

## **Hello and welcome to the Citywide Bulletin from the Families in Focus team.**

We thought this information looked interesting and that you might find it helpful. Please feel free to pass onto others.

*It has been a difficult year for everyone since the rise in infections in Covid around the country. We would ask everyone to follow the Government Guidelines in order to keep yourself and everyone around you safe. There is a section in this bulletin with further information and help that is available but the main messages are:*

### ***Please STAY AT Home***

*Only go outside for food, health reasons, work (where this cannot be done from home), education or childcare.*

***Wear a mask*** in accordance with Government Guidelines

***Always stay 2 metres apart*** – even when outside

***For support go to [COVID-19 – We Are Bristol](#)***

***Or call We Are Bristol: 0800 694 0184***

**However, we can also remember that spring is on the way and the NHS are doing a brilliant job of rolling out the vaccine so quickly and efficiently.**



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.

## Contents

<b>Service and Support for Parents and Carers .....</b>	<b>5</b>
Children's Scrapstore .....	6
Free Lending Library Service.....	9
Dolly Parton's Imagination Library .....	10
#WeAreBristol .....	11
Local Family Support, IMAYLA .....	12
The Wildly Different Programme, IMAYLA .....	13
Peer Support Group, South Bristol .....	14
New 'Help When You Need It' Service .....	15
Out of School Activities, Lawrence Weston & Shirehampton.....	16
Hartcliffe & Withywood Community Newsletter.....	17
Spring 2021 Housing Forums.....	17
Brave Bold Drama.....	18
Hartcliffe BMX Club .....	20
Supportive Parents, Service for Children, Young People and their Parents.....	21
Unique Voice Newsletter.....	23
Active Steps.....	25
Oasis Hub, South Bristol .....	26
Journeyman UK .....	27
BIBIC Charity.....	28
Developing Health and Independence .....	29
JobCentre Plus.....	30
Firesetter Intervention Scheme, Avon Fire & Rescue.....	31
Bristol's SEND local offer .....	32
<b>Service and Support for Young People .....</b>	<b>33</b>
A better world is possible, we the curious .....	34
Rise Youth Dance, Horison .....	35
OTR Offer.....	36
M32 Youth Groups @ BDP Spring 2021 .....	39
'Are you ok?', Keeping Bristol Safe Partnership .....	40
Sexual Health, Brook .....	41
Bristol's SEND Local Offer.....	42
<b>Parenting Services and Information .....</b>	<b>43</b>
Bristol based Parenting Menu .....	44
Online City-wide Courses Term wide Courses Term 3 2020-21 .....	44

Bristol Children's Centres .....	47
East Bristol Children's Centres.....	48
Timetable, EBCC .....	49
Ante Natal Supporting Your Journey, EBCC.....	51
Communicating with your Child, EBCC.....	51
Music Time, EBCC.....	51
New Parent Group, EBC.....	51
North Bristol Children's Centres.....	52
Virtual Timetable, North Bristol Children's Centre .....	53
Central Bristol Children's Centres Timetable.....	54
South Bristol Children's Centre Hub.....	55
Full Circle Parents & Carers Speak.....	60
Top Tips for Parents who are separated.....	62
Co-parent digital relationship support .....	64
<b>Food Services.....</b>	<b>65</b>
Bristol North West Foodbank.....	66
The Supper Club, Baggator.....	67
The Real Meal Store, BS13 .....	68
Share the Love, BS13 .....	69
Free Frozen meals for BS13 Residents .....	70
<b>Advice and Support Services.....</b>	<b>71</b>
North Bristol Advice Centre.....	73
Citizens Advice, Bristol .....	75
Free Debt Counselling; CAP .....	76
Drop the Pressure Specialist Advice and Emotional Support Service .....	77
24/7 Support & Connect, Vita health group.....	78
Helping everyone affected by a parent's drinking, Nacoa Helpline.....	79
HELPLINES' DIRECTORY .....	80
<b>COVID-19 Information and resources.....</b>	<b>83</b>
Community COVID Info, Knowle West Alliance .....	84
KEY MESSAGES COMMUNITY COVID INFORMATION .....	85
COVID-19 Vaccines: Information and Accessibility.....	90
V Cars Free Rides to Vaccinations.....	91
Transport to your Vaccination, Hartwood Healthcare, Hillview Family Practice, Lennard Surgery and Grange Road Surgery.....	92
Be Alert to Vaccine Fraud, Gov.Uk .....	93

How to Self-Isolate .....	95
Bristol's Volunteer response .....	96
<b>Courses, Learning Skills and Development .....</b>	<b>97</b>
Read Easy, Bristol .....	98
National Careers Service February Webinars .....	99
Course information for 19+ year olds, Community Learning .....	100
Employment Skills Course, Community Learning .....	105
Free online Cookery Workshop, Community Learning .....	106
Free Intro to Office Skills, Community Learning .....	107
You are what you eat free course, Community Learning .....	108
Free Support Programme for South Bristolians with Business ideas, .....	109
Get on Track Programme, SWALE Leisure .....	112
Free CSCS Construction Training .....	113
Animation in a day, Art in a Day, Creative Youth Network .....	114
Course Guide, Princes Trust .....	115
Get into Digital Marketing, The Prince's Trust.....	116
Free Employment programme for adults, Re-Work .....	117
Academic Support, IntoUniversity .....	119
Training & Employment opportunities for unpaid carers.....	120
LGBT+ History Month Newsletter.....	121
Mindfulness Based Stress Reduction Course, MPCP .....	124



# Service and Support for Parents and Carers



## CAN WE HELP?

We're a local charity who are currently distributing craft packs and resources to disadvantaged children, families and older people across Bristol and surrounding areas.

If your organisation is looking to provide activity kits, boxes or bags during lockdown we can help with both sourcing items and producing completed packs.

We would be very happy to discuss the needs of your organisation and user groups.

Contact us:  
0117 9143002  
[enquiries@childrensscrapstore.co.uk](mailto:enquiries@childrensscrapstore.co.uk)



Charity no: 1008788



@BristolLibraries Face Book hosts a regular free, live Rhyme and Story time on a Monday, Tuesday, Wednesday and Thursday at 11.00am. A Lego challenge on a Tuesday at 12.00 noon, but pics can be posted at any time on FB or Twitter @BristolLibrary and a children's Book Quiz on a Friday at 10.00am, answers at 4pm. You can access all this without being a member of the Library.

There are also free events for adults, an online reading group and author talks etc. You will need to book these on **Bristol Libraries Eventbrite**. We also signpost to anything we think might be useful e.g. wellbeing groups and free activities.

**If people are not members and would like to join the library and access free audio books, magazines and comics etc.** No problem - you can sign up for free online here for a temporary card with free access to Libby and Cloud library for eBooks, RB Digital for eMagazines, and comics and BorrowBox for eAudio Books:

<https://www.bristol.gov.uk/libraries-archives/join-the-library>

## **Bristol Libraries online and digital offer for children and young people January/February 2021**

All information about the online library service here:

<https://www.bristol.gov.uk/libraries-archives>

**e-books and eaudio books for children and young people**

<https://www.bristol.gov.uk/libraries-archives/ebooks-eaudio-from-library>

**Get the free eBooks Libby Overdrive app** and get some great reads for children <https://bristollibraries.overdrive.com/>

**Shelf Help - Well-Being e-books for young people's mental health** <https://reading-well.org.uk/books/books-on-prescription/young-people-mental-health>

**E-graphic novels, e-comics and magazines for children and young people**

Discover a world of Disney, Marvel and more with RBdigital Comics.

<https://www.bristol.gov.uk/libraries-archives/online-newspapers-and-magazines>

Also just to let you know the **Mini Winter On line Reading Challenge** has been extended until the 19<sup>th</sup> of Feb. You can see all about this on FB and twitter.





## FREE LENDING LIBRARY SERVICE

**Borrow Gympanzees specialist equipment and toys for free!**

Families can lend items within their homes for 2 weeks for FREE. Equipment includes specialist **sensory and sensory integration equipment**, **robust disability toys**, **therapy equipment** and **gym and exercise equipment**. Delivery is available to BS postcodes on Tuesdays for a small delivery fee. Alternatively, collection is available on Wednesday for those in BS postcodes and the surrounding areas, free of charge.

**Start lending for FREE today:**

**<https://lendinglibrary.gympanzees.org/>**

### Therapy Webinars

Watch our therapy webinars hosted by expert therapists on various topics including complex feeding difficulties, fine motor skills and challenging behaviours.

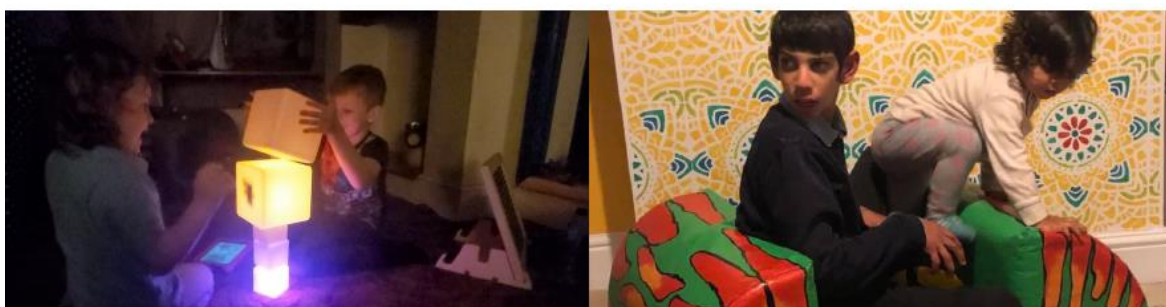
Go to: [www.gympanzees.org/our-home/therapy-webinars](http://www.gympanzees.org/our-home/therapy-webinars)

### Online Resource Hub

Over 60 pages of fun and therapeutic ideas, exercises and activities that are disability specific, covering everything from wheelchair games and core stability exercises to massage and music therapy.

Go to: [www.gympanzees.org/our-home/online-resource-hub](http://www.gympanzees.org/our-home/online-resource-hub)

**Join our Facebook Closed Group <https://www.facebook.com/groups/Gympanzees>**







**If you have a child  
ages 0-5 years old  
please sign them up  
for Dolly Parton's  
imagination library.  
Each month they send  
you a free book.**

[United Kingdom - Dolly Parton's Imagination Library](#)

#WeAreBristol

**#WeAreBristol** Jesteśmy  
Bristol nous sommes  
Bristol Wir sind Bristol  
nós somos Bristol  
ειμαστε Μπριστολ  
waxaan nahay Bristol  
نحن مسدس  
We Are Bristol Bristol  
vagyunk мы бристоль

Are you, or is someone you know, from a non-UK **EU country**?

EU citizens who want to continue living in the UK must apply to the **EU Settlement Scheme** by 30 June 2021 to protect their rights after Brexit.

**Bristol values its EU citizens.** We need and want you to stay living, working and studying here.

Find out more at [bristol.gov.uk/EUsettlement](https://bristol.gov.uk/EUsettlement)

**Get help and support at:**

- St Pauls Advice Centre:  
enquiry@stpaulsadvise.org.uk - 0117 955 2981
- North Bristol Advice Centre:  
team@northbristoladvice.org.uk - 0117 951 5751
- South Bristol Advice Services:  
admin@southbristoladvice.org.uk - 0117 985 1122

# LOCAL FAMILY SUPPORT



Arts and Crafts   Dance   Sports   Youth Clubs   Food Clubs ETC.  
**Outdoor Activities**   **PLAY**   Theatre

**Do you want to know about activities and opportunities in your area and other parts of Bristol?**  
We've got local workers in each of the following areas:



```
graph TD; BH[BARTON HILL] --- HCV[HILLFIELDS/FROME VALE]; BH --- SPAC[ST PAUL'S/ASHLEY CITY CENTRE]; BH --- S[STOCKWOOD]; HCV --- SPAC; HCV --- LW[LAWRENCE WESTON]; SPAC --- LW; SPAC --- HF[HARTCLIFFE/FILWOOD]; S --- HF; LW --- HF
```

Imayla is a child, youth and community organisation that delivers and connects people with COVID safe activities. We are working with Playful Bristol to help join the dots between communities and local opportunities. If you would like to get out, get busy, get in touch!

Email: [info@imayla.co.uk](mailto:info@imayla.co.uk)   Tel: 0117 914 5490

 [Facebook.com/imaylabristol](https://www.facebook.com/imaylabristol)  
 [Instagram.com/imaylabristol](https://www.instagram.com/imaylabristol)



Also visit: [playfulbristol.org](https://playfulbristol.org)

FUNDED BY:





# The Wildly Different Programme, IMAYLA



## The Wildly Different Programme

An opportunity for young people aged 8-12 and their families from April - December 2021

**Storytelling****Drama****Music****Circus Skills****Film Making**  
**Singing****Bushcraft****Arts and Crafts****Kayaking****Woodworking**

### WILDLY DIFFERENT...

- Offers outdoor and creative art activities, days out and a residential trip
- Takes place in green spaces in and outside of the city
- Includes opportunities for involvement of family and support workers

### WILDLY DIFFERENT IS FOR:

- Making friends, having fun, and experiencing new places
- Young people facing difficult times

We prioritise young people and families living in Easton, Lawrence hill and St Pauls



### INTERESTED?

- Apply to join the Wildly Different Programme
- Meet the staff, other young people and design the activity programme for the year ahead at the:

**Introductory Taster Day**  
**Thursday 8th April**



To discuss this opportunity further and/or make an application:  
Email: [admin@imayla.co.uk](mailto:admin@imayla.co.uk) / Call: 0117 914 5490 / Visit: [www.imayla.com](http://www.imayla.com)

 [Facebook.com/imaylabristol](https://www.facebook.com/imaylabristol)  [Instagram.com/imaylabristol](https://www.instagram.com/imaylabristol)

Imayla complies with current government guidelines and advice for Covid 19 safety.

## Peer Support Group, South Bristol



**NEW**

**Peer Support Groups  
Opening in South Bristol**

**changes  
Bristol**

**Mondays, 1-3pm**  
Ashton Vale Community Centre, Ashton Vale  
Starting: 25th January 2021

**Tuesdays 3-5pm**  
Withywood Centre, Withywood  
Starting: 19th January 2021

**Wednesdays 1:30-3:30pm**  
Redcatch Centre, Knowle

**Wednesdays 7-9pm**  
United Reformed Church, Bedminster  
Starting: 13th January 2021

**Thursdays 1-3pm**  
St Cuthbert's Church, Brislington  
Starting: 14th January 2021

**More information at [changesbristol.org.uk](https://changesbristol.org.uk)**

## New Help When You Need It Service

# New Help When You Need It Service

**KeyRing has a new service in Bristol and we are now taking referrals.**

**Help When You Need It** is a service for eligible people with learning disabilities, mental health issues or autism living in the community.



KeyRing can provide short term help with:

- Maintaining tenancies or securing accommodation
- Managing physical health
- Managing mental health
- Maximising income, reducing debts, or finding work
- Preventing loneliness and isolation
- Support around staying safe

For more information or to make a referral contact

Tom Burton on **07984 080 580**

or email [tier2referrals@keyring.org](mailto:tier2referrals@keyring.org)

[enquiries@keyring.org](mailto:enquiries@keyring.org) - [www.keyring.org](http://www.keyring.org) - Registered charity number: 1054234



## Out of School Activities, Lawrence Weston & Shirehampton



## LWOOSA SOOSA – Out of School Activities

February 2021 we celebrate 25 years delivering safe, quality, affordable child care in our local community. As soon as schools re-open we will be too! (All play workers are currently furloughed)

For further information call 07379520005 email: [lwoosa@gmail.com](mailto:lwoosa@gmail.com) see all updates on fb LWOOSA and SOOSA. We look forward to seeing you all soon. 👍 😊



## Spring 2021 Housing Forums



### **New Online Meetings - Your opinions help make decisions!**

If you're a council tenant or leaseholder you can have a say on how the housing service is run and make suggestions about improvements.

At the March forums, details will be shared about Bristol City Council's new partnership with the Big Tidy, which aims to work closely with local residents to address issues and concerns about the cleanliness of your estate.

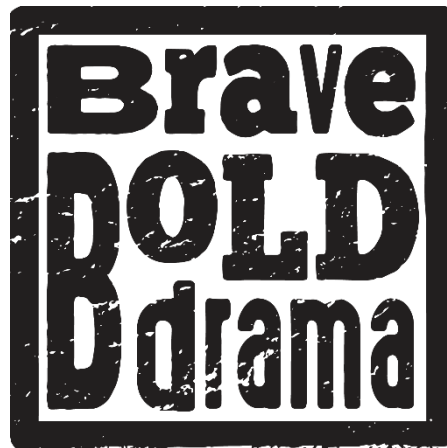
To book your place visit:

[www.bristol.gov.uk/LocalHousingForums](http://www.bristol.gov.uk/LocalHousingForums)

Dates	Meeting details
On-line Citywide Meeting 1 <sup>st</sup> March 2021	5:45pm-8:00pm (evening)
On-line Citywide Meeting 3 <sup>rd</sup> March 2021	1:30pm-4:00pm (afternoon)

For more information contact: Tenant Participation on **0117 3521444** or email [tpu@bristol.gov.uk](mailto:tpu@bristol.gov.uk)

## Brave Bold Drama



Brave Bold Drama is a professional, award-winning theatre and community arts company based in Withywood. It's run by Gill Simmons and Paul Lawless, both Bristol residents. Together, Gill and Paul make theatre shows for families and for people living with dementia, and team up with other creative professionals from Bristol to offer creative workshops and activities for families, children, young people and older people.



Brave Bold Drama partners with other community organisations like HWCP and the youth organisation LPW (Learning Partnership West) so theatre performances, workshops and activities can be offered free of charge to people in Hartcliffe and Withywood.

Examples of their work last year includes:

- Four free interactive improvised theatre shows at Teyfant Road Adventure Playground in August 2020 with LPW
- A free family theatre show in October 2020 at Hartcliffe Community Centre
- A free creative resource box delivered to Hartcliffe Care Home in September 2020 to help carers engage residents living with dementia

Free creative packs to over 80 Hartcliffe and Withywood Children attending Four Acres Primary and Merchants Academy



**If you'd like to work with Brave Bold Drama, or support their work, here's some suggestions:**

Join their free online creative writing group, which happens on Zoom every Monday between 7-8:30pm. Explore different writing styles each month and meet published authors from the South West. To find out more go to:

[www.bravebolddrama.co.uk/creativewriting](http://www.bravebolddrama.co.uk/creativewriting)

Sign up your child aged 6-12 to their through-the-post creative subscription service, The Company of International Artists. This is not free currently, but is the only way the company's core costs can be covered. To find out more go

to: [www.companyofinternationalartists.com](http://www.companyofinternationalartists.com)

Purchase a small gift from their online shop: [Here](#)

Follow them on social media: [Facebook](#) / [Twitter](#)

# GET INVOLVED



Interested in helping in your local community?

Interested in cycling or physical activity?

Looking to try something new?

**Get involved with your local community cycling club in Hartcliffe! There are many ways that you can help out...**

- Cycling coach / leader
- Club facilitator
- Admin helper (e.g. email account / Spond)
- Marketing / Social Media helper
- Bike Maintenance helper
- Safeguarding helper
- Finance helper



Contact [hartcliffebmx@gmail.com](mailto:hartcliffebmx@gmail.com) to find out more







## 2021 Events

**Wednesday 10th February:**  
Moving on to Post-16,  
6pm - 7.30pm

**Wednesday 3rd March:**  
Annual Review Coffee Morning,  
10am- 11am

**Tuesday 9th March:**  
Evening SEND Surgery,  
bookable 1:1 appointments, 6-8pm

**Wednesday 21st April:**  
Mediation Coffee Morning,  
10.30am - 12pm

**Wednesday 21st April:**  
Daytime SEND Surgery,  
bookable 1:1 appointments,  
1.30-2.30pm

**Wednesday 28th April:**  
Social Communication Coffee Morning  
10.30am - 12pm

**Wednesday 19th May:**  
Tribunal Coffee Morning  
10.30am - 12pm

**Bristol**

**For more information:**

follow us on Facebook,  
call 0117 9897725 or  
email [support@supportiveparents.org.uk](mailto:support@supportiveparents.org.uk)



Please visit our website [www.supportiveparents.org.uk](http://www.supportiveparents.org.uk) to book onto our events or to view our Wellbeing Hub videos.

You can also email us at [support@supportiveparents.org.uk](mailto:support@supportiveparents.org.uk), call 0117 9897725 and find us on Facebook or Twitter.

### **Supportive parents' service offer after lockdown?**

We would love to hear your views. We want you to have a say in how our service offer is developed. We would like to know how you would like to access our services in future. For example, do you want to access our workshops virtually? To answer this and other questions & to make any suggestions take our survey [here](#).



January 2021

# NEWSLETTER

Supporting our community throughout another lockdown



## Featured:

- Useful links and resources
- What we're up to
- What can you do to help?

## Unique Voice Newsletter

We're in the midst of a third lockdown and are aware that now more than ever families and our community need support. We wanted to give you an update to assure you that as always, we are pushing forward to support our community in any way we can.

