

INSPIRE LEARNING NOTTINGHAMSHIRE COURSE GUIDE

JAN-APR
2019

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Good rating



Inspire
Culture | Learning | Libraries



**Nottinghamshire
County Council**



**Education & Skills
Funding Agency**

Welcome



Welcome to our Spring 2019 Inspire Learning Course Guide!

Building upon the success of our learning programmes delivered from

Nottinghamshire's libraries, we're offering more flexibility with many courses running evenings and weekends.

We continue to develop courses that offer accreditation so you can progress from introductory, to intermediate and advanced learning, and gain qualifications if you decide to take your learning further.

Our delivery partnership with Inspire's libraries means our provision is available to young adults and adults aged over 19 from 60 sites across Nottinghamshire. This unique offer provides you with the chance to enhance your qualifications and learn new skills at a local, convenient centre, at a time to suit you. We also offer introductions to learning which are fun and informative and allow you to learn at your own pace. There is truly something for everyone.

Our 19+ Advanced Learner Loan funded provision is offering more programmes at Level 3 and 4 including Access to Higher Education and the Certificate in Education and Training to name a few. Last year, our Access to Higher Education students achieved a 100% success rate progressing to local universities to continue their studies.

We're also growing our successful Apprenticeship provision, working with a number of local employers to support their employees to gain valuable qualifications in work and progress their careers.

Our 16 - 24 young adult provision is expanding. We're now offering learning from nine centres across Nottinghamshire, including: Retford Young People's Centre; Ollerton Young People's Centre; Workop Library; My Place at Westfield Folkhouse Young People's Centre; Eastbourne House, Sutton-in-Ashfield; Newark Library; Eastwood Young People's Centre; Stapleford Young People's Centre; and Hucknall Library. Our programmes are offering young adults the opportunity to learn new skills and gain qualifications before progressing to further education, training and employment.

Our Community and Family Learning courses are informal, fun and relaxed, providing even more opportunities for you to try new things and meet new people. These courses are excellent value for money - many are FREE or just £4 per hour. They make great gifts, too, throughout the year.

Whatever you're interested in, you'll find a programme to inspire you in this guide. Why not give our friendly team a call or go online to book your course today? It could be the first step on a new road of personal discovery and fulfilment.

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.



Inspire continues to achieve recognition and accreditation from a number of external bodies covering many of our services:



Inspiring self-confidence and employability

"I have done a few courses to further myself and help get back to work. This course is part of that, working towards my aim of working with special needs children."

Dominique, Inspire Learner, Paediatric First Aid Course.

Dominique suffered from low self-esteem and lacked confidence, but she joined our Paediatric First Aid Course to develop her skills and knowledge. Dominique's learning journey is a great example of how Inspire Learning can build confidence, help people progress and enhance employability.

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 courses, including short courses, family learning, further and higher education courses, and study programmes
- 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

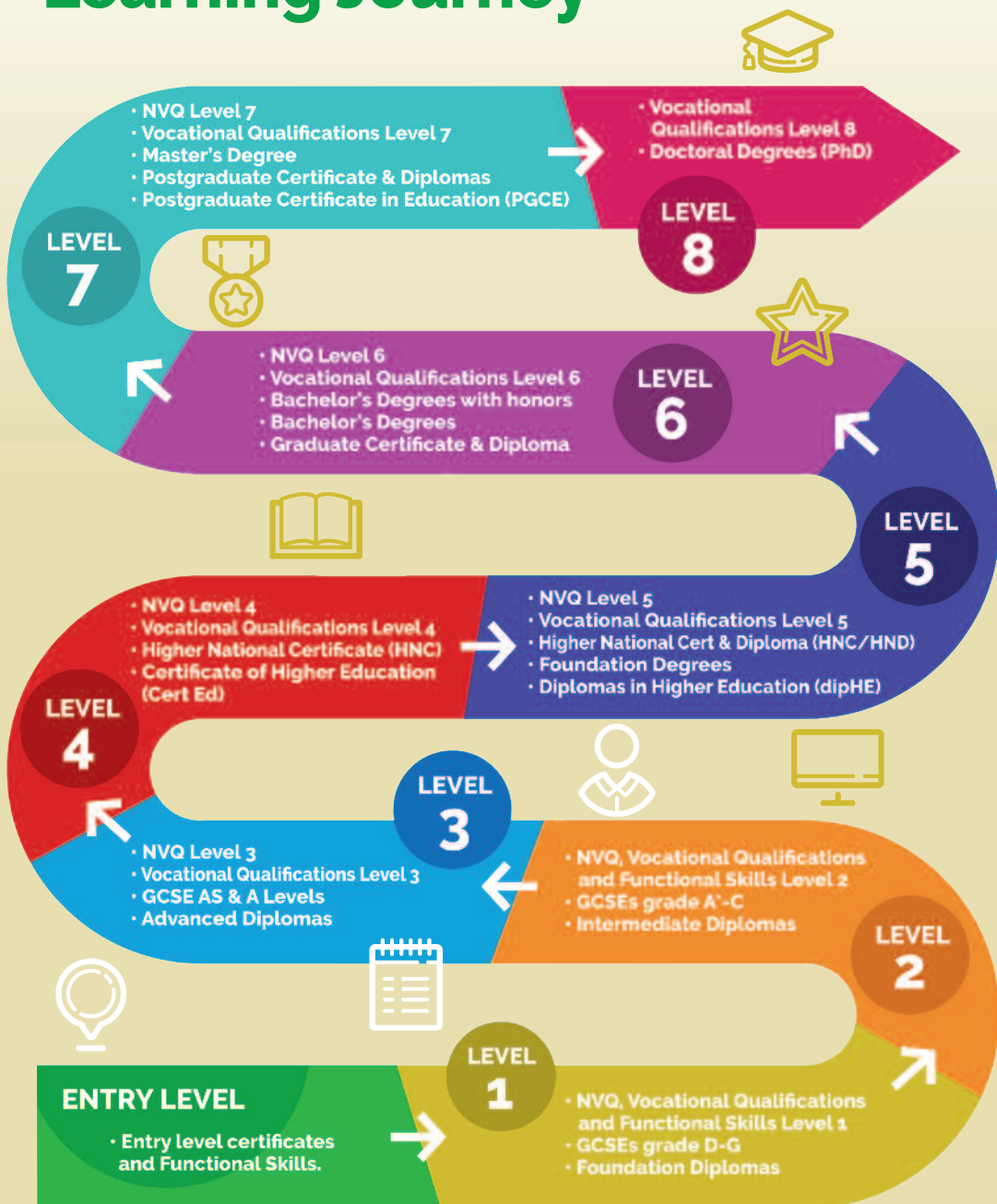


Find out
what's on at your
local library
[inspireculture.org.uk](http://inspireculture.org.uk/whats-on)
/whats-on

Join your library for free today

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

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. The workshops cover your caring role, healthy lifestyle and wellbeing, including mindfulness, and managing stress and anxiety.



Get more information, details about course dates, times and venues, and book your place by calling Inspire Learning on **01623 677 200** or email **learning@inspireculture.org.uk**

You can register with Nottinghamshire Carers Hub on **0115 824 8824** or email **hub@carerstrustem.org**



**Nottinghamshire
County Council**

Moving on from Caring A programme for Carers and Parents

Inspire's flexible programme supports carers and parents to learn new skills, gain qualifications and get valuable experience that help you to take the next step in work and life. You'll learn at times and locations to suit you and you can choose from a range of courses:

- Employability Skills Level 2 (Mandatory)
- Functional Skills Maths, English or ICT if needed
- Work Experience placement if required
- And an additional community course which could include First Aid or Food Safety

**Find out more - call 01623 476 830
or email learning@inspireculture.org.uk**



Aged 16 to 24?

**Coming soon –
new programmes in
vehicle mechanics and
hairdressing!**

Study Programmes

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.

Our programmes include:

- Health and Social Care
- Hospitality and Catering
- Carpentry and Joinery
- Painting and Decorating
- Employability Skills
- Functional Skills
- Construction
- IT Skills
- GCSEs in English and Maths

#IamInspireLearning

"Jack is an inspiration to us all. Jack has come so far here at Linney, Mansfield, first on work placement and now as an employee. His confidence is growing daily and he's now a confident young man. Jack is always 100% committed to his role and he's an important part of our team."



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 **01623 476 830** | 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 10.

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.



Success Story - Yasmin

Yasmin studied Level 1 Hospitality and gained employment when she completed her work placement.

Yasmin suffers badly from dyslexia but as her tutor was also dyslexic she felt relaxed enough to ask for spellings and they shared tips on how to overcome it.

"I have really enjoyed the course and I am sad that it has come to an end. I am looking forward to working and progressing out of education"

"Yasmin is a fantastic student, she tries so hard to overcome her written work and shines with her practical work"

Gemma Burke - Yasmin's Tutor

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
- Customer Service Specialist - Level 3
- 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



#IamInspireLearning

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 Charnwood Borough Council, Lincolnshire County Council and Newark and Sherwood District Council to deliver 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.

**01623 476 830 | 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.

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 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
 Level 4 Certificate in Education and Training
 Level 3 Certificate in Assessing Vocational Achievement
Level 3 Award in Education and Training

Our courses are offered with a range of venues, days of the week and study patterns - please contact us for details. Please note that some of our courses require you to be working in the relevant industry.

See pages 13-17 for courses starting in the New Year!

01623 476 830 | learning@inspireculture.org.uk



Association of Project Management with Inspire Learning

Inspire Learning is an Association of Project Management (APM) accredited centre and we're offering The Project Management Qualification (PMQ) (IPMA Level D, SCQF Level 7), developed by APM, the Chartered body for the project profession.

The qualification is a knowledge based qualification allowing you to demonstrate understanding of all elements of project management.

