**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 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 organise support for you.**

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| **Course Title & Description** | **Time** | **Start Date & Day** | **No. of weeks** | **Contact** | **Delivery** |
| **Employability (Bristol)** | | | | | |
| **\*Introduction to Remote Learning**  Learn how to use Zoom, set up and email account with a safe password and staying safe online. | A 3hrs workshop to be completed at a time convenient to you. | Monday to Friday from 4 January to 31 January | 1 session | Kim Payne  07917 848757  [Kim.payne@cmtservices.co.uk](mailto:Kim.payne@cmtservices.co.uk) | Online |
| **\*Confidence in Employability**  This course covers personal skills and attributes, writing a good cv and cover letter, using different resources to search for jobs, preparing for an interview. | Modules to be completed at a time convenient to you. The course is 15hrs in total. | Monday to Friday from 4 January to 31 January | 6 modules | Kim Payne  07917 848757  [Kim.payne@cmtservices.co.uk](mailto:Kim.payne@cmtservices.co.uk) | Online |
| **Introduction to Health and Beauty**  Learn new skills and explore qualifications needed for working in the sector. | 6 pm to 8 pm | 11/01/21  Mondays | 6 | Lucy Fieldhouse  07788353446  [lucy.fieldhouse@bristol.gov.uk](mailto:lucy.fieldhouse@bristol.gov.uk) | Online using Zoom and Google Classroom |
| **Developing Employability Skills**  An opportunity to improve your chances of finding work. Improve your speaking, listening, reading, writing and ICT skills to help you look for work. | 12.30pm to 2.30pm | 14/01/21  Thursdays | 8 | Edwina Provensal  07825315820  [edwina.provansal@bristol.gov.uk](mailto:edwina.provansal@bristol.gov.uk) | Online |
| **Introduction to Office Admin**  Improve your computer skills for learning, work and volunteering.  The course includes the following online activities: using social media, budgeting, shopping, joining a library, using Google Classroom for courses. | 12.30pm to 2.30pm | 14/01/21  Thursdays | 5 | Edwina Provensal  07825315820  [edwina.provansal@bristol.gov.uk](mailto:edwina.provansal@bristol.gov.uk) | Online |

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| **Course Title & Description** | **Time** | **Start Date & Day** | **No. of weeks** | **Contact** | **Delivery** |
| **FREE Intro to Digital Skills workshops**  Learn how to use Zoom, set up and email account with a safe password and staying safe online. | 10am to 12 noon | Tuesdays  January 19th start date | 4 | Suzanne Gaffney  07887451776  [suzanne.gaffney@bristol.gov.uk](mailto:suzanne.gaffney@bristol.gov.uk) | Online, Zoom and Google Classroom  **Suits English levels Entry 2 and above** |
| **Community Emergency response /Volunteer induction** | Flexible | Flexible | Takes approx. 2-3 hours (can dip in and out) | JP Evans  07795 390 667  [Julie.evans@n-somerset.gov.uk](mailto:Julie.evans@n-somerset.gov.uk) | Online using Google classroom. |
| **Introduction to Health and Beauty**  Learn new skills and explore qualifications needed for working in the sector. | TBC | TBC | TBC | Edwina Provensal  07825315820  [edwina.provansal@bristol.gov.uk](mailto:edwina.provansal@bristol.gov.uk) | Online |
| **Introduction to Health & Social Care**  A general introduction to the health and social care sector in preparation for moving onto the level 1 qualification. | 1pm to 3pm | 20/01/21  Wednesdays | 4 | Lucy Fieldhouse  07788353446  [lucy.fieldhouse@bristol.gov.uk](mailto:lucy.fieldhouse@bristol.gov.uk) | Online using Zoom and Google Classroom |
| **Intro to Office Skills/IT for Employment** | 10am to 12noon | Tuesdays  Start date in February | 7 | Suzanne Gaffney  07887451776  [suzanne.gaffney@bristol.gov.uk](mailto:suzanne.gaffney@bristol.gov.uk) | Online, Zoom and Google Classroom  **Suits English levels Entry 3 and above** |
| **Intro to Finding Work in Cleaning**  Withlinks to applying for jobs in NHS. | 9.30am to 12 noon | Monday to Thursday  coming soon. | 4 | Suzanne Gaffney  07887451776  [suzanne.gaffney@bristol.gov.uk](mailto:suzanne.gaffney@bristol.gov.uk) | Online, Zoom and email  **Suits English levels Entry 3 and above** |
| **\*Digital Independence**  For people who want to improve their digital skills and feel more confident using computers, other digital devices, and the internet. | TBC  Please contact Jenny to register interest | Start date in late January/ early February | 10 | Ring 0117 973 9744 or email [jenny@youtheducationservice.org.uk](mailto:jenny@youtheducationservice.org.uk) | Online/Face to face |

