Adult Learning Course Guide Spring 2025

**Welcome to your Inspire Adult Learning Course Guide: your complete guide to all our courses for adults for the autumn 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.

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.

**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 £3.50 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.

**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.

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* [Maths](file:///C:\Users\sr400\Downloads\Plain_Text_Course_Guide_Autumn_2024.docx#_Maths) & [Multiply](file:///C:\Users\sr400\Downloads\Plain_Text_Course_Guide_Autumn_2024.docx#_Multiply)
* [Music](file:///C:\Users\sr400\Downloads\Plain_Text_Course_Guide_Autumn_2024.docx#_Music)
* [Science, Social Science & Humanities](file:///C:\Users\sr400\Downloads\Plain_Text_Course_Guide_Autumn_2024.docx#_Science,_Social_Science)
* [Accredited Courses](file:///C:\Users\sr400\Downloads\Plain_Text_Course_Guide_Autumn_2024.docx#_Accredited_Courses)

# [**Arts & Crafts**](https://www.inspireculture.org.uk/skills-learning/arts-crafts-courses/)

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

**ARNOLD LIBRARY**

Art for Beginners from 13/01/2025 to 10/02/2025

Needle Felting for Beginners from 14/01/2025 to 28/01/2025

Mixed Media Textiles - Wall Hanging from 14/01/2025 to 28/01/2025

Needle Felting Next Steps from 04/02/2025 to 18/02/2025

Mixed Media Textiles - Project from 04/02/2025 to 18/02/2025

Art Next Steps from 24/02/2025 to 31/03/2025

Mixed Media Collage for Beginners on 28/02/2025

**BINGHAM LIBRARY**

Crochet for Beginners from 24/02/2025 to 31/03/2025

**BEESTON LIBRARY**

Flower Arranging Next Steps from 13/01/2025 to 03/02/2025

Art for Improvers from 15/01/2025 to 12/02/2025

Linoprinting - Black White and Jigsaw Colour Printing from 15/01/2025 to 12/02/2025