What will you learn?

The course covers a wide range of topics. You'll gain a broad understanding of project management terminology, basic techniques and the people skills needed to successfully manage a project.

Course learning outcomes are:

- Project management planning.
- Project scope management.
- Scheduling and resource management.
- Risk management and issue management.
- Understand project quality management.
- Understand communication in the project environment.
- Understand principles of leadership and teamwork.

This course is for you if you have responsibility for carrying out work that involves aspects of project management, or anyone looking to enhance their project management skills.

Cost and flexible payments

The cost of the course is £1200. Flexible payment options are available, please contact us for details.

Progression

APM qualifications are an essential part of offering a progressive structure that demonstrates the individual's project management achievements. More information is available at www.apm.org.uk

APM Apprenticeships with Inspire Learning

See page 10 for details about Apprenticeships with Inspire Learning, including Project Management.

Attendance

Our APM courses are on an intensive study basis, running for one week with a further half day to sit a final exam.

Mansfield

9am–5.15pm daily, 9am – 1pm (exam)
18 – 22 February 2019, 25 February 2019 (exam)
and 8 – 12 April 2019, 15 April 2019 (exam)

Workshop

9am–5.15pm daily, 9am – 1pm (exam)
28 May – 1 June 2019, 3 June 2019 (exam)

Beeston

9am–5.15pm daily, 9am – 1pm (exam)
10 – 14 June 2019, 17 June 2019 (exam)
and 5 – 9 August 2019, 12 August 2019 (exam)

Newark/Workshop – call us for venue details

9am–5.15pm daily, 9am – 1pm (exam)
28 January – 1 February 2019
4 February 2019 (exam)



**For more information and to enrol,
please contact us:
01623 476 830 | learning@inspireculture.org.uk**

Level 3 Certificate Coaching and Mentoring

The Institute for Leadership and Management (ILM) Level 3 Certificate in Coaching and Mentoring is for those who are expected to coach and mentor in their existing role. No experience is necessary but as part of the course you will need to log at least 36 hours of practice.

What will you learn?

The Coaching and Mentoring Certificate will help you boost and develop the skills and knowledge needed to progress your career in this field.

The course covers:

- Understanding different coaching and mentoring models.
- Development of practical skills and tools to support these models.
- Using new practical skills to deliver mentoring and coaching.
- Reflection and planning to improve coaching and mentoring skills.

Assessment

There will be 4 written assignments to complete in your own time and you'll need to prepare, record and reflect on each coaching and mentoring session you deliver.

Cost and flexible payments

The cost of the course is £595.

Flexible payment options are available or through a 19+ Advanced Learner Loan which we can help you apply for. With a 19+ Advanced Learner Loan, you don't pay anything back until you're earning above £25,000.

Attendance

The course is delivered over 4 days.
Course venues, times and dates are:

Beeston

9am – 5pm
13 and 14 December 2018
21 and 22 January 2019

Beeston

9am – 5pm
27 and 28 January 2019
28 and 29 March 2019

Arnold

9am – 5pm
1 and 2 April 2019
6 and 7 May 2019

Workshop

9am – 5pm
2 and 3 July 2019
30 and 31 July 2019

**For more information and to enrol, please
contact us:**

01623 476 830 | learning@inspireculture.org.uk

Level 3 Award in Education and Training

The Level 3 Award in Education and Training is an introduction to the teaching, learning and development (including practical teaching skills) which reflect the context in which you teach.

This qualification is suitable for those who work or wish to work as teachers in adult community education; teachers/trainers in the voluntary sector; and training personnel in commerce, industry, the public sector or HM forces.

You will need a good standard of English, maths and IT, and ideally hold a qualification at level 2, but this can be gained whilst on the course.

You will need to have good communication skills both written and verbal.

It is also recommended that you hold a level 3 or equivalent in the subject matter you are teaching.

What will you learn?

You'll learn skills to enable you to refine and improve your teaching and learning. You'll also learn constructive reflection to enhance your continuing professional development.

The course is made up of 3 units, which focus on the roles, responsibilities, relationships within the classroom and the use of different types of assessment.

Assessment

The practical assessment of this teaching course requires 1 hour of micro-teaching practice which includes observing other tutors in practice.

Cost and flexible payments

Our one week intensive course costs £395 and our 12 week course costs £495. Payments can be made in easy instalments – please ask us for details.

What are the progression opportunities upon completion?

This course will allow you to become a teacher or tutor in the Further Education and skills sector. You will become very employable by colleges, training organisations or any company providing in-house training. Upon completion you could consider progression to either the Level 4 Certificate in Education and Training or our Diploma in Education and Training. **Our Level 4 qualification starts in September 2019 and is eligible for funding through a 19+ Advanced Learner Loan.**

Attendance

We offer a one week intensive study option (in Workso) or a 12 week study option. Our course venues, times and dates are:

Workso (Intensive study option)
9am – 5pm
18 – 22 February 2019

The Old Library, Mansfield
1 – 4pm
11 January to 15 February 2019
and 1 March to 19 April 2019

The Old Library, Mansfield
1 – 4pm
3 May to 26 July 2019
(not including spring bank week)

For more information and to enrol, please contact us:

01623 476 830 | learning@inspireculture.org.uk

Level 5 Award in Leadership and Management

The Institute for Leadership and Management (ILM) Level 5 Award in Leadership and Management is intended for those already in a middle management role who want to boost their skills and improve personal performance as they move towards a senior management position.

What will you learn?

The award consists of two units which aim to improve your understanding of effective leadership and skills to implement innovation and change:

Becoming an Effective Leader

- Understand leadership style and develop emotional intelligence.
- Evaluate your own ability to lead and manage.

Leading Innovation and Change

- Understand the need for organisational change.
- Propose innovative solutions and lead/manage the change.

Assessment

There are 2 written assignments to be completed in your own time.

Cost and flexible payments

The cost of the course is £499.

Payments can be made in easy instalments – please ask us for details.

What are the progression opportunities upon completion?

This qualification could help you progress on to a Level 5 certificate or diploma in Leadership and Management.

Alternatively, you may wish to progress to our Project Management Qualification (PMQ).

Attendance

The course runs over 3 days.

ILM Level 5 Award in Leadership and Management venues, times and dates:

Beeston

9am – 5pm, 17 and 18 December 2019 and 14 January 2019

Mansfield

9am – 5pm, 7, 8 February and 7 March 2019

Mansfield

9am – 5pm, 13 – 15 March 2019

Mansfield

9am – 5pm, 22 – 24 April 2019

Sutton in Ashfield

9am – 5pm, 20, 21 May and 17 June 2019

Mansfield

9am – 5pm, 8 – 10 July 2019

Workshop

9am – 5pm, 23 – 25 July 2019

For more information and to enrol, please contact us:

01623 476 830 | learning@inspireculture.org.uk

Level 5 Diploma in Education and Training

The Diploma in Education and Training is designed to allow teachers to develop practical skills which reflect the context in which they teach. It is aimed at those wanting to teach adults in colleges, community settings, or as a volunteer. The requirement is to be observed delivering in the setting, so you must already be teaching. The course is aimed at those teaching 14+ learners.

Eligibility

- You need to provide evidence that you can achieve the required teaching practice, i.e. at least 100 hours.
- You should be able to achieve Level 2 as a minimum in your English, Mathematics and ICT skills.
- You should hold a level 3 qualification in your specialist area.
- You will be required to provide a current DBS check.

What will you learn?

- Developing Teaching, Learning and Assessment in Education and Training.
- Teaching, Learning and Assessment in Education and Training.
- Theories, Principles and Models in Education and Training.
- Wider Professional Practice and Development in Education and Training.
- Plus a choice of optional units over the duration of the course.

Assessment

You will have to complete 4 mandatory assignments and up to 6 optional units.

Cost and flexible payments

The cost of the course will be £1999.

Flexible payment options are available and payments can be made in easy instalments. Please contact us for details.

What are the progression opportunities upon completion?

This qualification will allow you to progress to a BA Honors in Education and Qualified Teaching and Learning status.

Attendance

This Diploma is available as a 2-year part-time course running in term-time only.

Please see our course start dates, times and venues below.

Beeston Library

Thursday 10 January 2019, 1-4pm

Eastbourne House (Sutton-in-Ashfield)

Thursday 10 January 2019, 6-9pm

For more information and to enrol, please contact us:

01623 476 830 | learning@inspireculture.org.uk

FREE Pre-Access to Higher Education Study Course

If you're thinking of studying an Access course or going to University, this FREE course will provide you with skills in English, maths and ICT as well as researching, referencing and academic writing.

This free course starts 25 April and will run until 19 July 2019. You'll study 1 day per week (Thursday). You can study at Worksop Library, Mansfield Central Library or Beeston Library.

Get in touch on the number below to enrol or for more details see page 56.

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 **01623 676 830** or by email at: **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.

For more information or to explore how we can help your staff development please get in touch.

01623 476 830 | learning@inspireculture.org.uk

Access to Higher Education - Health and Social Care

**100%
PASS
RATE**

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 2019.

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 their 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

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 a career to train for which I wouldn't have had without the programme.'

Chelsea Rushton

#IamInspireLearning



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 01623 476 830 | learning@inspireculture.org.uk



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?

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

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 59 are completely FREE and allow parents 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 24
- Computing and Technology - page 36
- Creative Writing - page 38
- English - page 40
- Family History - page 41
- Fashion, Hair and Beauty - page 42
- First Aid - page 43
- Food - page 43
- Health and Wellbeing - page 45
- Languages - page 54
- Maths - page 55
- Music - page 55
- Pre Access to Higher Education - page 56
- Science - page 56
- Society - page 57
- Work Skills - page 58

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. By popular demand, we're also running more evening and weekend courses.



