

SEP-DEC
2018

INSPIRE LEARNING NOTTINGHAMSHIRE COURSE GUIDE

COURSES IN YOUR LOCAL COMMUNITY – ENROL TODAY!



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Inspire
Culture | Learning | Libraries


**Nottinghamshire
County Council**


**Education & Skills
Funding Agency**

Welcome



I'm delighted to introduce our Inspire Learning Course Guide for Autumn 2018 - this term is all about growth, and I invite you to join us on our exciting journey as we expand

the range of courses offered in your local community.

Around £1.4m of our learning programmes are now delivered through Nottinghamshire libraries. You've asked us for more evening and weekend courses, so we're now offering more evening and weekend courses, providing you with more flexible learning options.

We're developing our Further Education offer, and we're now an Institute of Leadership Management, and Association of Project Management accredited centre, delivering more accredited programmes and courses that lead to recognised qualifications.

Our apprenticeship programmes continue to go from strength to strength as we build and develop our relationships with local employers across the region. Not only are we offering development opportunities to our own employees through apprenticeships, but we're working with Lincolnshire County and Charnwood Borough Councils to deliver apprenticeship programmes that are tailored to their organisational needs.

At Inspire we do more than Learning, we also manage Nottinghamshire Libraries on behalf of Nottinghamshire County Council. We're part of a new trail blazer apprenticeship standard introducing a Level 3 Library and Information Assistant apprenticeship in collaboration with the Society for Chief Librarians and the Chartered Institute of Library and Information Professionals.

It's an exciting time for our 16-18 provision as we're now able to offer our traineeships and study programmes to 19+ as we explore hair and beauty, vehicle mechanics and additional construction courses.

At the heart of what we do, remains our community and family learning courses - our informal, fun courses which allow you to try something new, without a huge commitment, in a relaxed, sociable and fun way. Family learning courses remain FREE, and our community courses remain FREE to anyone in receipt of means tested benefits.

Whatever your aspirations, wherever you are on your own journey of fun, growth and development, I hope you enjoy browsing the fantastic new range of courses featured in our latest guide.

Ian Bond

Inspire Learning Manager



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

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If you would like to talk to us, we have dedicated lead tutors in every district of Nottinghamshire who coordinate courses in your area.

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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.



Inspiring highlights

Over **10,000** Nottinghamshire people have learnt with Inspire Learning since our first ever course guide a year ago - that's more than **250,000** hours of learning!

Inspire was chosen to join Arts Council England's National Portfolio. From this year, Inspire will receive **£1m** for a four year period.

Our successful programme of Dementia Friendly Film screenings has attracted funding from Nottinghamshire's Local Improvement Scheme so we can continue to screen classic films to people living with dementia and their carers.

Inspire Youth Arts have celebrated their Ten20 Anniversary. Launched 20 years ago they have worked with over **30,000** young people over the years across music, dance, drama, film and media.

Our Nottinghamshire Music Education Conference at the Royal Concert Hall attracted delegates from **38** schools and featured sessions for teachers, live demonstrations and a music educators market place.

Nottinghamshire Archives achieved national accreditation, demonstrating we meet clearly defined national standards relating to the management and resourcing; the care of its unique collections and what the service offers to its entire range of users.

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 will 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



Find out
what's on at your
local library
[inspireculture.org.uk
/whats-on](http://inspireculture.org.uk/whats-on)

Join your library for free today

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

Aged 16 to 24?

Coming soon –
new programmes in
vehicle mechanics and
hairdressing!

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

If you're aged 16-24 and not sure what your next steps are, then get in touch with our team at Inspire Learning.

We offer tailored Study Programmes and Traineeships that will help you develop your skills whilst getting real work experience.



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 employment.

How to enrol

You can enrol at any time, simply contact us on **0115 804 4363** | learning@inspireculture.org.uk

Venues

Our programmes run at specialist centres in:

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

We offer a range of Apprenticeships for all ages 16*.

See page 8.

Financial support

We pay a bursary and travel costs to students aged 16-19 (up to age 24 to students with an EHCP). Amounts vary depending on your situation and Child Benefit is not affected.

Hospitality and Catering students, Eastbourne House, Kirkby in Ashfield

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Visit: www.inspireculture.org.uk/learning email: learning@inspireculture.org.uk

[@InspireLearningSkills](https://www.facebook.com/InspireLearningSkills) [@Learn_Inspire](https://twitter.com/Learn_Inspire)

working with **Inspire**, **Nottinghamshire County Council**, and **Education & Skills Funding Agency**

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's 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 management qualification is a combination of on and off the job training. It has given me the opportunity to develop leadership skills in the workplace. The apprenticeship programme allows you to be an autonomous learner. The review process and group sessions ensure you are given the support needed to achieve your full potential."

Tracey Spick - Apprentice Study Programme Lead Tutor, Inspire Learning



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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 and Charnwood Borough Councils to deliver tailored Apprenticeship programmes."

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

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
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 Award in 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

Project Management

APM Project Management Fundamentals Qualification (PFQ)
APM Project Management Qualification (PMQ)

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

Access to Higher Education - 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 and Beeston Library on Monday, Tuesday, Wednesday and Thursday mornings 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 Loan

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 £25,000 a year.

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

Courses for Employers

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

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

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

0115 804 4363 | learning@inspireculture.org.uk



Getting you back into work

The Building Better Opportunities Towards Work 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**

This is what past participants have said:

"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."

"The team have helped a lot by helping me get the training I needed to look at a different career and find the job I want."

"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 Towards Work Disability Delivery Partner in the programme, covering **Greater Nottingham, Bassetlaw, Newark and Sherwood, Mansfield and Ashfield**, helping people with mental health issues, people with physical disabilities and people with learning disabilities.

'My work coach helped me decide what to do and how to get the right training. I feel more confident and that I have career to train for which I wouldn't have had without the programme.'

Chelsea Rushton

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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

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

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"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 are these courses for?

Family and community 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.

You can improve or brush up your skills, learn more about a new or existing interest, meet more people, simply get out of the house more, or spend quality time with your friends and family.

Courses in our Family Learning section on page 58 allow parents/carers to learn at the same time as their child/ren. 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 17
- Computing and Technology - page 29
- Creative Writing - page 32
- English - page 35
- Family History - page 36
- Fashion, Hair and Beauty - page 36
- Food - page 38
- Health and Wellbeing - page 40
- Languages - page 50
- Literature - page 52
- Maths - page 53
- Music - page 53
- Society - page 54
- Work Skills - page 56

Where can I learn?

Courses run in many venues across Nottinghamshire – including your local library! For details of our venues see page 66.

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. Many of our courses run weekday mornings or afternoons, some run all day. We've also had requests for more evening and weekend courses, and you'll see some of these offered in this guide.

"The course was local and I did the beginners course so wanted to progress to the next level. I also wanted to make things using different mediums to what I'm used to. I'm looking forward to joining another similar course."

Jennifer, Stapleford – Inspire Learner, Crochet

How do I book?

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

Online: The easiest way to book 24 hours a day, 7 days a week at 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 used to work for a first aid company a few years ago and I've joined this course with Inspire so I can renew my first aid qualifications."

Daniel,
Mansfield Woodhouse –
Inspire Learner,
First Aid

How much does it cost?

All our courses are subsidised by the Education and Skills Funding Agency (ESFA). They cost just £4 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.

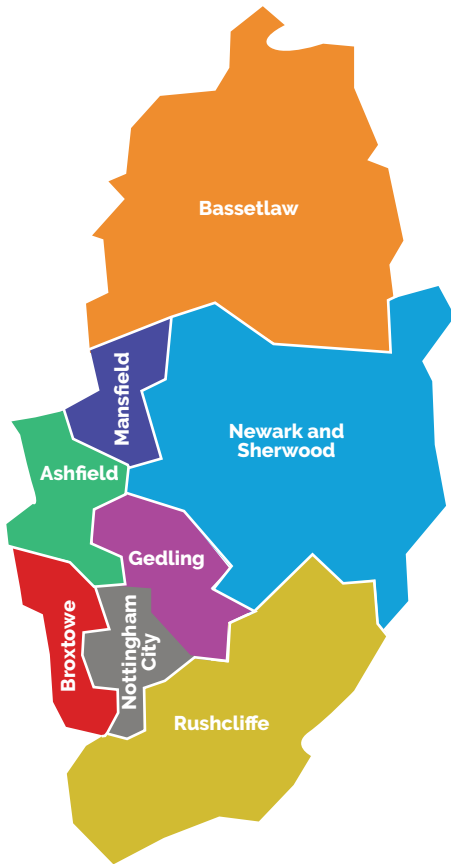
Some courses may ask you to bring materials. If so, this information will be on the course details page on our website or discussed at the first session.

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
inspireculture.org.uk/learning

How do I find out more?

Course information can be found in this guide or within our district course leaflets – all available at your local library.

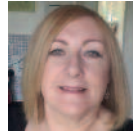


You can also get the latest course information, download our course guide and all our district leaflets from our website inspireculture.org.uk/learning

If you would like to talk to us, we have dedicated lead tutors in every district of Nottinghamshire who coordinate our courses in your area. You can find your local Inspire Lead Tutor below who would love to hear from you with any questions you might have, or any suggestions for courses we don't currently offer in your area.



