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ATTFE College - Fun Together Newsletter

Issue 13: Friday, 6th February 2026

Our Fun Together programme is delivered by ATTFE College providing **FREE**, FUN and local activities for families in the North Nottinghamshire area.

Our events and activities are designed to support families to bond and create special memories together, on your doorstep without breaking the bank!



Activities vary and are aimed at families with children aged 0-11 years. Whether you want to cook together, be creative together or get active in the outdoors together we hope to have something for everyone!

In this October edition, you will find information about:

- Autumn Recipes & Crafts
- Upcoming Family Activities
- Upcoming ATTFE College Courses
- Food Pantry Information
- Wellbeing Materials

Valentines Day Recipe

Love Bug Biscuits

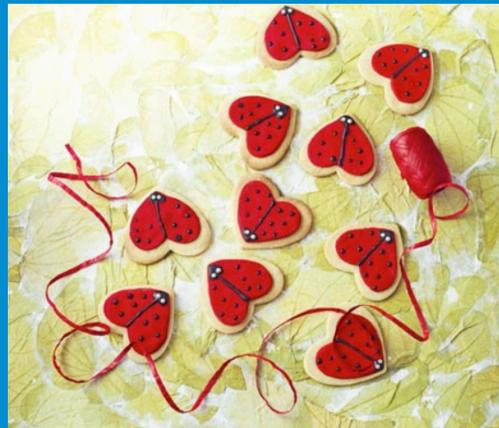
Prepare: 30 mins

Cook: 12 mins

Serve: Makes 20 cookies

Ingredients:

175g plain flour
100g chilled butter
cubed
85g icing sugar
1 tsp vanilla extract
1 egg yolk
To decorate
500g ready-to-roll fondant icing
red food colouring
100g icing sugar
black food colouring



edible pearly ball decorations

You will also need

8cm heart-shaped cutter

6cm heart-shaped cutter

To decorate:

- handful crisp-coated chocolates, such as Smarties
- handful white chocolate chunks
- coloured writing icing

Method

1. Beat the butter and sugar together until fluffy, then beat in the egg and vanilla. Sift in the flour and salt and beat until combined.
2. Divide the mixture into three portions and colour one orange, one green and one purple. Place in the fridge for 30 minutes to firm up.
3. Preheat the oven to 180C/160C Fan/Gas 4 and line two baking sheets with baking paper.
4. With damp hands, roll each portion of coloured dough into five balls and place on the lined baking sheets. Using your hand, slightly flatten each ball. Press in crisp-coated chocolates for eyes and white chocolate chunks for teeth. Bake for 10 minutes.
5. Remove from the oven and leave on the baking tray for 5–10 minutes, then transfer to a wire rack to cool completely.
6. Once cool, use the writing icing to create pupils and eyelashes on the monsters' eyes.

Valentines Day Craft

Heart Crown Headband

Designed to be low-prep and kid-friendly, with lots of heart shapes and "I made this!" moments that are perfect for home or classroom crafts.

This is a wearable craft that makes kids feel instantly festive. It's perfect for class parties, and you can decorate it as simple or fancy as you want.



You Will Need

- 1 pack pink, red, and white cardstock
- 1 Valentine stickers pack
- 1 stapler
- 1 roll glitter tape

Directions

1. Cut a long strip of cardstock and wrap it around the child's head to size.
2. Staple the ends using a stapler to make the band.
3. Cut heart shapes from cardstock and attach them along the top edge like crown points.
4. Decorate with stickers and add a shiny border with glitter tape.
5. Press down any loose edges and wear it right away.

Source: [50 Easy Valentine's Day Crafts For Kids](#) | [Sarah Scoop](#)

Upcoming Family Activities

Food Explorers
with Your Health Notts



Your Health
Notts



Coming to Summer House Family Hub
Starting 4th June 1-2pm for 3 weeks



FOOD EXPLORERS



A FREE 3-week selective
eating workshop for 2-4
year olds



Allowing children to explore new
foods, create healthy snacks and learn
the importance of fruit and vegetables



Sign up using the QR code!



Nottinghamshire
County Council

www.yourhealthnotts.co.uk



#InThisTogether - Stop the Bleed

'Train the Trainer' Course

#InThisTogether - Stop the Bleed is a community-led campaign designed to empower individuals across Nottinghamshire with life-saving knowledge and

practical skills to respond confidently in emergency situations.

The campaign is centred on two critical emergency response frameworks: **CitizenAID** and **Stop the Bleed**. These resources equip individuals with essential knowledge and techniques to manage life-threatening situations before professional help arrives.

