

# Inspire Adult Learning

Culture | Learning | Libraries

# Course Guide Spring 2025

Your complete guide to our adult learning courses across Nottinghamshire and online for the Spring term



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



OVER 1,000 COURSES!

Book now! Go online [inspireculture.org.uk/learning](https://inspireculture.org.uk/learning) or call 01623 677 200

@InspireLearningSkills @Learn\_Inspire #BeInspired #InspireLearning



working with



Nottinghamshire  
County Council



Education & Skills  
Funding Agency

# Hello!

## Welcome to your Inspire Adult Learning Course Guide: your complete guide to all our adult courses for spring, 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 in 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](https://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 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

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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](https://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](https://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 just £3.50 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.

*\*subject to eligibility criteria*

## 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](https://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 14 for more info.

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](https://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](https://inspireculture.org.uk/learning), call us **01623 677 200** or email [ask@inspireculture.org.uk](mailto: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](https://inspireculture.org.uk/college)



\*\*up to 24 with an EHCP

**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](https://inspireculture.org.uk/fundingyourcourse)*

[inspireculture.org.uk/learning](https://inspireculture.org.uk/learning) | 01623 677 200 | [learning@inspireculture.org.uk](mailto:learning@inspireculture.org.uk)

# Arts & Crafts

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

Course Title	Start Date	End Date	From	To	Day	Cost*
<b>ARNOLD LIBRARY</b>						
Art for Beginners	13/01/2025	10/02/2025	18:00	20:00	Mon	FREE/£28
Needle Felting for Beginners	14/01/2025	28/01/2025	15:00	17:00	Tues	FREE/£21
Mixed Media Textiles - Wall Hanging	14/01/2025	28/01/2025	18:00	20:00	Tues	FREE/£14
Needle Felting Next Steps	04/02/2025	18/02/2025	15:00	17:00	Tues	FREE/£21
Mixed Media Textiles - Project	04/02/2025	18/02/2025	18:00	20:00	Tues	FREE/£14
Art Next Steps	24/02/2025	31/03/2025	18:00	20:00	Mon	FREE/£35
Mixed Media Collage for Beginners	28/02/2025	28/03/2025	18:00	20:00	Fri	FREE/£35
<b>BINGHAM LIBRARY</b>						
Crochet for Beginners	24/02/2025	31/03/2025	09:30	11:30	Mon	FREE/£42
<b>BEESTON LIBRARY</b>						
Flower Arranging Next Steps	13/01/2025	03/02/2025	10:00	12:00	Mon	FREE/£28
Art for Improvers	15/01/2025	12/02/2025	10:00	12:30	Weds	FREE/£43.75
Linoprinting - Black White and Jigsaw Colour Printing	15/01/2025	12/02/2025	13:15	15:45	Weds	FREE/£43.75
Drawing and Painting using Frottage	17/01/2025	14/02/2025	09:30	11:30	Fri	FREE/£35
Drawing and Sketching for Beginners	17/01/2025	14/02/2025	12:30	14:30	Fri	FREE/£35
Gel Plate Printing	05/02/2025	05/02/2025	13:00	17:30	Weds	FREE/£15.75
Indian Block Printing	12/02/2025	12/02/2025	13:00	17:30	Weds	FREE/£15.75
Ikebana Japanese Flower Arranging	24/02/2025	17/03/2025	10:00	12:00	Mon	FREE/£28
Mixed Media Textiles - Wall Hanging	25/02/2025	11/03/2025	14:30	16:30	Tues	FREE/£14
Beadweaving Jewellery for Beginners	25/02/2025	11/03/2025	17:30	19:30	Tues	FREE/£14
Art Mixed Media	26/02/2025	02/04/2025	10:00	12:30	Weds	FREE/£45.50
Printmaking - Multiblock Linoprinting	26/02/2025	02/04/2025	13:15	15:45	Weds	FREE/£52.50
Art Explored	27/02/2025	03/04/2025	14:00	16:00	Thurs	FREE/£42
Art for Beginners	28/02/2025	28/03/2025	09:30	11:30	Fri	FREE/£28
Art Mixed Media	28/02/2025	28/03/2025	12:30	14:30	Fri	FREE/£28
Machine Sewing for Beginners - Bags	01/03/2025	05/04/2025	10:00	12:30	Sat	FREE/£45.50
Machine Sewing for Beginners - Cushions	01/03/2025	05/04/2025	13:15	15:45	Sat	FREE/£45.50
Mixed Media Textiles - Project	25/03/2025	08/04/2025	14:30	16:30	Tues	FREE/£14
Beadweaving Jewellery Next Steps	25/03/2025	08/04/2025	17:30	19:30	Tues	FREE/£14
<b>BLIDWORTH LIBRARY</b>						
Bobbin Lace for Beginners	13/01/2025	13/01/2025	10:00	15:30	Mon	FREE/£19.25
Macrame for Beginners	03/02/2025	03/02/2025	10:00	15:30	Mon	FREE/£12.25
Macrame Jewellery	10/02/2025	10/02/2025	10:00	15:30	Mon	FREE/£12.25
<b>BURTON JOYCE LIBRARY</b>						
Gel Plate Printing for Beginners	13/01/2025	10/02/2025	13:15	15:15	Mon	FREE/£35
Gel Plate Printing Next Steps - Doodle and Pattern Book	03/03/2025	31/03/2025	13:15	15:15	Mon	FREE/£35
<b>CARLTON FIRE STATION</b>						
Ceramics Next Steps	16/01/2025	13/02/2025	09:30	11:30	Thurs	FREE/£35
Art Next Steps	16/01/2025	13/02/2025	12:30	14:30	Thurs	FREE/£35
<b>EASTWOOD LIBRARY</b>						
Macrame for Beginners	27/02/2025	13/03/2025	13:00	15:00	Thurs	FREE/£14
Indian Block Printing	27/02/2025	13/03/2025	15:30	17:30	Thurs	FREE/£21
Bobbin Lace for Beginners	20/03/2025	03/04/2025	13:00	15:00	Thurs	FREE/£21
Indian Block Printing - Print and Stitch	20/03/2025	03/04/2025	15:30	17:30	Thurs	FREE/£21
<b>EDWINSTOWE LIBRARY</b>						
Macrame for Beginners	10/01/2025	10/01/2025	10:00	15:30	Fri	FREE/£12.25
<b>HARWORTH AND BIRCOTES TOWN HALL</b>						
Watercolour Painting for Beginners	10/01/2025	31/01/2025	09:30	11:30	Fri	FREE/£28
<b>HIGH PAVEMENT HOUSE, SUTTON-IN-ASHFIELD</b> <span style="background-color: #e91e63; color: white; padding: 2px;">NEW</span>						
Painting à la Monet - Beginners	10/01/2025	14/02/2025	09:30	12:30	Fri	FREE/£63
Crochet - Granny Squares	10/01/2025	14/02/2025	12:30	14:30	Fri	FREE/£35

\*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](https://inspireculture.org.uk/fundingyourcourse)

Check out our brand-new venue,  
Inspire High Pavement Learning  
Centre, Sutton-in-Ashfield!

Floral Painting in Acrylics - Beginners	10/01/2025	14/02/2025	13:00	16:00	Fri	FREE/£63
Bobbin Lace for Beginners	07/02/2025	07/02/2025	10:00	15:30	Fri	FREE/£19.25
Bobbin Lace - Torchon	14/02/2025	14/02/2025	10:00	15:30	Fri	FREE/£19.25
Beadweaving Jewellery for Beginners	21/02/2025	07/03/2025	15:00	17:00	Fri	FREE/£14
Mixed Media Textiles - Wall Hanging	21/02/2025	07/03/2025	18:00	20:00	Fri	FREE/£14
Painting à la Gauguin	28/02/2025	04/04/2025	09:30	12:30	Fri	FREE/£63
Machine Sewing for Beginners - Bags	28/02/2025	04/04/2025	10:00	12:30	Fri	FREE/£45.50
Crochet - Granny Squares Next Steps	28/02/2025	04/04/2025	12:30	14:30	Fri	FREE/£35
Floral Painting in Acrylics - Next Steps	28/02/2025	04/04/2025	13:00	16:00	Fri	FREE/£63
Machine Sewing for Beginners - Fabric Books and Journals	28/02/2025	04/04/2025	13:15	15:45	Fri	FREE/£45.50
Beadweaving Jewellery Next Steps	28/03/2025	11/04/2025	15:00	17:00	Fri	FREE/£14
Mixed Media Textiles - Project	28/03/2025	11/04/2025	18:00	20:00	Fri	FREE/£14