Drawing and Painting using Frottage from 17/01/2025 to 14/02/2025

Drawing and Sketching for Beginners from 17/01/2025 to 14/02/2025

Gel Plate Printing from 05/02/2025 to 05/02/2025

Indian Block Printing on 12/02/2025

Ikebana Japanese Flower Arranging from 24/02/2025 to 17/03/2025

Mixed Media Textiles - Wall Hanging from 25/02/2025 to 11/03/2025

Beadweaving Jewellery for Beginners from 25/02/2025 to 11/03/2025

Art Mixed Media from 26/02/2025 to 02/04/2025

Printmaking - Multiblock Linoprinting from 26/02/2025 to 02/04/2025

Art Explored from 27/02/2025 to 03/04/2025

Art for Beginners from 28/02/2025 to 28/03/2025

Art Mixed Media from 28/02/2025 to 28/03/2025

Machine Sewing for Beginners - Bags from 01/03/2025 to 05/04/2025

Machine Sewing for Beginners - Cushions from 01/03/2025 to 05/04/2025

Mixed Media Textiles - Project from 25/03/2025 to 08/04/2025

Beadweaving Jewellery Next Steps from 25/03/2025 to 08/04/2025

**BLIDWORTH LIBRARY**

Bobbin Lace for Beginners on 13/01/2025

Macrame for Beginners on 03/02/2025 03/02/2025

Macrame Jewellery on 10/02/2025

**BURTON JOYCE LIBRARY**

Gel Plate Printing for Beginners from 13/01/2025 to 10/02/2025

Gel Plate Printing Next Steps from 03/03/2025 to 31/03/2025

**CARLTON FIRE STATION**

Ceramics Next Steps from 16/01/2025 to 13/02/2025

Art Next Steps from 16/01/2025 to 13/02/2025

**EASTWOOD LIBRARY**

Macrame for Beginners 27/02/2025 to 13/03/2025

Indian Block Printing 27/02/2025 to 13/03/2025

Bobbin Lace for Beginners 20/03/2025 to 03/04/2025

Indian Block Printing - Print and Stitch 20/03/2025 to 03/04/2025

**EDWINSTOWE LIBRARY**

Macrame for Beginners on 10/01/2025

**HARWORTH AND BIRCOTES TOWN HALL**

Watercolour Painting for Beginners from 10/01/2025 to 31/01/2025

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

Painting à la Monet - Beginners 10/01/2025 to 14/02/2025

Crochet - Granny Squares from 10/01/2025 to 14/02/2025

Floral Painting in Acrylics - Beginners 10/01/2025 to 14/02/2025

Bobbin Lace for Beginners on 07/02/2025

Bobbin Lace - Torchon on 14/02/2025

Beadweaving Jewellery for Beginners 21/02/2025 to 07/03/2025

Mixed Media Textiles - Wall Hanging 21/02/2025 to 07/03/2025

Painting à la Gauguin 28/02/2025 to 04/04/2025

Machine Sewing for Beginners - Bags 28/02/2025 to 04/04/2025

Crochet - Granny Squares Next Steps 28/02/2025 to 04/04/2025

Floral Painting in Acrylics - Next Steps 28/02/2025 to 04/04/2025

Machine Sewing for Beginners - 28/02/2025 to 04/04/2025

Beadweaving Jewellery Next Steps 28/03/2025 to 11/04/2025

Mixed Media Textiles - Project 28/03/2025 to 11/04/2025

**JOHN GODBER CENTRE, HUCKNALL**

Calligraphy Next Steps - Uncial and Gothic 16/01/2025 to 06/02/2025

Van Gogh Inspired Painting on 25/01/2025

Abstract Painting in Acrylics on 08/02/2025

**HUCKNALL CENTRAL METHODIST CHURCH**

Portrait Painting - Advanced 08/01/2025 to 12/02/2025

Nature Painting in Acrylics – Beginners 08/01/2025 to 12/02/2025

Portrait Painting - Advanced 26/02/2025 to 02/04/2025

Nature Painting in Acrylics - Next Steps 26/02/2025 to 02/04/2025

**HUCKNALL LIBRARY**

Flower Painting in Acrylics on 08/03/2025

**KIMBERLEY LIBRARY**

Macrame for Beginners on 13/02/2025

**KIRKBY-IN-ASHFIELD LIBRARY AND LEARNING CENTRE**

Calligraphy for Beginners 13/01/2025 to 10/02/2025

Calligraphy Next Steps - Uncial and Gothic 24/02/2025 to 17/03/2025

Machine Sewing for Beginners - Bags 27/02/2025 to 03/04/2025

**LOCO CENTRE - NETHERFIELD**

Gel Plate Printing for Beginners 15/01/2025 to 19/02/2025

Mixed Media Collage for Beginners 15/01/2025 to 19/02/2025

Gel Plate Printing Next Steps - 05/03/2025 to 02/04/2025

Mixed Media Collage Next Steps - Book of Self 05/03/2025 to 02/04/2025

**MANSFIELD CENTRAL LIBRARY**

Winterscape Painting in Acrylics - Beginners 09/01/2025 to 13/02/2025

Painting and Mindfulness 09/01/2025 to 13/02/2025

Crochet for Beginners 14/01/2025 to 11/02/2025

Crochet - Spring Designs 14/01/2025 to 11/02/2025

Crochet for Beginners - Next Steps 25/02/2025 to 01/04/2025

Crochet - Easter Designs 25/02/2025 to 01/04/2025

Book Making 26/02/2025 to 12/03/2025

English Paper Piecing 26/02/2025 to 12/03/2025

Spring Flower Painting in Acrylics 27/02/2025 to 03/04/2025

Semi-Abstract Landscape Painting 27/02/2025 to 03/04/2025

Macrame for Beginners 19/03/2025 to 02/04/2025

Bobbin Lace for Beginners 19/03/2025 to 02/04/2025

**MANSFIELD WOODHOUSE LIBRARY**

Bobbin Lace for Beginners 09/01/2025 to 16/01/2025

