



Community Learning West DECEMBER 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.

Most courses 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...

IT and Employment Skills



Hospitality And Tourism Project. COMING SOON

A programme of support for people who would like to work in hospitality and tourism. Will include 1-2-1 careers support, free industry specific courses and access to opportunities.

Details TBC. From September 22. To register your interest, contact Bryony Sims on 07721 512583 or email Bryony.sims@bristol.gov.uk

Introduction To Health And Beauty

Learn new skills and explore qualifications needed for working in the sector. Find out about the many opportunities this area has to offer. **Suitable for learners at Entry Level 3 and above. Face-to-face** at The Park, Daventry Road, BS4 1DQ. 9.30am to 11.30am, Fridays for 5 weeks **from 06/01/23**. Contact Bryony Sims on 07721 512583 or email Bryony.sims@bristol.gov.uk

*** Employability Skills**

Develop your knowledge and skills and improve your confidence, motivation, communication skills to prepare you for employment or for a change in employment. **Face-to-face** at Shining Care Training, The Old Co-op, 38-42 Chelsea Road, BS5 6AF. 10am to 1pm, Tuesdays for 7 weeks **from 10/01/23**. Contact Shining Care Training on 0117 9552562 or email info@shiningcaretraining.com

*** Introduction To Health And Social Care**

Find out about the skills needed and get an overview of the sector. You will also reflect on your own personal attributes and how you would best utilise these in a job role. **Face-to-face** at Shining Care Training, The Old Co-op, 38-42 Chelsea Road, BS5 6AF. 10am to 1pm, Thursdays for 7 weeks **from 12/01/23**. Contact Shining Care Training on 0117 9552562 or email info@shiningcaretraining.com

Horticulture L1 Award

Green-fingered? Do you enjoy working outside? This course is for anyone looking to start a career or learn skills in horticulture. **Suitable for learners at Entry Level 3 and above. Face-to-face** at Blaise Nursery, Kings Weston Rd, BS11 0XF. 1.30pm to 4.30pm, Thursdays for 13 weeks **from 12/01/23**. Contact Pippa Davies on 07385 939446 or email Pippa.davies@bristol.gov.uk

Outdoor First Aid

A practical course which covers first aid emergencies outdoors. Includes the Level 3 Award in Paediatric First Aid. **Suitable for learners at Entry Level 3 and above. Face-to-face** at The Park, Daventry Road, BS4 1DQ. 8am to 5pm, Wednesdays for 2 weeks **from 18/01/23**. Contact Pippa Davies on 07385 939446 or email Pippa.davies@bristol.gov.uk

Introduction To Working In Schools

A practical and friendly course to help you gain new skills to support children's learning and development in a school setting. **Face-to-face** at Quaker Centre, Champion Square, BS2 9DB. 12.30pm to 2.30pm, Wednesdays for 10 weeks **from 18/01/23**. Contact Edwina Provansal on 07825315820 or email edwina.provansal@bristol.gov.uk

***Level 1 Passport to Enterprise and Employment**

Develop the skills you need for gaining employment or becoming self-employed. **Face-to-face** at CCBED, St Paul's Learning Centre, 94 Grosvenor Road, BS2 8XJ. **From 24/02/23**, sessions and times TBC. To register your interest, contact CCBED on 0117 914 5472 or email admin@c-cbed.com

***Employability 101 – Boss That Job!**

Want personalised support in a group setting to land your dream job? This course is for you. Create your own CV, submit awesome applications and be super confident in interviews. **Face-to-face** at the Greenway Centre, Doncaster Rd, Southmead, BS10 5PY. 10am to 12.30pm, Wednesdays for 6 weeks **from 25/01/23**. Contact Becki Spokes on 0117 9503335 or email Beckispokes@southmead.org

***Introduction To Volunteering In The Community**

Learn about different types of volunteering opportunities and identify the right opportunities for you. **Face-to-face** at the Greenway Centre, Doncaster Rd, Southmead, BS10 5PY. 1pm to 3pm, Wednesdays for 3 weeks **from 15/02/23**. Contact Becki Spokes on 0117 9503335 or email Beckispokes@southmead.org

Employment Support Course With One Front Door

Supporting learners to explore 'next steps' and prepare for progression onto further training courses and employment. **Suitable for learners at Entry Level 2 and above**. 9.30am to 2.30pm, 3 days **from 07/02/23**. For information, contact Bryony Sims on 07721 512583 or email Bryony.sims@bristol.gov.uk.

