

Inspire Adult Learning

Culture | Learning | Libraries

Course Guide Summer 2024

Your complete guide to our
Adult Learning Courses
across Nottinghamshire and online

Something for everyone

Learn online, in your community, or at your local library

Inspiring courses for work, life and leisure

Get help into training and employment

FREE* and low cost courses
*subject to eligibility criteria

LEARN LOCAL, GO FAR

SCAN HERE TO BOOK AND ENROL

Ofsted
Good rating

OVER 1,000 COURSES!

Book now! Go online inspireculture.org.uk/learning or call **01623 677 200**

@InspireLearning1624 @Learn_Inspire #BeInspired #InspireLearning

Inspire
Culture | Learning | Libraries

working with



**Nottinghamshire
County Council**



Education & Skills
Funding Agency

Hello!

Welcome to your Inspire Adult Learning Course Guide: your complete guide to all our courses for adults for the summer term, across Nottinghamshire and online!

Whether you want to progress your career with a recognised qualification or just looking to have fun and ignite your passion for a new hobby, our courses are for everyone. Many are short enough to easily undertake around your other commitments, but still offer a fun, friendly, high-quality learning experience.

In this guide, you'll find an amazing range of courses for both adults and families, taking place at Inspire libraries and community venues across Nottinghamshire. If you can't make those, don't worry – we also offer online and distance learning courses, designed for you to learn from the comfort of your own home.

Affordable courses on your doorstep

Learn local, go far

Free* and low cost courses

Recognised qualifications

Online Courses

Distance Learning

Some courses are accredited – this means they provide you with a recognised qualification in a particular subject, such as maths or IT. Courses approved by a professional awarding body can make you more desirable to employers, whether that's being offered a better salary, the chance of promotion, or just getting your foot in the door. If English isn't your first language our ESOL courses are for you – work towards nationally recognised qualifications and boost your skills and prospects.

Find out more

Visit inspireculture.org.uk/accredited for more information on accredited courses, and a guide to course fees. Accredited courses can be identified by a '★' in this guide. All our courses are taught by friendly, experienced tutors and we're an Ofsted registered Grade 2 'Good' provider as well as winner of the 2020 Tes FE Award for Community Learning Provider of the Year.



FREE* and low costs courses

**subject to eligibility criteria*

Contents

- | | |
|---|---|
| 04 Arts & Crafts | 10 IT & Digital Skills |
| 06 Creative Writing & Literature | 11 Languages |
| 07 English & ESOL (English for Speakers of Other Languages) | 12 Maths & Multiply |
| 08 Family Learning | 13 Music |
| 08 Get Active | 13 Science, Social Science & Humanities |
| 09 Health & Wellbeing | 16 Accredited Courses |

We've made every effort to ensure that course information is correct at the time of print, but we advise you 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

**Even if you see a cost next to our courses, most are low cost or FREE depending on your circumstances and eligibility criteria inspireculture.org.uk/fundingyourcourse*

Costs and fees

Our non-accredited courses are free for those in receipt of certain benefits (you'll need to show evidence when you enrol) or will be charged at £3 per hour. The full price for the course can be found on our website, on the individual course webpage.

Many of our accredited courses (that lead to a qualification) are **free* or low cost** to you depending on your circumstances.

Payment should be made in full at the time of booking online or over the phone, unless you qualify for a free place.

You may need additional materials for some courses; details will be given at the time of booking or at the first session.

How to use this course guide

Check out our adult learning courses to find the right learning programme or course for you in our easy-to-use listings.

Courses are listed by subject area and per term. When viewing the listings, you'll see the title of the course, dates, venue or if it's online. More information about the individual course will be listed on the booking page online, so you can read up on all the details before you enrol.

Visit our website: inspireculture.org.uk/learning

Look out for the green star '★' to find our accredited courses if you're looking to gain a qualification, such as in maths or IT. Courses marked with a blue dot '●' are part of our Multiply programme, helping you to improve your day-to-day maths skills in a relaxed, no pressure environment; turn to page 12 for more info.

You will also find our distance learning courses. These won't have dates listed as they are online, ongoing and flexible for you to start when it's convenient for you.

We'll be adding more courses throughout the year and from time to time we may need to make some changes. **Visit our website or your local Nottinghamshire library for new courses and updates!**

Book and enrol on our courses

Book your place online, 24 hours a day, 7 days a week at inspireculture.org.uk/learning. Bookings can also be made by calling **Ask Inspire** on **01623 677200**, Monday to Friday 9am – 6pm and Saturday 9am – 4pm.

We look forward to welcoming you!

For more information visit inspireculture.org.uk/learning, call us **01623 677 200** or email ask@inspireculture.org.uk

Use your library to support your learning with bookable computers, free use of WiFi, quiet study spaces, printing and photocopying.

ADDITIONAL LEARNING SUPPORT

If you need additional help and support in order to successfully complete your course, let us know when you enrol. We'll take appropriate steps to make sure that this extra provision is in place.

DID YOU KNOW?

We also offer courses for young people aged 16-24. Our back page has more information or pick up our latest Inspire Learning College Prospectus in your local library. Visit inspireculture.org.uk/college



Visit our website or your local Nottinghamshire library for new courses and updates!



SCAN THE CODE TO BOOK ONLINE

Achieve More!



*Even if you see a cost next to our courses, most are low cost or FREE depending on your circumstances and eligibility criteria inspireculture.org.uk/fundingyourcourse

inspireculture.org.uk/learning | 01623 677 200 | learning@inspireculture.org.uk

Arts & Crafts

Express yourself through art or photography, or develop new craft skills in sewing, crochet, cardmaking, sugarcraft and more!

