



## Community Learning West OCTOBER 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.

Most courses 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...

#### IT and Employment Skills



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

Develop the skills you need for gaining employment or becoming self-employed. **Face-to-face** at CCBED, St Paul's Learning Centre, 94 Grosvenor Road, BS2 8XJ for the 1<sup>st</sup> and final session and **online** for the other sessions. Mondays and Fridays, 9.30am to 2pm, for 3 weeks **from 30/10/23**. Contact CCBED on 07922 931913 or email [admin@c-cbed.com](mailto:admin@c-cbed.com)

##### **City and Guilds Level 1 Health, Social Care And Children's And Young People's Settings**

Gain the basic skills and knowledge and language with this first stage qualification to prepare to work across the health and social care sector and gain a recognised qualification. Creche available. **Suitable for learners with English at level E2/3 and above. Face-to-face** at Andalusia Academy, St Matthias Park, BS2 0BA. 10am to 12noon, Wednesdays, for 15 weeks **from 01/11/23**. Contact Carol Griffiths on 07341 882755 or email [Carol.griffiths@bristol.gov.uk](mailto:Carol.griffiths@bristol.gov.uk)

##### **Manual Handling**

Learn what manual handling is, how to assess and reduce manual handling risks, the basic techniques for moving objects in a safe and effective manner, the main injuries that can result from poor techniques and much more. **Suitable for learners with English at level E3 and above. Face-to-face** at Netham Park Pavilion, 128 Avonvale Rd, Redfield, BS5 9RX. 9.30am to 4.30pm, one day on **Thursday 30/11/23**. Contact Carol Griffiths on 07341 882755 or email [Carol.griffiths@bristol.gov.uk](mailto:Carol.griffiths@bristol.gov.uk)

##### **\*Get Ready For Work**

Develop your knowledge and skills and improve your confidence, motivation, communication skills to prepare you for employment or for a change in employment. **Face-to-face** at Shining Care Training, The Old Co-op, 38-42 Chelsea Road, BS5 6AF. 10am to 1pm, Tuesdays, for 7 weeks **from January 2024**. Contact Shining Care Training on 0117 9552562 or email [info@shiningcaretraining.com](mailto:info@shiningcaretraining.com)

### \* Introduction To Health And Social Care

Find out about the skills needed and get an overview of the sector. You will also reflect on your own personal attributes and how you would best utilise these in a job role. **Face-to-face** at Shining Care Training, The Old Co-op, 38-42 Chelsea Road, BS5 6AF. 10am to 1pm, Thursdays, for 7 weeks **from January 2024**. Contact Shining Care Training on 0117 9552562 or email [info@shiningcaretraining.com](mailto:info@shiningcaretraining.com)



## Confidence & Aspirations, Health & Wellbeing

### Christmas Gift Sewing

Learn the basics of using a sewing machine and sew Christmas Gifts for friends or family! **Face-to-face** at Oldbury Court Childrens Centre, Frenchay Road, BS16 2QS. 10am to 12noon, Tuesdays, for 6 weeks from **31/10/23**. Contact Catherine Landon on 07785 702454 or email [Catherine.landon@bristol.gov.uk](mailto:Catherine.landon@bristol.gov.uk)

### Festive Fun

Learn new skills and make festive gifts and decorations for friends and family! **Face-to-face** at St Peter's Church, 170 Allison Road, Brislington, BS4 4NZ. 9.30am to 11.30am, Fridays, for 6 weeks **from 03/11/23**. Contact Catherine Landon on 07785 702454 or email [Catherine.landon@bristol.gov.uk](mailto:Catherine.landon@bristol.gov.uk)

### Festive Fun

Learn new skills and make festive gifts and decorations for friends and family! **Face-to-face** at **Stockwood Childrens Centre**, Whittock Road, Stockwood, BS14 8DQ 12.30pm to 2.30pm, Fridays, for 6 weeks **from 03/11/23**. Contact Catherine Landon on 07785 702454 or email [Catherine.landon@bristol.gov.uk](mailto:Catherine.landon@bristol.gov.uk)