Indian Block Printing 09/01/2025 to 16/01/2025

Painting à la Cezanne 25/02/2025 to 01/04/2025

Landscape Painting in Acrylics 25/02/2025 to 01/04/2025

**NEWARK BUTTERMARKET**

Nature Journalling 09/01/2025 to 13/02/2025

Linoprinting - Black, White and Colour Jigsaw Printing 14/01/2025 to 11/02/2025

Art for Beginners 25/02/2025 to 01/04/2025

Book Making 01/03/2025 to 15/03/2025

Bobbin Lace for Beginners 01/03/2025 to 15/03/2025

Macrame for Beginners 22/03/2025 to 05/04/2025

Bobbin Lace - Torchon 22/03/2025 to 05/04/2025

**ONLINE**

Art Explored 06/01/2025 to 10/02/2025

**RAVENSHEAD LIBRARY**

Painting and Mindfulness 07/01/2025 to 11/02/2025

Still Life in Acrylics 07/01/2025 to 11/02/2025

**RETFORD LIBRARY**

Gel Plate Printing 28/02/2025 to 14/03/2025

Indian Block Printing 28/02/2025 to 14/03/2025

Creative Printing 21/03/2025 to 04/04/2025

Indian Block Printing - Print and Stitch 21/03/2025 to 04/04/2025

**SOUTHWELL LIBRARY**

Winterscapes in Acrylics - Beginners 06/01/2025 to 10/02/2025

Mixed Media for Beginners 06/01/2025 to 10/02/2025

Watercolour Painting for Beginners 08/01/2025 to 12/02/2025

Spring Crafts with Felt 08/01/2025 to 12/02/2025

Winterscapes in Acrylics - Next Steps 24/02/2025 to 31/03/2025

Mixed Media for Beginners - Next Steps 24/02/2025 to 31/03/2025

Watercolour Painting for Beginners - Next Steps 26/02/2025 to 02/04/2025

Easter Felt Designs 26/02/2025 to 02/04/2025

**STAPLEFORD LIBRARY AND LEARNING CENTRE**

Machine Sewing for Beginners - Bags 16/01/2025 to 13/02/2025

Machine Sewing for Beginners - Cushions 16/01/2025

Linoprinting - Black White and Jigsaw Colour Printing 17/01/2025 to 14/02/2025

Indian Block Printing 24/02/2025 to 10/03/2025

Gel Plate Printing 24/02/2025 to 10/03/2025

Ceramics Next Steps 27/02/2025 to 27/03/2025

Art Next Steps 27/02/2025 to 27/03/2025

Art for Beginners 28/02/2025 to 04/04/2025

Indian Block Printing - Print and Stitch 17/03/2025 to 31/03/2025

Creative Printing 17/03/2025 to 31/03/2025

**ST MARKS CHURCH, WOODTHORPE**

Mixed Media Collage for Beginners 13/01/2025 to 10/02/2025

Mixed Media Collage Next Steps - Book of Self 03/03/2025 to 31/03/2025

**WEST BRIDGFORD LIBRARY**

Flower Arranging for Beginners 09/01/2025 to 30/01/2025

Indian Block Printing on 15/01/2025

Mixed Media Textiles - Wall Hanging 18/01/2025 to 01/02/2025

Beadweaving Jewellery for Beginners 18/01/2025 to 01/02/2025

Indian Block Printing 06/02/2025 to 06/02/2025

Mixed Media Textiles - Project 08/02/2025 to 22/02/2025

Beadweaving Jewellery Next Steps 08/02/2025 to 22/02/2025

Flower Arranging Next Steps 27/02/2025 to 20/03/2025

Gel Plate Printing 02/03/2025 to 16/03/2025

Creative Printing 23/03/2025 to 06/04/2025

**WEST BRIDGFORD METHODIST CHURCH**

Art for Improvers 16/01/2025 to 13/02/2025

Linoprinting - Black, White and Jigsaw Colour Printing 16/01/2025 to 13/02/2025

Art Mixed Media 27/02/2025 to 03/04/2025

Printmaking - Multiblock Linoprinting 27/02/2025 to 03/04/2025

**WORKSOP LIBRARY**

Machine Sewing for Beginners - Bags 13/01/2025 to 10/02/2025

Machine Sewing for Beginners - Cushions on 13/01/2025

Gel Plate Printing 14/01/2025 to 11/02/2025

# **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.

**ARNOLD LIBRARY**

Cupcakes for Beginners 08/01/2025 29/01/2025

Easter Cupcakes 28/02/2025 14/03/2025

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

Baking - Cakes and Bakes 09/01/2025 06/02/2025

Cooking - Mexican 10/01/2025 07/02/2025

Vegan Baking 10/01/2025 07/02/2025

Cooking - Family Meals - Winter Warmers 16/01/2025 13/02/2025

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

Cooking - Beans, Beans Good for the Heart 28/02/2025 04/04/2025

Cooking - West Indian - Creole Stew 28/02/2025 21/03/2025

Cooking - Five a Day the Budget Way 28/02/2025 04/04/2025

**HUCKNALL LIBRARY**

Easter Cupcakes 19/03/2025 02/04/2025

**MANSFIELD CENTRAL LIBRARY**

Sugarcraft - Cyclamen 06/01/2025 03/02/2025

Sugarcraft - Sunflowers 24/02/2025 24/03/2025

**MANSFIELD WOODHOUSE LIBRARY**

Sugarcraft - Snowdrops 07/01/2025 04/02/2025

Sugarcraft - Anemones 25/02/2025 25/03/2025

**SOUTHWELL LIBRARY**

Cupcakes for Beginners 08/01/2025 29/01/2025

Easter Cupcakes 26/02/2025 12/03/2025

**STAPLEFORD LIBRARY AND LEARNING CENTRE**

Cupcake Decorating 24/01/2025 24/01/2025

**WEST BRIDGFORD LIBRARY**

Easter Cupcakes 21/03/202

# [**Creative Writing & Literature**](https://www.inspireculture.org.uk/skills-learning/creative-writing-literature-courses/)

