



FOR FULL COURSES  
ACROSS ALL INSPIRE  
LIBRARIES AND VENUES,  
PLEASE SCAN HERE:

Education & Skills  
Funding Agency

Nottinghamshire  
County Council  
working with

inspire  
Culture | Learning | Libraries

★ ACCREDITED COURSES: Get the skills you need to get the job you want!

Course Title	Starts	Ends	From	To	Day	Cost
Mental Health Awareness - Level 1 Award	14/04/2025	06/02/2025	18:00	21:00	Mon	FREE/£84
Nutrition and Health - Level 1 Award	16/04/2025	23/07/2025	18:00	21:00	Wed	FREE/£150.50
Sowing and Growing Techniques - Level 1 Award	22/04/2025	27/05/2025	09:30	11:30	Tues	FREE/£66.50
Preparing to Work in Schools - Level 1 Award	22/04/2025	15/07/2025	09:30	14:30	Tues	FREE/£164.50
Introduction to Health and Social Care - Level 1 Award	22/04/2025	20/05/2025	14:30	17:00	Tues	FREE/£66.50
Mental Health Awareness - Level 2 Certificate	23/04/2025	16/07/2025	09:30	16:30	Weds	FREE/£455
Awareness of Substance Misuse - Level 1 Award	23/04/2025	28/05/2025	10:00	12:00	Weds	FREE/£63
Counselling Skills - Level 2 Certificate	06/05/2025	24/07/2025	10:30	14:30	Tues & Thurs	FREE/£420
Level 2 Award in Support Work in Schools and Colleges	06/05/2025	25/07/2025	15:00	19:00	Tues & Fri	FREE/£315
Mental Health Awareness - Level 1 Award	29/05/2025	03/07/2025	13:00	16:00	Thurs	FREE/£84
Developing Customer Service Skills - Level 1 Award	03/06/2025	08/07/2025	09:30	11:30	Tues	FREE/£66.50
Stress Awareness - Level 1 Award	04/06/2025	09/07/2025	11:00	14:00	Weds	FREE/£84
Mental Health Awareness - Level 1 Award	05/06/2025	10/07/2025	18:00	21:00	Mon	FREE/£84
Principles of Coaching Sport - Level 1 Award	10/06/2025	10/07/2025	18:00	20:00	Tues & Thurs	FREE/£115.50

  

Course Title	Starts	Ends	From	To	Day	Cost
Bletchley Code Breakers	18/06/2025	18/06/2025	10:30	13:00	Weds	FREE/£87.75

  

Course Title	Starts	Ends	From	To	Day	Cost
The History of Robin Hood	23/04/2025	21/05/2025	13:00	14:00	Weds	FREE/£17.50
Nottinghamshire's History	23/04/2025	14:15	14:15	15:45	Weds	FREE/£26.25
British Government and Politics - How it all Works	29/04/2025	13/05/2025	18:30	20:30	Tues	FREE/£21
History of Computers	01/05/2025	01/05/2025	09:30	12:00	Thurs	FREE/£87.75
Bletchley Code Breakers	19/05/2025	19/05/2025	10:00	12:30	Mon	FREE/£87.75
Alan Turing - Complete	19/05/2025	19/05/2025	13:30	16:00	Mon	FREE/£87.75
Anatomy and Physiology	02/06/2025	07/07/2025	09:30	11:30	Mon	FREE/£42
Psychology of Emotions	29/06/2025	13/07/2025	10:00	12:00	Sun	FREE/£21
Evolutionary Psychology	09/07/2025	23/07/2025	18:00	20:00	Weds	FREE/£21
Developmental Psychology	14/07/2025	28/07/2025	18:00	20:00	Mon	FREE/£21

...courses continued

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Adult  
Learning  
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The full Inspire Adult Learning Course Guide is now available in your local library and online!

# RUSHCLIFFE

Learn Local. Go Far

## INSPIRING NEW COURSES IN RUSHCLIFFE FOR SUMMER 2025

Visit [inspireculture.org.uk/learning](https://inspireculture.org.uk/learning) or your local Inspire library to view your full Adult Learning Course Guide and browse courses across Nottinghamshire, including dates, times and costs.