**JOHN GODBER CENTRE, HUCKNALL**

Calligraphy Next Steps - Uncial and Gothic	16/01/2025	06/02/2025	09:30	11:30	Thurs	FREE/£21
Van Gogh Inspired Painting	25/01/2025	25/01/2025	09:30	15:30	Sat	FREE/£19.25
Abstract Painting in Acrylics	08/02/2025	08/02/2025	09:30	15:30	Sat	FREE/£19.25

**HUCKNALL CENTRAL METHODIST CHURCH**

Portrait Painting - Advanced	08/01/2025	12/02/2025	10:00	13:00	Weds	FREE/£63
Nature Painting in Acrylics - Beginners	08/01/2025	12/02/2025	13:30	16:30	Weds	FREE/£63
Portrait Painting - Advanced	26/02/2025	02/04/2025	10:00	13:00	Weds	FREE/£63
Nature Painting in Acrylics - Next Steps	26/02/2025	02/04/2025	13:30	16:30	Weds	FREE/£63

**HUCKNALL LIBRARY**

Flower Painting in Acrylics	08/03/2025	08/03/2025	09:30	15:30	Sat	FREE/£19.25
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**KIMBERLEY LIBRARY**

Macrame for Beginners	13/02/2025	13/02/2025	10:00	15:30	Thurs	FREE/£12.25
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**KIRKBY-IN-ASHFIELD LIBRARY AND LEARNING CENTRE**

Calligraphy for Beginners	13/01/2025	10/02/2025	10:00	12:00	Mon	FREE/£28
Calligraphy Next Steps - Uncial and Gothic	24/02/2025	17/03/2025	10:00	12:00	Mon	FREE/£21
Machine Sewing for Beginners - Bags	27/02/2025	03/04/2025	17:00	19:30	Thurs	FREE/£45.50

**LOCO CENTRE - NETHERFIELD**

Gel Plate Printing for Beginners	15/01/2025	19/02/2025	09:30	11:30	Weds	FREE/£35
Mixed Media Collage for Beginners	15/01/2025	19/02/2025	12:30	14:30	Weds	FREE/£35
Gel Plate Printing Next Steps - Doodle and Pattern Book	05/03/2025	02/04/2025	09:30	11:30	Weds	FREE/£35
Mixed Media Collage Next Steps - Book of Self	05/03/2025	02/04/2025	12:30	14:30	Weds	FREE/£35

**MANSFIELD CENTRAL LIBRARY**

Winterscape Painting in Acrylics - Beginners	09/01/2025	13/02/2025	09:30	12:30	Thurs	FREE/£63
Painting and Mindfulness	09/01/2025	13/02/2025	13:00	16:00	Thurs	FREE/£63
Crochet for Beginners	14/01/2025	11/02/2025	10:00	12:00	Tues	FREE/£28
Crochet - Spring Designs	14/01/2025	11/02/2025	12:30	14:30	Tues	FREE/£28
Crochet for Beginners - Next Steps	25/02/2025	01/04/2025	10:00	12:00	Tues	FREE/£35

**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!



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

See our maths and Multiply courses on page 14.



\*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](https://inspireculture.org.uk/fundingyourcourse)

**FREE\* and low cost courses  
on your doorstep!**

### MANSFIELD CENTRAL LIBRARY (CONT'D)

Crochet - Easter Designs	25/02/2025	01/04/2025	12:30	14:30	Tues	FREE/£35
Book Making	26/02/2025	12/03/2025	10:00	12:00	Weds	FREE/£14
English Paper Piecing	26/02/2025	12/03/2025	13:00	15:00	Weds	FREE/£14
Spring Flower Painting in Acrylics	27/02/2025	03/04/2025	09:30	12:30	Thurs	FREE/£63
Semi-Abstract Landscape Painting	27/02/2025	03/04/2025	13:00	16:00	Thurs	FREE/£63
Macrame for Beginners	19/03/2025	02/04/2025	10:00	12:00	Weds	FREE/£14
Bobbin Lace for Beginners	19/03/2025	02/04/2025	13:00	15:00	Weds	FREE/£21

### MANSFIELD WOODHOUSE LIBRARY

Bobbin Lace for Beginners	09/01/2025	16/01/2025	09:30	12:30	Thurs	FREE/£21
Indian Block Printing	09/01/2025	16/01/2025	13:30	16:30	Thurs	FREE/£21
Painting à la Cezanne	25/02/2025	01/04/2025	09:30	12:30	Tues	FREE/£63
Landscape Painting in Acrylics	25/02/2025	01/04/2025	13:00	16:00	Tues	FREE/£63

### NEWARK BUTTERMARKET

Nature Journaling	09/01/2025	13/02/2025	13:00	15:00	Thurs	FREE/£42
Linoprinting - Black, White and Colour Jigsaw Printing	14/01/2025	11/02/2025	13:15	15:45	Tues	FREE/£43.75
Art for Beginners	25/02/2025	01/04/2025	13:15	15:45	Tues	FREE/£45.50
Book Making	01/03/2025	15/03/2025	10:00	12:00	Sat	FREE/£14
Bobbin Lace for Beginners	01/03/2025	15/03/2025	13:00	15:00	Sat	FREE/£21
Macrame for Beginners	22/03/2025	05/04/2025	10:00	12:00	Sat	FREE/£14
Bobbin Lace - Torchon	22/03/2025	05/04/2025	13:00	15:00	Sat	FREE/£21

### ONLINE

Art Explored	06/01/2025	10/02/2025	09:30	11:30	Mon	FREE/£42
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### RAVENSHEAD LIBRARY

Painting and Mindfulness	07/01/2025	11/02/2025	09:30	12:30	Tues	FREE/£63
Still Life in Acrylics	07/01/2025	11/02/2025	13:00	16:00	Tues	FREE/£63

### RETFORD LIBRARY

Gel Plate Printing	28/02/2025	14/03/2025	10:00	12:00	Fri	FREE/£21
Indian Block Printing	28/02/2025	14/03/2025	13:00	15:00	Fri	FREE/£21
Creative Printing	21/03/2025	04/04/2025	10:00	12:00	Fri	FREE/£21
Indian Block Printing - Print and Stitch	21/03/2025	04/04/2025	13:00	15:00	Fri	FREE/£21

### SOUTHWELL LIBRARY

Winterscapes in Acrylics - Beginners	06/01/2025	10/02/2025	10:00	13:00	Mon	FREE/£63
Mixed Media for Beginners	06/01/2025	10/02/2025	13:30	16:30	Mon	FREE/£63
Watercolour Painting for Beginners	08/01/2025	12/02/2025	10:00	12:00	Weds	FREE/£35
Spring Crafts with Felt	08/01/2025	12/02/2025	13:00	15:00	Weds	FREE/£42
Winterscapes in Acrylics - Next Steps	24/02/2025	31/03/2025	10:00	13:00	Mon	FREE/£63
Mixed Media for Beginners - Next Steps	24/02/2025	31/03/2025	13:30	16:30	Mon	FREE/£63
Watercolour Painting for Beginners - Next Steps	26/02/2025	02/04/2025	10:00	12:00	Weds	FREE/£35
Easter Felt Designs	26/02/2025	02/04/2025	13:00	15:00	Weds	FREE/£42

### STAPLEFORD LIBRARY AND LEARNING CENTRE

Machine Sewing for Beginners - Bags	16/01/2025	13/02/2025	10:00	12:30	Thurs	FREE/£36.75
Machine Sewing for Beginners - Cushions	16/01/2025	13/02/2025	13:15	15:45	Thurs	FREE/£36.75
Linoprinting - Black White and Jigsaw Colour Printing	17/01/2025	14/02/2025	10:00	12:30	Fri	FREE/£43.75
Indian Block Printing	24/02/2025	10/03/2025	10:00	12:00	Mon	FREE/£21
Gel Plate Printing	24/02/2025	10/03/2025	13:00	15:00	Mon	FREE/£21
Ceramics Next Steps	27/02/2025	27/03/2025	09:30	11:30	Thurs	FREE/£35
Art Next Steps	27/02/2025	27/03/2025	12:30	14:30	Thurs	FREE/£35
Art for Beginners	28/02/2025	04/04/2025	10:00	12:30	Fri	FREE/£45.50
Indian Block Printing - Print and Stitch	17/03/2025	31/03/2025	09:30	12:00	Mon	FREE/£26.25
Creative Printing	17/03/2025	31/03/2025	13:00	15:00	Mon	FREE/£21

## FIND YOUR COURSE!

Find IT and Digital Skills courses on page 12 and courses to improve your confidence with numbers on page 14.



