



ATTFE College Free* Courses

December 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
Fortnightly Tai Chi Class	Join our expert Tai Chi master Ken Mead for these weekly sessions to support positive wellbeing and movement. Suitable for all abilities.	ATTFE Community Hub, Idlewells Shopping Centre, Sutton-in-Ashfield	Tuesdays, 1pm - 3pm Classes will run fortnightly from 6th January - 31st March 2026	25TL128
Fortnightly Tai Chi Class	Join our expert Tai Chi master Ken Mead for these weekly sessions to support positive wellbeing and movement. Suitable for all abilities.	Discovery Room, Mill Waters, Sutton-in-Ashfield, NG17 4PA	Tuesdays, 1pm - 3pm Classes will run fortnightly from 13th January - 14th March 2026	25TL129
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.	Ashfield District Council Offices, Urban Road, Kirkby in Ashfield, NG17 8DA	Tuesdays, 9.30am - 3pm Starting 6th January - 17th February 2026	25TL104

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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 6th January - 17th March 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 March - 19th 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 2nd June - 14th 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 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
An Introduction to Using Microsoft Word	Microsoft Word is a popular processing program used to create, edit and format documents such as letters, posters and CV's. During this short course you will be guided through the basics of using Word by our friendly and supportive tutor, working at your own pace to develop your skills and confidence.	Ashfield District Council Offices, Urban Road, Kirkby in Ashfield, NG17 8DA	Tuesdays, 9am - 11.30am Starting 2nd - 16th December 2025	25TL102

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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 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
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	Mondays, 5pm - 8pm Starting 5th January - 23rd March 2026	25ASF185
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	Mondays, 5pm - 8pm Starting 13th April - 20th July 2026	25ASF186

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Course Title	Description	Venue	Dates & Times	Course Code
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
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	Wednesdays, 9am - 3pm Starting 3rd December 2025 - 22nd July 2026	25ASF132
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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Support with Everyday Digital Skills	Our tutor will support you with developing your digital skills, whether that be support with your mobile phone, setting up an email address, completing forms online or using a laptop or tablet device. Activities delivered will be based on the support you need to help you with day to day digital skills.	Adult Learning, Sutton Community Academy, Sutton-in-Ashfield, NG17 1BW	Fridays, 9am - 12pm Starting 5th December - 19th December 2025, but new learners can join at any point.	25TL098
An Introduction to Using Microsoft Excel Spreadsheets	Microsoft Excel is a spreadsheet programme designed to help you organise data and information. It is a popular programme that can be used in day to day activities and in the work environment for a range of tasks from budgeting, data analysis and managing information. During this short course you will be guided through the basics of using Excel by our friendly and supportive tutor, working at your own pace to develop your skills and confidence.	Adult Learning, Sutton Community Academy, Sutton-in-Ashfield, NG17 1BW	Fridays, 1pm - 3pm Starting 12th - 19th December 2025	25TL099
Level 2 Counselling Skills	This qualification is designed to give learners the underpinning knowledge, skills and competencies to use counselling skills ethically and safely in a variety of contexts and roles.	ATTFE in the Community venue, 9 - 11 Low Street, Sutton-in-Ashfield, NG17 1DH	Wednesdays, 3.30pm - 7.30pm Starting January 7th 2026 - 8th July 2026 (term-time only)	25ASF187

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Course Title	Description	Venue	Dates & Times	Course Code
Level 3 Certificate in Applied Counselling Studies	This qualification is intended for candidates who have already acquired a recognised qualification in counselling skills and want to: take the next step in training to become a counsellor, learn more about counselling theory, ethics and mental health, and/or be prepared for work as a professional counsellor in an agency setting.	ATTFE in the Community venue, 9 - 11 Low Street, Sutton-in-Ashfield, NG17 1DH	Tuesdays, 9.30am - 2.30pm Starting 24th February - 16th December 2026 (term-time only)	25LCB011
An Introduction to Shamanic Healing	Discover the ancient art of shamanic healing and explore how to understand and manage stress through energy work. This course will guide you in: • Understanding how stress manifests in your energy, contributing to fatigue, anxiety, and lethargy. • Connecting with your guides and inner wisdom to help navigate life's challenges. • Learning shamanic healing techniques, including soul retrieval, to restore lost energy and vitality. • Standing firmly in your own energy and personal power, equipping you to handle daily stresses with greater ease and resilience. After completing the course, you will receive a L1 Award in Stress Awareness' qualification.	ATTFE in the Community venue, 9 - 11 Low Street, Sutton-in-Ashfield, NG17 1DH	Mondays, 1pm - 3pm Starting 5th January until 9th February 2026	25ASF206

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