

UNISON Notts Learning

in partnership with **Inspire**



Welcome to the varied range of courses offered by our learning partner Inspire. The courses listed are free to our members but are not available to be booked by UNISON.

Please visit the Inspire website to book your place and to find out more information on the times these courses are provided, if they are being provided in a socially distanced location, plus any requirements you might need to participate - inspireculture.org.uk

Please also consider that some of these courses may be cancelled or changed at short notice to fit in with current Covid-19 government guidelines.

To apply: go to inspireculture.org.uk

Course title	Start date	Summary of course
Confidence and Assertiveness	2nd November 6 week course	This course is designed to enable participants aims to help adults gain the skills and knowledge to increase their confidence and learn strategies to enable them to become more assertive.
Italian for Holidays - Next Steps	2nd November 5 week course	In this follow-on Course we will be learning how to communicate in Italian to make our holiday there more comfortable, enjoyable and memorable
Introduction to Creative Writing Next Steps	2nd November 6 week course	On this course, we will look at different genres of writing so that you can identify a genre that suits your writing style. We will experiment with narrative style, tense and voice (including diary and letter writing and developing your own).
Creative Writing - Short Stories for Beginners	2nd November 6 week course	A relaxed exploration of creative writing, including writing practice. With a focus on short stories, this course aims to help beginners gain confidence to write fiction. We will also look at work by published authors, examining techniques they have used in their writing. There will be the option for learners to investigate routes to publication.
Creative Writing - Short Story Writing for Improvers	2nd November 6 week course	Have you been writing for a while yet would appreciate a helping hand? A relaxed exploration of creative writing, including writing practice, this course aims to help learners hone their skills. The more experienced writer may wish to use this course as a refresher. We will also look at work by published authors, examining techniques they have used in their writing. There will be the option for learners to investigate routes to publication.
Family Learning - Autism All About Me Book	2nd November 3 week course	This course will provide parents, grandparents and carers with an opportunity to create a book called 'All About Me'. The book is designed to be shared with other people who support and care for your child understand some of the best ways to help. It is your guide and a starting point for others to understand autism and how best to support your child. The sessions are for adults who can then use the template and create the pages with your child (if appropriate).
10 greatest paintings explored	2nd November 3 week course	In this course we will explore the works of Botticelli; Rothko; Dürer; Da Vinci and many more. What made these artists and paintings so exceptional, that we still admire them today, and what can we do to do so for many years? What motivates people pay millions of pounds to own the canvas? Why are they so enduring? What is the meaning, if behind certain famous works of art? We will also consider how art is perceived today.
British Government - How it all works	2nd November 4 week course	This course will explore the role of Parliament and Government from its early beginnings through to the present day. It will follow the journey of political ideas from its inception through to its implementation and will explore how we as citizens might be able to influence the very laws that impact on all our lives. It has never been more important to try and make sense of Britain's unwritten constitution and to understand the role of the Monarch, the Government, Parliament, the courts and most importantly the role of the British people.
Office skills - basics	2nd November 6 week course	On this course you will learn how to demonstrate and extend a variety of Microsoft Software Applications competently such as Word, Excel, Power point Presentations and the uses of the internet
A little more Latin	3rd November 6 week course	The principle aim of this course is to build on what was achieved in A Little Latin, to continue to find interest and enjoyment and to enhance our understanding of the influence of Latin on modern European languages.
The History of Theatre	3rd November 6 week course	This course aims to introduce you to the history of theatre in Europe. We will look at the origins of the theatre and how it has developed over the twentieth Century.
Business Administration - introduction	3rd November 6 week course	An opportunity to gain an understanding of the job role of an office administrator. The course will give an insight into how business organisations are structured and there will be an opportunity to learn and develop the soft skills required to succeed in an office administration job role. Throughout the course we will create simple business documents such as letters, agendas and minutes of meetings.
Crochet - basics	3rd November 5 week course	On this course you will learn basic crochet techniques and create some small projects. You will also learn how to follow a simple pattern and use basic crochet stitches to create small items.
Made in Notts - The history of Nottingham Lace	3rd November 2 week course	This online course aims to give the learner a visual tour of the history of Nottingham Lace. From the beginning of the city's lace industry to present day. Nottingham lace is famous worldwide, this course gives the learner an opportunity to find out why it is so famous.
