

APR-AUG  
2018

# INSPIRE LEARNING NOTTINGHAMSHIRE COURSE GUIDE

COURSES IN YOUR LOCAL COMMUNITY – ENROL TODAY!



Enrol at [inspireculture.org.uk/learning](http://inspireculture.org.uk/learning)  
or call 0115 804 4363

Ofsted  
Good rating

matrix  
Quality Standard for education  
providers and providers' services  
Approved by the MCA Accreditation Body

# Welcome

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My name is Ian Bond, the Inspire Learning Manager, and I'm delighted to introduce our Inspire Learning Course Guide for Summer 2018.

Whether you're an existing or former student, or you're thinking of joining us for the first time, I hope you enjoy browsing the fantastic range of courses featured in our latest guide, and find a course or programme that both interests and inspires you.

**We're an Ofsted registered Grade 2 "Good" provider for the provision we deliver on behalf of Nottinghamshire County Council, so you have peace of mind we're a quality training provider.**

We offer accessible learning opportunities to support our local residents in their learning aspirations, catering for learners of all ages and abilities. I'm proud that everything we do is focused on meeting the needs of our learners - people like you!

**You'll find courses delivered at hundreds of venues across Nottinghamshire, including local libraries – it's never been easier to find accessible and affordable learning opportunities on your doorstep.**

You can choose from Community and Family Learning activities – designed to be informal, fun and sociable to build your confidence, develop your skills or gain qualifications. If you're aged 16-24 we have Tailored Study Programmes and Traineeships for you to develop your skills whilst gaining real work experience.

We also offer Apprenticeships to young people aged between 16 and 18 and to adults aged 19+ in a range of vocational areas including: management; project management; customer service; health and social care and business administration (including IT).

Our growing range of Adult Further Education or Higher Education courses are for you if you're looking to change or enhance your existing career, and we're able to offer a pathway to Nottingham Trent and Sheffield Hallam Universities (amongst others). We can also help you apply for financial support through a 19+ Advanced Learner Loan.

Wherever you are on your journey of discovery or learning, I look forward to welcoming you on to one of our courses soon.

**Ian Bond**

Inspire Learning Manager



**Inspire**  
Culture | Learning | Libraries

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.inspireculture.org.uk/learning](http://www.inspireculture.org.uk/learning)

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### Win an iPad!

**Enrol on any course before  
31 May 2018 and you'll be  
entered into our prize draw  
to win an iPad!**

Terms and conditions apply,  
see page 19.



InspireLearningSkills



@Learn\_Inspire

**Ofsted**  
Good rating

# 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.



# 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!

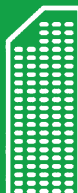
**111**

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:

- A wide range of community and family learning courses
- 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](http://www.inspireculture.org.uk/join)



# Aged 16 to 24?

If you're aged 16-24 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 will help you develop your skills whilst getting real work experience.**

## Study Programmes

Our programmes include:

- 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

## #IamInspireLearning

*"I want to become a bricklayer so a study programme in construction with Inspire was the best course for me. The best thing about the course is learning new skills, and it's local so not too far to travel."*

**Seb Grant**, Kirkby in Ashfield



## Traineeships

As part of our Study Programmes 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 your skills and progress to an Apprenticeship or secure employment.

## How to enrol

You can enrol at any time, simply contact us on  
**0115 804 4363 | [learning@inspireculture.org.uk](mailto:learning@inspireculture.org.uk)**

## Venues

Our programmes run at specialist centres in:

- Mansfield
- Sutton in Ashfield
- Retford
- Ollerton
- Stapleford
- Eastwood
- Worksop
- Newark

## Financial support

We pay a bursary to all students aged 16-24. Amounts vary depending on your situation. Travel costs are also refunded for all students and Child Benefit is not affected.

Painting and decorating students, Eastbourne House, Sutton in Ashfield



# Apprenticeships

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

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

## 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

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.

*"The apprenticeship offers a great combination of classroom and assignment based work as well as on the job observations and learning. The fact the diploma will also allow, if I choose, to go onto a higher level and maybe even a degree really appealed to me."*

**James Clark**, Apprentice





## 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 skills 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.

*"We're proud to be working with Lincolnshire County Council to deliver Apprenticeship programmes".*

**Susan Heap**, Employer Engagement & Commercial Learning Manager for Inspire Learning

### Win an iPad!

**Enrol on any course before 31 May 2018 and you'll be entered into our prize draw to win an iPad!**

Terms and conditions apply, see page 19.

## Funding Available for SMEs

If you're an SME, we have funding available to help you up skill your workforce through our apprenticeship programmes.

Funding is available to support Level 2 and Level 3 apprenticeships in:

- Business Administration
- Children and Young People's Workforce
- Customer Service
- Hospitality
- Management
- Team Leader

Please contact us for more details on the number or email below.

**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, SME, employed professional, or unemployed and you're interested in an Apprenticeship with Inspire Learning, please get in touch with our team of expert advisors.

**0115 804 4363** | [learning@inspireculture.org.uk](mailto:learning@inspireculture.org.uk)  
[www.inspireculture.org.uk/apprenticeships](http://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 Courses

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.



*"I was working in a day centre and wanted a career change. I did a Level 3 Award in Education and Training with Inspire Learning and now work for them as a tutor on their Health and Social Care programmes. I haven't looked back since."* **Melanie Antcliffe,**  
Inspire Tutor & former Inspire student

## Customer Service, Business Administration and IT

Level 4 Diploma in Advice and Guidance  
Level 3 Certificate in Advice and Guidance  
Level 3 Diploma in Customer Service  
Level 3 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

Level 5 Diploma in Education and Training  
AIM Awards Level 4 Certificate in Education and Training  
AIM Awards Level 3 Certificate in Assessing Vocational Achievement  
Level 3 Award in Education and Training

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

**0115 804 4363 | [learning@inspireculture.org.uk](mailto:learning@inspireculture.org.uk)**

**#IamInspireLearning**

## 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 and Social Care course will run at The Old Library, Mansfield on Monday, Tuesday, Wednesday and Thursday morning from September 2018.

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 and 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're 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're earning at least £21,000 a year.

For more information or to enrol contact us on **0115 804 4363** | [learning@inspireculture.org.uk](mailto: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 to explore how we can help your staff development.

**0115 804 4363** | [learning@inspireculture.org.uk](mailto:learning@inspireculture.org.uk)



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see page 19.

# Getting you back into work



**James Entwiesles**, Hub Coordinator

## **This is what past participants have said:**

*"Absolutely Fantastic! Brilliant! It's changed my life around and got me into a job I know I'll enjoy doing."*

*"It's given me a massive career opportunity which, having come out of the army, I wouldn't have had without help from the team."*

*"Thank you so much! I have been waiting for this chance for years to get into a career. The training provided has given me that opportunity."*

Inspire are now the Toward Work Disability Delivery Partner in the programme, covering Greater Nottingham, Bassetlaw, Newark and Sherwood, and Mansfield and Ashfield, helping people with mental health issues, people with physical disabilities and people with learning disabilities.

The Building Better Opportunities Towards Work programme benefits people of all ages across Bassetlaw, Newark and 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 to develop an action plan, to help them achieve their job goals. Towards Work offers personalised and tailored solutions to support an individual's journey to personal progression and employment. The project links individuals with specialist local support and continued in-work services, resulting in job retention.

The project can help people obtain industry-standard training, for example, SIA Door Supervisor qualification and as a result has seen several people receive offers of full-time employment.

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

Call: **07850 503148** or  
Email: **BBO@inspireculture.org.uk**



# Courses for people with learning difficulties and disabilities



We work 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 not advertised generally but are designed for pre-existing groups.

