

ATTFE College Courses

October 2026 Onwards

Visit our website:



Course Title	Description	Venue	Dates & Times	Course Code
Mobility for Everyday Wellbeing	Join us for a gentle, accessible mobility session designed to help you move with greater ease and confidence. Through simple exercises we will improve flexibility, restore natural movement patterns and support everyday activities like bending, reaching, standing, and walking. Together we will also create simple, personalised mobility routines that you can continue at home, helping to build healthy habits, stay active and maintain your progress long after the session ends. Tailored to all fitness levels, including seated mobility. This is a relaxed and supportive session focused on helping you feel more comfortable and confident in your body.	Adult Learning, Sutton Community Academy, Sutton-in-Ashfield, NG17 1BW	Mondays, 5pm - 8pm Starting 5th October - 9th November 2026	26ASF008
Mobility for Everyday Wellbeing	Join us for a gentle, accessible mobility session designed to help you move with greater ease and confidence. Through simple exercises we will improve flexibility, restore natural movement patterns and support everyday activities like bending, reaching, standing, and walking. Together we will also create simple, personalised mobility routines that you can continue at home, helping to build healthy habits, stay active and maintain your progress long after the session ends. Tailored to all fitness levels, including seated mobility. This is a relaxed and supportive session focused on helping you feel more comfortable and confident in your body.	Adult Learning, Sutton Community Academy, Sutton-in-Ashfield, NG17 1BW	Wednesdays, 5pm - 8pm Starting 7th October - 11th November 2026	26ASF009

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Tai Chi for Wellness and Relaxation	A weekly tai chi class suitable for all levels supporting you to feel relaxed and refreshed.	ATTFE College's Community Hub, Idlewells Shopping Centre, Sutton-in-Ashfield, NG17 1BN	Fridays, 9am - 11am Starting 8th January - 19th March 2027	26TL017
Mindfulness and Tai Chi	Tai chi is a great exercise to focus your mind relieving you from the stresses of daily life. Join us for this weekly class delivered by our expert Tai Chi Master Ken.	ATTFE College's Community Hub, Idlewells Shopping Centre, Sutton-in-Ashfield, NG17 1BN	Fridays, 9am - 11am Starting 16th April - 16th July 2027	26TL018
Fast Track - Level 2 Counselling Skills	This course aims to introduce learners into the use of counselling skills in their everyday life of work. The course is classroom based and is for learners who are keen to undertake counselling in more detail and is designed to give learners the underpinning knowledge, practical skills and competencies to use counselling skills ethically and safely in different contexts and roles.	Portland Pathways, Sutton-in-Ashfield, NG17 4AX	Mondays, 9.30am - 2.30pm Starting 1st March until 19th July 2027	26ASF004

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Healthy Eating & Cooking	You'll explore the fundamentals of healthy eating while taking part in practical cooking activities, giving you the opportunity to develop new skills and put your learning into practice. Throughout the course, you'll work towards a Level 1 Award in Nutrition and Health, completing workbook activities with guidance and support from your tutor. This course is open to the wider community, so you do not need to have a child attending the school to take part. All resources are provided.	Brierley Forest Primary and Nursery School Sutton-in-Ashfield, NG17 2HT	Tuesdays, 9am - 12.30pm Starting 5th January - 9th March 2027	26ASF060
Supporting Your Children to Develop and Grow	Support your child's early learning and development with this engaging course for parents and carers of children aged 0–5 years. You'll gain the skills, knowledge, and confidence to support your child's development through topics such as communication and language, social development, and the importance of positive play. As part of the course, adults will work towards an Entry Level 3 Award in Childcare. This course is open to the wider community, so you do not need to have a child attending the school to take part. All resources are provided.	Brierley Forest Primary and Nursery School Sutton-in-Ashfield, NG17 2HT	Tuesdays, 9am - 12.30pm Starting 16th March - 22nd June 2027	26ASF061