Course Title	Start Date	End Date	From	To	Day	Venue	Cost*
ASHFIELD							
Macrame Jewellery	17/4/24	1/5/24	10:00	12:00	Weds	Hucknall Library	FREE/£12
Bobbin Lace	8/5/24	22/5/24	10:00	12:00	Weds	Hucknall Library	FREE/£12
BASSETLAW							
Bobbin Lace Making for Beginners	18/4/24	2/5/24	13:00	15:00	Thurs	Worksop Library	FREE/£12
Macrame Wall Hanging	18/4/24	2/5/24	15:30	17:30	Thurs	Worksop Library	FREE/£12
Indian Block Printing	19/4/24	3/5/24	10:00	12:00	Fri	Harworth and Bircotes Town Hall	FREE/£12
Macrame Wall Hanging	19/4/24	3/5/24	14:00	16:00	Fri	Retford Library	FREE/£12
Bobbin Lace Making - Torchon	9/5/24	23/5/24	13:00	15:00	Thurs	Worksop Library	FREE/£12
Macrame Jewellery	9/5/24	23/5/24	15:30	17:30	Thurs	Worksop Library	FREE/£12
Macrame Wall Hanging	10/5/24	24/5/24	10:00	12:00	Fri	Harworth and Bircotes Town Hall	FREE/£12
Bobbin Lace Making - Braided	10/5/24	24/5/24	14:00	16:00	Fri	Retford Library	FREE/£12
BROXTOWE							
Printed Textiles for Beginners	5/6/24	10/7/24	10:00	12:30	Weds	Beeston Library	FREE/£39
Printmaking - Collagraphs	5/6/24	10/7/24	13:15	15:45	Weds	Beeston Library	FREE/£39
Book Making	21/6/24	5/7/24	10:00	12:00	Fri	Beeston Library	FREE/£12
Indian Block Printing - Print and Stitch	21/6/24	5/7/24	13:00	15:30	Fri	Beeston Library	FREE/£16.50
Macrame Jewellery	12/7/24	26/7/24	10:00	12:00	Fri	Beeston Library	FREE/£12
Indian Block Printing - Print and Patchwork	12/7/24	26/7/24	13:00	15:30	Fri	Beeston Library	FREE/£16.50
Printmaking - Lino Printing	15/7/24	15/7/24	10:00	15:45	Mon	Stapleford Library and Learning Centre	FREE/£15.75
Dry Point Etching	17/7/24	17/7/24	10:00	15:45	Weds	Beeston Library	FREE/£15.75
Dry Point Etching	18/7/24	18/7/24	10:00	15:45	Thurs	Stapleford Library and Learning Centre	FREE/£15.75
Printmaking - Lino Printing	24/7/24	24/7/24	10:00	15:45	Weds	Beeston Library	FREE/£15.75
GEDLING							
Bobbin Lace Making - Torchon	15/4/24	29/4/24	10:00	12:00	Mon	Calverton Village Hall	FREE/£12
Book Making	15/4/24	29/4/24	14:00	16:00	Mon	Burton Joyce Library	FREE/£12
Calligraphy for Beginners	16/4/24	14/5/24	10:00	12:00	Tues	Ravenshead Library	FREE/£30
Calligraphy for Beginners	16/4/24	14/5/24	14:00	16:00	Tues	Arnold Library	FREE/£30
Macrame Jewellery	13/5/24	20/5/24	13:00	16:00	Mon	Burton Joyce Library	FREE/£9
Floral Abstractions in Acrylics	3/6/24	8/7/24	09:30	11:30	Mon	Newstead Community Centre	FREE/£36
Drawing and Painting Nature	3/6/24	8/7/24	12:00	14:30	Mon	Newstead Community Centre	FREE/£39
Macrame Wall Hanging	3/6/24	17/6/24	13:30	15:30	Mon	Burton Joyce Library	FREE/£12
Calligraphy Next Steps - Uncial and Gothic	4/6/24	25/6/24	10:00	12:00	Tues	Ravenshead Library	FREE/£24
Calligraphy Next Steps - Uncial and Gothic	4/6/24	25/6/24	14:00	16:00	Tues	Arnold Library	FREE/£24
Indian Block Printing - Print and Stitch	8/6/24	29/6/24	10:00	12:00	Sat	Arnold Library	FREE/£18
Macrame Jewellery	8/6/24	22/6/25	13:00	15:00	Sat	Arnold Library	FREE/£12
Book Making	29/6/24	13/7/24	13:00	15:00	Sat	Arnold Library	FREE/£12
Indian Block Printing - Print and Patchwork	6/7/24	27/7/24	10:00	12:00	Sat	Arnold Library	FREE/£18
MANSFIELD							
Sugarcraft - Cupcake Toppers	15/4/24	29/4/24	10:00	12:00	Mon	Mansfield Central Library	FREE/£18
Printmaking - Lino Printing	16/4/24	21/5/24	13:15	15:45	Tues	Mansfield Central Library	FREE/£39
Floral Abstractions for Beginners	18/4/24	23/5/24	09:30	12:00	Thurs	Mansfield Central Library	FREE/£39
Drawing and Painting Nature for Beginners	18/4/24	23/5/24	12:30	14:30	Thurs	Mansfield Central Library	FREE/£30
Still Life Painting for Beginners	18/4/24	23/5/24	15:00	17:00	Thurs	Mansfield Central Library	FREE/£30
Sugarcraft - Bee Cupcakes	20/5/24	20/5/24	10:00	12:00	Mon	Mansfield Central Library	FREE/£6
Sugarcraft - Piped Rose Swirls	20/5/24	20/5/24	13:00	15:00	Mon	Mansfield Central Library	FREE/£6
Sugarcraft - How to Ice a Cake	3/6/24	3/6/24	10:00	12:00	Mon	Mansfield Central Library	FREE/£6
Contemporary Landscape Painting in Oils	6/6/24	11/7/24	09:30	12:00	Thurs	Mansfield Central Library	FREE/£39

*Even if you see a cost next to our courses, most are low cost or FREE depending on your circumstances and eligibility criteria inspireculture.org.uk/fundingyourcourse

Visit your local Inspire library for resources to support your learning inspireculture.org.uk/libraries

Contemporary Cityscape Painting	6/6/24	11/7/24	12:30	14:30	Thurs	Mansfield Central Library	FREE/£30
Contemporary Still Life Painting	6/6/24	11/7/24	15:00	17:00	Thurs	Mansfield Central Library	FREE/£30
Print and Stitch for Beginners	11/6/24	23/7/24	13:15	15:45	Tues	Mansfield Central Library	FREE/£39
Sugarcraft - Orchids	24/6/24	29/7/24	10:00	12:00	Mon	Mansfield Central Library	FREE/£36
Printmaking - Lino Printing	22/7/24	22/7/24	10:00	15:45	Mon	Mansfield Central Library	FREE/£15.75
Gestural Drawing	16/4/24	21/5/24	09:30	11:30	Tues	Mansfield Woodhouse Library	FREE/£30
Intuitive Painting	16/4/24	21/5/24	12:00	14:30	Tues	Mansfield Woodhouse Library	FREE/£38
Contemporary Cityscape Painting	16/4/24	21/5/24	15:00	17:30	Tues	Mansfield Woodhouse Library	FREE/£39
Garden Painting for Beginners	19/4/24	24/5/24	09:30	12:00	Fri	Mansfield Woodhouse Library	FREE/£39
Figure Painting for Beginners	19/4/24	24/5/24	12:30	15:00	Fri	Mansfield Woodhouse Library	FREE/£39
Sugarcraft - Piping Techniques	21/5/24	21/5/24	10:00	12:00	Tues	Mansfield Woodhouse Library	FREE/£6
Crochet - Tunisian	3/6/24	8/7/24	12:30	14:30	Mon	Mansfield Woodhouse Library	FREE/£30
Floral Abstractions for Beginners	4/6/24	9/7/24	09:30	11:30	Tues	Mansfield Woodhouse Library	FREE/£30
Impressionistic Style Painting	4/6/24	9/7/24	12:00	14:30	Tues	Mansfield Woodhouse Library	FREE/£39
Collage and Mixed Media	4/6/24	9/7/24	15:00	17:30	Tues	Mansfield Woodhouse Library	FREE/£39
Garden Painting for Improvers	7/6/24	12/7/24	09:30	12:00	Fri	Mansfield Woodhouse Library	FREE/£39
Figure Painting for Improvers	7/6/24	12/7/24	12:30	15:00	Fri	Mansfield Woodhouse Library	FREE/£39
Print and Stitch for Beginners	8/6/24	13/7/24	10:00	12:30	Sat	Mansfield Woodhouse Library	FREE/£39
Cupcake Decorations - Summer Toppers	25/6/24	30/7/24	10:00	12:00	Tues	Mansfield Woodhouse Library	FREE/£36

