



Community Learning West FEBRUARY update FREE courses

Community Learning West offers a wide range of **FREE** courses to people living in Bristol and/or surrounding areas, aged 19 or over who have few or no formal qualifications and face significant barriers to further learning and employment.

Some courses take place **online** using Zoom, Google Classroom, Facebook, etc. Others take place **face-to-face**. For online courses, learners need a smart phone, laptop or tablet and data/Wi-Fi for internet use. Community Learning West has some tablets to loan out and Wi-Fi bundles to help learners with limited digital access. Please contact Community Learning West by email lcinfo@bristol.gov.uk for more details.

Courses starting soon...

Non-accredited Maths and English

Brush Up Your Maths! (Online)

Basic maths course to help you develop your skills and confidence using maths! Work at your pace and your level – suitable for all levels. Opportunity to progress to a Functional Skills qualification! **Online**, days and times to be confirmed. For more information and to register your interest, please contact Fiddy Garrad on 07342 031877 or email Fiddy.garrad@bristol.gov.uk



Accredited Maths and English

*Functional Skills English. PLACES STILL AVAILABLE

For adults ready to study and take Functional Skills qualifications from Entry level up to level 1. **Face-to-face** at YES, West Street, Bristol, BS2 OBH. 1.30pm to 3.30pm, Tuesdays **from 11/01/22**. Phone 0117 9739744 or email information@youtheducationservice.org.uk



*Functional Skills Maths

For adults ready to study and take Functional Skills qualifications from Entry level up to level 1. Get in touch for more information. **Face-to-face** at YES, West Street, Bristol, BS2 OBH. Mondays **from January 2022**. Phone 0117 9739744 or email information@youtheducationservice.org.uk

IT and Employment Skills

Get Digital!

A basic computer course to get you started, a laptop will be available for the course. Includes e-safety, internet and email. **Face-to-face** at Shirehampton Employment Hub/Methodist Church, Penpole Avenue, Shirehampton, Bristol BS11 0DY. 10am to 12noon, Thursdays for 6 weeks **from 27/01/22**. Contact Suzanne Gaffney on 07887451776 or email suzanne.gaffney@bristol.gov.uk



Intro To Office Skills/Business Admin

An intermediate online computer course which will cover using Word, spreadsheets and Powerpoint presentations. It will link in with National Careers Service. Laptops and data may be available for learners for this course. **Online**. 10am to 12noon, Tuesdays for 6 weeks **from 01/02/22**. Contact Suzanne Gaffney on 07887451776 or email suzanne.gaffney@bristol.gov.uk

***Introduction To Remote Learning**

Learning online is here to stay! This 3-hour workshop will help you use Zoom and stay safe online. **Face-to-face** at The Greenway Centre, Doncaster Road, BS10 5PY. One session on **21/02/22**. Contact Debra Howarth on 07809658362 or email debra.howarth@cmtservices.co.uk

***Confidence In Employability**

Covers personal skills and attributes, writing a good CV and covering letter and job searching using a range of tools. Prepare for the interview and get that job! **Face-to-face** at The Greenway Centre, Doncaster Road, BS10 5PY. 9.30am to 3pm, **3 days on 22/02/22 to 24/02/22**. Contact Debra Howarth on 07809658362 or email debra.howarth@cmtservices.co.uk

Computer Skills For Beginners

Learn how to navigate a laptop, send emails, create a document, make Zoom calls and use the internet safely. **Face-to-face** at St Paul's Learning Centre, 94 Grosvenor Road, BS2 8XJ. Suitable for Entry 3 and above. 9.30am to 11.30am, Thursdays for 6 weeks **from 03/03/22**. Contact Pippa Davies on 07385 939446 or email Pippa.davies@bristol.gov.uk

Introduction To Health And Social Care

An introduction to the health and social care sector in preparation for moving onto the **Level 1** qualification. **Face-to-face** at St Anne's Park Children's Centre, Lichfield Road, BS4 4BJ. Suitable for Entry 3 and above. 1pm to 3pm, Thursdays for 4 weeks **from 03/03/22**. Contact Pippa Davies on 07385 939446 or email Pippa.davies@bristol.gov.uk

Emergency First Aid At Work. COMING SOON

Accredited 6-hour course. Includes first aid theory and practical first aid. A free manual will be available for learners. **Face-to-face** in North Bristol. Dates and venue TBC. Contact Suzanne Gaffney on 07887451776 or email suzanne.gaffney@bristol.gov.uk

Get To Know Your Laptop (for learners over 50). COMING SOON

A computer course for beginners. Learn how to navigate a laptop, send emails, make an application online, make Zoom calls and use the internet safely. Laptops and data may be available for learners on this course. **Face-to-face** in North Bristol. Dates and venue TBC. Contact Suzanne Gaffney on 07887451776 or email suzanne.gaffney@bristol.gov.uk