We'd also like to say a huge thank you to anyone that purchased raffle tickets or donated prizes, you helped us raise a whopping £1228.79 - all of which will go directly towards funding our community programmes and activity packs in 2021.

As always, we are hugely grateful for your continued support and will keep you informed of our endeavours along the way.

Best wishes,  
The UV Team

## HELPFUL LINKS AND RESOURCES

- [Our resource hub](#) full of free home learning resources (including lots of activities children can do without the guidance of a parent, and activities to support mental health and wellbeing)
- [Our Twitter thread](#) that we constantly update with other amazing organisations resources.
- How to access [free laptops for children](#) who cannot attend school.
- How to get [free internet access for disadvantaged children](#)
- How to [use a games console as an alternative to a laptop](#), iPad or computer.
- [BBC Bitesize](#) daily lessons.

## HOW CAN YOU HELP?

- Give us a follow on our socials, like and share our posts.
- Talk about us, tell people what we're up to, inform others of our mission.
- Inform us of any funding pots we may be eligible to apply for to fund our community projects and distribute activity packs.
- [Join the Help100 Club.](#)
- [Purchase Stay At Home Activity Packs](#) for vulnerable children



## Active Steps

**Trying to take small steps to stay active in the new year? If you want an achievable challenge and most importantly MOTIVATION then join us for Active Steps.**

<https://severnnet.org/rideandstride/active-steps/>

### Who can take part?

- Open to adults living or working in the Avonmouth and Severnside area: Avonmouth, Severn Beach, Shirehampton, Sea Mills, Coombe Dingle, Lawrence Weston, Hallen, Pilning, Pill and Portbury.
- Anyone who is just starting to ride a bike, a little bit rusty and wanting to return, or who can ride but would like to develop road confidence and stay motivated.

Active Steps is an eight week programme to help you stay healthy, during lockdowns and beyond, by cycling. It is 'remote' meaning you can take part from home, on your lunch break at work, or wherever you happen to be.

### You will:

- Gain cycle skills, knowledge and confidence
- Receive useful and motivational resources each week – including weekly challenges with prizes
- Be supported in a friendly, easy-going virtual group
- Get ideas and inspiration for cycling, walking and other exercise
- Have the chance to borrow a bike for 8 weeks (limited number available)

<https://severnnet.org/rideandstride/active-steps/>



Would you like to find out more about what is going on in the community? The Oasis Hub is based on the Oasis Academy Connaught site on Melvin Square. There are a variety of things available here from food support, adult learning, clothes that are accessible and much more.



Oasis Hub South Bristol



Oasishubsouthbristol



# JourneymanUK

Contemporary rites of passage for young men

## Journeyman UK

We create **communities of volunteer mentors who skilfully support young men** through the choppy waters of adolescence offering **ongoing opportunities for time and connection with adult male role models**.

Boys need space to practice their interactions with others and learn how to handle conflict, responsibility, stress, feelings of shame, joy, fear, sadness and anger. Our **local group-mentoring circles** (JGroups) offer this as a safe, relaxed, easy-going, fun experience.

We meet at Boiling Wells Barn in St. Werburghs weekly on **Monday evenings 7-9.30pm** - hanging out, making fires, playing games and talking about the stuff that really matters.

**Upcoming dates: 15th February, 1st/15th/29th March, 12th/26th April**



### **Crisis Mentoring:**

For boys going through a difficult time we offer **one-to-one crisis mentoring sessions**. For those who can afford it we ask for a donation for this service, but full bursaries are available.

### **Gender Policy:**

JourneymanUK welcomes **all children who identify with “him” and “his”**. We refer to youth participants as boys, teens, young men or Journeymen.

### **Contact:**

If you know a boy who might like to connect with JourneymanUK please fill in the referral form

here: <http://journeymanuk.org/refer/> or email [connect@journeymanuk.org](mailto:connect@journeymanuk.org) with any questions.

*JourneymanUK is a registered charity in England no. 1149581*

## BIBIC Charity



- Local charity based in Langport, Somerset
- Deliver bespoke developmental therapy to children and young adults age six months to 25 years old
- We see children with or without diagnosis
- Support a range of conditions including Autism Spectrum Disorder, ADHD, Cerebral Palsy, Global Developmental Delay, Down's syndrome, Sensory processing difficulties and many more.
- To enquire about your child, visit [bibic.org.uk/home/enquire-about-your-child/](https://bibic.org.uk/home/enquire-about-your-child/)
- Follow us on social media for course info and hints and tips for parents and carers

 @bibic\_charity  
 @bibicchildrenscharity  
 @bibic\_charity  
[bibic.org.uk](https://bibic.org.uk)

**bibic**   
changing lives





## Developing Health and Independence

Our families and carers service is open to anyone resident in Bristol who is affected by someone else's drug or alcohol use.

We are still available through the pandemic, we offer online advice and direct referral via [www.webfam.co.uk](http://www.webfam.co.uk)

Individuals can use webFAM themselves to contact us or to find out more about additional services in their area such as support for wellbeing or benefit advice.

As a professional you can signpost to this website or support the digitally excluded to complete the online self-help tool which is a referral to the service.

If you have a general enquiry you can also contact our Single Point of Contact for DHI Bristol services. Tel: 0117 916 6588

Families Also Matter service users can access support groups (currently via Zoom) and 121 support (currently over telephone, zoom or skype).

Our service offers family members the opportunity to;

- Learn effective coping strategies
- Find out more about drugs and alcohol
- Understand addiction
- Share with and learn from others with similar experiences
- Attend a dedicated annual conference for families and carers.
- Where possible, we try to provide whole family solutions.
- Discover they/you are not alone!

Developing Health & Independence

Company No: 3830311 Charity No: 1078154

Head Office: 14 St. James' Parade, Bath BA1 1UL



JobCentre Plus

To help keep customers and colleagues as safe as possible in the latest phase of the pandemic, the Department has decided jobcentre opening hours will be 10am to 2pm beginning on Monday the 18<sup>th</sup> January 2021.

This temporary change means we can continue providing safe, essential services for those who need to come into the Jobcentre and who are unable to interact with us on the phone or digitally. The opening hours of our [phone lines](#) remain as they were. In addition, the [Relay UK service](#) and the [Video relay service](#) are both still available.

Anyone entering a Jobcentre will be required to wear a face covering, unless they are in an [exempt category](#). Please remind your audiences to follow the latest government guidance on [meeting with others safely](#) and [lockdown restrictions](#) and that if we need to make an appointment with a customer, this will be by the phone. We will leave a message in their journal before we call them.



**AVON**  
FIRE & RESCUE

[www.avonfire.gov.uk](http://www.avonfire.gov.uk)

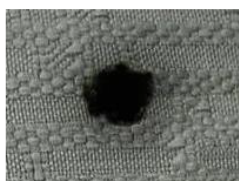
## Firesetter Intervention Scheme

Children and young people of all ages can display an interest in fire. Those that set fires do so for various reasons which could include natural curiosity, mimicking parent/carers' behaviour or a way of expressing their feelings, for example emotional distress or anger.

The term Firesetter is used to describe those who fire set, fire play or have a fascination with fire and have not been convicted through a court of law. Without guidance and support firesetting behaviour can increase and lead to serious property damage, personal injury and a criminal conviction. Those who are convicted through fire related crime are deemed as arsonists.

### Signs to look out for:

- Scorch marks and/or small burn holes in clothes, bedding, carpet and other soft furnishings
- Burnt matches or other items such as charred paper or melted objects left lying about or in waste bins
- Matches and lighters hidden in the young person's bedroom, under the bed, in drawers, in their school bag or coat
- An unusual fascination with fires




### Advice for parents and carers:

- Don't ignore the firesetting behaviour. Act on it by referring the child/young person into the Firesetter Intervention Scheme
- Keep matches and lighters out of reach and sight
- Never leave children unattended near burning candles or open fires
- Explain the dangers of fire and the hurt it can cause
- Ensure your home has a working smoke alarm on every floor
- Make a fire escape plan and practise it with the whole family/household
- Undertake regular checks for the signs of firesetting behaviour
- Set good examples of fire behaviour. Children learn by exploring, experimenting and copying adult behaviour
- Remember if you do have a fire, get out, stay out and call 999

**PREVENTING PROTECTING RESPONDING**

[Firesetters - Avon Fire & Rescue Service](#)



Online  
information  
for parents and  
carers of children  
0 to 25 with special  
educational needs  
and disability (SEND)

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## Bristol's SEND Local Offer

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[www.bristol.gov.uk/localoffer](http://www.bristol.gov.uk/localoffer)

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**Find out about:**

- accessible activities and short breaks
  - health and therapeutic services
  - support available at school
  - local support groups
  - EHC plans
- and more...



[bristollocaloffer@bristol.gov.uk](mailto:bristollocaloffer@bristol.gov.uk)

# Service and Support for Young People

A better world is possible, we the curious

# A BETTER WORLD IS POSSIBLE

Are you a young campaigner/  
activist/ artist / writer / performer?

DO YOU WANT YOUR VOICE TO BE HEARD?

We are looking for 10 young people to  
join us in making a short film,  
premiering @ we the curious.

WHAT DOES A BETTER WORLD LOOK LIKE?

WHAT KIND OF SOLUTIONS DO WE NEED?

HOW DO YOUNG PEOPLE TAKE THE LEAD?

Details:

WHO: 13-19 year olds in bristol

WHEN: 16th-18th feb, 11-12pm

**Register your interest:**

[www.creativeyouthnetwork.org.uk/a-better-world-is-possible](http://www.creativeyouthnetwork.org.uk/a-better-world-is-possible)



[creative.dept@creativeyouthnetwork.org.uk](mailto:creative.dept@creativeyouthnetwork.org.uk)

0117 947 7948



**RISE** YOUTH DANCE

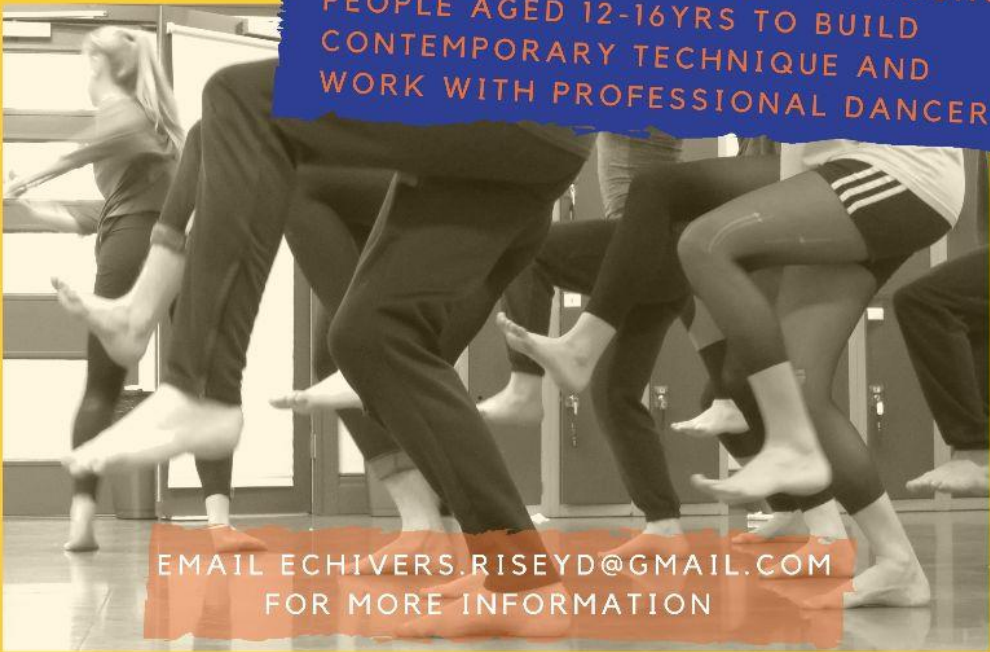
**HORISON**

**HORISON SOUTH**  
MONDAY'S 3:45-5:15PM

**HORISON NORTH**  
THURSDAY'S 5:00-6:30PM

Horison will be online via zoom when restrictions are in place

WEEKLY DANCE CLASSES FOR YOUNG PEOPLE AGED 12-16YRS TO BUILD CONTEMPORARY TECHNIQUE AND WORK WITH PROFESSIONAL DANCERS



EMAIL [ECHIVERS.RISEYD@GMAIL.COM](mailto:ECHIVERS.RISEYD@GMAIL.COM)  
FOR MORE INFORMATION

## OUR OFFER...

At OTR, we have loads of projects available which each cater for different age ranges. Here you can see everything we currently have on offer, with the ages that each project is for in the top left hand corner. You can find out more about these by going to our website ([otrbristol.org.uk/what-we-do](http://otrbristol.org.uk/what-we-do)) or by having a chat with us!



## FREQUENTLY ASKED QUESTIONS!

### WHAT IS YOUR WAIT FOR 1:1 THERAPIES?

Our current wait is around 2-5 months, and therapy sessions will be carried out over video call. Some days and times are more popular than others so the more availability you have, the more likely we'll be able to find you a slot sooner.

### GROUPS MAKE ME NERVOUS. WILL I HAVE TO TALK IN FRONT OF EVERYONE?

No! There is no pressure to talk if you don't want to. You also have complete control over whether you choose to have your webcam and/or microphone turned on too. Groups often have much shorter waiting lists than 1:1, so it's worth thinking about giving one a try.

### WHAT IF I'M NOT SURE WHAT TO CHOOSE?

There is loads of information about our projects on our website, and we often post about them on our social media too. If you're not sure which route is

right for you, the Membership Team are here to help. You can give us a call on our Enquiry Line (0808 808 9120 - open Monday-Friday 2-5pm) or send us an email ([hello@otrbristol.org.uk](mailto:hello@otrbristol.org.uk)) and we'll be more than happy to chat about the different projects available and help you choose.

### HOW DO I SIGN UP?

You can sign up for 1:1 Therapies via our website: [otrbristol.org.uk/what-we-do/1to1-therapies](http://otrbristol.org.uk/what-we-do/1to1-therapies)

You can also sign up for Pro Real via our website: [otrbristol.org.uk/what-we-do/pro-real](http://otrbristol.org.uk/what-we-do/pro-real)

You can sign up for Freedom by sending them an email: [lgbtq@otrbristol.org.uk](mailto:lgbtq@otrbristol.org.uk)

And finally, you can sign up for all of our other projects via our online sign up form: [bit.ly/OTR-SignUp](http://bit.ly/OTR-SignUp)



## FREQUENTLY ASKED QUESTIONS!

### **WHAT HAPPENS AFTER I SIGN UP?**

If you've signed up for 1:1 Therapies, we'll shortly send you an email with a registration form for you to fill out. This asks you for a bit more information, such as your availability and counsellor preferences. Once this is done, we can get you put onto the waiting list and we'll next be in touch when we have a slot for you.

If you've signed up for Mind Aid, hARmed or Shameless, you will be sent an invitation to join the next available course. This may be shortly after signing up, or it may be after a little while if the current course is full or new dates haven't been announced yet.

Finally, if you've signed up for anything else the lead of the project will get in touch with you (most likely via email) to give you a little more information and help you access the group. This will then give you the opportunity to ask any further questions and express any worries or concerns that you have.

### **CAN SOMEONE SIGN UP ON MY BEHALF?**

At OTR, we want to make sure you both have a choice about the support you want to access (if any at all) and also want to make sure we have your consent to working with us. Ideally we want you to be totally in control and sign up yourself. However, we understand that sometimes we may want some help with doing this - whether that's from a parent or a professional.

We'd encourage parents and professionals to only sign a young person up if they have expressed that they want to work with us. We have very high drop-out rates and a young person is more likely to engage and benefit from our services if they have been in control of these decisions and signing up.

If you have signed up on behalf of a young person and have used your own email, we may give you a call just to double check that the young person has consented before processing your information.

## FREQUENTLY ASKED QUESTIONS!

### **WHAT ARE MY RIGHTS AT OTR?**

At OTR, you have the right to:

**Choice** - you have the right to choose which support you would like to access, whether that's with us, another organisation or the choice not to access support at all.

**Consent** - accessing our support requires your consent. If you do not wish to work with us that is completely your choice and you won't be forced.

**Confidentiality** - what you talk to us about will not be shared outside of our organisation. The only exception to is this if we believe you or someone else may be at significant risk of harm. In this case, we would most likely need to tell someone but we wouldn't do this without talking to you about this first.

**Complaints** - finally, you have the right to complain if you aren't happy with something that has happened at OTR. You can do this by phone, email or by filling

out the feedback form on our website:  
[otrbristol.org.uk/feedback](http://otrbristol.org.uk/feedback).

### **WHY DO YOU NOT OFFER 1:1 THERAPIES FOR 18-25?**

Unfortunately we are not able to offer 1:1 Therapies for those over the age of 18 due to funding limitations. If we had the capacity to see anyone and everyone then of course we absolutely would. If you are over the age of 18 and would like 1:1 Therapies, you may want to have a look at the following organisations:

Vita Minds ([vitahealthgroup.co.uk](http://vitahealthgroup.co.uk))  
Help Counselling ([help-counselling.org.uk](http://help-counselling.org.uk))  
Bristol Mind ([bristolmind.org.uk](http://bristolmind.org.uk))  
Womankind ([womankindbristol.org.uk](http://womankindbristol.org.uk))  
Network Counselling ([network.org.uk](http://network.org.uk))

We do also have our Pro-Real offer which is open up to the age of 25. You can read more about this here: [otrbristol.org.uk/what-we-do/pro-real](http://otrbristol.org.uk/what-we-do/pro-real)

[What we do - OTR \(otrbristol.org.uk\)](http://otrbristol.org.uk)



**OTR Bristol (Off The Record Bristol) is a mental health social movement by and for young people in Bristol and South Gloucestershire.**

OTR provides mental health and wellbeing information and support, ranging from 1:1 therapy, to group work, to sessions exploring body image, gender identity and sexuality, race and culture, self-harm, and much more.

All OTR sessions continue to run online and young people can make their own choice to sign-up to whichever session they like at [www.otrbristol.org.uk](https://www.otrbristol.org.uk).

New sessions at OTR starting in the coming weeks include:

### **OTR Writes**

[Starts Tuesday 23rd February]

Sign-up: <https://www.otrbristol.org.uk/what-we-do/otr-writes/>

OTR Writes is a five-week course offering a space for young people aged 14-25 to creatively explore spoken word and poetry as a form of expression. Our next session will be run by Muneera Pilgrim and special guests, with a poetry showcase open mic event at the end.

There are 5 sessions in total with a maximum of 10 people in the group. You are welcome to come along with a cup of tea and a pad of paper to learn new poetry techniques, and have a general check in.

The final week will be our showcasing week where anyone who would like to, is welcome to share their writing and poetry to an invited audience. This will be worked out with the group, once the sessions have started.

### **OTR Sounds**

[Starts late March]

Sign-up: <https://www.otrbristol.org.uk/what-we-do/otr-sounds/>

OTR Sounds is a six-week course offering a space for young people aged 16-25 to come together through collaborative playlist creation, and discuss the stories that inspire our choices.

### **Peer Mentoring**

[ongoing]

Sign-up: <https://www.otrbristol.org.uk/what-we-do/mentoring/>

Peer Mentoring focuses on tackling feelings of isolation and loneliness, through skill-sharing with other peers.

We are offering a short term, open-ended programme for young people aged 14-22 who are currently feeling isolated and lonely at this difficult time. The aim is to increase connection through skill-sharing, learning together and developing new interests and skills.

Each young person will be matched to a suitable mentor, with sessions taking place on Zoom on a weekly basis for 30-45 minutes.

**Follow OTR online @otrbristol**



M32 Youth Groups @ BDP Spring 2021

***The groups are meeting in person in a larger venue.***

**The groups are an opportunity for young people aged 5-16, who have parents with problems with alcohol or other drugs, to have respite from the family situation, a time for fun and exploring new activities as well as building confidence and resilience.**

**The groups are open to children and young people from across the city and free transport is provided to pick them up and take them home.**

**The groups are held on Mondays after school from 4.45 to 6.45 pm. They meet twice a month for the 5-10 year olds and monthly for those aged 11-16. There is always a chance to have food together, followed by opportunities for arts and crafts, physical activities and learning new skills. There is always someone to talk to if a young person also wants some time out.**

***Please contact us if you want more information, or to refer a young person ,on  
0117 987 6009.***



**Join a free, half-day event for young people in Bristol who want to know more about how the pandemic has impacted their communities**

<https://www.eventbrite.co.uk/e/are-you-ok-workshop-wellbeing-for-young-people-and-our-community-tickets-132238261199>

This workshop will be led by the KBSP Shadow Board- a group of young people who help to shape safeguarding across Bristol (how to keep children safe).

FREE, half day online workshop on **Wednesday 17th February, 10am- 2.30pm**

- Three guest speakers from the University of Bath, talking about mental health
- Four presentations and discussions led by young people's participation groups
- A presentation from Public Health about data in Bristol

### **Are you OK?**

The Are you OK? campaign was launched to give support and advice to people during the pandemic and beyond. It has advice on how to check if your friends, family and neighbours are ok, and the signs to look out for. It also has links to support services throughout Bristol that can help.