\*subject to eligibility criteria

- Affordable courses on your doorstep
- FREE\* and low cost courses
- Recognised qualifications
- Online Courses
- Distance Learning

Summer 2025 >> [Book](#) | [Enrol](#) | [Course Information](#) | [Course Updates](#)

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

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ACCESS TO HIGHER EDUCATION (HEALTH AND SOCIAL CARE)

Enrolling now for September!



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## AGED 16 - 19\* in RUSHCLIFFE?

\*Up to 24 with an Education, Health and Care Plan (EHCP)  
[inspireculture.org.uk/college](https://inspireculture.org.uk/college) | 0115 804 3611 | [learning@inspireculture.org.uk](mailto:learning@inspireculture.org.uk)

Supporting your studies, supporting your success!

We can help cover meal, travel and other costs



# HELLO AND WELCOME! VIEW ALL COURSES BELOW:

ARTS AND CRAFTS	Starts	Ends	From	To	Day	Cost
<b>Bingham Library</b> Bobbin Lace for Beginners	30/06/2025	14/07/2025	09:30	11:30	Mon	FREE/£21
<b>Online</b> Art Explored	23/04/2025	21/05/2025	09:30	11:30	Weds	FREE/£35
Art for Beginners	29/04/2025	20/05/2025	10:00	12:00	Tues	FREE/£28
Animals in Art	30/04/2025	21/05/2025	10:00	12:00	Weds	FREE/£28
<b>West Bridgford Library</b> Ikebana Japanese Flower Arranging	01/05/2025	22/05/2025	12:30	14:30	Thurs	FREE/£28
Summer Flower Arranging	05/06/2025	26/06/2025	12:30	14:30	Thurs	FREE/£28
Gel Plate Printing	07/06/2025	07/06/2025	10:00	15:30	Sat	FREE/£19.25
Indian Block Printing	14/06/2025	14/06/2025	10:00	15:30	Sat	FREE/£19.25
Indian Block Printing - Print and Stitch	05/07/2025	26/07/2025	10:00	12:00	Sat	FREE/£28
Indian Block Printing - Print and Patch	05/07/2025	26/07/2025	13:00	15:00	Sat	FREE/£28
<b>West Bridgford Methodist Church</b> Art Mixed Media Next Steps	24/04/2025	22/05/2025	10:00	12:30	Thurs	FREE/£43.75
Mixed Media Printmaking (Monoprints and Collagraphs)	24/04/2025	22/05/2025	13:15	15:45	Thurs	FREE/£43.75
Art - Personal Projects (Landscapes, Cityscapes, Still Life)	05/06/2025	10/07/2025	10:00	12:30	Thurs	FREE/£52.50
Print and Stitch for Beginners	05/06/2025	10/07/2025	13:15	15:45	Thurs	FREE/£52.50
CREATIVE WRITING AND LITERATURE	Starts	Ends	From	To	Day	Cost
<b>West Bridgford Library</b> James Joyce Explored	25/04/2025	23/05/2025	13:00	15:00	Fri	FREE/£35
Shakespeare - Heroes and Villains	06/06/2025	11/07/2025	13:00	15:00	Fri	FREE/£42
EMPLOYABILITY AND WORK SKILLS	Starts	Ends	From	To	Day	Cost
<b>West Bridgford Library</b> Career Coaching	29/04/2025	20/05/2025	12:45	14:45	Tues	FREE/£28
Setting Up a Holistic Business	16/07/2025	16/07/2025	10:00	14:00	Weds	FREE/£14
ENGLISH AND ESOL	Starts	Ends	From	To	Day	Cost
<b>Online</b> English Functional Skills Intensive	22/04/2025	09/07/2025	10:00	12:00	Tues & Weds	FREE ★
Grammar and Punctuation	22/04/2025	20/05/2025	13:30	15:30	Tues	FREE/£35
