap quilt. Beginners and more experienced patch workers very welcome.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	16 Jan	20 Feb	09:30	11:30	6	Calverton Core Centre	£36.00	30351

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



Quilting for Beginners

This course will teach learners the basics of quilting. It is useful for learners to have basic sewing skills.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	18 Jan	29 Mar	09:30	11:30	10	Beeston Library	£60.00	29748

Making Lingerie

Come along and choose from a selection of patterns and learn how to make your own pair of fabulous handcrafted knickers and bralette. You will learn to alter the pattern to your measurements, cut your pieces and learn to sew and embellish your items using a range of methods on the sewing machine and by hand. All materials and equipment provided. No experience needed.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	18 Jan	15 Feb	13:00	15:00	5	Hucknall Library	£30.00	30154

Making Dressing Up Costumes for Children

This course will teach you how to develop practical sewing skills and how to make simple costumes for your children. This is an adult only course for parents/carers.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	16 Jan	13 Feb	13:00	15:00	5	Worksop Library	Free	30051

Upcycling Your Clothes

Bring along some old clothes and learn how to turn them into something new. All equipment will be provided you just need to bring along some old clothes. No experience necessary.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	18 Jan	15 Feb	10:00	12:00	5	Hucknall Library	£30.00	30164
Thursday	01 Mar	29 Mar	10:00	12:00	5	Southwell Library	£30.00	30292

Computing

Blogging for Beginners

This course is for anyone who wants to write a blog and communicate with others worldwide for personal use, as a work skill or for self-employment. No previous experience of blogging is needed. Basic IT knowledge will be helpful but not essential.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	15 Jan	12 Feb	13:00	15:00	5	Mansfield Library	£30.00	30194
Saturday	20 Jan	03 Feb	13:30	16:00	3	Mansfield Library	£22.50	30239
Monday	26 Feb	26 Mar	13:00	15:00	5	Mansfield Library	£30.00	30196

Computer Basics for Home & Business

A basic computer course for adults with limited computer skills. Learn how to use computers at home and how computers can help you turn a hobby into a small business.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	11 Jan	15 Feb	10:00	12:00	5	Southwell Library	£30.00	30299
Friday	26 Jan	02 Mar	10:00	12:00	6	Beeston Library	£36.00	29798

We offer Further Education courses in Customer Services, Business Administration and IT – see page 10

Internet Safety for Seniors

Learn how to email, use FaceTime, Skype and Facebook on this course for older adults who would like to learn how to use the Internet. Learn what you can use your computer, tablet or phone for, and how to protect yourself against online risks.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	15 Jan	12 Feb	09:30	12:00	5	Beeston Library	£37.50	29796

iPads/Tablets for Beginners

Would you like to use your iPad or tablet but not sure where to start? This course will introduce the basics of using an iPad or tablet for personal use or for employment. We'll cover the key features of your iPad or tablet, using the Internet, sending and receiving emails and how to manage online time effectively. No experience needed – just bring along your iPad or tablet.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	20 Jan	03 Feb	10:00	12:30	3	Mansfield Library	£22.50	30240

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

Creative Writing

Creative Writing – An Introduction

Are you interested in writing but don't know where to start? Discover your creative writing style – join us for this course and try out different writing techniques.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	10 Jan	14 Feb	13:30	15:30	6	Beeston Library	£36.00	29797
Thursday	11 Jan	15 Feb	13:00	15:00	6	Eastwood Library	£36.00	29986
Tuesday	16 Jan	13 Feb	10:00	12:00	5	Hucknall Library	£30.00	30162
Tuesday	16 Jan	13 Feb	13:00	15:00	5	Sutton-in-Ashfield Library	£30.00	30136
Tuesday	27 Feb	27 Mar	18:00	20:00	5	Newark Library	£30.00	30174
Thursday	01 Mar	29 Mar	10:00	12:00	5	Mansfield Library	£30.00	30234
Thursday	01 Mar	29 Mar	14:00	16:00	5	West Bridgford Library	£30.00	30218

Creative Writing – Next Steps

This course will develop your ability to write in different styles appropriate to specific genres and help you to develop your own writing style.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	18 Jan	15 Feb	13:30	16:00	5	Kirkby-in-Ashfield Library	£37.50	30102
Thursday	01 Mar	29 Mar	13:00	15:00	5	Eastwood Library	£30.00	29988



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

Creative Writing – Ideas and Inspiration

A half-day workshop for new and experienced writers aimed at injecting fresh ideas into fiction writing. Find inspiration for your next writing project.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Sunday	28 Jan	28 Jan	11:00	15:00	1	Mansfield Library	£10.50	30241

Creative Writing – Memoirs and Memories

Join published memoir author, Gail Mitchell for a half-day workshop where you can begin writing down your memories. Whether just for future generations or with the aim of publication this workshop is for you. Learn how to make your writing interesting, how to cope with painful memories, and tips for continuing after the workshop. Bring along a notebook and a small object which reminds you of a happy memory.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Sunday	18 Mar	18 Mar	11:00	15:00	1	Mansfield Library	£10.50	30269