\*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](https://inspireculture.org.uk/fundingyourcourse)

Our introductory courses are a great way to explore a new subject!

**ST MARKS CHURCH, WOODTHORPE**

Mixed Media Collage for Beginners	13/01/2025	10/02/2025	10:00	12:00	Mon	FREE/£35
Mixed Media Collage Next Steps - Book of Self	03/03/2025	31/03/2025	10:00	12:00	Mon	FREE/£35

**WEST BRIDGFORD LIBRARY**

Flower Arranging for Beginners	09/01/2025	30/01/2025	15:30	17:30	Thurs	FREE/£28
Indian Block Printing	15/01/2025	15/01/2025	13:00	17:30	Weds	FREE/£15.75
Mixed Media Textiles - Wall Hanging	18/01/2025	01/02/2025	09:30	11:30	Sat	FREE/£14
Beadweaving Jewellery for Beginners	18/01/2025	01/02/2025	12:30	14:30	Sat	FREE/£14
Indian Block Printing	06/02/2025	06/02/2025	10:00	15:30	Thurs	FREE/£19.25
Mixed Media Textiles - Project	08/02/2025	22/02/2025	09:30	11:30	Sat	FREE/£14
Beadweaving Jewellery Next Steps	08/02/2025	22/02/2025	12:30	14:30	Sat	FREE/£14
Flower Arranging Next Steps	27/02/2025	20/03/2025	15:30	17:30	Thurs	FREE/£28
Gel Plate Printing	02/03/2025	16/03/2025	12:00	14:00	Sun	FREE/£21
Creative Printing	23/03/2025	06/04/2025	12:00	14:00	Sun	FREE/£21

**WEST BRIDGFORD METHODIST CHURCH**

Art for Improvers	16/01/2025	13/02/2025	10:00	12:30	Thurs	FREE/£36.75
Linoprinting - Black, White and Jigsaw Colour Printing	16/01/2025	13/02/2025	13:15	15:45	Thurs	FREE/£43.75
Art Mixed Media	27/02/2025	03/04/2025	10:00	12:30	Thurs	FREE/£45.50
Printmaking - Multiblock Linoprinting	27/02/2025	03/04/2025	13:15	15:45	Thurs	FREE/£52.50

**WORKSOP LIBRARY**

Machine Sewing for Beginners - Bags	13/01/2025	10/02/2025	10:00	12:30	Mon	FREE/£36.75
Machine Sewing for Beginners - Cushions	13/01/2025	10/02/2025	13:15	15:45	Mon	FREE/£36.75
Gel Plate Printing	14/01/2025	11/02/2025	10:00	12:00	Tues	FREE/£35

Discover our maths and Multiply courses on page 14...

# Cooking

Rediscover the joy of cooking with our tasty courses! From delicious tray bakes and treats to cuisines from around the world, there's something to suit every taste.

Course Title	Start Date	End Date	From	To	Day	Cost*
<b>ARNOLD LIBRARY</b>						
Cupcakes for Beginners	08/01/2025	29/01/2025	10:00	12:00	Weds	FREE/£28
Easter Cupcakes	28/02/2025	14/03/2025	13:00	15:00	Fri	FREE/£21
<b>HIGH PAVEMENT HOUSE, SUTTON-IN-ASHFIELD <span style="background-color: #ff69b4; padding: 2px;">NEW</span></b>						
Baking - Cakes and Bakes	09/01/2025	06/02/2025	13:30	15:30	Thurs	FREE/£28
Cooking - Mexican	10/01/2025	07/02/2025	10:00	12:00	Fri	FREE/£35.00
Vegan Baking	10/01/2025	07/02/2025	13:00	15:00	Fri	FREE/£35.00
Cooking - Family Meals - Winter Warmers	16/01/2025	13/02/2025	10:00	12:30	Thurs	FREE
Cooking - Family Meals - Fruit in Desserts	27/02/2025	03/04/2025	10:00	12:30	Thurs	FREE
Edible Gifts and Treats	27/02/2025	27/03/2025	13:30	15:30	Thurs	FREE/£28
Cooking - Beans, Beans Good for the Heart	28/02/2025	04/04/2025	09:30	11:30	Fri	FREE/£42.00
Cooking - West Indian - Creole Stew	28/02/2025	21/03/2025	18:30	20:30	Fri	FREE/£21
Cooking - Five a Day the Budget Way	28/02/2025	04/04/2025	12:30	14:30	Fri	FREE/£42.00
<b>HUCKNALL LIBRARY</b>						
Easter Cupcakes	19/03/2025	02/04/2025	09:30	11:30	Weds	FREE/£21
<b>MANSFIELD CENTRAL LIBRARY</b>						
Sugarcraft - Cyclamen	06/01/2025	03/02/2025	10:00	12:00	Mon	FREE/£35
Sugarcraft - Sunflowers	24/02/2025	24/03/2025	10:00	12:00	Mon	FREE/£35
<b>MANSFIELD WOODHOUSE LIBRARY</b>						
Sugarcraft - Snowdrops	07/01/2025	04/02/2025	10:00	12:00	Tues	FREE/£35
Sugarcraft - Anemones	25/02/2025	25/03/2025	10:00	12:00	Tues	FREE/£35
<b>SOUTHWELL LIBRARY</b>						
Cupcakes for Beginners	08/01/2025	29/01/2025	14:00	16:00	Weds	FREE/£28
Easter Cupcakes	26/02/2025	12/03/2025	14:00	16:00	Weds	FREE/£21
<b>STAPLEFORD LIBRARY AND LEARNING CENTRE</b>						
Cupcake Decorating	24/01/2025	24/01/2025	10:00	12:00	Fri	FREE
<b>WEST BRIDGFORD LIBRARY</b>						
Easter Cupcakes	21/03/2025	04/04/2025	13:30	15:30	Fri	FREE/£21

\*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](https://www.inspireculture.org.uk/fundingyourcourse)

# 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	Cost*
<b>ARNOLD LIBRARY</b>						
Creative Writing - Short Stories	14/01/2025	04/02/2025	10:00	12:00	Tues	FREE/£28
Creative Writing - Writing for Children	17/01/2025	14/02/2025	18:00	20:00	Fri	FREE/£35
Creative Writing - Investigating Genre	25/02/2025	01/04/2025	18:00	20:00	Tues	FREE/£42
<b>NEWARK BUTTERMARKE</b>						
Poetry for Beginners	16/01/2025	13/02/2025	10:00	12:00	Thurs	FREE/£35
New Year - New Poems	16/01/2025	13/02/2025	14:00	16:00	Thurs	FREE/£35
Spring Poetry	27/02/2025	03/04/2025	10:00	12:00	Thurs	FREE/£42
Creative Writing - Using Your Senses	27/02/2025	03/04/2025	14:00	16:00	Thurs	FREE/£42
<b>ONLINE</b>						
Creative Writing - Writing for Children	13/01/2025	10/02/2025	09:30	11:30	Mon	FREE/£35
Creative Writing - Short Stories	14/01/2025	11/02/2025	13:00	15:00	Tues	FREE/£35
Creative Writing - Short Stories	18/01/2025	08/02/2025	10:00	12:00	Sat	FREE/£28
Creative Writing - Investigating Genres	24/02/2025	31/03/2025	09:30	11:30	Mon	FREE/£42
Creative Writing - Short Stories Next Steps	25/02/2025	01/04/2025	13:00	15:00	Tues	FREE/£42
<b>WEST BRIDGFORD LIBRARY</b>						
Exploring Nottinghamshire's Literary Locations	08/03/2025	29/03/2025	10:00	12:00	Sat	FREE/£28
<b>WEST BRIDGFORD METHODIST CHURCH</b>						
James Joyce Explored	10/01/2025	07/02/2025	12:30	14:30	Fri	FREE/£35
Shakespeare - Heroes and Villains	28/02/2025	28/03/2025	12:30	14:30	Fri	FREE/£35

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	Cost*
<b>BEESTON LIBRARY</b>						
Visual Life Planning	11/01/2025	11/01/2025	10:00	16:00	Sat	FREE/£19.25
Bookkeeping for Beginners	27/02/2025	03/04/2025	10:00	12:00	Thurs	FREE
<b>MANSFIELD CENTRAL LIBRARY</b>						
Visual Life Planning	18/01/2025	18/01/2025	10:00	16:00	Sat	£19.25
Paediatric First Aid	07/02/2025	14/02/2025	10:00	16:30	Fri	FREE/£42
<b>ONLINE</b>						
Life Coaching	08/01/2025	12/02/2025	17:00	18:30	Weds	FREE/£31.50
Teaching and Training - An Introduction	26/02/2025	02/04/2025	17:00	18:30	Weds	FREE/£31.50
<b>STAPLEFORD LIBRARY AND LEARNING CENTRE</b>						
Bookkeeping for Beginners	13/01/2025	10/02/2025	13:30	15:30	Mon	FREE
Bookkeeping Next Steps	24/02/2025	31/03/2025	13:30	15:30	Mon	FREE

