

**Families in
Focus**



May 2024 Families in Focus Bulletin - Part 1

Information and Support for Families, Parents/Carers and Young People

Hello and welcome to the May information and Services Bulletin from the North Bristol Families in Focus team. We thought this information looked interesting and that you might find it helpful. Please feel free to pass onto others.

The bulletin has grown so big that we have split it into two parts as follows:

Part 1 – Information and Support for Families, Parents / Carers and Young People

Part 2 – Information and Support for Practitioners

Please note that the information here is being shared by Families in Focus but if you require any further details you should contact the relevant organisation. All information is provided by the organisation and Families in Focus hold no responsibility for the contents. Bristol City Council does not endorse the organisations/activities and you should make your own checks to satisfy yourself on the quality of the services on offer. If you would like the information in a different language or format please contact the organisation/agency who will hopefully be able to help.

We cannot guarantee to include everything but will prioritise information on services or activities that practitioners will find useful in their organisation or to pass on to families.

Contents

Information and services for children and young people	- 3 -
Weather & Wind at St John's	- 4 -
Nacoa	- 5 -
Street Dance Class	- 6 -
Fearless	- 7 -
Children's Summer Holiday Club & Form	- 10 -
Youth Club	- 12 -
Information and services for parents / carers	- 13 -
Stressbusting for ESOL Parents (June-July)	- 14 -
Stressbusting for ESOL Parents (May)	- 15 -
Carers Support Centre: Caring Matters	- 16 -
Oasis Grocery	- 18 -
Community Learning Courses	- 19 -
Dads & Partners Online Peer Support Group	- 20 -
Home Start Bristol	- 21 -
Briefing on Local Housing Allowance	- 22 -
Men's Well-being workshops June 2024	- 25 -
Parent & Infant Art Therapy Group	- 26 -
Exploitation Workshops for parents/carers	- 27 -
Reach	- 28 -
Strengthening Parental Relationships	- 30 -

Information and services for children and young people

Weather & Wind at St John's



A free family event

Weather & Wind at St John's

Thursday 30th May 10:00 > 13:00

- Create a wind powered flying creature
- Construct colourful windmills and make musical windchimes.
- Test your wind power!

Come and celebrate our recently repaired 300 year old weathervane at the medieval crypt of St John on the Wall – a historic Bristol landmark!

St John on the Wall, Broad Street, BS1 2EZ.

www.visitchurches.org.uk / 0117 929 1766

All children must be accompanied by an adult.

Inside this historic building there are uneven floors, steps and a narrow entrance. Toilets are located nearby.

FREE – DONATIONS WELCOME



Nacoo



Providing information, advice and support
for everyone affected by a parent's drinking

FREE Helpline 0800 358 3456
helpline@nacoo.org.uk

Patrons: Tony Adams MBE • Calum Best • Lauren Booth • Rt Hon Liam Byrne MP • David Coldwell • Geraldine James OBE • Sophie K
Cherie Lunghi • Elle Macpherson • Jerry Moe • Vicky Pattison • Suzanne Stafford CQSW • Camilla Tominey • David Yelland

Nacoo (National Association for Children of Alcoholics)

Nacoo (National Association for Children of Alcoholics) addresses the needs of children growing up in families where one or both parents suffer from alcoholism, this includes children of **all** ages, many whose problems only become apparent in adulthood.

Nacoo's aims are: -

1. To offer information, advice and support to children of alcohol-dependent parents
2. To reach professionals who work with these children
3. To raise their profile in the public consciousness
4. To promote research into the problems they face and the prevention of alcoholism developing in this vulnerable group

Nacoo's **free, confidential telephone (0800 358 3456)** and **email helpline (helpline@nacoo.org.uk)** is at the heart of all we do, providing information, advice and support for everyone affected by a parent's drinking.

Our work is about planning for a more positive future, an opportunity for children, young people and adults to see that the world can be different from the one they know and that they can make positive choices for themselves.