Last year we supported 3922 learners with learning and physical disabilities. We're proud of the learning experiences we're able to offer 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](mailto: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

We understand that studying towards a formal qualification isn't for everyone – our community and family learning courses are designed with this in mind.

## Who is it for?

Community and family learning courses are for everyone aged 19+. The great thing about these courses is you don't need any prior skills or qualifications to sign up, the sessions are just for fun.

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!

Courses in our Family Learning section on page 43 mean parents/carers can learn at the same time as their child. It's a great way to learn and spend quality time together.

## What can I learn?

We have hundreds of courses to choose from in a variety of subject areas:

- Arts and Crafts – page 16
- Computing and Technology – page 22
- Creative Writing – page 23
- English – page 25
- Family History – page 26
- First Aid – page 27
- Hair and Beauty – page 28
- Health and Wellbeing – page 29
- Languages – page 35
- Maths – page 37
- Music – page 38
- Society – page 39
- Study Skills – page 41
- Work Skills – page 41

## Where can I learn?

Courses run in many venues across Nottinghamshire – including your local library! For details of all our venues, please see page 51.

## When can I learn?

Courses are short enough to try something new without a huge commitment. From one-off workshops, to a few hours each week for 6-8 weeks.



# How do I book?

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](http://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.

## I booked a place but now I can't attend

If for any reason you're unable to attend the course, please let us know so we can offer your place to someone else.

*"I enjoy studying English with Inspire because the class sizes are small. I'm looking forward to applying for a college course when I've finished."*

**Louise Elsom,**  
Mansfield

#IamInspireLearning

## How much does it cost?

All our courses are subsidised by the Education and Skills Funding Agency (ESFA). They cost just £3 per hour, but if you're in receipt of 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

## How to pay

Unless you qualify for a free place, payment should be made in full at the time of booking. It may be possible to pay in instalments if you're unable to pay the full amount up front.

If you would like to pay by phone, or need 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, this information will be on the course details page on our website.

At the first session, you'll be asked for some details to enrol you onto the course, please bring proof of benefits if you're hoping not to pay.

**Book your place today at**  
[www.inspireculture.org.uk](http://www.inspireculture.org.uk)

# Arts & Crafts

## Bag Making

Come along and learn how to make your very own 'bag for life'. On this course you will learn how to make a cotton tote bag. You will learn about creating the pattern you need for your bag and how to make it on the sewing machine. You will also learn different embellishment techniques if you wish to personalise your bag. All equipment provided. No experience required.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	8 Jun	6 Jul	13:00	15:30	5	West Bridgford Library	£37.50	31270
Thursday	26 Apr	24 May	13:00	15:30	5	Hucknall Library	£37.50	31276

## Calligraphy for Beginners

Learn the art of calligraphy - this course is for complete beginners to the craft.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	25 Apr	30 May	10:00	12:00	6	Carlton Library	£36	31166

## Chinese Brushstrokes

This course is for beginners and improvers to have a go at Chinese painting using 6 basic brush strokes of calligraphy to create Chinese subjects of flowers and birds in ink and watercolour.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	17 Apr	22 May	10:00	12:00	6	Worksop Library	£36	31122
Tuesday	24 Apr	22 May	13:30	15:30	5	Hucknall Library	£30	31248
Friday	22 Jun	13 Jul	10:00	12:00	4	Newark Library	£24	31047



## Creative Crafts

Explore different craft skills which may include book folding, decoupage, sewing and origami. You will also look at the different aspects of starting up a business to sell your crafts.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	27 Apr	25 May	13:00	15:30	5	West Bridgford Library	£36	31272
Wednesday	6 Jun	4 Jul	10:00	12:00	5	Edwinstowe Library	£30	31037

## Crochet – Beginners

Whether you've always wanted to learn how to crochet, or have just recently begun to yearn for the magical workings of your own creations and designs - this course is for you!

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	24 Apr	22 May	10:00	12:00	5	Mansfield Woodhouse Library	£30	31143
Monday	11 Jun	16 Jul	13:00	15:00	6	Arnold Library	£36	31159

## Crochet for Improvers

This is for the learner that has some knowledge of how to crochet. From using basic stitches, you will learn how to make a variety of granny squares as well as learning how to do Tunisian crochet - a combination of crochet and knitting.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	5 Jun	10 Jul	10:00	12:00	6	Mansfield Woodhouse Library	£36	31146

## Crochet – Learn Big Crochet

This course is for anyone who is interested in using chunky or super chunky yarn to crochet big items, such as baskets, scarves or rugs. Previous experience of crochet is an advantage but not necessary. You will need to bring a ball of chunky or super chunky yarn and a large crochet hook.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	17 Apr	22 May	09:30	11:30	6	Eastwood Library	£36	31017
Wednesday	18 Apr	23 May	13:00	15:00	6	Beeston Library	£36	31015

## Drawing and Painting – An Introduction

Explore your creative side with our introduction to the basic steps in drawing and painting. This course is delivered by an experienced and qualified artist with fun guaranteed whilst you learn!

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	8 Jun	13 Jul	13:00	15:00	6	Hucknall Library	£45	31245
Friday	8 Jun	13 Jul	10:00	12:00	6	Kirkby in Ashfield Library	£36	31284

**Book your place now** [www.inspireculture.org.uk/learning](http://www.inspireculture.org.uk/learning) or 0115 804 4363

## Experimenting with Collage

Join us for a fun course experimenting with different media to create collages. This course is suitable for complete beginners, no drawing experience required.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	4 Jun	9 Jul	13:00	15:00	6	Southwell Library	£36	31157

## Flower Arranging – Beginners

This is an introductory course aimed at total beginners who would like to learn the art of flower arranging techniques and each week you will learn a new design and take your creation home. 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
Thursday	19 Apr	24 May	13:30	16:00	6	Mansfield Library	£45	31206
Thursday	7 Jun	28 Jun	10:00	12:30	4	Mansfield Library	£30	31207
Sunday	10 Jun	15 Jul	13:00	15:00	6	Newark Library	£36	31027

## 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. Each week you will learn a new design and take your creation home. Requirements for tools, materials and flowers will be discussed at our first session. Materials are not provided.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	19 Apr	24 May	10:00	12:30	6	Mansfield Library	£45	31204
Thursday	7 Jun	28 Jun	13:30	16:00	4	Mansfield Library	£30	31205

## Flower Arranging with Snippets from your Garden

This course will introduce a range of flower arranging techniques using foliage and flowers from your garden.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	21 Apr	21 Apr	09:30	16:00	1	Mansfield Library	£18	31213

## Flower Arranging for Occasions

This course is for individuals who have some experience in flower arrangements. More advanced creations will be taught including those with a theme or occasion.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	16 Apr	21 May	13:00	15:30	5	West Bridgford Library	£37.50	31142

**Book your place now** [www.inspireculture.org.uk/learning](http://www.inspireculture.org.uk/learning) or 0115 804 4363



## Flower Arranging – New Ideas

This course is aimed at beginners and intermediate learners who would like to learn the new techniques and designs in flower arranging. We will introduce you to a range of new techniques and each week you will take your unique creation home. Requirements for tools, materials and flowers will be discussed at the first session.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	16 Apr	21 May	09:00	11:30	5	Hucknall Library	£37.50	31247

## Jewellery – 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, 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	20 Apr	25 May	09:30	11:30	6	Stapleford Library	£36	31060

## Jewellery – Summer Jewellery

This course is for anyone wanting to have a go at making their own feel good summer jewellery. Previous experience is an advantage but not essential as all training will be given.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	8 Jun	13 Jul	09:30	11:30	6	Stapleford Library	£36	31061

## Knitting for Pleasure

Learn basic stitches and shaping, how to read a pattern, and finishing techniques. Complete beginners and novice knitters especially welcome.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	24 Apr	29 May	09:30	11:30	6	Calverton Core Centre	£36	31253

### Win an iPad!

**Enrol on any course before 31 May 2018 and you'll be entered into our prize draw to win an iPad!**

Terms and conditions apply, see opposite.