NEWARK

Crochet for Beginners	15/4/24	20/5/24	10:00	12:00	Mon	Newark Buttermarket	FREE/£24
Drawing in Pen for Beginners	17/4/24	10/7/24	09:30	11:30	Weds	Southwell Library	FREE/£72
Watercolour Painting for Beginners	17/4/24	22/5/24	10:00	12:00	Tues	Newark Buttermarket	FREE/£30
Creative Gouache for Beginners	17/4/24	22/5/24	13:00	15:00	Weds	Newark Buttermarket	FREE/£30
Paper Crafts and Collage	18/4/24	23/5/24	10:00	12:00	Thurs	Edwinstowe Library	FREE/£30
Print and Stitch for Beginners	19/4/24	24/5/24	10:00	12:30	Fri	Newark Buttermarket	FREE/£45
Indian Block Printing - Print and Stitch	20/4/24	4/5/24	10:00	12:00	Sat	Newark Buttermarket	FREE/£12
Bobbin Lace Making - Torchon	20/4/24	4/5/24	13:00	15:00	Sat	Newark Buttermarket	FREE/£12
Macrame Wall Hanging	11/5/24	18/5/24	13:00	16:00	Sat	Newark Buttermarket	FREE/£12
Macrame Jewellery	18/5/24	25/5/24	09:30	12:30	Sat	Newark Buttermarket	FREE/£12
Crochet - Tunisian	4/6/24	9/7/24	12:30	14:30	Tues	Edwinstowe Library	FREE/£30
Creative Gouache for Beginners	4/6/24	9/7/24	13:00	15:00	Tues	Southwell Library	FREE/£30
Jewellery Making for Beginners	5/6/24	10/7/24	14:00	16:00	Weds	Southwell Library	FREE/£30
Bobbin Lace Making for Beginners	5/6/24	19/6/24	15:00	17:00	Weds	Newark Buttermarket	FREE/£12
Book Making for Beginners	5/6/24	19/6/24	18:00	20:00	Weds	Newark Buttermarket	FREE/£12
Printmaking - Collagraphs	7/6/24	12/7/24	10:00	12:30	Fri	Newark Buttermarket	FREE/£39
Bobbin Lace Making - Torchon	26/6/24	10/7/24	15:00	17:00	Weds	Newark Buttermarket	FREE/£12
Macrame for Beginners	26/6/24	10/7/24	18:00	20:00	Weds	Newark Buttermarket	FREE/£12
Dry Point Etching	19/7/24	19/7/24	10:00	15:45	Fri	Newark Buttermarket	FREE/£15.75

RUSHCLIFFE

Creative Gouache for Beginners	16/4/24	21/5/24	13:30	15:30	Tues	West Bridgford Library	FREE/£36
Macrame Jewellery	7/6/24	14/6/24	12:00	15:00	Fri	Bingham Library	FREE/£12

ONLINE

Art Explored	15/4/24	20/5/24	10:00	12:00	Mon	Online	FREE/£30
Art Explored	5/6/24	10/7/24	10:00	12:00	Weds	Online	FREE/£36

Inspire Adult Learning Survey – we want to hear from you!

We seek to offer the best programme of adult learning and are always looking for your feedback to help shape what we offer. If you have ideas about courses you'd like to see at any of our venues, please let us know. This short survey takes a couple of minutes to complete and will help us deliver the very best for the upcoming year. Thank you!



**Even if you see a cost next to our courses, most are low cost or FREE depending on your circumstances and eligibility criteria inspireculture.org.uk/fundingyourcourse*

Our courses all take place either in our libraries, at a local community venue, or online

Creative Writing & Literature

Courses for book lovers and writers. Develop your own story, poetry or explore literature with us.

Course Title	Start Date	End Date	From	To	Day	Venue	Cost*
BROXTOWE							
Byron in Nottinghamshire	6/6/24	6/6/24	13:00	15:00	Thurs	Eastwood Library	FREE/£6
GEDLING							
Creative Writing - Write A Short Story	19/4/24	24/5/24	18:00	20:00	Fri	Arnold Library	FREE/£36
Creative Writing - Crime	4/6/24	2/7/24	10:30	12:30	Tues	Burton Joyce Library	FREE/£30
Creative Writing - Appreciating Drama	7/6/24	12/7/24	18:00	20:00	Fri	Arnold Library	FREE/£36
Creative Writing - Short Stories	4/7/24	18/7/24	10:00	12:00	Thurs	Ravenshead Library	FREE/£18
DH Lawrence in Nottinghamshire	9/7/24	9/7/24	10:30	12:30	Tues	Burton Joyce Library	FREE/£6
MANSFIELD							
Creative Writing - Short Stories for Beginners	15/4/24	20/5/24	13:00	15:00	Mon	Mansfield Central Library	FREE/£30
Creative Writing - Short Stories Next Steps	3/6/24	8/7/24	13:00	15:00	Mon	Mansfield Central Library	FREE/£36
RUSHCLIFFE							
Creative Writing - Crime	27/4/24	25/5/24	10:30	12:30	Sat	West Bridgford Library	FREE/£30
ONLINE							
Creative Writing - Write A Story	15/4/24	20/5/24	09:30	11:30	Mon	Online	FREE/£36
Creative Writing - Blogging	17/4/24	22/5/24	13:00	15:00	Weds	Online	FREE/£36
Creative Writing - Appreciate the Experts	3/6/24	8/7/24	09:30	11:30	Mon	Online	FREE/£36
Creative Writing - Folktales	5/6/24	10/7/24	13:00	15:00	Weds	Online	FREE/£36

Career
boosting
courses

Giving
you a
head start

Progress
your
education

Getting a
job in your
chosen
industry

Employability & Work Skills

Courses to enhance your employability prospects, for a variety of workplaces.