Nacoo's services include: -

- Free, confidential helpline 10.00 – 7.00, Monday to Saturday
- Online message boards
- Website with personal experiences (www.nacoo.org.uk), FAQs, resources and research
- COAsathing.com community blog site
- Information packs
- Publications for a range of ages, situations and professions
- Volunteering opportunities and training
- Lectures, outreach and COA Week co-ordination
- Research into the experience of children affected by parental drinking
- Media and social media advocacy
- Parliamentary representation for children affected



Free Helpline: 0800 358 3456

helpline@nacoo.org.uk



@NacooUK

The National Association for Children of Alcoholics (Nacoo)
PO Box 64, Bristol, BS16 2UH

Registered Charity No: 1009143

Tel 0117 924 8005
Email admin@nacoo.org.uk
Web nacoo.org.uk
Socials [@nacooauk](https://www.instagram.com/nacooauk)



Street Dance Class



For families in receipt of Free School Meal **£5 for all 5 sessions**

£20
5 SESSIONS
OR £5 PER SESSION

Beginner Level - Year 3-6

STREET DANCE CLASS

Branch Community Church @ Emmanuel Chapel, Satchfield Crescent, BS10 7BN

5 WEEKS
JUNE 7TH / 14TH / 21ST / 26TH
JULY 3RD

4PM-5PM



BOOK NOW!
[HTTPS://WOODLANDS.CHURCHSUITE.COM/EVENTS/XTAVJJUR](https://woodlands.churchsuite.com/events/xtavjjur)

Fearless

I don't want to be seen as a snitch or a grass.

We understand the word snitching carries a lot of negativity and that young people don't want to be called a snitch or to be known as a grass. It is important to understand there is a difference between snitching and reporting a crime. Head to our website to learn more.

Top tips for filling out our online form

When filling out the online form it is really important that you provide as much information as possible. Follow our tips below to help when filling out the form.

1

Make sure you tell us as much information as you can about the crime being committed.

2

Include the name of the town/city not just the street name.

3

If it relates to a school, give the full address and the class details.

4

Describe the person and include their full name if you know it.

In an emergency always call 999



Fearless – Who We Are

Fearless is the dedicated youth service of the independent charity Crimestoppers. We provide young people with the opportunity to give information about crime 100% anonymously.

You can give information to us using our online form or by calling Crimestoppers on 0800 555 111.

We cannot track your IP address or your phone number. We have no way of knowing who has contacted us.

After receiving your completed form or your call, we create a report, ensuring it doesn't contain any info that could identify you, and generate a report which is then sent on to the relevant authority with the legal responsibility to review the information that has been passed to them.

We are not the police. We are a charity. You will not be contacted by the police after passing information on to Fearless as the police have no way of knowing who the information has come from.

Anonymous what it means

Anonymous means that your identity is completely unknown.

We know that it can be difficult to come forward with information. You might have seen or heard something about a crime, but don't know what to do, or you may be scared to give information.

We offer you a safe way to pass on any information you may have about a crime.

We are completely independent from the police.

We guarantee to young people, indeed everyone, that:

You can give us information about crime without giving your name or any personal details.

We will not ask for your gender or your age.

We will not record any personal details you may mention.

We cannot physically trace your phone number, email or IP address as our system is designed to protect your identity.



Your Questions Answered

Why should I give information to Fearless?

To keep your friends, family and community safe. If crimes go unreported, they may continue to happen.

If you have information about a crime, you could make a real difference by passing it on. Information that comes through to Fearless and Crimestoppers has helped to solve many crimes. Any information you can give us may help. It may seem like something small, but it may be the final piece of information the police need to be able to take action.

What information can I give?

You can give information on any crime to Fearless but there are some things we are unable to take information on.

- Emergency - always call 999
- A missing person
- A noisy party/neighbour
- Fly tipping
- Scam emails

Will the police contact me?

No. We are not the police. We are a charity.

You will not be contacted by the police after passing information on to Fearless as the police have no way of knowing who the information has come from.



Children's Summer Holiday Club & Form



Space4Makers
workshop



**CHILDREN'S
SUMMER HOLIDAY CLUBS**



- Thursday
1st August
- Monday
12th August
- Monday
19th August
- Wednesday
28th August



- £5 deposit
- Age 10+
- Please bring your own lunch
- Times:
10 am - 3 pm



Bristol North West foodbank

Contact us:
T 01179235343
E space4makers@bristolnwfoodbank.org.uk
W www.bristolnorthwestfoodbank.org.uk



Holiday Club Booking Form

Please complete form and return it to:

Clare Milne - Workshop Administrator

Bristol North West Foodbank

Social Justice Hub

St. Andrew's Church, Avonmouth Road

Avonmouth, Bristol

BS11 9EN

PLEASE USE BLOCK CAPITALS

Title: Mr Miss Other.....