\*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](https://inspireculture.org.uk/fundingyourcourse)



# 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 if English is not your first language.

Course Title	Start Date	End Date	From	To	Day	Cost*
<b>ARNOLD LIBRARY</b>						
ESOL Everyday English	16/01/2025	03/04/2025	09:30	12:30	Thurs	FREE
English Functional Skills	25/02/2025	22/07/2025	09:30	12:30	Tues	FREE ★
<b>BEESTON LIBRARY</b>						
ESOL Book Club	08/01/2025	12/02/2025	13:00	15:00	Weds	FREE
ESOL - Writing Skills	26/02/2025	02/04/2025	13:00	15:00	Weds	FREE
English Functional Skills	27/02/2025	24/07/2025	13:00	16:00	Thurs	FREE ★
English Functional Skills: Entry Level	07/03/2025	25/07/2025	09:30	12:30	Fri	FREE ★
<b>EASTWOOD LIBRARY</b>						
English Functional Skills	27/02/2025	24/07/2025	09:30	12:30	Thurs	FREE ★
<b>HIGH PAVEMENT HOUSE, SUTTON-IN-ASHFIELD <span style="background-color: #e91e63; color: white; padding: 2px;">NEW</span></b>						
English Functional Skills	27/02/2025	24/07/2025	09:30	12:30	Thurs	FREE ★
<b>HUCKNALL LIBRARY</b>						
English Functional Skills	27/02/2025	24/07/2025	09:30	12:30	Thurs	FREE ★
<b>KIRKBY-IN-ASHFIELD LIBRARY AND LEARNING CENTRE</b>						
English Functional Skills	27/02/2025	24/07/2025	09:30	12:30	Thurs	FREE ★
<b>MANSFIELD CENTRAL LIBRARY</b>						
English Functional Skills	24/02/2025	21/07/2025	09:30	12:30	Mon	FREE ★
English Functional Skills: Entry Level	06/03/2025	24/07/2025	09:30	12:30	Thurs	FREE ★
<b>NEWARK BUTTERMARKE</b>						
ESOL Beginner Everyday English	08/01/2025	02/04/2025	09:30	12:30	Weds	FREE
English Functional Skills	26/02/2025	23/07/2025	09:30	12:30	Weds	FREE ★
<b>ONLINE</b>						
Grammar and Punctuation	07/01/2025	11/02/2025	13:30	15:30	Tues	FREE
English Functional Skills	08/01/2025	21/05/2025	09:30	12:30	Weds	FREE ★
ESOL Everyday English	15/01/2025	02/04/2025	18:00	20:00	Weds	FREE
ESOL Everyday English	17/01/2025	04/04/2025	09:30	11:30	Fri	FREE
English Functional Skills	25/02/2025	22/07/2025	10:00	13:00	Tues	FREE ★
English Functional Skills	26/02/2025	23/07/2025	18:00	20:00	Weds	FREE ★
English Functional Skills	27/02/2025	24/07/2025	13:00	16:00	Thurs	FREE ★
ESOL Entry Level Speaking and Listening	28/02/2025	25/07/2025	09:30	12:00	Fri	FREE
English Functional Skills	27/03/2025	24/07/2025	10:00	13:00	Thurs	FREE ★
<b>RETFORD LIBRARY</b>						
ESOL Entry Level Reading	13/01/2025	01/04/2025	09:30	12:30	Mon	FREE
<b>STAPLEFORD LIBRARY AND LEARNING CENTRE</b>						
English Functional Skills	24/02/2025	21/07/2025	09:30	12:30	Mon	FREE ★
<b>WEST BRIDGFORD LIBRARY</b>						
English Functional Skills	24/02/2025	21/07/2025	09:30	12:30	Mon	FREE ★
<b>WORKSOP LIBRARY</b>						
ESOL Everyday English	11/01/2025	22/02/2025	10:00	12:30	Sat	FREE
English Functional Skills	26/02/2025	23/07/2025	09:30	12:30	Weds	FREE ★
ESOL Everyday English	08/03/2025	05/04/2025	10:00	12:30	Sat	FREE

\*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](https://inspireculture.org.uk/fundingyourcourse)

## 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	Cost*
<b>ARNOLD LIBRARY</b>						
Music Making for Early Years - Chinese New Year	15/01/2025	12/02/2025	13:30	14:30	Weds	FREE/£17.50
Music Making for Early Years - Stories	26/02/2025	02/04/2025	10:30	11:30	Weds	FREE/£21
Makaton Signing for Babies and Families	26/02/2025	02/04/2025	13:30	14:30	Weds	FREE/£21
<b>GEDLING LIBRARY</b>						
Music Making for Early Years - Chinese New Year	16/01/2025	13/02/2025	14:00	15:00	Thurs	FREE/£17.50
Music Making for Early Years - Stories	27/02/2025	03/04/2025	14:00	15:00	Thurs	FREE/£21
<b>MANSFIELD CENTRAL LIBRARY</b>						
Baby Massage	25/02/2025	18/03/2025	09:30	11:00	Tues	FREE/£21
Music and Signing (BSL) for 0-3 Years	28/02/2025	04/04/2025	09:30	11:00	Fri	FREE/£31.50
Autism - All About Me	28/02/2025	04/04/2025	13:00	14:30	Fri	FREE/£31.50
<b>RAVENSHEAD LIBRARY</b>						
Music and Signing (BSL) for 0-3 Years	25/02/2025	01/04/2025	09:30	11:00	Tues	FREE/£31.50
Autism - All About Me	25/02/2025	01/04/2025	13:00	14:30	Tues	FREE/£31.50
<b>RETFORD LIBRARY</b>						
Music and Signing (BSL) for 0-3 Years	10/01/2025	14/02/2025	09:30	11:00	Fri	FREE/£31.50
Autism - All About Me	10/01/2025	14/02/2025	13:00	14:30	Fri	FREE/£31.50
<b>ST JOHN'S CHURCH HALL, HUCKNALL</b>						
Makaton Signing for Babies and Families	25/02/2025	01/04/2025	10:30	11:30	Tues	FREE/£21
Story Exploration for Early Years	25/02/2025	01/04/2025	13:30	14:30	Tues	FREE/£21
<b>WOODTHORPE LIBRARY</b>						
Music Making for Early Years - Chinese New Year	13/01/2025	10/02/2025	14:00	15:00	Mon	FREE/£17.50
Music Making for Early Years - Stories	24/02/2025	31/03/2025	14:00	15:00	Mon	FREE/£21
<b>WORKSOP LIBRARY</b>						
Music and Signing (BSL) for 0-3 Years	07/01/2025	11/02/2025	09:30	11:00	Tues	FREE/£31.50
Autism - All About Me	07/01/2025	11/02/2025	13:00	14:30	Tues	FREE/£31.50

## 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	Cost*
<b>ARNOLD LIBRARY</b>						
Reiki 1	25/02/2025	01/04/2025	10:00	12:00	Tues	FREE/£42
Colour Therapy	25/02/2025	01/04/2025	13:00	15:00	Tues	FREE/£42
Managing Type 2 Diabetes	07/03/2025	28/03/2025	10:00	12:00	Fri	FREE/£28
<b>BEESTON LIBRARY</b>						
Reiki 1	14/01/2025	11/02/2025	10:00	12:00	Tues	FREE/£35
Meditation to Support Better Sleep	14/01/2025	04/02/2025	13:00	15:00	Tues	FREE/£28
Complementary Therapies Explored	26/02/2025	02/04/2025	13:00	15:00	Weds	FREE/£42
<b>BINGHAM LIBRARY</b>						
Yoga for Osteoporosis	17/01/2025	04/04/2025	10:00	11:30	Fri	FREE/£57.75

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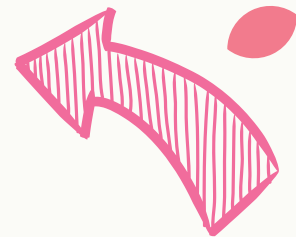
Our courses all take place either in our libraries, at a local community venue, or online

