



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 lctinfo@bristol.gov.uk for more details.

Courses starting soon...



Non-accredited Maths and English

***Confidence For Learning English**

A short and interactive course to help learners back into the classroom and build confidence and skills. Learners will gain an understanding of their English level and how to continue learning on accredited or non-accredited courses. **Face-to-face** at YES, West Street, Bristol BS2 OBH. 10am to 12noon, Thursdays for 5 weeks **from 10/03/22**. Phone 0117 9739744 or email information@youtheducationsservice.org.uk.

***Confidence For Learning Maths**

A short and interactive course to help learners back into the classroom and build confidence and skills. Learners will gain an understanding of their Maths level and how to continue learning on accredited or non-accredited courses. **Face-to-face** at YES, West Street, Bristol BS2 OBH. 10am to 12noon, Mondays for 4 weeks **from 14/03/22**. Phone 0117 9739744 or email information@youtheducationsservice.org.uk

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

Brush Up Your English – For Work

Ideal for adults who want to improve their written English for work, brush up on punctuation in formal writing. Gain confidence and improve interview skills. **Face-to-face** at Long Cross Children's Centre, Lawrence Weston, BS11 0LP. 1pm to 3pm, Mondays for 10 weeks from 25/04/22. Contact Suzanne Gaffney on 07887451776 or email suzanne.gaffney@bristol.gov.uk



IT and Employment Skills

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

Digital Skills

A course to help you improve your digital skills. Taught at different levels to suit your needs. Bring your own laptop or laptops provided. **Face-to-face** at Hartcliffe Nursery School & Children's Centre, BS13 0JW. 1pm to 3pm, Thursdays for 6 weeks **from 10/03/22**. Contact Helen Richards on 07760990855 or email helen.richards@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 **21/03/22**. 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 22/03/22 to 24/03/22**. Contact Debra Howarth on 07809658362 or email debra.howarth@cmtservices.co.uk

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

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** at Avonmouth Community Centre, 257 Avonmouth Road, BS11 9EN. 10am to 12noon, Tuesdays for 4 weeks **from 22/03/22**. Contact Suzanne Gaffney on 07887451776 or email suzanne.gaffney@bristol.gov.uk

Emergency First Aid At Work.

Accredited 6-hour course. Includes first aid theory and practical first aid. A free manual will be available for learners. **Face-to-face** at Brentry and Henbury Community Centre Machin Road, Henbury, BS10 7HG .9.30am to 4pm, 1 day **on 01/04/22**. 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

Level 1 Customer Service Award. COMING SOON

In North Bristol. For more information and to register your interest, contact Suzanne Gaffney on 07887451776 or email suzanne.gaffney@bristol.gov.uk

Family Learning



***Triple P Parenting. COMING SOON**

Triple P (Positive Parenting Programme), is as 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 Jonathan Hope on 07779086892 or email jonathan.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 Jonathan Hope on 07779086892 or email jonathan.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 Jonathan Hope on 07779086892 or email jonathan.hope@wider-world.org.uk

Confidence & Aspirations, Health & Wellbeing



Eat Well – Live Well

Course to help you choose, budget for, and cook tasty healthy recipes for yourself and your family. **Face-to-face** at Hareclive Academy Community House, Bellamy Avenue off Moxham Drive, Hartcliffe, BS13 0HP. 9.30am to 11.30am, Fridays for 6 weeks **from 04/03/22**. Contact Helen Richards on 07760990855 or email helen.richards@bristol.gov.uk

Budget For The Holidays

Practical and fun course to help you plan ahead and make your money go further. **Face-to-face** at Hareclive Academy Community House, Bellamy Avenue off Moxham Drive, Hartcliffe, BS13 0HP. 12.30pm to 2.30pm, Fridays for 6 weeks **from 04/03/22**. Contact Helen Richards on 07760990855 or email helen.richards@bristol.gov.uk

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 Everyday

Gain confidence in using English in everyday life, including at school, work and in the local community. **Face-to-face** at Hartcliffe Nursery School & Children's Centre, BS13 0JW. 9.30am to 11.30am, Thursdays for 6 weeks **from 03/03/22**. Contact Helen Richards on 07760990855 or email helen.richards@bristol.gov.uk

*ESOL Conversation Class.

Designed to help learners to gain confidence in everyday life including work, school and in the community. **Online**, 4.30pm to 6.30pm, Mondays & Tuesdays for 4 weeks **from 07/03/22**. Phone 07922 931 913 or email admin@c-cbed.com

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

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.*