**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**  |
| **\*Introduction to Remote Learning**Learn how to use Zoom, set up an email account with a safe password and staying safe online. | A 3hr workshop to be completed at a time convenient to you. | FlexibleMonday to Friday from 1 to 30 April | 1 session | Kim Payne07917 848757Kim.payne@cmtservices.co.uk | Online or face to face at The Greenway CentreDoncaster RoadSouthmeadBristolBS10 5PY |
| **\*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. | Flexible | Monday to Friday from 1 to 30 April |  6 modules | Kim Payne07917 848757Kim.payne@cmtservices.co.uk | Online or face to face at The Greenway CentreDoncaster RoadSouthmeadBristolBS10 5PY |
| **Community Emergency response /Volunteer induction**A short introduction to being a volunteer. Includes keeping yourself and others safe; effective communication, recognising boundaries and signposting. | Flexible | Flexible | Takes approx. 2-3 hours (can dip in and out) | JP Evans07795 390 667Julie.evans@n-somerset.gov.uk | Online using Google classroom. |
| **\*English for Work**This course will provide adults with English speaking, listening, reading and writing skills to look for work or progress in their current employment. | 2pm to 4pm | 19/04/21Mondays | 8 | Phone 0117 9739744 or email information@youtheducationservice.org.uk | Online using ZOOM |
| **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 | 19/04/21Mondays | 8 | Edwina Provansal07825315820edwina.provansal@bristol.gov.uk | Quaker CentreChampion SquareSt JudesBristol BS29DB |
| **Course Title & Description** | **Time** | **Start Date & Day** | **No. of weeks** | **Contact** | **Delivery** |
| **Introduction to Health and Beauty**Learn new skills and explore qualifications needed for working in the sector. | 1pm to 3pm | Starting week19/04/21Day TBC | 6 | Helen Richards07760990855Helen.richards@bristol.gov.uk | Online using ZOOM and Google classroom.Possible face to face TBC |
| **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. | 12.30pm to 2.30pm | 21/04/21Wednesdays | 10 | Edwina Provansal07825315820edwina.provansal@bristol.gov.uk | Online using ZOOM and Google classroom |
| **Introduction to becoming a volunteer**Explore the benefits of volunteering and a range of volunteering opportunities available. Match interests and skills to volunteering roles. | 12.30pm to 2.30pm | 22/04/21Thursdays | 10 | Edwina Provansal07825315820edwina.provansal@bristol.gov.uk | Quaker CentreChampion SquareSt JudesBristol BS29DB |
| **Paediatric First Aid**Learn how to deal with first aid situations with confidence and gain a qualification. | 10am to 12noon | 23/04/21Fridays | 6 | Helen Richards07760990855Helen.richards@bristol.gov.uk | Online using ZOOM and Google classroom |
| **Emergency First Aid At Work**Accredited course. Gain a certificate with Indigo Bubble Training. | Online sessions plus a practical assessment session at Ashton Court to be arranged. | 26/04/21Monday | TBC | Suzanne Gaffney07887451776suzanne.gaffney@bristol.gov.uk | Online using ZOOM, Google classroomand email. Suits adults at Entry level 3 English and above |
| **Introduction to Health and Social Care**This online course will give learners an overview of the services and job opportunities within health and social care in preparation for moving onto the Level 1 Award in HSC & CYPS. If you need help to get online including equipment please ask. | 10am to 12noon | 28/04/21Wednesdays | 6 | Shani Smith07775227352shani.smith@bristol.gov.uk | Online |
| **Employability in Health and Social Care**Help with interview preparation and CV writing for a job in the care sector. Local employers will offer advice on jobs and apprenticeships you can apply for. | 10am to 12noon | 30/04/21Fridays | 5 | Julie St Jean Dick07469 413348Julie.st.jean.dick@bristol.gov.uk  | Online using ZOOM calls and Google classroom. |