### Outdoor Emergency First Aid

This course includes practical scenarios set outside for the opportunity to practice first aid in a different environment as well as gaining a paediatric first aid qualification. **Face-to-face** at Netham Park Pavilion, 128 Avonvale Rd, Redfield, BS5 9RX. 9.30am to 4.30pm, two days on **21/11/23 and 22/11/23**. **Suitable for learners with English at level E3 and above**. Contact Carol Griffiths on 07341 882755 or email [Carol.griffiths@bristol.gov.uk](mailto:Carol.griffiths@bristol.gov.uk)



### Eat Well Save Energy

Learn to cook tasty dishes and how to save energy (gas & electricity) when you cook. Cook together in a small, friendly group and either eat what you cook on the day or take enough home for the family/your household. Get a FREE slow cooker and more energy saving devices! **Face-to-face** at Ambition Laurence Weston, Long Cross, BS11 0RX. **Please note, this course is only for people living in Lawrence Weston**. 10am to 12.30pm, Fridays, for 6 weeks **from 05/01/24**. Contact Carol Griffiths on 07341 882755 or email [Carol.griffiths@bristol.gov.uk](mailto:Carol.griffiths@bristol.gov.uk)

### \*Sewing

Learn to make a simple garment and develop domestic sewing skills. You will work at your pace in a sensitive environment that meets your cultural and language skills. **Face-to-face** at KHAAS, St Werburgh's Community Centre, Horley Road, BS2 9TJ. 10am to 1pm, Wednesdays, for 10 weeks **from January 2024**. Contact KHAAS on 0117 955 4070 or email [khaas\\_bristol@yahoo.co.uk](mailto:khaas_bristol@yahoo.co.uk)

## Eat Well Save Energy

Learn to cook tasty dishes and how to save energy (gas & electricity) when you cook. Cook together in a small, friendly group and either eat what you cook on the day or take enough home for the family/your household. Get a FREE slow cooker and more energy saving devices! **Face-to-face** at Hope Café Lawrence Weston, 117-119 Long Cross, BS11 0HL. **Please note, this course is only for people living in Lawrence Weston.** 10am to 12.30pm, Mondays, for 6 weeks **from 11/03/24**. Contact Carol Griffiths on 07341 882755 or email [Carol.griffiths@bristol.gov.uk](mailto:Carol.griffiths@bristol.gov.uk)

## ESOL Conversation Clubs and Courses



### \*ESOL Conversation Class

Designed to help learners gain confidence in everyday English including for work, school and in the community. **Face-to-face** at CCBED, St Paul's Learning Centre, 94 Grosvenor Road, BS2 8XJ. 10.30am to 12.30pm, Mondays and Fridays, for 6 weeks **from 06/11/23**. Contact CCBED on 07922 931913 or email [admin@c-cbed.com](mailto:admin@c-cbed.com). **Please note, there will be an assessment and enrolment session for this course on Wednesday 01/11/23 at 1pm.**

### \*ESOL Conversation Class

Designed to help learners gain confidence in everyday English including for work, school and in the community. **Face-to-face** at CCBED, St Paul's Learning Centre, 94 Grosvenor Road, BS2 8XJ. 1pm to 3pm, Mondays and Wednesdays, for 6 weeks **from 06/11/23**. Contact CCBED on 07922 931913 or email [admin@c-cbed.com](mailto:admin@c-cbed.com). **Please note, there will be an assessment and enrolment session for this course on Wednesday 01/11/23 at 1pm.**

### ESOL Conversation Clubs

ESOL Conversation Clubs are free speaking classes for everyone who speak English as a second language. You can join as many Clubs as you wish! The more the better! For times and venues, please follow this link: [joinesol – Community Learning Bristol \(communitylearningwest.net\)](http://joinesol-Community Learning Bristol (communitylearningwest.net))

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 our commissioned partners.**