### **Our speakers**

Guest speakers from the University of Bath:

- Dr Maria Loades will be talking about loneliness and low mood in children
- Dr Jo Daniels will be talking about adult mental health
- Dr Kate Copper will be talking about anxiety and COVID related anxiety in children

Presentations and discussions facilitated by local young people from:

- Unity- Bristol's young peoples BAME group
- Freedom LGBTQ+ - Off The Record's gender and social action project
- Listening Partnership- Forum group for young disabled people or people with learning difficulties
- Shadow Board- Bristol's young peoples safeguarding group

### **For more information**

If you have a query, email us at; [kbsp@bristol.gov.uk](mailto:kbsp@bristol.gov.uk)

More information about the Keeping Bristol Safe Partnership and the Are You OK? campaign can be found online- [www.bristolsafeguarding.org](http://www.bristolsafeguarding.org)

**If anyone is in need of urgent immediate support, please contact the police on 999.**

**If you are concerned about the wellbeing of a child or young person, please contact First Response on 0117 903 6444**



Your sexual health is essential and we remain open during lockdown. Please call us to discuss how we can help you. 0117 929 0090



Be Informed.  
Be Safe.  
Be In Control.

Provided by:

  
University Hospitals Bristol  
NHS Foundation Trust

**Brook**  
3<sup>rd</sup> Floor,  
The Station,  
Silver Street,  
Bristol  
BS1 2AG

#### Opening times

Monday	12-7pm
Tuesday	12-7pm
Wednesday	12-7pm
Thursday	12-7pm
Friday	12-5pm
Saturday	12-5pm
Sunday	closed

**PLEASE CALL 0117 929 0090 FOR ALL SERVICES.**

You will be offered an initial confidential telephone consultation followed by a in-person appointment if needed.


#### OUR FREE AND CONFIDENTIAL SERVICES

- Advice and information about all aspects of sexual health
- Contraception including condoms and long-acting contraception
- Emergency contraception
- Pregnancy tests
- STI tests
- Counselling and 1:1 support

[brook.org.uk](https://brook.org.uk)







Online  
information  
for young people  
14 to 25 with special  
educational needs  
and disability (SEND)

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## Bristol's SEND Local Offer

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[www.bristol.gov.uk/localoffer](http://www.bristol.gov.uk/localoffer)

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**Find out about:**

- education and training options
- accessible activities
- local youth groups
- where to live
- getting a job

and more...



[bristollocaloffer@bristol.gov.uk](mailto:bristollocaloffer@bristol.gov.uk)

# Parenting Services and Information

## Bristol based Parenting Menu

### Online City-wide Courses Term wide Courses Term 3 2020-21

#### **Co-ordinated by the Families in Focus Parenting Team (FIFPT)**

All courses are free, term time only unless stated and available to Bristol Parent/Carers  
For further information visit our [Parenting courses page](#)

#### **Online Course: Timid to Tiger: parents of children with anxiety aged 3 to 11years**

Start date: 4<sup>th</sup> February 2021. Length of course: 10 weeks. Day of course: Thursday.  
Time of course: 10am to 12.15pm. Course provider: Families in Focus, Parenting Team.  
Course platform: Zoom programme. Course enquiries: Vicky Collis: 07464 983 531 or Rowan Stewart: 07552 289598  
Email: [vicky.collis@bristol.gov.uk](mailto:vicky.collis@bristol.gov.uk) or [rowan.stewart@bristol.gov.uk](mailto:rowan.stewart@bristol.gov.uk)

#### **Online Course: Parents Plus Adolescents Programme: parents of children and teens aged 10 to 17years**

Start date: 11<sup>th</sup> February 2021. Length of course: 10 weeks. Day of course: Thursday.  
Time of course: 10am to 12.30pm. Course provider: Families in Focus Parenting Team.  
Course platform: Zoom programme. Course enquiries: Deborah Davis: 07880 179 204 or Natasha Kirby: 07464 510 313  
Email: [deborah.davis@bristol.gov.uk](mailto:deborah.davis@bristol.gov.uk) or [natasha.kirby@bristol.gov.uk](mailto:natasha.kirby@bristol.gov.uk)

**Check your Children's Centre to see what further on-line and face to face parenting support is being provided.** This web tool will help you locate your nearest Centre:  
<https://www.bristol.gov.uk/schools-learning-early-years/childrens-centre>

If you are concerned about the well-being of a child please contact the **First Response Team: 0117 903 6444** or when offices are closed the **Emergency Duty Team: 01454 615 165**. <https://www.bristol.gov.uk/social-care-health/reporting-concerns-about-a-child-first-response>

## **Autism Family Courses**

**NAS EarlyBird Programme:** 3 month course for Parents and Carers of children with a diagnosis of autism under 5 years

**Barnardo's Cygnet Course:** 7 sessions for Parents and Carers of children with a diagnosis of Autism aged 5-8 years

**The Teenage Life Autism Course:** Parent information and Advice Course for Parents of Children ages 8-18 years

#### **For more details on any of the Autism Family Courses**

**Web:** <https://www.bristol.gov.uk/web/bristol-local-offer/support-for-parents-of-children-with-autism>

**Contact:** Menai Gore, Business Support Officer at the Family Learning and Family Support Hub **Tel:** 07827 896 700 **Email:** [autismfamilycourses@bristol.gov.uk](mailto:autismfamilycourses@bristol.gov.uk)

## Other Online Parenting Courses, Advice and Telephone Coaching

### Family Lives

Emotional support, information, advice and guidance on any aspect of parenting and family life:

**Helpline:** 0808 800 2222 (Monday to Friday: 9am to 9pm & Weekends 10am to 3pm)

**E-mail:** [askus@familylives.org.uk](mailto:askus@familylives.org.uk)

**Web:** Parenting Tips, Advice and Support: [Parenting and Family Support - Family Lives \(Parentline Plus\)](#)

**Web:** Online course for parents of children aged under 5y:

<http://www.familylives.org.uk/how-we-can-help/online-parenting-courses>

### Netmums

Online parenting course based on the Nurturing Programme:

**Web:** [Netmums Parenting Course: What It Is And Where To Sign Up - Netmums](#)

### NSPCC

**Helpline:** 0808 800 5000

**Email:** [help@nspcc.org.uk](mailto:help@nspcc.org.uk)

**Web:** Parenting Tips, Advice and Support: [Support for parents | NSPCC](#)

**Web:** Positive Parenting Guide (PDF): [Positive parenting \(nspcc.org.uk\)](#)

### Wellspring Settlement

1:1 Telephone coaching and 5-week online parenting course based on Strengthening Families Strengthening Communities

**Contact:** Sally Williams

**Tel:** 0117 9556971

**Email** [sallyw@bartonhillsettlement.org.uk](mailto:sallyw@bartonhillsettlement.org.uk)

**Web:** [SPAN - Parent Support Team - Barton Hill Settlement](#)

### Young Minds

Information and support on-line for parents concerned about their child's mental health:

**Helpline:** 0808 802 5544 (Monday to Friday: 9.30am to 4pm)

**Web:** <https://youngminds.org.uk/find-help/for-parents/>

## FAMILIES IN FOCUS PARENTING TEAMS (FIFPT)

<p><b>South Families In Focus Team:</b></p> <p><b>Office:</b>  The Park, Daventry Rd,  Knowle, BS4 1DQ  Tel: 0117 903 7770  Email:  <a href="mailto:familiesinfocussouth@bristol.gov.uk">familiesinfocussouth@bristol.gov.uk</a></p> <p><b>Parenting Supervisor:</b>  <b>Saf Cooper</b>  Tel: 07760 990 850  Email:  <a href="mailto:saf.cooper@bristol.gov.uk">saf.cooper@bristol.gov.uk</a></p> <p><b>Parenting Specialists</b>  <b>Rowan Stewart</b>  Tel: 07552 289 598  Email:<a href="mailto:rowan.stewart@bristol.gov.uk">rowan.stewart@bristol.gov.uk</a>  <b>Vicky Mundy</b>  Tel: 07464 989 849  Email:<a href="mailto:victoria.mundy@bristol.gov.uk">victoria.mundy@bristol.gov.uk</a>  <b>Vicky Collis</b>  Tel: 07464 983 531  Email:  <a href="mailto:Vicky.collis@bristol.gov.uk">Vicky.collis@bristol.gov.uk</a>  <b>Pauline Sparkes</b>  Tel: 07464 907 637  Email:<a href="mailto:Pauline.sparkes@bristol.gov.uk">Pauline.sparkes@bristol.gov.uk</a></p>	<p><b>North Families In Focus Team</b></p> <p><b>Office:</b>  Ridingleaze, PO Box 3176,  Bristol. BS3 9FS  Tel: 0117 352 1499  Email:  <a href="mailto:familiesinfocusnorth@bristol.gov.uk">familiesinfocusnorth@bristol.gov.uk</a></p> <p><b>Parenting Supervisor</b>  <b>Deborah Davis</b>  Tel: 07880 179 204  Email:  <a href="mailto:deborah.davis@bristol.gov.uk">deborah.davis@bristol.gov.uk</a></p> <p><b>Parenting Specialists</b>  <b>Gail Hunter</b>  Tel: 07584 202 855  Email:  <a href="mailto:gail.hunter@bristol.gov.uk">gail.hunter@bristol.gov.uk</a>  <b>Jude Elias</b>  Tel: 07919 397 634  Email:  <a href="mailto:Judith.elias@bristol.gov.uk">Judith.elias@bristol.gov.uk</a>  <b>Natasha Kirby</b>  Tel. 07464 510 313  Email:  <a href="mailto:natasha.kirby@bristol.gov.uk">natasha.kirby@bristol.gov.uk</a></p>	<p><b>East Central Families In Focus Team</b></p> <p><b>Office:</b>  Bristol Education Centre,  Sheridan Road, Horfield,  Bristol. BS7 0PU  Tel: 0117 357 6460  Email:  <a href="mailto:familiesinfocuseastcentral@bristol.gov.uk">familiesinfocuseastcentral@bristol.gov.uk</a></p> <p><b>Parenting Supervisor</b>  <b>Denise Quilty</b>  Tel: 07881 267 126  Email:  <a href="mailto:Denise.quilty@bristol.gov.uk">Denise.quilty@bristol.gov.uk</a></p> <p><b>Parenting Specialists</b>  <b>Karen Legge</b>  Tel: 07384 243 765  Email:  <a href="mailto:karen.legge@bristol.gov.uk">karen.legge@bristol.gov.uk</a>  <b>Chris Hardy</b>  Tel: 07552 289 599  Email:  <a href="mailto:chris.hardy@bristol.gov.uk">chris.hardy@bristol.gov.uk</a>  <b>Lucy Dixon</b>  Tel: 07827 305 457  Email:  <a href="mailto:lucy.dixon@bristol.gov.uk">lucy.dixon@bristol.gov.uk</a>  <b>Kauser Perveen</b>  Tel: 07464 983 529  Email:  <a href="mailto:kauser.perveen@bristol.gov.uk">kauser.perveen@bristol.gov.uk</a></p>
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## Bristol Children's Centres

Dear Families,

During the third national lockdown Bristol Children's Centres are following the Government Covid guidelines. However, we are still here to support families across Bristol and provide essential services such as food clubs. We really understand how difficult parenting can be in these challenging times, so have a wide range of free groups and courses you can access on zoom. Our phone lines are available at different times during the week, where you can always access further 1:1 confidential advice or support. You can also visit our websites or follow us on our Facebook pages for ideas of fun activities to keep your family busy until we can meet again.

**Bristol has four Children's Centre Hubs** – the below information gives you the Hub Website, Hub Facebook page and main phone contact details.

<p><b>East Bristol Children's Centre</b> (Covers Fishponds, Oldbury Court, Frome Vale, Hillfields, Eastville, Speedwell, St George, Broomhill &amp; St Annes)</p> <p>Website – <a href="http://www.eastbristolchildrenscentre.co.uk">www.eastbristolchildrenscentre.co.uk</a></p> <p>Facebook – <a href="https://www.facebook.com/eastbristolchildrenscentres">@eastbristolchildrenscentres</a></p> <p>Phone Number – 0117 3532899</p> <p>Email - <a href="mailto:eastbristol.childrenscentres@bristol-schools.uk">eastbristol.childrenscentres@bristol-schools.uk</a></p>	<p><b>North Bristol Children's Centre</b> (Covers Filton Avenue, Upper Horfield Lockleaze, Southmead, Brentry &amp; Henbury, Sea Mills, Long Cross &amp; Avonmouth)</p> <p>Website – <a href="http://www.northbristolcc.org.uk">www.northbristolcc.org.uk</a></p> <p>Facebook – <a href="https://www.facebook.com/northbristolcc">facebook.com/northbristolcc</a></p> <p>Phone Number – 0117 2772685</p> <p>Email- <a href="mailto:nbcc@bristol-schools.uk">nbcc@bristol-schools.uk</a></p>
<p><b>Central Bristol Children's Centre</b> (Covers St Pauls, Barton Hill, City Centre, Hotwells, Redcliffe, Whitehall, St. Judes, Easton, Lawrence Hill)</p> <p>Website – <a href="http://www.centralbristolcc.co.uk/">www.centralbristolcc.co.uk/</a></p> <p>Facebook – Central Bristol Children's centre</p> <p>Phone Number – 0117 9030337</p> <p>Email – <a href="mailto:stpaulsncc@bristol-schools.uk">stpaulsncc@bristol-schools.uk</a></p>	<p><b>South Bristol Children's Centre</b> (Covers Bedminster, Withywood, Hartcliffe, Whitchurch, Stockwood, Knowle, part of Redcliffe, Totterdown)</p> <p>Website – <a href="http://www.southbristolcc.org.uk/">http://www.southbristolcc.org.uk/</a></p> <p>Facebook – <a href="https://www.facebook.com/SouthBristolChildrenCentreHub/">https://www.facebook.com/SouthBristolChildrenCentreHub/</a></p> <p>Phone Number – 07795952621</p> <p>Email - <a href="mailto:sbcc@bristol-schools.uk">sbcc@bristol-schools.uk</a></p>



## East Bristol Children's Centres

In line with the latest lockdown, we have reviewed our services and have had to temporarily close for group work, however we are still very much available for you and your families. Our Family Support team are working in our four centres offering 1:1 family support, online group work and over the phone support for you and your families. Please see our [TIMETABLE](#) for full details. You can still **REFER** families, please find our referral form [here](#).

### New Parents Group

Following a lot of research findings, partner and service user feedback we have seen an increase in the need for groups for new parents, especially with the Covid-19 pandemic. New parents are struggling with isolation, not having peer/family support and new life with a baby. With this in mind we are starting **3 new virtual groups** to support new parents. We hope to move these to face to face as soon as possible following government guidance. Please see the [timetable](#) for booking.

### Ante Natal

An opportunity for expectant parents to come and meet peers. We will look at preparation for the arrival of the new baby, nurturing themselves, development in the womb and the five to thrive approach. 6 week programme starts 1<sup>st</sup> March [ella.vickery@bristol-schools.uk](mailto:ella.vickery@bristol-schools.uk)

### Nurturing Programme

Children are rewarding, stimulating and fun, but looking after them can be stressful and challenging. The Nurturing Programme helps deal with those challenges so that parents can have a calmer, happier life. A tried and tested programme, helps us think about what we do, why we do it and how it makes us feel. An 8 week programme starting 4<sup>th</sup> March. [katie.parker@bristol-schools.uk](mailto:katie.parker@bristol-schools.uk)

### Adult Learning

We've partnered with Community Learning to offer a wide range of courses for both adults and their children. Some of the courses available in January include: English and Maths Functional Skills, Bringing Books and Stories to Life, and Maths Family Fun, as well as daily online ESOL classes. Have a look at their [website](#) for their current and upcoming courses. There are eligibility requirements for all courses.

### Partner Email

Each month we send an update of the support and services that we are offering that may be of interest in supporting your families. If you would like to join this email, please email Amy [amy.goodwin@bristol-schools.uk](mailto:amy.goodwin@bristol-schools.uk).

**Broomhill** 0117 353 4277 / **Oldbury Court** 0117 353 2896

**Speedwell** 0117 903 0206 / **St Anne's Park** 0117 377 349

## Timetable, EBCC



## East Bristol Children's Centres Timetable



Access activities, advice and support from the safety of your own home via Zoom groups, phone, Facebook posts and our website

Location	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Virtual</b> Please contact us for more information or to book on our virtual groups.	<b>Parent Circle</b> 10am <i>(Naomi 07841 755199)</i>  <b>Rockabye</b> 10—11am <i>(Richa 07880 465063)</i>  <b>New Parent Group</b> 11—12pm <i>(Zoe 07880 465061)</i>  <b>Ante Natal</b> 10.30-11.30 am <i>(0117 377 3189)</i>	<b>Circle of Security</b> 10—11.30am <i>(Michelle 07500 784380)</i>  <b>New Parent Group</b> 1.30—2.30pm <i>(Laura 07880 465059)</i>	<b>SEND Nurture Group</b> 10am <i>(Poppy 07792 189909)</i>  <b>How Babies Learn to Communicate</b> 10—11am <i>(Richa 07880 465063 or Claire 07748 106410)</i>	<b>Breastfeeding</b> Fortnightly 10—11am <i>(Jennie 07795 826400)</i>  <b>Weaning Workshop</b> Monthly 10—11am <i>(Jennie 07795 826400)</i>  <b>Music Time</b> 1.30—2pm <i>(Zoe 07880 465061)</i>  <b>The Nurturing Programme</b> 12.30pm-2pm <i>(0117 353 4276)</i>	<b>New Parent Group</b> 9.30—10.30am <i>(Katie 07342 078166)</i>
<b>Adult Learning</b> A wide range of courses through Community Learning for both you and your family. Criteria must be met. <a href="http://www.communitylearningwest.net">www.communitylearningwest.net</a>		<b>Maths Family Fun 'One is a snail, ten is a crab'</b> 10am—12pm <i>(To enroll, contact Julie on 07469 413348)</i>	<b>Functional Skills—Maths</b> 9.30am—12pm <i>(To enroll, contact Suzanne Gaffney on 07887 451776)</i>  <b>Bringing Books and Stories to Life</b> 3pm—5pm <i>(To enroll, contact Suzanne Gaffney on 07887 451776)</i>	<b>Functional Skills—English</b> 10am—12pm <i>(To enroll, contact Sarah on 0117 973 9744)</i>	
<b>Food Clubs</b> Our sites are Covid secure, please contact us for more information		<b>Food Club</b> 12.30—2.30pm St Peter's Church <i>(To join, ring 0117 3534276)</i>		<b>Food Club</b> 1—3pm Oldbury Court Children's Centre <i>(To join, ring 0117 3532899)</i>	<b>Food Club</b> 12.30—2.30pm Meadow Vale Community Centre <i>(To join, ring 0117 9030206)</i>
<b>Parent &amp; Carer Phone Line</b> Phone lines available Monday—Friday 10am—2pm	We are available to chat with you, a friendly voice to give support on any family matters, child development, finances, accessing food or concerns about how to connect.  Please contact us on the numbers below:  <b>Oldbury Court : 0117 353 2896      St Anne's Park: 0117 377 3493</b> <b>Speedwell: 0117 903 0206      Broomhill: 0117 353 4277</b>				

**SEE NEXT PAGE FOR MORE INFORMATION ON EACH COURSE AND HOW TO CONTACT US.**



## East Bristol Children's Centres Timetable



### Group Information

<p><b>New Parent Group</b></p> <p>A six week programme for new parents and their babies.</p> <p>A friendly environment with topics such as home safety, baby massage, baby play, oral health and feeding your baby, baby yoga and care for the family.</p>	<p><b>Circle of Security</b></p> <p>A parent-reflection programme aimed at families with children 2 months – 6years.</p> <p>This course offers relationship tools to provide a new way of understanding children's needs with an aim to create lasting security of children and more satisfaction in parenting.</p>	<p><b>Food Club</b></p> <p>Weekly food club to reduce food waste.</p> <p>£1 joining fee, £3.50 per food box</p> <p>Each box offers a range of veg, meat and cupboard essentials worth £10-£15.</p> <p>Get in touch to find out more and sign up. Broomhill - 0117 353 4276 Oldbury Court - 0117 353 2899 Speedwell - 0117 903 0206</p>
<p><b>Rockabye</b></p> <p>A chance for Mums or Dads to meet other parents and talk about what it is really like being a parent. Learn about your baby's non-verbal communication and how to understand them.</p>	<p><b>Breastfeeding Support</b></p> <p>Meet new people and discuss your breastfeeding experiences - both the positives and the struggles.</p> <p>Our trained practitioners are here to help and can signpost you for further help if needed.</p>	<p><b>Weaning Workshop</b></p> <p>Introducing your baby to solid foods can be a very exciting time but you'll also probably have lots of questions. So if you have a baby/babies who are almost 6 month old or if you have already started introducing family foods and would like to discuss weaning further- join Jennie for this 1 hour weaning workshop.</p>
<p><b>Parents Circle</b></p> <p>Did you have a baby in lockdown? Are you feeling lonely or disconnected?</p> <p>This is a space to connect with others, share how it is for you, explore the mix of feelings and release stress.</p>	<p><b>SEND Nurture Group</b></p> <p>The SEND Nurture Group is for parents who have a child who has additional needs or a disability, with or without a diagnosis. It's a place to share how this experience feels for you, to navigate the big emotions, meet parents in a similar position and to feel supported and nurtured.</p>	<p><b>Adult Learning</b></p> <p>Access a wide range of course through Community Learning for both you and your children. Some of the courses available include English and Maths Functional Skills, Bringing Books and Stories to Life and Maths Family Fun as well as the daily online ESOL classes. Do have a look at their website for their current and upcoming courses. Criteria must be met. <a href="https://communitylearningwest.net/">https://communitylearningwest.net/</a></p>
<p><b>Domestic Abuse</b></p> <p>We are here to help support victims of domestic violence and abuse. If you feel unsafe and would like to speak to a member of family support please contact us for more information on 0117 377 3189. If you are in immediate danger call 999 or you can access support from Next Link on 0117 925 0680.</p>	<p><b>Safeguarding is everyone's responsibility</b></p> <p>Are you worried about a child or young person? Do you or your child need some help? Call First Response on 0117 903 6444 (Out of hours emergency Duty Team 01454 615165).</p>	<p><b>Tips, Advice and Play Ideas</b></p> <p>Follow our Facebook page, sign up to our weekly email or follow our blog for tips and advice on family life.</p> <p> eastbristolchildrenscentres</p> <p> <a href="http://www.eastbristolchildrenscentre.co.uk/email-sign-up">www.eastbristolchildrenscentre.co.uk/email-sign-up</a></p> <p> <a href="http://www.eastbristolchildrenscentre.co.uk/blog">www.eastbristolchildrenscentre.co.uk/blog</a></p>

**For more information, please call your nearest children's centre, email or send us a message on Facebook:**

**Email:** [eastbristol.childrenscentres@bristol-schools.uk](mailto:eastbristol.childrenscentres@bristol-schools.uk)

**Facebook** @eastbristolchildrenscentres

**Website:** [www.eastbristolchildrenscentre.co.uk](http://www.eastbristolchildrenscentre.co.uk)

**Oldbury Court** 0117 353 2899   **Speedwell** 0117 903 0206   **Broomhill** 0117 3534276   **St Anne's Park** 0117 377 8189





OPEN TO ALL  
EXPECTANT  
PARENTS

ONLINE  
COURSE

## ANTE NATAL: SUPPORTING YOUR JOURNEY

An opportunity to come and meet other expectant parents. We will look at preparation for the arrival of your new baby, nurturing ourselves, development in the womb and the five to thrive approach.