Course Title	Start Date	End Date	From	To	Day	Venue	Cost*
ASHFIELD							
Setting Up a Holistic Business	16/7/24	23/7/24	10:00	12:00	Tues	Hucknall Library	FREE/£6
BROXTOWE							
Bookkeeping for Beginners	18/4/24	23/5/24	10:00	12:00	Thurs	Stapleford Library and Learning Centre	FREE/£30
Setting up a Holistic Business	18/7/24	25/7/24	10:00	12:00	Thurs	Stapleford Library and Learning Centre	FREE/£12
GEDLING							
Setting up a Holistic Business	19/7/24	26/7/24	13:00	15:00	Fri	Arnold Library	FREE/£6
NEWARK							
Bookkeeping for Beginners	5/6/24	10/7/24	13:00	15:00	Weds	Newark Buttermarket	FREE/£30
ONLINE							
Personal Development and Life Coaching	16/4/24	21/5/24	17:00	18:30	Tues	Online	FREE/£27
How to Set up a Secret Tea Room	23/4/24	14/5/24	18:30	20:30	Tues	Online	FREE/£18
Personal Development and Life Coaching	4/6/24	9/7/24	17:00	18:30	Tues	Online	FREE/£27
Setting Up a Holistic Business	17/7/24	24/7/24	10:00	12:00	Weds	Online	FREE/£6

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★ Courses where you receive a recognised qualification

English & ESOL

Build your confidence in using spoken and written English whilst also developing your enjoyment of reading. Our English courses allow you to gain a Functional Skills English qualification.

Our ESOL courses will help you to improve your English skills and your confidence using these if English is not your first language.

Course Title	Start Date	End Date	From	To	Day	Venue	Cost*
MANSFIELD							
English Functional Skills - Intensive	16/4/23	25/7/23	09:30	12:00	Tues & Thurs	Mansfield Central Library	FREE ★
STAPLEFORD							
ESOL Book Club	24/4/24	3/7/24	13:00	15:00	Weds	Beeston Library	FREE
ONLINE							
ESOL Everyday English Part 4	18/4/24	23/5/24	09:30	11:30	Thurs	Online	FREE
ESOL Everyday English	13/6/24	18/7/24	09:30	12:30	Thurs	Online	FREE

Looking to build your confidence in maths, or maybe you want to gain a qualification?

See our maths and Multiply courses on page 12.



Business & IP Centre Nottinghamshire



Book your one-to-one here!

LIBRARY
HSLIBRB



Nicola Lespeare, Nottingham Founder of Nicola Lespeare Greeting Cards

ARE YOU AN ASPIRING BUSINESS OWNER OR ENTREPRENEUR?

Libraries in Nottingham city and county, and the British Library's National Network of Business & IP Centres are transforming the way ideas grow into successful businesses.

Visit us at Beeston, Mansfield Central and Sutton-in-Ashfield libraries to access online resources and databases or book a one-to-one appointment with our BIPC Advisors to discuss support for your business and ideas.

Find out more at:
inspireculture.org.uk/bipc

@BIPCNotts @BIPCNottinghamshire in Business & IP Centre Nottinghamshire



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Our courses all take place either in our libraries, at a local community venue, or online

Family Learning

Designed for parents and carers to learn enjoyable strategies to understand, support and help develop their children's learning. Some courses are for adults only, specifically designed for family members to positively support their children.

Course Title	Start Date	End Date	From	To	Day	Venue	Cost*
ASHFIELD							
Parenting Skills - Age 1 to 2 years	18/4/24	23/5/24	10:00	12:00	Thurs	John Godber Centre, Hucknall	FREE/£36
Parenting Skills - Age 2 to 3 years	18/4/24	23/5/24	13:00	15:00	Thurs	John Godber Centre, Hucknall	FREE/£36
BROXTOWE							
Parenting Skills - Age 1 to 2 years	3/6/24	8/7/24	10:00	12:00	Mon	Beeston Library	FREE/£36
Parenting Skills - Age 2 to 3 years	3/6/24	8/7/24	13:00	15:00	Mon	Beeston Library	FREE/£36
GEDLING							
Makaton Signing for Babies and Families	17/4/24	22/5/24	10:30	11:30	Weds	Arnold Library	FREE/£18
Music Making for Early Years - Water	17/4/24	22/5/24	13:30	14:30	Weds	Arnold Library	FREE/£18
Music Making for Early Years - Water	18/4/24	23/5/24	14:00	15:00	Thurs	Gedling Library	FREE/£18
Music Making for Early Years - Water	18/4/24	23/5/24	11:15	12:15	Thurs	The Good Shepherd Social Centre, Woodthorpe	FREE/£18
Music Making for Early Years - Animals	5/6/24	10/7/24	13:30	14:30	Weds	Arnold Library	FREE/£18
Music Making for Early Years - Animals	6/6/24	11/7/24	11:15	12:15	Thurs	The Good Shepherd Social Centre, Woodthorpe	FREE/£18
Music Making for Early Years - Animals	6/6/24	11/7/24	14:00	15:00	Thurs	Gedling Library	FREE/£18
Story Explorations for Early Years	19/6/24	10/7/24	10:30	11:30	Weds	Arnold Library	FREE/£12
MANSFIELD							
Baby Massage - 8 Weeks to Mobile	18/4/24	9/5/24	12:30	14:00	Thurs	Mansfield Central Library	FREE/£18

Get Active

Courses designed to get you moving and learn more about sport, fitness and physiology. Improve your fitness and flexibility or get a qualification in sports coaching.

Course Title	Start Date	End Date	From	To	Day	Venue	Cost*
ASHFIELD							
Get Fit and Flexible	18/4/24	23/5/24	10:00	11:30	Thurs	St John's Church Hall, Hucknall	FREE/£27
Get Fit and Flexible	6/6/24	11/7/24	10:00	11:30	Thurs	St John's Church Hall, Hucknall	FREE/£27
BROXTOWE							
Get Fit and Flexible	16/4/24	21/5/24	14:00	15:30	Tues	Beeston Library	FREE/£27
Get Fit and Flexible	4/6/24	9/7/24	14:00	15:30	Tues	Beeston Library	FREE/£27
NEWARK							
Yoga for Osteoporosis	16/4/24	9/7/24	10:00	11:30	Tues	Millgate Community Centre, Newark	FREE/£54
RUSHCLIFFE							
Yoga for Osteoporosis	19/4/24	12/7/24	10:00	11:30	Fri	Bingham Library	FREE/£54

A New Learning Space in Ashfield... Coming Soon!

From September you'll be able to learn at our new brand-new venue at High Pavement House, in Sutton-in-Ashfield, with courses for adults and young people.

Visit inspireculture.org.uk for updates!