Creative Writing Through Poetry

Explore creative writing through poetry, developing your creative writing skills through different forms of poetic verse.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	05 Mar	26 Mar	10:00	12:00	4	Southwell Library	£24.00	30287
Wednesday	28 Feb	18 Apr	17:45	19:45	8	Retford Library	£48.00	29976



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English

English – Functional Skills

This course is for people who do not already have a GCSE (grade C or above). In the sessions you will focus on the principles of both written and spoken English and work towards the Level 1 and 2 City and Guilds qualification. You will be asked to complete an initial assessment of your skills in English and this will be done at the first session with support from the tutor – this is to help the tutor plan the sessions to meet your development needs and is not a test.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	11 Jan	29 Mar	09:30	12:00	11	Bingham Library	Free	30290
Friday	12 Jan	23 Mar	09:30	12:00	10	West Bridgford Library	Free	30220
Friday	19 Jan	23 Mar	13:00	16:00	10	Mansfield Library	Free	30256

Scrabble for Beginners

Scrabble is a classic word game that can be played with 2–4 players. This is fantastic way to learn how to play the game, so you can invite friends to play, join a club or enter a tournament. Ideally suited for anyone who wants to learn how to play Scrabble, refresh their skills or meet others who enjoy playing the game Scrabble. Scrabble boards will be provided.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	16 Jan	13 Feb	13:00	15:00	5	Mansfield Library	£30.00	30245
Tuesday	27 Feb	27 Mar	13:00	15:00	5	Mansfield Library	£30.00	30246

Are you looking to get back into work?

See our Building Better Opportunities scheme on page 12



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

First Aid

First Aid

This accredited one-day Emergency First Aid covers the primary survey, CPR, choking, the recovery position, shock, wounds and bleeding, burns and epilepsy.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	27 Feb	27 Feb	09:30	17:00	1	West Bridgford Library	£21.00	30190

Emergency First Aid at Work

This course will provide knowledge and skills to act in an emergency including primary survey, CPR and defibrillators, choking, recovery position, cuts and wounds, burns, dressings, slings and managing emergency situations. This is a Level 3 accredited course.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	11 Jan	25 Jan	09:30	16:30	3	Stapleford Library	£54.00	30094

First Aid for Older People

This non-accredited course will highlight essential first aid to care for older people. It will cover CPR and AED, choking, recovery position, wound care, heart conditions, strokes, diabetes, sprains and strains, nutrition and dementia.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	12 Feb	12 Feb	09:30	16:30	1	West Bridgford Library	£19.50	30189



Family History

Family History – An Introduction

Have you ever wondered who your ancestors were? Where did they come from? What did they do? This course will teach you the research skills to make sense of records and discover your family history.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	19 Jan	16 Mar	10:00	12:00	8	Newark Library	£48.00	30205
Tuesday	23 Jan	20 Mar	10:00	12:00	8	Kirkby-in-Ashfield Library	£48.00	30078

Hair & Beauty

Facials – An Introduction

On this course you will be introduced to the practice of delivering a facial. You will look at the skin and muscles in the face, basic aromatherapy and practical facial techniques. Please note that this course is an introduction and is not a replacement for a beauty qualification.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	13 Jan	03 Feb	10:00	12:00	4	Southwell Library	£24.00	30300

Home-made Beauty Products

On this course you will learn how to use the natural products that are in your kitchen to create toiletries that will make perfect gifts or a treat for yourself. Basic materials and equipment will be provided.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	09 Jan	06 Feb	10:00	12:00	5	Southwell Library	£30.00	30203
Tuesday	16 Jan	13 Feb	09:30	12:00	5	Worksop Library	£37.50	30047
Wednesday	17 Jan	14 Feb	09:30	12:00	5	West Bridgford Library	£37.50	30179
Thursday	01 Mar	29 Mar	13:00	15:00	5	Newark Library	£30.00	30177

Long Hair Up-styles

Learn how to work with long hair to achieve a variety of looks including curling, back combing, rolls, knots and twists using a hairdresser's dummy.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	26 Feb	26 Mar	10:00	12:00	5	Sutton-in-Ashfield Library	£30.00	30156

Plaits

Learn how to do a variety of traditional and fashion plaiting including fench, dutch, bridal, headband plaiting, rope plaiting and fishtails using a hairdresser's dummy.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	26 Feb	26 Mar	13:00	15:00	5	Kirkby-in-Ashfield Library	£30.00	30107

Working With Long Hair

Learn how to creatively put long hair up including curls, knots, rolls and twists. You will learn how to do prom and special occasion hairstyles using a hairdresser's dummy.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	17 Jan	21 Feb	11:00	13:00	6	Calverton Core Centre	£36.00	30347