**Starts Monday 1st March, 10.30-11.30 for 6 weeks**  
A welcome pack will be emailed in advance

### To Book / More Information

Call 0117 377 3189  
eastbristol.childrenscentres@bristol-schools.uk



facebook eastbristolchildrenscentres email eastbristol.childrenscentres@bristol-schools.uk  
www.eastbristolchildrenscentre.co.uk  
Sign up to our newsletter: www.eastbristolchildrenscentre.co.uk/email-sign-up



## NEW PARENT GROUP

Meet new parents to share thoughts and experiences of parenthood. We will cover topics for baby such as play, development, massage, feeding, oral health and care for the whole family.

### 3 NEW COURSES AVAILABLE

Monday 11am - 12pm for 6 weeks

or

Tuesday 1.30pm - 2.30pm for 6 weeks

or

Friday 9.30am - 10.30am for 6 weeks

### To Book / More Information

Call 0117 353 2899 / 0117 377 3189 / 0117 353 4276 / 0117 903 0206  
eastbristol.childrenscentres@bristol-schools.uk



facebook eastbristolchildrenscentres email eastbristol.childrenscentres@bristol-schools.uk  
www.eastbristolchildrenscentre.co.uk  
Sign up to our newsletter: www.eastbristolchildrenscentre.co.uk/email-sign-up



## Communicating with your child



Birth -  
2yrs

### How baby's learn to communicate

24th February  
10 - 11am

Join us for this session where we will be exploring communication from birth and sharing different advice and tips to support your babies speech and language.

For more information or to  
book call or text  
Claire 07748 106410  
Richa 07880 465063  
or email or Facebook (below)



2 - 4  
yrs

### How toddlers learn to talk

2nd March  
10 - 11am

Find out more about how your toddler learns to talk. Join us as we look into advice and tips to support your toddler with their speech and language development.

For more information or to  
book call or text  
Zoe 07880 465061  
Rachel 07342 078124  
or email or Facebook (below)



Keep in touch

facebook eastbristolchildrenscentres email eastbristol.childrenscentres@bristol-schools.uk  
www.eastbristolchildrenscentre.co.uk  
Sign up to our newsletter: www.eastbristolchildrenscentre.co.uk/email-sign-up



WITH ZOE & CLAIRE

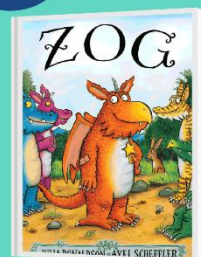
### STORIES, SONGS & RHYMES

An interactive session  
for all ages, promoting  
communication and  
social interactions.

THIS  
WEEK'S  
STORY:

Every  
Thursday  
1.30pm- 2pm

Get in touch with  
Zoe 07880 465 061 or  
Claire 07748 106 410 or  
message Facebook or Email  
(see below) to get the  
weekly Zoom Link



Keep in touch

facebook eastbristolchildrenscentres email eastbristol.childrenscentres@bristol-schools.uk  
www.eastbristolchildrenscentre.co.uk  
Sign up to our newsletter: www.eastbristolchildrenscentre.co.uk/email-sign-up





North Bristol Children's Centres (NBCC) remain open to support all families with young children under five years of age. Our current service offer of course looks different, but we are discovering new and creative ways of working.

We are still accepting referrals for 1:1 work, usually seeing parents in the Centres or outside, and our spaces are regularly being used to facilitate family time. Due to the current situation we have moved our universal and targeted support groups on line. Please visit our website

[www.northbristolcc.org.uk](http://www.northbristolcc.org.uk) to view our current timetable of events















In addition, the team has access to a wide range of food and activity bags suitable for early years and primary age children. So please contact us if you have families you are working with who you feel would benefit from receiving a parcel.

To speak to someone please ring one of the numbers below:

Long Cross Children's Centre 0117 9030740

Southmead Children's Centre 0117 3772344

Filton Avenue Children's Centre 0117 3772685

				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Sensory Baby</b> <b>Via Zoom</b> <b>10:30AM – 11:00AM</b> Join Bret & Laura for songs & activities to enjoy with your babies. Please contact us at nbcc@bristol-schools.uk 	<b>Baby Group</b> <b>Via Zoom</b> <b>11:00AM – 11:30AM</b> Join Kath & Freya for songs & fun with your babies. Dates to be confirmed. For details, please contact us at nbcc@bristol-schools.uk 	<b>Stay &amp; Play</b> <b>10AM</b> Activity ideas and stories aimed at 0-5 year olds. 	<b>Stay &amp; Play</b> <b>Via Zoom</b> <b>10:00AM – 10:30AM</b> Join us from the comfort of your home! Sara and Jess bring fun, songs & activities aimed at 0-5 year olds. For details, please contact us at nbcc@bristol-schools.uk 	<b>Baby Group</b> <b>Via Zoom</b> <b>10:00AM – 10:30AM</b> Join Kath & Louise for fun with your babies. Dates to be confirmed. For details, please contact us at nbcc@bristol-schools.uk 
<b>Early Birds Group</b> <b>Via Zoom</b> <b>1:30PM – 2:30PM</b> A group for families with babies born prematurely or who have spent time in special care after birth. Please call Filton Avenue 0117 3772685 for more information. 	<b>Breastfeeding Support</b> Weekly information, videos and Facebook groups for advice and support with breastfeeding. 	<div> <b>Key</b>  <b>Zoom Group</b>    <b>Facebook Post</b>   </div>		<b>Health Matters</b> Ideas, links and videos for adults and children about how to stay mentally and physically well. 
			<a href="http://www.northbristolcc.org.uk">www.northbristolcc.org.uk</a>  	

# Central Bristol Children's Centres - Timetable January - March 2021

Keep up to date with activities, advice and sign posting on our facebook page - Central Bristol Children's Centres



## Virtual family activities

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Stay and Play</b> with Yvonne and Charlotte. 10 - 10.45 am on Zoom Call Charlotte on 07917517651 to book	<b>Ante natal Rockabye</b> 10 -11 on Zoom Fully booked but Call Debbie on 07557202050 to register for future programmes	<b>Food Club</b> <b>Face to Face</b> See details on page 2	<b>Early Parenting</b> 10 - 11am on Zoom Contact Anne on 07887451770 to book	
<b>Coffee and Catch up</b> 1 - 2 on Zoom Call Jenny on 07467335725 to book a space	<b>Living Room Project - Creative Shift</b> 10.30 - 12.30 on Zoom Call Jenny on 07467335725 to register in future creative wellbeing activities			
	<b>Nurture Programme</b> 9.30 - 11.30am on Zoom Fully booked but call Karolina on 07880465778 to register in future parenting groups			
	<b>Circle of Security</b> 10 - 11am on Zoom Fully booked but taking referrals for rolling programme . Call Cath on 07880465718			
	<b>Baby Group</b> 1 - 1.45pm on Zoom Contact Kate on 07917615369 to book			

Central Bristol Children's Centre also offer services from Wellspring Settlement (formerly Barton Hill Settlement), please check their Facebook page for information.

Central Bristol Children Centres 0117 903 0337  
 Facebook @CentralBristolCC



## SBCC Groups and Services – February 2021

ALL OUR GROUPS ARE FREE TO BRISTOL FAMILIES

Start date	Group name & brief Description/target group	How to apply
<b>Wednesday's</b> Starting 13 <sup>th</sup> January  9:30-10:00 am  Via Zoom every week.	<b>Zoom Sing and Sign</b> Live from Knowle Children's Centre weekly with Gemma, Duane and Bill the Music Man. Come and join the fun! Half an hour of music, rhymes and action songs. A great way to start your day with a smile!	Please text or call Tracey from Knowle on  07920 416161  To Book
<b>Tuesday's</b> 1.00 -2.00 pm starting 9 <sup>th</sup> of February with Aimi for 5 Weeks. 1-3yrs Via Zoom	<b>Five to Thrive, Toddlers</b> 5 to Thrive Toddlers will be a weekly group for parents and children that will look into the 5 building blocks for healthy brain development and attachment. Each week we will look into a different block; respond, cuddle, relax, play and talk. The sessions will include a range of information, group discussions and activities for families.	Please text or call Kim from Hartcliffe on 07795 952633 To Book
<b>Thursdays</b> 1:00-2:00pm Starting 18 <sup>th</sup> February with Kelly for 5 Weeks. Via Zoom	<b>Thriving Thursday's</b> A weekly wellbeing group based on the '5 Ways to wellbeing'. This group will provide steps, activities, and information for mental wellbeing. Learn mindfulness techniques and activities to help you reflect and relax.	Please text or call Kim from Hartcliffe on 07795952633 To Book
  Daily virtual groups Monday – Friday  	 <b>Virtual Breastfeeding Support</b>  We welcome expectant and breastmilk feeding families in our groups where we can offer information and support on all topics relating to breastfeeding. These Include: Starting breastfeeding, expressing, overcoming challenges, introducing solids, returning to work and breastfeeding, introducing a bottle, mixed feeding, and stopping breastfeeding.	 'Bristol Breastfeeding'  'Bristol Breastfeeding Support Service'  'Bristol Breastfeeding Mummies'  Email: <a href="mailto:bristolbreastfeeding@bristol.gov.uk">bristolbreastfeeding@bristol.gov.uk</a>

<p>Starting January.</p> <p>10:00-11:00 am</p> <p>With Leanne and Monique</p> <p>Via Zoom for twelve weeks</p>	<p><b>Rockabye.</b></p> <p>One hour's group for parents with babies aged between 2-8 months feeling anxious about having a new baby.</p> <p>It is designed to increase confidence and help understand your baby's non-verbal cues.</p> <p>Enjoy quality time with your baby through being together as a virtual group and finding out about using rhymes, music and colourful engaging props.</p>	<p>Please call Leanne from Stockwood on 07795952691</p> <p>To book &amp; check availability. If you think you would benefit from this group.</p>
<p>Tuesday's</p> <p>11:00-12:00pm</p> <p>Max 12 people.</p> <p>Starting on 19<sup>th</sup> January</p> <p>With Carole, Via Zoom</p>	<p><b>Babes and Mums playing</b></p> <p>Each week we will be introducing you to ideas to boost your baby's development with items found at home, sensory play ideas, songs and question time for Mums.</p>	<p>Please contact Anna from Bedminster on either 0117 3746362 or <a href="mailto:anna.mcvey@bristol-schools.uk">anna.mcvey@bristol-schools.uk</a></p>
<p>Tuesday's</p> <p>9:30 - 10:15am</p> <p>For Babies 0-18mths, Roughly.</p> <p>With Joan, Via Zoom</p>	<p><b>Baby Singing time.</b></p> <p>Come along and have some fun singing and dancing with your little ones! Learn lots of new songs and ways to play with your baby with other new parents.</p>	<p>Please contact Joan from Bishopsworth, on 07881034544 for more information and to book.</p>
<p>Thursday's</p> <p>10:30-11:15am</p> <p>With Joan, Via Zoom</p>	<p><b>Singing and Story time.</b></p> <p>A chance for children to hear a well known story each week and to learn and practice new songs. Families can also find out some simple activities they can do together on the weekend that are linked to the story.</p>	<p>Please contact Joan from Bishopsworth, on 07881034544 for more information and to book.</p>



<p><b>Wednesday's</b> Starting 13<sup>th</sup> January</p> <p>1:30-2:30 pm for Seven Weeks</p> <p>With Carole, Via Zoom</p>	<p><b>New Parent Talk Group</b> One hour Zoom sessions for parents with babies under four months old. The course will help you to socialise on line with other new parents and develop an understanding of FIVE TO THRIVE.</p> <ul style="list-style-type: none"> <li>• Early brain development</li> <li>• Sleep patterns</li> <li>• Baby massage</li> <li>• Creating a wellbeing plan for you</li> <li>• Creating play resources for your baby</li> <li>• Speech and language session</li> <li>• Baby wellbeing session</li> <li>• Weaning</li> </ul>	<p>Please contact Anna from Bedminster on either 0117 3746362 or <a href="mailto:anna.mcvey@bristol-schools.uk">anna.mcvey@bristol-schools.uk</a></p>
<p><b>Tuesday's</b> Knowle 10:00-12:00pm <b>Thursday's</b> Bedminster 10:30-12:30pm</p>	<p><b>Health Visitors</b> Any enquires, concerns and information to do with your baby.</p>	<p>Please contact the Health Visitors directly to book On 0300 125 6264 and to discuss any queries.</p>
<p>4 week's rolling</p> <p>Via Zoom</p>	<p><b>Baby Massage</b> Baby massage is suitable for babies aged between 6 weeks and 6 months old, it provides a special time for parents and their baby to share. It can help relieve symptoms of constipation, reflux and colic and can help parents and babies relax and can even help with sleep.</p>	<p>Please Contact Debs from Bishopsworth on 07795953067 To check availability, Book and be added to the waiting list, for South Families.</p>
<p><b>Thursday's</b> 9:30-10:15am Starting 14<sup>th</sup> January With Lucie &amp; Florence Via Zoom</p>	<p><b>Baby group</b> A zoom baby group while in lockdown with other new parents and talk about your Babies development and play until we can meet in person. Groups will also include singing with your babies.</p>	<p>Please text or call Lucie from Stockwood on 07469 413136. For more details and zoom link</p>
<p><b>Wednesday's</b> 10:30 -11:30am</p> <p>With Joan, Via Zoom</p>	<p><b>Tea and Talk</b> Take a chance to sit down and have a hot cuppa with others. A chance to have a chat about what is going on for you as a parent, family, and the community. Advice and support can be given if needed.</p>	<p>Please contact Joan from Bishopsworth, on 07881034544 for more information and to book.</p>

<p><b>Thursdays</b> 10:00-12:00pm Starting February 25<sup>th</sup> With Deb Via Zoom</p>	<p><b>Nurture</b> A 10 week's programme which gives you ways to help deal with the challenges of family life, to give you a calmer happier lifestyle.</p>	<p>Please contact Anna from Bedminster on either 0117 3746362 or <a href="mailto:anna.mcvey@bristol-schools.uk">anna.mcvey@bristol-schools.uk</a> To Book and check availability.</p>
<p><b>Tuesday's</b> 2:00-4:00pm Knowle</p> <p><b>Thursday's</b> 1:00-3:00 pm Inn's Court</p> <p><b>Wednesday's</b> 12:30-2:30pm Redcliffe</p> <p><b>Tuesday's</b> 9:15-11:15am Stockwood</p> <p><b>Friday's</b> 11:00-1:00pm Hartcliffe</p>	<p><b>Food Clubs.</b></p> <p>FOOD clubs offer a means for families to access a mix of good quality ingredients including fresh fruit and vegetables, dried goods, fresh meat and dairy products. For a £1 membership fee and then £3.50 per week, each member receives a weekly bag of food worth £15 -£20.</p> <p>The clubs are run by Family Action using surplus food from supermarkets via FareShare, so it's good for your pocket and the environment! Local volunteers work alongside staff to run each club.</p> <p>Each food club has its own Facebook page to share healthy recipes and cooking demos often run alongside.</p> <p>Please call your local food club leader to find out more and become a member. Family members and professional can also to collect on behalf of those in isolation.</p>	<p>To register and for more information please contact the below members of staff.</p> <p>For Knowle and Inn's Court Contact Duane on 07795952961</p> <p>For Redcliffe contact Sharon on 07795952596</p> <p>For Stockwood contact Lucie on 07469 413136</p> <p>For Hartcliffe contact Florence on 07880 151392</p>
<p><b>Tuesday's</b> 9:00-12:00pm Bishopsworth</p> <p><b>Monday's</b> 12:30-3:30pm Hartcliffe</p> <p><b>Tuesdays</b> 12:30-2:30pm Knowle</p> <p><b>Tuesday's</b> 9:00-12:00pm Bedminster</p> <p><b>Thursday's</b> 12:00-3:00pm Stockwood</p>	<p><b>Family Support Helpline.</b></p> <p>'A Family Support Worker will be available to Listen, Support &amp; Signpost you to appropriate services'</p> <p>If you have any questions relating to your child's development or family life at the moment, call one of our team members who will provide listening and support and advise you on the best service that could help.</p> <p>Please leave a message on the answerphone if your call is not answered and a support worker will call you back.</p>	<p>For Bishopsworth please contact Joan on: 07881034544</p> <p>For Hartcliffe please contact Aimi on: 07920416399</p> <p>For Knowle please contact Diane on: 07392108882</p> <p>For Bedminster please contact Sharon on: 07795952596</p> <p>For Stockwood please contact Lucie on: 07469413136</p>

<p><b>Friday's</b> 11:00-12:00pm Max 20 people.</p> <p>Starting on 12<sup>th</sup> February then 26/02/21 12/03/21 26/03/21</p> <p>With Carole, Via Zoom</p>	<p><b>Wild Tots</b></p> <p>Whilst the team can't be with you face to face at the moment, we will be offering a meet on zoom fortnightly, we will share ideas about outdoor play. We have initially produced a winter activity pack for toddlers to play outside in the garden, parks and at your local nature reserve. You will receive the pack when signing up for the group sessions. You don't have to attend every fortnightly meeting but it will be great to get everyone sharing their ideas with each other. There will also be an option to join a What's App group and also receive regular updates by email.</p>	<p>Please contact Helen Brooks on 0117 3533503 or email h.brooks@bristol-schools.uk</p>
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**South Bristol Children's Centre Hub**

Leinster Avenue, Knowle, Bristol BS4 1NN

Phone 07795952621



## Full Circle Parents & Carers Speak

Docklands Parent and Carers support meeting has successfully moved on online and renamed Parents & Carers Speak.

We believe, "It takes a village to raise a child". Afrikan proverb.  
Let's come together to build that village.

Parents and Carers Speak will meet [3rd Feb 2021 at 3 -5 pm](#)

Parent and Carers Speak, is a space and time to be heard, Learn and grow together around the common issues being faced by our children and young people. Most importantly not feel alone in all we are going through as families during this challenging time.

Parents and Carers Speak is an informal group run by parents and carers for parents and carers with support from Full Circle Youth services and Bristol City Council Safer Options staff team.

Our Aims:

- Time and space for parents and carers to connect with others.
- Time to drop the parenting / carers mask. Each one teach one, as we share experience and knowledge.
- Gain support around navigating through the system around help for your child /young person.
- Training opportunities for strengthening families
- Monthly guest speaker discussing various topics, such as Education, Exclusion, county line, parenting, youth offending, and positive youth engagement. All topics chosen by you, the parents and carers.
- Free confidential advice and support. We can guarantee What is said on **Zoom Stays in Zoom**.

**What next?**

- Monthly on first Wednesday of the month next one in [March 3rd - 5pm](#)
- Don't like meetings then arrange a time to connect with a Full Circle Parent support worker for a 1-1 phone or online check in chat.

Parents and Carers speak, is particularly keen to hear the voices of fathers/male carers.