Please fill in the online form below to express your interest to receive this **FREE** training to be a trainer:

[Register Here](#)

ATTFE College in partnership with Nottinghamshire Freemasons

Stop the Bleed

'Train the Trainer' Course

A **FREE three-hour training** initiative designed to equip people with life-saving Stop the Bleed skills, enabling them to confidently train others in their communities.

Two available dates to book:

- Monday, 2nd March 2026 (6.30pm – 9.30pm)
 - **Venue:** West Bridgford Masonic Hall, NG2 7QW
- Friday, 6th March 2026 (6.30pm – 9.30pm)
 - **Venue:** Newark Masonic Hall, NG24 1ST

To book your place, please complete our online registration form by scanning the QR code or using the link below.

The registration deadline is **22nd February 2026**.



<https://forms.office.com/e/sHEiHHPJ82>

Once trained, we hope you'll feel confident to **deliver #InThisTogether – Stop the Bleed sessions as a volunteer**. Any time or support you can offer, no matter how small, will make a real difference and be hugely valued within our community.

For any enquiries, please email
StopTheBleed@attrust.org.uk.

#InThisTogether

 In This Together – Stop the Bleed

Upcoming Shows at Cornerstone Theatre!

We have multiple exciting shows lined up at the Cornerstone Theatre, and we can't wait for you to join the fun!

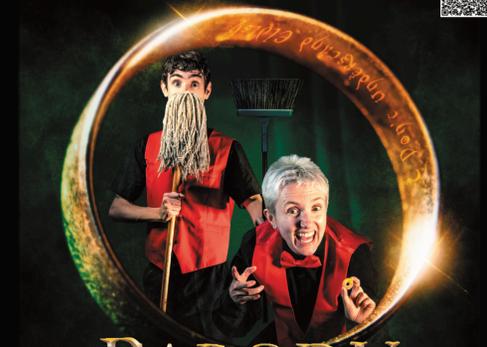
You can check out our live and upcoming shows on **TicketSource** by clicking the button, below:

CORNERSTONE

TicketSource

CORNERSTONE

Get your tickets on TicketSource:
www.ticketsource.co.uk/booking/?yzaklilc



PARODY OF THE RINGS

19 APR 2026 | 7:30PM

Cornerstone Theatre at Sutton Community Academy
Sutton-in-Ashfield, NG17 1BW

 Cornerstone Theatre  @CornerstoneTheatre_SCA  SCA-Cornerstone@atrust.org.uk

CORNERSTONE

COMEDY CLUB 4 KIDS



22 FEB
2026
2PM

 Cornerstone Theatre at Sutton Community Academy
Sutton-in-Ashfield
NG17 1BW



Get your tickets on TicketSource:
www.ticketsource.co.uk/booking/?l-mogydgc
Recommended age 6+ years



 Cornerstone Theatre  @CornerstoneTheatre_SCA  SCA-Cornerstone@atrust.org.uk

CORNERSTONE

COMEDY CLUB 4 KIDS



17 MAY
2026
2PM

 Cornerstone Theatre at Sutton Community Academy
Sutton-in-Ashfield
NG17 1BW



Get your tickets on TicketSource:
www.ticketsource.co.uk/booking/?l-yzazpvq
Recommended age 6+ years



 Cornerstone Theatre  @CornerstoneTheatre_SCA  SCA-Cornerstone@atrust.org.uk

CORNERSTONE

THE NOISE NEXT DOOR

Comedy, Improvised



28 FEB
2026
7:30PM

 Cornerstone Theatre at Sutton Community Academy
Sutton-in-Ashfield
NG17 1BW

Get your tickets on TicketSource:
www.ticketsource.co.uk/booking/?l-oelnejz



 Cornerstone Theatre  @CornerstoneTheatre_SCA  SCA-Cornerstone@atrust.org.uk

CORNER STONE
Sutton-in-Ashfield, Nottinghamshire

WICKEDLY ARIANA
STARRING ARIANA
FEATURING ALL THE GREATEST HITS
PLUS SONGS FROM WICKED

CORNER STONE Find us on **ticket source**

Sutton-in-Ashfield, Nottinghamshire
SCA-Cornerstone@atrust.org.uk Cornerstone Theatre CornerstoneTheatre_SCA

CORNER STONE

DIRE STREETS

21 FEB
2026
7:30PM

Cornerstone Theatre at
Sutton Community Academy
Sutton-in-Ashfield
NG17 1BW

Get your tickets on TicketSource:
www.ticketsource.co.uk/booking/t-lnyqmmo

Cornerstone Theatre @CornerstoneTheatre_SCA SCA-Cornerstone@atrust.org.uk

Upcoming Courses

Academy Transformation Trust Further Education Ashfield DISTRICT COUNCIL Funded by UK Government

FREE

Book Crafts & Bingo

A FREE and FUN family activity to get involved in this half term. Families attending will take part in family bingo and creative crafts themed around popular children's books. Ideally suited for families with children aged 5- 11 years but younger and older siblings are welcome to attend. Children must attend with a responsible adult.