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

Health & Wellbeing

Alternative Therapies – An Introduction

Discover a range of alternative therapies and learn how we can benefit from them. We'll cover Reiki, Crystal Healing, Colour Healing, Mindfulness and Meditation. This course is suitable for anyone with an interest in alternative therapies.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	10 Jan	14 Feb	09:30	11:30	6	Arnold Library	£36.00	30346
Thursday	11 Jan	15 Feb	10:00	12:00	6	West Bridgford Library	£36.00	30184
Thursday	01 Mar	29 Mar	10:00	12:00	5	Kirkby-in-Ashfield Library	£30.00	30112
Thursday	01 Mar	29 Mar	13:00	15:00	5	Hucknall Library	£30.00	30168

Hand Massage – An Introduction

On this course you will learn how to give a hand massage, including practical techniques, the skin and muscle structure of the hand and basic aromatherapy.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	03 Mar	24 Mar	10:00	12:00	4	Southwell Library	£24.00	30301

Indian Head Massage for Beginners

This course will teach you what the benefits of Indian head massage are, types of massage techniques, a breakdown of the hair and scalp, how to make your own massage oils and practical massage techniques. As a practical course please be aware that you may be asked to work in pairs and will get massage oil in your hair. You will need to bring carrier oils and an essential oil or you can buy a ready-mixed oil from the tutor on the day for a small cost.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	19 Jan	16 Feb	10:00	12:00	5	Retford Library	£30.00	30054
Friday	19 Jan	16 Feb	13:30	15:30	5	Worksop Library	£30.00	30053
Saturday	10 Feb	10 Feb	10:00	16:00	1	Mansfield Library	£16.50	30265

Confidence Building

Having confidence is the key to so many things: our jobs, our social lives, healthy relationships, our ambitions and much more. Find out how to raise your self esteem, cope with negative emotions and stand up for yourself. Everyone welcome.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	16 Jan	13 Feb	09:30	12:00	5	Stapleford Library	£37.50	29915
Wednesday	17 Jan	14 Feb	09:30	12:00	5	Bingham Library	£37.50	30219

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Coping with Anxiety

Anxiety can be a confusing condition and ruin your quality of life. Join us in this safe, supportive group to overcome anxiety and learn self-help techniques to reduce anxiety and increase well-being.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	01 Mar	29 Mar	09:30	12:00	5	Stapleford Library	£37.50	29916

Knit Your Own Self-esteem

This course is for you if you experience low self-esteem affecting your daily life; it provides a safe and creative way to develop a low-cost, sustainable skill to support your personal confidence and you will make a small item during the day take home to use or wear. The course is suitable for beginner knitters and those with more experience. Yarn and tools will be provided but please feel welcome to bring your own if you prefer. We will be using double knitting weight yarn and 4mm needles.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	20 Jan	20 Jan	09:30	16:00	1	Mansfield Library	£18.00	30262
Thursday	15 Feb	15 Feb	10:00	16:30	1	Worksop Library	£18.00	30060
Tuesday	27 Feb	27 Feb	10:00	16:30	1	Retford Library	£18.00	30059
Saturday	17 Mar	17 Mar	09:30	16:00	1	Mansfield Library	£18.00	30263



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

Mindfulness

This course will introduce mindfulness as a way to a calm, compassionate and happy life. You will leave with some simple skills to help you quickly and effectively incorporate mindfulness into your day, helping you to quieten your mind and be present in the moment. The course is for anyone who wants to understand more about the practice and benefits of mindfulness.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	15 Jan	12 Feb	10:00	12:00	5	Mansfield Library	£30.00	30204
Monday	26 Feb	26 Mar	10:00	12:00	5	Mansfield Library	£30.00	30206
Tuesday	27 Feb	27 Mar	10:00	12:00	5	Bingham Library	£30.00	30289
Wednesday	28 Feb	28 Mar	10:00	12:00	5	West Bridgford Library	£30.00	30244

Discovering Mindfulness Through Art

On this course, you will learn how to adopt mindfulness techniques through art and different creative activities. You will learn a range of different mindful art practices that you can do at home, as well as mindful breathing and meditation.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	15 Jan	12 Feb	09:30	12:00	5	West Bridgford Library	£37.50	30182
Thursday	01 Mar	29 Mar	13:00	15:00	5	Southwell Library	£30.00	30293

Peace of Mind – Coping with Anxiety and Depression

Anxiety and depression can be confusing and painful conditions that spoil our quality of life. In this course, we will learn techniques to minimise the influence of anxiety and depression as well as sharing our experiences and helping each other.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	10 Jan	14 Feb	17:30	19:30	6	Beeston Library	£36.00	30019
Tuesday	16 Jan	13 Feb	13:00	15:30	5	Bingham Library	£37.50	30217
Tuesday	16 Jan	13 Feb	13:30	16:00	5	West Bridgford Library	£37.50	30183
Saturday	03 Feb	24 Feb	13:00	15:30	4	Mansfield Library	£30.00	30237

