



## Community Learning West JANUARY 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](mailto:lctinfo@bristol.gov.uk) for more details.

### Courses starting soon...

#### Non-accredited Maths and English



##### \***Make Numbers Work**

For adults who want to improve their maths skills and their confidence. The course focusses on practical, everyday maths problems. **Face-to-face** at YES, West Street, Bristol, BS2 OBH. 1.30pm to 3.30pm, Mondays for 12 weeks **from 10/01/22**. Phone 0117 9739744 or email [information@youtheducationsservice.org.uk](mailto:information@youtheducationsservice.org.uk)

##### \* **Make Words Work**

For adults who want to improve their written and spoken English. The course will focus on everyday English. **This is not an ESOL course.** **Face-to-face** at YES, West Street, Bristol, BS2 OBH. 10am to 12noon, Tuesdays for 12 weeks **from 11/01/22**. Phone 0117 9739744 or email [information@youtheducationsservice.org.uk](mailto: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](mailto:Fiddy.garrad@bristol.gov.uk)

#### Accredited Maths and English



##### \***Functional Skills English. PLACES STILL AVAILABLE**

For adults ready to study and take Functional Skills qualifications from Entry level up to level 1. **Face-to-face** at YES, West Street, Bristol, BS2 OBH. 1.30pm to 3.30pm, Tuesdays **from 11/01/22**. Phone 0117 9739744 or email [information@youtheducationsservice.org.uk](mailto:information@youtheducationsservice.org.uk)

### **Functional Skills Maths**

For adults ready to study and take Functional Skills qualifications from Entry level up to level 1. **Face-to-face** Long Cross/Four Villages Children's Centre, Long Cross, Lawrence Weston, Bristol BS11 0LP. 9.30am to 11.30am, Mondays for 22 weeks **from 10/01/22**. Contact Suzanne Gaffney on 07887451776 or email [suzanne.gaffney@bristol.gov.uk](mailto:suzanne.gaffney@bristol.gov.uk)

### **\*Functional Skills Maths**

For adults ready to study and take Functional Skills qualifications from Entry level up to level 1. Get in touch for more information. **Face-to-face** at YES, West Street, Bristol, BS2 0BH. Mondays **from January 2022**. Phone 0117 9739744 or email [information@youtheducationservice.org.uk](mailto:information@youtheducationservice.org.uk)

## **IT and Employment Skills**



### **Introduction To Health And Social Care**

A short course to help you understand the options for working in the Health and Social Care Sector. You will have the option to go on to a Level 1 Health and Social Care qualification. **Face-to-face** at Faith Space, Prewett Street, Redcliffe, Bristol, BS1 6PB. 9.30am to 12.30pm, Fridays **from 07/01/22**. Contact Shani Smith on 07775227352 or email [shani.smith@bristol.city.gov.uk](mailto:shani.smith@bristol.city.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 **17/01/22**. Contact Debra Howarth on 07809658362 or email [debra.howarth@cmtservices.co.uk](mailto: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 18/01/22 to 20/01/22**. Contact Debra Howarth on 07809658362 or email [debra.howarth@cmtservices.co.uk](mailto:debra.howarth@cmtservices.co.uk)

### **\*Confidence For Digital Skills**

For learners wishing to build digital skills and confidence to access digital technology including desktop publishing, internet and email. **Face-to-face** at YES, West Street, Bristol, BS2 0BH. 10am to 12noon, Wednesdays for 6 weeks **from 19/01/22**. Phone 0117 9739744 or email [information@youtheducationservice.org.uk](mailto:information@youtheducationservice.org.uk)

### **Intro Business Admin/ Office Skills**

An intermediate course which will include word processing, presentations, spreadsheets, getting support from NCS or One Front Door. **Online**. 10am to 12noon, Tuesdays for 6 weeks **from 25/01/22**. Contact Suzanne Gaffney on 07887451776 or email [suzanne.gaffney@bristol.gov.uk](mailto:suzanne.gaffney@bristol.gov.uk)

### **\*Level 1 Passport To Enterprise And Employment**

Thinking about setting up our own business or moving up in your job? This course is for you! Develop the skills you need for gaining employment or becoming self-employed. **Online**. 9.30am to 1.45pm, Thursdays and Friday mornings for 3 weeks **from 27/01/22**. Contact CCBED [admin@c-cbed.com](mailto:admin@c-cbed.com)

## Get Digital!

A basic computer course to get you started, a laptop will be available for the course. Includes e-safety, internet and email. **Face-to-face** at Shirehampton Employment Hub/Methodist Church, Penpole Avenue, Shirehampton, Bristol BS11 ODY. 10am to 12noon, Thursdays for 6 weeks **from 27/01/22**. Contact Suzanne Gaffney on 07887451776 or email [suzanne.gaffney@bristol.gov.uk](mailto:suzanne.gaffney@bristol.gov.uk)

## Family Learning



### \*Triple P Parenting

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](mailto:jonathan.hope@wider-world.org.uk)

### \*Boost

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](mailto:jonathan.hope@wider-world.org.uk)

### \*Fussy Eating And Mealtimes

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**, week beginning **24/01/22**. For details of the course and how to enrol, please contact Jonathan Hope on 07779086892 or email [jonathan.hope@wider-world.org.uk](mailto:jonathan.hope@wider-world.org.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. **Face-to-face** at Minerva Primary Academy. 10am to 12.15pm, Mondays for 6 weeks **from 10/01/22**. Contact Pippa Davies on 07385 939446 or email [Pippa.davies@bristol.gov.uk](mailto:Pippa.davies@bristol.gov.uk)