Course Code: 25ALP025

Monday, 10am - 12pm
16th of February 2026

Venue:
ATTFE Community Hub
Idlewells Shopping Centre
Sutton-in-Ashfield

Places will be limited and must be booked in advance. For further details or to book please call 01623 441310 or email college.info@atrust.org.uk

Academy Transformation Trust Further Education Ashfield DISTRICT COUNCIL Funded by UK Government

FREE

Roald Dahl Inspired Crafts and Activities

A FREE half-term activity ideally suited for children aged 8-12 years. Families attending will engage in creative activities inspired by Roald Dahl classics. Younger and older siblings are welcome, all children must attend with a responsible adult.

Course Code: 25ALP027

Thursday, 10am - 12pm
19th of February 2026

Venue:
ATTFE in the Community Venue
9 - 11 Low Street, Sutton-in-Ashfield
NG17 1DH

Places will be limited and must be booked in advance. For further details or to book please call 01623 441310 or email college.info@atrust.org.uk

Academy Transformation Trust Further Education

In partnership with CLARE WARD PARTNERSHIP OF THE EAST MIDLANDS East Midlands Combined County Authority

FREE*

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.

Course code: 25TL027

Tuesdays, 9.30am – 2.30pm
Starting 24th February – 31st March 2026

Venue:
Community Corner, Market Street,
Sutton-in-Ashfield, NG17 1AQ

Available for learners aged 19+ years. *Please contact us for eligibility criteria. Places will be limited and must be booked in advance. For further details or to book please call 01623 441310 or email college.info@atrust.org.uk

Website: www.attfe.org.uk #InThisTogether

Academy Transformation Trust Further Education

In partnership with CLARE WARD PARTNERSHIP OF THE EAST MIDLANDS East Midlands Combined County Authority

FREE*

Entry Level 3 Essential Digital Skills

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.

Course Code: 25ASF239

Wednesdays, 9.30am – 3pm
Starting 18th February – 22nd April 2026

Venue:
Lifespring Centre & Oasis Café,
New Öllerton, Newark NG22 9PP

Available for learners aged 19+ years. *Please contact us for eligibility criteria. Places will be limited and must be booked in advance. For further details or to book please call 01623 441310 or email college.info@atrust.org.uk

Website: www.attfe.org.uk #InThisTogether

Academy Transformation Trust Further Education

Ashfield DISTRICT COUNCIL

Funded by UK Government

FREE

Little Miss and Mr Men Inspired Family Crafts

Join us this half term for FREE crafting activities based on these ever-popular children's books. Ideally suited for families with children aged 5-11 years however younger and older siblings are welcome to attend. All children must attend with a responsible adult

Course Code: 25ALP026

Thursday, 10.30am – 12pm
19th of February 2026

Venue:
ATTFE in the Community Venue
9 - 11 Low Street, Sutton-in-Ashfield
NG17 1DH

Places will be limited and must be booked in advance. For further details or to book please call 01623 441310 or email college.info@atrust.org.uk

Academy Transformation Trust Further Education

In partnership with CLARE WARD PARTNERSHIP OF THE EAST MIDLANDS East Midlands Combined County Authority

FREE*

Shamanic Healing

Go on a transformational journey with our Shamanic Healing Course, where ancient wisdom meets modern wellbeing. Explore energy practices, intuitive healing, and spiritual connection while learning practical nutrition and holistic health tools. Rebalance your body, mind, and spirit, and gain empowering skills to support your own healing journey. After completing the course, you will receive a LI Award in Nutrition & Health qualification.

Course Code: 25ASF260

Mondays, 1pm – 3pm
Starting 23rd February – 22nd June 2026
(15 weeks, not running during bank holidays)

Venue:
ATTFE Community Hub
Idlewells Shopping Centre
Sutton-in-Ashfield

Available for learners aged 19+ years. *Please contact us for eligibility criteria. Places will be limited and must be booked in advance. For further details or to book please call 01623 441310 or email college.info@atrust.org.uk

Here are a few of our upcoming courses at ATTFE College! Please keep an eye on our social media pages for the latest updates and information.

Alternatively, you can view a list of our upcoming courses on our website:

[Upcoming Courses](#)

If you're looking for something more flexible, we also offer a number of ONLINE courses such as mental health, counselling, retail, coding, and many more.

