

# Inspire Adult Learning

Culture | Learning | Libraries

## Inspiring New Courses in Rushcliffe

Spring 2025

Your guide to Inspire Adult Learning courses in **Rushcliffe**

Affordable  
courses  
on your  
doorstep

Learn local,  
go far

FREE\* and  
low cost  
courses

Recognised  
qualifications

Online  
Courses

Distance  
Learning

SCAN HERE TO  
BOOK AND ENROL



\*subject to eligibility criteria

Ofsted  
Good rating

Your full Inspire Adult Learning Course Guide is now available in your local library and online – pick up a copy to see courses in your area.

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

 **Inspire**  
Culture | Learning | Libraries

working with



**Nottinghamshire  
County Council**



Education & Skills  
Funding Agency

# HELLO!

**Our new courses for the spring term are here!** In this leaflet, you'll find an amazing range of courses for adults and families taking place in Rushcliffe and the surrounding area.

Don't forget, we also have courses in Inspire libraries and community venues across Nottinghamshire, along with online and distance learning courses. For the full list of courses we offer, pick up a copy of our Adult Learning Course Guide today in your local library, or view online at [inspireculture.org.uk/learning](http://inspireculture.org.uk/learning)

**FREE\* or low cost courses:** Many of our courses are free or low cost to you depending on your circumstances. You may even be eligible for full funding, an **Advanced Learner Loan** or flexible payment options to help you with the cost of accredited courses that lead to a qualification.

**How to book:** Browse and book courses via our website [inspireculture.org.uk/learning](http://inspireculture.org.uk/learning) or call **Ask Inspire** on **01623 677 200**. Our opening times are Mon to Fri 9am – 6pm, and Sat 9am – 4pm.

**GET FREE CAREERS AND BENEFITS ADVICE**

**ACHIEVE MORE!** USE YOUR LIBRARY TO SUPPORT YOUR LEARNING WITH BOOKABLE COMPUTERS, FREE WIFI, QUIET STUDY SPACES, PRINTING AND PHOTOCOPYING.

**FIND OUT ABOUT JOB CLUBS AT YOUR LOCAL LIBRARY!** [INSPIRE CULTURE.ORG.UK/JOBCLUBS](http://INSPIRE CULTURE.ORG.UK/JOBCLUBS)

SCAN HERE



FOR FULL COURSE LISTINGS, INCLUDING DATES, TIMES AND COSTS

\*subject to eligibility criteria

## WE LOOK FORWARD TO WELCOMING YOU!

### Courses

Find out more about our affordable funding options: [INSPIRE CULTURE.ORG.UK/FUNDINGYOURCOURSE](http://INSPIRE CULTURE.ORG.UK/FUNDINGYOURCOURSE)

ARTS & CRAFTS	Starts	Ends	From	To	Day	Cost
<b>Bingham Library</b>						
Crochet for Beginners	24/02/2025	31/03/2025	09:30	11:30	Mon	FREE/£42
<b>Online</b>						
Art Explored	06/01/2025	10/02/2025	09:30	11:30	Mon	FREE/£42
<b>West Bridgford Library</b>						
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
<b>West Bridgford Methodist Church</b>						
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
CREATIVE WRITING & LITERATURE	Starts	Ends	From	To	Day	Cost
<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
COOKING	Starts	Ends	From	To	Day	Cost
<b>West Bridgford Library</b>						
Easter Cupcakes	21/03/2025	04/04/2025	13:30	15:30	Fri	FREE/£21
EMPLOYABILITY & WORK SKILLS	Starts	Ends	From	To	Day	Cost
<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
ENGLISH & ESOL	Starts	Ends	From	To	Day	Cost
<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
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>West Bridgford Library</b>						
English Functional Skills	24/02/2025	21/07/2025	09:30	12:30	Mon	FREE

Book | Enrol | Course Information | Course Updates

Visit [inspireculture.org.uk/learning](http://inspireculture.org.uk/learning) or your local Nottinghamshire library for full course listings, including dates, times and costs.