*Even if you see a cost next to our courses, most are low cost or FREE depending on your circumstances and eligibility criteria inspireculture.org.uk/fundingyourcourse

Health & Wellbeing

Courses designed to boost both your physical and mental wellbeing. Discover complementary therapies, learn about food and nutrition, mindfulness and meditation. Get moving with us or learn more about looking after yourself. We also have workshops on topical subjects such as dementia, autism and dyslexia.

Course Title	Start Date	End Date	From	To	Day	Venue	Cost*
ASHFIELD							
Reiki 2	17/4/24	22/5/24	13:30	15:30	Weds	Kirkby-in-Ashfield Library and Learning Centre	FREE/£36
Meditation and Mindfulness	20/4/24	25/5/24	10:00	12:00	Sat	Kirkby-in-Ashfield Library and Learning Centre	FREE/£36
Facial Peels - An Introduction	11/5/24	11/5/24	10:00	13:00	Sat	Hucknall Library	FREE/£9
Reiki 2	4/6/24	9/7/24	10:00	12:00	Tues	Hucknall Library	FREE/£36
Mindful Meditation	4/6/24	9/7/24	13:00	15:00	Tues	Hucknall Library	FREE/£36
Reiki Refresher	16/7/24	23/7/24	13:00	15:00	Tues	Hucknall Library	FREE/£12
BASSETLAW							
Growth Mindset	16/4/24	21/5/24	10:00	12:00	Tues	Worksop Library	FREE/£36
History of Holistic Therapies	16/4/24	21/5/24	13:00	15:00	Tues	Worksop Library	FREE/£36
BROXTOWE							
Expanding Self Awareness	6/6/24	11/7/24	10:00	12:00	Thurs	Stapleford Library and Learning Centre	FREE/£36
History of Holistic Therapies	6/6/24	11/7/24	13:00	15:00	Thurs	Stapleford Library and Learning Centre	FREE/£36
Reiki Refresher	18/7/24	25/7/24	13:00	15:00	Thurs	Stapleford Library and Learning Centre	FREE/£12
GEDLING							
Hand Reflexology	19/4/24	24/5/24	10:00	12:00	Fri	Ravenshead Library	FREE/£36
Expanding Self-Awareness	19/4/24	24/5/24	13:00	15:00	Fri	Arnold Library	FREE/£36
Growth Mindset	19/4/24	24/5/24	15:30	17:30	Fri	Arnold Library	FREE/£36
MANSFIELD							
Alternative Therapies - An Introduction	15/4/24	20/5/24	10:00	12:00	Mon	Mansfield Woodhouse Library	FREE/£30
Colour Therapy - An Introduction	15/4/24	20/5/24	12:30	14:30	Mon	Mansfield Woodhouse Library	FREE/£30
History of Holistic Therapies	18/4/24	23/5/24	10:00	12:00	Thurs	Mansfield Central Library	FREE/£36
Hand Reflexology	19/4/24	24/5/24	14:00	16:00	Fri	Mansfield Central Library	FREE/£36
Mindfulness for Beginners	3/6/24	8/7/24	10:00	12:00	Mon	Mansfield Woodhouse Library	FREE/£36
Learn to Relax	7/6/24	19/7/24	10:00	12:00	Fri	Mansfield Woodhouse Library	FREE/£36
Mindfulness for Beginners	7/6/24	12/7/24	13:30	15:30	Fri	Mansfield Central Library	FREE/£36
RUSHCLIFFE							
Healthy Eating - Managing Type 2 Diabetes	19/4/24	10/5/24	13:00	15:00	Fri	West Bridgford Library	FREE/£24
Expanding Self-Awareness	7/6/24	12/7/24	13:30	15:30	Fri	West Bridgford Library	FREE/£36
Reflexology - An Introduction	19/4/24	24/5/24	10:00	12:00	Fri	Edwinstowe Library	FREE/£36
Alternative Therapies - An Introduction	19/4/24	24/5/24	12:30	14:30	Fri	Edwinstowe Library	FREE/£36
Learn to Relax	23/4/24	21/5/24	10:00	12:00	Tues	Edwinstowe Library	FREE/£30
Shinrin Yoku - Forest Bathing	15/5/24	22/5/24	13:00	15:00	Weds	Feel Good Gardens, Kings Clipstone	FREE/£12
Meditation for Beginners	4/6/24	9/7/24	10:00	12:00	Tues	Edwinstowe Library	FREE/£36
ONLINE							
Shinrin Yoku - Forest Bathing	8/4/24	22/4/24	14:00	15:00	Mon	Online & Newstead Abbey	FREE/£18
Learn to Relax	22/4/24	20/5/24	10:00	12:00	Mon	Online	FREE/£24
Affirmations for a Positive Life	5/6/24	10/7/24	10:00	12:00	Weds	Online	FREE/£36
Meditation and Mindfulness	5/6/24	10/7/24	14:00	16:00	Weds	Online	FREE/£36

*Even if you see a cost next to our courses, most are low cost or FREE depending on your circumstances and eligibility criteria inspireculture.org.uk/fundingyourcourse

IT & Digital Skills

Become coputer savvy, from coding to internet safety to the basics of Microsoft Office.