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| **Course Title & Description** | | **Time** | **Start Date & Day** | **No. of weeks** | **Contact** | **Delivery** | |
| **Health and Social Care Level 1 Award**  Gain the basic skills and knowledge with this first stage qualification to prepare to work across the health and social care sector. Includes visits from local social care employers. | | 1pm to 3pm | 24/02/21  Wednesdays | 10 | Lucy Fieldhouse  07788353446  [lucy.fieldhouse@bristol.gov.uk](mailto:lucy.fieldhouse@bristol.gov.uk) | Online using Zoom and Google Classroom | |
| **Introduction to Health & Social Care**  A general introduction to the health and social care sector in preparation for moving onto the level 1 qualification. | | 9.30am to 11.30am | 24/02/21  Wednesdays | 4 | Edwina Provensal  07825315820  [edwina.provansal@bristol.gov.uk](mailto:edwina.provansal@bristol.gov.uk) | Online | |
| **Developing Employability Skills**  An opportunity to improve your chances of finding work. Improve your speaking, listening, reading, writing and ICT skills to help you look for work. | | 12.30pm to 2.30pm | 27/01/21  Wednesdays | 8 | Edwina Provensal  07825315820  [edwina.provansal@bristol.gov.uk](mailto:edwina.provansal@bristol.gov.uk) | Online | |
| **Confidence & Aspirations, Health & Wellbeing** **(Bristol)** | | | | | | | |
| **\*Time for Change part 1**  Covers Resilience and Grit, Individual Motivation and Coping with Change. | TBC | | 14/01/21  Thursdays & Fridays | 3 | Jane Franklin  07518576597  [admin@c-cbed.com](mailto:admin@c-cbed.com) | Online | |
| **Healthy Cooking on a Budget**  Budget for and cook tasty, healthy recipes using everyday items available from Food Banks and the FoodStock project. | Choice of 2 courses:  Please contact Suzanne  or Helen  to register interest | | Tuesdays, 12.15pm to 2.15pm, starts 19th January  Thursdays, 10am to 12noon, starts 21st January |  | Suzanne Gaffney  07887451776  [suzanne.gaffney@bristol.gov.uk](mailto:suzanne.gaffney@bristol.gov.uk)  Helen Richards  07760990855  [helen.richards@bristol.gov.uk](mailto:helen.richards@bristol.gov.uk) | Online, Zoom and email  **Suits English levels Entry 3 and above** | |
| **Feel Good Outdoors – Winter**  Explore benefits to health and wellbeing in the outdoors. | 10am to 12.30pm  Please contact Suzanne to register interest | | 28/1/21  Thursday  Postponed | 6 | Suzanne Gaffney  07887451776  [suzanne.gaffney@bristol.gov.uk](mailto:suzanne.gaffney@bristol.gov.uk) | Lawrence Weston Community Farm, TBC | |
| **Course Title & Description** | **Time** | | **Start Date & Day** | **No. of weeks** | **Contact** | **Delivery** | |
| **Fun Basic Sign Language** | 10am to 11.30am | | 02/02/21  Tuesdays | 7 | JP Evans  07795 390 667  [Julie.evans@n-somerset.gov.uk](mailto:Julie.evans@n-somerset.gov.uk) | Online using Zoom | |
| **Find Your Strengths**  Boost your confidence and discover your motivation with this NEW interactive course. It will help you to improve your self-esteem and resilience and prepare you to take life into your own hands through proven techniques! | 9.30am to 11.30am | | 23/02/21  Tuesdays | 8 | Edwina Provensal  07825315820  [edwina.provansal@bristol.gov.uk](mailto:edwina.provansal@bristol.gov.uk) | Online | |
| **Functional Skills** **(Bristol)** | | | | | | | |
| **\*Functional Skills Maths**  An opportunity for adults to gain a recognised Functional Skills qualification in Maths up to Level 1. | 9.30am to 11.30am | | 04/01/21  Mondays | Weekly until July (excluding school holidays) | Phone 0117 9739744 or email [jenny@youtheducationservice.org.uk](mailto:jenny@youtheducationservice.org.uk) | Online then face to face when lockdown restrictions end | |
| **\*Functional Skills English**  An opportunity for adults to gain a recognised Functional Skills qualification in English up to Level 1 | 10am to 12noon | | 07/01/21  Thursdays | Weekly until July (excluding school holidays) | Phone 0117 9739744 or email [sarah@youtheducationservice.org.uk](mailto:sarah@youtheducationservice.org.uk) | Online then face to face when lockdown restrictions end | |
| **Non accredited Functional Skills, ESOL & Language** **(Bristol)** | | | | | | | |
| **\*ESOL conversation class**  Designed to help learners to gain confidence in everyday life including work, school and in the community. | For people living in North Somerset | | 05/01/21 | 8 | [admin@c-cbed.com](mailto:admin@c-cbed.com) | | Online |
| **ESOL Conversation Clubs** | Various times | |  |  | [esolconversationclubs@bristol.gov.uk](mailto:esolconversationclubs@bristol.gov.uk)  for more information check our website [www.esolcc.org](http://www.esolcc.org/) | | Online using Zoom |
| **ESOL Online Evening Course**  Aimed at E3 learners. Improve your Reading, Writing, Speaking and  Listening skills. | 5.30pm to 7.30pm | | 13/01/21  Wednesdays | 10 | Shani Smith  [shani.smith@bristol.gov.uk](mailto:shani.smith@bristol.gov.uk) | | Online using zoom and Google classroom |