Functional Skills - ICT level 1	3rd November 12 week course	This is a course suitable for adults. The aim will be to achieve the City and Guilds 3748 (Legacy) Function Skills ICT Level 1 qualification. The course will cover intermediate skills in: • Word processing (MS Word) • Spreadsheets (MS Excel)
Meditation for Health and Wellbeing - Next steps	3rd November 6 week course	This course will build from the introduction course to develop different techniques using chakras, sounds and colour with meditations.
Spanish for beginners	3rd November 6 week course	The aim of this course is to provide basic language skills to enable the use of a phrase book.
Spanish next steps	3rd November 6 week course	The aim of this course is to provide more basic language skills to enable the use of a phrase book. It is suitable for adults who want more guidance on their pronunciation and how to learn important phrases for getting by in a modern foreign language. It will cover more coverage of the future, present and past tenses at this basic level. Previous attendance on Spanish for beginners or the equivalent of 6 hours of basic Spanish enabling learners to order food and drinks and use basic greetings, 'Duolingo' app users at level 2 or above. 'MEMRISE' app users at level 2 or above.
Mindfulness - Next steps	3rd November 5 week course	This next steps course will enhance what you have learnt on the introduction course and build on your knowledge to demonstrate mindful activities, and help plan full mindfulness will be used in the future to enhance your health and wellbeing.
Meditation for Health and Wellbeing - Next Steps	3rd November 6 week course	This next steps course will develop what you have learnt to use different techniques and use of chakras, sounds, colour and crystals with guided meditation.
Family Learning - Mindfulness for Children	3rd November 5 week course	This family learning course is for parents/grandparents/carers of primary school aged children to introduce ideas for family mindfulness. The course will discuss what mindfulness is, explore ways to introduce mindfulness to families and look at some mindful activities.
Creative Writing - I Can See a Rainbow	3rd November 6 week course	This course offers learners an opportunity to use colours as well as develop creative writing. We will use a variety of writing exercises to start and prompt to kickstart the writing process. Learners will be able to write in whatever form they want to try – poetry or prose – and experiment with different types of writing in a supportive environment. There is an option to prepare work in between sessions for feedback. Beginners and those who have done some creative writing are all welcome.
Business Admin - An Introduction	4th November 4 week course	On this course you will look at and gain an understanding of what working in the business administration sector is like.
Italian for Holidays - Next Steps	4th November 5 week course	In this follow-on course, we will be learning how to communicate in Italian to make our holiday there more comfortable, enjoyable and memorable.
Meditation and Mantras Next Steps	4th November 6 week course	This next steps course will build on the skills you have learnt from the introduction course and develop a meditation experience with Mantras. More variations to expand the practice
Art - How it Became Modern	4th November 6 week course	The aim of this course is to enable art appreciation, where learners can enjoy and understand the cultural change in 2D and 3D art works, developing a critical approach to techniques, and the impact of society on art. Fostering critical debate about where we see art and its function in our changing society.
Counselling Skills - An Introduction	4th November 6 week course	This 6 week course aims to help adults gain confidence with a range of basic counselling (listening and responding) skills. You will receive a one and a half hour online 'lesson' with your tutor and other students once a week and then will be given short tasks to work on over the week and feedback to the group the following session. This course is aimed at those working or hoping to work in a helping role and those that would like to improve professional and personal relationships.
Business start up How to start a business and how to write a business plan	4th November 6 week course	This online course aims to give you the tools you need to write your business plan and start your business. On this course we break down all the facets of your business that you need to think about in order to write a thorough and detailed business plan. On this course we will delve into your business idea or start up looking at everything from your marketing to your finances.
Patchwork Christmas Decorations	4th November 5 week course	Create, festive fun hand stitching patchwork Christmas decorations using the English Paper Piecing method. We shall make Christmas tree baubles and stars, wreath and table decorations. No prior knowledge of patchwork is required, but it will be beneficial to learners if they have basic hand stitching skills. Learners who have already attended Patchwork for Absolute Beginners will be very well placed to join this class. The course will be taught via Zoom, PowerPoint and YouTube.
Creative Writing - Short Stories for Improvers	4th November 6 week course	Have you been writing for a while yet would appreciate a helping hand? A relaxed exploration of creative writing, including writing practice, this course aims to help learners hone their skills. The more experienced writer may wish to use this course as a refresher.