Level 2 Award In Independent Advocacy. COMING SOON

Do you think you have experiences in your life that can be helpful to other people? This free City and Guilds course developed by Community Learning and Keeping Bristol Safe Partnership will help you build skills, confidence and knowledge to take your first steps towards being an advocate in a range of settings. The course is full of practical information and opportunities to hear from and link up with a wide range of organisations across the city who want to hear from you too! Learn in a supportive group over 10 weeks plus a 4-week Introduction to Advocacy and gain a nationally recognised qualification. Course to run at least 4 times a year in venues across

the city. Laptops provided to help you learn. One to one support after the course to help you plan and take your next steps. **Criteria – must be aged 19 or over and be a Bristol resident.** To find out more about the course and when/where they are happening contact Lucy Fieldhouse on 07788353446 or email lucy.fieldhouse@bristol.gov.uk



Family Learning

***Triple P Parenting. COMING SOON**

Triple P (Positive Parenting Programme), is an 'evidence-based' parenting programme. This means, it's tried and tested and proven to work. Designed and created by clinical psychologist from Queensland University, Australia, Triple P has been running for over 30 years, and is used in countries across the world. **If your school is interested in hosting a course**, please contact Jonothan Hope on 07779086892 or email jonothan.hope@wider-world.org.uk

***Boost. COMING SOON**

Pupils and parents learn together about resilience, confidence, teamwork, leadership, problem-solving, goal-setting and curiosity. Each two-hour session is designed to get children and their parents thinking, reflecting, planning and taking control of what they want and how they're going to achieve it. **If your school is interested in hosting a course**, please contact Jonothan Hope on 07779086892 or email jonothan.hope@wider-world.org.uk

***Fussy Eating And Mealtimes. COMING SOON**

For parents and carers looking to develop the skills and knowledge to support their children to learn healthy eating habits and to understand the family mealtimes. **Online**, start date TBC. For details of the course and how to enrol, please contact Jonothan Hope on 07779086892 or email jonothan.hope@wider-world.org.uk

Confidence & Aspirations, Health & Wellbeing



Woodland Skills

Learn new skills in an outdoor setting e.g. coppicing, using willow, making a fire safely etc. A wellbeing course in a lovely setting. Find out about outdoor activities and volunteering opportunities locally. **Face-to-face** at Lawrence Weston Community Farm, Saltmarsh Drive, Bristol BS11 0NJ. 12.30pm to 3pm, Thursdays for 6 weeks **from 17/02/22**. Contact Suzanne Gaffney on 07887451776 or email suzanne.gaffney@bristol.gov.uk

****Time For Change. COMING SOON**

Do you feel overwhelmed by changes and projects in your life? This course is for you! Free online sessions to empower you in your personal and professional life! **Online**, Fridays for 3 weeks **in February and March**. Contact CCBED admin@c-cbed.com

ESOL Conversation Clubs and Courses



ESOL Conversation Clubs

To join a friendly Zoom meeting contact esolconversationclubs@bristol.gov.uk. For more information check our website www.esolcc.org or visit Learn English in Bristol website: www.LEB.community

ESOL For Life. PLACES STILL AVAILABLE

This Entry level course will help you improve your speaking, listening, reading and writing skills. **Face-to-face** at Henbury Court Children's Centre, Marissal Road, Henbury, Bristol BS10 7NY. 9.30am to 11.30am, Tuesdays for 10 weeks **from 25/01/22**. Contact Suzanne Gaffney on 07887451776 or email suzanne.gaffney@bristol.gov.uk

*ESOL Conversation Class.

Designed to help learners to gain confidence in everyday life including work, school and in the community. **Online**, 4pm to 6pm, Mondays for 8 weeks **from 31/01/22**. Phone 07922 931 913 or email admin@c-cbed.com

*** These courses are delivered on behalf of Community Learning West by commissioned partners.**

****This activity is funded by Bristol City Council's One Front Door project**



We always welcome suggestions so get in touch if you do not see a course you are looking for. Check our website www.communitylearningwest.net and our Facebook page <https://www.facebook.com/BristolCommunityLearning/>

What our learners say...

- *I liked all of it! I was nervous before going onto Zoom but I felt quite confident in speaking on it and felt at ease.*
- *The course helped me be a bit more confident with myself, I did learn more grammar and I would like to continue study.*
- *XXXX is a great tutor, very helpful and the course helped me gain the confidence I need to move forward.*
- *Thank you XXXX. I like the way you explained every topic in the class and your support online as well. I learnt many different techniques to improve my writing skills.*