**iPad prize draw terms and conditions:** 1) Only one entry per person is allowed. Any entrant who enters more than once will be disqualified. 2) The prize is as set out in the prize draw information. 3) Unless specifically stated otherwise, prizes are not transferable, cannot be re-sold and no cash alternative to prizes will be offered. 4) No correspondence will be entered into on any matters arising from the prize draw. 5) To qualify to enter you must enrol on a course before 31 May 2018 and complete your course to be eligible to claim the prize. 6) All entries must include the competitor's name, address and daytime contact details, which will be asked for as part of your enrolment. 7) Employees of the communications and marketing team at Inspire - Culture, Learning and Libraries and their immediate families are not eligible to enter the competition. 8) Failure to claim the prize within the given timeframe will make any claim invalid and Inspire may re-allocate the prize. 9) The decision of the Communications and Marketing manager is final in all matters relating to a competition or prize draw. 10) A list of winners will be available after the closing date by sending a self-addressed envelope to communications and marketing, Inspire HQ, Glaisdale Parkway, NG84GP

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## Life Drawing and Still Art

Learn a range of life drawing techniques and work with mixed media.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	23 Apr	21 May	13:00	15:30	4	West Bridgford Library	£30	31144
Tuesday	24 Apr	22 May	13:00	15:30	5	Arnold Library	£37.50	31093
Monday	4 Jun	2 Jul	13:00	15:30	5	West Bridgford Library	£37.50	31271

## Pastels – An Introduction

On this course you will explore different techniques when using pastels. Please bring your own art materials.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	21 Apr	26 May	10:00	12:00	6	Southwell Library	£36	31078

## Painting for Pleasure

On this course you will learn a range of techniques including how to paint with acrylic, brush strokes and how to use watercolour. This course is for everyone, whether you are a beginner or an experienced painter.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	19 Apr	24 May	09:30	12:00	6	Bingham Library	£45	31138

## Patchwork for Beginners

Come and 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
Saturday	14 Apr	19 May	10:00	12:00	6	Arnold Library	£36	31057
Wednesday	18 Apr	30 May	10:00	12:00	6	Workshop Library	£36	31235
Friday	20 Apr	25 May	13:00	15:00	6	Southwell Library	£36	31066
Tuesday	5 Jun	10 Jul	10:00	12:00	6	West Bridgford Library	£36	31174

## 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.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	26 Apr	24 May	18:30	20:30	5	Mansfield Woodhouse Library	£30	31190

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Scrapbooking

This course will teach you how to turn your treasured memories into a keepsake that you can save forever. You will learn how to use papers which complement, mount photographs and other memorabilia, and personalise your own scrapbook.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	19 Apr	24 May	09:30	11:30	6	Beeston Library	£36	31082

Sewing for Beginners

On this course, you will learn a range of basic sewing 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
Tuesday	17 Apr	22 May	13:00	15:00	6	Retford Library	£36	31269

Shabby Chic Jars

On this course you will look at different ways to upcycle empty jars and tins to make useful pots, holders and vases.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	3 May	17 May	10:00	12:00	3	Southwell Library	£27	31042

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 sugar craft flowers - the perfect addition to any celebration cake.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	26 Apr	10 May	10:00	12:00	3	Mansfield Woodhouse Library	£18	31186
Wednesday	13 Jun	11 Jul	10:00	12:00	5	Sutton in Ashfield Library	£30	31295

The Handcrafted Baby – Make Your Own Baby Accessories

On this course, you will learn to use a sewing machine to create pieces for your children including bibs, booties, small toys, taggies and play mats.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	5 Jun	10 Jul	10:00	12:30	6	Southwell Library	£45	31074

The Handcrafted Home

On this course you will learn how to use a sewing machine to create soft furnishings for the home. Create cushions, quilts and other simple pieces in a friendly and supportive environment.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	5 Jun	10 Jul	13:00	15:30	6	Southwell Library	£45	31156

# Computing and Technology

## Computers – An Introduction

This course is for both beginners and basic users. The course will introduce basic aspects of using the computer and demonstrate essential tips and techniques to improve efficiency.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	26 Apr	24 May	10:00	12:00	5	Hucknall Library	£30	31250
Thursday	26 Apr	24 May	13:00	15:00	5	Sutton in Ashfield Library	£30	31288

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

## iPads/Tablets for Beginners

Would you like to use your iPad/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
Monday	16 Apr	21 May	10:00	12:00	5	Mansfield Library	£30	31191
Monday	4 Jun	9 Jul	10:00	12:30	6	Mansfield Woodhouse Library	£45	31151

## iPads/Tablets Next Steps

This course will build on your skills using your iPad or tablet for personal use, or for employment. We'll cover additional features of our iPad or tablet and build on your existing knowledge. Some basic experience needed. Just bring along your iPad or tablet.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	4 Jun	9 Jul	14:00	16:00	6	Mansfield Library	£36	31192

## 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 standard 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	18 Apr	23 May	18:30	20:30	6	Mansfield (The Old Library)	£36	31202
Sunday	22 Jul	22 Jul	10:00	16:00	1	Mansfield (The Old Library)	£16.50	31219

## Website Creation and Blogging for Beginners

This course is for anyone who wants to design a website and write a blog to communicate with others worldwide, whether for personal use, as a work skill or for self-employment. No previous experience of website creation or 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	16 Apr	21 Apr	13:00	15:00	5	Mansfield Library	£30	31193

# Creative Writing

## Creative Writing - Crafting the Short Story

Want to write short stories for pleasure and for profit? This course will release your inner writer, covering: the basics of a story, finding and making a plot, story structure and development, how to 'hook' your reader, character creation, opportunities to be published.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	17 Apr	22 May	09:30	11:30	6	Stapleford Library	£36	31032

## 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	6 Jun	4 Jul	13:00	15:00	5	Edwinstowe Library	£30	31036

## Creative Writing – How to Get Your Work Out There

Been writing for a while? If you want to know more about how to share or publish your work – whether online or in print - join us for this 4-session course to give you direction and ideas.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	4 Jun	24 Jun	10:00	12:00	4	Southwell Library	£24	31068
Thursday	7 June	28 Jun	18:00	20:00	4	The Newark Academy	£24	31007



## Creative Writing – 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
Wednesday	18 Apr	23 May	09:30	11:30	6	Arnold Library	£36	31109
Tuesday	5 Jun	10 Jul	10:00	12:00	6	Beeston Library	£36	31077

## Creative Writing for Pleasure

An inclusive course aimed at all who want to write for creative pleasure, to express themselves or to help overcome anxiety.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	24 Apr	29 May	17:00	19:00	5	Hucknall Library	£30	31249

## Website Creation and Blogging for Beginners

This course is for anyone who wants to design a website and write a blog to communicate with others worldwide, whether for personal use, as a work skill or for self-employment. No previous experience of website creation or 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	16 Apr	21 Apr	13:00	15:00	5	Mansfield Library	£30	31193



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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 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
Tuesday	17 Apr	24 Jul	17:00	20:00	14	Newark Library	Free	31012
Wednesday	18 Apr	18 Jul	09:30	12:00	14	Arnold Library	Free	31256
Thursday	26 Apr	26 Jul	09:30	12:30	14	Kirkby Library	Free	31242

## Improve your Spelling, Grammar and Punctuation

Develop your confidence with spelling, punctuation and grammar.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	19 Apr	24 May	13:00	15:00	6	Arnold Library	£36	31128