Ashfield – Marlon Imamshah
marlon.imamshah@inspireculture.org.uk
 07468 354297



Bassetlaw – Karen Bonsall
karen.bonsall@inspireculture.org.uk
 07736 117923



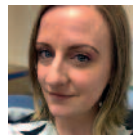
Broxtowe – Alison Sisson
alison.sisson@inspireculture.org.uk
 07946 258282



Gedling – Emma Pitchford
emma.pitchford@inspireculture.org.uk
 07468 354207



Mansfield – Charlotte Cargill
charlotte.cargill@inspireculture.org.uk
 07342 078280



Newark and Sherwood – Hollie Thorpe
hollie.thorpe@inspireculture.org.uk
 07989 855928



Rushcliffe – Faye Brecknock
faye.brecknock@inspireculture.org.uk
 07468 354208

 InspireLearningSkills

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Arts & Crafts

Art Journaling for the Soul – Painting for Mindfulness

Creating artwork can have a therapeutic/meditative effect - come and discover for yourself. Express your inner feelings in an art journal, making quiet time for yourself through creative playful use of media. Suitable for all levels of artistic ability, from beginner to experienced.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	24 Sep	22 Oct	13:00	15:00	5	Hucknall Library	£40	32096
Monday	24 Sep	22 Oct	10:00	12:00	5	Sutton in Ashfield Library	£40	32218

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
Tuesday	18 Sep	23 Oct	14:00	16:00	5	West Bridgford Library	£40	32209
Wednesday	19 Sep	24 Oct	10:00	12:00	6	Mansfield Central Library	£48	32413

Christmas Crafts

Looking to put a different spin on your Christmas gifts and decorations this year? On this course we will explore different crafts using recycled materials. Whether you're looking for new ideas for presents or would like to develop your skills to run your own business, this course is for you.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	6 Nov	11 Dec	10:00	12:00	6	Ollerton Library	£48	32163
Wednesday	7 Nov	12 Dec	10:00	12:00	6	Southwell Library	£48	31963
Thursday	8 Nov	13 Dec	13:00	15:00	6	Newark Library	£48	31966
Thursday	8 Nov	13 Dec	09:30	11:30	6	Arnold Library	£48	31999



Christmas Crafts – Building a Business

Do you enjoy crafts? Would you like to explore how to turn your passion and interest in crafts into a business and sell your projects? This course will cover a range of different crafts and how to go about promoting and marketing your work.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	24 Sep	10 Dec	13:00	15:00	11	Beeston Library	£88	32115

Christmas Gift Wrapping

A perfect workshop to get you into the festive spirit. Come along and learn the basic techniques of wrapping presents and adding the 'finishing touches' with bows and embellishments.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	15 Dec	15 Dec	10:00	12:30	1	West Bridgford Library	£10.00	32299

Christmas On a Budget

Avoid the January bank-balance blues and get tips on how to have a great Christmas on a small budget. This course looks at the essentials needed for Christmas celebrations, how you can recycle things to make decorations, how to make your money go further and help you take the stress out of this time of year.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	8 Nov	13 Dec	13:00	15:00	6	Beeston Library	£48	32255

Collage and Mixed Media

Learn how to create your own individual artwork using a range of collage and mixed media techniques. Suitable for all abilities from beginners to more experienced artists.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	21 Sep	26 Oct	09:30	11:30	6	Arnold Library	£48	31901

Colour Theory and Design

This course is for you if you'd like to create your own original artwork whilst learning about colour theory – it's a practical guide to colour mixing and the visual effects of specific colour combinations. You don't need any previous art or design experience and it's great for developing confidence around colour which can then be applied to many aspects of life for example clothing, interior design or gardening.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	18 Sep	23 Oct	09:30	12:00	6	Ravenshead Library	£60	32159

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

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

Craft with Household Items - Upcycling

This course will provide inspiration to create unique items to jazz up your home or for personalised gifts using everyday household items to create handmade gifts.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	27 Sep	25 Oct	13:00	15:00	5	Sutton in Ashfield Library	£40	32236

Creative Crafts

Explore different craft skills including book folding, decoupage, sewing and origami, and 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
Tuesday	18 Sep	23 Oct	10:00	12:00	6	Ollerton Library	£48	32055

Crochet for Beginners

Learn basic crochet stitches to produce your own creation.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	17 Sep	8 Oct	13:00	15:00	4	Sutton in Ashfield Library	£32	32215
Tuesday	18 Sep	23 Oct	10:00	12:00	6	Mansfield Woodhouse Library	£48	32076
Wednesday	19 Sep	24 Oct	13:00	15:00	6	Southwell Library	£48	31969

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

Crochet for Improvers

This course is for you if you already have some knowledge of how to crochet. From using basic stitches, you will learn how to make a variety of granny squares as well as learn 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	6 Nov	11 Dec	10:00	12:00	6	Mansfield Woodhouse Library	£48	32077
Wednesday	7 Nov	12 Dec	13:00	15:00	6	Southwell Library	£48	31970

Crochet – Christmas Gifts

Christmas can be an expensive time of year and what better way to create an individual gift that will be unique and created with love. The best Christmas accessories are the ones you have created yourself, from Christmas stockings to Christmas tree decorations, Christmas ornaments, and decorative coasters, the list goes on!

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	9 Nov	14 Dec	13:00	15:00	6	Mansfield Central Library	£48	32009

Crochet - Festive Crafts

Learn to crochet projects for festive events. Previous experience of crochet would be an advantage but not essential.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	6 Nov	11 Dec	09:30	11:30	6	Stapleford Library	£48	32267

Crochet – Learn Big Crochet

Interested in using chunky or super chunky to crochet big items, such as baskets, scarves or rugs? This course is for you! Previous experience of crochet is an advantage but not necessary.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	4 Oct	22 Nov	13:00	15:00	6	Stapleford Library	£48	32269

DIY Gifts

Learn how to make a variety of homemade gifts using a range of crafting and sewing techniques as well as how to upcycle items you might have at home into gifts and gift wrapping ideas.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	2 Oct	23 Oct	09:30	12:00	4	Mansfield Central Library	£40	32108
Wednesday	3 Oct	24 Oct	13:00	15:30	4	Keyworth Library	£40	32310
Thursday	4 Oct	25 Oct	13:00	15:30	4	West Bridgford Library	£40	32260
Friday	9 Nov	30 Nov	10:00	12:30	4	Bingham Library	£40	32307

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NOTTINGHAMSHIRE COURSE GUIDE

Draw and Paint your own Christmas Cards

Add a personal touch this Christmas by designing and producing your own cards through drawing/painting.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	8 Nov	13 Dec	09:30	11:30	6	Arnold Library	£48	31927

Drawing and Painting for Beginners

This course will introduce you to a variety of drawing and painting techniques. A different subject and technique will be demonstrated each week with subjects including flowers, landscape and still life.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	20 Sep	25 Oct	09:30	11:30	6	Arnold Library	£48	31895
Thursday	20 Sep	25 Oct	13:00	15:00	6	Mansfield Woodhouse Library	£48	32081
Friday	21 Sep	26 Oct	13:00	15:00	5	Southwell Library	£40	32151

Drawing and Painting for Improvers

This course will build your skill in a variety of drawing and painting techniques, introducing composition and your own ideas. A different subject and technique will be demonstrated each week.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	8 Nov	13 Dec	13:00	15:00	6	Mansfield Woodhouse Library	£48	32082
Friday	9 Nov	14 Dec	13:00	15:00	6	Southwell Library	£48	32152



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

Flower Arranging – Beginners

This is an introductory course aimed at total beginners who would like to learn the art of flower arranging. We will introduce you to a range of flower arranging techniques and each week you will learn a new design and take your creation home.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	17 Sep	29 Oct	10:00	12:00	6	Ollerton Library	£48	32057
Wednesday	19 Sep	24 Oct	10:00	12:00	6	Southwell Library	£48	31971
Thursday	20 Sep	25 Oct	10:00	12:30	6	Mansfield Central Library	£60	31962
Friday	21 Sep	26 Oct	09:30	11:30	6	Stapleford Library	£48	32271
Thursday	4 Oct	25 Oct	16:30	18:30	4	Arnold Library	£32	31900
Monday	5 Nov	10 Dec	09:00	11:30	6	Kirkby in Ashfield Library	£60	32147

Flower Arranging – Christmas Wreath

Get creative this Christmas season by making a beautiful door wreath.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	24 Nov	24 Nov	09:30	16:00	1	Mansfield Central Library	£24	32052

Flower Arranging – Festive Ideas

Anyone who enjoys flower arranging can join us for this course and learn techniques with a festive theme. You'll also develop skills with flowers and plant material using a variety of floristry mechanics and employing some intricate methods.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	8 Nov	13 Dec	13:30	16:00	6	Mansfield Central Library	£60	31994
Thursday	8 Nov	13 Dec	16:30	18:30	6	Arnold Library	£48	31929
Friday	9 Nov	14 Dec	09:30	11:30	6	Eastwood Library	£48	32279

Flower Arranging – Next Steps: Festive Ideas

This course is an intermediate course building on existing basic skills and knowledge. The course will introduce you to a wider range of flower arranging techniques, including wreaths and swags. Each week you will learn a new design and take your creation home.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	7 Nov	12 Dec	10:00	12:00	6	Southwell Library	£48	31972

Flower Arranging – Ikebana Style

Have you ever wanted an insight into the fascinating art of Japanese-style flower arranging known as Ikebana? Now is your chance to learn with our 3 week short course.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	6 Oct	20 Oct	09:45	12:45	3	Mansfield Woodhouse Library	£36	32193

Flower Arranging – Improvers

This is an intermediate course, and will build on existing basic skills and knowledge. The course will introduce a wider range of flower arranging techniques, and each week you will learn a new design and take your creation home.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	8 Nov	13 Dec	10:00	12:30	6	Mansfield Central Library	£60	31965

Flower Arranging – Modern Trends

This course is aimed at beginners and intermediate learners who would like to learn modern trends and 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 creations home.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	5 Nov	10 Dec	13:00	15:30	6	John Godber Centre, Hucknall	£60	32097

Flower Arranging – New Ideas

This course is aimed at beginners and intermediate learners who would like to learn new techniques and designs in flower arranging. We will introduce you to a range of new methods and each week you will take your unique creations home.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	20 Sep	25 Oct	13:30	16:00	6	Mansfield Central Library	£60	31968

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Life Drawing and Still Life

Learn a variety of drawing techniques working each week with a life model. You'll also have opportunity as part of sessions to do still life work. You'll use a variety of techniques and mixed media throughout the course.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	2 Oct	23 Oct	13:00	15:00	4	Mansfield Central Library	£32	32110
Thursday	11 Oct	1 Nov	09:30	12:00	4	West Bridgford Library	£40	32256
Saturday	10 Nov	15 Dec	10:00	12:00	6	Southwell Library	£48	32155

