

**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
<b>Employability</b>					
<p><b>*Introduction To Remote Learning</b> Learn how to use Zoom, set up an email account with a safe password and staying safe online.</p>	3hr workshop	21/03/22 Monday	1 session	Debra Howarth 07809658362 <a href="mailto:debra.howarth@cmtservices.co.uk">debra.howarth@cmtservices.co.uk</a>	Face-to-face at The Greenway Centre Doncaster Road Southmead BS10 5PY
<p><b>*Confidence In Employability</b> 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.</p>	9.30am to 3pm	22/03/22 to 24/03/22 Tuesday to Thursday	3 days	Debra Howarth 07809658362 <a href="mailto:debra.howarth@cmtservices.co.uk">debra.howarth@cmtservices.co.uk</a>	Face-to-face at The Greenway Centre Doncaster Road Southmead BS10 5PY
<p><b>Emergency First Aid At Work</b> Accredited 6-hour course. Includes first aid theory and practical first aid. A free manual will be available for learners.</p>	9.30am to 4pm	01/04/22 Friday	1	Suzanne Gaffney 07887451776 <a href="mailto:suzanne.gaffney@bristol.gov.uk">suzanne.gaffney@bristol.gov.uk</a>	Face-to-face Brentry and Henbury Community Centre Machin Road Henbury BS10 7HG <b>Suitable for Entry Level 3 and above</b>
<p><b>Level 2 Award In Independent Advocacy</b> Do you think you have experiences in your life that can be helpful to other people? This free City and Guilds course will help you build skills, confidence and knowledge to take your first steps towards being an advocate in a range of settings. Learn in a supportive group over 10 weeks plus a 4-week Introduction to Advocacy and gain a nationally recognised qualification. Laptops provided to help you learn. 1 to 1 support after the course to help you plan and take your next steps.</p>	TBC	TBC	10+4	For more information Lucy Fieldhouse 07788353446 <a href="mailto:lucy.fieldhouse@bristol.gov.uk">lucy.fieldhouse@bristol.gov.uk</a>	<b>Criteria – must be aged 19 or over and be a Bristol resident.</b>

Course Title & Description	Time	Start Date & Day	No. of weeks	Contact	Delivery
<b>Level 1 Customer Service Award</b>	TBC	TBC. COMING SOON	TBC	Suzanne Gaffney 07887451776 <a href="mailto:suzanne.gaffney@bristol.gov.uk">suzanne.gaffney@bristol.gov.uk</a>	TBC a venue in North Bristol
<b>IT Skills</b>					
<b>Computer Skills For Beginners</b> Learn how to navigate a laptop, send emails, create a document, make Zoom calls and use the internet safely.	9.30am to 11.30am	03/03/22 Thursdays	6	Pippa Davies 07385 939446 <a href="mailto:Pippa.davies@bristol.gov.uk">Pippa.davies@bristol.gov.uk</a>	Face-to-face St Paul's Learning Centre 94 Grosvenor Road BS2 8XJ <b>Suitable for Entry 3 and above.</b>
<b>Digital Skills</b> A course to help you improve your digital skills. Taught at different levels to suit your needs. Bring your own laptop or laptops provided.	1pm to 3pm	10/03/22 Thursdays	6	Helen Richards 07760990855 <a href="mailto:helen.richards@bristol.gov.uk">helen.richards@bristol.gov.uk</a>	Face-to-face Hartcliffe Nursery School & Children's Centre BS13 0JW
<b>Get To Know Your Laptop (for learners over 50)</b> A computer course for beginners. Learn how to navigate a laptop, send emails, make an application online, make Zoom calls and use the internet safely. Laptops and data may be available for learners on this course.	10am to 12noon	22/03/22 Tuesdays	4	Suzanne Gaffney 07887451776 <a href="mailto:suzanne.gaffney@bristol.gov.uk">suzanne.gaffney@bristol.gov.uk</a>	Face-to-face Avonmouth Community Centre 257 Avonmouth Road BS11 9EN
<b>Confidence &amp; Aspirations, Health &amp; Wellbeing</b>					
<b>Eat Well – Live Well</b> Course to help you choose, budget for, and cook tasty healthy recipes for yourself and your family.	9.30am to 11.30am	04/03/22 Fridays	6	Helen Richards 07760990855 <a href="mailto:helen.richards@bristol.gov.uk">helen.richards@bristol.gov.uk</a>	Face-to-face Hareclive Academy Community House Bellamy Avenue off Moxham Drive BS13 0HP
<b>Budget For The Holidays</b> Practical and fun course to help you plan ahead and make your money go further.	12.30pm to 2.30pm	04/03/22 Fridays	6	Helen Richards 07760990855 <a href="mailto:helen.richards@bristol.gov.uk">helen.richards@bristol.gov.uk</a>	Face-to-face Hareclive Academy Community House Bellamy Avenue off Moxham Drive BS13 0HP