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Butterfly Bakery: Get into Volunteering Course	Develop your baking, sugarcraft and volunteering skills with Butterfly Bakery, a not-for-profit programme supporting individuals to gain practical experience. Learn about volunteering while putting your skills into practice by helping prepare cakes and baked goods for local community events. You'll gain valuable experience, build confidence and develop your baking and cake decorating skills with support from an expert tutor. Learners will work towards a Level 2 Award in Volunteering.	ATTIC Kitchen, Sutton Community Academy, Sutton-in-Ashfield, NG17 1BW	Wednesdays and Fridays, 9am - 3pm (<i>must attend both days</i>) Starting 11th November until 11th December 2026	26ASF046
Event Planning: Catering and Hospitality	Develop your event planning and hospitality skills with a creative baking and sugarcraft twist! Throughout this practical course, you'll gain hands-on experience in planning, preparing and delivering an event, exploring everything from organisation and coordination to catering, hospitality, baking and presentation. Learners will work towards a Level 2 Certificate in Event Planning.	ATTIC Kitchen, Sutton Community Academy, Sutton-in-Ashfield, NG17 1BW	Wednesdays and Fridays, 9am - 3pm (<i>must attend both days</i>) Starting 6th January until 5th March 2027	26ASF047
Home Education: Healthy Eating & Cooking	This fun and interactive course is designed for home-educated families to explore the basics of healthy eating while developing practical cooking skills and trying a variety of recipes together. Parents/carers must attend alongside their child and will work towards a Level 1 Award in Understanding Nutrition and Health throughout the course.	Kirkby Sales and Exchange, 78-80 Station St, Kirkby in Ashfield, NG17 7AP	Thursdays, 12pm - 3pm Starting 7th January until 18th March 2027	26ASF083

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Connect, Cook and Eat	Develop your cooking skills, learn about healthy eating and connect with your local community in this friendly and welcoming course. With guidance from our experienced Catering and Hospitality tutor, you'll prepare a different recipe each week, explore the basics of nutrition and enjoy your meal together at the end of each session. Work towards a Level 1 Award in Understanding Nutrition and Health. Food and equipment provided. Young children are welcome to attend with a parent/carer. Please let us know about any allergies or dietary requirements in advance.	Willett's Court Community Centre, Limb Crescent, Sutton-in-Ashfield NG17 5EB	Wednesdays, 9.30am - 12.30pm Starting 7th October until 16th December 2026	26ASF069
Christmas Crafts	Get into the festive spirit with our fun and creative Christmas crafts course! Build your crafting confidence, learn new skills and meet others from your local community in a friendly and supportive environment. No previous crafting experience is required — all abilities are welcome! Children are welcome to attend, provided they are accompanied and supervised by a responsible adult at all times.	The Oval Community of Christ Church, Carsic Estate, Sutton-in-Ashfield, NG17 2FR	Mondays, 9.30am - 2.30pm Starting 2nd November - 14th December 2026	TBC

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Entry Level 3 & Level 1 Digital Skills <i>November 2026 Start</i>	Our Digital Skills courses are aimed at individuals who would like to develop their digital skills for everyday life or work. Learners will be assessed at the first session to determine if you will study Entry Level 3 or Level 1 Digital Skills.	Adult Learning, Sutton Community Academy, Sutton-in-Ashfield, NG17 1BW	Thursdays, 9.30am - 2.30pm Starting 26th November 2026 - 4th February 2027 (term-time only)	26ASF033
Entry Level 3 & Level 1 Digital Skills <i>February 2027 Start</i>	Our Digital Skills courses are aimed at individuals who would like to develop their digital skills for everyday life or work. Learners will be assessed at the first session to determine if you will study Entry Level 3 or Level 1 Digital Skills.	Adult Learning, Sutton Community Academy, Sutton-in-Ashfield, NG17 1BW	Thursdays, 9.30am - 2.30pm Starting 11th February - 29th April 2027 (term-time only)	26ASF034
Entry Level 3 & Level 1 Digital Skills <i>May 2027 Start</i>	Our Digital Skills courses are aimed at individuals who would like to develop their digital skills for everyday life or work. Learners will be assessed at the first session to determine if you will study Entry Level 3 or Level 1 Digital Skills.	Adult Learning, Sutton Community Academy, Sutton-in-Ashfield, NG17 1BW	Thursdays, 9.30am - 2.30pm Starting 6th May - 8th July 2027 (term- time only)	26ASF035