### \*\*Time For Change

Do you feel overwhelmed by changes and projects in your life? This course is for you! Free online sessions to empower you in your personal and professional life! **Online**, Fridays for 3 weeks **from 14/01/22**. Contact CCBED [admin@c-cbed.com](mailto:admin@c-cbed.com)

### \*Dyslexia Support

Supportive course for adults who think they may be dyslexic or those who have a diagnosis. Learners will identify personal learning styles & strengths, discover resources to aid spelling & writing, identify techniques for dealing with new information and develop time management & organisation. **Face-to-face** at YES, West Street, Bristol, BS2 OBH. 10am to 12noon, Thursdays for 5 weeks **from 20/01/22**. Phone 0117 9739744 or email [information@youtheducationsservice.org.uk](mailto:information@youtheducationsservice.org.uk)

### Intro To BSL

Learn the basics about using British Sign Language. **Face-to-face** at Henbury Court Community Centre, Machin Road, Henbury, Bristol, BS10 7HG. 1pm to 6pm, **2 sessions on Monday and Thursday 24/01/22 & 27/01/22**. Contact Suzanne Gaffney on 07887451776 or email [suzanne.gaffney@bristol.gov.uk](mailto:suzanne.gaffney@bristol.gov.uk)

### Woodland Skills

Learn new skills in an outdoor setting e.g. coppicing, using willow, making a fire safely etc. A wellbeing course in a lovely setting. Find out about outdoor activities and volunteering opportunities locally. **Face-to-face** at Lawrence Weston Community Farm, Saltmarsh Drive, Bristol BS11 0NJ. 12.30pm to 3pm, Thursdays for 6 weeks **from 17/02/22**. Contact Suzanne Gaffney on 07887451776 or email [suzanne.gaffney@bristol.gov.uk](mailto:suzanne.gaffney@bristol.gov.uk)

## ESOL Conversation Clubs and Courses



### ESOL Conversation Clubs

To join a friendly Zoom meeting contact [esolconversationclubs@bristol.gov.uk](mailto:esolconversationclubs@bristol.gov.uk). For more information check our website [www.esolcc.org](http://www.esolcc.org) or visit Learn English in Bristol website: [www.LEB.community](http://www.LEB.community)

### ESOL For Everyday English

Intermediate level course for improving your speaking, listening, reading and writing skills. **Face-to-face** at Oldbury Court Children's Centre, Frenchay Road, Bristol, BS16 2QS. 9.30am to 11.30am, Mondays for 8 weeks **from 10/01/22**. Contact Pippa Davies on 07385 939446 or email [Pippa.davies@bristol.gov.uk](mailto:Pippa.davies@bristol.gov.uk)

### ESOL For Living In Britain

This beginners' course will teach you English for daily life in Bristol. **Face-to-face** at Crofts End Church, 1 Crofts End Road, Speedwell, Bristol, BS5 7UW. 12.15pm to 2.15pm, Mondays for 8 weeks **from 10/01/22**. Contact Pippa Davies on 07385 939446 or email [Pippa.davies@bristol.gov.uk](mailto:Pippa.davies@bristol.gov.uk)

### ESOL for Living in UK

This Entry level course will teach you English for daily life in Bristol. **Face-to-face** at Henbury Court Children's Centre, Trevelyan Walk, Henbury, Bristol BS10 7NY. 9.30am to 11.30am, Tuesdays for 10 weeks **from 11/01/22**. Contact Suzanne Gaffney on 07887451776 or email [suzanne.gaffney@bristol.gov.uk](mailto:suzanne.gaffney@bristol.gov.uk)

### ESOL Beginners

A first steps English course - learn how to introduce yourself and use relevant vocabulary for speaking with others. **Face-to-face** at St Pauls Learning Centre, 94 Grosvenor Road, St Paul's, Bristol, BS2 8XJ. 12.45pm to 2.45pm, Tuesdays for 6 weeks **from 11/01/22**. Contact Pippa Davies on 07385 939446 or email [Pippa.davies@bristol.gov.uk](mailto:Pippa.davies@bristol.gov.uk)

### ESOL for Everyday English

This Entry Level course will help to improve your speaking, reading and writing skills. **Face-to-face** at Avonmouth Children's Centre, Catherine Street, Avonmouth, Bristol, BS11 9LG. 9.45am to 11.45am, Wednesdays for 10 weeks **from 12/01/22**. Contact Suzanne Gaffney on 07887451776 or email [suzanne.gaffney@bristol.gov.uk](mailto:suzanne.gaffney@bristol.gov.uk)

**\*ESOL Conversation Class.**

Designed to help learners to gain confidence in everyday life including work, school and in the community. **Online**, 4pm to 6pm, Mondays for 8 weeks **from 31/01/22**.

Email [admin@c-bed.com](mailto:admin@c-bed.com)

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

**\*\*This activity is funded by Bristol City Council's One Front Door project**



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](http://www.communitylearningwest.net) and our Facebook page <https://www.facebook.com/BristolCommunityLearning/>

What our learners say...

- *The course was well led. Perhaps I haven't learnt something completely new, but it was good reminder of basics ingredients for happy life. Overall, I enjoyed each session, and I would recommend the course to anyone.*
- *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.*