Boost your physical and mental wellbeing

Get moving

Discover therapies and workshops

Learn about food and nutrition



**EDWINSTOWE LIBRARY**

Learn to Relax	17/01/2025	14/02/2025	10:00	12:00	Fri	FREE/£35
Positive Mind Positive Life	28/02/2025	28/03/2025	10:00	12:00	Fri	FREE/£35

**HIGH PAVEMENT HOUSE, SUTTON-IN-ASHFIELD** NEW

Meditation and Mindfulness	01/03/2025	05/04/2025	10:00	12:00	Sat	FREE/£42
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**HUCKNALL LIBRARY**

Reiki 2	28/02/2025	04/04/2025	14:00	16:00	Fri	FREE/£42
Facial Peels - An Introduction	01/03/2025	01/03/2025	10:00	15:30	Sat	FREE/£15.75

**JOHN GODBER CENTRE, HUCKNALL**

Hand Reflexology	08/01/2025	12/02/2025	10:00	12:00	Weds	FREE/£42
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**MANSFIELD CENTRAL LIBRARY**

Reiki 1	15/01/2025	12/02/2025	12:30	14:30	Weds	FREE/£35
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**MANSFIELD WOODHOUSE LIBRARY**

Indian Head Massage for Beginners	13/01/2025	10/02/2025	10:00	12:00	Mon	FREE/£35
Meditation for Beginners	13/01/2025	10/02/2025	12:30	14:30	Mon	FREE/£35
Reflexology for Beginners	24/02/2025	31/03/2025	10:00	12:00	Mon	FREE/£42
Meditation for Beginners - Next Steps	24/02/2025	31/03/2025	12:30	14:30	Mon	FREE/£42

**MILLGATE COMMUNITY CENTRE, NEWARK**

Yoga for Osteoporosis	14/01/2025	01/04/2025	10:00	11:30	Tues	FREE/£57.75
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**ONLINE & BESTWOOD COUNTRY PARK**

Shinrin Yoku - Forest Bathing	07/02/2025	21/02/2025	10:00	12:30	Fri	FREE/£21
Shinrin Yoku - Forest Bathing	04/03/2025	18/03/2025	10:00	12:30	Tues	FREE/£21

**ONLINE**

Learn to Relax	16/01/2025	13/02/2025	10:00	12:00	Thurs	FREE/£35
Diet and Nutrition - An Introduction	25/02/2025	01/04/2025	13:30	15:30	Tues	FREE/£42
Learn to Relax	03/03/2025	31/03/2025	13:00	15:00	Mon	FREE/£35

**WEST BRIDGFORD LIBRARY**

Reiki 2	15/01/2025	12/02/2025	10:00	12:00	Weds	FREE/£35
Health and Wellbeing - Cultural Explorations	15/01/2025	12/02/2025	13:00	15:00	Weds	FREE/£35
Colour Therapy	26/02/2025	02/04/2025	13:00	15:00	Weds	FREE/£42
Healthy Gut Healthy Mind	12/03/2025	02/04/2025	13:30	15:30	Weds	FREE/£28

**WEST BRIDGFORD METHODIST CHURCH**

Yoga for Osteoporosis	17/01/2025	04/04/2025	13:00	14:30	Fri	FREE/£57.75
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**WORKSOP LIBRARY**

Health and Wellbeing - Cultural Explorations	16/01/2025	13/02/2025	10:00	12:00	Thurs	FREE/£35
Holistic Therapies Explored	16/01/2025	13/02/2025	13:00	15:00	Thurs	FREE/£35
Meditation - Balancing Energy	17/01/2025	14/02/2025	10:00	12:00	Fri	FREE/£35
Dream Exploration	17/01/2025	14/02/2025	13:00	15:00	Fri	FREE/£35
Improvised Comedy for Confidence	25/02/2025	01/04/2025	10:00	12:00	Tues	FREE/£42
Meditation for Inner Peace	27/02/2025	03/04/2025	10:00	12:00	Thurs	FREE/£42
Colour Therapy	27/02/2025	03/04/2025	13:00	15:00	Thurs	FREE/£42

\*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](https://www.inspireculture.org.uk/fundingyourcourse)

Aged 18+, working part time or self-employed? Our Arnold Library courses are completely FREE!

# IT & Digital Skills

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

Course Title	Start Date	End Date	From	To	Day	Cost*
<b>ARNOLD LIBRARY</b>						
Computer and Internet Basics Part 2	06/01/2025	13/01/2025	10:00	13:00	Mon	FREE
Animation for Beginners	06/01/2025	13/01/2025	14:00	16:00	Mon	FREE
Smartphone Apps - Voice Assistants (Alexa, Google)	07/01/2025	07/01/2025	10:00	12:00	Tues	FREE
Coding for Beginners (Python)	07/01/2025	04/02/2025	12:30	14:30	Tues	FREE
Excel for Beginners Part 1	08/01/2025	08/01/2025	13:00	16:00	Weds	FREE
AI Generated Images for Beginners	11/01/2025	11/01/2025	14:00	15:30	Sat	FREE
Excel for Beginners Part 2	22/01/2025	12/02/2025	13:00	16:00	Weds	FREE
Digital Skills for Wellbeing	01/02/2025	08/02/2025	14:00	15:30	Sat	FREE
PowerPoint for Beginners	10/02/2025	11/02/2025	09:30	12:30	Mon/Tue	FREE
Online Shopping for Beginners	10/02/2025	10/02/2025	13:30	15:30	Mon	FREE
Smartphone Usage	18/02/2025	18/02/2025	10:00	14:00	Tues	FREE
Word Processing (Intermediate)	24/02/2025	10/03/2025	10:00	12:00	Mon	FREE
PowerPoint (Intermediate)	24/02/2025	10/03/2025	13:00	15:00	Mon	FREE
Excel for Work (Intermediate)	25/02/2025	18/03/2025	15:30	17:00	Tues	FREE
Computer and Internet Basics Part 2	26/02/2025	12/03/2025	13:00	16:00	Weds	FREE
Digital Skills for Wellbeing	08/03/2025	15/03/2025	14:00	15:30	Sat	FREE
<b>CALVERTON CORE CENTRE</b>						
Basic Computer Skills	20/01/2025	03/02/2025	10:00	12:00	Mon	FREE
<b>HARWORTH AND BIRCOTES TOWN HALL</b>						
Digital Skills (Buying, Banking and Booking)	20/02/2025	06/03/2025	09:30	11:30	Thurs	FREE
<b>HIGH PAVEMENT HOUSE, SUTTON-IN-ASHFIELD <span style="background-color: #ff0000; color: white; padding: 2px;">NEW</span></b>						
PowerPoint for Beginners	10/01/2025	14/02/2025	10:00	12:00	Fri	FREE/£42
Computer and Internet Basics	28/02/2025	04/04/2025	10:00	12:00	Fri	FREE/£42
<b>MANSFIELD CENTRAL LIBRARY</b>						
Word Processing for Beginners	10/01/2025	14/02/2025	14:00	17:00	Fri	FREE/£63
PowerPoint for Beginners	15/01/2025	12/02/2025	10:00	12:00	Weds	FREE/£35
Computer and Internet Basics	26/02/2025	02/04/2025	10:00	12:00	Weds	FREE/£42
Excel for Beginners	28/02/2025	28/03/2025	14:00	17:00	Fri	FREE/£52.50

## FREE DIGITAL, IT AND WORK SKILLS COURSES

**Boost your skills, your CV, and your confidence! Some of our Digital, IT and work skills courses in Bassetlaw and Gedling are now funded by UK Government, making them completely FREE subject to certain eligibility criteria.**

If you're aged 18+ and in receipt of Universal or Tax Credits, let us help you sharpen your maths, English and IT skills. Maybe you want to enhance your expertise in project management, coaching or leadership? Our courses for work and employment will equip you with the tools you need.

Whether you're looking to learn the basics of Word and Excel, feel confident online, or you want to improve your coding skills, our IT and Digital Skills courses cover a range of topics and levels – from absolute beginner to the more tech savvy.

See also our bespoke courses for employers on the following page...