Course Title	Start Date	End Date	From	To	Day	Venue	Cost*
ASHFIELD							
Computers Don't Bite!	16/4/24	21/5/24	10:00	12:00	Tues	Hucknall Library	FREE/£36
Introduction to Spreadsheet Software - Level 1 Award	16/4/24	21/5/24	12:30	15:30	Tues	Hucknall Library	FREE/£60.75 ★
Exploring New and Emerging Digital Technologies	17/4/24	10/7/24	09:30	11:30	Weds	Kirkby-in-Ashfield Library and Learning Centre	FREE/£72
Basic Computer Skills and Using the Internet - Entry Level 3	26/4/24	24/5/24	09:00	12:30	Fri	Kirkby-in-Ashfield Library and Learning Centre	FREE/£45 ★
Animation Film Making	7/6/24	12/7/24	10:00	12:00	Fri	Kirkby-in-Ashfield Library and Learning Centre	FREE/£36
Making Effective Powerpoint Presentations Workshop	3/7/24	3/7/24	13:00	16:00	Weds	Kirkby-in-Ashfield Library and Learning Centre	FREE/£9
Keeping Safe Online Workshop	10/7/24	10/7/24	13:00	16:00	Weds	Kirkby-in-Ashfield Library and Learning Centre	FREE/£9
Confidence with Technology Workshop	17/7/24	17/7/24	13:00	16:00	Weds	Kirkby-in-Ashfield Library and Learning Centre	FREE/£9
Shopping Safely Online	19/7/24	19/7/24	13:00	15:30	Fri	Kirkby-in-Ashfield Library and Learning Centre	FREE
Introduction to Spreadsheets Workshop	24/7/24	24/7/24	10:00	13:00	Weds	Kirkby-in-Ashfield Library and Learning Centre	FREE
Introduction to Spreadsheets Workshop	24/7/24	24/7/24	10:00	13:00	Weds	Kirkby-in-Ashfield Library and Learning Centre	FREE
BROXTOWE							
Basic Computer Skills and Using the Internet - Entry 3 Award	18/4/24	23/5/24	09:30	12:30	Thurs	Stapleford Library and Learning Centre	FREE/£45 ★
Word Processing Software - Level 1 Award	18/4/24	23/5/24	13:00	16:00	Thurs	Stapleford Library and Learning Centre	FREE/£45 ★
Computer Skills for Beginners	25/4/24	16/5/24	10:30	12:30	Thurs	Beeston Library	FREE/£24
Introduction to PowerPoint Presentations	3/6/24	22/7/24	10:00	12:30	Mon	Beeston Library	FREE/£60
Smartphone Photography for Beginners	6/6/24	6/6/24	10:00	15:00	Thurs	Stapleford Library and Learning Centre	FREE/£15
Internet Safety for Parents	6/6/24	20/6/24	13:00	15:00	Thurs	Beeston Library	FREE/£18
Introduction to PowerPoint Presentations	7/6/24	26/7/24	12:30	15:00	Fri	Stapleford Library and Learning Centre	FREE/£60
Smartphone Photography for Beginners	14/6/24	14/6/24	10:00	15:00	Fri	Beeston Library	FREE/£15
Photography for Wellbeing	20/6/24	4/7/24	13:00	15:00	Thurs	Stapleford Library and Learning Centre	FREE/£18
Internet Safety for Adults	27/6/24	18/7/24	13:00	15:00	Thurs	Beeston Library	FREE/£24
MANSFIELD							
Computers Don't Bite!	17/4/24	22/5/24	10:00	12:00	Weds	Mansfield Central Library	FREE/£36
Introduction to Spreadsheet Software - Level 1 Award	17/4/24	22/5/24	12:30	15:30	Weds	Mansfield Central Library	FREE/£60.75 ★
Microsoft Office - The Basics	5/6/24	10/7/24	10:00	12:00	Weds	Mansfield Central Library	FREE/£30
Introduction to Word Processing Software - Level 1 Award	5/6/24	10/7/24	12:30	15:30	Weds	Mansfield Central Library	FREE/£60.75 ★
Computers Don't Bite!	7/6/24	12/7/24	10:30	12:30	Fri	Mansfield Central Library	FREE/£36
NEWARK							
Internet Safety for Adults	5/6/24	26/6/24	10:00	12:00	Weds	Newark Buttermarket	FREE/£24
Internet Safety for Parents	3/7/24	17/7/24	10:00	12:00	Weds	Newark Buttermarket	FREE/£18
RUSHCLIFFE							
Computer Skills for Beginners	26/4/24	17/5/24	12:30	14:30	Fri	Bingham Library	FREE/£24
Internet Safety for Parents	4/6/24	18/6/24	09:30	11:30	Tues	Bingham Library	FREE/£36
Internet Safety for Parents	4/6/24	18/6/24	13:00	15:00	Tues	West Bridgford Library	FREE/£18
Introduction to PowerPoint Presentations	18/6/24	23/7/24	13:00	16:00	Tues	West Bridgford Library	FREE/£45

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Visit your local Inspire library for resources to support your learning inspireculture.org.uk/libraries

Internet Safety for Adults	25/6/24	16/7/24	09:30	11:30	Tues	Bingham Library	FREE/£24
Internet Safety for Adults	25/6/24	16/7/24	13:00	15:00	Tues	West Bridgford Library	FREE/£24
ONLINE							
Internet Safety for Parents	15/4/24	29/4/24	13:00	15:00	Mon	Online	FREE/£18
Excel for Work - Basics	15/4/24	29/4/24	19:00	20:30	Mon	Online	FREE
Web Page: User Experience and User Interface (UX/UI) - Level 3 Certificate	30/4/24	18/7/24	10:15	14:45	Tues	Online	FREE/£900 ★
Introduction to Spreadsheets and Word Processing Software - Level 1 Award	14/5/24	19/6/24	13:00	16:00	Tues	Online	FREE/£78.75 ★
Excel for Work - Intermediate	3/6/24	17/6/24	19:00	20:30	Mon	Online	FREE
Excel for Work - Advanced	24/6/24	8/7/24	19:00	20:30	Mon	Online	FREE

Languages

Learn a new language and improve your conversational ability.

Course Title	Start Date	End Date	From	To	Day	Venue	Cost*
NEWARK							
Italian for Beginners - Part 3	16/4/24	16/7/24	13:00	15:00	Tues	Newark Buttermarket	FREE/£72
Italian for Beginners - Next Steps Part 2	17/4/24	10/7/24	12:30	14:30	Weds	Southwell Library	FREE/£72
Italian for Beginners - Next Steps Part 3	18/4/24	11/7/24	13:00	15:00	Thurs	Newark Buttermarket	FREE/£72
RUSHCLIFFE							
Italian - Next Steps	18/4/24	23/5/24	13:30	15:30	Thurs	West Bridgford Library	FREE/£36
Italian for Beginners - Part 2	18/4/24	23/5/24	15:30	17:30	Thurs	West Bridgford Library	FREE/£36
ONLINE							
Spanish for Beginners - Part 3	8/4/24	22/7/24	14:00	16:00	Mon	Online	FREE/£78
Spanish Intermediate - Part 3	10/4/24	10/7/24	18:00	20:00	Weds	Online	FREE/£78
Spanish Next Steps 3	12/4/24	12/7/24	14:00	16:00	Fri	Online	FREE/£72

Inspire Adult Learning

Culture | Learning | Libraries

FREE* short courses in your local community that are personalised just for you!

Brush up your maths skills

Manage your money better

Explore new hobbies or interests

Learn something new

Boost your confidence

And more!

CREATING GROWTH IN YOUR COMMUNITY

FREE* COURSES

*Eligibility criteria applies

ReNEW

for every stage of your journey back into education or employment

Courses starting at local venues in:

Bilthorpe | Clipstone | Edwinstowe
Newark | Ollerton and Boughton

inspireculture.org.uk/re-new | 01623 677 200 | renew@inspireculture.org.uk

*Even if you see a cost next to our courses, most are low cost or FREE depending on your circumstances and eligibility criteria inspireculture.org.uk/fundingyourcourse

★ Courses where you receive a recognised qualification

Maths & Multiply

Boost your skills, CV and job prospects with our Functional Skills courses in maths. Alternatively, if maths makes you feel a bit nervous, why not build your confidence with Multiply, a range of courses to help build your confidence with maths.

Multiply is a government-funded initiative to help learners gain a Level 2 maths qualification (equivalent to a GCSE C or 4/5). Our courses range from short 2 hour sessions to longer 5, 6 or 12-week courses. All are designed to boost and support your number skills in a relaxed and friendly atmosphere.