For careers coaching and to book your place, email: [Individuals – One Front Door](#)

Level 1 Award In Health And Social Care. COMING SOON

Gain the basic skills and knowledge and language with this first stage qualification to prepare to work across the health and social care sector and gain a recognised qualification. Dates/times and venue TBC. To register your interest, contact Carol Griffiths on 07341882755 or email Carol.griffiths@bristol.gov.uk

Emergency First Aid At Work. COMING SOON

6-hour course with certification. Dates/times and venue TBC. To register your interest, contact Suzanne Gaffney on 07887451776 or email suzanne.gaffney@bristol.gov.uk

Food Safety Certificate. COMING SOON

Need a qualification in Food Safety? This course will give you one that lasts for 3 years. Dates/times TBC. **Suitable for learners at Entry Level 2 and above. Face-to-face** at The Park, Daventry Road, BS4 1DQ. To register your interest, contact Lucy Fieldhouse on 07788 353446 or email Lucy.fieldhouse@bristol.gov.uk

ESOL Conversation Clubs and Courses



ESOL Conversation Clubs

Free, drop-in speaking classes for ESOL students to practise in a nice and friendly atmosphere. Everyone's welcome! Various locations across the city plus ZOOM classes available. For more information, please visit our website www.esolcc.org or email Aggie esolconversationclubs@bristol.gov.uk

ESOL Assessment Day

Free opportunity to have your English level assessed (up to L2) and to find out about ESOL learning opportunities in your area. **All welcome, however, places on ESOL courses will only be offered to those who meet eligibility criteria. Face-to-face** at Faithspace, Redcliffe, BS1 6PB. 10am to 12noon **on 05/01/23**. Contact Bryony Sims on 07721 512583 or email Bryony.sims@bristol.gov.uk

***Somali Community Read And Write English Course**

An opportunity for people to develop their reading and writing skills for everyday life. Venue TBC. **Face-to-face**. 9.30am to 11am, Thursdays for 10 weeks **from 05/01/23**. For more details, contact Ayan Jama on 07858348214 or email ayan.jama@ach.org.uk

***Somali Community Read And Write English Course**

An opportunity for people to develop their reading and writing skills for everyday life. Venue TBC. **Face-to-face**. 11.15am to 12.45pm, Thursdays for 10 weeks **from 05/01/23**. For more details, contact Ayan Jama on 07858348214 or email ayan.jama@ach.org.uk

***ESOL Conversation Class**

Designed to help learners to gain confidence in everyday life including work, school and in the community. **Face-to-face** at CCBED, St Paul's Learning Centre, 94 Grosvenor Road, BS2 8XJ. 11am to 1pm, Mondays & Fridays for 8 weeks **from 09/01/23. Assessment and enrolment will take place on 09/01/23**. Contact CCBED on 0117 914 5472 or email admin@c-cbed.com

***English For Confidence In Communication**

Improve your confidence in speaking English, to help you get into work and get involved in your local community. **Suitable for anyone lacking confidence in speaking English. Face-to-face** at Bristol Somali Resource Centre, 43 Ducie Road, BS5 0AX. 9.30am to 11am, Fridays, 10 weeks **from 13/01/23**. Contact Rob Colborn on 07928 515383 or email rob@somalicentre.co.uk

ESOL For Everyday

Build your skills and confidence in speaking and using English for everyday use. **Suitable for learners at Entry 1 to Entry 2. Face-to-face** at Hillfields Community Hub, Thicket Rd, BS16 4EH. 9.30am to 11.30am, Fridays, 10 weeks **from 13/01/23**. Contact Pippa Davies on 07385 939446 or email Pippa.davies@bristol.gov.uk

ESOL For Beginners

For beginners who would like to improve their speaking, listening, writing and reading for everyday life. **Suitable for learners at pre-Entry to Entry 1. Face-to-face** at Speedwell Methodist Church, 378 Speedwell Rd, BS15 1ES. 9.45am to 11.45am, Mondays for 10 weeks **from 16/01/23**. Contact Pippa Davies on 07385 939446 or email Pippa.davies@bristol.gov.uk

ESOL In Green Spaces

Improve confidence in English language skills by exploring green spaces at Grow Wilder. **Suitable for learners at Entry Level 2 and above. Face-to-face** at Grow Wilder, 181 Frenchay Park Rd, BS16 1EL. 9.30am to 11.30am, Wednesdays for 8 weeks **from 08/02/23**. Contact Pippa Davies on 07385 939446 or email Pippa.davies@bristol.gov.uk

Non-Accredited Functional Skills

Brush Up Your Maths

Improve your maths skills for home or work. This course will lead to a maths Functional Skills course in April. **Face-to-face** St Werburgh's Community Centre, Horley Rd, BS2 9TJ. 12.45pm to 2.45pm, Thursdays for 10 weeks **from 12/01/23**. Contact Pippa Davies on 07385 939446 or email Pippa.davies@bristol.gov.uk

