

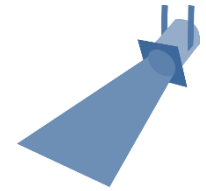


Community Learning West JANUARY update FREE courses

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.

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 for more details.

Spotlight on some of our projects



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))

ADDER

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. Contact Adder_project@bristol.gov.uk

Courses starting soon...

Employment & 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. **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

* 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

IT For Work

This course will help you gain skills you can use in a work setting including word processing, spread sheets, emails and PowerPoint etc. **Face-to-face** at Symes Resource Centre, Peterson Ave, Hartcliffe, BS13 0BE. 9.30am to 11.30am, Fridays, for 10 weeks **from 12/01/24**. **For learners with English at Entry 3 and above**. Contact Helen Richards on 07760990855 or email Helen.richards@bristol.gov.uk

Basic IT

This course will help you get to grips with the basics of computers and laptops in a supportive class. **Face-to-face** at Symes Resource Centre, Peterson Ave, Hartcliffe, BS13 0BE. 12.30pm to 2.30pm, Fridays, for 10 weeks **from 12/01/24**. **For learners with English at Entry 3 and above**. Contact Helen Richards on 07760990855 or email Helen.richards@bristol.gov.uk



Confidence & Aspirations, Health & Wellbeing

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

*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 10/01/24**. Contact KHAAS on 0117 955 4070 or email khaas_bristol@yahoo.co.uk

STEPS 1

A brand-new supportive course for women based in South Bristol as part of the 100 Women Project. The course will promote wellbeing, confidence, and self-esteem. It will guide you towards making steps to a more positive future growing choices and opportunities. **Face-to-face**, venue to be decided. 10am to 2pm, Wednesdays, for 8 weeks **from 10/01/24**. Contact Lucy Fieldhouse on 07788353446 or email lucy.fieldhouse@bristol.gov.uk

STEPS 2

A brand-new supportive course for women based in South Bristol as part of the 100 Women Project. The course will promote wellbeing, confidence, and self-esteem. It will guide you towards making steps to a more positive future growing choices and opportunities. **Face-to-face**, venue to be decided. 9.45am to

11.45am, Thursdays, for 15 weeks **from 18/01/24**. Contact Helen Richards on 07760990855 or email Helen.richards@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 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

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.**

What our learners say...

- *This course was very good for my mental health. TUTOR WAS EXCELLENT !!!!!!!*
- *Very good signposting me to relevant organisations*
- *Really enjoyed the course and looking forward to learn more*
- *Grateful for chance to update my Food Safety cert in order to continue Food Club Volunteering*
- *It was very challenging for me to attend classes with the baby. Creche is very important for mums who have babies and then they will be able to do courses. Thank you*
- *I am very satisfied what I have learnt in my English class. My teacher is very helpful person*