Knitting for Beginners

New to knitting? On our beginners course you'll learn the basics including knowledge of yarns, casting on, casting off, and basic knitting stitches. You'll also learn about simple patterns.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	18 Sep	23 Oct	09:30	11:30	6	Stapleford Library	£48	32266

Machine Quilting

Learn how to quilt using a sewing machine to make a range of items. You'll learn about fabrics, how to cut accurately, and how to combine colours and fabrics to make fantastic quilted pieces.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	14 Sep	26 Oct	09:30	11:30	7	Beeston Library	£56.00	32261



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Make Your Own Christmas Cards

Our contemporary Christmas card course uses a variety of simple materials such as buttons, card and craft punches for you to design your own fabulous Christmas cards.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	8 Dec	8 Dec	10:00	12:30	1	West Bridgford Library	£10.00	32298

Painting with Watercolours

Learn the art of painting with watercolours. Learn about what you need to start and how to use watercolour paint. Suitable for beginners and those wishing to improve their skills.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	20 Sep	25 Oct	13:00	15:00	6	Arnold Library	£48	31896

Papercrafts – An Introduction

Explore different papercrafts including book folding, tea bag folding, and quilting, and learn the history behind them.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	20 Sep	25 Oct	10:00	12:00	6	Southwell Library	£48	32051

Photograph Restoration

Remove scratches, creases and discolouration from your old pictures and preserve memories for generations to come, restoring records of the most priceless moments of your life.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	9 Nov	14 Dec	13:00	15:00	6	Arnold Library	£48	31931

Photography - An Introduction

Explore photography techniques and how to improve the quality of the images you capture. Topics covered during the course 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
Friday	21 Sep	26 Oct	13:00	15:00	6	Southwell Library	£48	32164
Wednesday	26 Sep	24 Oct	09:30	11:30	5	Mansfield Central Library	£40	31950
Thursday	8 Nov	06 Dec	09:30	11:30	5	Ravenshead Library	£40	32162



Photography – Introduction to Editing

Learn how to use common editing tools to make your photos stand out. The course will include information and guidance on how to use free online editing tools and is ideal for beginners looking to start editing their pictures.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	26 Sep	17 Oct	13:00	15:00	4	Mansfield Central Library	£32	32111
Thursday	8 Nov	29 Nov	18:30	20:30	4	Mansfield Woodhouse Library	£32	32086
Saturday	10 Nov	15 Dec	13:00	15:00	6	Southwell Library	£48	32174

Photography – Next Steps

If you're a new or developing photographer with a DSLR camera this interactive and fun course is for you! We'll cover everything from the exposure triangle to working in full manual control.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	27 Sep	25 Oct	18:30	20:30	5	Mansfield Woodhouse Library	£40	32191
Thursday	8 Nov	6 Dec	13:00	15:00	5	Mansfield Central Library	£40	31959
Friday	9 Nov	14 Dec	13:00	15:00	6	Southwell Library	£48	32166

Printmaking – An Introduction

This course will give you the confidence and knowledge needed to use a selection of printmaking techniques including mark making, block printing, collagraph printing, hand drawing and print making. Suitable for beginners.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	17 Sep	22 Oct	10:00	12:00	5	Worksop Library	£40	32221
Tuesday	13 Nov	11 Dec	13:00	15:00	5	Retford Library	£40	32200



Printmaking – Christmas-Themed

This course will give you the confidence and knowledge needed to use a selection of printmaking techniques including mark making, block printing, collagraph printing, hand drawing and print making, to create beautiful Christmas-themed items for yourself, or to give as gifts.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	6 Nov	11 Dec	10:00	12:00	6	Worksop Library	£48	32238

Sewing for Beginners

Learn basic techniques in hand sewing, machine sewing and pattern cutting techniques. Suitable for beginners or people who want to brush up their skills.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	19 Sep	24 Oct	09:30	11:30	6	Arnold Library	£48	31894
Wednesday	19 Sep	24 Oct	14:00	16:00	6	Mansfield Central Library	£48	32118

Sewing – Christmas Crafts

Create Christmas crafts with hand sewing, machine sewing and pattern cutting. Suitable for beginners or people who want to brush up their skills.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	8 Nov	13 Dec	10:00	12:00	6	Mansfield Central Library	£48	32124
Wednesday	21 Nov	12 Dec	09:30	11:30	4	Arnold Library	£32	31926

Sewing – Cushion Making

Use different designs and techniques to make bespoke cushions for the home or as gifts. Learn a range of skills including hand sewing, machine sewing and pattern cutting. Suitable for beginners or people who want to brush up their skills.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	20 Sep	25 Oct	10:00	12:00	6	Mansfield Central Library	£48	32121

Sewing – Dressmaking

Learn how to get started with dressmaking using techniques in hand sewing, machine sewing and pattern cutting. This course is suitable for people who have some basic sewing skills.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	20 Sep	13 Dec	13:00	15:00	12	Mansfield Central Library	£96	32126

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Sewing - Festive Crafts

This course is for anyone new to sewing or for those with some experience who would like to sew small projects for celebrations.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	9 Nov	14 Dec	09:30	11:30	6	Beeston Library	£48	32262

Sewing – Home Furnishings as a Business

Learn how to make a variety of furnishings and products for your home using a range of crafting and sewing techniques. Learn how to upcycle items in your home to whip up new homemade décor you'll love! There will also be an introduction to business as part of the course for those wanting to turn their crafting hobby into a business.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	8 Nov	15 Nov	09:30	15:30	2	West Bridgford Library	£44	32258
Wednesday	21 Nov	28 Nov	09:30	15:30	2	Kirkby in Ashfield Library	£44	32213

Sewing - The Handcrafted Home

Learn how to use a sewing machine and to hand sew, to create beautiful soft furnishings for the home. This is a friendly and supportive group for you to create simple pieces.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	7 Nov	12 Dec	14:00	16:00	6	Mansfield Central Library	£48	32120
Thursday	13 Sep	18 Oct	13:00	15:00	6	Retford Library	£48	32187

Sewing - The Handcrafted Home at Christmas

Learn how to use a sewing machine and to hand sew, to create soft furnishings for the home with a Christmas theme. Create cushions and other simple pieces in a friendly and supportive environment.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	5 Nov	10 Dec	13:00	15:00	6	Worksop Library	£48	32233



Computing and Technology

Computer Basics

Would you like to learn the basics of computing for use at home or in the library? This course will help you get the best from your computer or laptop and introduce you to emails, the internet and how to carry out some basic computing functions.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	17 Sep	22 Oct	10:00	12:00	6	Southwell Library	£48	32171

Advanced Techniques in MS Word

If you would like to improve your current knowledge of MS Word and take advantage of more complex features – this advanced course in MS Word is for you!

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	14 Nov	14 Nov	09:30	15:00	1	Sutton in Ashfield Library	£20	32242

Advanced Techniques in MS Excel

Would you like to develop your basic skills in MS Excel? This course will demonstrate additional useful features of MS Excel including: advanced formulae, formatting cells and tables, functions, pivot tables and charts, and graphs.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	21 Nov	21 Nov	09:30	15:00	1	Sutton in Ashfield Library	£20	32243



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

Advanced Techniques in MS PowerPoint

Say goodbye to 'death by PowerPoint'. Learn to create your own backgrounds and professionally animate your PowerPoint presentations. This course will bring MS PowerPoint to life and include tips and techniques to embed videos, and use stunning clip arts and graphics.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	28 Nov	28 Nov	09:30	15:00	1	Sutton in Ashfield Library	£20	32244

Computers – An Introduction to Basic IT

This course is suitable for complete beginners to learn the basics of email, internet, safety online, MS Word and MS Excel.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	9 Nov	14 Dec	09:30	11:30	6	Arnold Library	£48	31930

iPads/Tablets for Beginners

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

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	17 Sep	22 Oct	15:30	17:30	6	Mansfield Central Library	£48	31908
Wednesday	26 Sep	24 Oct	13:00	15:00	5	Sutton in Ashfield Library	£40	32234
Monday	5 Nov	10 Dec	10:00	12:00	6	Mansfield Central Library	£48	31909

IT Functional Skills – Level 1

Develop your confidence and ability to find, select, develop, present and communicate information using computers and software, including word processing and spreadsheets. You'll learn all this whilst working towards a recognised level 1 qualification in IT.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	18 Sep	11 Dec	13:30	16:30	13	Beeston Library	£156	32184

PowerPoint for Beginners

Using MS PowerPoint, you'll create stunning presentations that look like they were designed by a professional. Whether for fun or to learn a new skill, this versatile program allows you to create so many different looks that can help with training/demonstrations, to show off your photos or to help with an interview or employment.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	9 Nov	14 Dec	10:00	12:00	6	Mansfield Central Library	£48	32002

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Staying Safe Online

With hacks, scams, malware and more learn how to keep safe online and gain confidence in protecting your personal information.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	17 Sep	22 Oct	13:00	15:00	6	Arnold Library	£48	31892

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
Saturday	22 Sep	13 Oct	13:00	15:00	4	Newark Library	£32	32172
Monday	5 Nov	10 Dec	09:30	11:30	6	Southwell Library	£48	32175

Word and Excel for Beginners

This course is designed to help learners gain an insight into using Microsoft software, how to use Word effectively to create letters and Excel to produce invoices, tables of information, create spreadsheets or simple database tables.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	21 Sep	26 Oct	10:00	12:00	6	Mansfield Central Library	£48	32000

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

Want to develop your skills in Business Administration or IT? We offer a range of Further Education courses in Customer Services, Business Administration and IT – see page 10 for details.