For more information, visit:  
[inspireculture.org.uk/bassetlaw](https://inspireculture.org.uk/bassetlaw) | [inspireculture.org.uk/gedling](https://inspireculture.org.uk/gedling)



\*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](https://inspireculture.org.uk/fundingyourcourse)

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

**ONLINE**

Excel for Work Basic	07/01/2025	21/01/2025	19:00	20:30	Tues	FREE
Excel for Work Intermediate	28/01/2025	11/02/2025	19:00	20:30	Tues	FREE
Blogging for Beginners	15/02/2025	01/03/2025	10:30	12:00	Sat	FREE/£15.75
Excel for Work Advanced	25/02/2025	11/03/2025	19:00	20:30	Tues	FREE
Excel for Work Basic	18/03/2025	01/04/2025	19:00	20:30	Tues	FREE

**SOUTHWELL LIBRARY**

Digital Functional Skills (Entry 3/Level 1)	07/03/2025	01/08/2025	09:30	12:30	Fri	FREE
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**STAPLEFORD LIBRARY AND LEARNING CENTRE**

Computer and Internet Basics	09/01/2025	16/01/2025	09:30	12:30	Thurs	FREE/£21
Computer and Internet Basics	23/01/2025	13/02/2025	10:30	12:30	Thurs	FREE/£28
Smartphone Photography	20/02/2025	20/02/2025	10:00	15:00	Thurs	FREE/£15.75
Digital Functional Skills (Entry 3/Level 1)	27/02/2025	24/07/2025	09:30	12:30	Thurs	FREE

**WEST BRIDGFORD LIBRARY**

Excel for Beginners	07/01/2025	11/02/2025	17:00	19:00	Tues	FREE/£42
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**WORKSOP LIBRARY**

Introduction to Word Processing Software – Level 1 Award	08/01/2025	22/01/2025	09:30	12:30	Weds	FREE ★
Design and Print a Calendar (MS Word)	08/01/2025	08/01/2025	13:15	15:15	Weds	FREE ★
Introduction to Spreadsheet Software – Level 1 Award	09/01/2025	23/01/2025	10:30	13:30	Thurs	FREE ★
IT Security – Level 1 Award	09/01/2025	23/01/2025	14:15	16:15	Thurs	FREE ★
Introduction to Word Processing Software – Level 1 Award	10/01/2025	24/01/2025	10:00	13:00	Fri	FREE ★
Digital Crafts: AI Generated Images for Beginners	22/01/2025	22/01/2025	13:15	15:15	Weds	FREE ★
Introduction to Spreadsheet Software - Level 1 Award	29/01/2025	12/02/2025	09:30	12:30	Weds	FREE ★
IT Security – Level 1 Award	29/01/2025	12/02/2025	13:15	15:15	Weds	FREE ★
Using Emails – Level 1 Award	30/01/2025	30/01/2025	10:30	15:00	Thurs	FREE ★
Presentation Software – Level 1 Award	26/02/2025	12/03/2025	13:00	16:00	Weds	FREE ★
Introduction to Word Processing Software – Level 1 Award	28/02/2025	14/03/2025	10:00	13:00	Fri	FREE ★
Presentation Software – Level 1 Award	06/03/2025	20/03/2025	10:30	13:30	Thurs	FREE ★
IT Security – Level 1 Award	06/03/2025	20/03/2025	14:15	16:15	Thurs	FREE ★
Using Emails – Level 1 Award	21/03/2025	28/03/2025	10:00	16:00	Fri	FREE ★
Using Collaborative Technologies – Level 1 Award	27/03/2025	27/03/2025	10:30	15:00	Thurs	FREE ★

Discover more accredited IT and word processing courses on page 18...

# Languages

Learn a new language and improve your conversational ability.

Course Title	Start Date	End Date	From	To	Day	Cost*
<b>NEWARK BUTTERMARKE</b>						
Italian for Beginners - Next Steps Part 2	07/01/2025	01/04/2025	13:00	15:00	Tues	FREE/£84
Italian for Beginners - Part 2	08/01/2025	02/04/2025	13:00	15:00	Weds	FREE/£84
French for Beginners - Next Steps	10/01/2025	21/03/2025	10:00	12:00	Fri	FREE/£70
<b>NEWARK LIBRARY</b>						
Learn Italian Through Music	09/01/2025	03/04/2025	13:00	15:00	Thurs	FREE/£84
<b>ONLINE</b>						
Spanish for Beginners - Part 2	06/01/2025	31/03/2025	14:00	16:00	Mon	FREE/£84
French for Beginners - Next Steps	08/01/2025	19/03/2025	18:00	20:00	Weds	FREE/£70
Spanish Intermediate - Part 2	08/01/2025	02/04/2025	18:00	20:00	Weds	FREE/£84
Spanish Next Steps - Part 2	10/01/2025	04/04/2025	14:00	16:00	Fri	FREE/£84
Polish Conversation - Intermediate	22/01/2025	12/02/2025	12:00	14:00	Weds	FREE/£28
<b>SOUTHWELL LIBRARY</b>						
French for Beginners - Next Steps	07/01/2025	18/03/2025	10:30	12:30	Tues	FREE/£70

\*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](https://inspireculture.org.uk/fundingyourcourse)

# 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	Cost*
<b>ARNOLD LIBRARY</b>						
Maths - Functional Skills	26/02/2025	23/07/2025	17:45	20:45	Weds	FREE ★
<b>BEESTON LIBRARY</b>						
Maths - Functional Skills	25/02/2025	22/07/2025	14:00	17:00	Tues	FREE ★
<b>BINGHAM LIBRARY</b>						
Maths - Functional Skills	25/02/2025	22/07/2025	10:00	12:00	Tues	FREE ★
<b>EASTWOOD LIBRARY</b>						
Maths - Functional Skills	25/02/2025	22/07/2025	09:30	12:30	Tues	FREE ★
<b>HARWORTH AND BIRCOTES TOWN HALL</b>						
Making Your Money Stretch	09/01/2025	06/02/2025	09:30	11:30	Thurs	FREE/£28 ●
<b>HIGH PAVEMENT HOUSE, SUTTON-IN-ASHFIELD</b> <span style="background-color: #0070c0; color: white; padding: 2px;">NEW</span>						
Maths - Functional Skills	26/02/2025	23/07/2025	17:00	20:00	Weds	FREE ★
Maths - Functional Skills	27/02/2025	24/07/2025	09:30	12:30	Thurs	FREE ★
<b>KIRKBY-IN-ASHFIELD LIBRARY AND LEARNING CENTRE</b>						
Maths - Functional Skills	26/02/2025	23/07/2025	11:00	14:00	Weds	FREE ★
<b>MANSFIELD CENTRAL LIBRARY</b>						
Maths - Levels 1 and 2 Functional Skills	25/02/2025	22/07/2025	09:30	12:30	Tues	FREE ★
Maths - Entry Level Functional Skills	27/02/2025	24/07/2025	13:00	16:00	Thurs	FREE ★
<b>NEWARK BUTTERMARKE</b>						
Maths - Functional Skills	24/02/2025	21/07/2025	09:30	12:30	Mon	FREE ★
<b>ONLINE</b>						
Introduction to Maths	08/01/2025	05/02/2025	13:30	15:30	Weds	FREE ●
Getting Ready for Functional Skills Maths	14/01/2025	28/01/2025	09:30	11:30	Tues	FREE ●
Getting Ready for Functional Skills Maths	16/01/2025	23/01/2025	13:00	15:00	Thurs	FREE ●
Maths - Functional Skills	24/02/2025	21/07/2025	13:00	16:00	Mon	FREE ★
Maths - Functional Skills	25/02/2025	22/07/2025	09:30	12:30	Tues	FREE ★
Maths - Functional Skills	25/02/2025	22/07/2025	18:00	21:00	Tues	FREE ★
Maths - Functional Skills	26/02/2025	23/07/2025	09:30	12:30	Weds	FREE ★
Maths - Functional Skills	27/02/2025	24/07/2025	09:30	12:30	Thurs	FREE ★
<b>SOUTHWELL LIBRARY</b>						
Maths - Functional Skills	11/09/2024	12/02/2025	09:30	12:30	Weds	FREE ★
<b>STAPLEFORD LIBRARY AND LEARNING CENTRE</b>						
Maths - Functional Skills	24/02/2025	21/07/2025	17:30	20:30	Mon	FREE ★
Maths - Functional Skills	27/02/2025	24/07/2025	09:30	12:30	Thurs	FREE ★
<b>WEST BRIDGFORD LIBRARY</b>						
Maths - Functional Skills	24/02/2025	21/07/2025	13:00	16:00	Mon	FREE ★
<b>WORKSOP LIBRARY</b>						
Maths - Functional Skills	26/02/2025	23/07/2025	09:30	12:30	Weds	FREE ★

## Bespoke courses for employers in Bassetlaw

We're also able to offer bespoke courses for employers to upskill their workforce and boost productivity. Courses include IT/Digital, ESOL, maths, English, Project Management, Coaching and Mentoring, Leadership, Communications and more!