| **Course Title & Description** | **Time** | **Start Date & Day** | **No. of weeks** | **Contact** | **Delivery** |
| **Introduction to Childcare**A four-week introductory course to explore working in childcare followed by a level 1 course in Childcare. | TBC | Starting after Easter days and times TBC | 4 | Helen Richards07760990855Helen.richards@bristol.gov.uk | Online using ZOOM and Google classroom.Possible face to face TBC |
| **Intro to Finding Work in Cleaning**This course will boost confidence in applying for work in this sector and will include COSHH principles at work. Gain employability skills. The course will link to applying for jobs in NHS. | 12.30pm to 3pm | Monday to ThursdayStart date TBC when we have enough learners to start the course. | 4 | Suzanne Gaffney07887451776suzanne.gaffney@bristol.gov.uk | Online using ZOOMand email. **Suits English levels Entry 3 and above** |
| **Brush Up Your English for Work** Improve your speaking and listening skills for interviews and presentations, improve your writing skills for finding a job.  | 1pm to 3pm  |  06/05/21 Thursdays TBC  | 10  | Suzanne Gaffney  07887451776 suzanne.gaffney@bristol.gov.uk   | Online or classroom based in Lawrence Weston area  |
| **IT Skills**  |
| **Get Digital/Intro to Digital Skills**A course for the terrified! Get started using Zoom, it will cover the basics including using email, strong passwords, e-safety using the internet. Learners can use smart phones. | 1pm to 3pm | 20/04/21TuesdaysIt will run again in June | 4 | Suzanne Gaffney07887451776suzanne.gaffney@bristol.gov.uk | Online using ZOOM.**Suits all levels as support can be given.** |
| **Basic Computers** A follow- on computer course for the terrified! Get started using Zoom, it will cover the basics including using email, Word, e-safety using the internet. A progression course from Get Digital/Intro to Digital Skills. Learners will need a tablet or laptop, IT device can be loaned for the course. | 10am to 12 pm  | 22/04/21Thursdays  |  6  | Suzanne Gaffney 07887451776 suzanne.gaffney@bristol.gov.uk  | Online using ZOOM and Google classroom. **Suits English levels Entry Level 3 and above.**  |
| **Intro to Office Skills/Business Admin**An intermediate course for work or finding work. Learn new skills including using Word, spreadsheets, power point presentations and more. Learners will need a tablet or laptop, IT device can be loaned for the course. | 10am to 12pm | TuesdaysComing soon May TBC | 7 | Suzanne Gaffney 07887451776 suzanne.gaffney@bristol.gov.uk | Online using ZOOM and Google Classroom or ITS learning. **Suits** **English levels Entry Level 3 and above.** |
| **Course Title & Description** | **Time** | **Start Date & Day** | **No. of weeks** | **Contact** | **Delivery** |
| **Confidence & Aspirations, Health & Wellbeing**  |
| **Live well eat well**A course to explore better ways of eating and keeping well plus saving money. | 10am to 12noon | Starting week19/04/21Day TBC | 6 | Helen RichardsHelen.richards@bristol.gov.uk07760990855 | Online using ZOOM and Google classroom.Possible face to face TBC |
| **\*Dyslexic Support** A supportive course for adults who have been diagnosed as dyslexic or think they are. Share experiences and develop knowledge of self-help strategies to study and work with greater confidence.  | 10am to 12noon  | 30/04/21 Fridays  | 5  | Phone 0117 9739744 or email information@youtheducationservice.org.uk   | Face to face at YES Unit 3 Hide Market West Street Bristol BS2 OBH  |
| **Prepare to Pass the Driving Theory Test**Improve your understanding of the rules of driving and the Highway Code. Gain confidence answering multiple choice questions. | 10am to 12noon  | 05/05/21Wednesdays | 7 | JP Evans07795 390 667Julie.evans@n-somerset.gov.uk | Online using ZOOM  |