Creative Writing

Creative Writing - Crafting the Short Story

Want to write short stories for pleasure or 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, and opportunities for publishing. Beginners, improvers and experienced writers are all welcome to join.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	17 Sep	22 Oct	13:00	15:00	6	Mansfield Central Library	£48	31948
Monday	5 Nov	10 Dec	13:00	15:00	6	Mansfield Central Library	£48	31949

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
Tuesday	18 Sep	23 Oct	10:00	12:00	6	Southwell Library	£48	31967
Tuesday	18 Sep	23 Oct	13:00	15:30	6	Worksop Library	£60	32225
Thursday	20 Sep	25 Oct	13:00	15:30	6	Eastwood Library	£50	32277
Monday	5 Nov	10 Dec	10:00	12:00	6	Ollerton Library	£48	32149

Creative Writing – Exploring the Senses

Hearing, smell, touch, taste and sight - this course focuses on developing writing (prose or poetry) from how we sense the world around us. Each week we will use prompts or objects as inspiration. Suitable for beginners and those who have written before.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	17 Sep	22 Oct	17:45	19:45	6	Retford Library	£48	32177
Thursday	8 Nov	6 Dec	13:00	15:00	5	Sutton in Ashfield Library	£40	32355

Creative Writing – From Caterpillars to Castles

Interested in writing for children? Whether you want to write stories for youngsters in your family or with publishing in mind, this course will help you develop your style. We will look at the basics of writing picture books, stories for early readers or longer chapter books.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	27 Sep	25 Oct	13:00	15:00	5	Newark Library	£40	32011
Tuesday	6 Nov	11 Dec	10:00	12:00	6	Southwell Library	£48	32012

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Creative Writing – Next Steps

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

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	20 Sep	25 Oct	18:00	20:00	6	The Grove School (AKA Newark Academy)	£48	32020

Creative Writing Through Poetry

As we explore different types of poetic verse, this course will help develop your creative writing skills in an encouraging environment.

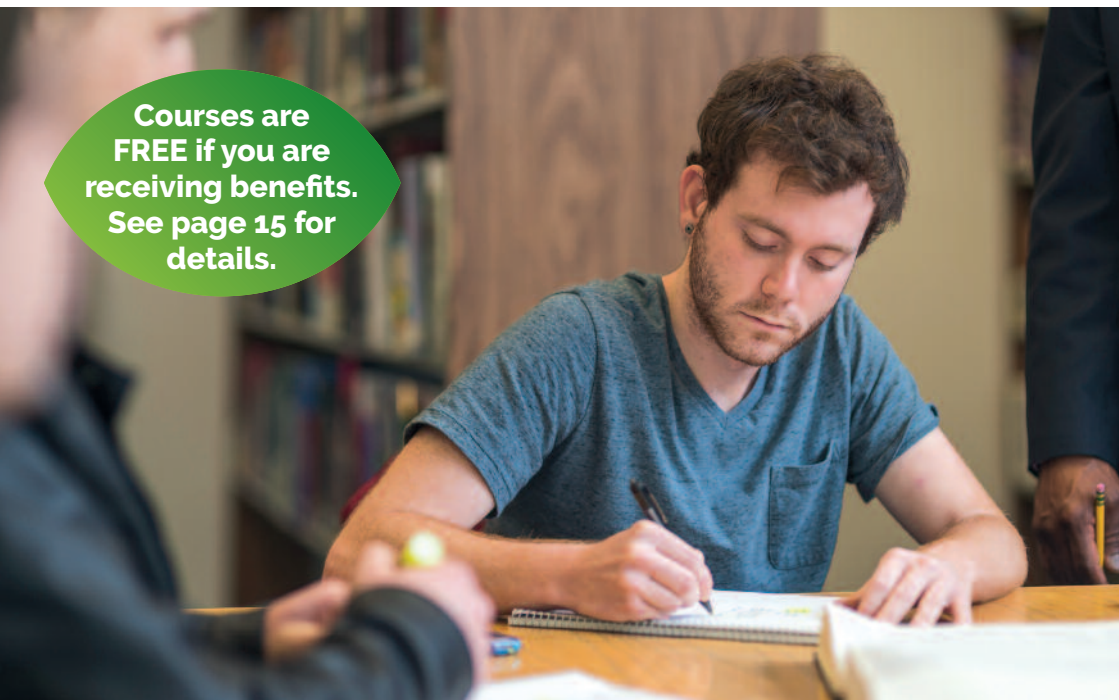
Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	6 Nov	11 Dec	14:00	16:00	6	West Bridgford Library	£48	32210

Creative Writing – Write a Short Story in a Day

Do you want to write short stories for pleasure or for profit? Come and join our friendly group on this one-day course to help release your inner writer. Throughout the day there will be lots of writing, practical exercises and we will look at techniques favoured by successful writers. Beginners, improvers and experienced writers are all welcome.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	20 Oct	20 Oct	10:00	16:00	1	Mansfield Central Library	£22	32033

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



Festive Creative Writing

This course is for adults only to explore creative writing further whilst adding a festive theme. This course focuses on developing your writing ideas around the sights and sounds of the festive period.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	22 Nov	20 Dec	13:00	15:30	5	Eastwood Library	£50	32278

Writing for Children

Interested in writing for children? Whether you want to write stories for youngsters in your family or with publishing in mind, this adult course will help you develop your style. We will look at the basics of writing picture books, stories for early readers or longer chapter books.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	12 Sep	17 Oct	13:00	15:00	6	Beeston Library	£48	32188

Writing for Children - Seasonal Story-Telling

A course to help you craft something unique – the gift of story. Enjoyed every year, a seasonal tale becomes part of your celebrations. We will do a variety of writing exercises to help you find your story, and give the feedback and encouragement to get it written.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	7 Nov	12 Dec	13:00	15:00	6	Beeston Library	£48	32190

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details.



English

Conversational English

This course is for people whose first language is not English. Learn basic words and phrases to help you communicate in English and learn to read essential words to help you understand important things such as labels and letters.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	17 Sep	22 Oct	17:00	19:00	6	Newark Library	£48	32017

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
Monday	3 Sep	17 Dec	09:30	12:30	14	West Bridgford Library	FREE	32201
Tuesday	4 Sep	11 Dec	09:30	12:30	15	Arnold Library	FREE	31893
Wednesday	5 Sep	12 Dec	17:00	19:45	13	Retford Library	FREE	32282
Thursday	6 Sep	13 Dec	09:30	12:30	14	Bingham Library	FREE	32302
Friday	7 Sep	14 Dec	13:00	16:00	14	Keyworth Library	FREE	32311
Tuesday	11 Sep	18 Dec	17:00	20:00	14	Newark Library	FREE	31997
Wednesday	12 Sep	12 Dec	13:00	16:00	13	Mansfield Central Library	FREE	32128
Wednesday	12 Sep	12 Dec	09:30	12:30	13	Beeston Library	FREE	32186
Thursday	13 Sep	29 Nov	13:00	16:00	11	New Stapleford Community Centre	FREE	32268
Friday	14 Sep	14 Dec	09:30	12:30	13	Hucknall Library	FREE	32102

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. 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
Tuesday	18 Sep	2 Oct	18:30	20:00	3	Mansfield Woodhouse Library	£18	32313
Thursday	11 Oct	25 Oct	14:00	15:30	3	Ravenshead Library	£18	32154

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

Family History

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
Tuesday	18 Sep	27 Nov	10:00	12:00	10	Kirkby in Ashfield Library	£80.00	32138

Fashion, Hair and Beauty

Colour Theory for Fashion and Beauty

Stuck in a rut with colour and always sticking to the same dreary combinations? Not sure what suits you?

Would you 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
Monday	1 Oct	1 Oct	10:00	15:00	1	Southwell Library	£18	32161

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
Saturday	27 Oct	27 Oct	09:45	15:45	1	Worksop Library	£22	32232

Make-up for Mature Skin

This workshop 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 to look and feel more vibrant.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	17 Sep	17 Sep	09:30	16:00	1	Southwell Library	£24	32158
Monday	12 Nov	12 Nov	09:30	16:00	1	Bestwood Village Community Centre	£24	32160

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First Aid

Emergency First Aid at Work

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

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	11 Sep	25 Sep	13:30	15:30	3	Sutton in Ashfield Library	£24	32219
Thursday	20 Sep	20 Sep	09:30	16:00	1	West Bridgford Library	£24	32306
Thursday	11 Oct	11 Oct	09:30	16:00	1	Bestwood Village Community Centre	£24	31974
Friday	26 Oct	26 Oct	09:45	16:15	1	Worksop Library	£24	32402

First Aid – Caring for Older People

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

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	18 Sep	2 Oct	09:30	11:30	3	Beeston Library	£24	32183

Paediatric Emergency 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	12 Oct	12 Oct	09:45	16:15	1	Worksop Library	£24	32401
Thursday	18 Oct	18 Oct	09:30	16:00	1	Bestwood Village Community Centre	£24	31973



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

Food

Cupcake Decorating for Beginners

Learn how to make sugar fondant cake toppers for cupcakes and get an introduction to basic piping techniques.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	9 Oct	23 Oct	18:30	20:30	3	Mansfield Woodhouse Library	£24	32320

Food and Nutrition – Eat Well for Life

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

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	9 Nov	14 Dec	10:00	12:00	6	Newark Library	£48	32176

Food for Thought – Specialised Diets

This course will highlight the principles of healthy eating and how to incorporate them into your life. We will discuss buying, cooking and eating healthy foods. In addition, we will look at specific nutrients that provide a reliable source of energy and feel-good factor; and the role healthy choices can play in reducing the risk of dietary-related illnesses.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	27 Sep	25 Oct	09:30	12:00	5	Sutton in Ashfield Library	£50	32235

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.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	10 Sep	11 Sep	10:00	14:30	2	Beeston Library	£28	32092
Friday	21 Sep	21 Sep	09:45	16:45	1	Worksop Library	£26	32228
Saturday	22 Sep	22 Sep	09:00	16:00	1	Mansfield Central Library	£26	32027
Monday	15 Oct	16 Oct	09:30	14:30	2	Eastwood Library	£28	32274
Friday	19 Oct	19 Oct	09:30	16:30	1	Sutton in Ashfield Library	£28	32237
Monday	29 Oct	29 Oct	09:00	16:30	1	Southwell Library	£28	32167
Wednesday	31 Oct	31 Oct	09:00	16:30	1	Newark Library	£28	32168
Friday	2 Nov	2 Nov	09:00	16:30	1	Ollerton Library	£28	32170

Did you know we run a range of tailored Study Programmes including Hospitality and Catering for 16-24 year olds? See page 6 for details.