Course Title & Description	Time	Start Date & Day	No. of weeks	Contact	Delivery
<b>Non Accredited Functional Skills, ESOL &amp; Language</b>					
<b>ESOL Conversation Clubs</b>	Various times			<a href="mailto:esolconversationclubs@bristol.gov.uk">esolconversationclubs@bristol.gov.uk</a> for more information check our website <a href="http://www.esolcc.org">www.esolcc.org</a>	Online using ZOOM Some Clubs also meet in person. See website for details
<b>ESOL For Everyday</b> Gain confidence in using English in everyday life, including at school, work and in the local community.	9.30am to 11.30am	03/03/22 Thursdays	10	Helen Richards 07760990855 <a href="mailto:helen.richards@bristol.gov.uk">helen.richards@bristol.gov.uk</a>	Face-to-face Hartcliffe Nursery School & Children's Centre Hareclive Road BS13 0JW
<b>*ESOL Conversation Class</b> Designed to help learners to gain confidence in everyday life including work, school and in the community.	4.30pm to 6.30pm	07/03/22 Mondays & Tuesdays	4	<a href="mailto:admin@c-cbed.com">admin@c-cbed.com</a> 07922 931 913	Online
<b>*Confidence For Learning English</b> This short and interactive course will support learners back into the classroom and build confidence and skills. Learners will gain an understanding of their English level and how to continue learning on accredited or non-accredited courses.	10am to 12noon	10/03/22 Thursdays	5	Phone 0117 9739744 or email <a href="mailto:information@youtheducationservice.org.uk">information@youtheducationservice.org.uk</a>	Face-to-face YES Unit 3 Hide Market West Street Bristol BS2 OBH
<b>*Confidence For Learning Maths</b> This short and interactive course will support learners back into the classroom and build confidence and skills. Learners will gain an understanding of their Maths level and how to continue learning on accredited or non-accredited courses.	10am to 12noon	14/03/22 Mondays	4	Phone 0117 9739744 or email <a href="mailto:information@youtheducationservice.org.uk">information@youtheducationservice.org.uk</a>	Face-to-face YES Unit 3 Hide Market West Street Bristol BS2 OBH
<b>Brush Up Your Maths! (Online)</b> 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!	Days and times to be confirmed	Days and times to be confirmed	TBC	For more information and to register your interest, please contact Fiddy Garrad <a href="mailto:Fiddy.garrad@bristol.gov.uk">Fiddy.garrad@bristol.gov.uk</a> 07342 031877	Online via ZOOM

Course Title & Description	Time	Start Date & Day	No. of weeks	Contact	Delivery
<b>Brush Up Your English For Work</b> Improve your written English for work, brush up on punctuation in formal writing. Gain confidence and improve your interview skills.	1pm to 3pm	25/04/22 Mondays	10	Suzanne Gaffney 07887451776 <a href="mailto:suzanne.gaffney@bristol.gov.uk">suzanne.gaffney@bristol.gov.uk</a>	Face-to-face Long Cross/Four Villages Children's Centre, Long Cross, Lawrence Weston, BS11 0LP <b>Suitable for Entry Level 3 and above.</b>
<b>Parenting And Family Learning</b>					
<b>*Triple P Parenting</b> Triple P (Positive Parenting Programme), is 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.	TBC	TBC	TBC	Jonothan Hope 07779086892 <a href="mailto:jonothan.hope@wider-world.org.uk">jonothan.hope@wider-world.org.uk</a>	Please contact Jonothan Hope for more details of venues and courses and to register your interest.
<b>*Boost</b> 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.	TBC	TBC	TBC	Jonothan Hope 07779086892 <a href="mailto:jonothan.hope@wider-world.org.uk">jonothan.hope@wider-world.org.uk</a>	Please contact Jonothan Hope for more details of venues and courses and to register your interest.
<b>*Fussy Eating And Mealtimes</b> 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.	TBC	TBC	6	Jonothan Hope 07779086892 <a href="mailto:jonothan.hope@wider-world.org.uk">jonothan.hope@wider-world.org.uk</a>	<b>This course will be delivered online.</b> Please contact Jonothan Hope for more details and to register your interest.

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](http://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.