"I chose the iPads and Tablets course because I wanted to learn a new skill and this course was tailored and relevant to my needs"

Nigel, Tablets and iPads learner

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 **01623 677 200**.

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.



#IamInspireLearning

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 01623 677 200.

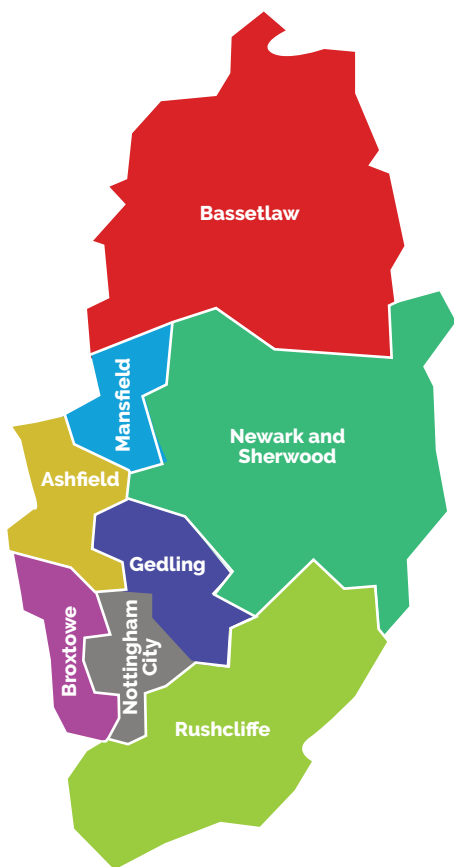
Some courses may ask you to bring materials. If so, this information will be on your booking confirmation, on the course details page on our website, or discussed at your first session.

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.

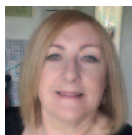


You can also get the latest course information by downloading our course guide and all our district leaflets from our website inspireculture.org.uk/learning

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



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



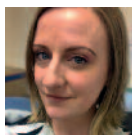
Broxtowe – Alison Sisson
alison.sisson@inspireculture.org.uk



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



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



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



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

 **InspireLearningSkills**

 **@Learn_Inspire**

01623 677 200

Arts & Crafts

Art Journaling – Drawing and Painting

This course will build your skills 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
Monday	14 Jan	11 Feb	13:00	15:00	5	Kirkby-in-Ashfield Library	£40	34459

Baby Memorabilia – Creating and Preserving Your Memories

Create your own trinkets, treasures and tokens for your friends and family, and save those precious moments and memories forever.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	08 Mar	05 Apr	10:00	12:00	5	Sutton-in-Ashfield Library	£40	34490

Button Jewellery Making

Buttons are a fun and inexpensive craft medium you'll use on this course to create your own unique button jewellery, whilst developing your jewellery making skills and looking at historical influences on buttons.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	01 Mar	05 Apr	10:00	12:00	6	Southwell Library	£48	34636

**Courses are
FREE if you are
receiving benefits.
See page 22 for
details.**



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	08 Jan	12 Feb	10:00	12:00	5	Worksop Library	£40	34556
Tuesday	08 Jan	12 Feb	13:30	15:30	5	Retford Library	£40	34557
Tuesday	15 Jan	12 Feb	10:00	12:00	5	Mansfield Central Library	£40	34788
Wednesday	06 Mar	03 Apr	10:00	12:00	5	Carlton Library	£40	34382

Calligraphy for Improvers

Develop your skills in the art of calligraphy, learning the scripts Gothic and Uncial. This course is suitable for those who have completed the beginners course, or who are proficient with the Foundational script.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	16 Jan	13 Feb	10:00	12:00	5	Carlton Library	£40	34396

Calligraphy – Next Steps

Want to improve and develop your calligraphy skills? This course is for you. Having learnt the basics of Foundational hand, this course will focus on the more modern 'hand' of Flourished Italic giving scope for individual expression. This course will also look at how calligraphy can be used for individual art projects. This course is not suitable for beginners.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	26 Feb	02 Apr	10:00	12:00	6	Mansfield Central Library	£48	34828



Book your place now www.inspireculture.org.uk/learning or 01623 677 200

Chinese Brushstrokes – An Introduction

Have a go at Chinese painting using 6 basic brush strokes of calligraphy, creating Chinese subjects such as flowers or birds in ink and watercolour. This course is suitable beginners and improvers.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	05 Mar	02 Apr	13:00	15:00	5	Sutton-in-Ashfield Library	£40	34485

Crafts – A Crafty Cuppa

Stuck in the house? Feeling flat after the hustle and bustle of December? Join us for 3 sessions of craft, tea and biscuits in a friendly environment.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	10 Jan	24 Jan	13:30	15:30	3	Grove Street Methodist Church Hall	£24	34598
Thursday	10 Jan	24 Jan	10:00	12:00	3	Workshop Library	£24	34600

Creative Crafts

Learn how to make a variety of fun and creative homemade gifts and items using a range of crafting and sewing techniques.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	15 Jan	12 Feb	10:00	12:00	5	East Leake Library	£40	34522
Thursday	17 Jan	14 Feb	14:00	16:00	5	Cotgrave Library	£40	34673
Monday	25 Feb	01 Apr	10:00	12:00	6	Bingham Library	£48	34539
Wednesday	27 Feb	03 Apr	13:00	15:00	6	Keyworth Library	£48	34534



"I've really enjoyed meeting other crafty people. The best thing is that the course is in my local library and I don't have to travel. It's a very chilled and relaxed class."

Shelly, Crochet Learner

NOTTINGHAMSHIRE COURSE GUIDE

Creative Crafts – Building a Business

Explore different craft skills including book folding, decoupage, sewing and origami, whilst looking at the different aspects of starting up a business to sell your crafts. Any materials you will need to provide will be discussed at the first session.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	25 Feb	01 Apr	13:00	15:00	6	Southwell Library	£48	34617

Creative Photography (Intermediate)

If you have a basic understanding of your camera and want to go beyond Auto mode – this course is for you. Any camera can be used provided it has manual controls (M, A or Av, S or Tv.).

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	11 Feb	11 Feb	10:00	15:30	1	Arnold Library	£20	34418
Saturday	09 Mar	09 Mar	10:00	15:30	1	West Bridgford Library	£20	34593

Crochet for Beginners

Would you like to learn to crochet? This course will teach you the basic stitches for you to be able to produce your own creation.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	14 Jan	11 Feb	10:00	12:00	5	Mansfield Woodhouse Library	£40	34750
Thursday	17 Jan	14 Feb	09:30	11:30	5	Eastwood Library	£40	34503
Thursday	17 Jan	14 Feb	13:00	15:00	5	West Bridgford Library	£40	34586
Tuesday	26 Feb	02 Apr	13:00	15:00	6	East Leake Library	£48	34530

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 some more advanced techniques to produce your own creations.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	25 Feb	01 Apr	10:00	12:00	6	Mansfield Woodhouse Library	£48	34762
Wednesday	27 Feb	03 Apr	10:00	12:00	6	Arnold Library	£48	34394
Thursday	28 Feb	04 Apr	09:30	11:30	6	Eastwood Library	£48	34632

Decorations DIY for Events and Occasions

Love planning parties and events? Learn the techniques and skills needed to create decorations for a range of occasions including birthdays, weddings, hen parties and other celebratory events.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	07 Jan	04 Feb	13:00	15:00	5	Southwell Library	£40	34495

Drawing and Painting for Beginners

Experimenting with drawing and painting can be inspiring and our beginners course will introduce you to a variety of drawing and painting techniques. A different subject and technique will be demonstrated each week, and subjects will include flowers, landscape, and still life.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	23 Jan	06 Feb	13:30	15:00	3	Arnold Library	£18	34365

Drawing and Painting for Improvers

Build and develop 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
Monday	25 Feb	01 Apr	18:00	20:00	6	Burton Joyce Library	£48	34387

Flower Arranging for Beginners

Add colour and fragrance to every room in your home. This course is for total beginners who would like to learn the art and techniques of flower arranging. We will introduce you to different techniques and each week you will take your new creation home.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	08 Jan	12 Feb	16:30	18:30	6	Arnold Library	£48	34363
Monday	14 Jan	11 Feb	09:30	12:00	5	Bingham Library	£50	34535
Monday	14 Jan	11 Feb	13:30	16:00	5	West Bridgford Library	£50	34544
Thursday	17 Jan	07 Feb	12:30	14:30	4	Mansfield Central Library	£32	34802
Monday	25 Feb	01 Apr	10:00	12:00	6	Worksop Library	£48	34595
Wednesday	27 Feb	03 Apr	13:00	15:00	6	Edwinstowe Library	£48	34679
Friday	01 Mar	05 Apr	09:30	11:30	6	Beeston Library	£48	34523
Monday	04 Mar	01 Apr	09:30	11:30	5	Sutton-in-Ashfield Library	£40	34482



Flower Arranging – Contemporary Designs

If you've some experience of flower arranging and want to develop your skills further and explore more, this intermediate course is for you. Learn new techniques and designs in flower arranging as we introduce you to a range of new contemporary techniques. Each week you will take your unique creations home.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	17 Jan	04 Apr	09.30	11.30	10	Mansfield Central Library	£80	34801

Flower Arranging – Ikebana Style

Ikebana is the Japanese art of flower arranging blossoms, branches, leaves and stems. This course will enable you to develop the insights and skills needed to create impressive Ikebana style flower arrangements for your home or as gifts.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	04 Mar	01 Apr	13:00	15:00	5	Kirkby-in-Ashfield Library	£40	34462

Flower Arranging – Improvers

This is an intermediate course which will build on existing basic skills and knowledge. You'll be introduced to 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
Tuesday	26 Feb	02 Apr	16:30	18:30	6	Arnold Library	£48	34393
Thursday	28 Feb	04 Apr	12:30	14:30	6	Mansfield Central Library	£48	34804

