

Despite the current lockdown, **Community Learning West** continues to offer a range wide 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.

Most courses will take place online using Zoom, Google Classroom, Facebook, etc. 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 for more details.

Courses starting soon...

English and Maths



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 on Mondays. Phone 0117 9739744 or email jenny@youtheducationservice.org.uk . This will be 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 on Thursdays. Phone 0117 9739744 or email sarah@youtheducationservice.org.uk . This will be online then face to face when lockdown restrictions end.

IT and Employment Skills



Digital Skills Workshops

Learn how to use Zoom, set up an email account with a password and stay safe online. 10am to 12noon, Tuesdays for 4 weeks. Contact Suzanne Gaffney on 07887451776 or email Suzanne.gaffney@bristol.gov.uk

Introduction to Remote Learning

3-hour workshop will help you use Zoom and stay safe online. Contact Kim Payne on 07917848757 or email kim.payne@cmtservices.co.uk

Intro to Office Skills/IT for Employment

10am to 12noon, Tuesdays. Will suit learners at Entry level 3 and above. Contact Suzanne on 07887451776 or email Suzanne.gaffney@bristol.gov.uk

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, Thursdays from 14/01/21 for 5 weeks. Contact Edwina Provansal on 07825315820 or email edwina.provansal@bristol.gov.uk

Introduction to Office Admin

Improve your computer skills for learning, work and volunteering. Includes the following online activities: using social media, budgeting, shopping, joining a library, using Google Classroom for courses. 12.30pm to 2.30pm, Thursdays from 14/01/21 for 5 weeks. Contact Edwina Provansal on 07825315820 or email edwina.provansal@bristol.gov.uk

Confidence in Employability

This 15-hour course can be completed in modules at a time that suits you. Focuses on 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! Contact Kim Payne on 07917848757 or email kim.payne@cmtservices.co.uk

Level 1 Passport to Enterprise and Employment

Develop the skills you need for gaining employment or becoming self-employed. Currently run as a 3-session online course on Thursdays and Friday mornings. Contact Jane Franklin on 07518576597 or email admin@c-cbed.com

Level 1 Award in Health and Social Care

Gain a qualification that can lead to working in care settings. Starts in February. Contact Lucy on 07788353446 or email lucy.fieldhouse@bristol.gov.uk

Introduction to Health and Beauty

The course is full of practical tips and tools. Explore working in the beauty sector and learn about progression courses to help you reach your goal. 6pm-8pm, Mondays from 11/1/21 for 6 weeks. Contact Lucy on 07788353446 or email lucy.fieldhouse@bristol.gov.uk
*For a February start, please contact Edwina Provansal on 07825315820 or email edwina.provansal@bristol.gov.uk

Digital Independence

For people who want to improve their digital skills and feel more confident using computers, other digital devices, and the internet. For courses starting in February, ring 0117 973 9744 or email jenny@youtheducationsservice.org.uk

Community Emergency response /Volunteer induction

A short introduction to being a volunteer. Contact JP Evans on 07795 390 667 or email Julie.evans@n-somerset.gov.uk

Intro to Finding Work in Cleaning

With links to applying for jobs in NHS. Contact Suzanne on 07887451776 or email Suzanne.gaffney@bristol.gov.uk

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 12 noon, Mondays from 18/01/21. Contact Lucy on 07788353446 or email lucy.fieldhouse@bristol.gov.uk

Bring The Gruffalo to Life!

A 5-week family learning course using crafts, plays, cooking, and songs to support your child's love of learning. 3.30pm to 5.30pm, Wednesdays from 20/01/21. Contact Suzanne on 07887451776 or email suzanne.gaffney@bristol.gov.uk

Making Parenting Easier

Help with home-schooling issues, behaviour management and getting the best out of your child. 9.30am to 11.30am, Fridays. Contact Richard Davies on 07788353420 or email richard.davies@bristol.gov.uk

Introduction to Playing Outdoors

Planned for March 2021 this course will give you loads of ideas to play outdoors safely with your child. Contact Suzanne on 07887451776 or email suzanne.gaffney@bristol.gov.uk

Wellbeing



Feel Good Outdoors Winter

Explore how being outdoors helps with your wellbeing. A mix of using your senses outdoors, craft sessions and exploring volunteering. Contact Suzanne on 07887451776 or email Suzanne.gaffney@bristol.gov.uk

Healthy Cooking on a Budget

Budget for and cook tasty, healthy recipes using everyday items available from Food Banks and the FoodStock project. 12.15pm -2.15pm, Tuesdays from 19/01/21. Contact Suzanne on 07887451776 or email suzanne.gaffney@bristol.gov.uk or 10am to 12noon, Thursdays from 21/01/21. Contact Helen Richards on 07760990855 or email helen.richards@bristol.gov.uk

Time for Change part 1

Will cover ways to build your resilience, increase your motivation and help you cope better with change. Time to be confirmed but will run from 14/1/21 for 3 sessions on Thursdays and Fridays. Contact Jane Franklin on 07518576597 or email admin@c-cbed.com

Fun Basic Sign Language

10am to 11.30am, Tuesdays from 02/02/21 for 7 weeks. Contact JP Evans on 07795 390 667 or email Julie.evans@n-somerset.gov.uk

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, Tuesdays from 23/02/21 for 8 weeks. contact Edwina Provansal on 07825315820 or email edwina.provansal@bristol.gov.uk



ESOL Conversation Clubs and Courses

ESOL Conversation Clubs

To join a friendly Zoom meeting contact esolconversationclubs@bristol.gov.uk, for more information check our website www.esolcc.org or visit Learn English in Bristol website: www.LEB.community

ESOL Conversation class

Resident in North Somerset? This course starts 05/01/21 for 8 weeks online. Contact admin@c-bed.com

ESOL Online Evening course

Aimed at Entry 3 learners. Improve your reading, writing and speaking/listening skills. 5.30 to 7.30pm, Wednesdays from 13/01/21 for 10 weeks. Email shani.smith@bristol.gov.uk

ESOL for Beginners and for Work

10 am to 12 noon. Course will start in Jan/Feb online. Contact Suzanne on 07887451776 or email Suzanne.gaffney@bristol.gov.uk

What our learners say...

- *I loved the course and the tutor was brilliant*
- *Helped me with my mental health as well as learning new skills and feeling productive*
- *Really enjoyed the course very informative. Easy & practical. All of the course was very helpful.*
- *I liked the course material, it was very interesting and put together clearly. It motivated me to learn - I was inspired*
- *I really liked the way the tutor spent the time with each of us each week. She showed a lot of understanding, empathy and then provided a way forward in a very practical honest intelligent way because she had so many examples on how to answer questions.*