Please share as widely as possible with any parents & carers you feel will be interested

To attend support meeting or more info Contact:

Judit 0785171635 [parents@fullcircleproject.org.uk](mailto:parents@fullcircleproject.org.uk)

Michelle 07710396744 [michelle.mcmorrow@bristol.gov.uk](mailto:michelle.mcmorrow@bristol.gov.uk)



JOIN US FOR ....

# PARENTS & CARERS SPEAK

WED 4TH MARCH  
ONLINE: 3 - 5PM

Guest speakers

Safe and supportive place to connect

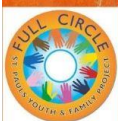
ZOOM LINK SENT VIA EMAIL / TEXT

Parent led topics

Advice & support



Share Parenting Journeys



Book online or to arrange 1-1 phone call with Judit  
Email: [parents@fullcircleproject.org.uk](mailto:parents@fullcircleproject.org.uk) or call Michelle 07710396744/  
[michelle.mcmorrow@bristol.gov.uk](mailto:michelle.mcmorrow@bristol.gov.uk) working in partnership Safer option team





## Top Tips for Parents who are separated



# TOP TIPS

for parents who are separated



The FJYPB members are children and young people with experience of family law proceedings. They have devised these top tips for parents to help them think about matters from their child's perspective.

### 'LISTEN TO YOUR CHILD'

You can find out more about the FJYPB at [cafcass.gov.uk](http://cafcass.gov.uk)

1

- Remember I have the right to see both of my parents as long as it is safe for me.

2

- I can have a relationship with the partner of my other parent without this changing my love for you.

3

- Try to have good communication with my other parent because it will help me. Speak to them nicely.

4

- Keep my other parent updated about my needs and what is happening for me. I might need their help too.

5

- Don't say bad things about my other parent, especially if I can hear. Remember I can often overhear your conversations or see your social media comments.

6

- Remember it is ok for me to love and have a relationship with my other parent.

7

- Don't make me feel guilty about spending time with my other parent.

8

- Don't make permanent decisions about my life based on how you feel at the moment. Think about how I feel now and how I might feel in the future. My wishes might change.

9

- Be open to change, be flexible and compromise when agreeing arrangements for me.

10

- It's ok with me if my parents don't do things exactly the same. You are both different and that's alright with me.

11

•Don't be possessive over me and the things that belong to me. Make it easy for me to take the things I need when I spend time with my other parent, such as school work, PE kits, clothes, books, games, phone etc. Let me choose what I want to take with me.

12

•Keep me informed about any changes to my arrangements.

13

•Try not to feel hurt if I choose to spend time with my friends instead of seeing you. I am growing up!

14

•Remember that important dates (birthdays, celebrations, parents evening, sports day etc) are special to you, me and my other parent. I may want to share my time on those dates with each of you.

15

•Work out between you and my other parent who is responsible for the extra things I need, such as new school shoes and uniform, school trips, dinner money and the cost of my hobbies or after school activities. I don't want to be involved in this.

16

•Remember that I don't expect you or my other parent to be perfect, so I don't want you to expect my other parent to be perfect either. Accept mistakes and move on.

17

•Make sure I am not left out of key family events. Please compromise with my other parent so I can join in.

18

•Please don't stop me having contact with extended family members who are important to me. Ask me how I feel about them. Don't assume my feelings are the same as yours.

19

•Don't use me as a messenger between you and my other parent.

20

•Don't use my relationship with my other parent against me, or them.

21

•Don't ask me to lie to my other parent or other family members.

22

•Don't ask me to lie to professionals, or to say what you want me to say.

23

•Don't make me scared to say what I think about my arrangements for fear of being told off or treated badly by you if you don't agree.

24

•Remember that I might want something different to my brother or sister.

25

•Don't worry about how others see you or what they think. I am what matters.

# Co-parent digital relationship support

## One Plus One Resources

•**Click Relationships**-this includes forums with experts and community and also digital programmes to support relationships affected by alcohol or Covid impacted related stuff [here](#)

The following programmes are aimed at professionals supporting others with difficulties.

- **Supporting parents struggling with alcohol**
- **Getting it Right for Parents** – aimed at separated parents funded by Cafcass
- **Me, You, Baby Too** – aimed at expectant or new parents

You can get a free half hour consultation from **Relate** [here](#)

**Every Mind Matters**—relationship specific help [here](#)

Read more about how tools for practitioners and their managers to discuss parental conflict [here](#)

## #SeeltDifferently

Digital content that will help parents recognise conflict in their lives and learn new ways of managing conflict to produce healthier and more positive outcomes for everyone in the family

## Getting on Better Cards

The cards can help you think about your relationship in a new way, with ideas on how to improve communication and reduce conflict. Parents can look through the cards either together or separately. There are two cards for rated parents and six for couples. They are designed to be used without any guidance from professionals.

# Food Services



## Foodbank Support for those in work

Low income, plus unexpected expenses, debts, sickness, changes of circumstances or furlough can lead to food poverty even if you are in work

# The Foodbank is here to help

To access a referral, speak to Citizens Advice confidentially  
Monday to Friday 10am to 4pm - 0808 2082138

Once you have been referred you can collect your food parcel from one of our outlets,  
or our Social Justice Hub by appointment. Please call 0117 923 5343  
Saturday mornings will also be an option for collection if you work during the week

### Our foodbank parcels can include:

- Non-perishable food
- Frozen and chilled food
- Dog or cat food
- Toiletries and sanitary products
- Nappies and baby milk
- Household cleaning items

Appointments with one of our Advice Workers are also available  
if you need further support please email [advice@bristolnwfoodbank.org.uk](mailto:advice@bristolnwfoodbank.org.uk)



# 0117 9235343

[www.bristolnorthwestfoodbank.org.uk](http://www.bristolnorthwestfoodbank.org.uk)  
Social Justice Hub, Avonmouth BS11 9EN

Registered Charity in England & Wales (1147727)  
Registered Limited Company Number (8089474)





## The Supper Club, Baggator

"Bellies not Bins" is the mantra of the Super Supper Club. Run by a group of volunteers using the kitchens at Baggator in Easton, they are cooking up a storm and feeding hundreds of people a week, for free.

The Supper Club volunteers collect food donated by supermarkets and local shops, including Pak Butchers and Bristol Sweet Mart. They never know what they will get but they think on their feet and produce exciting and nutritious meals which they then deliver to anyone in BS5 who is in need of food. Donated staples like bread and tinned food are made into hampers and have earned one volunteer the nickname of 'The Bread Fairy'.



The Supper Club was so successful in Easton that they helped Barton Hill Sunday Kitchen set up, sharing skills and knowledge to help them reach more hungry people in Barton Hill, one of the most socially deprived areas in Bristol.

Both the free food services use donated ingredients that are close to their sell by dates. This is preventing food waste as well as food poverty.

Super Supper Club meals and hampers on Wednesday –  
contact via their Facebook Page [facebook.com/SupersupperclubBristolBS5](https://www.facebook.com/SupersupperclubBristolBS5)

The Barton Hill Sunday Kitchen - meals on Sunday -  
contact [bartonhill.sundaykitchen@gmail.com](mailto:bartonhill.sundaykitchen@gmail.com)

[www.baggator.org](http://www.baggator.org)

Instagram - @baggator\_bristol





Introducing The Real Meal Store

at Heart of BS13

**Delicious ready meals at low cost and no cost  
for the residents of BS13**

Find us at The Gatehouse Centre, Hareclive Road, BS13 9JN  
We're in Unit 10 at the back of the building  
Or call/ text on 07500 599637 or send us a private message  
on Facebook via HeartofBS13

**Opening hours Mon-Fri 12 noon until 4pm**

The Real Meal  
**STORE**



Share the Love, BS13

Share the Love ❤️

This Valentine's, Heart of BS13's The Real Meal Store, invite you to share the love with family, flatmates, bubblers or lovers ❤️ with a delicious dine-in menu from the Real Meal chefs Luke & Kristjan.

With a colourful mix of DIY canapés to start, and a main of rich and tasty winter sausage & bean cassoulet or wild mushroom and spinach lasagne - complete with something indulgently sweet! What's not to like?

By sharing the love ❤️ and buying one of our preprepared dine-in boxes - you'll be supporting families in BS13 who are struggling during lockdown.

3 courses £25 for 2 people - delivered to your door on the afternoon of Saturday 13th February.

\*To Bristol based postcodes

We'll be releasing details of the menu online tomorrow - and sales will start from 5pm on our website. These dishes will be lovingly made in small batches, so don't miss out - when they're gone they're gone!

[#valentines](#) [#sharethelove](#) [#payitforward](#) [#heartofbs13](#) [#sharetheloveoffood](#) [#community](#) [#deliciousfood](#) [#dine-in](#) [#home](#) [#heartofbs13\\_rms](#) [#makingbs13brilliant](#) [#localfood](#) [#fooddelivery](#) [#bristol](#) [#helpingothers](#) [#lockdownliving](#) [#treatnight](#) [#datenight](#) [#food](#) [#familytime](#) [#valentinesdinner](#)

## Lockdown #3 Causing you problems?

FREE Frozen Meals for BS13 Residents

Let us cook for you and take the pressure off!

Text 'free frozen meals' to 07500 599637 and we'll get in touch or send us a private message on our Heart of BS13 Facebook page.

Fresh. Frozen. Fed





# Advice and Support Services



# Welfare Rights and Money Advice Service

## We could help you

The Welfare Rights and Money Advice Service (WRAMAS) exists to help to make sure that people in Bristol know what welfare benefits they are entitled to and how to claim them, getting expert advice along the way.

This is extremely important for people on low incomes during the coronavirus pandemic.

- Don't know what you may be entitled to?
- Need some help or advice on a benefit related issue?
- Not sure how to fill in a claim form? Having difficulty writing about your problems?
- Want to know how your other benefits may be affected?
- Would like some advice on a new or existing claim for a disability benefit?

Claiming the right benefits or finding information can be hard work and very confusing, but don't give up! WE CAN HELP.

If you need help or advice there is a confidential helpline available:

**T: (0117) 352 1888**

**E: [welfarerights@bristol.gov.uk](mailto:welfarerights@bristol.gov.uk)**

**Monday, Tuesday, Thursday, Friday: 8.30 am – 1.00 pm (Wednesday closed all day)**

If you prefer not to make a call or email us yourself, you can ask a professional working with you, a friend or relative, to contact us on your behalf.

You can also find advice and information, some of it specific to the coronavirus pandemic, on our website: <https://www.bristol.gov.uk/benefits-financial-help>

We're looking forward to hearing from you. Thanks and take care,

WRAMAS



This factsheet is produced by Bristol City Council Welfare Rights and Money Advice Service  
October 2020



North Bristol  
Advice Centre

### Money or benefits problems?

We are Debt and Welfare  
Benefits specialists

Call 07731 842 763,  
07595 047 278 or visit  
[www.northbristoladvice.org.uk](http://www.northbristoladvice.org.uk)

FREE expert advice in North  
Bristol and South Gloucestershire



### MORE THAN 4 MILLION APPLICATIONS TO THE EU SETTLEMENT SCHEME



NBAC continues to provide support  
to vulnerable people who need to  
apply to the EU Settlement Scheme.

*The deadline for applications is 30 June 2021.*

Contact Jenny by email:  
[jenny@northbristoladvice.org.uk](mailto:jenny@northbristoladvice.org.uk)  
or tel: 07731 842 763



## Future Me

Free career development support  
for women in North Bristol

- > Careers advice to help you identify a career path that's right for you.
- > Support to find the right course or qualifications.
- > We will act on your behalf to address any issues or barriers.
- > Signposting to courses or activities to help you build your confidence.

Improve your  
employability and get  
started on a satisfying career.

Contact Lavern Forbes on 07936 943 583  
[lavern@northbristoladvice.org.uk](mailto:lavern@northbristoladvice.org.uk)  
[www.northbristoladvice.org.uk](http://www.northbristoladvice.org.uk)





South Bristol Advice Service

**SBAS Provides Free, Professional, Confidential Advice and Information to Residents of South Bristol Seeking Help with Welfare Benefits and Debt.**

Due to the Corona Virus Covid-19 we are unable to see clients face to face.

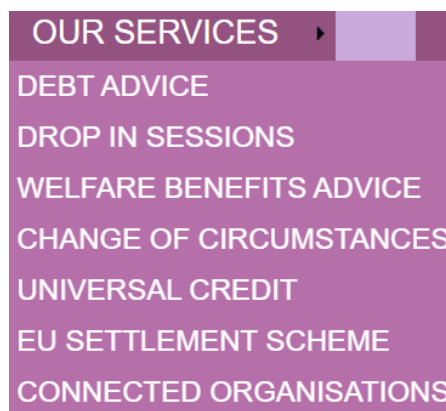
**We are still able to help by;**

Phone for **Debt** 0117 9038358 or Mobile 07526067224 or you can use our Online Form (which is found on the Contact Tab on this page)

Phone for **Welfare Benefits** 0117 9851122 or 07957353427

You Can - Drop off Paper work or Documents to our Main office at The Withywood Centre Tuesday and Wednesday between 10 and 12am

You Can Post to SBAS The Withywood Centre Queens Road Bishopsworth Bristol BS13 8QA



[www.southbristoladvice.org.uk](http://www.southbristoladvice.org.uk)

Citizens Advice, Bristol



We are an independent local charity offering free advice to the people of Bristol since 1977. Last year we dealt with over 32,500 enquiries.

For phone advice by call Freephone 0808 278 7957

Hard of hearing? Textphone 0800 144 88 84

Coronavirus and you - online advice

<https://www.bristolcab.org.uk/>

CALL  
FREE ON **0800 328 0006**

## Weighed down by **debt?**

CAP are unsurpassed when it comes to the debt help they give people across the country.

**Martin Lewis,**  
Money Saving Expert



Whatever the situation you are facing, there is hope. As a charity, we offer a completely free service to help you lift the burden of debt.

**So give us a call today and start your journey towards debt freedom.**



CAPuk

Product Code: 100914v7

info@capuk.org 01274 760720

**always hope.**

Charity Registered No: 1097217 (England & Wales), SC038776 (Scotland).  
CAP is authorised and regulated by the Financial Conduct Authority.



CALL  
FREE ON **0800 328 0006**

## Weighed down by **debt?**

Free debt counselling in your community  
from an award winning charity



[capdebthelp.org](http://capdebthelp.org)





## Drop the Pressure Specialist Advice and Emotional Support Service

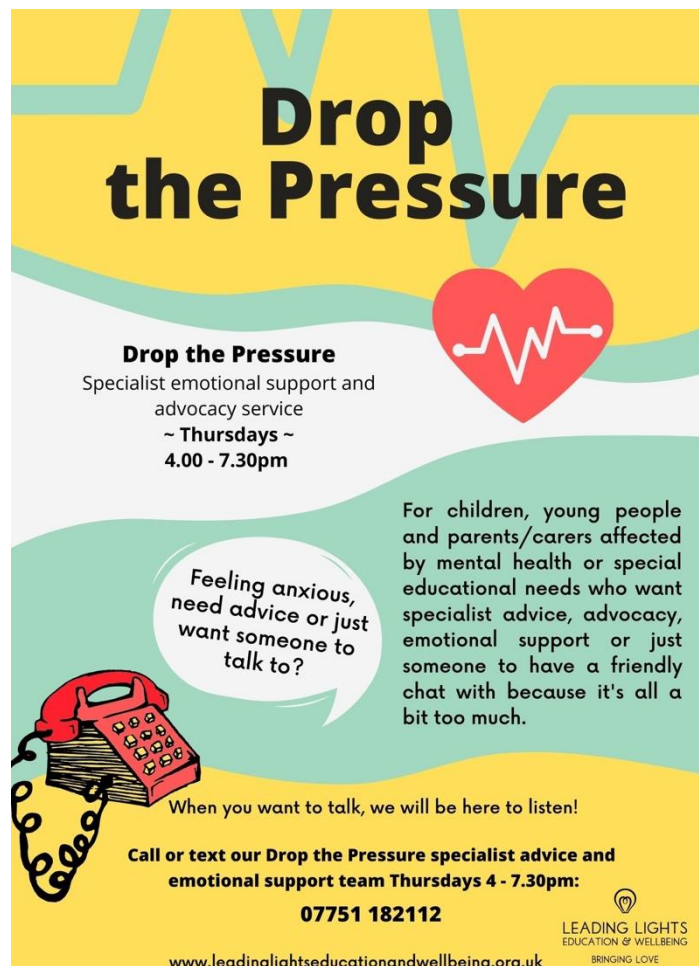
We are excited to announce that from January 2021 we are expanding our Drop the Pressure specialist emotional support and advocacy service for children and young people affected by social, emotional and mental health needs. This project falls within our 'Glow' programme which offers imaginative and creative provision for young people without funding who are at risk of falling through the cracks. Drop the Pressure will be running weekly on Thursday afternoon/ evenings and will have capacity to take:

- Crisis phone calls/ messages from young people and children in crisis because of mental health including those with special educational needs as well as mental health needs.
- Ongoing scheduled emotional support slots for children/ young people and parents/ carers who need regular ongoing scheduled after hours wellbeing checks/ someone to talk to. These can be phone calls/ messaging/ online calls/ and if need be we can look at getting face to face support out as well.
- Ability to take advocacy referrals for those who need more support in getting their voices heard or need advice on wider services/ access to meet their needs.

Drop the Pressure is run by a small team of experienced and well-trained mental health volunteers directly supervised onsite by a very experienced BACP children/ adolescent therapist who has the ability to take on more complex cases as needed.

Drop the Pressure is more than just a mental health helpline - as specialists in mental health and SEND, we can tailor response, services and support packages to meet children and families individual needs. Drop the Pressure also has an advocacy service so we can look more holistically at what needs unpacking for that child or young person. It can be agile in tailoring communication method to what that young person needs and can lead into wider service access for long term support from us whether that could be regular DTP support, one to one face to face mentoring through our Illuminate programme or access to our small creative arts therapeutic groups, Remix and No Filter.

Children and parents can self-refer just by phoning or texting in on the number of the flyer or professionals can make a referral to us by email on [team@leadinglightseducationandwellbeing.org.uk](mailto:team@leadinglightseducationandwellbeing.org.uk) and as long as we have consent we can reach out the parent/ carer or to the young person directly and ensure that then there is a plan in place to contact them on DTP or to get more information and discuss with the child/ young person/ parent/ carer.

A flyer for 'Drop the Pressure' with a yellow and teal background. At the top, the title 'Drop the Pressure' is in large black font. Below it, a red heart with a white heartbeat line is on the right. The text 'Drop the Pressure' is repeated in a smaller font, followed by 'Specialist emotional support and advocacy service' and '~ Thursdays ~ 4.00 - 7.30pm'. A speech bubble on the left says 'Feeling anxious, need advice or just want someone to talk to?'. Below it is a red rotary phone. To the right of the phone, text says 'When you want to talk, we will be here to listen!'. At the bottom, it says 'Call or text our Drop the Pressure specialist advice and emotional support team Thursdays 4 - 7.30pm: 07751 182112' and includes the website 'www.leadinglightseducationandwellbeing.org.uk'. The logo for 'LEADING LIGHTS EDUCATION & WELLBEING' with the tagline 'BRINGING LOVE' is in the bottom right corner.

**Drop the Pressure**

Specialist emotional support and advocacy service  
~ Thursdays ~  
4.00 - 7.30pm

Feeling anxious, need advice or just want someone to talk to?

When you want to talk, we will be here to listen!

Call or text our Drop the Pressure specialist advice and emotional support team Thursdays 4 - 7.30pm:  
**07751 182112**

[www.leadinglightseducationandwellbeing.org.uk](http://www.leadinglightseducationandwellbeing.org.uk)

LEADING LIGHTS  
EDUCATION & WELLBEING  
BRINGING LOVE

24/7 Support & Connect, Vita health group



## 24/7 Support & Connect - Vita ([vitahealthgroup.co.uk](http://vitahealthgroup.co.uk))

**A free NHS confidential 24/7 helpline for people who live in Bristol, North Somerset & South Gloucestershire.**

The helpline line is staffed by experienced counsellors, who you can talk to and they will listen. They will offer emotional support and can connect you to organisations available in the local area. If English isn't your first language we can arrange for a translator to support your call.

**For immediate emotional and practical support call 0800 0126549.**

**Textphone users dial 18001 followed by 0800 0126549.**

If you are 17 or under please call the Children and Young People's helpline via Avon and Wiltshire Partnership SPA line on 0300 303 1320.



## Free helpline

- Information and on-going support
- For all ages
- Your call won't show up on a landline bill
- You can tell us as little or as much as you want
- There is no need to give us your name
- You do not need to tell anyone else you are talking to us
- You can talk as often as you want



**Call**  
0800 358 3456



**Email**  
helpline@nacoe.org.uk



**Message Boards**  
nacoe.org.uk/messageboards

You can also find 24 hour support at ChildLine on 0800 1111

Nacoe was founded in 1990 to address the problems faced by children growing up in families where one or more parents suffer from alcoholism or a similar addictive problem. This includes children of all ages, many of whose problems only become apparent in adulthood.