Holistic Care for a Healthy Menopause

Are you entering the menopause? This course will introduce you to holistic approaches to managing symptoms and changes, and how to access help from your GP.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	13 Jan	17 Feb	10:00	12:00	6	Beeston Library	£36.00	29790
Saturday	13 Jan	17 Feb	14:00	16:00	6	Mansfield Library	£36.00	30266

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

Food and Nutrition – Eat Well for Life

Would you like to improve your health and well-being? This course will help you to improve your knowledge, behaviour and confidence around food and nutrition, and make small practical changes to your eating habits and lifestyle.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	15 Jan	12 Feb	13:00	15:00	5	West Bridgford Library	£30.00	30176
Thursday	18 Jan	15 Feb	10:00	12:00	5	Mansfield Library	£30.00	30229
Thursday	01 Mar	29 Mar	10:00	12:00	5	Mansfield Library	£30.00	30231

Food and Nutrition – Be Weight Wise

This course is aimed at anyone who would like to lose some weight and improve their health and wellbeing. You will learn how to make small, practical long-term changes to your eating habits and lifestyle.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	26 Feb	26 Mar	13:00	15:00	5	West Bridgford Library	£30.00	30188

We offer Traineeships for 16- to 18-year-olds in Hospitality & Catering and other subjects – see page 6

Keeping Safe

On this course, we'll discuss safety tips when going outside the home and travelling, safety online, how to spot scams, risk assessing situations and activities, and when, where and how to report incidents.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	01 Mar	29 Mar	10:00	12:00	5	Retford Library	£30.00	30058

Growing Old Disgracefully – Learning to Love Ageing

Are you concerned about getting older? This course will investigate the changes that take place as we approach or pass retirement age. We take a positive look at how to get the best out of this life phase and be healthy, happy and fulfilled.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	17 Jan	14 Feb	10:00	12:00	5	Kirkby-in-Ashfield Library	£30.00	30081
Wednesday	17 Jan	14 Feb	13:00	15:00	5	Sutton-in-Ashfield Library	£30.00	30152



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Dementia – A Gentle Way

If you are living with dementia or caring for someone with this disease, this day-long workshop will give you skills to provide stimulation, calm, renewed interest in life, and more rewarding relationships. Throughout the day, we will learn some theory, but the day will mainly consist of experiential learning through practical activities and video clips.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	17 Feb	17 Feb	09:30	16:00	1	Mansfield Library	£18.00	30264

Dementia – Compassionate Communication

This workshop is suitable for family carers of people living with dementia, care professionals, and people who encounter people living with dementia. This half-day workshop will introduce you to iCARER – an exciting and dynamic method of communicating with people living with dementia, which supports the person to feel included and valued, and builds rewarding relationships. The workshop introduces this model and helps you build those skills.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	19 Jan	19 Jan	13:00	15:00	1	Mansfield Library	£6.00	30258
Friday	16 Feb	16 Feb	13:00	15:00	1	Mansfield Library	£6.00	30259
Friday	16 Mar	16 Mar	13:00	15:00	1	Mansfield Library	£6.00	30260

**We offer Further Education and Access courses in Health, Social Care and Early Years
– see page 10**

Pilates for Beginners

Pilates is a full-body workout using core muscles and will help improve your posture and flexibility. You will learn the principles of Pilates including breathing, concentration, control and flows. The course is suitable for all ages who are total beginners or who have not practised for a long time. Please bring a small towel, water and an exercise mat if you have one (there are some available at the venue). Please check with your doctor if you have any medical problems.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	16 Jan	13 Feb	10:00	12:00	5	Sutton-in-Ashfield Library	£30.00	30133
Tuesday	16 Jan	13 Feb	13:00	15:00	5	Kirkby-in-Ashfield Library	£30.00	30084
Wednesday	17 Jan	14 Feb	13:00	15:00	5	Mansfield Library	£30.00	30129
Wednesday	28 Feb	28 Mar	13:00	15:00	5	Mansfield Library	£30.00	30226

Pilates – Intermediate

A full-body workout to develop your Pilates skills which will help to improve posture, flexibility and Pilates principles. You will learn traditional Pilates exercises to enable you to develop further. The course is suitable for all ages who have taken the introductory course and anyone who practises Pilates regularly. Please bring a small towel, water and an exercise mat if you have one (there are some available at the venue). Please check with your doctor if you have any medical problems.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	17 Jan	28 Mar	10:00	11:00	10	Mansfield Library	£30.00	30227
Wednesday	17 Jan	28 Mar	11:15	12:15	10	Mansfield Library	£30.00	30228