Course Title	Start Date	End Date	From	To	Day	Venue	Cost*
ASHFIELD							
Shopping Safely Online	19/7/24	19/7/24	13:00	15:30	Fri	Kirkby-in-Ashfield Library and Learning Centre	FREE ●
Introduction to Spreadsheets Workshop	24/7/24	24/7/24	10:00	13:00	Weds	Kirkby-in-Ashfield Library and Learning Centre	FREE
Introduction to Spreadsheets Workshop	24/7/24	24/7/24	10:00	13:00	Weds	Kirkby-in-Ashfield Library and Learning Centre	FREE
BASSETLAW							
Cooking Tips	16/4/24	30/4/24	10:00	12:00	Tues	Now Church, Langold	FREE ●
Maths - Functional Skills	19/4/24	26/7/24	09:30	15:30	Fri	Worksop Library	FREE ★ ●
ONLINE							
Maths - Functional Skills Intensive	15/4/24	16/7/24	18:00	20:00	Mon & Tues	Online	FREE ★
Maths - Functional Skills Level 2 Intensive	17/4/24	24/7/24	09:30	14:00	Weds	Online	FREE ★
Introduction to Maths	3/6/24	8/7/24	10:00	12:00	Mon	Online	FREE ●



Free

SKILLS FOR LIFE

Multiply Your Confidence

Maths doesn't have to be scary!


Grow your confidence with numbers, whether you need it for work, household budgeting, or just helping kids with homework, and brush up on maths skills including fractions, statistics and division in a no-pressure, relaxed environment, with our Multiply courses.

Whether you want to attend a quick drop-in session to give your skills a boost or a more advanced offers such as GCSE Maths, Level 2 Functional Skills Qualification, or equivalent, we can help you learn at a pace that suits you.

Visit our website to find out more
inspireculture.org.uk/multiply

Some of our courses offer levels of progression, helping you to go from beginner, to intermediate, to advanced.

If you want to discuss course progression and how best to maximise your learning journey, please get in touch with our Information, Advice and Guidance team.



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Music

Develop your musical talent with us. Learn an instrument, sing with others or get in tune with music theory and history.

Course Title	Start Date	End Date	From	To	Day	Venue	Cost*
NEWARK							
Guitar for Beginners	23/4/24	2/7/24	16:30	17:30	Tues	Newark Buttermarket	FREE/£30
Guitar for Beginners - Next Steps	23/4/24	2/7/24	17:45	18:45	Tues	Newark Buttermarket	FREE/£30
ONLINE							
Keyboards for Beginners	23/4/24	2/7/24	16:30	17:30	Tues	Online	FREE/£30
Music Theory for Beginners	23/4/24	2/7/24	17:45	18:45	Tues	Online	FREE/£30
Music Theory for Beginners - Next Steps	23/4/24	2/7/24	19:00	20:00	Tues	Online	FREE/£30
Music Theory - Advanced (Grade 4+)	24/4/24	3/7/24	16:00	17:00	Weds	Online	FREE/£30

Science, Social Science & Humanities

Take a walk-through history, get political, analyse myths, mind and body. Learn how the world and society works.

Course Title	Start Date	End Date	From	To	Day	Venue	Cost*
ASHFIELD							
Bletchley Code Breakers	19/7/24	19/7/24	10:00	12:30	Fri	Kirkby-in-Ashfield Library and Learning Centre	FREE/£7.50
BASSETLAW							
Researching Family History - An Introduction	5/6/24	10/7/24	10:00	12:00	Weds	Retford Library	FREE/£36
Nottinghamshire's History	6/6/24	4/7/24	14:00	15:00	Thurs	Worksop Library	FREE/£15
BROXTOWE							
Developmental Psychology	15/4/24	29/4/24	14:00	16:00	Mon	Beeston Library	FREE/£18
Map Reading Made Easy	18/4/24	9/5/24	09:30	11:30	Thurs	Beeston Library	FREE/£18
Navigating Nottinghamshire	19/4/24	10/5/24	10:00	13:00	Fri	Colliers Wood, Moorgreen, Kimberley	FREE/£24
Navigating Nottinghamshire	25/6/24	16/7/24	10:00	13:00	Tues	Colliers Wood, Moorgreen, Kimberley	FREE/£24
Map Reading in Practice	18/7/24	18/7/24	09:30	16:30	Thurs	Eastwood Library	FREE/£13.50
Positive Psychology - An Introduction	23/4/24	21/5/24	12:30	14:00	Tues	Edwinstowe Library	FREE/£30
Map Reading in Practice	29/6/24	29/6/24	09:30	16:30	Sat	Edwinstowe Library	FREE/£13.50
Map Reading in Practice	5/7/24	5/7/24	09:30	16:30	Fri	Edwinstowe Library	FREE/£13.50
Map Reading in Practice	24/7/24	24/7/24	09:30	16:30	Weds	Southwell Library	FREE/£14
Map Reading Made Easy	13/6/24	4/7/24	10:00	12:00	Thurs	Stapleford Library	FREE/£18
RUSHCLIFFE							
Evolutionary Psychology	8/6/24	22/6/24	10:00	12:00	Sat	West Bridgford Library	FREE/£18
Body Language	9/6/24	23/6/24	11:30	13:30	Sun	West Bridgford Library	FREE/£18
Social Psychology	29/6/24	13/7/24	10:00	12:00	Sat	West Bridgford Library	FREE/£18
Map Reading Made Easy	8/7/24	29/7/24	10:00	12:00	Mon	West Bridgford Library	FREE/£18
ONLINE							
Anatomy and Physiology	15/4/24	20/5/24	13:00	15:00	Mon	Online	FREE/£24
Political Elections - UK vs USA	22/4/24	22/4/24	18:30	20:30	Mon	Online	FREE/£6
Nottinghamshire's History	24/4/24	22/5/24	14:00	15:00	Weds	Online	FREE/£15
Positive Psychology - An Introduction	3/6/24	8/7/24	10:00	12:00	Mon	Online	FREE/£36
National Cheese Awareness Day	4/6/24	4/6/24	10:00	12:00	Tues	Online	FREE/£6
World Environmental Awareness Day	5/6/24	5/6/24	10:00	12:00	Weds	Online	FREE/£6
Anatomy and Physiology	5/6/24	10/7/24	13:00	15:00	Weds	Online	FREE/£30
Political Elections - UK vs USA	10/6/24	10/6/24	08:30	10:30	Mon	Online	FREE/£6
Map Reading Made Easy	25/6/24	26/7/24	18:30	20:30	Tues	Online	FREE/£18

*Even if you see a cost next to our courses, most are low cost or FREE depending on your circumstances and eligibility criteria inspireculture.org.uk/fundingyourcourse

★ Courses where you receive a recognised qualification

Accredited Courses

If you're looking to progress your career or up-skill, come and talk to us about our superb range of accredited career-boosting courses. We have courses in volunteering, teaching, coding, health, social care or counselling, and business and management.