## Nacoe's aims

- To offer information, advice and support to children of alcohol-dependent parents
- To reach professionals working with them
- To raise their profile in the public consciousness
- To promote research into the problems they face and the prevention of alcoholism developing in this vulnerable group

Our services are funded by voluntary donations. Please support this vital work by becoming a member, volunteering or making a donation. Together we can make a difference.

Text 'Donate Nacoe 90' to 88802 to donate via smartphone.

*"Finding someone I felt comfortable talking to was the beginning of everything changing for me. Without your help, I could have spent the rest of my life watching Mum drink herself to death. Now I know there is help for Mum and for me." Paul, 15*

## Patrons

Tony Adams MBE • Calum Best • Lauren Booth • Liam Byrne MP  
David Coldwell • Geraldine James OBE • Cherie Lunghi • Ellie Macpherson  
Suzanne Stafford CQSW • Camilla Tominey • David Yelland

Helpline: 0800 358 3456 helpline@nacoe.org.uk  
Post: PO Box 64, Bristol BS16 2UH  
Admin: 0117 924 8005 admin@nacoe.org.uk  
Website: nacoe.org.uk Socials: @NacoeUK



## Some mums & dads drink too much.....



[nacoe.org.uk](http://nacoe.org.uk)

Registered Charity No: 1009143



**FREE Helpline 0800 358 3456**  
helpline@nacoe.org.uk

## Do you....

- Feel too embarrassed to take friends home?
- Keep secrets about the problems affecting your family?
- Tell lies to cover up for someone else's drinking?
- Feel guilty and don't know why? Feel different from other children?
- Feel confused when mum or dad change when they drink?
- Feel nobody really cares what happens to you?
- Think no one could understand how you feel?

*"Nobody knows what it's like at home and I don't have the bottle to tell them. I don't think my mum would approve but I need someone to talk to and know what it's like. I really can't deal with it anymore."*  
Charlie, age 12

## Things to remember

- You are not alone
- When a parent has a drink problem, it affects the whole family
- It's not your fault
- It's OK to hate the problem and love the person who is drinking
- There are people and places that can help you and your parents
- You can feel better even if mum or dad don't stop drinking
- Talking can help you to feel less alone

## The Nacoe Promise

- We are here to listen
- We won't judge
- We are here to help for as long as you want
- What you say will remain confidential

## Ways to feel better

### Talk to someone you trust

Talking about how you feel is not telling on your family.

### Find time for things you like

Doing enjoyable things at school or near home is important. Sometimes worries can take over and taking a break can help.

### Talk to Nacoe

We understand the problem and you can trust us. You can talk to us on the phone, send an email, or use our online message boards. Talking can help you understand some of the confusing feelings.

### Read other children's stories

Reading the stories of other children can help you to feel less alone. You can find stories on the Nacoe website.

Visit our website  
[Nacoe.org.uk](http://Nacoe.org.uk) for lots more information and support

0800 358 3456

[nacoe.org.uk](http://nacoe.org.uk)



[helpline@nacoe.org.uk](mailto:helpline@nacoe.org.uk)

# HELPLINES' DIRECTORY

Children of Addicted Parents and People (COAP) ..... via website only  
 National Association for Children of Alcoholics ..... 0800 358 3456  
 Young People and Gambling ..... 0808 8020 133

Child Bereavement Network ..... via website only  
 Child Death Helpline ..... 0800 282 986  
 Childhood Bereavement Network ..... 020 7843 6309  
 Cruse Bereavement Care ..... 0808 808 1677  
 Grief Encounter ..... via website only  
 Hope Again ..... 0808 808 1677  
 Winston's Wish ..... 08088 020 021

Anti-bullying alliance ..... via website only  
 Bullying UK ..... via website only  
 Ditch The Label ..... via website only

Macmillan Cancer Support ..... 0808 808 00 00

National Information Centre on Children of Offenders ..... via website only  
 National Prisoners' Families Helpline ..... 0808 808 2003

Runaway Helpline ..... 116 000

Action for Children ..... via website only  
 Barnardos ..... via website only  
 Childline ..... 0800 1111  
 Children's Society ..... via website only  
 NSPCC ..... 0808 800 5000

[www.safeguardingschools.co.uk](http://www.safeguardingschools.co.uk)  
 Helplines Directory - December 2020.docx Page 2

British Association for Counselling and Psychotherapy ..... via website only

Crime Stoppers ..... 0800 555 111  
 Fearless (Crime Stoppers for Young People) ..... via website only

Galop (LGBT) ..... 0800 999 5428  
 National Domestic Violence Helpline ..... 0808 2000 247  
 Refuge ..... 0808 2000 247

Talk to Frank ..... via website only

Muslim Youth Helpline ..... 0808 808 2008

Africans Unite Against Child Abuse ..... via website only  
 Daughters of Eve ..... via website only  
 Forward UK ..... 0208 960 4000

NSPCC FGM Helpline ..... 0800 028 3550

Karma Nirvana ..... 0800 5999 247

Shelter ..... 0808 800 4444

Stonewall ..... 0207 593 1850

[www.safeguardingschools.co.uk](http://www.safeguardingschools.co.uk)

Helplines Directory - December 2020.docx Page 3

Coram Voice ..... 0808 800 5792

The Care Advice Line ..... 020 7017 8901

Anna Freud National Centre for Children & Families ..... via website only

Anxiety UK ..... 03444 775 774

B-eat eating disorders ..... 0808 801 0711

Bipolar UK ..... 0333 323 3880

CALM (Campaign Against Living Miserably) ..... 0800 58 58 58

Charlie Waller Memorial Trust ..... via website only

HeadMeds ..... via website only

Heads Together ..... via website only

Kooth ..... via website only

Mentally Healthy Schools ..... via website only

MindEd for Families ..... via website only

National Self Harm Network ..... via website only

OCD Action ..... 0845 390 6232

OCD-UK ..... via website only

Papyrus (Suicide support) ..... via website only

Rethink Mental Illness ..... via website only

Samaritans ..... 116 123

Sane ..... 0300 304 7000

Selfharm UK ..... via website only

The Mix ..... 0808 808 4994

The Royal College of Psychiatrists ..... via website only

Young Minds ..... via website only

Young Minds Parents Helpline ..... 0808 802 554

Migrant Children's Project ..... 0207 636 8505

Child Exploitation Online Protection Centre ..... via website only

National Professionals Online Safety Helpline ..... 0344 381 4772

Net-Aware ..... via website only

Safer Internet ..... via website only

Think U Know ..... via website only

[www.safeguardingschools.co.uk](http://www.safeguardingschools.co.uk)

Helplines Directory - December 2020.docx Page 4

Parent Line Plus ..... 0808 800 2222

Harmless ..... via website only



National Self Harm Network ..... via website only  
 Self-injury support (Girls) ..... 0808 800 8088  
  
 MOSAC (Mothers of Sexually Abused Children) ..... 0800 980 1958  
 Stop It Now ..... 0808 1000 900  
 The Lucy Faithfull Foundation ..... 01527 591922  
  
 Check Your Bits (Chlamydia Testing) ..... via website only  
 Getting It On ..... via website only  
 Sexual Health Helpline ..... 0300 123 7123  
 Brook ..... via website only  
  
 Education Support Partnership ..... 08000 562 561  
  
 NSPCC Whistleblowing Helpline ..... 0800 028 0285

# COVID-19

## Information and resources

# COMMUNITY COVID INFO JANUARY

## **\*\*FILWOOD HAS VERY HIGH NUMBERS OF COVID\*\***

### **Please STAY AT Home**

Only go outside for food, health reasons, work (where this cannot be done from home), education or childcare.

By following the rules, we are all helping to stop the spread of Covid19 in Knowle West.

For support call We Are Bristol On/KW Covid Support Hub on: 0800 694 0184

**#WeAreKnowleWest.**

**January 26<sup>th</sup> 2021**

## **KEY MESSAGES COMMUNITY COVID INFORMATION**

**We still have a high number of Covid19 cases in Filwood – and together we are bringing them down #WeAreKnowleWest \*\*\***

Please Stay At Home

Only go outside for food, health reasons, work (where this cannot be done from home), education or childcare. By following the rules we are all helping to stop the spread of Covid19 in Knowle West. Look after me and I'll look after you.

**If you're at high risk (clinically extremely vulnerable) from coronavirus (COVID-19), you're advised to take extra steps to protect yourself.**

You should only leave your home for medical appointments, exercise or if it's essential.

If you do go out, try to:

- limit how long you spend outside your home
- keep all contact with other people to a minimum
- avoid busy areas

If you need any practical help, like someone to collect a prescription or do some food shopping, you can call The KWA Covid Support Hub via the We Are Bristol Helpline: 0800 694 0184

<https://www.nhs.uk/conditions/coronavirus-covid-19/people-at-higher-risk/advice-for-people-at-high-risk/>

**\*\* Help Stop The Spread of Covid In Filwood\*\***  
**You can spread the virus even if you do not have symptoms.**

- try to stay at least 2 metres (3 steps) away from anyone you do not live with (or anyone not in your support bubble)
- wash your hands with soap and water often – do this for at least 20 seconds
- use hand sanitiser gel if soap and water are not available
- wash your hands as soon as you get home
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately and wash your hands afterwards
- let fresh air into your home by opening windows, doors and air vents as much as possible

**Look after me, and I'll look after you #WeAreKnowleWest**

### **COVID Vaccine**

The 1st dose of the COVID-19 vaccine should give you good protection from coronavirus from two weeks after you have had it. You need to have the 2 doses of the vaccine to give you longer lasting protection.

There is a chance you might still get or spread coronavirus even if you have the vaccine.

This means it is important to:

- continue to follow [social distancing guidance](#)
- if you can, wear something that covers your nose and mouth in places where it's hard to stay away from other people
- 

<https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/coronavirus-vaccine/>



**\*\*\* COMMUNITY COVID INFORMATION:** We still have a high number of Covid cases in Filwood – and together we are bringing them down #WeAreKnowleWest **\*\*\***

**If you are contacted by Test and Trace:**

You should self-isolate straight away to stop the spread of Covid in our community

**If you need financial support to self-isolate, you may be eligible for Test and Trace Support Payments:**

- Email: [testandtracepayment@bristol.gov.uk](mailto:testandtracepayment@bristol.gov.uk)
- Phone: 0800 694 0184
- [www.bristol.gov.uk/benefits-financial-help/covid-19-financial-help/test-and-trace-payment-support](http://www.bristol.gov.uk/benefits-financial-help/covid-19-financial-help/test-and-trace-payment-support)

**Working together we can stop the spread of this disease in our community.**

**Look after me and I'll look after you #WeAreKnowleWest**

**\*\*\* COMMUNITY COVID INFORMATION:** We still have a high number of Covid cases in Filwood – and together we are bringing them down #WeAreKnowleWest **\*\*\***

**Behave as if YOU have it**

One in three people with Covid19 don't have any symptoms – you can spread it without knowing it. For some people Covid is fatal. Following the rules protects everyone around you; we can all do our bit to help stop the spread in our community

**#WeAreKnowleWest**

## **Exercising in Lockdown**

You should minimise time spent outside your home, but you can leave your home to exercise. This should be limited to once per day, and you should not travel outside your local area. We have some lovely green space here in Knowle West

You can exercise in a public outdoor place:

- by yourself
- with the people you live with
- with your support bubble (if you are legally permitted to form one)
- in a childcare bubble where providing childcare
- or, when on your own, with 1 person from another household

This includes but is not limited to running, cycling and walking. Personal training can continue if participants are from the same household or support bubble. It can also continue if it is one-on-one, although this should only take place in a public outdoor place, and not in someone's private home or garden.

## **Self-Isolating Means**

- Don't go out for exercise
- Don't go out for shopping
- Don't go out for work
- Don't have anyone round to your house

### **If you need practical support to self-isolate**

- a. ask friends & family
- b. phone We Are Bristol On/KW Covid Support Hub on: 0800 694 0184

**If you need financial support to self-isolate, you may be eligible for Test and Trace Support Payments:**

- [www.bristol.gov.uk/benefits-financial-help/covid-19-financial-help/test-and-trace-payment-support](https://www.bristol.gov.uk/benefits-financial-help/covid-19-financial-help/test-and-trace-payment-support)
- Email: [testandtracepayment@bristol.gov.uk](mailto:testandtracepayment@bristol.gov.uk)
- Phone: 0800 694 0184

### **#WeAreKnowleWest**

\*\*\* COMMUNITY COVID INFORMATION: We still have a high number of Covid cases in Filwood – and together we are bringing them down #WeAreKnowleWest \*\*\*

If you have tested POSITIVE for Coronavirus you must completely self-isolate. Your self-isolation period includes the day your symptoms started (or the day you had the test, if you do not have symptoms) and the next 10 full days.

If you are on a low income you could be eligible for a grant of up to £500.

To be eligible you must:

- have been asked to self-isolate by NHS Test and Trace because you have tested positive for coronavirus or have recently been in close contact with someone who has tested positive

- be in low paid employment or self-employment

- be unable to work from home and will lose income as a result

You must make a claim within 14 days of ending your self-isolation.

For more information on how to apply please visit

<https://www.bristol.gov.uk/benefits-financial-help/covid-19-financial-help/test-and-trace-payment-support>

## COVID-19 Vaccines: Information and Accessibility

Wednesday 10th February 7pm - 8.30pm

<https://www.eventbrite.co.uk/e/covid-19-vaccines-information-and-accessibility-tickets-138770808223>

This event is an opportunity for you to find out more about COVID19 vaccines and enable you to make an informed choice.

With three COVID-19 vaccines approved and more trials taking place, Dr Rajeka Lazarus, Consultant in Infectious Diseases at University Hospital Bristol & Weston, and our expert panel, will be available to discuss how vaccines work and help answer many of your questions around getting access to the vaccine.

Some common questions which will be addressed will be:

- How did the vaccine get approved so quickly?
- Is the vaccine safe? What ingredients does it contain?
- What are the side effects of the vaccine?
- Will the vaccine give me COVID-19?
- Will the vaccine be effective against all the new strains of the virus?
- I'm fit and healthy, why should I have the vaccine?
- Where will I receive the vaccine? How do the vaccine centres operate? How will I get there?

The event, run by Bristol, North Somerset South Gloucestershire Clinical Commissioning Group (CCG) and Healthwatch Bristol, North Somerset and South Gloucestershire will feature updates from keynote speakers and a panel discussion to address some of the questions above and more.'



**V CARS**

**FREE rides**

**for vaccination appointments for the elderly & vulnerable.**



The poster features a bright green background with several small blue and green squares scattered across it. At the top, the text 'V CARS' is written in a large, bold, blue font. Below this, the words 'FREE rides' are displayed in white, bold, sans-serif font inside a dark blue rectangular box. Underneath the box, the text 'for vaccination appointments for the elderly & vulnerable.' is written in a bold, dark blue font. On the right side of the poster, there is a photograph of a healthcare worker in blue scrubs, wearing a white face mask and blue gloves, administering a vaccine to an elderly woman with short grey hair, who is also wearing a white face mask and an orange shirt. The photograph is set against a white background that blends into the green background of the poster.



Transport to your Vaccination, Hartwood Healthcare, Hillview Family Practice, Lennard Surgery and Grange Road Surgery

## Need transport to get your vaccination?

Due to the current COVID-19 restrictions we have suspended transport for shopping until further notice and will be providing transport for vaccinations.

You don't need to be a member of CATT to receive this service.

We are currently providing a service to the following clinics:

**Hartwood Healthcare  
Hillview Family Practice  
Lennard Surgery  
Grange Road Surgery**

Please contact us and we will do our best to accommodate. However, should you not be a patient of any of these Surgeries, we can put you in contact with the relevant transport provider.

CATT Office number: **0117 377 3451**





Government  
Counter Fraud  
Function

GOV.UK/coronavirus



Counter Fraud Authority

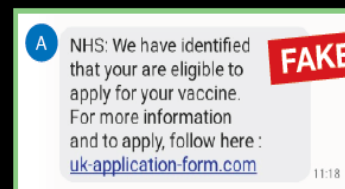
# BE ALERT TO VACCINE FRAUD

Criminals are using the COVID-19 vaccine as a way to target the public by tricking them to hand over cash or financial details. They are sending convincing-looking text messages letting people know they are eligible for the vaccine or phoning people directly pretending to be from the NHS, or local pharmacy.

**PEOPLE ARE WARNED TO BE ALERT TO THESE SCAMS**

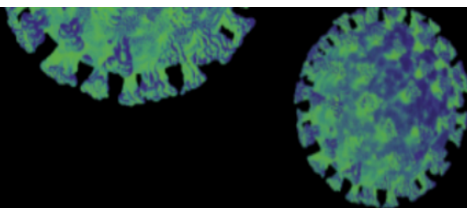
The **NHS** will:

- ⊗ NEVER ask for payment - the vaccine is free
- ⊗ NEVER ask for your bank details
- ⊗ NEVER arrive unannounced at your home to administer the vaccine
- ⊗ NEVER ask you to prove your identity by sending copies of personal documents such as your passport





Government  
Counter Fraud  
Function



GOV.UK/coronavirus

## Beware of Scammers

Criminals are using the COVID-19 vaccine as a way to target vulnerable people by tricking them to hand over cash or financial details.

The NHS will never ask for this, vaccines are free.

**Beware of:** Fake text messages claiming to be from the NHS, asking for your bank details and social media messages offering to send you self-injection vaccines for a fee.

Speak up about fraudsters abusing COVID schemes.  
Stay 100% anonymous by contacting Crimestoppers online  
[covidfraudhotline.org](https://covidfraudhotline.org) or phone 0800 587 5030.

### FURTHER GUIDANCE AND SUPPORT



National Cyber  
Security Centre

If you receive a call you believe to be fraudulent, hang up. If you are suspicious about an email you have received, forward it to [report@phishing.gov.uk](mailto:report@phishing.gov.uk). Suspicious text messages should be forwarded to the number **7726** which is free of charge.



If you believe you have been the victim of fraud or identity theft, you should report this directly to Action Fraud either online; [actionfraud.police.uk](https://actionfraud.police.uk) or via phone **0300 123 2040**.



If you have any information relating to vaccine fraud you can stay 100% anonymous by contacting Crimestoppers COVID Fraud Hotline online; [covidfraudhotline.org](https://covidfraudhotline.org) or phone **0800 587 5030**.

## How to Self-Isolate

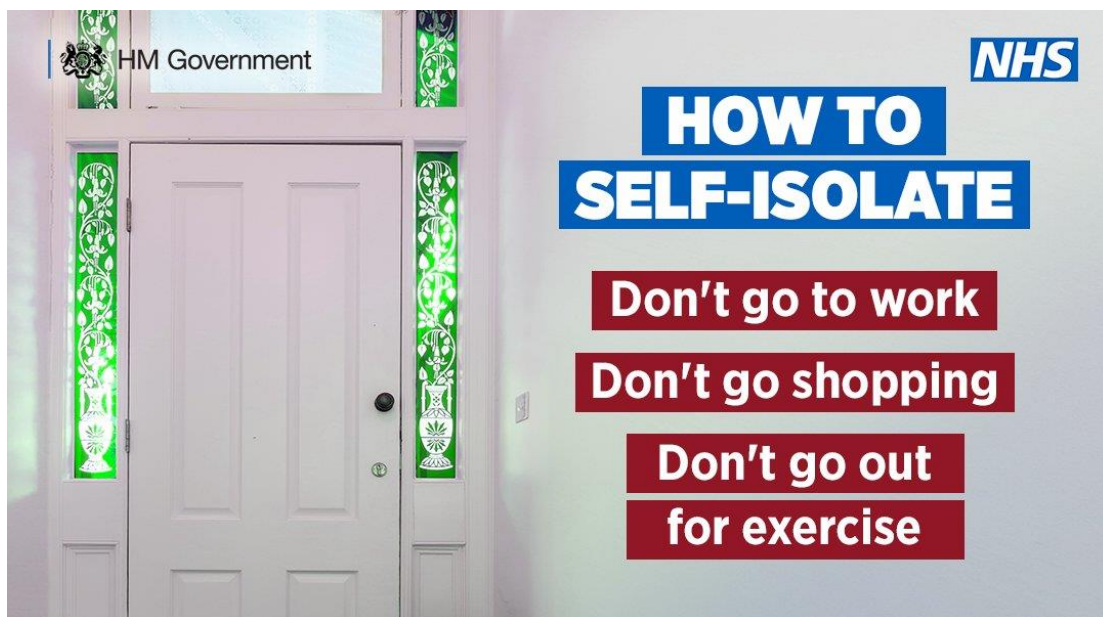


COVID-19 cases in Hartcliffe & Withywood remain high but we have seen numbers come down. Thank you to the community for everything you have been doing - we appreciate it's been a tough time, but we know everyone is trying to do their bit and it is appreciated.

Where possible:

**Stay at home and remember Hands, Face, Space**  
**If you have symptoms, get a test**

[www.nhs.uk/conditions/coronavirus-covid-19](https://www.nhs.uk/conditions/coronavirus-covid-19)





Can you spare a few hours to help those who need it most?  
Volunteers are needed to support people who are vulnerable and self-isolating during the coronavirus pandemic.