German Language and Culture for Beginners	4th November 6 week course	This course helps you to start learning foreign languages and cultures. It is designed to boost your confidence in understanding and speaking basic German phrases and give you an insight into German speaking cultures.
Spanish next steps	4th November 6 week course	The aim of the course is to provide more basic language skills to enable the use of a phrase book. I
Creative Writing - Writing a Novel	4th November 6 week course	What steps are needed to write a novel? If you are interested in writing your first novel, join us and look at how to sustain your work and what you need to do to become published. This course welcomes beginners and the more experienced writers. No previous skills or knowledge required although ability to access the course online is needed.
Family Learning - Animation	4th November 6 week course	This is a family learning course suitable for adults with children aged 7 – 12. Attendees will learn how to use free software on a tablet or smartphone to make quick and fun animations.
Creative Writing - First Steps	4th November 6 week course	This course is for people who want to try out creative writing for the first time. We will focus on short writing exercises, as we examine the nuts and bolts of language and sentences. We will also use images and prompts to kickstart your writing. Trying out different types of creative writing will help develop your knowledge, and the confidence to take your creative writing further. This course is aimed at Beginners.
Mindfulness – A Focus on the Senses	4th November 6 week course	This introduction explains what Mindfulness is and how to incorporate it into your own life. Through discussions, activities, and guided meditations, you will learn how to be more aware of how to live in the present moment. Mindfulness has been proven to be greatly beneficial for our health, it will help with your own self-esteem, showing you ways of how to relax, having a clearer mind and is significantly beneficial for stress relief.
Family Learning - Story Explorations for Early Years	4th November 4 week course	This course is for parents/carers and their children who are Early Years (ages 3-5). This practical course will give ideas about how to support your child with literacy and numeracy. Activities will cover a wide range of topics from science, literacy, art and numeracy.
Sound Therapy - An Introduction	4th November 5 week course	This course will explore different Sound therapies and how to use them for meditation, health and well-being. Adapting sound to other therapies to aid health
Writing your Life	5th November 6 week course	The principal aim of the course is for learners to develop the confidence and skills to record and reflect on their lives through writing.
Microsoft PowerPoint for Beginners	5th November 6 week course	This course helps you to boost your confidence in effectively using Microsoft PowerPoint in everyday life and in an office job. The course will cover the basics of creating a presentation including editing slides, animations and transitions. Furthermore, you will learn how to create Master slides, inserting images and backgrounds. The course will also cover some aspects of adding sounds or videos and choosing different printing options.
Samuel Beckett – The Human Condition	5th November 6 week course	This course aims to introduce the radical text of the playwright Samuel Beckett and his depiction of the human condition. An introduction to Samuel Beckett's early years and how his observations of life were manifested into his plays.
Crochet - Seasonal Designs	5th November 6 week course	On this course you will learn how to do a variety of crochet stitches using a crochet hook and yarn, creating flowers-poppies-brackets, a variety of stitches to create different designs for different occasions such as Christmas, birthdays, anniversary and more.
Upcycling - Homeware	5th November 6 week course	This interactive online course on upcycling homeware will give you the learners weekly demonstrations, tips and ideas on what to do with fabric from clothes or homewares that you want to give a new lease of life to for a homeware project. Bring your upcycling ideas and projects along with you and we can share tips, advice and suggestions during the course. You don't need to be skilled at sewing or painting, just have some ideas and some basic equipment at home that you will need for your project. Learn new skills and get new ideas as to how you can create a more sustainable home.
Microsoft Word - An Introduction	5th November 6 week course	This course is for adults who would like to know more about Microsoft Word. We will look at how to create professional and eye-catching Word documents and develop confidence with using computers.
Running a Successful Creative Business	5th November 6 week course	The course is designed to support those who have recently set up a creative business or are on the verge of setting up a creative business. Designed to help learners achieve success, the course covers understanding of balancing finances, use of spreadsheets, forward planning, contemporary communication methods including social media, understanding and effective use of online marketing and selling platforms.
Cooking on a Budget - Family Meals	5th November 4 week course	Interested in new recipe ideas to cook for the family and looking for help with planning a menu on a budget? The course will cover menu planning tips to save money, how to create shopping lists and some demonstrations of how to make easy dishes for all the family as well as simple, tasty, working spreadsheets.