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

**ARNOLD LIBRARY**

Creative Writing - Short Stories 14/01/2025 04/02/2025

Creative Writing - Writing for Children 17/01/2025 14/02/2025

Creative Writing - Investigating Genre 25/02/2025 01/04/2025

**NEWARK BUTTERMARKET**

Poetry for Beginners 16/01/2025 13/02/2025

New Year - New Poems 16/01/2025 13/02/2025

Spring Poetry 27/02/2025 03/04/2025

Creative Writing - Using Your Senses 27/02/2025 03/04/2025

**ONLINE**

Creative Writing - Writing for Children 13/01/2025 10/02/2025

Creative Writing - Short Stories 14/01/2025 11/02/2025

Creative Writing - Short Stories 18/01/2025 08/02/2025

Creative Writing - Investigating Genres 24/02/2025 31/03/2025

Creative Writing - Short Stories Next Steps 25/02/2025 01/04/2025

**WEST BRIDGFORD LIBRARY**

Exploring Nottinghamshire’s Literary Locations 08/03/2025 29/03/2025

**WEST BRIDGFORD METHODIST CHURCH**

James Joyce Explored 10/01/2025 07/02/2025

Shakespeare - Heroes and Villains 28/02/2025 28/03/2025

# [**Employability & Work Skills**](https://www.inspireculture.org.uk/skills-learning/work-skills-employment-courses/)

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

**BEESTON LIBRARY**

Visual Life Planning 11/01/2025 11/01/2025

Bookkeeping for Beginners 27/02/2025 03/04/2025

**MANSFIELD CENTRAL LIBRARY**

Visual Life Planning 18/01/2025 18/01/2025

Paediatric First Aid 07/02/2025 14/02/2025

**ONLINE**

Life Coaching 08/01/2025 12/02/2025

Teaching and Training - An Introduction 26/02/2025 02/04/2025

**STAPLEFORD LIBRARY AND LEARNING CENTRE**

Bookkeeping for Beginners 13/01/2025 10/02/2025

Bookkeeping Next Steps 24/02/2025 31/03/2025

# [**English & ESOL**](https://www.inspireculture.org.uk/skills-learning/english-esol-courses/)

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.

**ARNOLD LIBRARY**

ESOL Everyday English 16/01/2025 03/04/2025

English Functional Skills 25/02/2025 22/07/2025

**BEESTON LIBRARY**

ESOL Book Club 08/01/2025 12/02/2025

ESOL - Writing Skills 26/02/2025 02/04/2025

English Functional Skills 27/02/2025 24/07/2025

English Functional Skills: Entry Level 07/03/2025 25/07/2025

**EASTWOOD LIBRARY**

English Functional Skills 27/02/2025 24/07/2025

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

English Functional Skills 27/02/2025 24/07/2025

**HUCKNALL LIBRARY**

English Functional Skills 27/02/2025 24/07/2025

**KIRKBY-IN-ASHFIELD LIBRARY AND LEARNING CENTRE**

English Functional Skills 27/02/2025 24/07/2025

**MANSFIELD CENTRAL LIBRARY**

English Functional Skills 24/02/2025 21/07/2025

English Functional Skills: Entry Level 06/03/2025 24/07/2025

**NEWARK BUTTERMARKET**

ESOL Beginner Everyday English 08/01/2025 02/04/2025

English Functional Skills 26/02/2025 23/07/2025

**ONLINE**

Grammar and Punctuation 07/01/2025 11/02/2025

English Functional Skills 08/01/2025 21/05/2025

ESOL Everyday English 15/01/2025 02/04/2025

ESOL Everyday English 17/01/2025 04/04/2025

English Functional Skills 25/02/2025 22/07/2025

English Functional Skills 26/02/2025 23/07/2025

English Functional Skills 27/02/2025 24/07/2025

ESOL Entry Level Speaking and Listening

English Functional Skills 27/03/2025 24/07/2025

**RETFORD LIBRARY**

ESOL Entry Level Reading 13/01/2025 01/04/2025

**STAPLEFORD LIBRARY AND LEARNING CENTRE**

English Functional Skills 24/02/2025 21/07/2025

**WEST BRIDGFORD LIBRARY**

English Functional Skills 24/02/2025 21/07/2025

**WORKSOP LIBRARY**

ESOL Everyday English 11/01/2025 22/02/2025

English Functional Skills 26/02/2025 23/07/2025

ESOL Everyday English 08/03/2025 05/04/2025

## [**Family Learning**](https://www.inspireculture.org.uk/skills-learning/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.