Child's Name.....

Date of birth.....

Parent/Carer name.....

Address.....

.....

Postcode.....Telephone No.....

E-mail address.....

PLEASE TICK TO CHOOSE A COURSE

- Thursday 1st August** **Monday 19th August**
 Monday 12th August **Wednesday 28th August**

£5 Booking deposit required

By filling in this form you give consent for Bristol North West Foodbank to retain your details on file and to contact you. Your data will not be shared with any third parties. If you wish to be removed from the workshop database please contact the Foodbank office.

Signature.....Date.....

Youth Club



Oasis
hub
1000-0000

FREE



SIGN UP

YOUTH CLUB

*For young people aged 8+

EVERY THURSDAY 4-6PM!

Hang out with friends. Explore new interests. Have fun!

Come and get involved in a range of activities, learn new skills, and get support from qualified & caring youth workers! **Sports, Music, Cooking, Arts and Crafts, Music, Wifi, Pool, VR'S, Dance, Drama, trips and much more.** There's something for everyone!

📍 **Ambition Lawrence Weston, BS11 0LP**



Information and services for parents / carers

Stressbusting for ESOL Parents (June-July)

Stressbusting for ESOL Parents



Free Course

This six-week course is aimed at parents who have English as a second language or those with low literacy skills. It will look at how we deal with the stress and worry which comes from being a parent or carer.

We can learn to notice what happens when we are stressed and how to keep calm when faced with difficulties.

Stressbusting for Parents/Carers supports us to:

- **Feel more confident about being a parent**
- **Manage stress and frustration more effectively**
- **Talk to and listen to children with curiosity and kindness**

Dates: Monday 3rd June to 8th July - 6 weeks

Time: 9am - 11am

At: Nova Primary School, Barracks Lane, Shirehampton, BS11 9NG

Cost: FREE

Contact: mppc.bristol@gmail.com, www.mppc.info,
07577 956 911 (Suzanne)
or speak to Kelly at the School.



Stressbusting for ESOL Parents (May)

Stressbusting for ESOL Parents



Free Workshop

This workshop is to support parents who have English as a second or other language or those with low literacy skills. It will look at how we deal with the stress and worry which comes from being a parent or carer.

We can learn to notice what happens when we are stressed and how to find calm when faced with difficulties.

Stressbusting for Parents/Carers supports us to:

- **Feel more confident about being a parent**
- **Manage stress and frustration more effectively**
- **Talk to and listen to children with curiosity and kindness**

Date: Monday 20th May 2024

Time: 9am -11am

At: Nova Primary School, Barracks Lane, Shirehampton, BS11 9NG

Cost: FREE

Contact: mpcp.bristol@gmail.com, www.mpcp.info,
07577 956 911 (Suzanne)
or speak to Kelly at the School



Carers Support Centre: Caring Matters

Caring Matters

Carers Support Centre invites unpaid carers and professionals supporting carers across Bristol and South Gloucestershire to our free Carers Week 2024 event



Thursday, June 13

BAWA Leisure, Southmead Road, Bristol BS34 7RFB

Through talks and sessions, the day will cover many aspects of a caring life and present practical information to help, while offering a chance to meet with other carers and get a bit of well-deserved pampering.

Lunch will be provided as well as opportunities to visit information stalls from organisations that deliver carer-related services and information locally.

See over for booking information



Providing support, information and advice to carers of any age living in Bristol and South Gloucestershire.



Caring Matters

A free Carers Week 2024 event
from Carers Support Centre

How do I book a place at Caring Matters?

- Online through Eventbrite at <https://bit.ly/3w6Inc3>
- Call 0117 958 9902
- email comms@carerssupportcentre.org.uk

giving the following details: name, address, contact number and any special dietary requirements.

Please note, it is not possible to bring along the person you care for.

Where is Caring Matters taking place?