Flower Arranging – Springtime Flowers

Learn the latest techniques and designs in flower arranging using spring flowers and foliage. We will introduce you to a range of new techniques and each week you'll take your unique creations home.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	26 Feb	02 Apr	10:00	12:00	6	Southwell Library	£48	34601
Saturday	02 Mar	16 Mar	09.45	12.45	3	Mansfield Woodhouse Library	£36	34771

Handcrafted Baby Goods

Create beautiful handmade accessories for your baby or to give as gifts, such as bandana bibs, taggie blankets, teething rings, cute hats and baby bunting.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	27 Feb	03 Apr	10:00	12:00	6	Worksop Library	£48	34599

Book your place now www.inspireculture.org.uk/learning or 01623 677 200

India Block Printing – An Introduction

Love pattern building and colour? You'll love our India block printing course. India block printing is a centuries old tradition and you'll gain the confidence and knowledge needed to use hand carved Indian blocks and create beautiful surface prints.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	11 Jan	15 Feb	13:00	15:00	6	Southwell Library	£48	34634

Knitting for Beginners

New to knitting? Learn the basics including knowledge of yarns, casting on, casting off, knitting stitches and understanding simple patterns.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	27 Feb	03 Apr	09:30	11:30	6	Beeston Library	£48	34658

Knitting for Wellbeing

Research shows that knitting can help our mental and physical health, calming our minds and lowering blood pressure amongst other benefits. This course is for anyone who would like to use this creative craft to support their health. Patient knitting tuition is given as part of the course, and yarn and tools are provided for the first week.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	12 Jan	16 Feb	10:00	12:00	6	Southwell Library	£48	34618

#IamInspireLearning

Visit: www.inspireculture.org.uk/learning email: learning@inspireculture.org.uk
 Facebook: [@InspireLearningSkills](https://www.facebook.com/InspireLearningSkills) Twitter: [@Learn_Inspire](https://twitter.com/Learn_Inspire)

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

Lace Making – An Introduction

Nottingham’s link with the world lace industry dates back to the early 19 century – join us and start your journey into Bobbin Lace Making, a heritage craft with a rich and long history. You will gain experience of the equipment and look at different styles of Bobbin Lace from around the world.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	11 Jan	15 Feb	10:00	12:00	6	Southwell Library	£48	34623

Life Drawing and Still Life

It can be difficult to know where to start with life drawing and still life. On this course you’ll learn a range of life drawing techniques and work with a variety of mixed media, working from still life as well as from a life model. Each session will focus on a different theme and subject.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	07 Jan	28 Jan	13:00	15:00	4	Arnold Library	£32	34443
Tuesday	15 Jan	12 Feb	09:30	12:00	5	West Bridgford Library	£50	34546
Friday	01 Mar	05 Apr	09:30	12:00	6	West Bridgford Library	£60	34591

Patchwork Quilting by Hand

Come and enjoy designing and hand stitching a cushion cover or lap quilt. Beginners and more experienced patch workers are very welcome.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	26 Feb	02 Apr	10:00	12:00	6	Worksop Library	£48	34596



Photo 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
Wednesday	09 Jan	13 Feb	13:00	15:00	6	Southwell Library	£48	34678
Wednesday	27 Feb	03 Apr	10:00	12:00	5	West Bridgford Library	£40	31931

Photography - An Introduction

Explore photography techniques and improve the quality of the images you capture. Topics covered as part of the course include: editing, taking photos in different light and taking action pictures. This course is aimed at new photographers with a digital camera.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	10 Jan	14 Feb	09:30	11:30	6	Beeston Library	£48	34509
Wednesday	16 Jan	13 Feb	10:00	12:00	5	West Bridgford Library	£40	34547
Wednesday	16 Jan	13 Feb	13:00	15:00	5	Mansfield Central Library	£40	34796
Thursday	17 Jan	14 Feb	18:30	20:30	5	Mansfield Woodhouse Library	£40	34767
Monday	25 Feb	01 Apr	09:30	11:30	6	Arnold Library	£48	34419
Tuesday	26 Feb	02 Apr	10:00	12:00	6	East Leake Library	£48	34529
Friday	01 Mar	05 Apr	10:00	12:00	6	Newark Library	£48	34609

Courses are
FREE if you are
receiving benefits.
See page 22 for
details.



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. The course is ideal for beginners looking to start editing their pictures. No resources are needed to attend this course.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	16 Jan	6 Feb	09:30	11:30	4	Mansfield Central Library	£32	34792
Wednesday	27 Feb	20 Mar	09:30	11:30	4	Mansfield Central Library	£32	34794

Photography – Next Steps

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

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	27 Feb	27 Mar	13:00	15:00	5	Mansfield Central Library	£40	34798
Thursday	28 Feb	28 Mar	18:30	20:30	5	Mansfield Woodhouse Library	£40	34768

Poems and Printing

Learn different writing techniques to write poetry then learn printing skills so you can create a printed piece that incorporates your poems.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	09 Jan	06 Feb	13:00	15:00	5	Southwell Library	£40	34493

Poet and Sew It

Learn different writing techniques to write poetry then learn sewing skills to produce a textile piece that incorporates your writing.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	09 Jan	06 Feb	10:00	12:00	5	Southwell Library	£40	34492
Thursday	17 Jan	14 Feb	10:00	12:00	5	Worksop Library	£40	34552
Thursday	17 Jan	14 Feb	13:30	15:30	5	Retford Library	£40	34597

Quilting – Next Steps

This course will build upon basic techniques to sew a variety of patchwork patterns to make a range of small projects, piece by piece.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	01 Mar	05 Apr	09:30	11:30	6	Beeston Library	£48	34500

Sewing for Beginners

Learn basic techniques in 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	17 Jan	14 Feb	10:00	12:00	5	Mansfield Central Library	£40	34805
Tuesday	26 Feb	02 Apr	13:00	15:00	6	Arnold Library	£48	34378
Thursday	28 Feb	04 Apr	14:00	16:00	6	Inham Nook Community Centre	£48	34525

Sewing – Bag Making

Learners will work on making a selection of lined bags including working with zips and how to make strong handles.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	11 Jan	15 Feb	09:30	11:30	6	Beeston Library	£48	34499

Sewing – Dressmaking

Dressmaking using techniques in hand sewing, machine sewing and pattern cutting. Suitable for people who have some basic sewing skills.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	17 Jan	04 Apr	13:00	15:00	11	Mansfield Central Library	£88	34806

Sewing – Following a Pattern

Bring along a pattern of your choice and learn how to follow the instructions to create a garment. Suitable for people who have some basic sewing skills.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	27 Feb	03 Apr	10:00	12:00	6	Southwell Library	£48	34745
Wednesday	27 Feb	03 Apr	13:00	15:00	6	Southwell Library	£48	34746
Thursday	28 Feb	04 Apr	10:00	12:00	6	Mansfield Central Library	£48	34808

Sewing – Home Accessories

Create beautiful and useful hand and machine sewn accessories for the home. 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	27 Feb	03 Apr	13:00	15:00	6	Worksop Library	£48	34662

Sewing – World Book Day Costume

Come along to this 3 hour workshop and make a costume for World Book Day. Using both hand and machine sewing create your own, personally made, outfit of choice.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	15 Feb	15 Feb	09:30	12:30	1	Arnold Library	£12	34442

Spring Crafts

Spring is in the air - create Spring crafts using variety of craft techniques, including hand sewing, papercrafts and upcycling. This course is suitable for everyone – beginner to advanced.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	01 Mar	05 Apr	13:00	15:00	6	Southwell Library	£48	34639

Upcycling – Textiles

Learn simple sewing techniques and how to creatively upcycle your old textiles to make beautiful new projects.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	10 Jan	14 Feb	10:00	12:00	6	Inham Nook Community Centre	£48	34524

Watercolours for Beginners

Start a new hobby in watercolour painting. Learn the basics of watercolour including blending/shading and explore this most versatile of mediums. This course is suitable for complete beginners.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	19 Jan	16 Feb	10:00	12:30	5	West Bridgford Library	£50	34592
Wednesday	27 Feb	03 Apr	13:00	15:00	4	Arnold Library	£32	34395

**Courses are
FREE if you are
receiving benefits.
See page 22 for
details.**

Computing and Technology

Computers – An Introduction to Basic IT

Learn the basics of computing and learn how to use programmes such as Word, PowerPoint and Excel, and how to use the internet and email. This course is perfect for beginners.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	16 Jan	13 Feb	10:00	12:00	5	Sutton-in-Ashfield Library	£40	34480
Friday	18 Jan	15 Feb	09:30	11:30	5	Mansfield Central Library	£40	34809
Friday	18 Jan	15 Feb	10:00	12:00	5	West Bridgford Library	£40	34589
Friday	01 Mar	05 Apr	09:30	11:30	6	Mansfield Central Library	£48	34810

Digital Crime

There's a dark side to technological advances: 3D 'printing' of guns, counterfeit goods, illegal drugs and the Dark Net.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	16 Mar	16 Mar	10:00	15:00	1	West Bridgford Library	£18	34594

"I wanted to show my children I'm not so 'thick' and that nanny and mummy can do as they do! I'm looking forward to being able to create my own PayPal account and buy things on eBay."