Accredited Functional Skills/ESOL

Maths Functional Skills

Gain a functional skills Maths qualification. **Suitable for learners at Entry Level 3 and above. Face-to-face** at Long Cross Children's Centre, Long Cross, Lawrence Weston, BS11 0LP. 9.30am to 11.30am, Mondays **from 09/01/23**. Contact Suzanne Gaffney on 07887451776 or email suzanne.gaffney@bristol.gov.uk

English Functional Skills

Gain a functional skills English qualification. Creche may be offered if needed. **Suitable for learners at Entry Level 3 and above. Face-to-face** at Long Cross Children's Centre, Long Cross, Lawrence Weston, BS11 0LP. 1pm to 3pm, Mondays **from 09/01/23**. Contact Suzanne Gaffney on 07887451776 or email suzanne.gaffney@bristol.gov.uk

English Functional Skills Level 1

Gain a functional skills English qualification. **Suitable for learners at Entry 3 to Level 1. Face-to-face** at St Pauls Children's Centre, Little Bishop St, BS2 9JF. 9.15am to 11.15am, Tuesdays for 11 weeks **from 10/01/23**. Contact Pippa Davies on 07385 939446 or email Pippa.davies@bristol.gov.uk

English Functional Skills

Gain a functional skills English qualification. **Suitable for learners at Entry Level 3 to Level 1. Face-to-face** at Hartcliffe Nursery School & Children's Centre, BS13 0JW. 9.30am to 11.30am, Tuesdays **from 10/01/23**. Contact Helen Richards on 07760990855 or email helen.richards@bristol.gov.uk

Maths Functional Skills

Gain a functional skills Maths qualification. **Face-to-face** at Hartcliffe Nursery School & Children's Centre, BS13 0JW. 12.45pm to 2.45pm, Wednesdays **from 11/01/23**. Contact Helen Richards on 07760990855 or email helen.richards@bristol.gov.uk

ESOL Entry Level 2/3

Accredited course to develop skills in reading, writing, spelling, punctuation and grammar to achieve an Entry Level 2 qualification. **Face-to-face** St Werburgh's Community Centre, Horley Rd, BS2 9TJ. 10am to 12noon, Thursdays for 11 weeks **from 12/01/23**. Contact Pippa Davies on 07385 939446 or email Pippa.davies@bristol.gov.uk

Confidence & Aspirations, Health & Wellbeing

Healthy Eating On A Budget

Gain skills and knowledge on preparing healthy meals from scratch plus improved maths and new budgeting ideas. **Suitable for learners at Entry Level 3 and above. Face-to-face** at Speedwell Methodist Church, 378 Speedwell Rd, BS15 1ES. 12noon to 2.30pm, Mondays for 6 weeks **from 16/01/23**. Contact Pippa Davies on 07385 939446 or email Pippa.davies@bristol.gov.uk

*Find Your Strengths

Feeling a bit stuck but have dreams to achieve? This course gives people the confidence and clarity to make positive changes in their lives. **Face-to-face** at the Greenway Centre, Doncaster Rd, Southmead, BS10 5PY. 10am to 12.30pm, Wednesdays for 6 weeks **from 25/01/23**. Contact Becki Spokes on 0117 9503335 or email Beckispokes@southmead.org

*Mindfulness And Relaxation

Learn about and experience the benefits of exercise, me time and the power of breathing for when life gets too much. **Face-to-face** at the Greenway Centre, Doncaster Rd, Southmead, BS10 5PY. 10am to 12noon, Wednesdays for 6 weeks **from 15/02/23**. Contact Becki Spokes on 0117 9503335 or email Beckispokes@southmead.org

*Driving Theory

Improve your understanding of the rules of driving and the Highway Code. **Face-to-face** at Malcolm X Community Centre, 141 City Road, BS2 8YH. 9.30am to 2.30pm, Fridays for 2 weeks **from 17/02/23**. Contact Malcolm X Community Centre on 07436261835 or email info@mxccbristol.com

ADDER Project

A specialist support package **for people with experience of the criminal justice and drug use**. Includes 1-2-1 careers advice, a wide range of free courses and workshops, a digital device to help with learning, and a personal budget to help meet goals. For referrals or more information, contact Lucy Fieldhouse on 07788353446, email Lucy.fieldhouse@bristol.gov.uk or Mike Allen on 07788 232967, email Michael.allen@bristol.gov.uk or Bryony Sims on 07721 512583, email Bryony.sims@bristol.gov.uk

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

- This course really help me on my struggle with my child. By the second week in I gain control!*
- They are nice people in around class and my teacher is great teacher in the world.*
- A lot of useful information and nice to be in a group setting.*
- I never realised that this sort of help was available to us, It was something that no medical profession could provide. It was thoroughly enjoyable and well run, our tutor Claire was brilliant*
- Jane was an absolute Joy to have as course leader. What a fab group*
- The time I have been doing course I get friendly respectful. I was so happy doing course. I hope to get another course to improving my skills.*