BAWA Healthcare & Leisure, 589 Southmead Road, Filton, Bristol BS34 7RF

For more information, including the full programme of events:

www.CarersSupportCentre.org.uk/events/



**If you care,
we care.**
Carers Support Centre

Providing support, information and advice to
carers of any age living in Bristol and South
Gloucestershire.

A Network Partner of
**CARERS
TRUST**

Oasis Grocery



WEDNESDAY 11:30-13:30

Oasis Grocery is part of a growing number of community food projects across the UK, supplying low cost, high quality, surplus food each week to the community. We're partnering with Fareshare Southwest who work to reduce the amount of food sent to landfill by providing a way to match up surplus, in-date food for individuals and families.

***Oasis Grocery is open to everyone!
All members receive on average £15-£20 worth of food each week, and we're open 50 weeks a year.***

**£2 membership fee
£4 every week**



END FOOD WASTE



Phone
07340562386



oasisnorthbristolfoodpantry@oasisuk.org



Our Location

Ambition Lawrence Weston
BS11 0RX

Oasis Grocery would not be possible without the generous support of our community and grants from Bristol City Council - Shaping Places and Nationwide Building Society

Community Learning Courses

How about doing some FREE short courses locally? Community Learning courses planned for 2024-2025



- English , Maths ,ESOL - Functional skills From Entry Level to level 2
- Computer/Digital Skills courses
 - Computer and Digital Skills for Beginners
 - Entry Level 3 Essential Digital Skills
- ESOL Conversation Clubs and courses for beginners and intermediate learners
- Level 1 in Practical Horticulture
- Health and Social Care
 - Level 1 Health and Social Care & Children and Young People's Settings
 - Level 1 Award in Caring for Children
- Paediatric First Aid, First Aid at work, Food Safety and Manual Handling
- Cookery Courses (part of the Ambition Laurence Weston Cook, Grow, Eat Project)
- Wellbeing Courses

Community Learning particularly offers FREE courses to adults aged 19 years plus who have few or no formal qualifications. We may be able to help with the loan of IT equipment/laptop to do one of our courses, if available.

www.communitylearningwest.net

Text or call or email:

- Carol 07341882755 Email: carol.griffiths@bristol.gov.uk
- Find out about free ESOL Conversation Clubs, www.esolcc.org

Dads & Partners Online Peer Support Group

DADS & PARTNERS ONLINE PEER SUPPORT GROUP

“For me talking openly with others about my thoughts, feelings and emotions really helped me to feel less alone, it also helped me to meet others who had been through similar experiences which really helped smash the stigma and guilt I was feeling as a Dad and Husband.”

JACOB KELLY
PEER SUPPORT WORKER

When and where?
Every first Thursday of the month
8-9pm
Online via zoom



To find out more

If you want to find out more about how you can access this group, you can speak with our client care team on:

01179359366 OR
support@mothersformothers.co.uk



Helpline: 0117 9359366

Home Start Bristol

<https://homestartbristol.org.uk/referrals/>



Home visiting

Our home-visiting service is part of what makes us special. We visit parents in their own home so that we can really get to know them and their families. We never judge a parent and are always compassionate and put the needs of families first. Our trained volunteers offer free, confidential support, friendship and practical help to parents who are going through challenging times and have at least one child under the age of 5 years.

To make a referral yourself or to point families to self-refer for home visiting or for one of our groups please see the website: <https://homestartbristol.org.uk/referrals/>

Mums in Mind

This is a peer support group for mums with children under 2 years who are feeling lonely, anxious, or like everything is getting on top of them. The Mums in Mind groups have been developed in partnership with Children's Centres across Bristol and are facilitated by a Home-Start paid and experienced worker and supported by volunteers. The groups run for 10 sessions and are by referral only, but parents can also self-refer. It's a chance to get together and talk with other mums in a safe space whilst joining in with activities, crafting, snacks etc.

The MIMs groups are running termly in 2 locations across Bristol - Hartcliffe and Lawrence Weston. The next sessions start again in September, dates TBC. Please get in touch if you would like more information or to make a referral.



Briefing on Local Housing Allowance

Welfare Benefits changes, private renting and the benefit cap

In April 2024 working age people's welfare benefits, such as universal credit, increased by 6.7%.

Additionally, Local Housing Allowance (LHA) in Bristol rose significantly. LHA is the money paid through Universal Credit – and sometimes Housing Benefit - to help with the housing costs of people living in private rented accommodation.