| **\*Confidence for Learning**Workshops for learners wishing to build confidence to re-engage with learning. Includes:* Recognising personal learning styles
* Dealing with new information
* Improving short-term memory
 | 2pm to 4pm | 05/05/21Wednesdays | 2 | Phone 0117 9739744 or email information@youtheducationservice.org.uk   | Face to face at YES Unit 3 Hide Market West Street Bristol BS2 OBH  |
| **The Health Benefits of Laughter Yoga**Experience the health benefits of breathing, open posture and laughter. A toolbox of tips and techniques that will improve mood ease stress and raise your energy. | 10am to 11.30am | 06/05/21Thursdays | 4 | JP Evans07795 390 667Julie.evans@n-somerset.gov.uk | Online using ZOOM |
| **Becoming a novelist**Make a start on that novel, feel supported to return to work you’ve started. Learn about planning, character, plot, theme and setting. |  | 10/05/21Mondays | 8 | Jo Urch07920 082952joan.urch@n-somerset.gov.uk | By email |
| **Course Title & Description** | **Time** | **Start Date & Day** | **No. of weeks** | **Contact** | **Delivery** |
| **Fun British Sign Language**Learn BSL to communicate better with those who are deaf or hard of hearing. | 10am to 12noon  | 13/05/21Thursdays | 7 | JP Evans07795 390 667Julie.evans@n-somerset.gov.uk | Online using ZOOM |
| **Community Consultation – Why and How**Learn how to consult with your community about big, new developments at SS Great Britain and make sure your stories are included in its history and its future. | 1pm to 3pm | 17/05/21Mondays | 9 | Lucy Fieldhouse07788353446Lucy.fieldhouse@bristol.gov.uk | Face to face at Knowle West Health Park and SS Great Britain |
| **Feel Good Outdoors**. **North Bristol**Wellbeing course focusing on the benefits of being outdoors. Mix of activities, information and volunteering opportunities.  | 10am to 12.30pm  | 10/06/21 Thursdays  | 6  | Suzanne Gaffney  07887451776 suzanne.gaffney@bristol.gov.uk   | Face to face at Lawrence Weston Community Farm, BS11 - following COVID secure procedures  |
| **Feel Good Outdoors. South Bristol**Well-being course focusing on the benefits of being outdoors. Mix of activities, information and volunteering opportunities. | 10am to 12.30pm | 11/06/21Fridays | 6 | Lucy Fieldhouse07788353446Lucy.fieldhouse@bristol.gov.uk | Face to face at Recatch Community Gardens BS4 -following COVID secure procedures |
| **Non accredited Functional Skills, ESOL & Language**  |
| **ESOL Conversation Clubs** | Various times  |  |  | esolconversationclubs@bristol.gov.ukfor more information check our website [www.esolcc.org](http://www.esolcc.org/) | Online using ZOOM |
| **Get better at Writing**Tips and tools to help you develop your writing skills for tests/exams, work, or other setting. | 12.45pm to 2.45pm | 20/04/21Tuesdays | 5 | Lucy Fieldhouse07788353446Lucy.fieldhouse@bristol.gov.uk | Online using ZOOM and Google classroom but may be taught face to face at The Park, Daventry Road, BS4 1DQ |
| **ESOL for Beginners**  | 10am to 12noon  | 21/04/21 Wednesdays  | 10 | Julie St Jean Dick07469 413348Julie.st.jean.dick@bristol.gov.uk  | Online using ZOOM calls and Google classroom |
| **English for Living in the UK**For people who are Entry 2 level English or above and are keen to develop/use online learning skills. Not exam focussed. | 10am to 12 noon | 22/04/21Thursdays | 12 | Julie St Jean Dick07469 413348Julie.st.jean.dick@bristol.gov.uk  | Online using ITS Learning and ZOOM video calls |

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| **Course Title & Description** | **Time** | **Start Date & Day** | **No. of weeks** | **Contact** | **Delivery** |