ESOL - Everyday English for Beginners Part 4	24/04/2025	22/05/2025	09:30	11:30	Thurs	FREE
ESOL - Everyday English for Beginners	19/06/2025	24/07/2025	09:30	11:30	Thurs	FREE
HEALTH AND WELLBEING	Starts	Ends	From	To	Day	Cost
<b>Bingham Library</b> Yoga for Osteoporosis	25/04/2025	11/07/2025	10:00	11:30	Fri	FREE/£57.75
<b>Online</b> Learn to Relax	25/04/2025	23/05/2025	10:00	12:00	Fri	FREE/£35
Learn to Relax	03/06/2025	01/07/2025	13:00	15:00	Tues	FREE/£35
Diet and Nutrition - An Introduction	03/06/2025	08/07/2025	13:30	15:30	Tues	FREE/£42
<b>West Bridgford Library</b> Meditation and Mindfulness	23/04/2025	21/05/2025	10:00	12:00	Weds	FREE/£35
Holistic Therapies Explored	23/04/2025	21/05/2025	13:00	15:00	Weds	FREE/£35
Health and Wellbeing - Cultural Explorations	04/06/2025	09/07/2025	10:00	12:00	Weds	FREE/£42
Reiki 1	04/06/2025	09/07/2025	13:00	15:00	Weds	FREE/£42
Reducing the Risk of Type 2 Diabetes	18/06/2025	09/07/2025	13:30	15:30	Weds	FREE/£28
<b>West Bridgford Methodist Church</b> Yoga for Osteoporosis	25/04/2025	11/07/2025	13:00	14:30	Fri	FREE/£57.75
IT AND DIGITAL SKILLS	Starts	Ends	From	To	Day	Cost
<b>Online</b> Excel Spreadsheets for Work (Intermediate)	22/04/2025	06/05/2025	10:00	12:00	Tues	FREE/£21
Coding for Beginners (Python)	22/04/2025	20/05/2025	14:30	16:30	Tues	FREE/£35
Outlook Emails (Tips for Work)	13/05/2025	20/05/2025	10:00	12:00	Tues	FREE/£14
Excel Spreadsheets for Work (Beginners)	13/05/2025	20/05/2025	13:15	15:15	Tues	FREE/£14
Digital Crafts: AI Generated Images for Beginners	03/06/2025	17/06/2025	10:00	12:00	Tues	FREE/£21
Digital Skills for Wellbeing	03/06/2025	10/06/2025	13:15	15:15	Tues	FREE/£14
Excel Charts for Beginners	17/06/2025	24/06/2025	13:15	15:15	Tues	FREE/£14
Online Basics	24/06/2025	08/07/2025	10:00	12:00	Tues	FREE/£21
Digital Skills for Wellbeing	01/07/2025	08/07/2025	13:15	15:15	Tues	FREE/£14
Word Processing for Work (Intermediate)	15/07/2025	29/07/2025	10:00	12:00	Tues	FREE/£21
PowerPoint Presentations for Beginners	15/07/2025	22/07/2025	13:15	15:15	Tues	FREE/£14
<b>West Bridgford Library</b> PowerPoint Presentations for Beginners	22/04/2025	20/05/2025	17:00	19:00	Tues	FREE/£35
Excel Spreadsheets (Intermediate)	03/06/2025	08/07/2025	17:00	19:00	Tues	FREE/£35
LANGUAGES	Starts	Ends	From	To	Day	Cost
<b>Bingham Library</b> French for Beginners	24/04/2025	03/07/2025	10:00	12:00	Thurs	FREE/£70
MATHS	Starts	Ends	From	To	Day	Cost
<b>Online</b> Maths - Functional Skills Level 2 Intensive	25/04/2025	25/07/2025	09:30	12:30	Fri	FREE ★
MUSIC	Starts	Ends	From	To	Day	Cost
<b>Online</b> Music Theory for Songwriters, Composers and Improvisers - Beginners	22/04/2025	01/07/2025	15:00	16:00	Tues	FREE/£35
Keyboards for Beginners	22/04/2025	01/07/2025	16:30	17:30	Tues	FREE/£35
Music Theory for Beginners	22/04/2025	01/07/2025	17:45	18:45	Tues	FREE/£35

subject to eligibility criteria

More courses overleaf

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