Family Learning - Autism all about me book	5th November 3 week course	This course will provide parents, grandparents and carers with an opportunity to create a book called 'All About Me'.
Children's Literature and its Influence	5th November 6 week course	This course will explore the development of best loved children through the ages, exploring some of the most influential and children's literature's books. The course is particularly suited to anyone with a love of reading across any genre, or is interested in literacy learning, or in child development.
Mental and Physical Relaxation	5th November 6 week course	The aim of the course is to teach people suffering from stress and mild forms of anxiety to relax mentally and physically. Stress is the first sign of inability to relax and therefore, everyone concerned must address this anomaly as quickly as possible in order to prevent escalation into more complex mental health disorders.
Visualisations For A Positive Life - Next Steps	5th November 5 week course	This next steps course will build on the skills you have developed from the introduction course and combine affirmations with visualisations for positive results, how to use them and vary them in your life.
Creative Writing - Crime Writing	5th November 6 week course	Discover the history of crime fiction from the first detective story through to today's themes and trends. Featuring the British 'golden age' and American hardboiled novels, along with various subgenres such as legal thrillers, spy novels, procedurals and psychological crime, this course will span the centuries.
Family Learning – Understanding Social Media	5th November 2 week course	This family learning is for parents/grandparents and carers, to explore the different types of social media, look at how they work differently, terminologies and the effects of social media on Health and Wellbeing.
Creative Writing - Write a Novel	5th November 6 week course	What steps are needed to write a novel? If you are interested in writing your first novel, join us and look at how to sustain your work and what you need to do to become published. This course welcomes beginners and the more experienced writers. No previous skills or knowledge required although ability to access the course online is needed.
Substance Misuse Awareness - An Introduction	5th November	The aim of this course is to offer basic information and insights into the underlying causes of substance misuse, and substance misuse itself, impact on people's lives; and we shall explore types and sources of support to improve wellbeing.
Body Language for the Workplace	6th November 4 week course	Study how to encode your nonverbal behaviour to your advantage, and learn to decode other people's body language. This interesting and entertaining online course will highlight how an understanding of our ancient survival instincts can help us to 'read people'. The course will empower learners with a better understanding of the signs of deception and trust.
Crochet - Tunisian	6th November 6 week course	On this course students will learn how to get started with Tunisian Crochet, learning the primary stitches. You will discover how to work a range of different Tunisian crochet stitches including Simple Stitch, Knit Stitch and Purl Stitch.
Anxiety Management	6th November 6 week course	This 6 week course is designed to enable participants aims to help adults gain the skills and knowledge to manage anxious thoughts and feelings, reduce anxiety and increase self-awareness. You will receive a one and a half hour online 'lesson' with your tutor and other students once a week and then will be given short tasks to work on over the week and feedback to the group the following session.
Introduction to working with children	6th November	During this 2.5 hour session, learners will be introduced to the skills, abilities and knowledge required within the role of working with children and for learners to be able to identify their next step.
Bookkeeping for Beginners	6th November 6 week course	The aims of this six-week course are: • to help learners with the production to bookkeeping practices and to process source documents that underpin accurate record keeping; • meet the needs of learners want to work in a job role eg Accounts Trainee or Finance Clerk;
Complementary Therapies	6th November 5 week course	Covering a range of Complementary Therapies including EFT, Visualisations, Sound Healing, Meditation and Mantra's Complementary Therapies is for anyone who wishes to expand Aspects of meditation and also expand working with Visualisations whilst incorporating Sound Healing into daily life
Meditation and Mudras Next Steps	6th November 6 week course	This next steps course will build on the introduction course and develop your skills exploring the different Mudras and how they deepen a meditation practice, learning how mudras work with the elements and meridian system.
Creative Writing -Writing Your Life Beginners Creative Non-Fiction	6th November 5 week course	Just because a story is true, doesn't mean it has to be dull. In 'Writing Your Life' we will explore the art of turning facts into creative tales that hold the same emotion, detail and depth we're used to seeing in fiction. Every life has a story worth sharing, with this course we'll help you find the perfect way to tell yours. This course is suitable for complete beginners with no specific skills or knowledge necessary before we start. All that you need is an interest in writing and a genuine willingness to experiment and try new styles
Creative Writing - Crafting My Autobiography Next Steps	7th November 6 week course	This course uses autobiography and memoir writing to develop learners' own writing. Learners will use a range of stimuli (including objects, images and published work) to experiment with style and form and develop their ability to edit their own work.