From Hobby Baker to Professional Cake Decorator

Do you bake and decorate cakes for family and friends? Join us to find out how to take that next step towards a successful registered business. Find out what's required, with hints and tips on advertising and selling your creations.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	28 Nov	28 Nov	10:00	14:30	1	Worksop Library	£16	32247

How to Set Up a Secret Tea Room

This 1 day course 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	10 Nov	10 Nov	10:00	16:00	1	Mansfield Central Library	£22	32037

Planning a Stress-Free Christmas Feast

This course will provide fresh ideas to make your Christmas dinner or party memorable, without the stress and hassle. Fantastic tips and strategies to make the event cost effective, creative and crafty.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	13 Dec	13 Dec	09:30	12:30	1	Sutton in Ashfield Library	£12	32248

Sugarcraft - Festive Flowers for Beginners

This course is designed to introduce learners to festive sugarcraft flowers. You will produce a small display of sugar flowers to enhance any Christmas cake with step by step instructions. A resource list will be given each week.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	7 Nov	12 Dec	10:00	12:00	6	Bestwood Village Community Centre	£48	31936
Monday	5 Nov	10 Dec	10:00	12:00	6	Mansfield Central Library	£48	31946
Tuesday	6 Nov	11 Dec	10:00	12:00	6	Southwell Library	£48	31960

Sugarcraft – Christmas Flowers for Beginners

This course is designed to introduce learners to Christmas sugarcraft flowers. You will produce a small display of sugar flowers to enhance any Christmas cake with step by step instructions. Flower and foliage will include a Christmas rose, holly and ivy.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	17 Nov	17 Nov	10:00	15:00	1	Mansfield Central Library	£18	32047

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Sugarcraft - Wedding Flowers (Intermediate)

This course is designed to introduce learners to wedding sugarcraft flowers. You will produce a small display of sugar flowers to enhance any special wedding cake with step by step instructions. Flowers will include a rose and star gazer lily.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	22 Sep	22 Sep	10:00	15:00	1	Mansfield Central Library	£18	32029

Sugarcraft – Seasonal Flowers for Beginners

This course is designed to introduce learners to seasonal sugarcraft flowers. You will produce a small display of sugar flowers to enhance any special occasion cake with step by step instructions.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	17 Sep	22 Oct	10:00	12:00	6	Mansfield Central Library	£48	31945
Tuesday	18 Sep	23 Oct	10:00	12:00	6	Southwell Library	£48	31954
Wednesday	19 Sep	24 Oct	10:00	12:00	6	Bestwood Village		
						Community Centre	£48	31935
Thursday	20 Sep	25 Oct	09:30	11:30	6	Eastwood Library	£48	32276

Health and Wellbeing

Alternative Therapies – An Introduction

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

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	21 Sep	26 Oct	13:00	15:00	6	Mansfield Central Library	£48	32007
Wednesday	26 Sep	24 Oct	13:30	15:30	5	Kirkby in Ashfield Library	£40	32143
Wednesday	7 Nov	7 Nov	09:30	11:30	1	Arnold Library	£8	31925
Thursday	8 Nov	6 Dec	10:00	12:00	5	Sutton in Ashfield Library	£40	32246

Balletcise - Beginners

This fun ballet-based workout is group exercise 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
Tuesday	2 Oct	6 Nov	13:00	15:00	5	John Godber Centre	£40	32104
Thursday	4 Oct	25 Oct	14:30	15:30	4	Southwell Library	£16	32014
Monday	5 Nov	10 Dec	17:00	18:30	6	West Bridgford Library	£36	32205
Tuesday	6 Nov	11 Dec	16:30	18:30	6	Arnold Library	£48	31924

Balletcise – Improvers

This fun ballet-based workout is group exercise 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 beginner course or who exercise regularly.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	8 Nov	13 Dec	14:30	15:30	6	Southwell Library	£48	32015

Compassionate Communication for Dementia

Suitable for family and professional carers, other professionals or members of the public who come into contact with someone living with dementia.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	29 Sep	29 Sep	09:30	11:30	1	Arnold Library	£8	31919

Confidence and Assertiveness

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

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	13 Sep	18 Oct	13:00	15:00	6	Beeston Library	£48	32252
Tuesday	6 Nov	4 Dec	10:00	12:00	5	John Godber Centre, Hucknall	£40	32131

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

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

Dementia – A Gentle Way

If you are living with dementia or caring for someone with this disease, this workshop will give you skills to provide stimulation, calm, renewed interest in life and more rewarding relationships. Throughout the session we will learn some theory, but the day will mainly consist of experiential learning through practical activities and video clips. This workshop is suitable for family carers of people living with dementia and care workers. People with mild to moderate dementia may also benefit but must be accompanied by a carer.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	1 Dec	1 Dec	13:00	16:00	1	Mansfield Central Library	£12	32053

Dementia Awareness

Learn about the most common types of dementia, signs, symptoms and how dementia may impact upon daily life.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	22 Sep	22 Sep	09:30	11:30	1	Arnold Library	£8	31918
Saturday	17 Nov	17 Nov	10:00	12:00	1	West Bridgford Library	£8	32304

Dementia Awareness – Compassionate Communication

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

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	28 Sep	28 Sep	10:00	12:00	1	Mansfield Central Library	£8	32013
Saturday	27 Oct	27 Oct	10:00	12:00	1	Mansfield Central Library	£8	32031

Dementia Care – A Person-Centred Approach

This 6 week course is suitable for family carers of people living with dementia, care professionals, and those 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
Friday	21 Sep	26 Oct	10:00	12:00	6	Newark Library	£48	32025

Drama Therapy – An Introduction

Drama therapy is the use of theatre techniques to facilitate personal growth and promote mental health. These sessions are NOT therapy sessions. We will explore creative therapeutic interventions to improve mental and physical health.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	9 Nov	7 Dec	09:30	11:30	5	Sutton in Ashfield Library	£40	32239

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Hand and Facial Massage – An Introduction

Get an introduction to the practice of delivering a hand and facial massage. You will look at the skin and muscles in the face and hands, basic aromatherapy and practical massage 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
Thursday	18 Oct	18 Oct	10:00	15:00	1	Southwell Library	£18	32067

Hand, Head and Face Massage

Learn how to give a hand and head massage, including: practical techniques, the skin and muscle structure of the hand and face and basic aromatherapy. You will also be introduced to the benefits of Indian head massage and types of massage technique.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	9 Nov	14 Dec	10:00	12:00	6	Mansfield Central Library	£48	32019

Hand Massage and Facials

Learn how to give a hand massage and facial, including: practical techniques, the skin and muscle structure of the hand and face and basic aromatherapy.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	6 Oct	6 Oct	10:00	16:00	1	Mansfield Central Library	£22	32021



Thinking about a career in Health and Social Care? We have a number of Health and Social Care study options including Study Programmes for 16-24 year olds and Access to Higher Education Courses for adults. See pages 6 and 10 for details.

Healthy Body, Healthy Mind

Designed to introduce learners to creating positive small changes to live life to the full, this course will give you everything you need to make good food choices. You'll learn how to increase your physical activity without going to the gym, and how to reconnect your thoughts and mind to enjoy and live a happy life.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	17 Sep	22 Oct	13:00	15:00	6	Mansfield Central Library	£48	31944
Tuesday	18 Sep	23 Oct	13:00	15:00	6	Southwell Library	£48	31958
Thursday	8 Nov	13 Dec	13:00	15:00	5	Worksop Library	£40	32250

Healthy Christmas

This course is designed for learners to improve their knowledge and confidence around food and nutrition at Christmas time. You will be able to make small practical changes to eating habits and lifestyle; to make good decisions about food choices with the opportunity to share recipes and ideas.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	5 Nov	10 Dec	13:00	15:00	6	Mansfield Central Library	£48	31947
Tuesday	6 Nov	11 Dec	13:00	15:00	6	Southwell Library	£48	31961

Herbal Remedies for Winter Health

Learn how to protect your health and make simple warming remedies for winter using herbs and spices.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	24 Sep	15 Oct	10:00	12:00	4	Bestwood Village Community Centre	£32	32153
Saturday	10 Nov	10 Nov	09:30	16:00	1	Mansfield Central Library	£24	32040
Saturday	17 Nov	17 Nov	09:30	15:30	1	Kirkby in Ashfield Library	£22	32212
Saturday	24 Nov	24 Nov	09:30	15:30	1	Hucknall Library	£22	32135



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Indian Head and Facial Massage

On this one day course you will be introduced to the practice of delivering a facial and Indian Head Massage. You will look at the skin and muscles in the face and head, 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
Thursday	4 Oct	4 Oct	10:00	15:30	1	Southwell Library	£18	32063

Indian Head Massage

This course will teach you the benefits of Indian head massage, types of massage technique, 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.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	20 Oct	20 Oct	10:00	16:00	1	Mansfield Central Library	£22	32023

Meditation – An Introduction

Transform your mind with our awareness session which will help you understand how meditation can help restore calm and balance to life.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	5 Oct	5 Oct	13:00	15:00	1	Arnold Library	£8	31915

Mental Health Awareness

This course will offer an overview of common Mental Health illnesses and disorders, including depression, anxiety and psychosis.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	6 Oct	6 Oct	09:30	11:30	1	Arnold Library	£8	32018
Saturday	20 Oct	20 Oct	10:00	12:30	1	West Bridgford Library	£10	32297

Mental Health First Aid

This Adult Mental Health First Aid two day course qualifies you as a Mental Health First Aider. You will get an MHFA manual to keep and refer to whenever you need it and upon completion of the two days you'll receive a certificate to say you're are a Mental Health First Aider.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	13 Sep	14 Sep	09:00	04:30	4	West Bridgford Library	£81	32214