## Scrabble

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 boards will be provided.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	10 May	24 May	13:30	15:00	3	Mansfield Woodhouse Children's Centre	£13.50	31184
Monday	4 Jun	18 Jun	11:00	12:30	3	Forest Town Library	£13.50	31185

Are you looking to get back into work?  
See our Building Better Opportunities scheme on page 12

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

# Family History

## Exploring Your Family History

Ever wondered who your ancestors are? Where did they come from? What did they do? Work with an experienced genealogist who will help you discover your family history using key records with samples of documents and case studies.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	17 Apr	12 Jun	10:30	12:30	8	Sutton in Ashfield Library	£48	31090

## Family History – Next Steps

This course is suitable for people who have a basic knowledge of researching family history and would like to extend it further.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	18 Apr	13 June	13:30	15:30	8	Southwell Library	£48	30698
Friday	20 Apr	15 Jun	10:00	12:00	8	Newark Library	£48	30699

## Trace your Ancestry for Beginners

Have you ever wondered who your ancestors are? 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
Wednesday	18 Apr	13 Jun	10:00	12:00	8	Calverton Core Centre	£48	31254



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# First Aid

## Emergency First Aid at Work - Level 3

This regulated Emergency First Aid at Work qualification is suitable when there is an identified requirement for Emergency First Aiders. It is also a popular option for anyone requiring basic first aid training outside of the workplace.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	25 May	25 May	09:30	16:00	1	Hucknall Library	£18	31325
Thursday	5 Jul	5 Jul	09:45	16:45	1	Worksop Library	£19.50	31267
Thursday	12 Jul	12 Jul	09:45	16:45	1	Retford Library	£19.50	31234

We offer accredited courses for employers, including Emergency First Aid at Work (Level 3), delivered exclusively on site and tailored to business needs. See page 11

## Paediatric First Aid

This is a first aid course which will help learners develop the skills and knowledge required to administer first aid to babies and children.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	20 Apr	20 Apr	09:45	16:45	1	Retford Library	£19.50	31233
Saturday	28 Apr	28 Apr	09:45	16:45	1	Worksop Library	£19.50	31262
Wednesday	20 Jun	11 Jul	12:30	14:30	4	Southwell Library	£24	31051



# Hair and Beauty

## Colour Theory in Fashion and Beauty

Stuck in a rut with colour and always sticking to the same dreary combinations? Not sure what suits you, and you would like to explore wearing colour with confidence, learn what suits you and how to mix and match things stylishly? This course is for you!

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	28 Jun	28 Jun	09:30	15:30	1	Sutton in Ashfield Library	£16.50	31299

## 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 - 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
Sunday	15 Apr	6 May	13:00	15:00	4	Southwell Library	£24	30884
Saturday	5 May	5 May	09:30	15:30	1	Hucknall Library	£16.50	31278
Saturday	12 May	12 May	10:00	16:00	1	Mansfield Library	£16.50	31197
Saturday	9 Jun	9 Jun	09:30	14:00	1	Sutton in Ashfield Library	£13.50	31302

## Hair styling – Summer Hair and Up-dos

Learn how to do a variety of plaits including French, Dutch and Fish Tails. Learn how to add twists and knots to create fun hair styles for your family and friends.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	21 Apr	26 May	10:00	12:00	6	Beeston Library	£36	31063

## Make-up for the Mature Woman

This course is for you if you've lost your way when it comes to make up, and you want to wear it with confidence; enhancing your natural beauty, and looking and feeling more vibrant.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	12 Jun	10 Jul	13:00	15:00	5	Hucknall Library	£30	31280

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# Health and Wellbeing

## Alternative Therapies – An Introduction

Discover a range of alternative therapies and learn how you can benefit from their practice. This course covers Reiki, Crystal Healing, Colour Healing, Mindfulness and Meditation, and is suitable for anyone with an interest in alternative therapies.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	17 Apr	22 May	10:00	12:00	6	Southwell Library	£36	31040

## Balletcise – A Beginners Workout

This ballet workout is a great 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	20 Apr	25 May	11:30	12:30	6	Mansfield Library	£18	31208

## Balletcise – An Improvers Workout

This fun ballet based 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 who have completed the beginners course or who exercise regularly.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	20 Apr	25 May	10:00	11:00	6	Mansfield Library	£18	31209
Tuesday	5 Jun	10 Jul	10:00	11:00	6	Retford Library	£18	31136
Tuesday	5 Jun	10 Jul	13:00	14:00	6	Retford Library	£18	31137



## Confidence and Assertiveness

Confidence building is aimed at individuals who may have low self-esteem and can benefit from insights into ways to develop confidence and assertiveness. The course will provide tips and techniques for you to improve your motivation and wellbeing.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	26 Apr	24 May	13:00	15:00	5	Kirkby in Ashfield Library	£30	31243

## Drama and Movement for Confidence

A safe and inclusive space to try out drama and movement techniques which will help to develop confidence, self-esteem and promote a sense of achievement.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	5 Jun	10 Jul	17:00	19:00	6	Beeston Library	£36	31030

## Drama Performance - An Introduction

This is an introductory course for anyone who would like to learn more about drama and develop their own confidence in order to be able to perform.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	17 Apr	22 May	17:00	19:00	6	Beeston Library	£36	31025

## Hand Massage

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
Tuesday	17 Apr	22 May	10:00	12:00	6	Mansfield Library	£36	31195

## Herbal Medicines for Natural Health

This course will explain how plants and flowers are used for healing and improving health. Ideas for using herbs and some recipes for practical applications included.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	19 May	19 May	09:30	14:00	1	Sutton in Ashfield Library	£13.50	31326

## Indian Head Massage - An Introduction

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 of your choice.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	5 Jun	10 Jul	10:00	12:00	6	Mansfield Library	£36	31196
Saturday	23 Jun	23 Jun	10:00	16:00	1	Mansfield Library	£16.50	31199
Thursday	14 Jun	14 Jun	09:30	15:30	1	Hucknall Library	£16.50	31281
Thursday	5 Jul	5 Jul	09:30	15:30	1	Sutton in Ashfield Library	£16.50	31300

## Is It Me or Is It Hot In Here?

Natural ways to deal with the menopause, and get your zest for life back. Suitable for anyone going through a difficult time at menopause or interested in learning more about managing symptoms.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Sunday	13 May	13 May	11:00	15:00	1	Mansfield Library	£10.50	31220

## Mindful Movements

In these 5 sessions, you will explore awareness of movement through dance, awakening the mind and body.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	11 Jun	9 Jul	10:00	12:00	5	Sutton in Ashfield Library	£30	31293

## Mindfulness – An Introduction

This course will introduce mindfulness as a means to a calm, compassionate and happy life. You will leave with some simple skills to help you quickly and effectively incorporate mindfulness into your daily routine. This 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
Saturday	21 Apr	21 Apr	09:30	16:00	1	Mansfield Library	£18	31212
Monday	4 Jun	9 Jul	10:00	12:00	6	Mansfield Library	£36	31200
Wednesday	18 Apr	23 May	13:00	15:00	6	Arnold Library	£36	31115
Thursday	19 Apr	24 May	13:00	15:00	6	West Bridgford Library	£36	31148
Thursday	7 Jun	12 Jul	09:30	11:30	6	Beeston Library	£36	31075
Tuesday	5 Jun	10 Jul	09:30	11:30	6	Stapleford Library	£36	31073
Friday	27 Apr	25 May	13:00	15:00	5	Kirkby in Ashfield Library	£30	31244

## 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 also do at home, as well as mindful breathing and meditation.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	5 Jun	10 Jul	13:00	15:00	6	Arnold Library	£36	31154