Facials - An Introduction	7th November 2 week course	On this course, you will learn various techniques for facials and face massage, including looking at breakdown of the skin structure, muscle structures of the face and how to make a moisturizing face mask, looking at the different types of carrier oils including some you may already have in your store cupboard.
The History of Reiki	7th November 4 week course	Exploring the History of Usui Reiki from traditional Japanese to Modern Day. Discussing the best Reiki books for deepening the reiki journey. This course is accessible by all age groups Great for anyone with a certificate in Reiki or an Interest in starting to learn Reiki.
Body Language - Truth and Lies	7th November 4 week course	This course will show how people consciously and unconsciously signal their attitudes, desires and feelings through their body language. Underpinned by scientific studies and the latest research, this interesting and entertaining online course will highlight how an understanding of our ancient survival instincts can help us to 'read people'. The course will empower learners with a better understanding of the signs of deception and trust.
Acrylic Painting - Winter Scenery	7th November 6 week course	This course is taught by a professional art tutor and guides you through the process of creating an expressive winter scenery composition in acrylics. The course will help you to develop a personal painting style with intuition provided through a mixture of demonstrations and exercises according to your needs. You will complete exercises that experiment with tools and materials exploring mark making using all your senses. We will take a look at different artists' demonstration learning about tools and technique.
Italian for Improvers	7th November 4 week course	An opportunity to learn more of the basics of the language as well as a bit more about the culture to allow you to make the most of a future holiday in Italy. You will get the most out of this course if you have already done 'Italian for Beginners' or if you have a grasp of some of the basics of the Italian language, including greetings, pronunciation rules and regular verbs in the present tense.
Creative Writing for Beginners	7th November 5 week course	Acting as an introduction to the practice of creative writing, this course will equip with the basic tools you need to generate new ideas and develop them through into fully-fledged pieces of writing. The focus is on prose writing, though you will be encouraged to write in whichever genre you find most comfortable (such as novel, short story, memoir etc.)
Ukulele for Beginners	7th November 5 week course	An Adult learning course that aims to provide an introduction to the ukulele and understanding the fundamentals of technique and musicianship
Bow making	9th November 2 week course	On this course you will learn the art of bow making and be able to produce at least one of the bows shown. The bow can be added to a fletcher arrangement or gift.
First Steps to Employment	9th November	This course will help you to identify the first steps you need to take towards gaining employment.
Bookkeeping First Steps	9th November 4 week course	This employment course covers the selected range bookkeeping basics in the six hours. It will give you a broad understanding of how a simple set of 'sole trader' books might be kept and improved confidence in recording and controlling your business activities effectively.
Hand Writing Analysis - An Introduction	10th November 5 week course	By the end of the course the students will have been introduced to the fascinating 'Science-Art' of Handwriting analysis (Graphology). Each of the 5 weeks will focus on the different basic techniques and identify some of the giveaway strokes within a sample of handwriting
Map Reading Made Easy	10th November 4 week course	Our Map Reading Made Easy online course is suitable for anyone who wants to understand how to read a map and plan a walking route to enjoy the local countryside.
Macrame for Beginners	10th November 3 week course	On this course you will learn the basic techniques (knots) and principles used in macrame. During the course, you will learn how to create a macrame feather and also a macrame plant hanger.
Puppet Making	10th November 3 week course	This course aims to introduce the basic principles of puppet making. Learners will learn how to make a puppet out of a sock, by a step by step guide and a video being played on a shared screen.
Sewing a Makeup Bag	10th November 3 week course	On this course you will learn how to draft and basic makeup bag pattern and how to turn the pattern into a hand sewn makeup bag.
Songwriting - An Introduction using Digital Audio Workstation	10th November 4 week course	This course is for people looking to improve their skills using a digital audio workstation to write music.
Italian for Beginners	10th November 8 week course	An opportunity to learn the basics of the language as well as a bit about the culture to allow you to make the most of a future holiday in Italy. Throughout the course we will practise and apply our knowledge of simple Italian to build confidence in speaking and understanding. There will be a focus on usable phrases, with little bits of grammar introduced where it is helpful.