**ARNOLD LIBRARY**

Music Making for Early Years - Chinese New Year 15/01/2025 12/02/2025

Music Making for Early Years - Stories 26/02/2025 02/04/2025

Makaton Signing for Babies and Families 26/02/2025

**GEDLING LIBRARY**

Music Making for Early Years - Chinese New Year 16/01/2025 13/02/2025

Music Making for Early Years - Stories 27/02/2025 03/04/2025

**MANSFIELD CENTRAL LIBRARY**

Baby Massage 25/02/2025 18/03/2025

Music and Signing (BSL) for 0-3 Years 28/02/2025 04/04/2025

Autism - All About Me 28/02/2025 04/04/2025

**RAVENSHEAD LIBRARY**

Music and Signing (BSL) for 0-3 Years 25/02/2025 01/04/2025

Autism - All About Me 25/02/2025 01/04/2025

**RETFORD LIBRARY**

Music and Signing (BSL) for 0-3 Years 10/01/2025 14/02/2025

Autism - All About Me 10/01/2025 14/02/2025

**ST JOHN’S CHURCH HALL, HUCKNALL**

Makaton Signing for Babies and Families 25/02/2025

Story Exploration for Early Years 25/02/2025 01/04/2025

**WOODTHORPE LIBRARY**

Music Making for Early Years - Chinese New Year 13/01/2025 10/02/2025

Music Making for Early Years - Stories 24/02/2025 31/03/2025

**WORKSOP LIBRARY**

Music and Signing (BSL) for 0-3 Years 07/01/2025 11/02/2025

Autism - All About Me 07/01/2025 11/02/2025

# [**Health & Wellbeing**](https://www.inspireculture.org.uk/skills-learning/online-health-and-wellbeing-courses/)

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.