Ballet – A Beginner’s Workout for Posture, Balance and Flexibility

This ballet workout is a group exercise class working the whole body for an improved sense of wellbeing. Improve your upper body and core strength, improve flexibility, and feel invigorated. Suitable for those new to dance or exercise in general. Fitness and shape are not important.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	19 Jan	16 Feb	10:00	12:00	5	Kirkby-in-Ashfield Library	£30.00	30104
Friday	19 Jan	16 Feb	10:00	11:00	5	Mansfield Library	£15.00	30221

Seated Yoga

This course is suitable for all ages who are total beginners or who have not practised Yoga for a long time. The course will guide you through a full-body workout using core muscles to improve your posture and flexibility. Please bring a small towel, water and wear comfy clothing. Please check with your doctor if you have any medical problems.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	15 Jan	12 Feb	10:00	12:00	5	Mansfield Library	£30.00	30381
Monday	15 Jan	12 Feb	13:15	15:15	5	Sutton-in-Ashfield Library	£30.00	30398
Monday	26 Feb	26 Mar	10:00	12:00	5	Mansfield Library	£30.00	30201
Tuesday	27 Feb	27 Mar	13:00	15:00	5	Southwell Library	£30.00	30298



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

Languages

Italian for Holidays

Learn basic words and phrases, and understand more about Italian culture on our introduction to Italian course. This course is great for adults with no previous knowledge of Italian.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	11 Jan	15 Feb	13:30	15:00	6	Newark Library	£27.00	30171
Tuesday	16 Jan	27 Mar	12:30	15:00	10	Beeston Library	£75.00	29802
Friday	02 Mar	23 Mar	13:00	15:30	4	West Bridgford Library	£30.00	30242

Italian – Intermediate

This course will teach you Italian phrases in a friendly, supportive environment. You will learn useful phrases, grammar explanations and pronunciation. You will also have the opportunity to try some tasty Italian food!

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	19 Jan	16 Feb	13:00	14:30	5	West Bridgford Library	£22.50	30187

Spanish for Holidays

Learn basic conversational Spanish for your holidays: how to greet people, ask for directions, order your food and drinks (and don't forget to ask for the bill!). Make your holiday experience more authentic with some basic knowledge of Spanish.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	11 Jan	08 Feb	10:00	12:00	5	Worksop Library	£30.00	29586
Friday	12 Jan	09 Feb	13:30	15:30	5	Bircotes Library	£30.00	29587

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Maths

Maths is Fun

This course is for anyone who lacks confidence in their maths ability and would like to brush up on their skills. If, for whatever reason, you struggle with the subject, you can turn this around by signing up for this gentle introduction and never say "I don't get it," again.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	28 Feb	28 Mar	09:30	11:30	5	Kirkby-in-Ashfield Library	£30.00	30314

Maths – Functional Skills

On this course, you will work towards the City and Guilds Functional Skills qualification at either level 1 or level 2. You will apply mathematical problems to a 'Functional' day-to-day scenario. Topics include ratios, fractions, problem-solving, volume and area.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	11 Jan	29 Mar	13:00	15:30	11	West Bridgford Library	Free	30185

We offer Further Education courses in Customer Services, Business Administration and IT - see page 10



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

Music

Guitar for Beginners

Have you always wanted to play the guitar? Got started, got frustrated, then gave up? Join us for an informal 'play now, theory later' approach to playing the guitar. Bring your own guitar or let us know if you would like to hire one.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	01 Mar	29 Mar	10:00	12:00	5	Hucknall Library	£30.00	30167
Thursday	01 Mar	29 Mar	13:30	15:30	5	Kirkby-in-Ashfield Library	£30.00	30114

Studio Skills – Audio Production

Would you like to learn more about audio recording, or get experience of working in a recording studio? Work in a live studio with an industry professional to learn about microphones, sound theory, placement, critical listening and much more to do with studio practice.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	17 Jan	28 Feb	18:30	20:30	6	The Old Library Mansfield	£36.00	30257



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Planning Skills

Budgeting – Living Well in Challenging Times

We look at how you can make do and mend and make your budget go further. We'll look at upcycling, food shopping tips, buying and selling online, couponing and being wise with savings and loans. This course is aimed at anyone needing some help and guidance with managing their cash.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	12 Jan	16 Feb	09:30	11:30	6	Eastwood Library	£36.00	29984
Monday	15 Jan	12 Feb	10:00	12:00	5	Kirkby-in-Ashfield Library	£30.00	30076
Monday	15 Jan	12 Feb	13:00	15:00	5	Hucknall Library	£30.00	30131
Wednesday	17 Jan	14 Feb	10:00	12:00	5	Mansfield Library	£30.00	30222
Wednesday	28 Feb	28 Mar	10:00	12:00	5	Mansfield Library	£30.00	30223
Thursday	01 Mar	29 Mar	13:00	15:00	5	Worksop Library	£30.00	30057