Margaret, Tablets and iPads Learner

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Excel – Tips and Tricks

Save time – get tips and tricks to boost your speed and effectiveness in MS Excel.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	22 Mar	29 Mar	09:30	12:00	2	Hucknall Library	£20	34455

iPads/Tablets for Beginners

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

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	14 Jan	11 Feb	15:30	17:30	5	Mansfield Central Library	£40	34776
Thursday	17 Jan	14 Feb	10:00	12:00	5	Bingham Library	£40	34537
Monday	25 Feb	01 Apr	15:30	17:30	6	Mansfield Central Library	£48	34779

Graphics Building for Websites and Blogs – An Introduction

Learn how to make your website or blog stand out from the crowd by creating your own graphics. Using free software, you will learn how to create eye-catching graphics and add them to your sites.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	09 Jan	13 Feb	10:00	12:00	6	Southwell Library	£48	34646
Saturday	12 Jan	16 Feb	13:00	15:00	5	Newark Library	£40	34647

iPad Movie Magic

Fancy learning more about iMovie - the Apple film making software? Whether you want to record, edit or share videos, this course is for you.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	16 Jan	13 Feb	13:30	15:30	5	Stapleford Library	£40	34506

IT Functional Skills – Level 1

Learn how to use IT to find, process and format information using Microsoft Office. This is an accredited course and you will have an exam at the end which will give you a level 1 qualification in IT.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	08 Jan	02 Apr	13:30	15:30	11	Beeston Library	FREE	34649

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Creative Writing

Creative Writing – A Host of Golden Daffodils

Learn a variety of poetic techniques through looking at famous spring poets and their work to create spring-themed pieces of your own.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	27 Feb	03 Apr	10:00	12:00	6	Southwell Library	£48	34494

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	08 Jan	12 Feb	14:00	16:00	6	Arnold Library	£48	34362
Tuesday	26 Feb	02 Apr	10:00	12:00	6	Ravenshead Library	£48	34381
Tuesday	26 Feb	02 Apr	14:00	16:00	6	Edwinstowe Library	£48	34680

Creative Writing – Focus on Fiction

Want to write for pleasure or for profit? Release your inner writer. Whether you're writing micro fiction, short stories or a novel this course includes story basics, finding/making a plot, and story development. Polish up your skills to make your writing sparkle and explore opportunities for getting your work published. Beginners, improvers and experienced writers are all welcome.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	14 Jan	11 Feb	13:00	15:00	5	Mansfield Central Library	£40	34774
Monday	25 Feb	01 Apr	13:00	15:00	6	Mansfield Central Library	£48	34775

**Courses are
FREE if you are
receiving benefits.
See page 22 for
details.**

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Creative Writing – New Perspectives

A course for beginners and seasoned writers to develop new skills and techniques to write in different styles appropriate to specific genres.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	15 Jan	12 Feb	13:30	16:00	5	Kirkby-in-Ashfield Library	£50	34460

Creative Writing – Next Steps

Develop your own writing style and your ability to write in different styles appropriate to specific genres.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	27 Feb	03 Apr	13:00	15:00	6	Southwell Library	£48	34608

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
Thursday	28 Feb	04 Apr	10:00	12:00	6	Bingham Library	£48	34541

Creative Writing – Poetry Next Steps

Take your poetry writing a step further and improve your understanding of poetic verse.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	08 Jan	12 Feb	09:30	11:30	6	Beeston Library	£48	34430



English

Conversational English

This is a course suitable 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
Wednesday	09 Jan	13 Feb	09:30	11:30	6	Beeston Library	£48	34638
Thursday	10 Jan	21 Feb	13:00	15:00	6	Arnold Library	£48	34446

English Functional Skills

This course is for people who do not already have a GCSE (grade C or above in English).

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	07 Jan	01 Apr	09:30	12:30	12	West Bridgford Library	FREE	34543
Monday	07 Jan	01 Apr	13:00	15:30	12	Ollerton Library	FREE	34720
Tuesday	08 Jan	02 Apr	13:00	16:00	12	Mansfield Central Library	FREE	34787
Tuesday	08 Jan	02 Apr	17:00	20:00	12	Newark Library	FREE	34707
Wednesday	09 Jan	01 May	12:30	15:30	14	Retford Library	FREE	34659
Wednesday	09 Jan	03 Apr	13:00	15:30	12	Beeston Library	FREE	34876
Thursday	10 Jan	04 Apr	09:30	12:30	12	Arnold Library	FREE	34368
Thursday	10 Jan	18 Apr	13:00	16:00	13	Hucknall Library	FREE	34452
Friday	11 Jan	12 Apr	09:00	11:00	14	Stapleford Library	FREE	34800
Friday	11 Jan	05 Apr	09:30	12:30	12	Bingham Library	FREE	34538

English – Improve Your Writing Skills

Improve your writing skills, spelling, grammar and confidence to build sentences. This is a great introduction to Functional Skills English if you are wanting to build your confidence before starting a qualification.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	07 Mar	21 Mar	13:00	15:00	3	Arnold Library	£24	34447

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Family History

Family History – An Introduction

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

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	15 Jan	12 Mar	10:00	12:00	8	Arnold Library	£64	34367
Tuesday	15 Jan	12 Mar	13:30	15:30	8	Southwell Library	£64	34473
Thursday	17 Jan	14 Mar	10:00	12:00	8	Retford Library	£64	34551

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"I chose Inspire because the teachers are great. I've loved being able to improve my English skills and my writing, and I'm now looking forward to enrolling on the next level."

Linda, Functional Skills Learner



Courses are
FREE if you are
receiving benefits.
See page 22 for
details.

Fashion, Hair and Beauty

Beauty and Wellbeing Therapy – An Introduction

This course will introduce you to beauty therapy, giving you a taster of different treatments and suggest ways to improve wellbeing.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	15 Mar	15 Mar	09:30	16:00	1	Hucknall Library	£24	34454
Friday	05 Apr	05 Apr	09:30	16:00	1	Kirkby-in-Ashfield Library	£24	34469

Beauty Therapy – An Introduction

This one-day workshop will introduce you to looking after the skin, nails and massage. This workshop is suitable for anyone who has an interest in beauty therapy but isn't sure where to start.

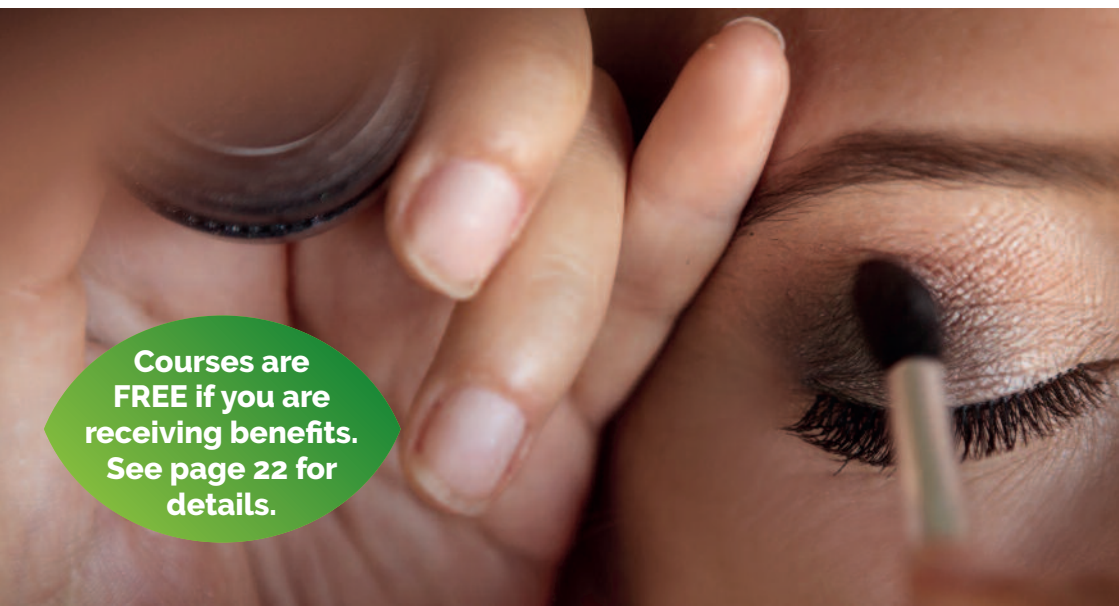
Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	23 Feb	23 Feb	10:00	16:00	1	Arnold Library	£22	34431

Make-up for Mature Skin

Have you lost your way when it comes to make up? Wear it with confidence again, enhance your natural beauty, and look and feel more vibrant.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	11 Feb	11 Feb	09:30	16:00	1	Southwell Library	£24	34619

**Courses are
FREE if you are
receiving benefits.
See page 22 for
details.**



First Aid

Emergency First Aid at Work

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

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	11 Jan	11 Jan	09:30	16:30	1	West Bridgford Library	£26	34588
Tuesday	19 Feb	19 Feb	09:30	16:30	1	Newark Library	£26	34496

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
Wednesday	09 Jan	06 Feb	13:00	15:00	5	Bestwood Village Community Centre	£40	34390
Tuesday	15 Jan	05 Feb	09:30	11:30	4	Mansfield Woodhouse Library	£32	34763
Thursday	28 Feb	04 Apr	10:00	12:00	6	Southwell Library	£48	34472

Food and Nutrition – Be Weight-Wise

Would like to lose some weight and improve your health and wellbeing? This course will help you to make small practical long-term changes to your eating habits and lifestyle.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	08 Jan	05 Feb	13:30	15:30	5	Mansfield Central Library	£40	34784
Wednesday	09 Jan	06 Feb	10:00	12:00	5	Bestwood Village Community Centre	£40	34391
Monday	25 Feb	25 Mar	14:00	16:00	5	Mansfield Central Library	£40	34785

Food and Nutrition – Cook and Eat

Would you like to improve your cooking skills? This course will help you to increase your knowledge, skills and confidence in the kitchen. Learn how to produce healthy simple recipes to enhance personal wellbeing.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	17 Jan	07 Feb	11:30	13:30	4	Focus Point Mansfield Woodhouse	£32	34826