Bedrooms	Weekly rate	Four weekly rate	Monthly rate
Shared room (single under 35 rate)	£117.68	£470.72	£509.95
1 bedroom	£207.12	£828.48	£897.52
2 bedrooms	£252.00	£1,008.00	£1,092.00
3 bedrooms	£299.18	£1,196.72	£1,296.45
4 bedrooms	£425.75	£1,703.00	£1,844.92

On the face of it, this appears to be a very good thing for low-income households, particularly those who are homeless, at risk of homelessness or struggling to pay their rent.

However, it is certain that many households will be benefit capped as a result. The worst hit will be families with dependent children, particularly those with several children and larger homes. For the first time, many single people will be benefit capped.

The benefit cap

The benefit cap affects working age people and their dependants e.g. children. The DWP has confirmed that the level of the benefit cap will not rise and will stay at the current rates.

Benefit cap levels	Per week £	Per month £
If you're in a couple	423.46	1,835
If you're a single parent and your children live with you	423.46	1,835
If you're a single adult	283.71	1,229.42

This means that all tenants who rent privately, who are wholly dependent on welfare benefits for their income and have dependent children or are aged 35+, living in properties let at the new LHA rates, will be subject to some benefit capping, unless they're exempt – see below. Single under 35s are unlikely to be affected.

It is really important for people working with with low income households who live in - or are being assisted to access – the private rented sector (PRS), to be fully aware that the new LHA rates can appear to make the PRS far more accessible and affordable BUT that benefit capping can create circumstances where living essentials (food, energy, clothing etc.) are not affordable.

We should all take note of how to maximise the chances of benefit cap exemptions. See: [Benefit cap: When you're not affected - GOV.UK \(www.gov.uk\)](http://www.gov.uk):

The benefit cap - when you're not affected

You're not affected by the cap if you're over [State Pension age](#). If you're part of a couple and one of you is under State Pension age, the cap may apply.

You're not affected by the cap if you or your partner:

- *get [Working Tax Credit](#) (even if the amount you get is £0)*
- *get [Universal Credit](#) because of a disability or health condition that stops you from working (this is called 'limited capability for work and work-related activity')*
- *get [Universal Credit](#) because you care for someone with a disability*
- *get [Universal Credit](#) and you and your partner earn £793 or more a month combined, after tax and National Insurance contributions*

You're also not affected by the cap if you, your partner or any children under 18 living with you gets:

- *Adult Disability Payment (ADP)*
- *Armed Forces Compensation Scheme*
- *Armed Forces Independence Payment*
- *Attendance Allowance*
- *Carer's Allowance*
- *Carer Support Payment*
- *Child Disability Payment*
- *Disability Living Allowance (DLA)*
- *Employment and Support Allowance (if you get the support component)*
- *Guardian's Allowance*
- *Industrial Injuries Benefits (and equivalent payments as part of a War Disablement Pension or the Armed Forces Compensation Scheme)*
- *Personal Independence Payment (PIP)*
- *War pensions*
- *War Widow's or War Widower's Pension*

If you are affected, the [benefit cap might not start for 9 months](#) - depending on your earnings.

What can we do?

For those of us working with families who live in or need to move into privately rented accommodation, we can:

- Work with them to achieve one or more of the exemptions listed above
- Encourage, enable and support adults in these households who receive universal credit to secure enough paid work to achieve the earnings noted above if they don't have other exemptions.
- When and if necessary, negotiate with private landlords, many of whom are likely to increase their rents to or above the new LHA rates.
- Once the new benefits rates are in place, use a benefits calculator, such as the one available on Bristol City Council's website ([Benefit calculator \(entitledto.co.uk\)](https://www.bristol.gov.uk/benefit-calculator)) to check a household's benefits status.
- When there are complex or confusing welfare benefits situations, refer to an advice agency which has welfare benefits specialisms. These can be found at: [Get help \(acfa.org.uk\)](https://www.acfa.org.uk) and include WRAMAS ([Welfare Rights and Money Advice Service \(bristol.gov.uk\)](https://www.bristol.gov.uk/welfare-rights-and-money-advice-service)).