Volunteers are needed to help with:

Shopping  
Picking up prescriptions  
Befriending (friendly phone calls)  
Online/technical support

**If you can, please sign up to volunteer with Can Do Bristol today at:**

**[www.candobristol.co.uk](http://www.candobristol.co.uk)**



# Courses, Learning Skills and Development

# Read Easy, Bristol

## READ EASY BRISTOL CAN HELP ADULTS WHO WANT TO IMPROVE THEIR READING

We have places for new readers!

Over the last 8 months Read Easy Bristol has continued to work with readers using a mixture of new and old technology to replace our usual face to face meetings: These have included:

- Landlines and the post
- Tablets and mobile phones with WhatsApp
- Zoom Conference Calls
- Online reading materials

In recent weeks Coaches and Readers have begun to meet face to face following all the National and Local Guidelines and using PPE supplied by Read Easy Bristol. We plan to restore face to face working to everyone as soon as possible. Meanwhile we can assess new readers remotely and begin work with them at once.

We now have Coordinators covering all of Bristol and coaches trained. If you are aware of an adult who would benefit from improving their reading please contact one of our Coordinators whose details are below.

What better gift for 2021 than learning to read?

### OUR COORDINATORS

North & West Bristol:	Gill Clayton	Tel: 07941078332
Central Bristol	Lynda Mansell	Tel: 07999432437
East Bristol	Grace Morgan-Tait	Tel: 07907491414
South Bristol	Berni Carroll	Tel: 07922654688



## National Careers Service February Webinars

The National Careers Service is pleased to announce a new series of free, interactive webinars to support anyone who is interested in improving their job hunting skills.

To register interest please click on the links below and enter your details.

Alternately, please contact Julie Kelford on 07891 052316 or

[juliekelford@adviza.org.uk](mailto:juliekelford@adviza.org.uk) indicating which webinar you are interested in and providing a phone number and email address.

- Wednesday 3rd February 2-3pm **CVs and Cover letters tips**  
[https://us02web.zoom.us/webinar/register/WN\\_eWFm36\\_hS1KtyaNvkzyhoQ](https://us02web.zoom.us/webinar/register/WN_eWFm36_hS1KtyaNvkzyhoQ)
- Wednesday 10th February 2-3pm **Apprenticeships and how to apply**  
[https://us02web.zoom.us/webinar/register/WN\\_RqkYrDDeQu-iYeDLOUX4eA](https://us02web.zoom.us/webinar/register/WN_RqkYrDDeQu-iYeDLOUX4eA)
- Wednesday 17th February 2-3pm **Completing an Application form**  
[https://us02web.zoom.us/webinar/register/WN\\_Te2r8BUPRRKg5BiJgoaHbg](https://us02web.zoom.us/webinar/register/WN_Te2r8BUPRRKg5BiJgoaHbg)
- Wednesday 24th February 2-3pm **Interview Skills**  
[https://us02web.zoom.us/webinar/register/WN\\_i4QGGIJGTNmThfDRmXcDdQ](https://us02web.zoom.us/webinar/register/WN_i4QGGIJGTNmThfDRmXcDdQ)

More details can be found on our social media channels:

(Facebook: [NCSouthWestandOxon](#) and Twitter: [@NC\\_SWandOxon](#))

The National Careers Service is also providing individual support to customers.

To book an appointment call 0800 100 900 or visit

<https://nationalcareers.service.gov.uk>



# COMMUNITY LEARNING



**COURSE INFORMATION FOR 19+ YEAR OLDS**

**Learning**

BristolCommunityLearning

@Lctinfo

www.communitylearningwest.net

01172 510230

**WEST OF ENGLAND**  
Combined Authority

Education & Skills  
Funding Agency



Windmill Hill, Knowle, Filwood, Bedminster and Hengrove	lucy.fieldhouse@bristol.gov.uk tel. 90 39763, mob. 07788353446
Stockwood and Brislington	julie.st.jean.dick@bristol.gov.uk tel. 90 39809, mob. 07552218199
Hartcliffe, Whitchurch Park, Bishopsworth	helen.richards@bristol.gov.uk tel. 35 33337, mob. 07760990855
Avonmouth, Lawrence Weston, Sea Mills, Shirehampton, Henbury and Brentry	suzanne.gaffney@bristol.gov.uk tel. 90 30072, mob. 07887451776
Southmead, Lockleaze and Horfield	richard.davies@bristol.gov.uk tel. 90 30060 mob. 07788353420
Eastville, Easton and Lawrence Hill	edwina.provansal@bristol.gov.uk mob. 07825315820
Hillfields, Fromevale and St George, Ashley	shani.smith@bristol.gov.uk mob. 07775227352
Sub-contracting	veronique.bontemps@bristol.gov.uk Tel. 90 30065
ESOL conversation clubs	www.esolcc.org

## Community Learning West

### January update. FREE courses for 2021

**community**  
learning west

Despite the current lockdown, **Community Learning West** continues to offer a range wide 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 will take place online using Zoom, Google Classroom, Facebook, etc. 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 [ictinfo@bristol.gov.uk](mailto:ictinfo@bristol.gov.uk) for more details.

## Courses starting soon...

### English and Maths



#### Functional Skills Maths

An opportunity for adults to gain a recognised Functional Skills qualification in Maths up to Level 1. 9.30am to 11.30am on Mondays. Phone 0117 9739744 or email [jenny@youtheducationservice.org.uk](mailto:jenny@youtheducationservice.org.uk). This will be online then face to face when lockdown restrictions end.

#### Functional Skills English

An opportunity for adults to gain a recognised Functional Skills qualification in English up to Level 1. 10am to 12noon on Thursdays. Phone 0117 9739744 or email [sarah@youtheducationservice.org.uk](mailto:sarah@youtheducationservice.org.uk). This will be online then face to face when lockdown restrictions end.

### IT and Employment Skills



#### Digital Skills Workshops

Learn how to use Zoom, set up an email account with a password and stay safe online. 10am to 12noon, Tuesdays for 4 weeks. Contact Suzanne Gaffney on 07887451776 or email [Suzanne.gaffney@bristol.gov.uk](mailto:Suzanne.gaffney@bristol.gov.uk)

#### Introduction to Remote Learning

3-hour workshop will help you use Zoom and stay safe online. Contact Kim Payne on 07917848757 or email [kim.payne@cmtservices.co.uk](mailto:kim.payne@cmtservices.co.uk)

#### Intro to Office Skills/IT for Employment

10am to 12noon, Tuesdays. Will suit learners at Entry level 3 and above. Contact Suzanne on 07887451776 or email [Suzanne.gaffney@bristol.gov.uk](mailto:Suzanne.gaffney@bristol.gov.uk)



**Developing Employability Skills**

An opportunity to improve your chances of finding work. Improve your speaking, listening, reading, writing and ICT skills to help you look for work. 12.30pm to 2.30pm, Thursdays from 14/01/21 for 5 weeks. Contact Edwina Provensal on 07825315820 or email [edwina.provensal@bristol.gov.uk](mailto:edwina.provensal@bristol.gov.uk)

**Introduction to Office Admin**

Improve your computer skills for learning, work and volunteering. Includes the following online activities: using social media, budgeting, shopping, joining a library, using Google Classroom for courses. 12.30pm to 2.30pm, Thursdays from 14/01/21 for 5 weeks. Contact Edwina Provensal on 07825315820 or email [edwina.provensal@bristol.gov.uk](mailto:edwina.provensal@bristol.gov.uk)

**Confidence in Employability**

This 15-hour course can be completed in modules at a time that suits you. Focuses on personal skills and attributes, writing a good CV and covering letter and job searching using a range of tools. Prepare for the interview and get that job! Contact Kim Payne on 07917848757 or email [kim.payne@cmtservices.co.uk](mailto:kim.payne@cmtservices.co.uk)

**Level 1 Passport to Enterprise and Employment**

Develop the skills you need for gaining employment or becoming self-employed. Currently run as a 3-session online course on Thursdays and Friday mornings. Contact Jane Franklin on 07518576597 or email [admin@c-cbed.com](mailto:admin@c-cbed.com)

**Level 1 Award in Health and Social Care**

Gain a qualification that can lead to working in care settings. Starts in February. Contact Lucy on 07788353446 or email [lucy.fieldhouse@bristol.gov.uk](mailto:lucy.fieldhouse@bristol.gov.uk)

**Introduction to Health and Beauty**

The course is full of practical tips and tools. Explore working in the beauty sector and learn about progression courses to help you reach your goal. 6pm-8pm, Mondays from 11/1/21 for 6 weeks. Contact Lucy on 07788353446 or email [lucy.fieldhouse@bristol.gov.uk](mailto:lucy.fieldhouse@bristol.gov.uk)

\*For a February start, please contact Edwina Provensal on 07825315820 or email [edwina.provensal@bristol.gov.uk](mailto:edwina.provensal@bristol.gov.uk)

**Digital Independence**

For people who want to improve their digital skills and feel more confident using computers, other digital devices, and the internet. For courses starting in February, ring 0117 973 9744 or email [jenny@youtheducationservice.org.uk](mailto:jenny@youtheducationservice.org.uk)

**Community Emergency response /Volunteer induction**

A short introduction to being a volunteer. Contact JP Evans on 07795 390 667 or email [Julie.evans@n-somerset.gov.uk](mailto:Julie.evans@n-somerset.gov.uk)

**Intro to Finding Work in Cleaning**

With links to applying for jobs in NHS. Contact Suzanne on 07887451776 or email [Suzanne.gaffney@bristol.gov.uk](mailto:Suzanne.gaffney@bristol.gov.uk)

## Family Learning



### Going on a Bear Hunt – Family First Aid

Family First Aid made fun. Join in the fun and learn how to deal with accidents that could happen along the way! Get the book free too! 10am to 12 noon, Mondays from 18/01/21. Contact Lucy on 07788353446 or email [lucy.fieldhouse@bristol.gov.uk](mailto:lucy.fieldhouse@bristol.gov.uk)

### Bring The Gruffalo to Life!

A 5-week family learning course using crafts, plays, cooking, and songs to support your child's love of learning. 3.30pm to 5.30pm, Wednesdays from 20/01/21. Contact Suzanne on 07887451776 or email [suzanne.gaffney@bristol.gov.uk](mailto:suzanne.gaffney@bristol.gov.uk)

### Making Parenting Easier

Help with home-schooling issues, behaviour management and getting the best out of your child. 9.30am to 11.30am, Fridays. Contact Richard Davies on 07788353420 or email [richard.davies@bristol.gov.uk](mailto:richard.davies@bristol.gov.uk)

### Introduction to Playing Outdoors

Planned for March 2021 this course will give you loads of ideas to play outdoors safely with your child. Contact Suzanne on 07887451776 or email [suzanne.gaffney@bristol.gov.uk](mailto:suzanne.gaffney@bristol.gov.uk)

## Wellbeing



### Feel Good Outdoors Winter

Explore how being outdoors helps with your wellbeing. A mix of using your senses outdoors, craft sessions and exploring volunteering. Contact Suzanne on 07887451776 or email [Suzanne.gaffney@bristol.gov.uk](mailto:Suzanne.gaffney@bristol.gov.uk)

### Healthy Cooking on a Budget

Budget for and cook tasty, healthy recipes using everyday items available from Food Banks and the FoodStock project. 12.15pm -2.15pm, Tuesdays from 19/01/21. Contact Suzanne on 07887451776 or email [suzanne.gaffney@bristol.gov.uk](mailto:suzanne.gaffney@bristol.gov.uk) or 10am to 12noon, Thursdays from 21/01/21. Contact Helen Richards on 07760990855 or email [helen.richards@bristol.gov.uk](mailto:helen.richards@bristol.gov.uk)

### Time for Change part 1

Will cover ways to build your resilience, increase your motivation and help you cope better with change. Time to be confirmed but will run from 14/1/21 for 3 sessions on Thursdays and Fridays. Contact Jane Franklin on 07518576597 or email [admin@c-cbed.com](mailto:admin@c-cbed.com)

### Fun Basic Sign Language

10am to 11.30am, Tuesdays from 02/02/21 for 7 weeks. Contact JP Evans on 07795 390 667 or email [julie.evans@n-somerset.gov.uk](mailto:julie.evans@n-somerset.gov.uk)

### Find Your Strengths

Boost your confidence and discover your motivation with this NEW interactive course. It will help you to improve your self-esteem and resilience and prepare you to take life into your own hands through proven techniques! 9.30am to 11.30am, Tuesdays from 23/02/21 for 8 weeks. contact Edwina Provansal on 07825315820 or email [edwina.provansal@bristol.gov.uk](mailto:edwina.provansal@bristol.gov.uk)

## ESOL Conversation Clubs and Courses



### ESOL Conversation Clubs

To join a friendly Zoom meeting contact [esolconversationclubs@bristol.gov.uk](mailto:esolconversationclubs@bristol.gov.uk), for more information check our website [www.esolcc.org](http://www.esolcc.org) or visit Learn English in Bristol website: [www.LEB.community](http://www.LEB.community)

### ESOL Conversation class

Resident in North Somerset? This course starts 05/01/21 for 8 weeks online. Contact [admin@c-cbed.com](mailto:admin@c-cbed.com)

### ESOL Online Evening course

Aimed at Entry 3 learners. Improve your reading, writing and speaking/listening skills. 5.30 to 7.30pm, Wednesdays from 13/01/21 for 10 weeks. Email [shani.smith@bristol.gov.uk](mailto:shani.smith@bristol.gov.uk)

### ESOL for Beginners and for Work

10 am to 12 noon. Course will start in Jan/Feb online. Contact Suzanne on 07887451776 or email [Suzanne.gaffney@bristol.gov.uk](mailto:Suzanne.gaffney@bristol.gov.uk)

## What our learners say...

- *I loved the course and the tutor was brilliant*
- *Helped me with my mental health as well as learning new skills and feeling productive*
- *Really enjoyed the course very informative. Easy & practical. All of the course was very helpful.*
- *I liked the course material, it was very interesting and put together clearly. It motivated me to learn - I was inspired*
- *I really liked the way the tutor spent the time with each of us each week. She showed a lot of understanding, empathy and then provided a way forward in a very practical honest intelligent way because she had so many examples on how to answer questions.*



COMMUNITY  
LEARNING

[communitylearningwest.net](http://communitylearningwest.net)  
[lcinfo@bristol.gov.uk](mailto:lcinfo@bristol.gov.uk)  
01172 510230

**COMMUNITY  
LEARNING**



**EMPLOYMENT  
SKILLS &  
LEARNING**



**Do you want to improve your chances of finding work?**  
**On this 8 week course you will improve your speaking,**  
**listening , reading , writing and ICT skills which will help**  
**you look for and find work.**

**Wednesdays**

**Time: 12.30-2.30**

**April 21st-June 9th**

**Online**

**To make a referral please use the booking  
sheet on Temple St VIC to record customers  
details.**



**BRISTOL**  
**LEARNING CITY**





## COMMUNITY LEARNING



## FREE-online cookery workshops

We can support you to join an online session using your phone or tablet.

**Are you interested in joining fun live workshops online in the new year?**

- ♦ **Cooking tasty and healthy food on a budget—using mostly ingredients in your food box/from the Food Bank/in your cupboard**

- ♦ **How to join a Zoom/online video and course**

Contact Community Learning to find out what else we can offer you. Our courses are for adults aged 19years plus, with few or no formal qualifications. We may be able to loan you IT kit for the course.

Find more details online at [www.communitylearningwest.net](http://www.communitylearningwest.net)  
email [suzanne.gaffney@bristol.gov.uk](mailto:suzanne.gaffney@bristol.gov.uk) or  
contact Suzanne  
07887451776.



**BRISTOL**  
LEARNING CITY

EMPLOYMENT  
SKILLS &  
LEARNING





## COMMUNITY LEARNING

### FREE -Intro to Office Skills

Online course, Jan./Feb. start date, Tues. 10-12noon,

Do you want to improve your computer /digital skills to help you find work or help you in work, now or in the future.

- Join an intermediate course which will include e- safety, word processing , spreadsheets, making presentations.
- Find out about the ways2work website, National Careers Service or Future Bright support

This course will use Google Classroom and Zoom and online resources. Support will be available to use these IT platform. Our courses are for adults aged 19years plus, with few or no qualifications and/or with a low income or in receipt of benefits.

Find more details online at [www.communitylearningwest.net](http://www.communitylearningwest.net)  
email [suzanne.gaffney@bristol.gov.uk](mailto:suzanne.gaffney@bristol.gov.uk) or  
contact me on  
07887451776.



**BRISTOL**  
LEARNING CITY

EMPLOYMENT  
SKILLS &  
LEARNING





## **You Are What You Eat!** **Free Course**

**10.00 until 12.00 Wednesdays**  
**STARTS 3<sup>rd</sup> February online**

**A course that looks at the food we eat and explores healthy and nutritional ways we can prepare food without costing too much!**

**Lots of great recipe ideas and join in cooking together each week.**

**Ingredients can be supplied.**

**We can help you get online too.**

**Text or phone Helen 07760990855**

**Course for adults 19+ with low or no qualifications**

 **WEST OF ENGLAND**  
Combined Authority

 **COMMUNITY LEARNING**

**communitylearningwest.net**  
**lctinfo@bristol.gov.uk**  
**01172 510230**



Free Support Programme for South Bristolians with Business ideas,  
School for social entrepreneurs



**Strong Foundations**  
A free support programme for south  
Bristolians with a business idea to help people



**Free learning programme with expert advice**



**How to make your business idea a reality,  
make money, and help people at the same time**



**Discover a support network of like-minded  
people**



**Learn how to plan, market, price, and deliver  
your product or service - and create change for  
good**



The School for Social Entrepreneurs provides free workshops, one-to-one support, grants, and bursaries for individuals, social enterprises, charities, and community businesses in south Bristol.

If you live in south Bristol and are thinking of starting a social enterprise, a social purpose business, or project with a social or environmental theme then our support is there to help you.

Maybe you already run a south Bristol-based social enterprise, charity, co-op, or community business? Our courses will help you with business resilience, trading, marketing, managing cash flow, or improving your social impact.

Apply at  
[the-sse.org/courses/south-bristol-enterprise-support-sbes/](https://the-sse.org/courses/south-bristol-enterprise-support-sbes/)

Deadline: Sunday 14th February 2021







"The whole tone of the course was **very supportive**, and it was great to be part of a group of like-minded individuals to **change the world for the better!** Go for it - you **won't regret it!**"

– Julian Wood, Art of Kindness

## Next Steps to Success

How to take your south Bristol social enterprise to the next level

## Together, we will...



Analyse and improve upon your strengths and weaknesses



Optimise your finances



Plan how to survive and thrive in a post-Covid world



Discover further support



- Do you run your own social enterprise, such as a community business, charity, or company dedicated to bringing about social or environmental change?
- Want to know how to expand, to grow, and to stand on your own two feet without the help of grants?

Our **free** Next Steps to Success course is for you!

**Email:** [susan.moores@dartington.org](mailto:susan.moores@dartington.org)

**Web:** [the-sse.org/courses/south-bristol-enterprise-support-sbes/](http://the-sse.org/courses/south-bristol-enterprise-support-sbes/)





## GET ON TRACK ONLINE TASTER

Are you 16-25? Looking to get active and learn new skills? Our world class mentors will help you unlock your potential.

**Find out more about the Get on Track programme and hear from the Athlete Mentor that will be delivering it:**

**3 x Paralympian and Gold Medalist Liz Johnson.**

**Liz is a Paralympic swimmer whose career culminated in winning a Paralympic Gold medal in Beijing in 2008 despite the greatest personal challenges imaginable.**

Quotes from Get on Track participants:

"I am a completely different person from when I started the course. I have so much more confidence. If we didn't have the online sessions we would be back to square one."

"It has helped with my mental health as I can check in, and see my friends and have a laugh"

"It has encouraged me to do more physical activity"

### Sign up today

The taster session is  
**Thursday 18th February**  
**3pm-4pm .**

To sign up please contact  
Ben or Gabs on  
[enquiries@swaleleisure.org](mailto:enquiries@swaleleisure.org)  
07951 574634



## Free CSCS Construction Training



## FREE CSCS CONSTRUCTION TRAINING

If you are over 18 or over and unemployed, whether claiming benefits or not, you could get free training for a Level 1 Certificate in Basic Construction Skills, a Level 1 Award in Health & Safety in a Construction Environment and we will pay for your CSCS test and card on completion.

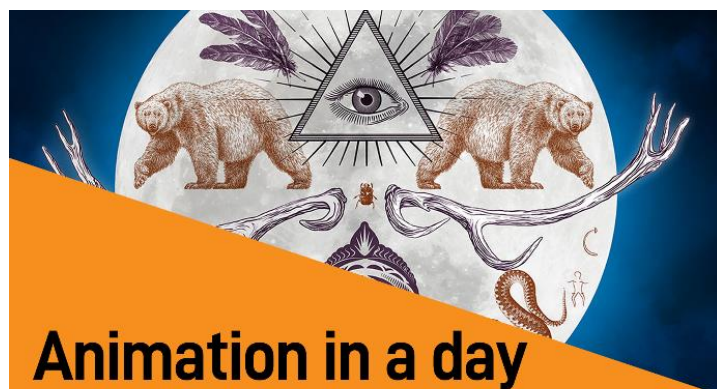
Once you have completed this course we will also give you a £50 back to work voucher to help with buying clothes or equipment.