For more information, visit [inspireculture.org.uk/bassetlaw](https://inspireculture.org.uk/bassetlaw)



\*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](https://inspireculture.org.uk/fundingyourcourse)

# Music

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

Course Title	Start Date	End Date	From	To	Day	Cost*
<b>ONLINE</b>						
Music Theory for Songwriters, Composers and Improvisors - Beginners	07/01/2025	18/03/2025	15:00	16:00	Tues	FREE/£35
Keyboards for Beginners	07/01/2025	18/03/2025	16:30	17:30	Tues	FREE/£35
Music Theory for Beginners	07/01/2025	18/03/2025	17:45	18:45	Tues	FREE/£35
Music Theory for Beginners - Next Steps	07/01/2025	18/03/2025	19:00	20:00	Tues	FREE/£35
Advanced Music Theory	08/01/2025	19/03/2025	16:00	17:00	Weds	FREE/£35

## FOR RESIDENTS OF NEWARK AND SHERWOOD

# JOB CLUBS WITH RENEW

**FREE\* COURSES**

\*Eligibility criteria applies

**CREATING GROWTH IN YOUR COMMUNITY**

[inspireculture.org.uk/re-new](http://inspireculture.org.uk/re-new)  
[renew@inspireculture.org.uk](mailto:renew@inspireculture.org.uk)  
 01623 677 200

IF YOU'VE BEEN AWAY FROM EDUCATION OR EMPLOYMENT FOR A WHILE, IT CAN BE DIFFICULT TO KNOW WHERE TO START. **OUR RENEW JOB CLUB** CAN SUPPORT YOU EVERY STAGE OF YOUR JOURNEY BACK INTO EDUCATION OR EMPLOYMENT.

**Drop in every Monday, 1pm – 3pm at Alexander Lodge, Quibells Lane, Newark.**

Our team of friendly and welcoming staff are ready with personalised guidance and support, and offer help with job searches, CV writing and help to access training.

- Brush up your maths skills
- Manage your money better
- Explore new hobbies or interests
- Learn something new
- Boost your confidence...

Books

Café

Children's activities

Computers

Conference facilities

Courses

Events

Exhibitions

Groups

Information services

Local heritage collection

Meeting room hire

Photocopying

Printing

Study space

Theatre

Wi-Fi



Culture | Learning | Libraries

## BE INSPIRED AT YOUR LOCAL LIBRARY

Join and use many of our services

**FREE!**

Visit [inspireculture.org.uk/libraries](http://inspireculture.org.uk/libraries) to find out which fantastic services are available in your local library.

**We look forward to welcoming you!**

Ask Inspire: 01623 677 200

[ask@inspireculture.org.uk](mailto:ask@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](http://inspireculture.org.uk/fundingyourcourse)

Did you know we offer a range of traineeships for adult learners? Check out our latest traineeship opportunities. [inspireculture.org.uk/traineeships](https://inspireculture.org.uk/traineeships)

# Science, Social Science & Humanities

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

Course Title	Start Date	End Date	From	To	Day	Cost*
<b>ARNOLD LIBRARY</b>						
Social Psychology	14/03/2025	28/03/2025	15:30	17:30	Fri	FREE/£21
Developmental Psychology	25/03/2025	08/04/2025	15:30	17:30	Tues	FREE/£21
<b>BEESTON LIBRARY</b>						
Anatomy and Physiology	09/01/2025	13/02/2025	14:00	16:00	Thurs	FREE/£42
History of Computers	16/01/2025	16/01/2025	11:00	13:30	Thurs	FREE/£8.75
Bletchley Code Breakers	30/01/2025	30/01/2025	10:00	12:30	Thurs	FREE/£8.75
Turing Complete	30/01/2025	30/01/2025	13:30	16:00	Thurs	FREE/£8.75
<b>BINGHAM LIBRARY</b>						
Bletchley Code Breakers	23/01/2025	23/01/2025	10:00	12:30	Thurs	FREE/£8.75
Turing Complete	06/02/2025	06/02/2025	10:00	12:30	Thurs	FREE/£8.75
<b>BURTON JOYCE LIBRARY</b>						
Bletchley Code Breakers	06/03/2025	06/03/2025	10:00	12:30	Thurs	FREE/£8.75
Turing Complete	13/03/2025	13/03/2025	10:00	12:30	Thurs	FREE/£8.75

## ACCREDITED COURSES

Looking to give your career a boost?

We have Accredited Courses in a huge range of subjects and vocations, and they can help your CV stand out from the crowd.

Our free and funded qualifications will give you the skills you need, to get the job you want. Approved by a professional awarding body, our accredited courses 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.

Delivered at convenient locations across Nottinghamshire as well as online, our accredited courses have set criteria for you to achieve in line with awarding body standards. Upon completion, you'll receive a qualification certificate recognised by employers.

Our level 1 and 2 courses are funded through the Adult Skills Fund (ASF), meaning your course could be fully or part-funded, depending on your circumstances.

We offer courses in:

- volunteering
- management skills
- mental health awareness
- conservation work
- counselling

... and more whether you want to break into a brand new industry, or take the next step in your established career.

Get FREE careers and benefits advice

You will be awarded a recognised qualification



Turn to page 18 to browse our full range of Accredited Courses, a visit [inspireculture.org.uk/accredited](https://inspireculture.org.uk/accredited)

\*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](https://inspireculture.org.uk/fundingyourcourse)



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

**DYNAMO HOUSE, BESTWOOD COUNTRY PARK/SPA PONDS**

Ancient and Veteran Trees	12/02/2025	12/03/2025	10:00	13:00	Weds	FREE/£21
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**FEEL GOOD GARDENS, CLIPSTONE**

All You Need to Know About Trees	30/01/2025	30/01/2025	09:30	16:30	Thurs	FREE/£22.75
Wildlife Gardening – Habitat Creation and Rewilding	20/02/2025	20/02/2025	09:30	16:30	Thurs	FREE/£22.75
Introduction to Foraging	20/03/2025	20/03/2025	09:30	16:30	Thurs	FREE/£22.75
Wildlife Gardening – Habitat Creation and Rewilding	27/03/2025	27/03/2025	09:30	16:30	Thurs	FREE/£22.75

**HOCKERTON HOUSING PROJECT**

Sow, Cook and Eat - Part 1	14/03/2025	28/03/2025	11:00	14:00	Fri	FREE/£31.50
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**NEWARK BUTTERMARKET**

Introduction to Permaculture and Practical Sustainability	04/02/2025	25/02/2025	18:00	20:00	Tues	FREE/£28
Nottinghamshire's History	26/02/2025	26/03/2025	14:15	15:45	Weds	FREE/£26.25

**NEWARK LIBRARY**

The History of Robin Hood	26/02/2025	26/03/2025	13:00	14:00	Weds	FREE/£17.50
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**ONLINE**

The History of Robin Hood	15/01/2025	12/02/2025	13:00	14:00	Weds	FREE/£17.50
Nottinghamshire's History	15/01/2025	12/02/2025	14:15	15:45	Weds	FREE/£26.25
Positive Psychology	16/01/2025	13/02/2025	13:00	15:00	Thurs	FREE/£35
Human Biology - Part 1	16/01/2025	13/02/2025	17:00	19:30	Thurs	FREE/£43.75
UK vs USA - How Their Governments Work	16/01/2025	16/01/2025	18:30	20:30	Thurs	FREE/£7
Body Language	26/01/2025	09/02/2025	10:00	12:00	Sunday	FREE/£21
Anatomy and Physiology	24/02/2025	31/03/2025	09:30	11:30	Mon	FREE/£42
Human Biology - Part 2	27/02/2025	27/03/2025	17:00	19:30	Thurs	FREE/£43.75
Positive Psychology	03/03/2025	31/03/2025	10:00	12:00	Weds	FREE/£35
UK vs USA - How Their Governments Work	24/03/2025	24/03/2025	18:30	20:30	Mon	FREE/£7

**RAVENSHEAD LIBRARY**

History and Heritage of Gedling	20/02/2025	13/03/2025	10:30	12:00	Thurs	FREE/£21
Bletchley Code Breakers	27/02/2025	27/02/2025	14:00	16:30	Thurs	FREE/£8.75
Turing Complete	20/03/2025	20/03/2025	09:30	12:00	Thurs	FREE/£8.75

**RSPB - SHERWOOD FOREST**

Nature Walks – An Appreciation of Nature	28/01/2025	25/03/2025	09:30	12:30	Tues	FREE/£31.50
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**STAPLEFORD LIBRARY AND LEARNING CENTRE**