Course Title	Start Date	End Date	From	To	Day	Venue	Cost*	
ASHFIELD								
Introduction to Spreadsheet Software - Level 1 Award	16/04/24	21/05/24	12:30	15:30	Tues	Hucknall Library	FREE/£60.75	★
Basic Computer Skills and Using the Internet - Entry Level 3	26/04/24	24/05/24	09:00	12:30	Fri	Kirkby-in-Ashfield Library and Learning Centre	FREE/£45	★
BROXTOWE								
Volunteering - Level 1 Award	16/04/24	21/05/24	10:00	12:00	Tues	Stapleford Library and Learning Centre	FREE/£54	★
Basic Computer Skills and Using the Internet - Entry 3 Award	18/04/24	23/05/24	09:30	12:30	Thurs	Stapleford Library and Learning Centre	FREE/£45	★
Stress Awareness - Level 1 Award	18/04/24	23/05/24	13:00	16:00	Thurs	Stapleford Library and Learning Centre	FREE/£54	★
Word Processing Software - Level 1 Award	18/04/24	23/05/24	13:00	16:00	Thurs	Stapleford Library and Learning Centre	FREE/£45	★
MANSFIELD								
Introduction to Spreadsheet Software - Level 1 Award	17/04/24	22/05/24	12:30	15:30	Weds	Mansfield Central Library	FREE/£60.75	★
Introduction to Word Processing Software - Level 1 Award	05/06/24	10/07/24	12:30	15:30	Weds	Mansfield Central Library	FREE/£60.75	★
ONLINE								
Preparing to Work in Schools - Level 1 Award	15/04/24	15/07/24	09:30	14:30	Mon	Online	FREE/£108	★
Awareness of Substance Misuse - Level 1 Award	16/04/24	5/07/24	10:00	13:00	Tues	Online	FREE/£54	★
Counselling Skills - Level 2 Certificate	16/04/24	19/07/24	15:00	17:00	Tues	Online	FREE/£270	★
Mental Health Awareness - Level 2 Certificate	16/04/24	17/07/24	17:00	20:00	Tues	Online	FREE/£292.50	★
Award in Education and Training (AET) - Level 3 Award	17/04/24	7/10/24	09:30	12:30	Weds	Online	FREE/£495	★
Mental Health Awareness - Level 1 Award	17/04/24	5/08/24	10:00	13:00	Weds	Online	FREE/£54	★
Employability Skills - Level 1 Award	17/04/24	22/05/24	13:00	16:00	Weds	Online	FREE/£117	★
Introduction to Wildlife and Conservation - Level 1 Award	18/04/24	23/05/24	09:30	12:30	Thurs	Online	FREE/£60.75	★
Support Work in Schools and Colleges - Level 2 Award	19/04/24	19/07/24	09:30	16:00	Fri	Online	FREE/£202.50	★
Mental Health Awareness - Level 1 Award	26/04/24	31/05/24	09:30	12:30	Fri	Online	FREE/£54	★
Web Page: User Experience and User Interface (UX/UI) - Level 3 Certificate	30/04/24	18/07/24	10:15	14:45	Tues	Online	FREE/£900	★
Introduction to Spreadsheets and Word Processing Software - Level 1 Award	14/05/24	19/06/24	13:00	16:00	Tues	Online	FREE/£78.75	★
Awareness of Substance Misuse - Level 1 Award	03/06/24	8/07/24	10:00	12:00	Mon	Online	FREE/£54	★
Internal Quality Assurance (IQA) of Assessment Processes and Practice - Level 4 Award	04/06/24	3/12/24	13:00	17:00	Tues	Online	FREE/£800	★
Worldwide Travel and Tourism Destinations - Level 1 Award	06/06/24	11/07/24	09:30	11:30	Thurs	Online	FREE/£60.75	★
Stress Awareness - Level 1 Award	06/06/24	11/07/24	10:00	13:00	Thurs	Online	FREE/£54	★
Principles of Coaching Sport - Level 1 Award	11/06/24	16/07/24	10:00	12:00	Tues	Online	FREE/£74.25	★
Mental Health Awareness - Level 1 Award	26/06/24	17/07/24	10:00	13:00	Weds	Online	FREE/£54	★
Employability Skills - Level 1 Award	10/07/24	14/08/24	13:00	16:00	Weds	Online	FREE/£117	★

Accredited courses for work, life and leisure

If you're looking to progress your career or up-skill, come and talk to us about our superb range of accredited career-boosting courses. We have courses in volunteering, teaching, coding, health, social care or counselling, and business and management. Some even have funding available so your course could be fully or part-funded.

Find out more at inspireculture.org.uk/accredited



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ACCESS TO HIGHER EDUCATION

in Health and Social Care

Do you have ambitions of a career in the Health and Social Care sector?

Inspire Adult Learning can help you achieve your goals.



STARTS
SEPTEMBER
2024

Study
online or
at Beeston
Library

>> Enrolling now

• **No GCSEs needed** – we'll help you work towards Functional Skills in maths and English

• **Financial support available** through an Advanced Learner Loan or flexible payment options

• **FREE** if you're aged 19-23 and this is your first full Level 3 qualification



FIND OUT MORE

01623 677 200 | inspireculture.org.uk/accesstohe | learning@inspireculture.org.uk

Maths skills for community groups – empower your community!

Our Multiply courses are maths themed sessions run at Inspire venues across Nottinghamshire. The sessions are for anyone who doesn't feel confident with numbers – and we can bring these sessions to you!

If you run or attend a local community group and you think your members could benefit from support with their maths skills, get in touch. You might be a class for new parents, a programme that helps people get back into work, or a support group for people who don't speak English as a first language.

Our friendly tutors can visit you and help build confidence in using numbers at work or in everyday life. These relaxed, informal courses are for people aged 19+ who do not already have a GCSE at grade C (or equivalent) in maths.

For more information, please email multiply@inspireculture.org.uk



*Even if you see a cost next to our courses, most are low cost or FREE depending on your circumstances and eligibility criteria inspireculture.org.uk/fundingyourcourse

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Not sure of your next steps?

Find out more about our inspiring courses, hear from students and staff, and more in our prospectus!

Earn as you learn – up to £100 per month!*

Aged 16 - 19* in Nottinghamshire?

- Achieve your goals with Inspiring courses
- GCSE resits in English and maths
- Supportive tutors
- Volunteering, work placements and traineeships**
- Our GCSE resit pass rate is above the national average!

**Supporting your studies,
supporting your success!**

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*Child benefit not affected ** Traineeships available for learners aged 19-24 or 25 with a EHC Plan



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