

**Community Learning West – FREE courses for people living in Bristol, 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>					
<b>NCFE Cache Level 1 Award in Caring for Children</b> This course will help you to develop an understanding of the skills and knowledge needed to care for young children. Successful completion of this course will lead to a Level 1 Award in Caring for Children.	9.30am to 2.30pm	10/01/25 Fridays	11	Catherine Landon 07785 702454 <a href="mailto:Catherine.landon@bristol.gov.uk">Catherine.landon@bristol.gov.uk</a>	<b>Face to Face</b> Oldbury Court Children’s Centre Frenchay Road BS16 2QS <b>Suitable for learners with reading and writing at Level 1 and above.</b>
<b>Emergency First Aid For Work Accredited Course</b> A 1-day training course designed to provide first aiders with the knowledge and skills they need to respond effectively to emergency situations in the workplace.	9.30am to 4.30pm	10/01/25 Friday	1	Carol Griffiths 07341882755 <a href="mailto:Carol.griffiths@bristol.gov.uk">Carol.griffiths@bristol.gov.uk</a>	<b>Face to face</b> Shirehampton JTE Hub High Street BS11 0DE
<b>*Get Ready For Work</b> Enhance your knowledge, skills, confidence, motivation, and communication skills to prepare for employment or a career change.	10am to 1pm	Tuesdays 14/01/25	7	Shining Care Training 0117 9552562 <a href="mailto:info@shiningcaretraining.com">info@shiningcaretraining.com</a>	<b>Shining Care Training</b> The Old Co-op 38-42 Chelsea Road BS5 6AF
<b>* Introduction To Health And Social Care</b> Discover the skills required and gain an overview of the sector. You will also reflect on your personal attributes and how to best utilize them in a job role.	10am to 1pm	Thursdays 16/01/25	7	Shining Care Training 0117 9552562 <a href="mailto:info@shiningcaretraining.com">info@shiningcaretraining.com</a>	<b>Shining Care Training</b> The Old Co-op 38-42 Chelsea Road BS5 6AF
<b>Employability</b> This course will cover a lot of essentials. You will be able to: <ul style="list-style-type: none"> <li>• Understand what employers are looking for and identify the right jobs for you.</li> <li>• Create a digital CV, apply for jobs, and practise interview skills.</li> <li>• Create an action plan to achieve your career goals.</li> </ul>	9.30am to 2.30pm	17/01/25 Fridays	4	Carol Griffiths 07341882755 <a href="mailto:Carol.griffiths@bristol.gov.uk">Carol.griffiths@bristol.gov.uk</a>	<b>Face to face</b> Shirehampton JTE Hub High Street BS11 0DE

Course Title & Description	Time	Start Date & Day	No. of weeks	Contact	Delivery
<b>Emergency First Aid For Work Accredited Course</b> A 1-day training course designed to provide first aiders with the knowledge and skills they need to respond effectively to emergency situations in the workplace.	9.30am to 4.30pm	20/01/25 Monday	1	Helen Richards 07760990855 <a href="mailto:Helen.richards@bristol.gov.uk">Helen.richards@bristol.gov.uk</a>	<b>Face to face</b> The Symes Resource Centre Peterson Avenue BS13 0BE
<b>Emergency First Aid For Work Accredited Course</b> A 1-day training course designed to provide first aiders with the knowledge and skills they need to respond effectively to emergency situations in the workplace.	9.30am to 4.30pm	28/01/25 Tuesday	1	Carol Griffiths 07341882755 <a href="mailto:Carol.griffiths@bristol.gov.uk">Carol.griffiths@bristol.gov.uk</a>	<b>Face to face</b> Ambition Lawrence Weston Ambition House 2 Stile Acres BS11 0PZ
<b>Manual Handling Of Loads</b> Learn the importance of proper lifting and moving techniques. This half-day course is designed for support staff whose primary role involves handling various inanimate objects. The course can be tailored to cover specific tasks such as pushing, pulling, transporting, and supporting a variety of loads.	9.30am to 1pm	31/01/25 Friday	1	Carol Griffiths 07341882755 <a href="mailto:Carol.griffiths@bristol.gov.uk">Carol.griffiths@bristol.gov.uk</a>	<b>Face to face</b> Shirehampton JTE Hub High Street BS11 0DE
<b>IT Skills</b>					
<b>*Digital Skills</b> This course will help you develop your digital skills. It will cover how to use a range of devices, navigate the Internet, email, shop online, stay safe online, and use social media. Suitable for beginner-level learners and those progressing their internet skills. Disability inclusive.	11am to 1pm	09/01/25 Thursdays	5	Matthew Forse 0117 2302045 <a href="mailto:email@JobnetBristol.uk">email@JobnetBristol.uk</a>	<b>Face to face</b> Meadow Vale Community Centre 42 Meadow Vale Speedwell BS5 7RF
<b>IT For Work</b> This practical and friendly course will help you to build your digital and employability skills.	9.30am to 11am	17/01/25 Fridays	10	Helen Richards 07760990855 <a href="mailto:Helen.richards@bristol.gov.uk">Helen.richards@bristol.gov.uk</a>	<b>Face to face</b> Symes Resource Centre Peterson Avenue BS13 0BE