**ARNOLD LIBRARY**

Reiki 1 25/02/2025 01/04/2025

Colour Therapy 25/02/2025 01/04/2025

Managing Type 2 Diabetes 07/03/2025 28/03/2025

**BEESTON LIBRARY**

Reiki 1 14/01/2025 11/02/2025

Meditation to Support Better Sleep 14/01/2025 04/02/2025

Complementary Therapies Explored 26/02/2025 02/04/2025

**BINGHAM LIBRARY**

Yoga for Osteoporosis 17/01/2025 04/04/2025

**EDWINSTOWE LIBRARY**

Learn to Relax 17/01/2025 14/02/2025

Positive Mind Positive Life 28/02/2025 28/03/2025

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

Meditation and Mindfulness 01/03/2025 05/04/2025

**HUCKNALL LIBRARY**

Reiki 2 28/02/2025 04/04/2025

Facial Peels - An Introduction 01/03/2025 01/03/2025

**JOHN GODBER CENTRE, HUCKNALL**

Hand Reflexology 08/01/2025 12/02/2025 10:00 12:00

**MANSFIELD CENTRAL LIBRARY**

Reiki 1 15/01/2025 12/02/2025

**MANSFIELD WOODHOUSE LIBRARY**

Indian Head Massage for Beginners 13/01/2025 10/02/2025

Meditation for Beginners 13/01/2025 10/02/2025

Reflexology for Beginners 24/02/2025 31/03/2025

Meditation for Beginners - Next Steps 24/02/2025 31/03/2025

**MILLGATE COMMUNITY CENTRE, NEWARK**

Yoga for Osteoporosis 14/01/2025 01/04/2025

**ONLINE & BESTWOOD COUNTRY PARK**

Shinrin Yoku – Forest Bathing 07/02/2025 21/02/2025

Shinrin Yoku – Forest Bathing 04/03/2025 18/03/2025

**ONLINE**

Learn to Relax 16/01/2025 13/02/2025 10:00 12:00

Diet and Nutrition - An Introduction 25/02/2025 01/04/2025

Learn to Relax 03/03/2025 31/03/2025

**WEST BRIDGFORD LIBRARY**

Reiki 2 15/01/2025 12/02/2025

Health and Wellbeing - Cultural Explorations 15/01/2025 12/02/2025

Colour Therapy 26/02/2025 02/04/2025

Healthy Gut Healthy Mind 12/03/2025 02/04/2025

**WEST BRIDGFORD METHODIST CHURCH**

Yoga for Osteoporosis 17/01/2025 04/04/2025

**WORKSOP LIBRARY**

Health and Wellbeing - Cultural Explorations 16/01/2025 13/02/2025

Holistic Therapies Explored 16/01/2025 13/02/2025

Meditation - Balancing Energy 17/01/2025 14/02/2025

Dream Exploration 17/01/2025 14/02/2025

Improvised Comedy for Confidence 25/02/2025 01/04/2025

Meditation for Inner Peace 27/02/2025 03/04/2025

Colour Therapy 27/02/2025 03/04/2025

# [**IT & Digital Skills**](https://www.inspireculture.org.uk/skills-learning/it-digital-skills-courses/)

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

**ARNOLD LIBRARY**

Computer and Internet Basics Part 2

Animation for Beginners 06/01/2025 13/01/2025

Smartphone Apps - Voice Assistants (Alexa, Google) 07/01/2025

Coding for Beginners (Python) 07/01/2025 04/02/2025

Excel for Beginners Part 1 08/01/2025

AI Generated Images for Beginners 11/01/2025

Excel for Beginners Part 2 22/01/2025 12/02/2025

Digital Skills for Wellbeing 01/02/2025

PowerPoint for Beginners 10/02/2025 11/02/2025

Online Shopping for Beginners 10/02/2025

Smartphone Usage 18/02/2025

Word Processing (Intermediate) 24/02/2025 10/03/2025

PowerPoint (Intermediate) 24/02/2025 10/03/2025

Excel for Work (Intermediate) 25/02/2025 18/03/2025

Computer and Internet Basics Part 2 26/02/2025 12/03/2025

Digital Skills for Wellbeing 08/03/2025 15/03/2025

**CALVERTON CORE CENTRE**

Basic Computer Skills 20/01/2025 03/02/2025

**HARWORTH AND BIRCOTES TOWN HALL**

Digital Skills (Buying, Banking and Booking) 20/02/2025 06/03/2025

HIGH PAVEMENT HOUSE, SUTTON-IN-ASHFIELD

PowerPoint for Beginners 10/01/2025 14/02/2025

Computer and Internet Basics 28/02/2025 04/04/2025

**MANSFIELD CENTRAL LIBRARY**

Word Processing for Beginners 10/01/2025 14/02/2025

PowerPoint for Beginners 15/01/2025 12/02/2025

Computer and Internet Basics 26/02/2025 02/04/2025

Excel for Beginners 28/02/2025 28/03/2025

**ONLINE**

Excel for Work Basic 07/01/2025 21/01/2025

Excel for Work Intermediate 28/01/2025 11/02/2025

Blogging for Beginners 15/02/2025 01/03/2025

Excel for Work Advanced 25/02/2025 11/03/2025

Excel for Work Basic 18/03/2025 01/04/2025

**SOUTHWELL LIBRARY**

Digital Functional Skills (Entry 3/Level 1) 07/03/2025 01/08/2025

**STAPLEFORD LIBRARY AND LEARNING CENTRE**

Computer and Internet Basics 09/01/2025 16/01/2025

Computer and Internet Basics 23/01/2025 13/02/2025

Smartphone Photography 20/02/2025

Digital Functional Skills (Entry 3/Level 1) 27/02/2025

**WEST BRIDGFORD LIBRARY**

Excel for Beginners 07/01/2025 11/02/2025

**WORKSOP LIBRARY**

Introduction to Word Processing Software – 08/01/2025 22/01/2025

Design and Print a Calendar (MS Word) 08/01/2025 08/01/2025

Introduction to Spreadsheet Software – Level 1 Award 09/01/2025 23/01/2025

IT Security – Level 1 Award 09/01/2025 23/01/2025

Introduction to Word Processing Software – 10/01/2025 24/01/2025

Digital Crafts: AI Generated Images for Beginners 22/01/2025

Introduction to Spreadsheet Software - Level 1 Award 29/01/2025 12/02/2025

IT Security – Level 1 Award 29/01/2025 12/02/2025

Using Emails – Level 1 Award 30/01/2025

Presentation Software – Level 1 Award 26/02/2025 12/03/2025

Introduction to Word Processing Software – 28/02/2025 14/03/2025

Presentation Software – Level 1 Award 06/03/2025 20/03/2025

IT Security – Level 1 Award 06/03/2025 20/03/2025

Using Emails – Level 1 Award 21/03/2025 28/03/2025

Using Collaborative Technologies – Level 1 Award 27/03/2025

# [**Languages**](https://www.inspireculture.org.uk/skills-learning/languages-courses/)

Learn a new language and improve your conversational ability.

