

SHORT COURSES IN ASHFIELD

SEP-DEC 2018

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

Course	Venue	Day	Start Date	End Date	Start Time	End Time	Cost	Course ID
Family Wizarding Workshop	Kirkby in Ashfield Library	Wed	15/08/2018	15/08/2018	10:00	15:00	FREE	32559
Emergency First Aid at Work	Sutton in Ashfield Library	Tue	11/09/2018	25/09/2018	13:30	15:30	£24.00	32219
Maths Functional Skills	Hucknall Library	Thu	13/09/2018	13/12/2018	09:30	12:30	FREE	32098
English Functional Skills	Hucknall Library	Fri	14/09/2018	14/12/2018	09:30	12:30	FREE	32102
Crochet for Beginners	Sutton in Ashfield Library	Mon	17/09/2018	08/10/2018	13:00	15:00	£32.00	32215
Family History - Next Steps	Kirkby in Ashfield Library	Tue	18/09/2018	27/11/2018	10:00	12:00	£64.00	32138
Baby Yoga - For Babies aged 8-20 weeks	Kirkby in Ashfield Library	Tue	18/09/2018	23/10/2018	13:00	15:00	FREE	32139
Vertical Fitness for Beginners	Flamingo Studio - H2O Bar	Wed	19/09/2018	17/10/2018	17:00	19:00	£40.00	32251
Art Journaling for the Soul - Painting for Mindfulness	John Godber Centre	Mon	24/09/2018	22/10/2018	13:00	15:00	£40.00	32096
Art Journaling for the Soul - Painting for Mindfulness	Sutton in Ashfield Library	Mon	24/09/2018	22/10/2018	10:00	12:00	£40.00	32218
Peace of Mind - Coping with Anxiety and Depression	Kirkby in Ashfield Library	Wed	26/09/2018	24/10/2018	10:00	12:30	£50.00	32141
Alternative Therapies - An Introduction	Kirkby in Ashfield Library	Wed	26/09/2018	24/10/2018	13:30	15:30	£40.00	32143
Mindfulness for Stress and Anxiety	Sutton in Ashfield Library	Wed	26/09/2018	24/10/2018	10:00	12:00	£40.00	32220
iPads/Tablets for Beginners	Sutton in Ashfield Library	Wed	26/09/2018	24/10/2018	13:00	15:00	£40.00	32234
Reiki 1 - Shoden	Hucknall Library	Thu	27/09/2018	25/10/2018	13:00	15:30	£50.00	32101
Pilates for Beginners	Kirkby in Ashfield Library	Thu	20/09/2018	25/10/2018	13:30	15:00	£30.00	32144
Food for Thought - Specialised Diets	Sutton in Ashfield Library	Thu	27/09/2018	25/10/2018	09:30	12:00	£50.00	32235
Balletcise - Beginners	John Godber Centre	Tue	02/10/2018	06/11/2018	13:00	15:00	£40.00	32104
Safeguarding Children and Young People - Level 2	Kirkby in Ashfield Library	Fri	05/10/2018	05/10/2018	09:00	15:30	£24.00	32145
Food Safety in Catering Level 2	Sutton in Ashfield Library	Fri	19/10/2018	19/10/2018	09:30	16:30	£26.00	32237
Pilates - Intermediate	Kirkby in Ashfield Library	Thu	01/11/2018	29/11/2018	13:30	15:00	£30.00	32146
Flower Arranging - Modern Trends	John Godber Centre	Mon	05/11/2018	10/12/2018	13:00	15:30	£60.00	32097
Flower Arranging for Beginners	Kirkby in Ashfield Library	Mon	05/11/2018	10/12/2018	09:00	11:30	£60.00	32147
Confidence and Assertiveness	John Godber Centre	Tue	06/11/2018	04/12/2018	10:00	12:00	£40.00	32131
Baby Yoga - For Babies aged 6 months +	Kirkby in Ashfield Library	Tue	06/11/2018	18/12/2018	13:00	15:00	FREE	32148
Counselling Skills - An Introduction	Sutton in Ashfield Library	Tue	06/11/2018	11/12/2018	10:00	12:00	£48.00	32241
Alternative Therapies - An Introduction	Sutton in Ashfield Library	Thu	08/11/2018	06/12/2018	10:00	12:00	£40.00	32246
Creative Writing - Exploring the Senses	Sutton in Ashfield Library	Thu	08/11/2018	06/12/2018	13:00	15:00	£40.00	32355
Drama Therapy - An Introduction	Sutton in Ashfield Library	Fri	09/11/2018	07/12/2018	09:30	11:30	£40.00	32239
Yoga for Beginners (Seated)	Hucknall Library	Fri	09/11/2018	07/12/2018	13:00	15:00	£40.00	32549
Drawing and Painting - Intermediate	Kirkby in Ashfield Library	Fri	09/11/2018	07/12/2018	13:00	15:00	£40.00	33724
Counselling Skills - A Taster	Hucknall Library	Sat	10/11/2018	10/11/2018	09:30	16:00	£26.00	32137
Advanced Techniques in MS Word	Sutton in Ashfield Library	Wed	14/11/2018	14/11/2018	09:30	15:00	£20.00	32242
Counselling Skills - An Introduction	Hucknall Library	Thu	15/11/2018	13/12/2018	13:00	15:30	£50.00	32134
Warming Herbal Remedies for Winter Health	John Godber Centre	Sat	17/11/2018	17/11/2018	09:30	15:30	£22.00	32212
"Equality, Diversity and Inclusion"	Sutton in Ashfield Library	Mon	19/11/2018	19/11/2018	09:30	15:00	£20.00	32240
Sewing - Home Furnishings As A Business	Kirkby in Ashfield Library	Wed	21/11/2018	28/11/2018	09:30	15:30	£44.00	32213
Advanced Techniques in MS Excel	Sutton in Ashfield Library	Wed	21/11/2018	21/11/2018	09:30	15:00	£20.00	32243
Warming Herbal Remedies for Winter Health	Hucknall Library	Sat	24/11/2018	24/11/2018	09:30	15:30	£22.00	32135
Advanced Techniques in MS PowerPoint	Sutton in Ashfield Library	Wed	28/11/2018	28/11/2018	09:30	15:00	£20.00	32244
Peace of Mind - Coping with Anxiety and Depression	John Godber Centre	Tue	11/12/2018	11/12/2018	10:00	15:30	£20.00	32136
Planning a Stress Free Christmas Feast	Sutton in Ashfield Library	Thu	13/12/2018	13/12/2018	09:30	12:30	£12.00	32248

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

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

Do you want to improve your skills and give your career a boost?

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For more information or to enrol, contact us:

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Enrolling now for September!