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| **Course Title & Description** | | **Time** | | **Start Date & Day** | **No. of weeks** | | **Contact** | **Delivery** |
| **ESOL for Beginners and For Work** | | Please contact Suzanne to register interest  10 am to 12 noon | | Start date 27th January TBC | 10 | | Suzanne Gaffney  07887451776  [suzanne.gaffney@bristol.gov.uk](mailto:suzanne.gaffney@bristol.gov.uk) | Online |
| **Parenting and Family Learning** | | | | |  | | | |
| **Going on a Bear Hunt – Family First Aid**  Family First Aid made fun. Join in the fun and learn how to deal with accidents that could happen along the way! Get the book free too! | 10am to 12noon | | 18/01/21  Mondays | | 4 | Lucy Fieldhouse  07788353446  [lucy.fieldhouse@bristol.gov.uk](mailto:lucy.fieldhouse@bristol.gov.uk) | | Online using zoom and Google classroom |
| **Bring The Gruffalo to Life!**  Support your child’s love of books. | 3.30pm to 5.30pm  Times TBC | | 20/01/21  Wednesdays | | 5 | Suzanne Gaffney  07887451776  [suzanne.gaffney@bristol.gov.uk](mailto:suzanne.gaffney@bristol.gov.uk) | | Online course with the children  (Zoom and Google Classroom)  **Suits English levels Entry 3 and above** |
| **Making Parenting Easier**  Help with home-schooling issues, behaviour management and getting the best out of your child. | 9.30am to 11.30am | | Fridays  Start date TBC | |  | Richard Davies  07788353420  [richard.davies@bristol.gov.uk](mailto:richard.davies@bristol.gov.uk) | | Online |
| **Intro to Playing Outdoors**  Practical support and ideas on how to play outdoors with your children and use nature safely. | 1-3pm, TBC | | 01/03/21  Monday afternoons | | 4 | Suzanne Gaffney  07887451776  [suzanne.gaffney@bristol.gov.uk](mailto:suzanne.gaffney@bristol.gov.uk) | | Lawrence Weston, venue TBC  Session during school holidays at Blaise  **Suits English levels Entry 3 and above** |

We are working hard to develop a wide range of online courses and so please call us if you do not see a course you are looking for, it might be that we will be offering it soon.

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

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