## 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
Thursday	7 Jun	12 Jul	13:00	15:30	6	Mansfield Woodhouse Library	£45	31189
Thursday	7 Jun	12 Jul	13:00	15:00	6	Newark Library	£36	30878
Tuesday	5 Jun	10 Jul	10:00	12:00	6	Eastwood Library	£36	31085
Wednesday	13 Jun	11 Jul	13:30	16:00	5	Sutton in Ashfield Library	£37.50	31296

## Person Centred Dementia Care

This course is suitable for family carers of people living with dementia, care professionals, and people who encounter people living with dementia. It will give you skills to provide stimulation, calm, renewed interest in life and more rewarding relationships.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	13 Jun	18 Jul	10:00	12:00	6	Worksop Library	£36	31264
Wednesday	20 Jun	27 Jun	09:30	12:30	2	Kirkby in Ashfield Library	£18	31337

## 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 total beginners or those who have not practised for a long time.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	18 Apr	23 May	14:00	15:30	6	Mansfield Library	£27	31126
Wednesday	6 Jun	11 Jul	14:00	15:30	6	Mansfield Library	£27	31129
Thursday	26 Apr	24 May	13:30	15:00	5	Mansfield Woodhouse Library	£22.50	31141
Tuesday	17 Apr	22 May	10:30	12:00	6	West Bridgford Library	£27	31145
Tuesday	17 Apr	22 May	10:30	12:00	6	West Bridgford Library	£27	31022

Pilates – Next Steps

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.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	17 Apr	22 May	17:00	18:30	6	Arnold Library	£27	31094
Wednesday	18 Apr	11 Jul	11:15	12:15	12	Mansfield Library	£36	31130
Wednesday	18 Apr	11 Jul	12:30	13:30	12	Mansfield Library	£36	31132

Pilates – The Theory and Practice of Pilates

This Pilates course will give you a full body workout using core muscles which will help improve your posture and flexibility. You will also learn about physiology and the theory and origins of Pilates

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	17 Apr	22 May	13:00	15:00	5	West Bridgford Library	£30	31147

Reflexology – An Introduction

Learn the theory and practical elements of reflexology focusing on the hand. No experience required.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	18 Apr	23 May	09:30	11:30	6	Beeston Library	£36	31062
Wednesday	6 Jun	11 Jul	13:00	15:00	6	Arnold Library	£36	31237

Reiki – Level 1

On this course you will learn about Reiki as an ancient, highly respected healing method that manipulates the energy force in and around the body. The tutor, a Reiki Master, will teach you Level 1 Reiki techniques that you can use for the emotional and physical healing of yourself and others.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	6 Jun	18 Jul	TBC	TBC	6	Retford Library	TBC	31236
Saturday	23 Jun	30 Jun	10:00	16:00	2	Southwell Library	£33	31069
Thursday	26 Apr	24 May	09:30	12:00	5	Sutton in Ashfield Library	£37.50	31287

Time of Our Lives - Enjoying Retirement

A course especially designed for people who want to see this phase in our lives as a new start, full of possibilities, positivity and peace of mind. Coping with change, staying well mentally, resisting negative views of ageing. All these will be covered and we'll have lots of fun too. It will be a supportive group where we can share conversation and contemplation.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	19 Apr	24 May	10:00	12:00	6	Beeston Library	£36	31058
Friday	8 Jun	13 Jul	10:00	12:00	6	West Bridgford Library	£36	31268

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

## Using Plant and Flowers for Natural Health

Find out how plants and flowers are used for healing and improving health. Ideas for using herbs and some recipes for practical applications included.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	5 Jun	10 Jul	10:00	12:00	6	Southwell Library	£36	31155

## Weight Management

Would you like to lose some weight and improve your health and wellbeing? This course is designed for learners to improve their knowledge, behaviour and confidence around weight management. 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
Thursday	7 Jun	12 Jul	10:00	12:00	6	Mansfield Woodhouse Library	£36	31187

## Yoga – An Introduction

In these 5 sessions, learners will explore the foundations of yoga and start your journey of understanding your mind and body.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	11 Jun	9 Jul	13:00	15:00	5	Sutton in Ashfield Library	£30	31294

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# Languages

## French for Beginners

A flexible approach to learning a language: this French course is offered to complete beginners with an emphasis on speaking and no exams!

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	19 Apr	31 May	10:00	12:00	6	West Bridgford Library	£36	30800
Wednesday	6 Jun	11 Jul	13:00	15:00	6	Beeston Library	£36	30151

## French – Holiday French for Beginners

Learn basic words and phrases and understand more about French culture on our introduction to French course. This course is great for adults with no previous experience of the French language.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	13 Jun	18 Jul	17:00	19:00	6	Newark Library	£36	31049
Thursday	14 Jun	19 Jul	10:00	12:00	6	Southwell Library	£36	31072
Friday	15 Jun	20 Jul	09:30	11:30	6	Hucknall Library	£36	31283

## German for Beginners

A flexible approach to learning a language: This German course is offered to complete beginners with an emphasis on speaking and no exams!

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	18 Apr	23 May	13:00	15:00	6	Beeston Library	£36	30150
Thursday	7 Jun	12 Jul	10:00	12:00	6	West Bridgford Library	£36	30799



## Italian for Beginners

This course will teach you basic Italian phrases in a friendly, supportive environment.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	20 Apr	25 May	13:00	15:00	6	West Bridgford Library	£36	31150
Tuesday	17 Apr	22 May	13:00	15:00	6	Bingham Library	£36	31273

## Italian for holidays – Next Steps

This course will teach you Italian phrases in a friendly, supportive environment. You will learn useful phrases, grammar explanations and pronunciation.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	19 Apr	24 May	13:00	15:00	5	Newark Library	£30	31054

## Russia in 2018

On this course you will learn basic Russian phrases, traditional food and drink, numbers and the alphabet, translations, basic geography of Russia and you will receive a resource pack so you can impress your friends during the world cup!!!!

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	21 Apr	26 May	10:30	12:30	6	West Bridgford Library	£36	31152

## Spanish for Holidays 2, Beyond Hola & Adios

In this new set of holiday Spanish sessions, practise your basic conversational Spanish skills and learn more than greetings and ordering meals. Learn how to express opinions and tell others about your family and friends. This course is suitable for both beginners and those with a little more experience.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	18 May	29 Jun	14:00	16:00	7	Retford Library	£42	30914
Thursday	5 Apr	24 May	10:00	12:00	6	Worksop Library	£36	31118

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

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# Maths

## Maths – Get Back into Maths

If you find Maths difficult or you're out of practice, come and learn the basics without the worry of having to gain a qualification.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	6 Jun	11 Jul	09:30	11:30	6	Arnold Library	£36	31255
Tuesday	5 Jun	10 Jul	10:00	12:00	6	Worksop Library	£36	31260

## 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 solve mathematical problems in day-to-day scenarios. Topics include ratios, fractions, problem solving, volume and area.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	20 Apr	20 Jul	13:00	16:00	13	Mansfield Library	Free	31218
Friday	20 Apr	20 Jul	09:30	12:00	14	Arnold Library	Free	31263
Thursday	19 Apr	26 Jul	17:00	20:00	14	Newark Library	Free	31177
Monday	23 Apr	23 Jul	13:00	16:00	14	Kirkby in Ashfield Library	Free	31241

Are you looking to get back into work?

See our **Building Better Opportunities** scheme on page 12



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# Music

## Guitar – Get Going on the Guitar

Have you always wanted to play the guitar? Got started, got frustrated, then given up? Or played back in the day, want to dust it off and play again? Then Get Going on the Guitar is for you - an informal play now, theory later approach to playing the guitar.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	5 May	30 Jun	10:00	12:00	8	Stapleford Library	£48	31041

## 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 standard 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	18 Apr	23 May	18:30	20:30	6	Mansfield (The Old Library)	£36	31202
Sunday	22 Jul	22 Jul	10:00	16:00	1	Mansfield (The Old Library)	£16.50	31219

### Win an iPad!

**Enrol on any course before 31 May 2018 and you'll be entered into our prize draw to win an iPad!**

Terms and conditions apply, see page 19.