Psychology - An Introduction	16/01/2025	06/02/2025	13:00	15:00	Thurs	FREE/£28
Bletchley Code Breakers	20/02/2025	20/02/2025	10:00	12:00	Thurs	FREE
Turing Complete	20/02/2025	20/02/2025	13:00	15:00	Thurs	FREE
Body Language	21/02/2025	21/02/2025	10:00	12:00	Fri	FREE
History of Computers	04/03/2025	04/03/2025	13:30	16:00	Thurs	FREE

**WEST BRIDGFORD LIBRARY**

History of Computers	09/01/2025	09/01/2025	12:00	14:30	Thurs	FREE/£8.75
Bletchley Code Breakers	13/02/2025	13/02/2025	09:30	12:00	Thurs	FREE/£8.75
Exploring Women's History Turing Complete	13/02/2025	13/02/2025	13:00	15:30	Thurs	FREE/£8.75
Wildlife Gardening – Habitat Creation and Rewilding	20/02/2025	20/02/2025	09:30	16:30	Thurs	FREE/£22.75
Inspiring Nottinghamshire's Women	17/03/2025	31/03/2025	14:00	16:00	Mon	FREE/£21.00
Introduction to Foraging	20/03/2025	20/03/2025	09:30	16:30	Thurs	FREE/£22.75
Bletchley Code Breakers	27/03/2025	27/03/2025	09:30	12:00	Thurs	FREE/£8.75
Wildlife Gardening – Habitat Creation and Rewilding	27/03/2025	27/03/2025	09:30	16:30	Thurs	FREE/£22.75
Turing Complete	27/03/2025	27/03/2025	13:00	15:30	Thurs	FREE/£8.75

**WEST BRIDGFORD METHODIST CHURCH**

Yoga for Osteoporosis	17/01/2025	04/04/2025	13:00	14:30	Fri	FREE/£57.75
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**WORKSOP LIBRARY**

Inspiring Nottinghamshire Women: Exploring Women's History	26/02/2025	12/03/2025	13:30	15:30	Weds	FREE/£21
Researching Family History - An Introduction	01/03/2025	05/04/2025	10:00	12:00	Sat	FREE/£42

\*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](https://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	Cost*
<b>ONLINE</b>						
Counselling Skills- Level 2 Certificate	07/01/2025	03/04/2025	10:00	14:30	Tues	FREE/£420 ★
Mental Health Awareness - Level 2 Certificate	07/01/2025	26/03/2025	15:00	18:00	Tues	FREE/£455 ★
Nutrition and Health - Level 1 Award	08/01/2025	12/03/2025	09:30	14:30	Weds	FREE/£150.50 ★
Health and Social Care - Level 2 Certificate	08/01/2025	12/03/2025	17:00	21:00	Tues/Weds	FREE/£630 ★
User Experience User Interface (UXUI) Level 3 certificate	13/01/2025	03/04/2025	18:00	21:00	Mon	FREE/£900 ★
Preparing to Work in Schools - Level 1 Award	14/01/2025	10/04/2025	18:00	20:30	Tues	FREE/£164.50 ★
Sowing and Growing Techniques - Level 1 Award	15/01/2025	19/02/2025	12:00	14:00	Weds	FREE/£66.50 ★
Information, Advice or Guidance (IAG) - Level 3 Certificate	15/01/2025	09/07/2025	16:00	19:00	Weds	FREE/£800 ★
Awareness of Dementia - Level 2 Award	17/01/2025	25/07/2025	10:00	13:00	Fri	FREE/£252 ★
Coaching and Mentoring - Level 3 Certificate	04/02/2025	17/06/2025	10:00	13:00	Tues	FREE/£595 ★
Volunteering - Level 1 Award	25/02/2025	01/04/2025	10:00	12:00	Tues	FREE/£84 ★
Stress Awareness - Level 1 Award	25/02/2025	01/04/2025	13:00	16:00	Tues	FREE/£84 ★
Time Management Skills and Problem Solving at Work - Level 1 Award	26/02/2025	02/04/2025	12:00	14:00	Weds	FREE/£66.50 ★
Coaching and Mentoring - Level 3 Certificate	27/02/2025	10/07/2025	17:30	20:30	Thurs	FREE/£595 ★
Award in Education and Training (AET) - Level 3	12/03/2025	04/06/2025	09:30	12:30	Weds	£495 ★

**Inspire**  
**High Pavement Learning Centre**  
 Culture | Learning | Libraries



Drop in and say hello and see what's on offer – we look forward to welcoming you to our new learning centre!

**Welcome to the new home of Inspire Learning at High Pavement House, Sutton-in-Ashfield! We're conveniently located near Sutton town centre and Inspire's Sutton-in-Ashfield Library, ensuring easy access for all learners.**

This new hub of learning and opportunity offers a variety of courses for people to gain skills and have fun whilst learning something new. Be one of the first to join us, whether it's for painting, maths, Reiki or arts and crafts. We're also expanding our learning offer with cooking classes from around the world in our brand-new kitchen!

High Pavement House is also serving as our new college base for young people. Courses include:

- Health and Social Care
- Employability, Personal and Social Development
- Maths and English GCSE Resit
- Construction and Joinery
- Hospitality

Students will also benefit from exciting work placements and traineeship opportunities, helping them gain valuable hands-on experience in their chosen fields.

**Find out more and view courses on offer at [inspireculture.org.uk/high-pavement](https://inspireculture.org.uk/high-pavement)**

\*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](https://inspireculture.org.uk/fundingyourcourse)

## Our Subcontractors

Inspire Learning and Nottinghamshire County Council currently uses a proportion of the Adult FE funding to support seven local grassroots community organisations to deliver specialist, bespoke non-accredited learning on our behalf. These organisations have skills and links to local residents that help Nottinghamshire County Council and Inspire Learning to widen participation and increase our work with hard-to-reach adults.

### HARLEY FOUNDATION

#### Harley Foundation

The Harley Foundation is a charitable trust which supports the visual arts and crafts. It has created award-winning visitor attractions, a community of artist's studios, and a vibrant event and education programme on the historic Welbeck estate. Visitor attractions include an award-winning gallery, world-class museum and a community pottery studio.

[harleyfoundation.org.uk](http://harleyfoundation.org.uk)



#### Creative Paths

Creative Paths CIC believes that everyone should have access to good quality arts, culture and creative opportunities. Our courses are planned and designed to support people living in care to have fun, learn and enjoy their lives to the full. We have been providing courses and learning in care settings across the county for the previous ten years, with a mix of reminiscence and creative activities.

[creativepaths.org.uk](http://creativepaths.org.uk)



#### Life Education

East Midlands

Helping children make healthy choices

#### Life Education

Life Education's courses are a mixture of health and wellbeing, behaviour management, and parenting skills. All are designed to help parents learn how to support their children's learning and to provide them with some useful tools to help their children to live happy, healthy and successful lives, while at the same time, learning those same skills for themselves.

[lecn.co.uk](http://lecn.co.uk)



#### Get Wise

Get Wise's engaging courses are designed to boost your confidence and enhance your creative digital skills. Whether you're passionate about film and video production, songwriting, singing, creative writing or podcasting we've got you covered. If you're unsure about committing to a course we offer a taster session, Notts Voices; a vibrant creative media project sharing your community stories.

[hello@getwise.world](mailto:hello@getwise.world)



#### NG:She

NG:She CIC's courses seek to improve the day-to-day quality of our learners' and their children's lives. Learn in a safe, encouraging and relaxed environment to gain or improve knowledge and skills that will help you manage your life and wellbeing now, or support you with any plans for future learning or employment. Current courses include such subjects as Exploring Autism, Managing Conflict, and Dealing with Chronic Pain.

[facebook.com/ngsheNottingham](https://facebook.com/ngsheNottingham)



#### Green Scene

Green Scene Forest School aims to provide a training service in partnership with organisations including local authorities, the NHS, community groups, social enterprises, schools and private business. We deliver Community and Family Learning Courses such as bushcraft, outdoor cooking, environmental arts and crafts and green-woodworking courses under the theme of Health and Wellbeing. Courses are for adults, family groups and adults with learning difficulties, disabilities or mental health issues.

[greensceneschool.wordpress.com](http://greensceneschool.wordpress.com)



#### Reach Learning Disability

Reach Learning Disability provides a wide choice of courses for adults with learning disabilities seeking to gain new skills and confidence. Our timetable includes cookery, gardening, art and lots more. Courses take place at Reach centres in Southwell, Mansfield and Newark.

[reachuk.org/get-support](http://reachuk.org/get-support)

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\*Child benefit not affected \*\* Traineeships available for learners aged 19-24 or 25 with a Education, Health and Care Plan



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