



ATTFE College Free* Courses

October 2025 Onwards

Course Title	Description	Venue	Dates & Times	Course Code
Tai Chi for Wellbeing	Join our expert Tai Chi master Ken Mead for these weekly sessions to support positive wellbeing and movement. Suitable for all abilities. Suitable for adults aged 19+ years.	ATTFE College Community Hub, Idlewells Shopping Centre, Sutton-in-Ashfield	Tuesdays, 1pm - 3pm Starting 9th September - 23rd December 2025, but new attendees welcome at any point	25TL036
A More Confident Me - Employability and Personal Development Skills	This course will support learners to build their confidence with a focus on employability and craft skills making it fun and interactive, delivered in an inclusive environment. Ideal for individuals looking to build their confidence, meet others from their local community or those wanting to move into employment.	ATTFE College Community Hub, Idlewells Shopping Centre, Sutton-in-Ashfield	Thursdays, 9.30am - 2.30pm Starting 13th November 2025 - 30th April 2026	25ASF135
Arts and Crafts Club	A fun and informal creative craft group supporting individuals to get creative whilst socialising with others in their local community, great for supporting positive wellbeing.	Lifespring Church & Centre at Warsop Town Hall, NG20 0AL	Tuesdays, 9am - 3pm Starting 16th September - 16th December 2025, but new learners can join at any point.	25TL065
Arts and Crafts Club	A fun and informal creative craft group supporting individuals to get creative whilst socialising with others in their local community, great for supporting positive wellbeing.	Lifespring Centre & Oasis Café, New Ollerton, Newark NG22 9PP	Saturdays, 10am - 12pm Starting 27th September - 13th December 2025, but learners can join at any point.	25TL087

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Essential Digital Skills (Level 1)	This course supports learners with the skills and knowledge to effectively use digital skills for a range of environments and workplaces.	Adult Learning, Sutton Community Academy, Sutton-in-Ashfield, NG17 1BW	Tuesdays, 9.30am – 2.30pm Starting 25th November 2025 – 10th February 2026	25ASF113
Essential Digital Skills (Entry Level 3)	This course is designed to equip learners with basic digital skills needed for life and work. The course will cover topics such as using devices and handling information, creating and editing documents, communication using digital skills and keeping safe online.	Adult Learning, Sutton Community Academy, Sutton-in-Ashfield, NG17 1BW	Tuesdays, 9.30am – 2.30pm Starting 24th February – 10th May 2026	25ASF114
Essential Digital Skills (Level 1)	This course supports learners with the skills and knowledge to effectively use digital skills for a range of environments and workplaces.	Adult Learning, Sutton Community Academy, Sutton-in-Ashfield, NG17 1BW	Tuesdays, 9.30am – 2.30pm Starting 19th May – 21st July 2026	25ASF115
A More Confident Me - Skills for Job Search and Job Applications	This course will equip learners to build their skills, knowledge and confidence in job searching, applying for jobs and interview skills.	ATTFE College Community Hub, Idlewells Shopping Centre, Sutton-in-Ashfield	Thursdays, 9.30am - 2.30pm Starting 7th May - 16th July 2026	25ASF136

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A More Confident Me - Job Search and Employability Skills	A great course supporting individuals to build their confidence to apply for jobs and progress into employment. This course will cover topics such as searching for jobs, CV writing and interview skills. Young children welcome to attend.	Trowell Court Community Centre, Mansfield NG18 4NT	Wednesdays, 12.30pm – 3pm Starting 17th December 2025 - 24th June 2026	25ASF142
Functional Skills (Maths and English)	Supporting you to develop your maths and English skills in a friendly environment with our experienced tutors. Learners will be assessed at the beginning of the course to enable us to support you at the appropriate level for your needs.	Adult Learning, Sutton Community Academy, Sutton-in-Ashfield, NG17 1BW	Mondays, 9.15am - 2.45pm, <u>or</u> Tuesdays, 9.15am - 2.45pm Starting w/c 5th January 2026 until w/c 23rd March 2026 (11 Weeks, term-time only)	25ASF042
Functional Skills (Maths and English)	Supporting you to develop your maths and English skills in a friendly environment with our experienced tutors. Learners will be assessed at the beginning of the course to enable us to support you at the appropriate level for your needs.	Adult Learning, Sutton Community Academy, Sutton-in-Ashfield, NG17 1BW	Mondays, 9.15am - 2.45pm, <u>or</u> Tuesdays, 9.15am - 2.45pm Starting w/c 13th April 2026 until w/c 13th July 2026 (12 weeks, term-time only and excluding Bank Holidays)	25ASF043

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Supporting Positive Wellbeing for You and Your Family	A fun and informative course designed to support you and your family lead a healthier lifestyle by learning tips, knowledge and information in topics such as healthy eating, being more active and supporting positive mental health. This course is available for parents/ carers of the school as well as the wider community. Young children are welcome to attend.	Brierley Forest Primary and Nursery School, Westbourne View, Sutton-in-Ashfield	Wednesdays, 9.30am – 2.30pm Starting 21st January - 24th June 2026	25ASF100
Level 2 in Understanding Nutrition and Health	This course will support learners to improve their knowledge of healthy eating principles and the role of food in maintaining a good health. Delivered in a practical way, learners will also take part in practical hands on cooking activities to enhance their knowledge of food nutrition and healthy recipes.	Shine Café, King Street, Sutton-in-Ashfield, NG17 1AT	Wednesdays, 9am – 3pm Starting 1st April - 8th July 2026	25ASF084
Cooking and Catering Skills	The perfect course for anyone who would like to learn more catering skills, techniques and recipes that can be used for personal day to day cooking at home and catering for friends and family or for individuals looking to work in the catering and hospitality sector. Each week you will engage in practical cooking activities as well as completing a L1 Certificate in Catering and Hospitality guided by an expert tutor in this field.	Shine Café, King Street, Sutton-in-Ashfield, NG17 1AT	Wednesdays, 9am – 3pm Starting 3rd December - 25th March 2026	25ASF083