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Functional Skills: English <i>November 2026 Start</i>	Develop your English skills in a friendly, supportive learning environment with guidance from our experienced tutors. You'll complete an initial assessment at the start of the course, allowing us to tailor your learning and support you at the level that's right for you. Learners will attend one day per week. Your allocated group and attendance day will be confirmed following your initial assessment.	Adult Learning, Sutton Community Academy, Sutton-in- Ashfield, NG17 1BW	Mondays, 9:15am - 2:45pm Starting 23rd November 2026 - 8th February 2027 <u>OR</u> Tuesdays, 9:15am - 2:45pm Starting 24th November 2026 - 9th February 2027	Mondays: 26ASF021 Tuesdays: 26ASF022
Functional Skills: English <i>February 2027 Start</i>	Develop your English skills in a friendly, supportive learning environment with guidance from our experienced tutors. You'll complete an initial assessment at the start of the course, allowing us to tailor your learning and support you at the level that's right for you. Learners will attend one day per week. Your allocated group and attendance day will be confirmed following your initial assessment.	Adult Learning, Sutton Community Academy, Sutton-in- Ashfield, NG17 1BW	Mondays, 9:15am - 2:45pm Starting 15th February - 10th May 2027 <u>OR</u> Tuesdays, 9:15am - 2:45pm Starting 16th February - 11th May 2027	Mondays: 26ASF023 Tuesdays: 26ASF024

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Functional Skills: English <i>May 2027 Start</i>	Develop your English skills in a friendly, supportive learning environment with guidance from our experienced tutors. You'll complete an initial assessment at the start of the course, allowing us to tailor your learning and support you at the level that's right for you. Learners will attend one day per week. Your allocated group and attendance day will be confirmed following your initial assessment.	Adult Learning, Sutton Community Academy, Sutton-in- Ashfield, NG17 1BW	Mondays, 9:15am - 2:45pm Starting 17th May - 19th July 2027 <u>OR</u> Tuesdays, 9:15am - 2:45pm Starting 18th May - 20th July 2027	Mondays: 26ASF025 Tuesdays: 26ASF026
Functional Skills: Maths <i>November 2026 Start</i>	Develop your Maths skills in a friendly, supportive learning environment with guidance from our experienced tutors. You'll complete an initial assessment at the start of the course, allowing us to tailor your learning and support you at the level that's right for you. Learners will attend one day per week. Your allocated group and attendance day will be confirmed following your initial assessment.	Adult Learning, Sutton Community Academy, Sutton-in- Ashfield, NG17 1BW	Mondays, 9:15am - 2:45pm Starting 23rd November 2026 - 8th February 2027 <u>OR</u> Tuesdays, 9:15am - 2:45pm Starting 24th November 2026 - 9th February 2027	Mondays: 26ASF013 Tuesdays: 26ASF014

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Functional Skills: Maths <i>February 2027 Start</i>	Develop your Maths skills in a friendly, supportive learning environment with guidance from our experienced tutors. You'll complete an initial assessment at the start of the course, allowing us to tailor your learning and support you at the level that's right for you. Learners will attend one day per week. Your allocated group and attendance day will be confirmed following your initial assessment.	Adult Learning, Sutton Community Academy, Sutton-in- Ashfield, NG17 1BW	Mondays, 9:15am - 2:45pm Starting 15th February - 10th May 2027 <u>OR</u> Tuesdays, 9:15am - 2:45pm Starting 16th February - 11th May 2027	Mondays: 26ASF015 Tuesdays: 26ASF016
Functional Skills: Maths <i>May 2027 Start</i>	Develop your Maths skills in a friendly, supportive learning environment with guidance from our experienced tutors. You'll complete an initial assessment at the start of the course, allowing us to tailor your learning and support you at the level that's right for you. Learners will attend one day per week. Your allocated group and attendance day will be confirmed following your initial assessment.	Adult Learning, Sutton Community Academy, Sutton-in- Ashfield, NG17 1BW	Mondays, 9:15am - 2:45pm Starting 17th May - 19th July 2027 <u>OR</u> Tuesdays, 9:15am - 2:45pm Starting 18th May - 20th July 2027	Mondays: 26ASF017 Tuesdays: 26ASF018