**Ofsted**  
Good rating

**Book your place now** [www.inspireculture.org.uk/learning](http://www.inspireculture.org.uk/learning) or 0115 804 4363

# Society

## Autism Awareness

Improve your understanding of what autism is and how autistic people face challenges every day due to how they perceive the world and interact with others. This workshop is suitable for anyone interested in finding out more about autism.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	19 Apr	19 Apr	10:00	12:00	1	Southwell Library	£6	31053
Monday	23 Apr	23 Apr	09:30	11:30	1	Arnold Library	£6	31170
Tuesday	24 Apr	24 Apr	16:30	18:30	1	Beeston Library	£6	31086
Saturday	28 Apr	28 Apr	10:00	12:00	1	Mansfield Library	£6	31214
Thursday	12 May	12 May	10:00	12:00	1	Eastwood Library	£6	31087
Tuesday	26 Jun	26 Jun	13:00	15:00	1	Worksop Library	£6	31265

## Counselling – An Introduction

The course will enable participants to use counselling skills in a variety of contexts and roles. You will leave with the skills of listening and relationship building in a practical way by undertaking role plays and small group work.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	4 Jun	9 Jul	13:00	15:00	6	Mansfield Library	£36	31201

## Future Crime

There's a dark side to technological advances: 3D 'printing' of guns, counterfeit goods and illegal drugs; the Dark Net – no need for balaclavas and getaway cars. This is Future Crime. In fact, it's already here. A fun and exciting day for beginners to the topic.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	26 May	26 May	10:00	15:30	1	West Bridgford Library	£16.50	31176

## Judge and Jury

A crime is committed. The offender is arrested and brought to court. You and your colleagues decide whether they are guilty or not guilty. If guilty, you and your fellows decide on the sentence. But this is not scary like a real courtroom, it's an informal and enjoyable course for beginners who wish to learn about the justice system.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	19 May	19 May	10:00	16:00	1	Mansfield Library	£16.50	31211
Saturday	21 Apr	21 Apr	10:00	15:30	1	West Bridgford Library	£16.50	31168

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## 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
Tuesday	5 Jun	10 Jul	13:00	15:00	6	Mansfield Woodhouse Library	£36	31153
Friday	8 Jun	13 Jul	13:30	16:00	6	Kirkby in Ashfield Library	£45	31246

## Savvy Shopping and Brilliant Bargains

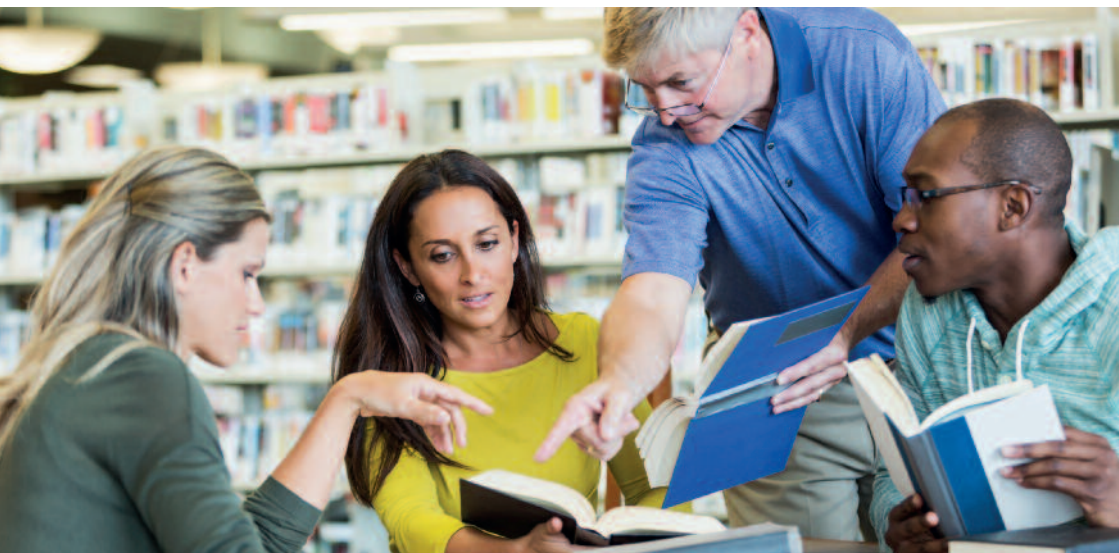
This course will provide valuable insights into the commercial and retail sector. It will provide tips and tricks to get the best deals and bargains - shopping within your means and beyond your dreams.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	23 Apr	21 May	10:00	12:30	5	Kirkby in Ashfield Library	£37.50	31239

## Substance Misuse - Level 2

Improve your knowledge, awareness and understanding of substance misuse including drugs and alcohol. Suitable for those interested in working in the field of substance misuse or supporting people involved in substance misuse.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	16 May	23 May	09:30	12:30	2	Kirkby in Ashfield Library	£18	31304



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# Study Skills

## Preparation for Access to Higher Education

This is a pre-access course for anyone interested in joining an Access to Health and Social Care or Access to Teaching course. This free course will provide you with skills in English, Maths and ICT as well as researching and referencing, and academic writing.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	19 Apr	26 Jul	09:30	14:30	14	Mansfield Library	Free	31216
Thursday	19 Apr	26 Jul	09:30	14:30	14	Beeston Library	Free	31350

### Want to go to University but don't have the qualifications you need?

Our Access to Higher Education course could be for you! No GCSEs needed and financial help available through an Advanced Learner Loan – which we help you apply for. [See page 11](#)

# 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, a pen, ruler, and a basic calculator.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	16 Apr	21 Apr	15:30	17:30	5	Mansfield Library	£30	31194

## 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
Monday	4 Jun	16 Jul	13:00	15:00	6	Arnold Library	£36	31306

### Are you looking to get back into work?

Our Building Better Opportunities scheme could be for you. [See page 12.](#)

## CV, Job Searches and Interview Skills

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	25 Apr	23 May	13:00	15:00	5	Sutton in Ashfield Library	£30	31286

## Fire Safety Principles – Level 2

The course introduces learners to the risks associated with fire and the controls available, and provides a valuable introduction to the key principles of fire safety. Fire is one of the biggest risks in any work environment. The course assumes no prior knowledge.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	7 Jun	7 Jun	09:30	16:00	1	Sutton in Ashfield Library	£18	31298

## Food Safety in Catering - Level 2

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
Saturday	7 Apr	21 Apr	09:45	16:45	1	Worksop Library	£19.50	31257
Thursday	19 Apr	19 Apr	09:45	16:45	1	Retford Library	£19.50	31232
Thursday	28 Jun	28 Jun	09:45	16:45	1	Worksop Library	£19.50	31266

## Health and Safety in the Workplace - Level 2

This Level 2 health and safety in the workplace course is designed to provide information on a safe working environment. This includes an understanding of legal responsibilities, accident prevention and an overview of some of the key areas of workplace health and safety.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	28 Jun	28 Jun	09:30	16:00	1	Hucknall Library	£18	31282

**We offer a range of courses for employers including Fire Safety and Fire Marshal (Level 2), Food Safety in Catering (Level 2), and Health and Safety (Level 2) . [See page 11](#)**

## How to Set Up a Secret Tea Room

This workshop is for anyone interested in finding out how to set up a secret tea room. A secret tea room involves hosting afternoon tea events in your own home or pop up location e.g. cricket pavilion. The day will cover all the practicalities of getting up and running. All you need is a passion for baking, a love of afternoon tea and an interest in setting up your own business.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	9 Jun	9 Jun	10:00	16:00	1	Mansfield Library	£16.50	31231

