

# SHORT COURSES IN ASHFIELD

## JAN-APR 2019

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

Course	Venue	Day	Start Date	End Date	Start Time	End Time	Cost	Course ID
Maths Functional Skills	Hucknall Library	Thursday	10/01/2019	18/04/2019	09:30	12:30	FREE	34450
English Functional Skills	Hucknall Library	Thursday	10/01/2019	18/04/2019	13:00	16:00	FREE	34452
Peace of Mind - Coping with Anxiety and Depression	Hucknall Library	Friday	18/01/2019	14/02/2019	13:00	15:00	£40.00	34516
Anger Management - An Introduction	Hucknall Library	Friday	01/02/2019	15/02/2019	09:30	12:00	£30.00	34519
Food Safety in Catering (Level 2)	Hucknall Library	Friday	01/03/2019	08/03/2019	12:45	16:15	£26.00	34453
Family Learning - Creating a Fairy/Dinosaur Garden	Hucknall Library	Saturday	02/03/2019	16/03/2019	13:00	15:30	FREE	34456
Beauty and Wellbeing Therapy - An Introduction	Hucknall Library	Friday	15/03/2019	15/03/2019	09:30	16:00	£24.00	34454
Excel - Tips and Tricks	Hucknall Library	Friday	22/03/2019	29/03/2019	09:30	12:00	£20.00	34455
Art Journaling - Drawing and Painting	Kirkby in Ashfield Library	Monday	14/01/2019	11/02/2019	13:00	15:00	£40.00	34459
Guided Meditation - An Introduction	Kirkby in Ashfield Library	Monday	14/01/2019	11/02/2019	10:00	12:00	£40.00	34731
Creative Writing - New Perspectives	Kirkby in Ashfield Library	Tuesday	15/01/2019	12/02/2019	13:30	16:00	£50.00	34460
Pilates for Beginners	Kirkby in Ashfield Library	Wednesday	27/02/2019	03/04/2019	13:30	15:00	£48.00	34491
Family Learning - Autism - Practical Tips for Parents	Kirkby in Ashfield Library	Thursday	28/02/2019	04/04/2019	10:00	12:00	FREE	34466
Family Learning - Creating a Fairy/Dinosaur Garden	Kirkby in Ashfield Library	Saturday	02/03/2019	16/03/2019	09:30	12:00	FREE	34471
Flower Arranging - Ikebana Style	Kirkby in Ashfield Library	Monday	04/03/2019	01/04/2019	13:00	15:00	£40.00	34462
Neuro-Linguistic Programming (NLP) - An Introduction	Kirkby in Ashfield Library	Tuesday	05/03/2019	02/04/2019	10:00	12:30	£50.00	34463
Seated Yoga - An Introduction	Kirkby in Ashfield Library	Tuesday	05/03/2019	02/04/2019	13:30	15:30	£40.00	34464
Food Safety in Catering (Level 2)	Kirkby in Ashfield Library	Monday	11/03/2019	18/03/2019	09:30	12:45	£26.00	34461
Safeguarding of Children and Young People (Level 2)	Kirkby in Ashfield Library	Wednesday	20/03/2019	27/03/2019	13:00	16:00	£24.00	34465
Beauty and Wellbeing Therapy - An Introduction	Kirkby in Ashfield Library	Friday	05/04/2019	05/04/2019	09:30	16:00	£24.00	34469
Computers - An Introduction to Basic IT	Sutton in Ashfield Library	Wednesday	16/01/2019	13/02/2019	10:00	12:00	£40.00	34480
Food Safety in Catering (Level 2)	Sutton in Ashfield Library	Monday	21/01/2019	21/01/2019	09:00	16:00	£26.00	34479
Personal Development and Self Growth	Sutton in Ashfield Library	Friday	01/03/2019	01/03/2019	09:30	16:00	£24.00	34488
Flower Arranging for Beginners	Sutton in Ashfield Library	Monday	04/03/2019	01/04/2019	09:30	11:30	£40.00	34482
Yoga for Back Care - An Introduction	Sutton in Ashfield Library	Tuesday	05/03/2019	02/04/2019	10:00	12:00	£40.00	34483
Chinese Brushstrokes - An Introduction	Sutton in Ashfield Library	Tuesday	05/03/2019	02/04/2019	13:00	15:00	£40.00	34485
Living Well in Retirement	Sutton in Ashfield Library	Wednesday	06/03/2019	03/04/2019	10:00	12:00	£40.00	34484
Confidence and Assertiveness	Sutton in Ashfield Library	Wednesday	06/03/2019	03/04/2019	13:00	15:00	£40.00	34486
Baby Memorabilia - Creating and Preserving Your Memories	Sutton in Ashfield Library	Friday	08/03/2019	05/04/2019	10:00	12:00	£40.00	34490
Reiki Level 2 - Okuden	Sutton in Ashfield Library	Saturday	09/03/2019	06/04/2019	10:00	12:30	£62.50	34730
The Science of Happiness - An Introduction	Sutton in Ashfield Library	Thursday	28/03/2019	28/03/2019	09:30	16:00	£24.00	34487

For more information and our full course listing pick up a copy of our new course guide from your local library. You can also download a copy and book your place online at [inspireculture.org.uk/learning](http://inspireculture.org.uk/learning) or call us on 01623 677 200.

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

## ILM Level 5 Diploma in Leadership and Management

Eastbourne House, Sutton in Ashfield.  
Runs 21, 22 May and 27 June, 9am-5pm.  
(This course also runs in Mansfield).



## FREE Pre-Access to Higher Education 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. Please call us to enrol or for more information.

**Course dates 29 April- 19 July 2019, one day a week at Mansfield Central Library.**