Event Planning – Making the Occasion Memorable

Are you looking for tips, help and support to plan the perfect kids party, dinner party, special birthday, hen and stag party or wedding? This course will cover invitations, themes and decorations, organising the venue, food and drink, and entertainment.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	01 Mar	22 Mar	13:00	15:30	4	Sutton-in-Ashfield Library	£30.00	30160

We offer Further Education courses in Customer Services, Business Administration and IT - see page 10



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

Society

Crime and Punishment

What actually happens when a crime is allegedly committed in the UK? Now's your chance to find out. If you have a specific case you would like to learn about, please let the tutor know and we will do our best to cover your topic.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	26 Feb	26 Mar	13:00	15:00	5	Southwell Library	£30.00	30212
Wednesday	28 Feb	28 Mar	13:00	16:00	5	Worksop Library	£45.00	30341
Saturday	03 Mar	24 Mar	10:00	12:30	4	West Bridgford Library	£30.00	30243

Murder Most Interesting – Fascinating Facts for all Crime Fans

Many of us are enthralled by murder, but what's the difference between real homicide and that which we read about in crime fiction or drama we watch on TV? Who murders who, how and perhaps most importantly – why? Join us to find out about cracking criminology, sizzling psychology – fascinating facts for all crime fans. A good time guaranteed.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	03 Feb	24 Feb	10:00	12:30	4	Mansfield Library	£30.00	30236

Sinister Secrets and Dark Deeds

This course will study fascinating world-wide mysteries where the official explanation has given rise to conspiracy theories. We'll look at the psychology behind conspiracy theories which can be as interesting as the theories themselves.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	27 Feb	27 Mar	10:00	12:00	5	Sutton-in-Ashfield Library	£30.00	30159
Tuesday	27 Feb	27 Mar	13:00	15:00	5	Hucknall Library	£30.00	30166
Sunday	04 Mar	25 Mar	11:00	13:30	4	Mansfield Library	£30.00	30238

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

Work Skills

Bookkeeping for Beginners

This course is for anyone wanting to keep financial information whether for work, home or voluntary group purposes. No previous experience and no knowledge of maths needed. Please bring paper, pen, ruler, and a basic calculator.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	11 Jan	15 Feb	09:30	11:30	6	Eastwood Library	£36.00	29985
Monday	15 Jan	12 Feb	10:00	12:00	5	Mansfield Library	£30.00	30191
Monday	26 Feb	26 Mar	10:00	12:00	5	Mansfield Library	£30.00	30193

Confidence for Work

Are you out of work or looking for a new role? This course will help build your confidence, self-esteem and public speaking skills – all of which are useful for interviews.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	16 Jan	20 Feb	12:45	14:45	6	Arnold Library	£36.00	29894
Wednesday	17 Jan	14 Feb	13:00	15:00	5	Mansfield Library	£30.00	30225
Wednesday	28 Feb	28 Mar	13:00	15:00	5	Mansfield Library	£30.00	30224

Are you looking to get back into work?

See our Building Better Opportunities scheme on page 12

Food Safety

On this course, you will learn the essentials needed to work safely in a catering environment. You will look at food safety and law enforcement, contamination hazards and controls, and cleaning and disinfection. You will be able to gain the Level 2 Food Safety qualification if needed.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	12 Jan	12 Jan	09:00	16:30	1	Newark Library	£21.00	30277



Courses are FREE if you are receiving benefits. See page 15 for details.

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

Working in Customer Services

This course is suitable for people looking to work in a customer service-based role or wishing to brush up on their skills. It will introduce you to the basic principles of good customer service, communication styles, the importance of customer feedback as well as hints and tips on how to find employment in a customer service role.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	02 Mar	23 Mar	10:00	12:00	4	Retford Library	£24.00	30055
Friday	02 Mar	23 Mar	13:30	15:30	4	Worksop Library	£24.00	30056

We offer Further Education courses in Customer Services – see page 10

Workplace Health and Safety with English for Speakers of Other Languages

This course will support learners who have English as an additional language to read and understand simple signs, instructions, routines and policies found in the workplace.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	10 Jan	14 Feb	13:30	15:00	6	Arnold Library	£27.00	30353



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

Family Learning

Family Learning courses are for mums, dads, grandparents or carers learning together with their children. They are a great way of having fun together whilst learning something new. Courses are all free of charge and are delivered in children's centres and libraries.