# 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

This course is for parents/carers and babies aged 6 weeks - 6 months old (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.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	18 Apr	23 May	09:30	11:00	6	Mansfield Library	Free	31221
Monday	4 Jun	9 Jul	09:30	11:30	6	Arnold Library	Free	31238
Wednesday	6 Jun	11 Jul	09:30	11:00	6	Mansfield Library	Free	31222
Monday	11 Jun	9 Jul	12:30	14:30	5	Hucknall Library	Free	31279

## Baby Yoga – An Introduction for Babies Aged 8-20 Weeks and Their Parents

Parents will learn how to follow their baby's behavioural cues, along with simple breathing and yoga techniques which will enhance a positive sense of health and well-being for both parents and child. 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
Thursday	19 Apr	24 May	13:00	14:30	6	Mansfield Library	Free	31225
Friday	27 Apr	25 May	10:00	12:00	5	Sutton in Ashfield Library	Free	31292
Wednesday	9 May	13 Jun	09:30	11:30	6	Carlton Library	Free	31252
Thursday	7 Jun	12 Jul	13:00	14:30	6	Mansfield Library	Free	31227
Friday	8 Jun	13 Jul	13:00	14:30	6	Bingham Library	Free	31140



All Family Learning courses on pages 43-47 are FREE

## Baby Yoga – An Introduction for Babies Aged 6 Months + and Their Parents

Learn simple yoga moves to practise with your baby, how to follow your baby's behavioural cues along with simple breathing exercises and moves to benefit you. Each session includes guided relaxation time, enhancing a positive sense of health and well-being for both baby and you.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	19 Apr	24 May	10:30	12:00	6	Mansfield Library	Free	31228
Wednesday	9 May	13 Jun	11:30	13:30	6	Carlton Library	Free	31251
Wednesday	6 Jun	11 Jul	13:30	15:00	6	Bilthorpe Library	Free	31071
Thursday	7 Jun	12 Jul	10:30	12:00	6	Mansfield Library	Free	31230
Friday	15 Jun	13 Jul	10:00	12:00	5	Sutton in Ashfield Library	Free	31301

## Family Art

This course gives parents and carers the opportunity to learn new artistic skills with their children. Working with a professional artist, you will explore different mediums of paint to create pieces together as a family to take home.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	9 Jun	14 Jul	13:00	15:00	6	Newark Library	Free	31076

## Family Craft

A course for all the family to enjoy together, come along with your children and craft together using a variety of media. Suitable for ages 2-5.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	7 Jun	12 Jul	16:30	18:00	6	Arnold Library	Free	31158

## Family Crafts

A course for all the family to enjoy together. We shall be working with various media including textiles, yarn, paper, clay and paints. Let your creativity loose and make different objects each week to take home and treasure.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	9 Jun	14 Jul	10:00	12:00	6	Southwell Library	Free	31067

## Family Film Making

Learn how to make simple films using iPads and tablets. Family enjoyment for you and your children aged 4-10.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	19 Apr	24 May	16:30	18:00	6	Arnold Library	Free	31261
Thursday	7 Jun	12 Jul	16:00	17:30	6	Beeston Library	Free	31064

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## Family Fun – Coding with Microbits

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

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	10 May	10 May	09:30	12:30	1	Eastwood Library	Free	31059

## Family Poetry

This is a course to give parents/grandparents and/or carers the confidence to enjoy writing and making poems with their children. A range of fun activities to create poems which will go into a course anthology for everyone.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	25 Apr	23 May	16:00	17:30	5	Beeston Library	Free	31035

## Family Story Telling

Make and tell stories with your children using movement, drama and music.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	14 Apr	19 May	14:15	15:45	6	Arnold Library	Free	31305

All Family  
Learning courses  
on pages 43–47  
are FREE

**Book your place now** [www.inspireculture.org.uk/learning](http://www.inspireculture.org.uk/learning) or 0115 804 4363

## Family Wizarding Workshop

This course is a free fun day workshop for mums, dads and carers to learn together with their children. The day will include making family shields, wizard hats, wands and much more. Please book to avoid disappointment. A 30 minute lunch will be included, please bring your own packed lunch.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	12 Apr	12 Apr	10:00	14:30	1	Beeston Library	Free	31043

## Get Creative with Drawing

Family Fun - Get creative with this fun family learning course, exploring new and different ways of drawing, including drawing games, low-cost, no cost resources and letting your imagination run wild! No drawing experience needed - everyone can draw! Come along with your children aged 5-9.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	2 Jun	7 Jul	10:00	11:30	6	Arnold Library	Free	31133

## Helping Your Child to Understand Money

This is an adult only course for mums, dads or carers of children aged 7-11 years. The course involves discussions around family finances and budgeting and how to support your children to understand and value money. You will learn effective techniques for teaching your children about money and helping them to recognise the difference between needs and wants. You will have homework to complete at home with your children.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	7 Jun	12 Jul	09:30	11:00	5	Beeston Library	Free	31039

## Music Making for Early Years

Join our music making family learning course aimed at children aged 2-5 years old 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	20 Apr	20 Jul	10:30	11:30	13	Mansfield Library	Free	31217

## Paediatric First Aid

This is an adult only first aid course which will support parents/carers with the skills and knowledge required to administer first aid to babies and children.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	17 Apr	1 May	13:00	15:00	3	Ladybrook Children's Centre	Free	30760
Wednesday	9 May	20 Jun	09:30	11:30	10	Mansfield Woodhouse Children's Centre	Free	29315

**Book your place now** [www.inspireculture.org.uk/learning](http://www.inspireculture.org.uk/learning) or 0115 804 4363



Sing Along Baby

A participatory rhymes and singing session for parents and their babies. Parents will find out about the importance of early communication with babies, why 'face-to-face' interaction is important and about the early stages of language development. There will be opportunity to engage babies' attention by using actions, signs and props whilst singing, as well as an opportunity for the group to socialise together.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	28 Apr	28 Apr	10:00	12:00	1	Mansfield Library	Free	31223
Saturday	16 Jun	16 Jun	10:00	12:00	1	Mansfield Library	Free	31224

Story Fun

Bring books to life with Story Fun. Come along with your 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
Thursday	19 Apr	24 May	09:30	11:00	6	Arnold Library	Free	31123

