

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
Employability & IT Skills					
*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.	10am to 1pm	January 2024 Tuesdays	7	Shining Care Training 0117 9552562 info@shiningcaretraining.com	Shining Care Training The Old Co-op 38-42 Chelsea Road BS5 6AF
* 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.	10am to 1pm	January 2024 Thursdays	7	Shining Care Training 0117 9552562 info@shiningcaretraining.com	Shining Care Training The Old Co-op 38-42 Chelsea Road BS5 6AF
IT For Work Gain skills to help you in a work setting including word processing, spread sheets, emails and PowerPoint etc.	9.30am to 11.30am	12/01/24 Fridays	10	Helen Richards 07760990855 Helen.richards@bristol.gov.uk	Symes Resource Centre Peterson Ave Hartcliffe BS13 0BE Suitable for English Entry 3 and above
Basic IT Get to grips with the basics of computers and laptops in a supportive class.	12.30pm to 2.30pm	12/01/24 Fridays	10	Helen Richards 07760990855 Helen.richards@bristol.gov.uk	Symes Resource Centre Peterson Ave Hartcliffe BS13 0BE Suitable for English Entry 3 and above
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Confidence & Aspirations, Health & Wellbeing					
Eat Well Save Energy Learn to cook tasty dishes and how to save energy (gas & electricity) when you cook <ul style="list-style-type: none"> •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 	10am to 12.30pm	05/01/24 Fridays	6	Carol Griffiths 07341882755 carol.griffiths@bristol.gov.uk	Ambition Laurence Weston Long Cross BS11 0RX For people living in Laurence Weston

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<p>*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.</p>	10am to 1pm	10/01/24 Wednesdays	10	0117 955 4070 khaas_bristol@yahoo.co.uk	KHAAS St Werburgh's Community Centre Horley Road BS2 9TJ
<p>STEPS 1 A supportive course for women based in South Bristol as part of the 100 Women Project to promote wellbeing, confidence, and self-esteem. The course will guide you towards making steps to a more positive future growing choices and opportunities.</p>	10am to 2pm	10/01/24 Wednesdays	8	Lucy Fieldhouse 07788353446 lucy.fieldhouse@bristol.gov.uk	Face to face Venue to be confirmed All levels welcome
<p>STEPS 2 A supportive course for women based in South Bristol as part of the 100 Women Project to promote wellbeing, confidence, and self-esteem. The course will guide you towards making steps to a more positive future growing choices and opportunities. Crèche available but places must be booked.</p>	9.45am to 11.45am	18/01/24 Thursdays	15	Helen Richards 07760990855 Helen.richards@bristol.gov.uk	Face to face Venue to be confirmed All levels welcome
<p>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</p>	10am to 12.30pm	11/03/24 Mondays	6	Carol Griffiths 07341882755 carol.griffiths@bristol.gov.uk	Hope Café Lawrence Weston 117-119 Long Cross BS11 OHL For people living in Lawrence Weston
<p>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</p>	10am to 12.30pm	07/06/24 Fridays	6	Carol Griffiths 07341882755 carol.griffiths@bristol.gov.uk	Lawrence Weston Community Farm Saltmarsh Drive BS11 ONJ For people living in Lawrence Weston

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ADDER Project Issues with drugs or alcohol now or in the past? Community Learning can help you get into work, training or volunteering. Our specialist support package includes 1-2-1 careers advice, a wide range of free courses and workshops, a digital device to help with learning, and a personal budget to help you meet your goals.	Various	Various	Various	Adder_project@bristol.gov.uk	Various locations ADDER is for people who are aged 19+ and have or have had addiction issues with drugs and/or alcohol

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

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