**NEWARK BUTTERMARKET**

Italian for Beginners - Next Steps Part 2 07/01/2025 01/04/2025

Italian for Beginners - Part 2 08/01/2025 02/04/2025

French for Beginners - Next Steps 10/01/2025 21/03/2025

**NEWARK LIBRARY**

Learn Italian Through Music 09/01/2025 03/04/2025

**ONLINE**

Spanish for Beginners - Part 2 06/01/2025 31/03/2025

French for Beginners - Next Steps 08/01/2025 19/03/2025

Spanish Intermediate - Part 2 08/01/2025 02/04/2025

Spanish Next Steps - Part 2 10/01/2025 04/04/2025

Polish Conversation - Intermediate 22/01/2025 12/02/2025

**SOUTHWELL LIBRARY**

French for Beginners - Next Steps 07/01/2025 18/03/2025[**Maths & Multiply**](https://www.inspireculture.org.uk/skills-learning/maths-courses/)

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.

**ARNOLD LIBRARY**

Maths - Functional Skills 26/02/2025 23/07/2025

**BEESTON LIBRARY**

Maths - Functional Skills 25/02/2025 22/07/2025

**BINGHAM LIBRARY**

Maths - Functional Skills 25/02/2025 22/07/2025

**EASTWOOD LIBRARY**

Maths - Functional Skills 25/02/2025 22/07/2025

**HARWORTH AND BIRCOTES TOWN HALL**

Making Your Money Stretch 09/01/2025 06/02/2025

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

Maths - Functional Skills 26/02/2025 23/07/2025

Maths - Functional Skills 27/02/2025 24/07/2025

**KIRKBY-IN-ASHFIELD LIBRARY AND LEARNING CENTRE**

Maths - Functional Skills 26/02/2025 23/07/2025

**MANSFIELD CENTRAL LIBRARY**

Maths -Levels 1 and 2 Functional Skills 25/02/2025 22/07/2025

Maths - Entry Level Functional Skills 27/02/2025 24/07/2025

**NEWARK BUTTERMARKET**

Maths - Functional Skills 24/02/2025 21/07/2025

**ONLINE**

Introduction to Maths 08/01/2025 05/02/2025

Getting Ready for Functional Skills Maths 14/01/2025 28/01/2025

Getting Ready for Functional Skills Maths 16/01/2025 23/01/2025

Maths - Functional Skills 24/02/2025 21/07/2025

Maths - Functional Skills 25/02/2025 22/07/2025

Maths - Functional Skills 25/02/2025 22/07/2025

Maths - Functional Skills 26/02/2025 23/07/2025

Maths - Functional Skills 27/02/2025 24/07/2025

**SOUTHWELL LIBRARY**

Maths - Functional Skills 11/09/2024 12/02/2025

**STAPLEFORD LIBRARY AND LEARNING CENTRE**

Maths - Functional Skills 24/02/2025 21/07/2025

Maths - Functional Skills 27/02/2025 24/07/2025

**WEST BRIDGFORD LIBRARY**

Maths - Functional Skills 24/02/2025 21/07/2025

**WORKSOP LIBRARY**

Maths - Functional Skills 26/02/2025 23/07/2025

# [**Music**](https://www.inspireculture.org.uk/skills-learning/music-courses/)

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

**ONLINE**

Music Theory for Songwriters, Composers and Improvisors - Beginners 07/01/2025 18/03/2025

Keyboards for Beginners 07/01/2025 18/03/2025

Music Theory for Beginners 07/01/2025 18/03/2025

Music Theory for Beginners - Next Steps 07/01/2025 18/03/2025

Advanced Music Theory 08/01/2025 19/03/2025

# [**Science, Social Science & Humanities**](https://www.inspireculture.org.uk/skills-learning/science-social-sciences-humanities-courses/)