Baby Massage for Beginners

This course is for parents/carers and babies aged 6 weeks–6 months (babies who are not yet mobile) to learn how to massage their babies and the health benefits of massage. Parents are required to bring a changing mat and towel to use during the session.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	02 Mar	23 Mar	10:00	12:00	4	Kirkby-in-Ashfield Library	Free	30115
Friday	02 Mar	23 Mar	13:00	15:00	4	Hucknall Library	Free	30169

Baby Yoga – An Introduction for parents and their babies aged 8–20 weeks

Parents will learn simple yoga moves to practise with their baby, how to follow their baby's behavioural cues along with simple breathing exercises and moves for themselves, followed by guided relaxation time, enhancing a positive sense of health and well-being for both parents and babies.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	10 Jan	14 Feb	10:00	12:00	6	Carlton Library	Free	30349
Wednesday	10 Jan	14 Feb	13:00	15:00	6	Southwell Library	Free	30173
Thursday	18 Jan	15 Feb	10:00	11:30	5	Mansfield Library	Free	30235
Friday	02 Mar	23 Mar	10:00	11:30	4	Mansfield Library	Free	30270
Monday	26 Feb	27 Mar	13:30	15:00	5	Beeston Library	Free	30215



Baby Yoga —An Introduction for parents and their babies aged 6 months+

Parents will learn simple yoga moves to practise with their baby, how to follow their baby's behavioural cues along with simple breathing exercises and moves for themselves, followed by guided relaxation time, enhancing a positive sense of health and well-being for both parents and babies.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	15 Jan	12 Feb	13:00	15:00	5	Titchfield Children's Centre	Free	28906

Easter Crafts

This is a course for parents/carers and their children. You will learn how to make a variety of Easter crafts using a different range of art materials, all of which will be provided. There will be an exciting array of activities on offer and promise the adults as much fun as the kids!

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	28 Feb	28 Mar	10:00	12:00	5	Mansfield Library	Free	30302
Tuesday	06 Mar	27 Mar	13:15	14:45	4	West Bridgford Library	Free	30216

Family Creative Writing

Write short stories, articles and create a magazine together – this course is for parents, grandparents and/or carers to come along with their children and enjoy writing creatively together.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	10 Jan	14 Feb	16:00	17:30	6	Beeston Library	Free	29868

Family English for Speakers of Other Languages

This course is for mothers, fathers and carers who have English as an additional language. The course will help you learn English and understand how you can help support your children at school.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	12 Jan	23 Mar	10:00	12:00	10	Arnold Library	Free	30352

Family Fun - Coding with Micro:bits

Learn how to create a simple game and app using basic computer programming, and learn how to use the BBC Micro:bit mini computer.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	18 Jan	22 Feb	16:30	18:00	6	Arnold Library	Free	29887
Wednesday	21 Feb	21 Feb	10:00	14:30	1	Beeston Library	Free	30028

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

Family Italian – Under 5s

Learning languages is fun and it's great for child development. Come along with your child/ren and enjoy this family introduction to Italian which includes favourite nursery rhymes.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	16 Jan	13 Feb	10:00	11:30	5	Beeston Library	Free	29801
Friday	02 Mar	23 Mar	09:30	11:00	4	Stapleford Library	Free	29933

Family Sewing for Beginners

This course is for mothers, fathers and/or carers and their children aged 7–11 years to come along together and spend some quality time learning basic sewing skills. You'll learn the properties of fabrics and what to choose, how to use a sewing machine safely, sewing around corners accurately, how to sew curves, buttons and add zips. Come along and enjoy being creative with your children.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	15 Jan	26 Mar	16:00	17:30	10	Beeston Library	Free	30029

Music Making for Early Years

Join our music making family learning course aimed at children aged 2–5 years which involves singing, use of instruments and movement. This course is for parents or carers and their children.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	19 Jan	23 Mar	10:30	11:30	10	Mansfield Library	Free	30261

Story Fun

Bring books to life with Story Fun. Come along with your child/children (aged 2–5 years) for a story, followed by themed craft activities. All materials for your creations are provided, which you'll be able to take home and continue the fun!

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	08 Jan	12 Feb	09:30	11:00	6	Arnold Library	Free	29714



DESIGN FACTORY PROFESSIONAL ARTS WORKSHOPS

We're delighted to be offering professional art workshops in the new Beeston Library arts room with artists and makers from Design Factory.

Design Factory is the leading creative development agency in the East Midlands, promoting artistic integrity, raising the standard of craft and design, and commercially supporting and developing the very best designers/makers in craft practice today.

Workshops are suitable for all abilities ages 16+ and run for one day at Beeston Library, 10am until 3pm. Booking essential.



Alys Power

Saturday 27 January 2018

Stamped Metal Jewellery with Alys Power

£70 including materials

Saturday 3 February 2018

Recycled Paper Signs and Broches with Hannah Lobley

£70 including materials

Saturday 17 February 2018

Hand Building with Sarah Villeneuve

Suitable for accompanied 12+
£70 including materials

Saturday 10 March 2018

Wonderful Weaving with Jan Bowman

Suitable for accompanied 12+
£70 including materials

Saturday 31 March 2018

Paper Bird Boxes with Jennifer Collier

£60 including materials

At Inspire, we are passionate about nurturing Nottinghamshire's thriving and dynamic arts community. Our teams are dedicated to supporting creativity through an exciting and diverse programme of visual arts, music, drama and dance.

We run vibrant, seasonal event programmes at four of our biggest libraries across the county. These programmes offer a wide range of cultural events including art workshops and exhibitions.