Course Title & Description	Time	Start Date & Day	No. of weeks	Contact	Delivery
<b>Accredited Functional Skills-Mathematics</b>					
<b>Functional Skills Mathematics</b> Learn core Maths skills and gain a functional skills Maths qualification.	12.30pm to 3pm	08/01/25 Wednesdays	23	Lorraine Vasili 07721702872 <a href="mailto:Lorraine.vasili@bristol.gov.uk">Lorraine.vasili@bristol.gov.uk</a>	<b>Face to face</b> Hartcliffe Nursery School & Children's Centre Hareclive Road BS13 0JW
<b>Functional Skills Mathematics. ONLINE</b> Learn core Maths skills and gain a functional skills Maths qualification. The course will run weekly for 11 weeks online, with an initial face to face session to meet the tutor and prepare for your online classes.	4.30pm to 7.30pm	08/01/25 Wednesdays	11	Lorraine Vasili 07721702872 <a href="mailto:Lorraine.vasili@bristol.gov.uk">Lorraine.vasili@bristol.gov.uk</a>	<b>Online</b> Using Zoom and BKSB  <b>Please note there will be a face to face session to meet the tutor and prepare for your online classes. This session will take place at The Park, Daventry Road, BS4 1DQ. Suitable for learners at Entry Level 3 and above.</b>
<b>Functional Skills English</b> Gain a functional skills English qualification.	1pm to 3pm	13/01/25 Mondays	20	Carol Griffiths 07341882755 <a href="mailto:Carol.griffiths@bristol.gov.uk">Carol.griffiths@bristol.gov.uk</a>	<b>Face to face</b> Long Cross Children's Centre Long Cross BS11 0LP
<b>Fast Track Mathematics-Blended Learning</b> This is a blended learning course; you will attend a face to face session (Tuesdays) and an online session (Thursdays) every week. It is suitable for those who would like to achieve a Nationally recognised Functional Skills Maths qualification quickly.	5pm to 7.30pm	04/02/25 Tuesdays & Thursdays	7	Lorraine Vasili 07721702872 <a href="mailto:Lorraine.vasili@bristol.gov.uk">Lorraine.vasili@bristol.gov.uk</a>	<b>Face to face</b> Tuesdays Stoke Lodge Shirehampton Road BS9 1BN and <b>Online</b> Thursdays using Zoom and BKSB <b>Suitable for learners at Entry Level 3 and above.</b>

Course Title & Description	Time	Start Date & Day	No. of weeks	Contact	Delivery
<b>Non-accredited Functional Skills-ESOL</b>					
<b>ESOL Conversation Clubs</b> Free, drop-in sessions for ESOL learners. Fun and relaxed way to practise speaking English in a nice and friendly atmosphere.	Various	Various	Ongoing	<a href="mailto:Esolconversationclubs@bristol.gov.uk">Esolconversationclubs@bristol.gov.uk</a>	<b>Face to face</b> Various venues
<b>*ESOL Conversation Class</b> Designed to help learners gain confidence in everyday English including for work, school and in the community. <b>Assessment and enrolment session on Wednesday 15/01/25, 12noon to 3pm.</b>	10am to 12noon	20/01/25 Mondays & Fridays	6	07922931913 <a href="mailto:admin@c-cbed.com">admin@c-cbed.com</a>	<b>CCBED</b> St Paul's Learning Centre 94 Grosvenor Road BS2 8XJ <b>Assessment required. Please attend assessment and enrolment session 15/01/25, 12noon-3pm.</b>
<b>Non-accredited Functional Skills-Maths</b>					
<b>Family Learning Counts</b> This course will help you gain confidence and understanding of how children learn and use maths at nursery and school. It will provide opportunities to explore and practise fun ways of sharing maths together at home.	9.15am to 12.15pm	09/01/25 Thursdays	11	Lorraine Vasili 07721702872 <a href="mailto:Lorraine.vasili@bristol.gov.uk">Lorraine.vasili@bristol.gov.uk</a>	<b>Face to face</b> Bannerman Road Children's Centre Bannerman Road BS5 0RR
<b>English Through Maths</b> A course for people who want to build confidence in their English skills while developing numeracy skills for everyday life.	9.30am to 12.30pm	09/01/25 Thursdays	11	Lorraine Vasili 07721702872 <a href="mailto:Lorraine.vasili@bristol.gov.uk">Lorraine.vasili@bristol.gov.uk</a>	<b>Face to face</b> St Paul's Learning Centre 94 Grosvenor Road BS2 8XJ
<b>Get Confident With Numbers</b> This course will boost learners' confidence by building on their existing knowledge and supporting them in tackling challenging areas. It will help them apply mathematical principles to practical situations. Learners will be encouraged to progress to a Functional Skills Mathematics course, where they can earn a qualification.	10am to 1pm	10/01/25 Fridays	11	Sarah Freeman 07721589956 <a href="mailto:Sarah.freeman@bristol.gov.uk">Sarah.freeman@bristol.gov.uk</a>	<b>Face to face</b> Ambition Lawrence Weston Ambition House 2 Stile Acres BS11 0PZ