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

Mindfulness – A Taster

Learn techniques to bring balance to your body, mind and soul.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	20 Sep	20 Sep	16:30	18:30	1	Arnold Library	£8	31897

Mindfulness – An Introduction

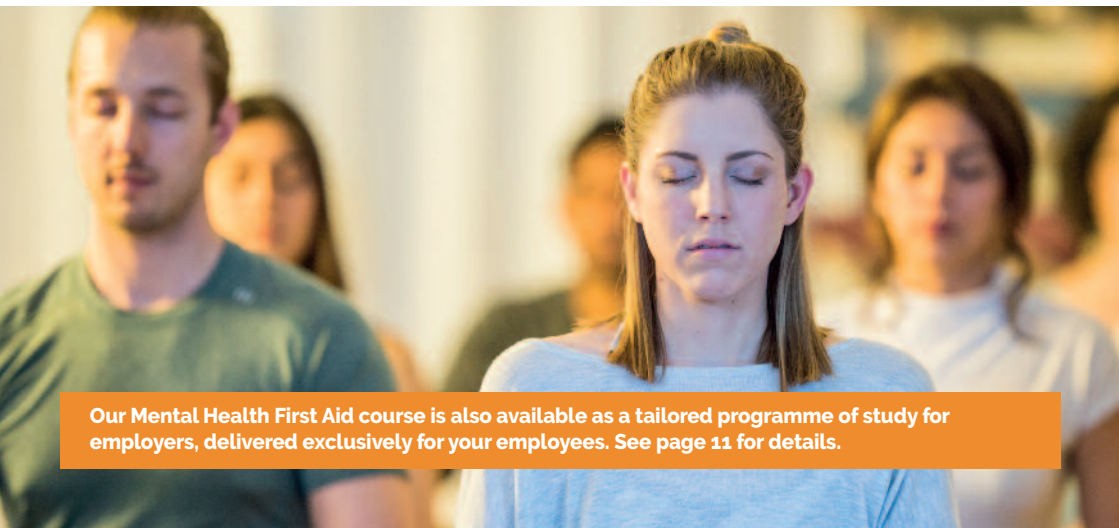
This course will introduce mindfulness as a way to a calm, compassionate and happy life. You will leave with some simple skills to help you quickly and effectively incorporate mindfulness into your day, helping you to quieten your mind and be present in the moment. The course is for anyone who wants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

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	18 Sep	23 Oct	13:00	15:00	6	Retford Library	£48	32178
Tuesday	18 Sep	12 Oct	10:00	12:00	5	West Bridgford Library	£40	32206
Tuesday	18 Sep	23 Oct	18:30	20:30	6	Mansfield Woodhouse Library	£48	32321
Saturday	22 Sep	27 Oct	10:00	12:00	6	Southwell Library	£48	32156
Monday	24 Sep	22 Oct	13:30	15:30	5	Worksop Library	£40	32224
Monday	8 Oct	10 Dec	10:00	12:00	9	Mansfield Central Library	£72	31911
Monday	8 Oct	10 Dec	15:30	17:30	9	Mansfield Central Library	£72	31913
Wednesday	7 Nov	5 Dec	10:00	12:00	5	Keyworth Library	£40	32312

Mindfulness for Stress and Anxiety

Learn techniques to bring balance to your body, mind and soul, and exercises for living in the now, bringing an awareness to our daily lives.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	26 Sep	24 Oct	10:00	12:00	5	Sutton in Ashfield Library	£40	32220



Our Mental Health First Aid course is also available as a tailored programme of study for employers, delivered exclusively for your employees. See page 11 for details.

Mindfulness – Next Steps

Understand how love, compassion, gratitude and joy can help with Mindfulness. Explore new techniques to bring balance to our lives through Mindfulness.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	10 Nov	15 Dec	10:00	12:00	6	Southwell Library	£48	32157

Our Time of Life – Enjoying Retirement

A course especially designed for people who want to see this phase in life as a new start full of possibilities, positivity and peace of mind.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	17 Sep	22 Oct	13:00	15:30	6	Southwell Library	£60	32003

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, you'll learn techniques to minimise the influence of anxiety and depression as well as sharing experiences and helping each other.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	21 Sep	26 Oct	10:00	12:00	5	West Bridgford Library	£40	32264
Wednesday	26 Sep	24 Oct	10:00	12:30	5	Kirkby in Ashfield Library	£50	32141
Wednesday	3 Oct	24 Oct	10:00	12:00	4	Keyworth Library	£32	32309
Tuesday	11 Dec	11 Dec	10:00	15:30	1	John Godber Centre, Hucknall	£20	32136

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 people of all ages who are total beginners or who have not practised for a long time. Please check with your doctor if you have any medical problems.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	18 Sep	23 Oct	16:30	18:00	6	Arnold Library	£36	32004
Wednesday	19 Sep	28 Nov	09:30	11:00	10	Mansfield Central Library	£60	31951
Wednesday	19 Sep	24 Oct	13:30	14:45	6	Southwell Library	£30	32038
Wednesday	19 Sep	24 Oct	15:00	16:45	6	Southwell Library	£30	32041
Thursday	27 Sep	25 Oct	13:30	15:00	5	Kirkby in Ashfield Library	£30	32144

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

Pilates – Intermediate

A full body workout to develop your Pilates skills which will help to improve posture and flexibility. You'll learn traditional Pilates exercises to enable you to develop further. The course is suitable for people of all ages who have taken the introductory course and anyone who practices Pilates regularly. Please check with your doctor if you have any medical problems.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	19 Sep	28 Nov	11:15	12:15	10	Mansfield Central Library	£40	31953
Thursday	1 Nov	29 Nov	13:30	15:00	5	Kirkby in Ashfield Library	£37.50	32146
Wednesday	7 Nov	28 Nov	13:30	14:45	4	Southwell Library	£20	32046
Wednesday	7 Nov	28 Nov	15:00	16:45	4	Southwell Library	£20	32050

Reiki – An Introduction

This is an awareness session to help you understand how Reiki works to lift your energy and your life.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	27 Sep	27 Sep	16:30	18:30	1	Arnold Library	£8	31899

Reiki 1 - Shoden

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
Thursday	27 Sep	25 Oct	13:00	15:30	5	Hucknall Library	£50	32101
Sunday	7 Oct	28 Oct	11:15	14:15	4	Mansfield Central Library	£48	32058
Friday	9 Nov	14 Dec	09:30	11:30	6	Stapleford Library	£48	32272
Tuesday	13 Nov	18 Dec	10:00	12:30	6	West Bridgford Library	£60	32207

Vertical Fitness for Beginners

Build your strength and confidence, get fit and have fun! Push your body to new limits with vertical fitness (pole dancing) which is ideal for the complete beginner. Absolutely anybody and everybody is welcome - any size, any gender.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	19 Sep	17 Oct	17:00	19:00	5	Flamingo Studio, H2o, Hucknall	£40	32251

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

Wellbeing Weekend

On this friendly wellbeing weekend, we hope the sun will still be shining, you'll have lots of fun, supporting each other and sharing techniques for how to clear your mind, find some peace and get the most out of every day – winter or summer. The course runs from 10am-4pm on Saturday 27 and from 11am-3pm on Sunday 28.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	27 Oct	28 Oct	10:00	16:00	2	Mansfield Central Library	£36	32419

Yoga for Beginners

Learn some of 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
Friday	21 Sep	26 Oct	13:00	15:00	5	Arnold Library	£40	31902

Yoga for Beginners (seated)

The course is suitable for all ages who are total beginners or who have not practised Yoga for a long time. The course will guide you through a full body workout using core muscles to improve your posture and flexibility.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	9 Nov	7 Dec	13:00	15:00	5	Hucknall Library	£40	32549



Languages

A Little Latin

This course is suitable for those wanting to start at the beginning, whatever your background in Latin. You might have learnt a little or forgotten a lot or never quite got around to starting.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	7 Nov	12 Dec	10:00	12:00	6	West Bridgford Library	£48	32211

German for Beginners

Learn basic words and phrases, and understand more about German culture. This course is great for adults with no previous knowledge of German to learn numbers, the alphabet, colours, family/pets, directions/places of interest, hobbies, and shopping/food.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	14 Sep	19 Oct	13:00	14:30	6	Mansfield Woodhouse Library	£36	32088

Italian for Beginners

Learn basic Italian phrases in a friendly, supportive environment.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	21 Sep	26 Oct	13:00	15:00	5	West Bridgford Library	£40	32275
Tuesday	25 Sep	23 Oct	09:30	11:30	5	Bingham Library	£40	32300



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

#IamInspireLearning

Italian Christmas

Explore Christmas celebrations and culture in Italy, and learn and practise the language.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	8 Nov	13 Dec	13:00	15:00	6	Beeston Library	£48	32257

Italian for Winter Holidays

Heading for the Italian Lakes or mountains this winter? Want to learn some useful phrases? This course is for you!