Understanding Poetry through 10 Famous Poems	10th November 4 week course	This course will introduce two Nottinghamshire authors and to explore some of their poetry and prose. As this is an introductory course, we will cover poetry techniques and how these are used by writers. No prior knowledge is necessary.
Literature - An Introduction to Byron and DH Lawrence	10th November 4 week course	This course will introduce two Nottinghamshire authors and to explore some of their poetry and prose. As this is an introductory course, we will cover poetry techniques and how these are used by writers. No prior knowledge is necessary.
Italian for Beginners	11th November 4 week course	An opportunity to learn the basics of the language as well as a bit about the culture to allow you to make the most of a future holiday in Italy. Throughout the course we will practise and apply our knowledge of simple Italian to build confidence in speaking and understanding. There will be a focus on usable phrases, with little bits of grammar introduced where it is helpful.
Hand Writing Analysis - An Introduction	11th November 5 week course	By the end of the course the students will have been introduced to the fascinating 'Science-Art' of Handwriting analysis (Graphology). Each of the 5 weeks will focus on the different basic techniques and identify some of the giveaway strokes within a sample of handwriting
Family Learning - Storytelling Bringing Books to Life	12th November 4 week course	This course is for parents, grandparents, carers or anyone who reads (or would like to read) with their child. We will explore how to open up a world of imagination, inspire a love of reading and get more out of story time for everyone involved.
Mental Health - An Introduction	12th November	The aim of this course is to offer basic information and insights into types of mental ill health and distress, symptoms and causes. We shall consider how poor mental health impacts on people's lives; and we shall explore types and sources of support to improve wellbeing.
Flower Arranging - Christmas Flowers	12th November 5 week course	On this course you will learn the art of a basic flower arranging using seasonal flowers and foliage to give as gifts or decorate the home over the festive season, this course is aimed at total beginners. You will be given an insight to flower arranging and obtain useful information for preparing cut flowers and suitable foliage for flower arranging. You will also make an Advent wreath!
Nottinghamshire Women of Inspiration	12th November 3 week course	This course will highlight some of the significant impacts women of Nottinghamshire have made to some of the development and breakthroughs in society. Looking at the lives of three women, we will explore the lives of a variety of women from the past who still influence the present.
Stress Management	12th November 5 week course	This course will give you tips and techniques to manage stress as a daily basis. Improving your mental, emotional and physical health and wellbeing.
Customer Services - An Introduction	12th November 5 week course	On this course you will gain an understanding of what good customer service is and why it is so important. We will also look at how to apply good customer service in everyday life.
Presenting Yourself in Interviews	13th November 3 week course	The aim of this course is to: build confidence in your presentation skills, to build experience in conducting yourself appropriately at interviews and to understand how to dress appropriately for a planned interview.
Managing your budget	13th November 4 week course	This course is suitable for those wishing to manage their own budgets. You will be able to record their budgetary planning in words and figures and monitor it. You will also be able to identify the need for further budgetary control measures.
Online Basics - Developing your Internet Skills	14th November 4 week course	On this course, you will gain a broader knowledge of how to maximise their use of the Internet and a greater appreciation of its breadth.
Photography - Editing and Creating Novel Images	14th November 4 week course	Learn simple ways of improving some of your photos, and more advanced processes which produce more significant changes.
Family Learning - Mindfulness for Children	17th November	This course for parents/grandparents/carers will introduce mindfulness and its benefits in a family environment. To practice mindfulness exercises that are suitable for children and adults.
Made in Notts - History of Fashion and Textiles in Nottingham	17th November 2 week course	This online course aims to give the learner a visual tour of the history of fashion and textiles in Nottingham. In this short course, we have an opportunity to find out more about the city's rich history in fashion which delves deeper into its designers, industry and textile trade such as the world famous Nottingham lace.
Peace of Mind - Coping with Anxiety and Depression	18th November 4 week course	This course will give learners a safe and confidential space where we learn techniques that can reduce the painful effects of anxiety and depression. To support each other and share things that have helped us.
Excel – An Introduction	19th November 2 week course	This is a course for adults who would like to know more about Microsoft Excel. On this course you will develop your confidence with using computers and learn how to create simple, working spreadsheets.
Resilience Building	19th November	On this course we will introduce resilience – identifying individual strengths and helping to develop the ability to bounce back from difficult situations.