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

**ARNOLD LIBRARY**

Social Psychology 14/03/2025 28/03/2025

Developmental Psychology 25/03/2025 08/04/2025

**BEESTON LIBRARY**

Anatomy and Physiology 09/01/2025 13/02/2025

History of Computers 16/01/2025

Bletchley Code Breakers 30/01/2025

Turing Complete 30/01/2025 30/01/2025

**BINGHAM LIBRARY**

Bletchley Code Breakers 23/01/2025

Turing Complete 06/02/2025

**BURTON JOYCE LIBRARY**

Bletchley Code Breakers 06/03/2025

Turing Complete 13/03/2025

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

Ancient and Veteran Trees 12/02/2025

**FEEL GOOD GARDENS, CLIPSTONE**

All You Need to Know About Trees 30/01/2025

Wildlife Gardening – Habitat Creation and Rewilding 20/02/2025

Introduction to Foraging 20/03/2025

Wildlife Gardening – Habitat Creation and Rewilding 27/03/2025

**HOCKERTON HOUSING PROJECT**

Sow, Cook and Eat - Part 1 14/03/2025 28/03/2025

**NEWARK BUTTERMARKET**

Introduction to Permaculture and Practical Sustainability 04/02/2025 25/02/2025

Nottinghamshire’s History 26/02/2025 26/03/2025

**NEWARK LIBRARY**

The History of Robin Hood 26/02/2025 26/03/2025

**ONLINE**

The History of Robin Hood 15/01/2025 12/02/2025

Nottinghamshire’s History 15/01/2025 12/02/2025

Positive Psychology 16/01/2025 13/02/2025

Human Biology - Part 1 16/01/2025 13/02/2025

UK vs USA - How Their Governments Work 16/01/2025

Body Language 26/01/2025 09/02/2025

Anatomy and Physiology 24/02/2025 31/03/2025

Human Biology - Part 2 27/02/2025 27/03/2025

Positive Psychology 03/03/2025 31/03/2025

UK vs USA - How Their Governments Work 24/03/2025

**RAVENSHEAD LIBRARY**

History and Heritage of Gedling 20/02/2025 13/03/2025

Bletchley Code Breakers 27/02/2025

Turing Complete 20/03/2025

**RSPB - SHERWOOD FOREST**

Nature Walks – An Appreciation of Nature 28/01/2025 25/03/2025

**STAPLEFORD LIBRARY AND LEARNING CENTRE**

Psychology - An Introduction 16/01/2025 06/02/2025

Bletchley Code Breakers 20/02/2025

Turing Complete 20/02/2025

Body Language 21/02/2025

History of Computers 04/03/2025

**WEST BRIDGFORD LIBRARY**

History of Computers 09/01/2025

Bletchley Code Breakers 13/02/2025

Turing Complete 13/02/2025

Wildlife Gardening – Habitat Creation and Rewilding 20/02/2025

Inspiring Nottinghamshire’s Women: Exploring Women’s History 17/03/2025 31/03/2025

Introduction to Foraging 20/03/2025

Bletchley Code Breakers 27/03/2025

Wildlife Gardening – Habitat Creation and Rewilding 27/03/2025

Turing Complete 27/03/2025

**WEST BRIDGFORD METHODIST CHURCH**

Yoga for Osteoporosis 17/01/2025 04/04/2025

**WORKSOP LIBRARY**

Inspiring Nottinghamshire Women: Exploring Women’s History

26/02/2025 12/03/2025

Researching Family History - An Introduction 01/03/2025 05/04/2025

# [**Accredited Courses**](https://www.inspireculture.org.uk/skills-learning/accredited-courses-level-1-and-2/)

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 teaching, health, social care or counselling, and business and management.

**ONLINE**

Counselling Skills- Level 2 Certificate 07/01/2025 03/04/2025

Mental Health Awareness - Level 2 Certificate 07/01/2025 26/03/2025

Nutrition and Health - Level 1 Award 08/01/2025 12/03/2025

Health and Social Care - Level 2 Certificate 08/01/2025 12/03/2025

User Experience User Interface (UXUI) Level 3 Certificate 13/01/2025 03/04/2025

Preparing to Work in Schools - Level 1 Award 14/01/2025 10/04/2025

Sowing and Growing Techniques - Level 1 Award 15/01/2025 19/02/2025

Information, Advice or Guidance (IAG) - Level 3 Certificate 15/01/2025 09/07/2025

Awareness of Dementia - Level 2 Award 17/01/2025 25/07/2025

Coaching and Mentoring - Level 3 Certificate 04/02/2025 17/06/2025

Volunteering - Level 1 Award 25/02/2025 01/04/2025

Stress Awareness - Level 1 Award 25/02/2025 01/04/2025

Time Management Skills and Problem Solving at Work - Level 1 Award 26/02/2025 02/04/2025

Coaching and Mentoring - Level 3 Certificate 27/02/2025 10/07/2025

Award in Education and Training (AET) - Level 3 12/03/2025 04/06/2025