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	6 Nov	11 Dec	09:30	11:30	6	Bingham Library	£48	32301
Friday	9 Nov	14 Dec	13:00	15:00	6	West Bridgford Library	£48	32294

Italian – Next Steps

Build on your existing knowledge of the language, and develop your skills in spelling, grammar and conversation.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	21 Sep	26 Oct	16:00	18:00	5	West Bridgford Library	£40	32295

Spanish for Holidays – Beginners

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

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	21 Sep	16 Nov	14:00	16:00	7	Retford Library	£56	32199
Thursday	4 Oct	29 Nov	10:00	12:00	8	Worksop Library	£64	32226



Literature

Celebrate Literature - An Introduction to Poetry

In advance of National Poetry Day, this course will consider rhythm, language and rhyme in a wide range of poetry on the theme of 'Change'.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	1 Oct	1 Oct	09:30	11:30	1	Arnold Library	£8	32125

Celebrate Literature - Golden Age Crime Fiction

What are the elements that make up a good crime story? This course will focus on the 'golden age' of crime fiction considering authors such as Agatha Christie and why the detective story was so popular.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	24 Sep	24 Sep	09:30	11:30	1	Arnold Library	£8	32123

Celebrate Literature - Nottinghamshire Authors

Celebrate Nottinghamshire authors: focusing on Byron and D H Lawrence this course will consider a selection of their work.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	22 Oct	22 Oct	09:30	11:30	1	Arnold Library	£8	32129

Celebrate Literature – Shakespeare

Baffled by iambic pentameter? Think that Shakespeare is tricky and not for you? Come along for a relaxed session and look at scenes from 'King Lear' and 'A Midsummer Night's Dream'.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	8 Oct	8 Oct	09:30	11:30	1	Arnold Library	£8	32127



Maths

Maths Functional Skills

Brush up on your maths whilst working towards the City and Guilds Functional Skills qualification at either level 1 or level 2. Sessions are relaxed and informal, and you'll learn to apply mathematical problems to a 'functional' day to day scenario. Topics covered during the course include ratios, fractions, problem solving, volume and area.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	3 Sep	17 Dec	13:00	16:00	13	West Bridgford Library	FREE	32203
Thursday	6 Sep	13 Dec	17:00	20:00	15	The Grove School (AKA Newark Academy)	FREE	32292
Friday	7 Sep	14 Dec	09:30	12:30	15	Arnold Library	FREE	31916
Tuesday	11 Sep	11 Dec	13:00	16:00	13	Mansfield Central Library	FREE	32293
Thursday	13 Sep	13 Dec	09:30	12:30	13	Hucknall Library	FREE	32098
Friday	14 Sep	14 Dec	10:00	13:00	13	Retford Library	FREE	32285

Are you looking to get back into work? Our Building Better Opportunities scheme could be for you! See page 12 for details.

Music

Singing Group

Come along and be part of a fun and relaxed singing group - no need to be able to read music.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	7 Nov	12 Dec	10:00	12:00	6	Mansfield Central Library	£48	32113

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	19 Sep	24 Oct	18:30	20:30	6	The Old Library (Mansfield)	£48	31956

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

Society

Autism Awareness

Develop your understanding of the types of autistic spectrum conditions and the sensory issues people with autism may face.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	20 Oct	20 Oct	09:30	11:30	1	Arnold Library	£8	31921
Saturday	10 Nov	10 Nov	10:00	12:00	1	West Bridgford Library	£8	32305

Christmas Murder Most Interesting

A time of goodwill to all men (and women)? Not necessarily. The subject of murder has long been a fascination for fans of true crime and crime fiction – as long as it is from a safe distance of course! In this half day course we will look at who murders who, why and when. Where are you most likely to be murdered in the UK? How did Nottingham's own Harold Shipman get away with it for so long? What is a 'folie a deux'? Is there such a thing as the perfect murder? These mysteries and more will be solved – from a safe distance of course! This course covers similar topics with a Christmas slant. Yes, Christmas can be murder, but that's only a phrase – isn't it?

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	8 Dec	8 Dec	09:30	12:30	1	Eastwood Library	£12	32280
Saturday	15 Dec	15 Dec	09:45	12:45	1	Beeston Library	£12	32265

Counselling Skills – An Introduction

This course will help you to use counselling skills in a variety of contexts and roles. You will develop your listening and relationship building skills in a practical way, through role play and small group work.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	11 Sep	23 Oct	16:45	18:45	7	Beeston Library	£56	32185
Tuesday	18 Sep	23 Oct	13:00	15:00	6	Arnold Library	£48	32001
Wednesday	19 Sep	24 Oct	10:00	12:00	6	Southwell Library	£48	32005
Thursday	20 Sep	25 Oct	14:00	16:00	6	Worksop Library	£48	32227
Monday	8 Oct	10 Dec	13:00	15:00	9	Mansfield Central Library	£72	31914
Tuesday	6 Nov	11 Dec	10:00	12:00	6	Sutton in Ashfield Library	£48	32241
Friday	9 Nov	14 Dec	10:00	12:00	6	West Bridgford Library	£48	32273
Thursday	15 Nov	13 Dec	13:00	15:30	5	Hucknall Library	£50	32134

Dyslexia Awareness

Dyslexia affects 1 in every 10 individuals, and this course looks at some of the ways it can impact on learning and day-to-day life.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	6 Oct	6 Oct	10:00	12:30	1	West Bridgford Library	£10.00	32296

Equality, Diversity and Inclusion

This course will introduce the Equality Act (2010) and explore the protected characteristics of the legislation. It will also cover the Prevent Duty and suggest ways to embrace diversity and promote inclusion.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	19 Nov	19 Nov	09:30	15:00	1	Sutton in Ashfield Library	£20	32240

Learning Disabilities – An Understanding

Learn about causes and different types of learning disability, and explore communication and support needs.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	13 Oct	13 Oct	09:30	11:30	1	Arnold Library	£8	31920

Real Crime – Murder Most Interesting

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.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	13 Oct	13 Oct	09:45	15:45	1	Worksop Library	£22	32230



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

Work Skills

Bookkeeping for Beginners

This course is an introduction to double entry bookkeeping and takes financial records to trial balance. Includes how to manage a petty cash system, check invoices and calculate VAT. No previous experience and no knowledge of maths is necessary.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	17 Sep	22 Oct	10:00	12:00	6	Mansfield Central Library	£48	31905

Health and Safety

This half day course will provide you with an overview of some of the key areas of health and safety for volunteering and work.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	12 Dec	12 Dec	09:30	13:00	1	Worksop Library	£14	32398
Thursday	25 Oct	25 Oct	09:30	13:00	1	Bestwood Village Community Centre	£14	32165



If you're looking for a career change, or you want to expand your skills and boost your knowledge in health, social care or early years, we have a range of adult education courses on page 10 which might interest you ranging from level 3 to Access to Higher Education.

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

Safeguarding Children and Young People - Level 2

This is a Level 2 Highfields accredited course. The course will include how to safeguard and protect children, young people and practitioners in the workplace, and how to respond to evidence or concerns that a child or young person has been abused.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	5 Oct	5 Oct	09:00	15:30	1	Kirkby in Ashfield Library	£24	32145

Safe Moving and Handling (Objects)

This non-accredited course explores the manual handling of inanimate objects and will teach you how to volunteer/work in a safe manner.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	25 Oct	25 Oct	13:30	17:00	1	Bestwood Village Community Centre	£14	32169
Wednesday	12 Dec	12 Dec	13:30	17:00	1	Worksop Library	£14	32397

Start Your Own Business

This 1 day course is for anyone interested in setting up their own business. You'll learn the basics of where to obtain finance and how to carefully manage the books. You'll also look at various marketing options available for new products/services and, finally, the complex world of recruitment, including HR (Human Resources) laws/ rights.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	13 Oct	13 Oct	10:00	15:30	1	Mansfield Central Library	£20	32106

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



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. All our Family Learning courses are FREE and delivered in children's centres and libraries across Nottinghamshire.

Around the World – Family Workshop

Travel the world with Crafts, Maths and Science. This is a free fun 2 hour workshop for parents/ carers and their children to enjoy a range of creative craft activities and spend quality time together. Booking essential.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	15 Aug	15 Aug	13:00	15:00	1	Newark Library	FREE	32010

Baby Massage for Babies Aged 8 Weeks to Mobile

This course is for parents/carers and babies aged 8 weeks – approximately 6 months old (babies who are not yet mobile) to learn how to massage their babies and the health benefits of massage. Parents are asked to bring a changing mat and towel to use during the session. Please check with your doctor if your baby has any medical problems.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	19 Sep	24 Oct	13:00	14:30	6	Mansfield Central Library	FREE	31884
Wednesday	7 Nov	12 Dec	13:00	14:30	6	Mansfield Central Library	FREE	31886



Baby Yoga - For Babies Aged 8-20 Weeks

This course is for parents and babies aged 8 to 20 weeks old. 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. Please check with your doctor if your baby has any medical problems.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	18 Sep	23 Oct	13:00	15:00	6	Kirkby in Ashfield Library	FREE	32139
Thursday	20 Sep	25 Oct	13:00	14:30	6	Mansfield Central Library	FREE	31889
Saturday	22 Sep	27 Oct	10:30	12:00	6	Mansfield Central Library	FREE	31907
Wednesday	26 Sep	24 Oct	09:30	11:30	4	Carlton Library	FREE	32340
Wednesday	7 Nov	12 Dec	10:30	12:00	6	Mansfield Central Library	FREE	31888

Baby Yoga - For Babies Aged 6 Months +

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

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	20 Sep	25 Oct	10:30	12:00	6	Mansfield Central Library	FREE	31890
Wednesday	26 Sep	24 Oct	11:30	13:30	4	Carlton Library	FREE	32341
Tuesday	6 Nov	18 Dec	13:00	15:00	6	Kirkby in Ashfield Library	FREE	32148
Thursday	8 Nov	13 Dec	10:30	12:00	6	Mansfield Central Library	FREE	31906



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

Christmas Crafts with Under 5s

This course is for mothers, fathers, grandparents and/or carers to bring along your young children and work together on a range of craft activities. This will help build your child's confidence and social skills whilst developing their hand eye co-ordination and fine motor skills. Materials are provided on this course.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	7 Nov	12 Dec	13:30	15:00	6	Beeston Library	FREE	32192

Dinosaur Explorers – Family Learning Workshop

Discover Dinosaurs with Crafts, Maths and Science. This is a free, fun 1 ½ hour workshop for parents/ carers and their children to enjoy a range of creative craft activities and spend quality time together. Suitable for ages 3 - 7 years.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	8 Aug	8 Aug	13:00	14:30	1	Newark Library	FREE	32008

Family Art

This is a fun course for parents and pre-school children. Connect your family through art with easy and fun projects, experimenting with different art materials and techniques.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	20 Sep	25 Oct	10:00	12:00	6	Mansfield Woodhouse Library	FREE	32078
Saturday	22 Sep	27 Oct	10:00	12:00	5	Southwell Library	FREE	32150
Thursday	8 Nov	13 Dec	10:00	12:00	6	Mansfield Woodhouse Library	FREE	32079