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Course Title	Description	Venue	Dates & Times	Course Code
More Confident Me: English Skills (none accredited) <i>November 2026 Start</i>	These weekly sessions are suited for individuals who need to build their confidence with everyday English skills and are the ideal starting point for learners who are not yet ready to attend our Functional Skills English courses. Topics covered will include: Reading and writing the alphabet, spelling basic words, using basic punctuation like full stops and capital letters, and reading and writing short sentences. This is an ideal progression to our accredited Functional Skills courses.	ATTFE College's Community Hub, Idlewells Shopping Centre, Sutton-in-Ashfield, NG17 1BN	Thursdays, 9.15am - 11.45am Starting 19th November 2026 - 11th February 2027	26TL021
More Confident Me: English Skills (none accredited) <i>February 2027 Start</i>	These weekly sessions are suited for individuals who need to build their confidence with everyday English skills and are the ideal starting point for learners who are not yet ready to attend our Functional Skills English courses. Topics covered will include: Reading and writing the alphabet, spelling basic words, using basic punctuation like full stops and capital letters, and reading and writing short sentences. This is an ideal progression to our accredited Functional Skills courses.	ATTFE College's Community Hub, Idlewells Shopping Centre, Sutton-in-Ashfield, NG17 1BN	Thursdays, 9.15am - 11.45am Starting 18th February - 13th May 2027	26TL023

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More Confident Me: Maths Skills (none accredited) <i>November 2026 Start</i>	These weekly sessions are suited for individuals who need to build their confidence with everyday maths skills and are the ideal starting point for learners who are not yet ready to attend our Functional Skills Maths courses. Topics covered will include: simple addition and subtraction, common measures, space and shape, reading information from lists, and drawing basic tally charts. This is an ideal progression to our accredited Functional Skills courses.	ATTFE College's Community Hub, Idlewells Shopping Centre, Sutton-in-Ashfield, NG17 1BN	Thursdays, 12.15pm - 2.45pm Starting 19th November 2026 - 11th February 2027	26TL022

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More Confident Me: Maths Skills (none accredited) <i>February 2027 Start</i>	These weekly sessions are suited for individuals who need to build their confidence with everyday maths skills and are the ideal starting point for learners who are not yet ready to attend our Functional Skills Maths courses. Topics covered will include: simple addition and subtraction, common measures, space and shape, reading information from lists, and drawing basic tally charts. This is an ideal progression to our accredited Functional Skills courses.	ATTFE College's Community Hub, Idlewells Shopping Centre, Sutton-in-Ashfield, NG17 1BN	Thursdays, 12.15pm - 2.45pm Starting 18th February - 13th May 2027	26TL024
More Confident Me: Maths Skills (none accredited) <i>May 2027 Start</i>	These weekly sessions are suited for individuals who need to build their confidence with everyday maths skills and are the ideal starting point for learners who are not yet ready to attend our Functional Skills Maths courses. Topics covered will include: simple addition and subtraction, common measures, space and shape, reading information from lists, and drawing basic tally charts. This is an ideal progression to our accredited Functional Skills courses.	ATTFE College's Community Hub, Idlewells Shopping Centre, Sutton-in-Ashfield, NG17 1BN	Thursdays, 12.15pm - 2.45pm Starting 20th May - 8th July 2027	26TL026

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