HEALTH & WELLBEING	Starts	Ends	From	To	Day	Cost
<b>Bingham Library</b>						
Yoga for Osteoporosis	17/01/2025	04/04/2025	10:00	11:30	Fri	FREE/£57.75
<b>Online</b>						
Learn to Relax	03/03/2025	31/03/2025	10:00	12:00	Mon	FREE/£35
Diet and Nutrition - An Introduction	25/02/2025	01/04/2025	13:30	15:30	Tues	FREE/£42
Learn to Relax	05/03/2025	02/04/2025	13:00	15:00	Weds	FREE/£35
<b>West Bridgford Library</b>						
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
Dream Exploration	26/02/2025	02/04/2025	10:00	12:00	Weds	FREE/£42
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
<b>West Bridgford Methodist Church</b>						
Yoga for Osteoporosis	17/01/2025	04/04/2025	13:00	14:30	Fri	FREE/£57.75
IT & DIGITAL SKILLS	Starts	Ends	From	To	Day	Cost
<b>Online</b>						
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
<b>West Bridgford Library</b>						
Excel for Beginners	07/01/2025	11/02/2025	17:00	19:00	Tues	FREE/£42
LANGUAGES	Starts	Ends	From	To	Day	Cost
<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
MATHS & MULTIPLY	Starts	Ends	From	To	Day	Cost
<b>Bingham Library</b>						
Maths - Functional Skills	25/02/2025	22/07/2025	10:00	12:00	Tues	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>West Bridgford Library</b>						
Maths - Functional Skills	24/02/2025	21/07/2025	13:00	16:00	Mon	FREE
MUSIC	Starts	Ends	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
SCIENCE, SOCIAL SCIENCE & HUMANITIES	Starts	Ends	From	To	Day	Cost
<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>Online</b>						
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
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	Sun	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	13:00	15:00	Mon	FREE/£35
Positive Psychology	05/03/2025	02/04/2025	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
<b>West Bridgford Library</b>						
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
Turing Complete	13/02/2025	13/02/2025	13:00	15:30	Thurs	FREE/£8.75
Inspiring Nottinghamshire's Women: Exploring Women's History	17/03/2025	31/03/2025	14:00	16:00	Mon	FREE/£21
Bletchley Code Breakers	27/03/2025	27/03/2025	09:30	12:00	Thurs	FREE/£8.75
Turing Complete	27/03/2025	27/03/2025	13:00	15:30	Thurs	FREE/£8.75

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)



# 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, health, social care or counselling, and business and management. Many even have funding available so your course could be fully or part-funded. **ALL AVAILABLE ONLINE.**



Visit our website for more info and to see our full range of accredited courses [INSPIRE CULTURE.ORG.UK/ACCREDITED](https://inspireculture.org.uk/accredited)

COURSES	Starts	Ends	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
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
Health and Social Care - Level 2 Certificate	27/02/2025	04/07/2025	09:30	15:00	Thurs	FREE/£630
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	FREE/£495

## >> Career boosting

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

# ACCESS TO HIGHER EDUCATION

## Do you dream of a career in the Health and Social Care sector?

We can help you achieve your goals! No GCSEs needed, financial support available PLUS... the course is FREE if you're aged 19-23 and this is your first full Level 3 qualification.



FIND OUT MORE

**Inspire College**  
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Achieve your goals with Inspiring courses

GCSE Resits in English and maths

We can help cover meal, travel, and other costs

Supportive tutors

Volunteering, work placements and traineeships\*\*

Our GCSE resit pass rate is above the national average!

\* Child benefit not affected

\*\* Traineeships available for learners aged 19-24 or 25 with a EHC Plan

## Aged 16 - 19\* in Rushcliffe?

Supporting your studies, supporting your success!

@InspireLearning1624

@Learn\_Inspire

#BeInspired #InspireLearning



FIND OUT MORE



[inspireculture.org.uk/college](https://inspireculture.org.uk/college) | 0115 804 3611 | [learning@inspireculture.org.uk](mailto:learning@inspireculture.org.uk)

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