Olly Alcock, WRAMAS Manager, 08/05/2024
olly.alcock@bristol.gov.uk

Men's Well-being workshops June 2024



WELLBEING FOR MEN

Men's Well-being workshops June 2024

6th 13th and 20th June 2024 from 10:00am-12:00pm
Venue: JTE Hub, High Street, Shirehampton BS11 0DE

Beyond Equality is partnering with Movember to launch 'Men's Community Hubs' across the UK. These Hubs will offer Community Groups access to 3 different workshops around the subjects of masculinity, mental wellbeing and building supportive communities.

We want to chat with you, in your community, transforming your groups into spaces of support, improved happiness & mental wellbeing.

Workshop 1: Men and Mental Wellbeing
Workshop 2: Masculinities and Seeking Support
Workshop 3: Building Supportive Communities

Contact: Carol.Griffiths@bristol.gov.uk phone: 07341882755

Eligibility: Male 19+ years

 **COMMUNITY LEARNING** communitylearningwest.net
ictinfo@bristol.gov.uk
01172 510230

 **WEST OF ENGLAND**
Combined Authority

Parent & Infant Art Therapy Group

MOTHERS FOR
MOTHERS

CHLOE SPINDLOVE
LEAD ART PSYCHOTHERAPIST &
THERAPY COORDINATOR

PARENT & INFANT ART THERAPY GROUP

SCHEDULE FOR NORTH BRISTOL CHILDRENS CENTRES - 2024

Sessions take place on Wednesdays 1-2:30pm, with a total of 8 sessions

Avonmouth Childrens Centre
Catherine Street, BS11 9LG
17th January-6th March 2024

Filton Avenue Children's Centre
Filton Avenue Nursery School and
Children's Centre, Blakeney Rd,
BS7 0DL
27th March-15th May 2024

Filton Avenue Children's Centre
Filton Avenue Nursery School and
Children's Centre, Blakeney Rd,
BS7 0DL
29th May-17th July 2024



If you are interested

Contact us at:

therapy@mothersformothers.co.uk OR 01179359366

Before we can offer you a place in the group, we will arrange a time to speak and think about whether you feel this group is right for you, and your needs, hopes and expectations.

Infants need to be aged between 3months-24months




Helpline: 0117 9359366

Exploitation Workshops for parents/carers

Growing Futures UK. Registration Number 10255236. WORKSHOPS 202324

Growing Futures UK

Exploitation Workshops for parents/carers



Worried about your child?
Child Exploitation can happen to any child or young person.

This workshop will help you to know what to look out for and when to be worried.


Putting Children and young people at the heart.

How can this workshop help you?

This interactive workshop will take you into the world of what happens to a child/young person when they are being exploited. You will be able to identify the signs and be able to help your child. We will discuss practical tips to help you and share information on what the law says about knife crime and children.


Next Step?

Scan the QR code and register your place choosing one of the days and times that suits you.



If you have any questions, please contact a member of the [team](#) by email: info@growingfutures.org.uk or phone [Lucy \(Safer Options Advanced Practitioner\)](#) on: [07917041201](tel:07917041201)

FUNDED BY SAFER OPTIONS
The co-ordinated whole system response to prevent serious youth violence and exploitation in Bristol.



Reach



TELEPHONE
SUPPORT
HOME VISITS

HELPLINE
0117 9359366
MON-FRI
10am-9pm

ART PSYCHO-
THERAPY
COUNSELLING
PEER SUPPORT
GROUP

DEPRESSION

WORRY

ANXIETY

FEAR

DISTRESS

PANIC

LONELINESS

ISOLATION

- Are you or someone in your family experiencing anxiety, depression, distress or isolation during pregnancy and/or after the birth of your baby?