Dementia Awareness - An Introduction	19th November	The aim of this course is to offer basic information and insights into what dementia is, how it develops and the latest research. This course will cover causes and symptoms of the most common types of dementia; and consider some person-centred interventions which can improve quality of life for people living with dementia and their families.
True Crime Nottinghamshire	20th November 4 week course	On this criminology-based course we will be studying the Murder Map of Nottinghamshire – the most notorious crimes in our county; what, why, how and, of course, who dunnit.
Poet and I Didn't Know I	21st November	If you've ever wanted to have a go at writing poetry but weren't sure where to start, this fun and informal session is for you. We will use objects and prompts to create a selection of poems, as well as writing a 'class poem' with everyone's contributions. This course is for everyone who is interested. No experience of creative writing is needed.
Family Learning - Autism Developing a Sensory Profile	23rd November 3 week course	This course is for parents, grandparents and carers of a child with autism (diagnosis or no diagnosis) understand how sensory processing differences affect their child in every-day life. An opportunity to develop a sensory profile for their child that can be shared with those who support their child understand how best to help them.
The History of Computers - Ada Lovelace Connection	25th November	This is a short talk on the developments and historical figures who contributed to the development of computers and computing.
Family Learning – Understanding Social Media	26th November 2 week course	What are the aims of the course? To enhance awareness of different social media sites. To discuss the effects (positive and negative) of these sites. To understand online terminology. To understand how social media can affect health and wellbeing
Resilience Building	19th November	On this course we will introduce resilience – identifying individual strengths and helping to develop the ability to bounce back from difficult situations.
Family Learning - Autism Developing a Sensory Profile	26th November 3 week course	This course is for parents, grandparents and carers of a child with autism (diagnosis or no diagnosis) understand how sensory processing differences affect their child in every-day life. An opportunity to develop a sensory profile for their child that can be shared with those who support their child understand how best to help them.
Autism Awareness - An Introduction	26th November	The aim of this course is to offer basic information and insights into autism causes and signs. We shall consider what the autism spectrum is and how living on the autism spectrum impacts on people's lives; how autism is currently understood; and types and sources of support to improve wellbeing.
Facials - An Introduction	28th November 2 week course	On this course you will learn various techniques for facials and face massage, including looking at breakdown of the skin structure, muscle structures of the face and how to make a moisturizing face mask, looking at the different types of carrier oils including some you may already have in your store cupboard.
The History of the Corset	1st December 2 week course	This online course aims to give the learner a visual tour of the history of the corset. From the earliest conception of the corset in history to present day. Paying particular attention to the way the corset defined the silhouette of the Victorian era through to its 20th Century reinvention as a symbol of female empowerment.
PowerPoint - An Introduction	3rd December 2 week course	This is a course for adults who would like to know more about Microsoft PowerPoint. On this course you will develop your confidence with using computers and learn how to create professional looking PowerPoint presentations.
Mental Health An Introduction	3rd December	On this course you will develop an understanding of mental health and know the difference between good vs ill mental health. You will be invited to share your own experiences and know where to go to seek support.
Dyslexia Awareness - An Introduction	3rd December	The aim of this course is to offer basic information and insights into what dyslexia is; how it impacts on people's lives, learning and work (positively and negatively); human support, adaptations and technology which can assist people living with dyslexia
Creative Writing - A Poet and I Didn't Know I	3rd December	If you've ever wanted to have a go at writing poetry but weren't sure where to start, this fun and informal session is for you. We will use objects and prompts to create a selection of poems, as well as writing a 'class poem' with everyone's contributions. This course is for everyone who is interested. No experience of creative writing is needed.
Creative Writing - All I Want for Christmas	5th December	Children still write Christmas lists – but what would you ask Santa for? More time with your family? To not mind when the glitter goes everywhere? This is a session of light-hearted creative writing, to focus on the Christmas you really want and deserve.
Creative Writing - All I Want for Christmas	10th December	Children still write Christmas lists – but what would you ask Santa for? More time with your family? To not mind when the glitter goes everywhere? This is a session of light-hearted creative writing, to focus on the Christmas you really want and deserve.

Data Protection: Your details will be kept in a secure location and will only be passed to the relevant provider in order for them to contact you regarding the course. Please note: all our courses are limited in number and can only be provided on a "first-come, first-served basis". So apply early to ensure your place!

