

Community Learning West – FREE courses for 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. If your course is online and you are worried about getting started with online learning, please call the contact number for the course you are interested in and they will be able to help you.

Course Title & Description	Time	Start Date & Day	No. of weeks	Contact	Delivery
Employability					
*Introduction To Care A three-week course that offers you everything you need to know about working as a carer.	10am to 12noon	01/03/23 Wednesdays	3	0117 9503335 info@southmead.org	Southmead Development Trust The Greenway Centre Doncaster Road BS10 5PY
*Introduction To Volunteering In The Community A three-week course that offers you everything you need to know about working as a volunteer in the community.	1pm to 3pm	01/03/23 Wednesdays	3	0117 9503335 info@southmead.org	Southmead Development Trust The Greenway Centre Doncaster Road BS10 5PY
*Introduction To Working With Children Gain a clear understanding of different roles and settings in which you can work with children.	9.15am to 2.45pm	06/03/23 Mondays	4	Barbara 07510380596	Wellspring Settlement 43 Ducie Road Barton Hill BS5 0AX
*Nail That Interview! Learn how to find the right jobs for you, apply for them and do well at interviews. With the support of the tutor and peers you will create an action plan to help you achieve your next goals.	10am to 12noon	16/03/23 Thursdays	3	0117 9503335 info@southmead.org	Southmead Development Trust The Greenway Centre Doncaster Road BS10 5PY
Horticulture Level 1 Award Free practical course supporting you to gain a Level 1 award in Practical Horticulture.	9.30am to 12.30pm	19/04/2023 Wednesdays	14	Catherine Landon 07785 702454 catherine.landon@bristol.gov.uk	Grow Wilder 181 Frenchay Park Road Bristol BS16 1EL Suitable for ESOL Entry 3 and above
Getting Ready for Work A practical, friendly course to help you brush up on your application and interview skills. *Free lunch from Glen's Kitchen for every attendee*	9.30am to 2.30pm	25/04/2023 Tuesday, Wednesday & Thursday	1	Bryony Sims 07721512583 Bryony.sims@bristol.gov.uk	St Paul's Learning Centre 94 Grosvenor Rd St Pauls BS2 8XJ Suitable for ESOL Entry 2 and above

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Confidence & Aspirations, Health & Wellbeing					
Prepare to Pass the Driving Theory Test 1. Gain confidence answering multiple choice questions 2. Learn how to approach the Theory and Hazard Perception Tests. 3. Support to apply for your Theory test	1pm to 3pm	09/02/23 Thursdays	7	Carol Griffiths 073418 82755 Carol.Griffiths@bristol.gov.uk	St Werburghs Community centre, Horley Road BS2 9TJ Online using Zoom and Google Classroom. Suitable for Entry 2 and above
*Mindfulness And Relaxation Learn about and experience the benefits of exercise, me time and the power of breathing for when life gets too much.	10am to 12noon	15/02/2023 Wednesdays	3	Becki Spokes 0117 9503335 Beckispokes@southmead.org	Southmead Development Trust The Greenway Centre Doncaster Road BS10 5PY
Eat Well and Save Energy Cookery course Part of the Lawrence Weston Grow, Cook and Eat project. Priority to Lawrence Weston residents, free slow cooker, hand blender and other start up cooking items.	10am to 12.30pm	20/02/23 Mondays	6	Carol Griffiths 07341882755 Carol.Griffiths@bristol.gov.uk	Lawrence Weston Baptist Church 117-119 Long Cross Lawrence Weston BS11 0HL
Make & Take Crafting Learn to make gifts for family and friends and discover some 'Me' time.	12.15pm to 2pm	21/02/2023 Tuesdays	6	Catherine Landon 07785 702454 catherine.landon@bristol.gov.uk	Wicklea Academy Wick Road Brislington BS4 4HR
Prepare to Pass the Driving Theory Test 1. Gain confidence answering multiple choice questions 2. Learn how to approach the Theory and Hazard Perception Tests. 3. Support to apply for your Theory test	10am to 12noon	03/03/23 Fridays	7	Carol Griffiths 07341882755 Carol.Griffiths@bristol.gov.uk	St Paul's Learning Centre 94 Grosvenor Rd St Pauls BS2 8XJ Online using Zoom and Google Classroom. Suitable for Entry 2 and above

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*SewShall Join us for an opportunity to share creative skills and give back to your community!	10am to 12noon	17/03/23 Fridays	10	07436261835 info@mxccbristol.com	Malcolm X Community Centre 141 City Road St Pauls BS2 8YH
Cooking on a Budget Learn to cook tasty healthy recipes for you and your family.	10am to 12noon	20/04/2023 Thursdays	6	Catherine Landon 07785 702454 catherine.landon@bristol.gov.uk	Oldbury Court Children's Centre Frenchay Road Bristol BS16 2QS

We welcome suggestions for new courses so please call us 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/>

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