Food for Children's Parties

Learn to make amazing children's party food. You'll learn about food safety, how to approach food allergies and how to make food for children interesting, along with some cake decoration techniques.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	26 Feb	02 Apr	10:00	12:00	6	West Bridgford Library	£48	34581
Wednesday	27 Feb	03 Apr	09:30	11:30	6	Beeston Library	£48	34512

Food Safety in Catering – Level 2

This accredited (Level 2) course will teach you the essentials needed to work safely in a catering environment.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	21 Jan	21 Jan	09:00	16:00	1	Sutton-in-Ashfield Library	£26	34479
Thursday	07 Feb	07 Feb	09:30	16:30	1	Southwell Library	£26	34602
Wednesday	13 Feb	13 Feb	09:30	16:30	1	Worksop Library	£26	34661
Monday	18 Feb	18 Feb	09:30	16:30	1	Newark Library	£26	34476
Tuesday	19 Feb	19 Feb	09:30	16:30	1	Ollerton Library	£26	34603
Friday	01 Mar	08 Mar	13:00	16:00	2	Hucknall Library	£24	34453
Monday	11 Mar	18 Mar	09:30	12:30	2	Kirkby-in-Ashfield Library	£24	34461

Sugar Craft – An Introduction

This course is an introduction to sugar craft flower making. You will become familiar with basic skills, techniques and processes using sugar florist paste and produce delicate sugar craft flowers - the perfect addition to any celebration cake.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	27 Feb	03 Apr	13:00	15:00	6	Beeston Library	£48	34635

Thinking about a Study Programme or Apprenticeship in Hospitality or Catering? See page 8 and 10 for details!

Health and Wellbeing

Adult Mental Health First Aid

This Adult Mental Health First Aid two day course qualifies you as a Mental Health First Aider. Upon completion you'll get a certificate to say you're a Mental Health First Aider (MHFA) and a MHFA manual to keep and refer to whenever you need it.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	14 Jan	21 Jan	09:15	16:45	2	Southwell Library	£81	34621
Thursday	21 Feb	22 Feb	09:15	16:45	2	West Bridgford Library	£81	34585
Tuesday	26 Feb	05 Mar	09:15	16:45	2	Stapleford Library	£81	34513

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, and 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
Thursday	17 Jan	14 Feb	10.00	12.00	5	Mansfield Woodhouse Library	£40	34765



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 is welcome.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	17 Jan	21 Feb	14:00	16:00	6	Eastwood Library	£48	34517
Monday	28 Jan	28 Jan	10:00	15:00	1	Southwell Library	£18	34684
Wednesday	06 Mar	03 Apr	13:00	15:00	5	Sutton-in-Ashfield Library	£40	34486
Wednesday	13 Mar	20 Mar	14:00	16:00	2	Ollerton Library	£16	34683
Saturday	06 Apr	06 Apr	09:30	12:30	1	Arnold Library	£12	34417

Contemplative Photography (Mindfulness)

A course linking mindfulness with photography. Be in the moment and capture what you see. Ideal for any keen photographer.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	25 Feb	01 Apr	11:30	13:00	3	Arnold Library	£18	34425
Saturday	30 Mar	30 Mar	10:30	13:30	1	West Bridgford Library	£12	34548

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 iCARER - an exciting and dynamic method of communicating with people living with dementia, which supports the person to feel included and valued, to build rewarding relationships. The workshop introduces this model and helps you to build those skills.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	01 Apr	01 Apr	13:00	15:30	1	Cotgrave Library	£10	34674

Guided Meditation – An Introduction

Explore different guided meditation techniques to restore calm and balance to life. These techniques help expand awareness.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	14 Jan	11 Feb	13:00	15:00	5	Kirkby-in-Ashfield Library	£40	34731
Wednesday	16 Jan	13 Feb	13:00	15:00	5	Beeston Library	£40	34507
Friday	01 Mar	05 Apr	14:00	16:00	6	Arnold Library	£48	34415

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Hand, Head and Face Massage

Learn how to give a hand and head massage. You'll learn: practical techniques, the skin and muscle structure of the hand, face and basic aromatherapy. You'll 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	25 Jan	15 Feb	10.00	13.00	4	Mansfield Central Library	£48	34824

Hand Massage and Facials

Learn how to give a hand massage and facial. You'll learn: 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	09 Mar	09 Mar	10.00	16.00	1	Mansfield Central Library	£22	34823

Indian Head Massage

This relaxing course will teach you the benefits of Indian Head Massage, types of massage techniques, as well as a breakdown of the hair and scalp. You will also learn how to make your own massage oils.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	09 Feb	09 Feb	10.00	16.00	1	Mansfield Central Library	£22	34822

Courses are
FREE if you are
receiving benefits.
See page 22 for
details.



Living Well in Retirement

Are you retired and unsure how to spend your time? This course is for you! We will discuss how to develop social connections, keep mentally active and make sure this is the happiest time of your life.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	06 Mar	03 Apr	10:00	12:00	5	Sutton-in-Ashfield Library	£40	34484

Making Personal Change

Are you ready to make a change in your life but need support? Maybe you set yourself a New Year resolution but need help to keep it going. This class will teach you the skills you need to make it manageable. We'll use change psychology and practical methods to help you work towards achieving the change you want.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	11 Jan	15 Feb	10:00	12:00	6	Newark Library	£48	34607
Tuesday	26 Feb	02 Apr	13:30	15:30	6	Retford Library	£48	34553

Meditation, Chakras and NLP – An Introduction

This course will introduce you to what meditation is and what the health benefits are. You will also look at the emotional and physical connections to your chakras and how to unblock them. An overview of Neuro-linguistic Programming (NLP) will be explored, looking at a range of exercises that show you how to enhance your skills to improve everyday life.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	04 Feb	11 Feb	10:00	15:30	2	Southwell Library	£40	34641

Mental Health Awareness - An Introduction

This course will focus on mental health and what it is. We will explore techniques to maintain our mental wellbeing.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	28 Feb	04 Apr	10:00	12:00	6	Worksop Library	£48	34627
Thursday	28 Feb	04 Apr	13:30	15:30	6	Retford Library	£48	34628

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FREE if you are
receiving benefits.
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details.**

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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.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	12 Jan	16 Feb	10:00	12:00	6	Arnold Library	£48	34407
Monday	14 Jan	11 Feb	10:00	12:00	5	Mansfield Central Library	£40	34780
Tuesday	15 Jan	12 Feb	09:30	11:30	5	Eastwood Library	£40	34427
Tuesday	15 Jan	12 Feb	13:00	15:00	5	East Leake Library	£40	34526
Tuesday	15 Jan	12 Feb	18:00	20:00	5	West Bridgford Library	£40	34579
Wednesday	16 Jan	13 Feb	10:00	12:00	5	Keyworth Library	£40	34532
Tuesday	19 Mar	02 Apr	10:00	12:00	3	Arnold Library	£24	34377

Neuro-Linguistic Programming (NLP) – An Introduction

NLP is an approach to communication, personal development and psychotherapy. This NLP course will provide practical ways in which you can change the way that you think, view past events, and approach your life.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	05 Mar	02 Apr	10:00	12:30	5	Kirkby-in-Ashfield Library	£50	34463

Looking for a career change or want to expand your skills and knowledge? We can help!



Association of Project Management

with Inspire Learning.
See page 13 for details.



Our **ILM Level 5 Award in Leadership and Management** is for you if you're looking to boost your skills and improve performance.
See page 16 for details!

Peace of Mind - Coping with Anxiety and Depression

Anxiety and depression can be confusing and painful conditions that spoil our quality of life. We will learn techniques to minimise the influence of anxiety and depression as well as sharing our experiences to help each other.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	18 Jan	14 Feb	13:00	15:00	5	Hucknall Library	£40	34516
Tuesday	26 Feb	02 Apr	13:00	15:00	6	West Bridgford Library	£48	34582

Personal Development and Self-Growth

This course will cover confidence building, stress management, identity, and coaching to focus on skills you can continue to use in your daily life.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	19 Jan	19 Jan	10:00	16:00	1	Arnold Library	£22	34429
Friday	01 Mar	01 Mar	09:30	16:00	1	Sutton-in-Ashfield Library	£24	34488

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. This 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
Thursday	10 Jan	14 Feb	13:30	15:00	6	Southwell Library	£36	34610
Wednesday	16 Jan	03 Apr	09:30	11:00	12	Mansfield Central Library	£72	34799
Wednesday	27 Feb	03 Apr	13:30	15:00	6	Kirkby-in-Ashfield Library	£36	34491

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Pilates – Intermediate

A full body workout to develop your Pilates skills which will help to improve posture, flexibility and Pilates principles. You will learn traditional Pilates exercises to enable you to develop further. The course is suitable for people of all ages who have taken the introductory course or anyone who practises 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	16 Jan	03 Apr	11:15	12:15	12	Mansfield Central Library	£48	34800
Thursday	28 Feb	04 Apr	13:30	15:00	6	Southwell Library	£36	34611

Power Yoga

Power Yoga is a series of postures designed to improve strength, balance, and flexibility. Power Yoga is so much more than a just a physical workout. You will learn breathing techniques, as well as how to look after your body and mind.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	25 Feb	01 Apr	17:00	18:30	6	West Bridgford Library	£36	34576

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
Friday	11 Jan	15 Feb	14:00	16:00	6	Arnold Library	£48	34406
Thursday	28 Feb	04 Apr	13:00	15:00	6	Newark Library	£48	34475



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Reiki Level 2 – Okuden

Learn the inner teachings in Usui Reiki. At this level you become qualified to practise Reiki as a profession. Students must have completed Level 1 Shoden before undertaking Level 2.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	09 Mar	06 Apr	10:00	12:30	5	Sutton-in-Ashfield Library	£50	34730