Surviving the School Summer Holidays

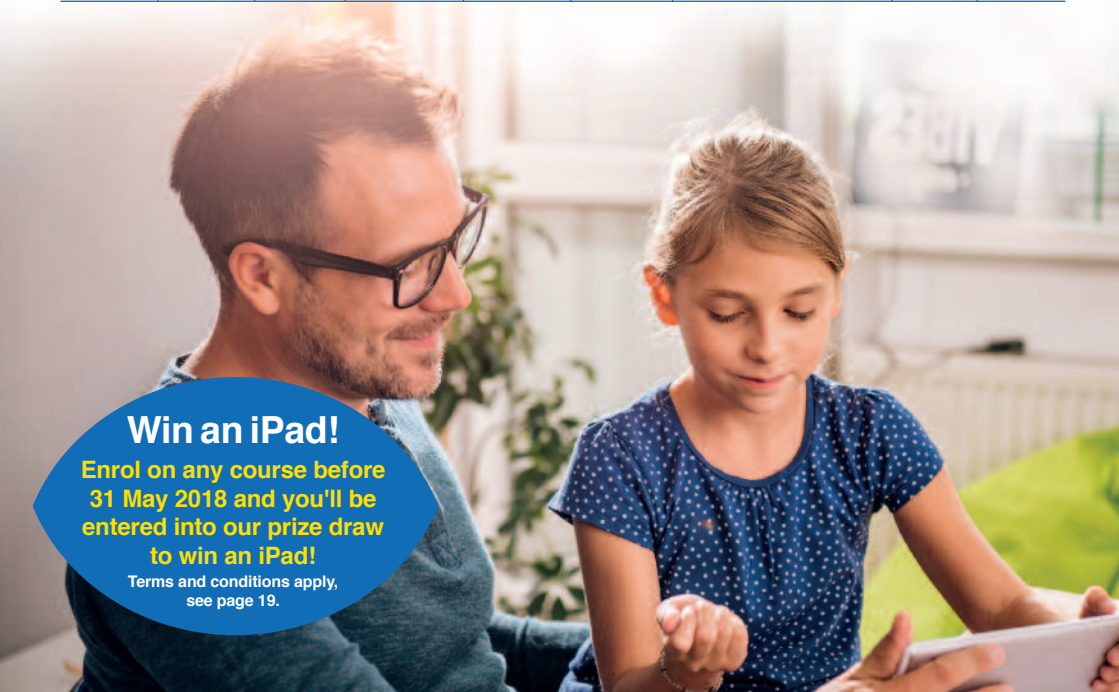
Family sessions to help plan activities for the holidays - fun creative activities, making games, picnic ideas and places to go. Plan the summer holidays on a budget.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	5 Jun	10 Jul	16:30	18:00	6	Arnold Library	Free	31308
Wednesday	6 Jun	11 Jul	9:30	11:30	6	Beeston Library	Free	31084

Win an iPad!

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Terms and conditions apply, see page 19.



# Qualifications Framework

Find out about the different levels of study and qualifications available.

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Stage of education/employment	Level	Vocational	Academic
Professional or postgraduate education, research or employment	8	Vocational Qualifications Level 8	Doctoral Degrees
Higher education Advanced skills training	7	Fellowships NVQ Level 5 Vocational Qualifications Level 7	Master's Degrees Postgraduate Diplomas Postgraduate Certificate in Education (PGCE) Postgraduate Certificate
	6	Vocational Qualifications Level 6	Bachelor's Degrees with Honours Bachelor's Degrees Professional Certificate in Education (PGCE) Graduate Diploma Graduate Certificate
Entry to professional graduate employment	5	NVQ Level 4 Higher National Diploma (HND) Higher National Certificate (HNC) Vocational Qualifications Level 5	Foundation Degrees Diplomas in Higher Education (DipHE) Higher National Diploma (HND)
Specialised education & training	4	Vocational Qualifications Level 4	Higher National Certificate (HNC) Certificates of Higher Education (CertHE)
Qualified/skilled worker Entry to higher education Completion of secondary education	3	NVQ Level 3 Vocational Qualifications Level 3 GCSE AS & A Level Advanced Diploma	
	2	NVQ Level 2 Vocational Qualifications Level 2 GCSEs at grade A*-C ESOL skills for life Higher Diplomas Functional Skills Level 2 (English, maths & ICT)	
Progression to skilled employment Continuation of secondary education	1	NVQ Level 1 Vocational Qualifications Level 1 GCSEs grade D-G ESOL skills for life Foundation Diplomas Functional Skills Level 1 (English, maths & ICT)	
Secondary education initial entry into employment or further education	Entry Level	Entry Level Certificates (Sub Levels 1-3) ESOL skills for life Functional Skills Entry Level (English, maths & ICT)	
Qualifications can be taken at any age in order to continue or return to training			

# COMING SOON!

**Arts Council England have awarded Inspire  
£1million to spend over the next four years!**

We'll be delivering an exciting programme of arts and cultural activities for children, families, and young people with disabilities, set to inspire and delight.

Find out about all the events and activities we have coming up at [inspireculture.org.uk/npo](http://inspireculture.org.uk/npo)



Supported using public funding by  
**ARTS COUNCIL  
ENGLAND**



Inspire | Picture Archive | Search

## INSPIRE PICTURE ARCHIVE

Browse and download historical images of Nottinghamshire from the new Inspire Picture Archive. Don't miss our feature collection on the Raleigh Cycle Company.

Visit the Inspire Picture Archive today and explore. Comment on and tag the images, and share on social media.

[www.inspirepicturearchive.org.uk](http://www.inspirepicturearchive.org.uk)

## INSPIRE YOUTH ARTS

### SUMMER MUSIC AND DANCE PROJECTS FOR YOUNG PEOPLE!

Young people can get involved in music and dance this summer at the Old Library in Mansfield – our fantastic arts and media centre, complete with theatre and pro-spec recording studio.

For more details contact [iya@inspireculture.org.uk](mailto:iya@inspireculture.org.uk), and check the Inspire website for updates.  
[www.inspireculture.org.uk](http://www.inspireculture.org.uk)



# 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.

A carer is a child or adult of any age looking after a family member or friend without being paid, due to illness, disability, mental health problems or 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



Our carers workshops run throughout the year, 10.30am - 3.30pm, at various locations across Nottinghamshire.

Lunch and refreshments are provided.

Please contact Inspire at the details below for the latest date, time and venue information.

## 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).

Call Inspire Learning on **0115 804 4363** or email **learning@inspireculture.org.uk**

Register with 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

### Retford Library

17 Churchgate, Retford  
DN22 6PE

### Workshop Library

Memorial Avenue,  
Workshop, 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

### Edwinstowe Library

High Street, Edwinstowe,  
NG21 9QS

### Forest Town Library

Clipstone Road West, Mansfield,  
NG19 0AA

### Ladybrook Children's Centre

116 Somersall Street, Mansfield,  
NG19 6EW

### Mansfield Library

38A West Gate,  
Mansfield, NG18 1NH

### Mansfield Woodhouse

Children's Centre  
Swan Lane, Mansfield, NG19 8BT

### Mansfield Woodhouse Library

Church Street, Mansfield  
Woodhouse, NG19 8AH

### The Old Library

Leeming Street,  
Mansfield, NG18 1NG

## 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

**Win an iPad!**

**Enrol on any course before  
31 May 2018 and you'll be  
entered into our prize draw  
to win an iPad!**

Terms and conditions apply,  
see page 19.

**Family Poetry**

**Autism Awareness**

**Sewing for Beginners**

**Creative Dance**

**Get Creative with Drawing**

**Weight Management**

**Food Safety in Catering (Level 2)**

**Alternative Therapies – An Introduction**

**Bookkeeping for Beginners**

**Flower Arranging**

**Creative Writing - Poetry**

**Exploring Your Family History**

**Fire Safety Principles – Level 2**

**Mindful Movements**

**Paediatric First Aid**

**Study Skills**

**Savvy Shopping and Brilliant Bargains**

**Music Making for  
Early Years**

**Computing and Technology**

**Hand Massage**

**Crochet – Learn Big Crochet**

**CV, Job Searches and Interview Skills**

**Story Fun**

**Maths Functional Skills**

**Hair and Beauty**

**Judge and Jury**

**English Functional Skills**

**Creative Writing**

**Family Film Making**

**Reiki – Level 1**

**Jewellery – Beginners**

**Make-up for the Mature Woman**

**Music Work Skills**

**Baby Massage**

**Balletcise – An Improvers Workout**

**Creative Crafts**

**iPads/Tablets for Beginners**

**Italian for Beginners**

**Health and Wellbeing**

**Confidence for Work**

Contact us **0115 804 4363** | [learning@inspireculture.org.uk](mailto:learning@inspireculture.org.uk)

Publications are available on our website at [www.inspireculture.org.uk](http://www.inspireculture.org.uk)  
and can be accessed using a screen reader. We can also provide  
alternative formats on request to [comms@inspireculture.org.uk](mailto:comms@inspireculture.org.uk)

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