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Family Autumn Craft

This course is for adults and children under 5 years old. The course will explore a range of crafts related to autumn which are suitable for young children. This course will give you ideas of how you can support your child to explore crafts and help them develop their fine motor skills and language through crafts.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	13 Sep	18 Oct	13:00	15:00	6	Beeston Library	FREE	32253

Family Autumn Craft (5+)

This course is for mothers, fathers, grandparents and/or carers to come along with their children and enjoy being creative with a range of autumn arts and crafts. You will be able to take your work home with you. Suitable for children aged 5 years +.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	10 Sep	22 Oct	16:00	17:30	7	Beeston Library	FREE	32116

Family Christmas Craft

On this course you will work with your child to create fun Christmas gifts and decorations.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	5 Nov	10 Dec	16:00	17:30	6	Beeston Library	FREE	32117

Family Costume Making Workshop

A fun family workshop for parents/carers and their children. Spend quality time together making simple hats, masks, capes and other accessories you can all dress up in. Suitable for children aged 3-11 years.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	20 Oct	20 Oct	10:00	14:30	1	Worksop Library	FREE	32231

Family Creative Writing

This course is for mothers, fathers, grandparents and/or carers to work together with their children aged 7+. You will explore writing short stories, articles and enjoy being creative together.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	12 Sep	17 Oct	16:00	17:30	6	Beeston Library	FREE	32194

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

Family Fun - Coding with Micro:bits

This course is for mothers, fathers, grandparents and/or carers to come along and work together with their children aged 10-13 years. You will learn how to create a simple game and app using basic computer programming, and how to use the BBC Micro:bit mini computer.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	13 Sep	18 Oct	16:00	17:30	6	Beeston Library	FREE	32254

Family Seasonal Story Writing

This is a course to give parents/grandparents and/or carers the confidence to write and enjoy writing stories with their children about the changing seasons, and the approaching magic of seasonal celebrations.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	7 Nov	12 Dec	16:00	17:30	6	Beeston Library	FREE	32195

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 shield, wizard hats, wands and much more. Please book to avoid disappointment. A 30 minute lunch break will be included, please bring your own packed lunch.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	8 Aug	8 Aug	10:00	14:30	1	Arnold Library	FREE	32022
Wednesday	22 Aug	22 Aug	10:00	14:30	1	Southwell Library	FREE	31975

Festive Family Film Making

This course is for mothers, fathers, grandparents or carers with children aged 7+. On this course you will learn how to use iPads to capture and edit video, using free apps, also learning about the basics of film making, story boarding and planning shots with a festive twist.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	8 Nov	13 Dec	16:00	17:30	6	Beeston Library	FREE	32259

Internet Safety for Parents and Carers

This course is for mothers, fathers, grandparents and/or carers. It will give parents and carers the opportunity to discuss internet safety, learn how to set parental controls, explore online safety issues, identify where to go for further advice and support parents to keep their children safe online.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	17 Sep	17 Sep	10:00	14:30	1	Beeston Library	FREE	32093

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

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
Thursday	6 Sep	4 Oct	10:00	11:00	5	Bestwood Village Community Centre	FREE	31933
Tuesday	18 Sep	23 Oct	10:00	11:00	6	Mansfield Woodhouse Library	FREE	32091
Friday	21 Sep	14 Dec	10:30	11:30	12	Mansfield Central Library	FREE	32130
Monday	5 Nov	10 Dec	10:30	11:30	6	Arnold Library	FREE	31998
Thursday	8 Nov	13 Dec	10:00	11:00	6	Bestwood Village Community Centre	FREE	31934

Story Fun for Under 5s

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	22 Nov	13 Dec	10:00	11:30	4	Retford Library	FREE	32202

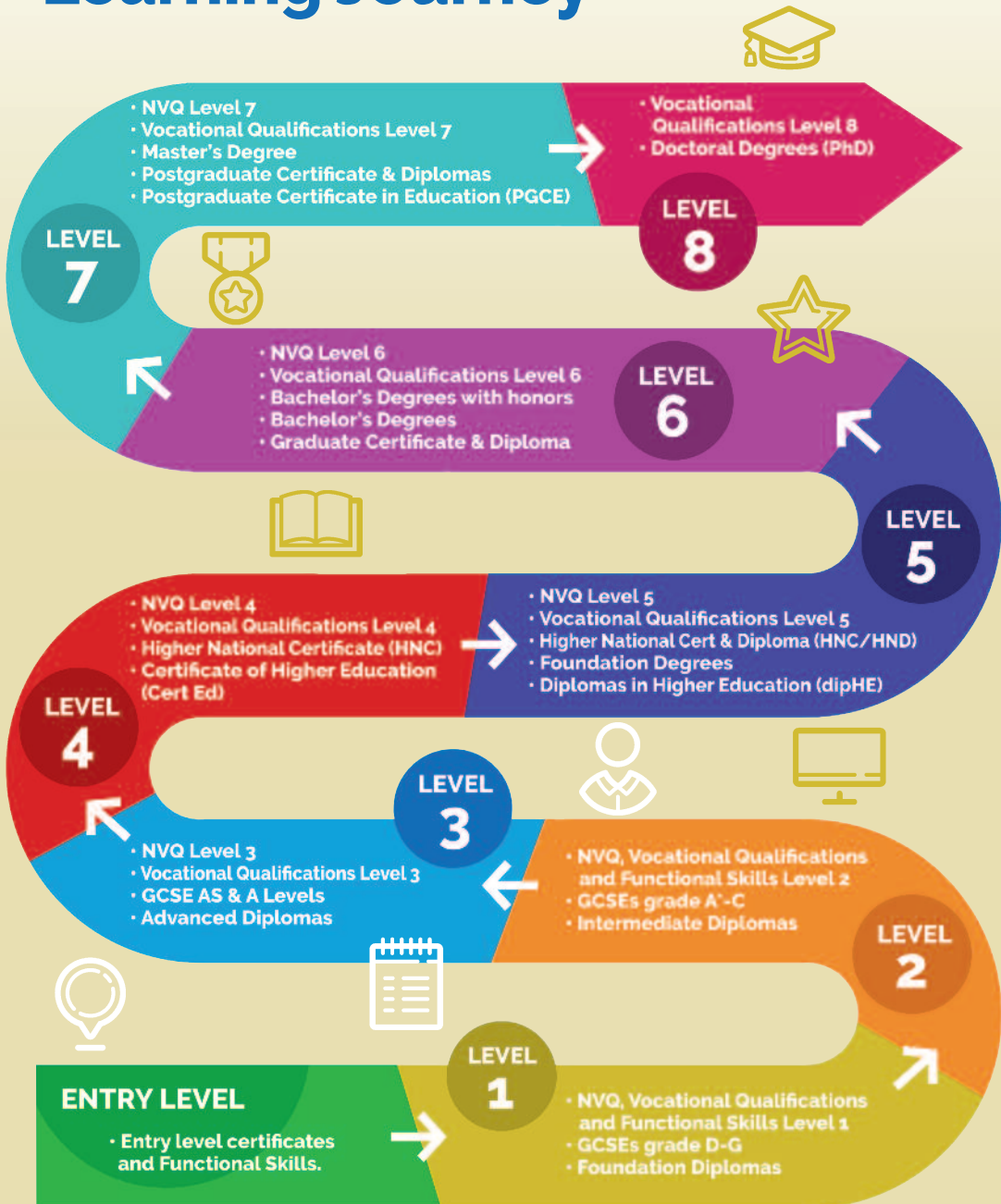
Worst Witch School Badge Making Workshop

Have you always wanted to attend Witch School like Mildred Hubble? In this fun session you and your child/ren will learn how to create a worst witch school badge using simple sewing techniques. Suitable for age 7-11 years

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	22 Aug	22 Aug	10:30	12:00	1	Arnold Library	FREE	32024



Learning Journey



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

Flamingo Studio (1st Floor)

H20 Bar
76-78 High St,
Hucknall, Nottingham
NG15 7AX

Hucknall Library

South Street, Hucknall,
Nottingham, NG15 7BS

John Godber Centre

Ogle Street, Hucknall,
Nottingham, NG15 7FQ

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

New Stapleford Community Centre

Washington Drive, Stapleford,
Nottingham, NG9 8PY

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

Bestwood Village Community Centre

Moor Road, Bestwood Village,
Nottingham, NG6 8TL

Carlton Library

Manor Road, Carlton
Nottingham, NG4 3AY

Ravenshead Library

Milton Court, Ravenshead,
NG15 9BD

Mansfield

Mansfield Cenral Library

38A West Gate,
Mansfield, NG18 1NH

Mansfield Woodhouse Library

Church Street, Mansfield
Woodhouse, NG19 8AH

The Old Library

Leeming Street,
Mansfield, NG18 1NG

Newark & Sherwood

Newark Library

Beaumont Gardens,
Baldertongate,
Newark, NG24 1UW

Ollerton Library

Forest Road, Ollerton, NG22 9PL

Southwell Library

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

The Grove School (Newark Academy)

London Road, Newark, NG24 3AL

Rushcliffe

Bingham Library

Eaton Place, Bingham,
Nottingham, NG13 8BE

Keyworth Library

Church Drive, Keyworth,
NG12 5FF

West Bridgford Library

Bridgford Road,
West Bridgford,
Nottingham, NG2 6AT

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.



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

An inspired Christmas Concert

Monday 10 December 2018


Nottingham Royal Concert Hall

Theatre Square, Nottingham NG1 5ND

www.inspireculture.org.uk/inspirechristmas

Inspire Services for Schools

Inspiring learning and
development through
literacy and music

 CPD support and
consultancy

 Education Library
Service

 Inspire Music

 Inspire Youth Arts

www.inspireculture.org.uk/services-schools



INSPIRE POETRY FESTIVAL 2018

TUESDAY 25 - SATURDAY 29 SEPTEMBER

Kei Miller, Vanessa Kisuule, Jo Bell,
Andrew Graves, Maura Dooley,
The Glummer Twins, Raphael Blake,
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