Seated Yoga – An Introduction

This class is designed to help those with limited mobility enjoy the physical and mental benefits of yoga. We will work on strength and flexibility of the body, breathing and relaxation exercises.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	11 Jan	15 Feb	10:00	12:00	5	Southwell Library	£40	34605
Tuesday	05 Mar	02 Apr	13:30	15:30	5	Kirkby-in-Ashfield Library	£40	34464

Stress Management

This course will use exercises and techniques to help improve how you manage stress on a day to day basis.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	23 Mar	23 Mar	10:00	16:00	1	Arnold Library	£22	34432



The Science of Happiness – An Introduction

Explore choosing happiness as an option, and learn strategies to increase happiness through social connections, gratitude and positive thinking, empathy, mindfulness and humour.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	28 Mar	28 Mar	09:30	16:00	1	Sutton-in-Ashfield Library	£24	34487

Understanding Bereavement

Improve your understanding of grief, self-help and how to help others who are bereaved.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	01 Feb	01 Feb	09:30	12:30	1	Arnold Library	£12	34413

Yoga for Back Care – An Introduction

Learn how to manage back pain and maintain a strong back using yoga exercises, breathing and relaxation techniques. Please check with your GP that yoga is suitable for you before booking onto this course.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	05 Mar	02 Apr	10:00	12:00	5	Sutton-in-Ashfield Library	£40	34483
Friday	08 Mar	29 Mar	10:00	12:00	4	Southwell Library	£32	34606

Yoga Theory and Practice

Explore the foundations of yoga, getting out of your head and into your body, learning more about yourself and the principles of yoga.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	14 Jan	11 Feb	17:00	18:30	5	West Bridgford Library	£30	34545

**Courses are
FREE if you are
receiving benefits.
See page 22 for
details.**

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Languages

French for Beginners

Learn basic words and phrases and understand more about French culture. This course is great for adults with no previous knowledge of French.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	25 Jan	15 Feb	14:00	16:00	4	Mansfield Central Library	£32	34825

Italian for Beginners

This course is for people who have no previous knowledge of Italian and would like to learn some basic words and phrases.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	10 Jan	14 Feb	13:30	15:30	6	Beeston Library	£48	34514
Tuesday	15 Jan	12 Feb	09:30	11:30	5	Bingham Library	£40	34536
Wednesday	16 Jan	13 Feb	13:00	15:00	5	Keyworth Library	£40	34533
Friday	18 Jan	15 Feb	13:00	15:00	5	West Bridgford Library	£40	34590

Italian for Holidays

Jetting off to Italy on your holidays this summer? Learn words and phrases to help you communicate on your holiday.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	01 Mar	05 Apr	13:00	15:00	6	West Bridgford Library	£48	33682

Italian – Next Steps

Build on previous knowledge of Italian and develop your skills further in spelling, grammar and conversation.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	26 Feb	02 Apr	09:30	11:30	6	Bingham Library	£48	34540
Thursday	28 Feb	04 Apr	13:30	15:30	6	Beeston Library	£48	34515

Spanish for Holidays – Improvers

Practise your basic conversational Spanish skills and learn more than just greetings and ordering meals. Learn how to express opinions and tell others about your family and friends. This course is suitable for those with a little more experience in Spanish.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	28 Feb	18 Apr	10:00	12:00	8	Worksop Library	£64	34667
Friday	22 Feb	12 Apr	14:00	16:00	8	Retford Library	£64	34668

Maths

Maths Functional Skills

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

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	07 Jan	01 Apr	10:00	12:30	12	Ollerton Library	FREE	34722
Tuesday	08 Jan	09 Apr	10:00	13:00	13	Mansfield Central Library	FREE	34782
Thursday	10 Jan	18 Apr	09:30	12:30	13	Hucknall Library	FREE	34450
Thursday	10 Jan	04 Apr	14:00	17:00	12	West Bridgford Library	FREE	34587
Thursday	10 Jan	04 Apr	17:00	20:00	12	The Grove School (AKA Newark Academy)	FREE	34689
Friday	11 Jan	05 Apr	09:45	12:45	12	Retford Library	FREE	34580
Tuesday	15 Jan	21 May	17:00	19:00	15	Beeston Library	FREE	34428
Friday	11 Jan	05 Apr	10:00	13:00	12	Worksop Library	FREE	34653

Music

Playing the Keyboard - An Introduction

This course is for adults who are interested in learning basic keyboard skills. It is suitable for learners who have no previous knowledge but would like to learn to play.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	10 Jan	14 Feb	11:30	12:30	6	Beeston Library	£24	34879

Courses are
FREE if you are
receiving benefits.
See page 22 for
details.

Pre-Access to Higher Education courses

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	25 Apr	19 Jul	09:30	14:30	12	Beeston Library	FREE	TBC
Thursday	25 Apr	19 Jul	09:30	14:30	12	Mansfield Central Library	FREE	TBC
Thursday	25 Apr	19 Jul	09:30	14:30	12	Worksop Library	FREE	TBC

See page 18 for more information about our Access to Higher Education course in Health and Social Care, and our partnership with Nottingham Trent University.



Science

Anatomy and Physiology – An Introduction

Learn the basics of anatomy and physiology including learning about muscles of the body, bone structure and how your body works. We will also bust some common health myths.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	08 Jan	12 Feb	10:00	12:00	6	Beeston Library	£48	34426

Society

Anger Management – An Introduction

Learners will develop an understanding of how anger affects their life and will provide tools and strategies for managing anger to help ensure an appropriate emotional response.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	01 Feb	15 Feb	09:30	12:00	3	Hucknall Library	£30	34519

Counselling Skills – An Introduction

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

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	14 Jan	11 Feb	13:00	15:00	5	Mansfield Central Library	£40	34781

Crime and Punishment

What actually happens after a crime is allegedly committed in the UK? Now's your chance to find out! Take a fascinating look at the processes, from when a crime is first reported, through to the final outcome.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	16 Feb	16 Feb	09:45	15:45	1	Worksop Library	£22	34624

Judge and Jury

A crime is committed. The offender is arrested and brought to court. You and your colleagues decide whether the accused is guilty or not guilty. If guilty, you and your fellows decide on the sentence. An informal and enjoyable course for beginners who wish to learn about the justice system.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	30 Mar	30 Mar	09:45	15:45	1	Worksop Library	£22	34625

Understanding Teenagers

Do you have teenagers in your family? Improve your understanding of teenagers with a focus on effective listening, negotiation, physical and emotional challenges, social media and pressures of school.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	16 Mar	16 Mar	09:30	12:30	1	Arnold Library	£12	34416

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	14 Jan	11 Feb	10:00	12:00	5	Mansfield Central Library	£40	34772
Monday	25 Feb	01 Apr	10:00	12:00	6	Mansfield Central Library	£48	34773

Presentation Skills

Improve your presentation skills whether for work or other situations. This workshop will develop your skills in public speaking, timing, techniques and various mediums of presentation.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Friday	01 Mar	01 Mar	09:30	12:30	1	Arnold Library	£12	34414

Safeguarding of Children and Young People (Level 2)

This is a Level 2 Highfields accredited course. Learn how to safeguard and protect children, young people and practitioners in the workplace, and know 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
Thursday	17 Jan	17 Jan	09:30	16:00	1	Southwell Library	£24	34613
Wednesday	23 Jan	23 Jan	09:15	15:45	1	Worksop Library	£24	34458
Wednesday	20 Mar	27 Mar	13:00	16:00	2	Kirkby-in-Ashfield Library	£24	34465

If you're looking for a career change, or you want to expand your skills and knowledge to boost your job prospects, we can help!
See page 12 for our full range of accredited courses - you could even get help with funding through a 19+ Advanced Learner Loan.

Family Learning

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

All Family Learning courses on pages 59-65 are FREE

Autism – Practical Tips for Parents

This free 6 week course for parents will explore both the impact of sensory difficulties, and communication challenges. We will look at practical ways to overcome some of the barriers.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	10 Jan	14 Feb	16:00	18:00	6	Arnold Library	FREE	34392
Tuesday	15 Jan	12 Feb	10:00	12:00	6	Stapleford Library	FREE	34511
Tuesday	26 Feb	02 Apr	13:00	15:00	6	Worksop Library	FREE	34554
Thursday	28 Feb	04 Apr	10:00	12:00	6	Kirkby-in-Ashfield Library	FREE	34466
Thursday	28 Feb	04 Apr	13:00	15:00	6	Beeston Library	FREE	34510

Baby Massage for Babies Aged 8 Weeks to Mobile

This course is for parents and babies aged 8 weeks - approx. 6 months old (babies who are not yet mobile). Learn how to massage your baby 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	16 Jan	13 Feb	09:30	11:00	5	Mansfield Central Library	FREE	34737
Wednesday	27 Feb	03 Apr	09:30	11:00	6	Mansfield Central Library	FREE	34739

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
Friday	11 Jan	15 Feb	10:30	12:00	6	The Beacon, Gedling	FREE	34401
Thursday	17 Jan	14 Feb	13:00	14:30	5	Mansfield Central Library	FREE	34742
Monday	25 Feb	01 Apr	10:30	12:00	6	Bestwood Village Community Centre	FREE	34399
Thursday	28 Feb	04 Apr	13:00	14:30	6	Mansfield Central Library	FREE	34743

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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. This will be 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
Friday	11 Jan	15 Feb	13:00	14:30	6	The Beacon	FREE	34404
Thursday	17 Jan	14 Feb	10.45	12.15	5	Mansfield Central Library	FREE	34740
Monday	25 Feb	01 Apr	13:00	14:30	6	Bestwood Village Community Centre	FREE	34400
Thursday	28 Feb	04 Apr	10.45	12.15	6	Mansfield Central Library	FREE	34741