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Confidence Building	You'll explore the power of confidence, discover your unique skills and transferable abilities, and learn how to communicate more effectively and assertively. We'll also cover ways to look after your health and wellbeing. Whether you're preparing for new challenges, returning to work, or simply want to boost your self-belief, this course will equip you to thrive.	Community Corner, Market Street, Sutton-in-Ashfield, NG17 1AQ	Tuesdays, 9.30am – 2.30pm Starting 4th November – 9th December 2025	25TL025
Confidence Building	You'll explore the power of confidence, discover your unique skills and transferable abilities, and learn how to communicate more effectively and assertively. We'll also cover ways to look after your health and wellbeing. Whether you're preparing for new challenges, returning to work, or simply want to boost your self-belief, this course will equip you to thrive.	Community Corner, Market Street, Sutton-in-Ashfield, NG17 1AQ	Tuesdays, 9.30am – 2.30pm Starting 6th January – 10th February 2026	25TL026
Confidence Building	You'll explore the power of confidence, discover your unique skills and transferable abilities, and learn how to communicate more effectively and assertively. We'll also cover ways to look after your health and wellbeing. Whether you're preparing for new challenges, returning to work, or simply want to boost your self-belief, this course will equip you to thrive.	Community Corner, Market Street, Sutton-in-Ashfield, NG17 1AQ	Tuesdays, 9.30am – 2.30pm Starting 24th February – 31st March 2026	25TL027

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Welcome to ESOL (English for Speakers of Other Languages)	The perfect introduction to anyone who does not speak English as a first language and are looking to improve their English speaking, listening and writing skills. Suitable for adults aged 19+ years.	Adult Learning, Sutton Community Academy, Sutton-in- Ashfield, NG17 1BW	Fridays, 10am - 2pm Starting 7th November - 5th December 2025 (5 weeks)	25TL072
Welcome to ESOL (English for Speakers of Other Languages)	The perfect introduction to anyone who does not speak English as a first language and are looking to improve their English speaking, listening and writing skills. Suitable for adults aged 19+ years.	Adult Learning, Sutton Community Academy, Sutton-in- Ashfield, NG17 1BW	Fridays, 10am - 2pm Starting 12th December 2025 - 16th January 2026 (4 weeks, excluding 26th December and 2nd January)	25TL073
Welcome to ESOL (English for Speakers of Other Languages)	The perfect introduction to anyone who does not speak English as a first language and are looking to improve their English speaking, listening and writing skills. Suitable for adults aged 19+ years.	Adult Learning, Sutton Community Academy, Sutton-in- Ashfield, NG17 1BW	Fridays, 10am - 2pm Starting 27th February - 27th March 2026 (5 weeks)	25TL074

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A More Confident Me - English Skills	This course will help you improve your English skills for everyday life including speaking, listening, reading and writing skills. Learners will complete a Level 1 Certificate in Essential English Skills for everyday life.	ATTFE in the Community venue, 9 - 11 Low Street, Sutton-in-Ashfield, NG17 1DH	Thursdays, 5pm - 7pm Starting 6th November - 18th December 2025	25ALP018
Entry Level English Skills	TBC	ATTFE in the Community venue, 9 - 11 Low Street, Sutton-in-Ashfield, NG17 1DH	Thursdays, 5pm - 8pm Starting 8th January - 9th April 2026	25ALP020
Qualsafe Level 3 Award in Emergency First Aid at Work	This qualification is designed for individuals appointed as first aiders in the workplace, covering essential skills to manage various first aid situations. This is a 3-day course . Participants must be able to take part in floor based First Aid practice to be able to take part.	ATTFE in the Community venue, 9 - 11 Low Street, Sutton-in-Ashfield, NG17 1DH	Monday - Wednesday, 9am - 3pm 20th, 21st and 22nd October 2025	25TL079
Qualsafe Level 3 Award in Emergency First Aid at Work	This qualification is designed for individuals appointed as first aiders in the workplace, covering essential skills to manage various first aid situations. This is a 3-day course . Participants must be able to take part in floor based First Aid practice to be able to take part.	Dukeries Academy's Open Learning Venue, Ollerton, NG22 9DT	Monday - Wednesday, 9am - 3pm 27th, 28th and 29th October 2025	25TL080

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Phonics for Parents and Carers	<p>Phonics is a system of learning applied to supporting children with reading and writing.</p> <p>These phonics awareness sessions aim to equip parents / carers with the basics of phonics knowledge to better support your child with reading and writing in the home environment, complementing information and techniques they are taught in their school or nursery setting.</p> <p>Also suitable for individuals working in early years or those interested into going into a profession in the Early years.</p>	ATTFE in the Community venue, 9 - 11 Low Street, Sutton-in-Ashfield, NG17 1DH	<p>Thursdays, 7pm - 8pm</p> <p>Starting 6th November - 18th December 2025</p>	25ALP019
A More Confident Me - Employability, Confidence and Personal Development Skills	An interactive and inclusive course supporting individuals to build their confidence skills as well as exploring and developing employability skills. Ideal for individuals who would like to build their confidence or those who are looking to apply for jobs and move into employment.	New Cross Community Centre, Sutton in Ashfield	<p>Wednesdays, 9am - 3pm</p> <p>Starting 3rd December 2025 - 22nd July 2026</p>	25ASF132

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