Our online courses provide the same high-quality education as our in-person courses with the added convenience of being able to learn from anywhere.

Scan the QR Code to go your **Online Courses webpage!**



For more details or to sign up, please contact 01623 441310 or email college.info@atrust.org.uk. Please don't forget to mention the course name and course codes when signing up.

Alternatively, you can fill out our Course Enquiry Form, below:

[Enquiry Form](#)

Let's All Eat Food Pantry

Our weekly food pantries provide low cost food for families whilst reducing food waste. See below details to find out where your local food pantry is. **There is no need to book and no referral needed.**

Our weekly food pantries provide low cost food for families whilst reducing food waste. See below details to find out where your local food pantry is. **There is no need to book and no referral needed.**

For **£3.50 payments each week** you will receive between £12 - £15 worth of good quality food. A **£1 joining fee** applies to all to ensure a lifetime of membership to the 'Let's All Eat Pantry'. This is payable on your first visit along with the £3.50 for that week's food.

Please bring your own bag to carry your food items home.



Huthwaite Methodist Church

- Every Wednesday, 1.30pm - 3.30pm
- Location: Sherwood Street, Huthwaite, Sutton-in-Ashfield, NG17 2LX
- Contact information: 07867451424

St. John's Methodist Church

- Every Monday, 1.00pm - 3.00pm
- Location: Titchfield Avenue, Sutton-in-Ashfield, NG17 1EU

- Contact information: 07867451424

Lifespring Church and Oasis Cafe

- Every Thursday, 1.30pm - 3.30pm
- Location: Sherwood Drive, New Ollerton, Newark, NG22 9PP
- Contact information: 07867451424

On a Tuesday evening 4-7pm, we offer good quality high value food at the Lifespring Church through the 'Stay and Eat Social Hub'.

LET'S ALL EAT FOOD PANTRY
SUTTON-IN-ASHFIELD

Academy Transformation Trust Further Education
LET'S ALL EAT PANTRY

Let's help reduce food waste!
We use surplus food from supermarkets to support the reduction of food waste and ensuring food sustainability. Through our food pantries, people are able to access affordable healthy food which reduces landfill whilst enabling money to stretch further.

Every Monday from 1pm until 2:30pm
St John's Methodist Church,
Titchfield Avenue,
Sutton-in-Ashfield, NG17 1EU

£1 lifetime membership fee
£3.50 each week for your food box
Each food box contains an equivalent of £12 - £15 worth of food.

No referrals needed, no qualifications required
on everyone is welcome! Just come along and access the support you need in a welcoming space.

0440(0) 786 7451 424 www.letsalloat.co.uk

LET'S ALL EAT FOOD PANTRY
HUTHWAITE

Academy Transformation Trust Further Education
LET'S ALL EAT PANTRY

Let's help reduce food waste!
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Every Wednesday from 1.30pm until 3pm
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Sherwood Street,
Huthwaite, NG17 2LX

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0440(0) 786 7451 424 www.letsalloat.co.uk

LET'S ALL EAT FOOD PANTRY
OLLERTON

Academy Transformation Trust Further Education
LET'S ALL EAT PANTRY

Let's help reduce food waste!
We use surplus food from supermarkets to support the reduction of food waste and ensuring food sustainability. Through our food pantries, people are able to access affordable healthy food which reduces landfill whilst enabling money to stretch further.

Every Thursday from 1pm until 2:30pm
Lifespring Centre & Oasis Cafe
Sherwood Drive
New Ollerton, NG22 9PP

£1 lifetime membership fee
£3.50 each week for your food box
Each food box contains an equivalent of £12 - £15 worth of food.

No referrals needed, no qualifications required
on everyone is welcome! Just come along and access the support you need in a welcoming space.

0440(0) 786 7451 424 www.letsalloat.co.uk

#WellbeingWednesday

Resources on our Website

We compiled a bunch of wellbeing resources on our ATTFE College website. From exercise videos, wellbeing materials, and information regarding our Mental Health First Aiders, you can find them there!

To go to our Wellbeing Page you can click, here: [Wellbeing - ATTFE College Webpage](#)

Resources on our YouTube Channel

On our YouTube channel, we host multiple wellbeing resources such as Tai Chi, beginners exercise, yoga videos and many more!

You can go to our YouTube channel, here: [ATTFE College - YouTube Channel](#)

Make sure to subscribe so you don't miss anything, and feel free to share with your friends and family!



YOU HAVE THE
POWER TO PROTECT
YOUR PEACE.

#WellbeingWednesday

ATTFE College

Sutton-In-Ashfield, Nottingham
United Kingdom NG17 1EE

[#InThisTogether](#)