Coding Fun with Micro:bits

This course is for all the family 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 minicomputer.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	28 Feb	04 Apr	16:00	17:00	6	Newark Library	FREE	34643

Confidence Through Mindfulness

This adult-only course will provide a non-judgemental, supportive environment for you to explore new ways to deal with life's challenges. You will learn ways to communicate mindfully with your children to boost confidence and self-esteem.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Monday	25 Feb	01 Apr	13:00	15:00	6	West Bridgford Library	FREE	34571

Costume Making for Children

This is an adult-only family learning course for parents/carers. This course will support learners to develop practical sewing skills and learn how to make simple costumes for their children.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	15 Jan	12 Feb	13:00	15:00	5	West Bridgford Library	FREE	31641

Creating a Fairy/Dinosaur Garden

Create an exciting, magical mini fairy/dinosaur garden (diorama) with household items.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Saturday	02 Mar	16 Mar	09:30	12:00	3	Kirkby-in-Ashfield Library	FREE	34471
Saturday	02 Mar	16 Mar	13:00	15:30	3	Hucknall Library	FREE	34456

Digital Creativity for Families

This course is for mothers, fathers or grandparents to come along with their children and explore a range of digital activities, including sublimation printing, 3D printing, music, video and much more.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	17 Jan	14 Feb	16:00	17:30	5	Beeston Library	FREE	34508

Early Years – Peter Rabbit

Story, song and crafts for the under 5s and their grown-ups. Come along and help to tell the story of Peter Rabbit using props and songs. Afterwards there's a chance to do craft activities such as making your own bunny ears, Easter card and basket.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	09 Apr	09 Apr	10.00	12.00	1	Mansfield Central Library	FREE	34829



#IamInspireLearning

All Family Learning courses on pages 59-65 are FREE

Easter Crafts

A fun course for parents and their children. Learn lots of new craft skills and make Easter themed pieces together.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	09 Apr	30 Apr	13:00	15:00	4	Newark Library	FREE	34497

Family First Aid

This course is for mothers, fathers and their children aged 9+ to come along and learn basic first aid techniques together.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	19 Feb	19 Feb	13:00	16:00	1	Retford Library	FREE	34672
Wednesday	20 Feb	20 Feb	09:30	12:30	1	Worksop Library	FREE	34671
Thursday	21 Feb	21 Feb	09:30	12:30	1	Beeston Library	FREE	34648

Family Wizarding Workshop

A magical free fun day workshop for mums or dads 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
Thursday	11 Apr	11 Apr	10:00	14:30	1	Worksop Library	FREE	34656
Thursday	18 Apr	18 Apr	10:00	14:30	1	Retford Library	FREE	34657



Family Film Making

This course is for all the family with children aged 7+ to learn how to use iPads to capture and edit video, using free apps. You will also learn about the basics of film-making, story boarding and planning shots.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	21 Feb	21 Feb	13:00	16:00	1	Beeston Library	FREE	34433

Internet Safety for Parents and Carers

Do you worry about your child's safety online? This course is for anyone who would like to learn more about using the internet and how to keep your children safe. You will learn how to set parental controls and manage your child's internet activities.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Wednesday	09 Jan	09 Jan	10:00	14:30	1	Stapleford Library	FREE	34505
Thursday	10 Jan	10 Jan	10:00	14:30	1	Eastwood Library	FREE	34504

Monster Mash

A creative workshop for mothers, fathers or grandparents to come along with their children and enjoy having fun creating their own scary monsters!

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	19 Feb	19 Feb	13:00	16:00	1	Stapleford Library	FREE	34531
Thursday	21 Feb	21 Feb	10:00	13:00	1	Inham Nook Community Centre	FREE	34527

Mother's Day Gifts

Bring your child/children along and make meaningful Mother's Day gifts she won't forget, using a variety of craft materials. Suitable for ages 6-10 years.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	21 Mar	21 Mar	16:30	18:30	1	Arnold Library	FREE	34439

**All Family
Learning courses
on pages 59-65
are FREE**

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Music Making for Early Years

Join our fun, music making family learning course aimed at children aged 2-5 years old involving singing, use of instruments and movement. This course is for parents and their children.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	10 Jan	14 Feb	10:00	11:00	6	Bestwood Village Community Centre	FREE	34385
Thursday	10 Jan	14 Feb	14:00	15:00	6	Gedling Library	FREE	34383
Friday	11 Jan	05 Apr	10:30	11:30	12	Mansfield Central Library	FREE	34744
Thursday	28 Feb	04 Apr	10:00	11:00	6	Bestwood Village Community Centre	FREE	34397
Thursday	28 Feb	04 Apr	14:00	15:00	6	Gedling Library	FREE	34384

Science and Toy Making

A course for mothers, fathers or grandparents to attend together with their children. Have fun learning how to make some toy models using some practical basic science, which you will then be able to take home with you.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	10 Jan	14 Feb	16:00	17:30	6	Beeston Library	FREE	34520

Sew a Rabbit Finger Puppet

Learn simple sewing techniques using felt to create a finger puppet. Suitable for 7-11 year olds, with their parent or grandparent.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	09 Apr	09 Apr	14:00	15:30	1	Mansfield Central Library	FREE	34830

Spring Crafts for Under 5s

A fun course for parents and their children. Learn a new craft skill and make a spring themed piece together. You can take home your creation at the end of the session.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	10 Jan	14 Feb	13:30	15:00	6	Beeston Library	FREE	34660
Tuesday	19 Feb	19 Feb	13:00	15:00	1	West Bridgford Library	FREE	34583
Wednesday	20 Feb	20 Feb	10:00	12:00	1	West Bridgford Library	FREE	34584
Saturday	02 Mar	06 Apr	10:00	12:00	6	Bingham Library	FREE	34542

Tutu Making

Come along with your child and make a tutu with no sewing required. Suitable for ages 5-9 years.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	22 Jan	22 Jan	10:00	12:00	1	Southwell Library	FREE	34604
Tuesday	29 Jan	29 Jan	16:30	18:30	1	Arnold Library	FREE	34434

Unicorn Craft Workshop

Come along to a magical unicorn craft session for ages 4-8 and their families. Learn how to create a unicorn headband, and a magical picture filled with as many unicorns as you like.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	21 Feb	21 Feb	09:30	11:30	1	Arnold Library	FREE	34388
Thursday	21 Feb	21 Feb	14:00	16:00	1	Bestwood Village Community Centre	FREE	34389

Weird Science

Experiment with everyday items and explore the weird world of science! Celebrate in advance of British Science week with your child/children and come along to this family workshop, suitable for ages 6-10.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Thursday	28 Feb	28 Feb	16:30	18:30	1	Worksop Library	FREE	34654
Thursday	07 Mar	07 Mar	16:30	18:30	1	Arnold Library	FREE	34436
Thursday	14 Mar	14 Mar	16:30	18:30	1	Arnold Library	FREE	34435

World Book Day Costume Making

Make your own World Book Day costume with no sewing involved! For parents and their children, this fun workshop will get you working together to create your very own hand made costume inspired by your favourite books. Suitable for ages 5 - 9 years.

Day	Start	Finish	Session Start Time	Session End Time	Sessions	Venue	Cost	Course ID
Tuesday	12 Feb	12 Feb	10:00	12:00	1	Southwell Library	FREE	34612
Saturday	02 Mar	02 Mar	10:00	12:00	1	Arnold Library	FREE	34440

**All Family
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on pages 59-65
are FREE**

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Our venues

Ashfield

Hucknall Library

South Street, Hucknall,
Nottingham, NG15 7BS

Kirkby-in-Ashfield Library

21 Precinct Road,
Kirkby-in-Ashfield,
Nottingham, NG17 7BQ

Sutton-in-Ashfield Library

Idlewells Shopping Centre,
Forest Street,
Sutton-in-Ashfield, NG17 1BP

Bassetlaw

Grove Street

Methodist Church Hall

Grove Street, Retford, DN22 6LA

Retford Library

17 Churchgate, Retford
DN22 6PE

Worksop Library

Memorial Avenue,
Worksop, S80 2BP

Broxtowe

Beeston Library

Foster Avenue, Beeston,
Nottingham, NG9 1AE

Inham Nook

Community Centre

Inham Road, Chilwell,
Nottingham, NG9 4HX

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

Burton Joyce Library

Meadow Lane, Burton Joyce,
Nottingham, NG14 5EX

Carlton Library

Manor Road, Carlton
Nottingham, NG4 3AY

Gedling Library

6A Wollaton Ave, Gedling,
Nottingham NG4 4HX

Ravenshead Library

Milton Court, Ravenshead,
NG15 9BD

The Beacon

10 Hawthorn Cres, Arnold,
Nottingham NG5 8BG

Mansfield

Edwinstowe Library

High Street, Edwinstowe,
Mansfield, NG21 9QS

Focus Point

Vale Road, Mansfield Woodhouse,
Mansfield, NG19 8DU

Mansfield Central Library

38A West Gate,
Mansfield, NG18 1NH

Mansfield Woodhouse Library

Church Street, Mansfield
Woodhouse, NG19 8AH

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

Cotgrave Library

Cotgrave Shopping Centre,
Nottingham, NG12 3JU

East Leake Library

Gotham Road, East Leake,
Loughborough, LE12 6JG

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.


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Inspiring learning and
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 Inspire Youth Arts

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INSPIRE YOUTH ARTS

Can all young people make great art?

We think so! We believe that all young people should have the opportunity to access the highest quality arts; explore their own strengths and to make the unimaginable happen.

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for more details.**



Accredited

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We're an Association of Project Management accredited centre offering the Project Management Qualification. See page 13 for full details.

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