These programmes are currently hosted at Beeston, Worksop, Mansfield Central and West Bridgford Libraries – all of which have been designed to offer a variety of cultural activities, thanks to quality galleries, performance spaces, and at Mansfield Central, even its own theatre!

To book and browse our full range of events visit www.inspireculture.org.uk/whats-on/events

Jennifer Collier

AN AUDIENCE WITH CHARLES HANSON

**TUESDAY 13 FEBRUARY 2018, 2-4PM,
MANSFIELD LIBRARY**

**THURSDAY 5 APRIL 2018, 7-9PM,
NEWARK LIBRARY**

Join Charles Hanson for a 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
or Mansfield Library on 0115 804 4363
for more information.**



VALUATION EVENTS

Do you have a family heirloom that you'd like to know more about?

Join us for a session with a valuer from Hanson's Auctioneers to discover more about your item's identity and history as well as its value.

THURSDAY 1 FEBRUARY 2018, 3.30-6.30PM, NEWARK LIBRARY

FRIDAY 23 FEBRUARY 2018, 2-4PM, MANSFIELD LIBRARY

If you have an item or two you would like to bring in for valuation please book a ticket online. The cost is £2 per item, so please book a ticket for each item.

To book online visit

**www.inspireculture.org.uk/valuation
or call Newark Library on 01636 703 966
or Mansfield Library on 0115 804 4363
for more information.**



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.

You are a carer if you look after a family member or friend without being paid, this may be due to illness, disability, mental health problems or an addiction.

Carers Workshops

The workshop will identify the types of support you provide and help you to develop the knowledge and skills to assist you and the person you look after.

Each workshop will cover:

Your Caring Role

- Taking Stock of the Role
- How are you feeling?

Your Healthy Lifestyle

- The Importance of Nutrition and Diet
- Fitting in Exercise and Activity

Your Wellbeing

- Mindfulness Techniques
- Managing Stress and Anxiety
- Looking after Yourself



Beeston Library – Saturday 27 January 2018
 Worksop Library – Saturday 10 February 2018
 Mansfield Library – Saturday 10 March 2018
 West Bridgford Library – Saturday 17 March 2018

Workshops will run 10.30am–3.30pm. Lunch and refreshments will be provided

Moving and Handling People

Kings Mill Conference Centre
 Monday 22nd January 2018, 9.30am–12.30pm or
 1pm–4pm

Book your FREE place

The courses are funded by Nottinghamshire County Council and local NHS Clinical Commissioning Groups. **This means all workshops on offer are provided FREE OF CHARGE to all unpaid carers**, who provide support to a relative or friend who live in Nottinghamshire (excluding Nottingham City).

Please contact the Nottinghamshire Carers Hub on **0115 824 8824** (lines are open Monday to Friday, 9am until 5pm)
 Email: hub@carerstrustem.org

Carers support services

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

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



**Nottinghamshire
 County Council**

Our venues

Ashfield

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

Bircotes Library

Scrooby Road, Bircotes,
Doncaster, Yorkshire
DN11 8AD

Retford Library

17 Churchgate, Retford
DN22 6PE

Worksop Library

Memorial Avenue,
Worksop, S80 2BP

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

Carlton Library

Manor Road, Carlton
Nottingham, NG4 3AY

Mansfield

Mansfield Library

38A West Gate,
Mansfield, NG18 1NH

The Old Library

Leeming Street,
Mansfield, NG18 1NG

Titchfield Children's Centre

73-75 Princes Street
Mansfield NG18 5SL

Newark & Sherwood

Bilsthorpe Library

1 The Crescent,
Bilsthorpe,
Newark NG22 8QX

Newark Library

Beaumont Gardens,
Baldertongate,
Newark, NG24 1UW

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



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.



Inspire

Culture | Learning | Libraries

Working in Customer Services

Confidence for Work

Alternative Therapies

Family History

Pilates

Dementia - A Gentle Way

Maths is Fun

Bespoke Crafts

Long Hair Up-styles

Audio Production

Life Drawing and Still-life Work

Music Making for Early Years

Confidence Building

Internet Safety for Seniors

Italian

Family Coding with Microbits

Jewellery Making

Family Creative Writing

Oil Painting

Photography

Bookkeeping

Home-made
Beauty Products

Quilting

Spanish

Budgeting

Coping with Anxiety and Depression

Making Lingerie

Blogging for Beginners

Mindfulness

Food Safety

Computer Basics for Home & Business

Creative Crafts

Event Planning

Seated Yoga

Crime and Punishment

Facials

iPads/Tablets for Beginners

Acrylic Painting

Food and Nutrition

English

First Aid

Creative Writing

Guitar for Beginners

Sewing

Easter Crafts

Keeping Safe

Story Fun

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 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.INSPIRE CULTURE.ORG.UK/LEARNING