

Free courses/workshops for adults who receive means-tested benefits or earn less than £22,308 per year.

All courses are **face to face**, in small groups or 1-2-1 and delivered at **NST Hub** at 30/31 Alexandra Parade, BS23 1QZ. Call 07497105971 or 07402676781

Course:	Start date:	End date:	Times: from/to	Days:	To Book:
Driving Theory (am)	01/10/2024	12/11/2024	10:00am 12:30pm	Tue	Julie.Evans@n-somerset.gov.uk 07795390667
Driving Theory (pm)	01/10/2024	12/11/2024	6:00pm 8:30pm	Tue	Julie.Evans@n-somerset.gov.uk 07795390667
Music Appreciation: Music for Wellbeing	15/10/2024	17/12/2024	1:00 pm 5:00pm	Tue	katie.dexter@wea.ac.uk or 07497 105971
Mental Health Awareness (Must attend both days)	25/10/2024	26/11/2024	9:30am 2:00pm	Mon and Tue	nsthubinfo@gmail.com 07497105971 07402676781
Crafts: Making for Christmas	07/11/2024	19/12/2024	11:00am 4:00pm	Thur	katie.dexter@wea.ac.uk or 07497 105971
Intro to IT (Must attend both days)	11/11/2024	11/12/2024	9:30am 11:30am	Mon and Wed	leanne.carter@n-somerset.gov.uk 07385 378495
Office skills (Must attend both days)	11/11/2024	11/11/2024	12:00pm 2:00pm	Mon and Wed	leanne.carter@n-somerset.gov.uk 07385 378495
Personal Development: Everyday life skills. Practical skills	07/01/2025	18/02/2025	11:00am 4:00pm	Tuesday	katie.dexter@wea.ac.uk or 07497 105971
Art Practical: Progression. Arts and Crafts for Wellbeing	08/01/2025	02/04/2025	10:00am 2:30pm	Wed	nsthubinfo@gmail.com 07497105971 07402676781
Art Practical: Progression. Arts and Crafts for Wellbeing	09/01/2025	03/04/2025	10:00am 2:30pm	Thur	nsthubinfo@gmail.com 07497105971 07402676781
Healthy Lifestyle: 5 Ways to Well Being	09/01/2025	27/02/2025	11:00am 04:00 pm	Thur	katie.dexter@wea.ac.uk or 07497 105971

Course:	Start date:	End date:	Times: from/to	Days:	To Book:
Skills for English	10/01/2025	25/02/2025	9:30am 2:00pm	Mon and Tues	nsthubinfo@gmail.com 07497105971 07402676781
Art Practical: Culture and Decoration	10/01/2025	28/03/2025	11:00am 4:00pm	Friday	katie.dexter@wea.ac.uk or 07497 105971
Introduction to Creative Writing	28/02/2025	08/04/2025	9:30am- 2:00pm	Mon and Tues	nsthubinfo@gmail.com 07497105971 07402676781
1-2-1 Digital Support (over 55's)	Ongoing	Ongoing	To be discussed at booking	To be discussed at booking	nsthubinfo@gmail.com 07497105971 07402676781
Moving Up (1-2-1 for those who want to find employment, enhanced career prospects, education, social action activities, volunteering, or newfound confidence.)	Ongoing	Ongoing	9:30am 2:30 pm	Thur	nsthubinfo@gmail.com 07497105971 07402676781
ESOL (English for speakers of other languages)	To be Confirmed	To be Confirmed	To be Confirmed	To be Confirmed	nsthubinfo@gmail.com 07497105971 07402676781

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Note this list is updated regularly and new courses added!! Keep an eye for updates!