Our courses are delivered remotely, so you will need access to broadband and ideally a PC or tablet. Courses are run weekly Tuesday to Friday, 10am to 3pm each day.



**Call 0117 9111428 or email [headoffice@rtas.ltd](mailto:headoffice@rtas.ltd)**





## Animation in a day

Wednesday 17th February | 10am - 4pm

Online using Zoom

13-19 years olds

Take a virtual tour of Bristol Museum & Art Gallery's exhibition *Do You Believe In Magic?* Get inspiration from a range of objects from across the world for your own magical animations. Learn how to animate using different techniques and software and have fun telling stories with young people from all over the city.

**Join the first online group session where we will set you a task and teach you the skills you need, then have some time on your own to do the project before joining the second session in the afternoon to see what everyone has made.**

**Workshops are free and any materials required will be sent out to you.**



## Art in a day

Friday 19th February | 10am - 4pm

Online using Zoom

13-19 years olds

Explore the idea of identity by looking at Japanese culture, stories, myths and legends inspired by Bristol Museum & Art Gallery's Netsuke collection. Get creative in response to Japanese history and sculpt or draw your very own Netsuke character, a token of self-expression from 200 years ago during Japan's Edo period.

To book a place go to: [creativyouthnetwork.org.uk/creativecourses](https://creativyouthnetwork.org.uk/creativecourses)  
For more info email: [creative.dept@creativyouthnetwork.org.uk](mailto:creative.dept@creativyouthnetwork.org.uk) or phone: 0117 947 7948  
In partnership with: [bristolmuseums.org.uk](https://bristolmuseums.org.uk)

REG CHARITY: 266318 | REG CO. IN ENG: 010998684 | VAT NO: 110992037



Culture & Creative Industries

## Course Guide, Princes Trust

[Our programmes | Help for young people | The Prince's Trust \(princes-trust.org.uk\)](https://www.princes-trust.org.uk/help-for-young-people/programmes)

<https://www.princes-trust.org.uk/help-for-young-people/programmes>



### COURSE GUIDE:

### January - February 2021

#### Course Guide

#### Week 1 - Explore Your Skills

During this week we will be working on having a positive mindset, our confidence and personal skills. We will also explore our mental & emotional wellbeing.

#### Week 2 - Explore Your Wellbeing

During this week we will be looking into the benefits of a balanced diet and positive physical health. We will also look at our identities and challenging our own and societies stereotypes.

#### Week 3 - Explore your future

This week we will be working on career planning and money management through different activities including CV writing, how to look and apply for jobs Online plus preparing for interviews.

We will reflect on your time on the course and will finish the week with a celebration event.

#### Weekly - 1 to 1's

You will have a 1 to 1 session with us towards the end of each week finishing with a final 1 to 1 to look at your next steps following your time on the Explore program

#### Conditions of attendance:

- ✓ No drugs
- ✓ No alcohol
- ✓ No violence
- ✓ No exclusive relationships

#### MONDAY

25th

#### TUESDAY

26th

Group Induction

#### WEDNESDAY

27th

#### THURSDAY

28th

#### FRIDAY

29th

#### MONDAY

1st FEB

EXPLORE your Mindset

#### TUESDAY

2nd

EXPLORE your Confidence

#### WEDNESDAY

3rd

Mental Well being

#### THURSDAY

4th

1 to 1

#### FRIDAY

5th

#### MONDAY

8th

Psysical Well being

#### TUESDAY

9th

Healthy Eating

#### WEDNESDAY

10th

Identity and Stereotypes

#### THURSDAY

11th

1 to 1

#### FRIDAY

12th

#### MONDAY

15th

Money management

#### TUESDAY

16th

Employability

#### WEDNESDAY

17th

Celebration

#### THURSDAY

18th

1 to 1 Next Steps

#### FRIDAY

19th

#### MONDAY

22nd

#### TUESDAY

23rd

#### WEDNESDAY

24th

#### THURSDAY

25th

#### FRIDAY

26th

There are limited places, so book early.

For any enquiries please contact Tom Christensen

tom.christensen@princes-trust.org.uk  
07973612728



**WE'RE HERE TO HELP YOU REACH YOUR GOALS**

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# GET INTO DIGITAL MARKETING



**WYK DIGITAL** **WYK** **TASTER DAY: 25TH JAN**  
**MAIN PROGRAMME: 8TH FEB-16TH APR**

The Prince's Trust have partnered with WYK Digital to help you build your skills, knowledge and experience of digital marketing on this ten-week online course.

- Facebook/Google Marketing and Analytics dedicated tracks
- Work with real businesses and gain support from experienced industry mentors
- Build your soft skills, gain accreditation's and certifications
- Gain practical experience of building live campaigns
- Guidance and support to apply for a job with a partner agency, with guaranteed interviews
- For young people aged 18-30 in London and Bristol

This course is the perfect launchpad for a career in Digital Marketing!

**HOW TO REFER: [CLICK HERE TO REGISTER ON EVENTBRITE](#)**

[Get Into Digital Marketing with WYK Digital - Feb 2021 Tickets, Mon 8 Feb 2021 at 09:00 | Eventbrite](#)

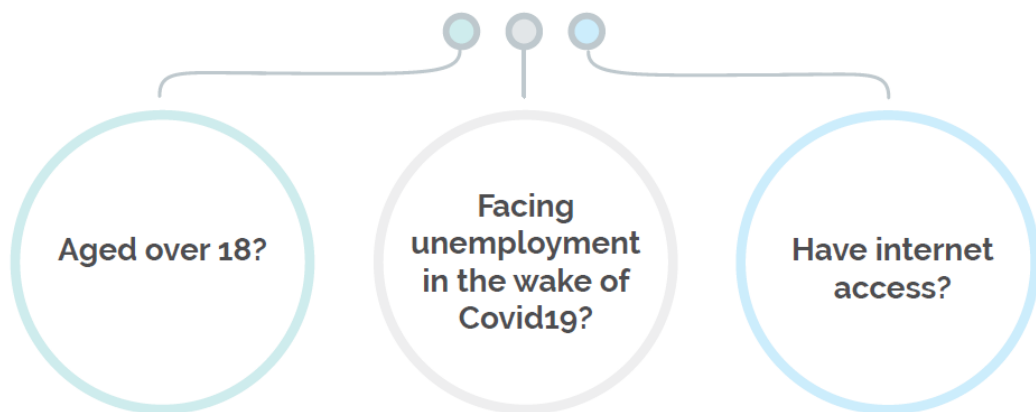


Free Employment programme for adults, Re-Work



## Is it for me?

Re-Work is a free employability programme for adults out of work in the wake of Covid19, designed to equip you with skills, mindset and confidence you need to re-enter the workplace.



---

*"Re-Work is honestly one of the best things I've ever done and I would really recommend it."*  
- Roweyna, Re-Work participant

## What does it involve?



*You can expect to:*

- Refresh your communication skills
- Build your network, professional impact and online presence
- Update your CV to achieve maximum impact
- Explore transferable skills for new roles
- Gain top tips for interviews and practice with industry professionals
- Boost your confidence to apply and interview online



*Six online group sessions:*



3 February  
10 February  
17 February  
24 February  
3 March  
10 March

*All sessions run 3:00pm - 5:00pm*

## Contact us:

**t: 07483 417 224**

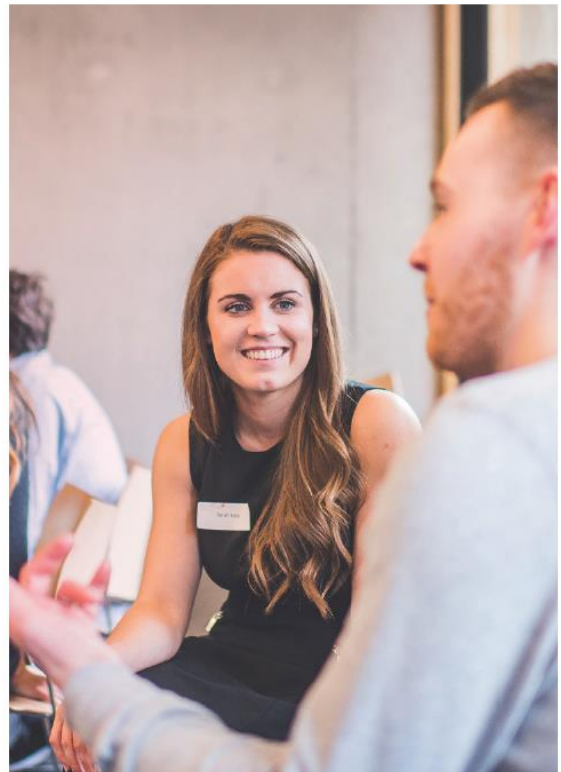
**e: [rework@stnicholasbristol.org](mailto:rework@stnicholasbristol.org)**





**@resurgotrust**

**[www.resurgo.org.uk](http://www.resurgo.org.uk)**

*Registered UK charity no. 1100885*





**IntoUniversity** 

## Academic Support

Supporting your child to achieve at school and beyond

**IntoUniversity** is an award-winning education charity with centres across the UK, which help young people aged 7-18 years old to fulfil their potential.

The Bristol South centre is run in partnership with the Universities of Bristol, Bath, and Exeter.

### What can my child expect from Academic Support?

Your child will be welcomed afterschool every week to a free, supportive, and positive virtual session. He or she will work with a combination of trained staff and university volunteers to complete homework or activities aimed at raising academic levels.

### What other support could my child receive?

- Opportunity to apply for a mentor
- Invitations to additional revision sessions
- Work experience opportunities
- Invitations to holiday programmes
- Support with university applications
- Confidence-building activities

### How do I sign my child up?

Contact us on **0121 803 7505** or email **[bristol@intouniversity.org](mailto:bristol@intouniversity.org)** to find out more.

IntoUniversity Bristol South, The Withywood Centre,  
Queen's Road, Bristol, BS13 8QA  
Registered Charity Number 1118525 (England and Wales)  
SC049776 (Scotland) | Company registration number 6019150

## Careers café for unpaid carers

**Grab a cuppa and join the team in our virtual cafe to have a chat about training & employment opportunities for unpaid carers!**

The online café is a great opportunity to meet other carers who are currently looking for flexible employment or thinking about refreshing their skills. It's an informal session to highlight opportunities, share tips and ideas, providing advice and support to each other throughout the employment journey.

The group will run monthly, each session lasting 45 mins, with our first zoom session on Wednesday 3<sup>rd</sup> March at 11am.

If you're interested in joining us, please get in touch by sending an email to

**[employment@carerssupportcentre.org.uk](mailto:employment@carerssupportcentre.org.uk)**

Further dates and times will be added to our website.

Don't worry if you've not used zoom before, here is a guide on how to use <https://support.zoom.us/hc/en-us/articles/201362193-How-Do-I-Join-A-Meeting-> or send us an email and we'll happily support you.

**Join us for our first café session on Wednesday 03<sup>rd</sup> March at 11 am.  
Don't forget your cuppa!**





## LGBT+ History Month Newsletter

### EXTERNAL EVENTS CALENDAR

#### **LGBT+ History Month - on-line events, February 2021**

Booking is essential to receive the Zoom link to the video conference. You'll find links on the OutStories Bristol website or go directly to the host to book and get guidance on access.

#### **M SHED: THURSDAY 4<sup>TH</sup> FEBRUARY 6:00P.M. - HISTORY OF SEXUAL DIVERSITY IN THE MUSLIM WORLD**

##### **TICKET PRICE: FREE**

Osman from Hidayah, a support group for LGBTQ+ Muslims, will look at the history of sexual diversity in the Muslim world. The talk will include mention of gay characters from the stories in the Arabian Nights, as well as famous Muslims from history.

#### **M SHED: WEDNESDAY 10<sup>TH</sup> FEBRUARY 3:00P.M. - BRISTOL'S ILLUSTRIOUS TRANS PIONEER, MICHAEL DILLON TICKET PRICE: FREE**

Cheryl Morgan will talk about Bristol's illustrious trans pioneer, Michael Dillon, who is one of the five Icons for this year's LGBT History Month. The talk will focus on Dillon's time in Bristol, which overlapped with WW2. When not dodging bombs, Dillon worked on writing a treatise on trans healthcare that was decades ahead of its time.

#### **UOB LAW SCHOOL: THURSDAY 11<sup>TH</sup> FEBRUARY AT 5P.M. - WE ASK, WHAT'S NEXT FOR QUEER BRITAIN?**

##### **TICKET PRICE: FREE**

Leading human rights lawyer, Jonathan Cooper, discusses why, despite legal reforms, meaningful equality remains out of reach.

#### **MShed: Tuesday 16<sup>th</sup> February 7:00p.m. - Gender and sexuality in early mediaeval times TICKET PRICE: FREE**

Award-winning lesbian author, Nicola Griffith, will be in conversation with Cheryl Morgan. They will discuss how gender and sexuality were viewed differently in early mediaeval times, and how Nicola wove this into her top-selling historical novel, Hild, about the life of Saint Hilda of Whitby.

#### **Strawberry Hill House: Wednesday 17<sup>th</sup> February at 7p.m. - Being trans in the 18<sup>th</sup> Century TICKET PRICE: £8**

Charlotte de Beaumont, Chevaliere d'Eon: being trans in the 18th century – Cheryl Morgan will delve into the story of this trans celebrity



**MSHED: WEDNESDAY 24<sup>TH</sup> FEBRUARY 11:00A.M. - HISTORY OF TRANS AND INTERSEX PEOPLE IN SPORT**

**TICKET PRICE: FREE**

Panel discussion on the history of trans and intersex people in sport with medical historian, Dr. Sonja Erikainen of the University of Edinburgh; historian Professor Noah Riseman of the Catholic University of Melbourne; football player Samantha Walker; and rugby player Verity Smith. Morning schedule is to accommodate Professor Riseman joining us from Australia.

**THURSDAY 25<sup>TH</sup> FEBRUARY 6-7P.M. - VIRTUAL TOUR OF BATH'S SIGNIFICANT SITES FOR LGBT HISTORY MONTH**

**TICKET PRICE: FREE**

Take a virtual tour of Bath for LGBT History Month with Robert Howes. The tour will take about an hour. Send an email to Robert at [collections@outstoriesbristol.org.uk](mailto:collections@outstoriesbristol.org.uk) to receive the relevant link.



LGBT+ History Month on-line events are free to join but booking is essential to receive the Zoom link to the video conference. You'll find links to the events on the OutStories Bristol website.



**BRISTOL SU**  
the best student life



University of  
**BRISTOL**

Join us on zoom on Wednesday 24<sup>th</sup> February 6 – 7p.m, to celebrate LGBT+ History Month with a special panel discussion hosted by Jason Palmer, the Equality, Diversity and Liberation Officer for Bristol SU. The panel will comprise of Dr Sarah Jones, Lecturer in History of Sexuality and Gender, Natasha Walker (BA 2007), Co-Chair and Trustee of Switchboard, an LGBT+ Helpline and Dr Rosie Nelson, a Sociology Lecturer specialising in LGBT social sciences research. The event will form part of a month-long series of events hosted by the SU to celebrate LGBT+ History Month and their theme for this year - 'Mind, Body and Spirit'.

**Cost:** Free to attend but pre-registering is essential.

**Booking:** Please join us via this Zoom link. **Contact:** For more information, please contact [alumni-events@bristol.ac.uk](mailto:alumni-events@bristol.ac.uk)



**OutS**  
Recording the lives

UWE LGBT+ have a number of events going on throughout the month, there are still a few events as yet to be added to their website.

See link to find out more and keep updated:

<https://www1.uwe.ac.uk/whatson/lgbthistorymonth.aspx>

There may be other events going on around the City that we have not been notified about, if you know of anything going on please message the LGBT+ inbox or post on our Facebook page.

**MY QUEER QUARANTINE** Send us your story to put in the archive - check the OSB website to see other contributions.

### **OUTSTORIES BRISTOL – SEEKING NEW TRUSTEES...**

OutStories Bristol is currently run by a group of five trustees (Charlie, Cheryl, Chris, Jenny and Marek) and a super-supporter (Robert). Charlie is leaving in March and thus vacating the role of secretary. Therefore, we are appealing for new trustees, in particular people who might share some of the administrative tasks such as looking after membership and internal records. There is no reward; you only get the benefit of knowing you are improving what we leave behind for future generations.

### **PARTICIPANTS SOUGHT FOR RESEARCH INTO LESBIAN DRESS AND CLOTHING**

Kim Renfrew is looking for research participants interested in talking about what they wear and why, or why not! She's working on a PhD at UWE on creating, negotiating and maintaining lesbian identity through dress practices and the dressed and adorned body.

Her aim is to look at:

- Dress and beauty/grooming practices among participants of all backgrounds over the age of 18, who identify as women, and are primarily attracted to other women.
- What we wear now and what we have worn across our lives
- How we make sense of dress/adornment/beauty/grooming in a culture that views lesbians as not caring about appearance or style
- The impact Covid-era lockdowns have had on the way we dress and express our identity.

Participation will involve some or all the following:

- ☐ Taking part in oral history audio or video interviews – including looking at clothes and grooming items
- ☐ Keeping a clothing diary
- ☐ Reflecting on photographs and sharing wardrobe content

How these will be conducted will of course depend on coronavirus and some activities will take place online, while others may happen further down the line when restrictions are eased and contact with others feel safe.

If anyone is interested in getting involved, contact Kim at [Kim2.Renfrew@live.uwe.ac.uk](mailto:Kim2.Renfrew@live.uwe.ac.uk) – she'll be happy to share detailed information about what's involved.

### **DO YOU REMEMBER CLUB LEO OR THE OASIS?**

Jack Lettis is keen to talk to anyone who remembers the **Oasis Club**, Park Row and **Club Leo**, Sain Nicholas Street, hoping to collect any pictures and flyers people might have and talk to anyone who remembers the clubs and their memoirs of the aspects that made them great – the atmosphere, the crowds they attracted, the venues themselves and the music that defined their time. Jack Lettis continues to work on the Crack Magazine project posted about last year named Everything Is Music. He is tasked with researching Bristol's gay venues of the past.

If this is you, please do get in touch with him at [jack@jacklettis.com](mailto:jack@jacklettis.com) for a short friendly chat and be part of this great project for Bristol.

# Mindfulness Based Stress Reduction

*PAUSE . BREATHE . BE*



This powerful 8-week course will help you develop tools that support stress management. During these difficult times learning tools to manage our stress can positively impact our physical, emotional and mental health. We know that too much stress triggers anxiety, depression and increased pain leading to tension and reactivity. This course offers a variety of tools to bring into your life. If you are feeling trapped in a cycle of stress give yourself these 8 weeks it could positively impact your mind, body and relationships. Would you like to:

Become familiar with the workings of your mind and notice the times when you are at risk of getting caught in old habits of mind that re-activate downward mood spirals

Explore ways of releasing yourself from those old habits and, if you choose, enter a different way of being.

Get in touch with a different way of knowing yourself and the world

Notice small beauties and pleasures in the world around you instead of living in your head.

Be kind to yourself instead of wishing things were different all the time, or driving yourself to meet impossible goals.

Find a way so you don't have to battle with yourself all the time

Accept yourself as you are, rather than judging yourself all the time.

Day/time: Wednesday mornings, 9.30-11.30am

Via ZOOM online – links given every week

**TASTER SESSION DATE:** Wednesday 27<sup>th</sup> Jan 2021 9.30-11am

**INCLUDED IN COST : RETREAT DAY MID MARCH TO BE CONFIRMED**

**COURSE DATES:** Wed 10<sup>th</sup> Feb 2021 for 8 weeks consecutively 9.30-11.30am

Tel: Donna Person 07747 573687 Email: [mpcp.bristol@gmail.com](mailto:mpcp.bristol@gmail.com)

Website: MPCP.info Cost: £150



BOOK NOW TO  
RESERVE A PLACE

# Mindfulness for Stress Reduction

**Pause•Soften•Connect•Be**

## Dates of the course:

Taster/Orientation Session – 27<sup>th</sup> Jan 2021 9.30-11am

Session 1 – 10<sup>th</sup> Feb 2021 9.30-12pm – Beyond Automatic Pilot

Session 2 – 17<sup>th</sup> Feb 2021 9.30-12pm – Perception, Another Way of Knowing

Session 3 – 24<sup>th</sup> Feb 2021 9.30-12pm – Coming home to the Present

Session 4 – 3<sup>rd</sup> Mar 2021 9.30-12pm - Responding vs reacting to stress

Session 5 – 10<sup>th</sup> Mar 2021 9.30-12pm– Coping with stressful communication

Session 6 – 17<sup>th</sup> Mar 2021 9.30-12pm – Thoughts are not Facts

Session 7 – 24<sup>th</sup> Mar 2021 9.30-12pm – Lifestyle Choices to take care of Myself

Session 8 – 31<sup>st</sup> Mar 2021 9.30-12pm – Keeping your Mindfulness Alive

**Retreat Day Sunday TBC possibly 28<sup>th</sup> March times to be confirmed**

**Link for Practices: <https://www.connectingwithmindfulness.co.uk/mbsr-practices>**

## **Contact:**

*Donna 07747573687*

*email:connectingmindfully  
@gmail.com*