Course Title & Description	Time	Start Date & Day	No. of weeks	Contact	Delivery
<b>Confidence &amp; Aspirations, Health &amp; Wellbeing</b>					
<b>Cooking Taster Course</b> Learn about healthy eating and how to prepare a variety of nutritious meals on a budget. Choose, budget for, and cook delicious, healthy recipes for yourself and your family.	10am to 12.30pm	03/12/24 Tuesdays	3	Carol Griffiths 07341882755 <a href="mailto:Carol.griffiths@bristol.gov.uk">Carol.griffiths@bristol.gov.uk</a>	<b>Face to face</b> Ambition Lawrence Weston Ambition House 2 Stile Acres BS11 0PZ <b>Must live in the BS11 Lawrence Weston postcode area.</b>
<b>Wigloo! Project Willow</b> You will help build a Wigloo—an igloo made from willow—and get involved in the garden as well.	9am to 11am	13/01/25 Mondays	10	Helen Richards 07760990855 <a href="mailto:Helen.richards@bristol.gov.uk">Helen.richards@bristol.gov.uk</a>	<b>Face to face</b> The Big Hideout Teyfant Road Hartcliffe BS13 0RF
<b>Sewing For Beginners</b> This beginners' course will give you the confidence to use a sewing machine on your own. You will learn how to make a cushion cover, a zipped bag, and an apron.	10am to 12noon	14/01/25 Tuesdays	10	Carol Griffiths 07341882755 <a href="mailto:Carol.griffiths@bristol.gov.uk">Carol.griffiths@bristol.gov.uk</a>	<b>Face to face</b> The Vench Lockleaze 70 Hogarth Walk BS7 9TB
<b>*Sewing</b> Learn to make a simple garment and develop domestic sewing skills. You will work at your own pace in a sensitive environment that meets your cultural and language needs.	10am to 1pm	15/01/25 Wednesdays	10	0117 955 4070 <a href="mailto:khaas_bristol@yahoo.co.uk">khaas_bristol@yahoo.co.uk</a>	<b>KHAAS</b> St Werburgh's Community Centre Horley Road BS2 9TJ
<b>Food From Around The World</b> Enjoy creating dishes from around the world. All ingredients supplied, take home what you make each week.	9.15am to 11.45am	20/01/25 Mondays	8	Helen Richards 07760990855 <a href="mailto:Helen.richards@bristol.gov.uk">Helen.richards@bristol.gov.uk</a>	<b>Face to face</b> Hartcliffe Nursery School & Children's Centre Hareclive Road BS13 0JW

Course Title & Description	Time	Start Date & Day	No. of weeks	Contact	Delivery
<b>Eat Well, Live Well</b> Gain skills and knowledge on preparing healthy meals from scratch, get tasty new ideas of what to cook and new budgeting ideas.	10am to 12.30pm	26/01/25 Tuesdays	6	Carol Griffiths 07341882755 <a href="mailto:Carol.griffiths@bristol.gov.uk">Carol.griffiths@bristol.gov.uk</a>	<b>Face to face</b> Hope Café and Church 117-119 Long Cross BS11 0HL <b>Must live in the BS11 Lawrence Weston postcode area.</b>
<b>Heading Home</b> Have you been in Band 2 Bristol HomeChoice for more than a year? Are you living in temporary accommodation? Heading Home is a free tenancy skills course to equip you with skills and tips to help you to bid for, move in to and keep your new home. If you successfully complete the course, you will move up the HomeChoice waiting list by 3 months.	10am to 2.30pm	3-day course Various	1	Bryony Sims 07721512583 <a href="mailto:Heading.home@bristol.gov.uk">Heading.home@bristol.gov.uk</a>	<b>Face to face</b> Various locations <b>Suitable for ESOL learners at Entry Level 2 and above</b>  <b>Participants must be referred by a housing professional or support worker. Strict eligibility criteria apply please contact for more information. Participants who have previously been through PMOS are not eligible.</b>
<b>STEPS</b> A course for women to build confidence, self-worth and wellbeing. Designed to prepare for the first steps into a career, education or training. Students will be enrolled on to the 100 Women programme which will provide additional 1 to 1 coaching to meet their goals.	12.30pm to 2.30pm	23/01/25 Thursdays	10	Bryony Sims 07721512583 <a href="mailto:Bryony.sims@bristol.gov.uk">Bryony.sims@bristol.gov.uk</a>	<b>Face to face</b> Bedminster Quakers Centre Wedmore Vale BS3 5HX <b>Suitable for learners at Entry Level 3 and above. Participants must live in South Bristol, identify as female or non-binary and be claiming Universal Credit.</b>

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.