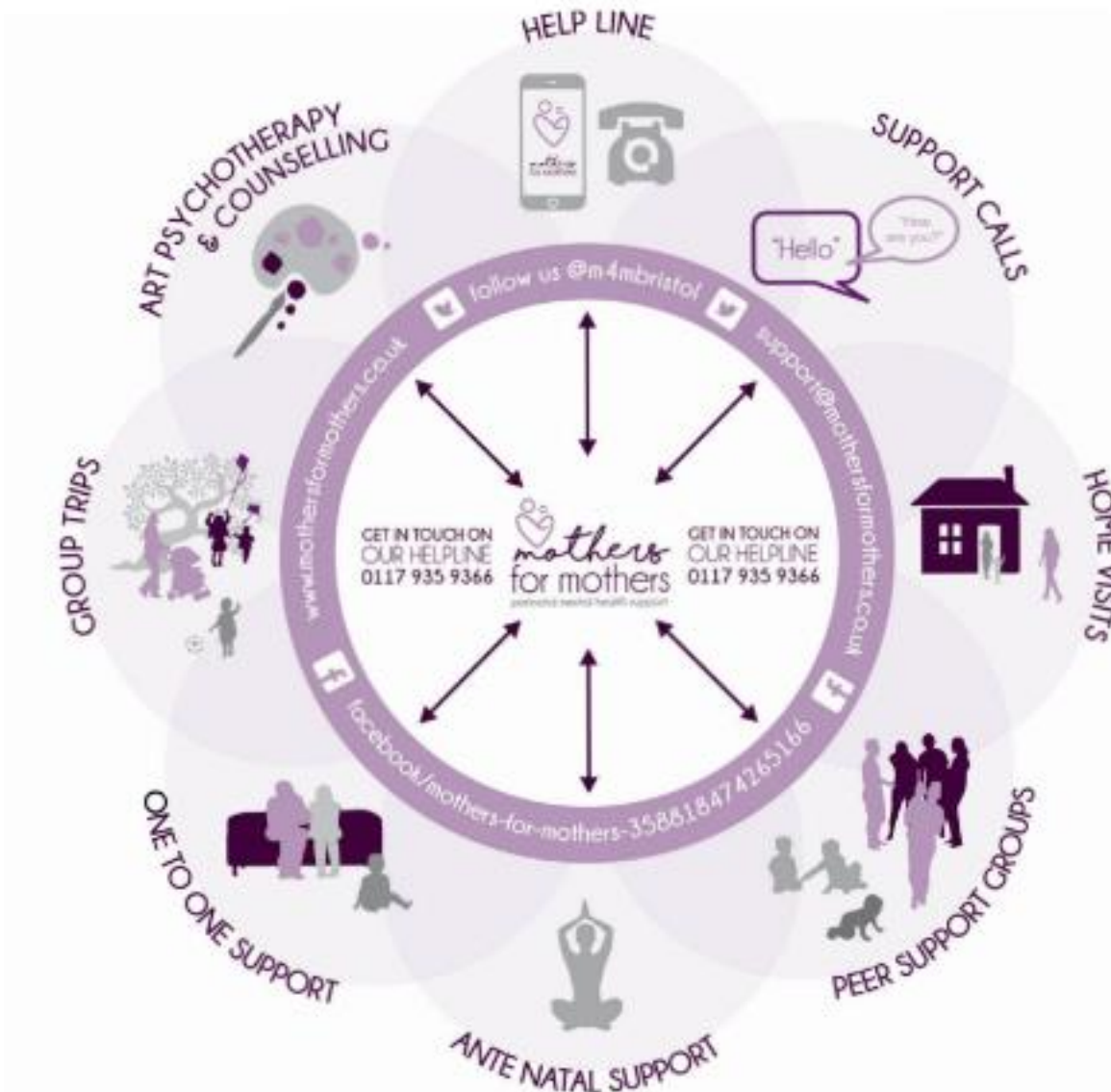
- Are you supporting someone who is experiencing this?

support@mothersformothers.co.uk

www.mothersformothers.co.uk



Bristol, North Somerset
and South Gloucestershire
Integrated Care Board



SUPPORTING

FAMILIES SINCE 1981

Strengthening Parental Relationships



Strengthening Parental Relationships

Are the stresses of everyday life affecting your relationship?

Being parents can be stressful and challenging at the best of times. Learn how to manage stress and communicate in ways that are helpful for a healthy co-parenting relationship.

Chat to Relationship Practitioners Gina and Katie and take away FREE relationship support resources

Come along and participate as much or as little as you like!

Join us online on:

Wednesday 22nd May at 7pm – 8.15pm
or Wednesday 5th June at 12.30pm - 1.15pm

To register your interest, please email
relationshipsmatter@bristol.gov.uk or call Gina on: 07721 635376 or
Helen on: 07721 311726.