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| **ESOL Advanced**For Entry level 3 learners and above | 9.30am to 11.30am | 23/04/21Fridays | 10 | Julie St Jean Dick07469 413348Julie.st.jean.dick@bristol.gov.uk  | Online using ZOOM calls and Google classroom**For Entry level 3 learners and above** |
| **Brush up your maths** Improve your maths skills, gain confidence and work towards gaining a qualification. | 10am to 12noon | 23/04/21Fridays | 6 but can be extended | Helen RichardsHelen.richards@bristol.gov.uk07760990855 | Online using ZOOM and Google classroom.Possible face to face TBC |
| **ESOL for Employment** **Level TBC**  | 10am to 12noon  | 27/04/21 Tuesdays  | 10  | Suzanne Gaffney 07887451776 suzanne.gaffney@bristol.gov.uk  | Online using email and ZOOM. |
| **\*Make Words Work** This course will encourage learners to write for pleasure and support them to improve their written skills.  | 2pm to 4pm  | 27/04/21 Tuesdays  | 9  | Phone 0117 9739744 or Email information@youtheducationservice.org.uk   | Face to Face YES, Unit 3 Hide Market West Street Bristol , BS2 OBH  |
| **\*Make Numbers Work** For adult learners who want to develop their confidence, skills and understanding of maths and how to use it in everyday life in a supportive small group setting. | 10am to 12noon  | 27/04/21 Tuesdays  | 9  | Phone 0117 9739744 or Email information@youtheducationservice.org.uk   | Face to Face YES, Unit 3 Hide Market West Street Bristol , BS2 OBH  |
| **ESOL for Beginners**  | 10am to 12noon  | 28/04/21 Wednesdays  | 10  | Suzanne Gaffney 07887451776 suzanne.gaffney@bristol.gov.uk  | Online using email and ZOOM. **Suitable for adults at Pre-Entry and Entry Level 1 English.**  |
| **Get better at Reading**Build your reading and comprehension skills to help you with tests/exams or everyday life. | 12.45pm to 2.45pm | 08/06/21Tuesdays | 5 | Lucy Fieldhouse07788353446Lucy.fieldhouse@bristol.gov.uk | Online using ZOOM and Google classroom but may be taught face to face at The Park, Daventry Road, BS4 1DQ |
| **ESOL – Literacy for Health and Wellbeing** | TBC  | Coming soon, summer term | 10 | Suzanne Gaffney 07887451776 suzanne.gaffney@bristol.gov.uk | Online**Suits Entry Level 1 to Level 1** |
| **Course Title & Description** | **Time** | **Start Date & Day** | **No. of weeks** | **Contact** | **Delivery** |
| **Parenting and Family Learning** |  |
| **Bring The Gruffalo to Life!** Support your child’s love of books, using games, cooking and crafts etc. An after-school club for you and the children together, join in the fun!  | 4.30pm to 6pm  | Tuesdays, start date TBC  | 7   | Suzanne Gaffney  07887451776 suzanne.gaffney@bristol.gov.uk   | Online using ZOOM and email.  **Suits adults at Entry level 3 English and above, children of nursery age upwards.**  |
| **Intro to Playing Outdoors** Get the most out of outdoor play-a great way to learn and have fun! Practical support and ideas on how to play outdoors with your children and use nature safely.  | 1pm to 3pm  | 23/06/21 Mondays    | 4  | Suzanne Gaffney  07887451776 suzanne.gaffney@bristol.gov.uk   | Venue TBC  **Suits adults at English Entry Level 3 and above.**  |
| **The 99 Club** New after school club for all the family focusing on times tables  | After school Time TBC  | TBC  |   | Helen Richards 07760990855 Helen.richards@bristol.gov.uk  |   |
| **Love Learning about Money**Workshops coming up where you can help your child learn about money. Free online resources, fun games and activities. | TBC | Coming soon |  | Lucy Fieldhouse07788353446Lucy.fieldhouse@bristol.gov.uk |  |

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.

Check our website [www.communitylearningwest.net](http://www.communitylearningwest.net)

Check our Facebook page <https://www.facebook.com/BristolCommunityLearning/>