



Families in Focus Bulletin

Information & Support for Families, Parent/Carers and Young People

Hello and welcome to the Information Bulletin from your locality Families in Focus team. **This bulletin contains information on citywide and South based services.**

The amount of information has grown so large that we have split the Bulletin into two parts, and this is Part 1

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

Part 2 – Information and Support for Practitioners

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

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



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Activities for Young People & Families

BS13 Family & Friends - End of the Year Party

BS13
FAMILY & FRIENDS
TOGETHER WITH
BS14 GLOBAL COM.POC
END OF THE YEAR PARTY

14TH DECEMBER 2024
2:00 - 5:00 PM

HARTCLIFFE COMMUNITY CENTRE
HARECLIVE RD, BRISTOL, BS13 OJW

**ARTS AND CRAFTS | CHRISTMAS
STALL | FACE PAINTING | GAMES |
PRIZES RAFFLES | SANTA | PRESENTS
| FOOD | DISCO**

**SPECIAL
PRESENTATION:**

- **HARTFIL LADIES**
- **ENYA**
- **SOGBANDY**



 Bringing the Community together again!

CHRISTMAS CRAFTS

HANDS ON CRAFTING & SUPER FUN GAMES!

MONDAY 23RD DECEMBER

10:00AM - 2:00PM

**THE SYMES RESOURCE
CENTRE, BS13 0BE**

Please scan the QR code to book your space



Hartcliffe & Withywood Community Partnership - Elfie Family
Breakfast



Bringing the Community together again!

Elfie Family Breakfast



KICK OFF CHRISTMAS EVE WITH A
MAGICAL 'ELFIE BREAKFAST' AND
THAT'S NOT ALL.....

- SNAP A FESTIVE 'ELFIE WITH OUR
SPECIAL GUEST!
- CREATE YOUR OWN CHRISTMAS
CARDS
- SING-ALONG TO SOME CHRISTMAS
CAROLS

TUESDAY 24TH DECEMBER 2024
9:30AM - 12:30PM

THE SYMES RESOURCE CENTRE,
BS13 0BE

Please scan the QR
code to book your
space



Love Squared - Sail with Santa

LOVE SQUARED

Merry Christmas

Sail with Santa

13:45-15:00PM 24 DEC 2024

For more information on this or any of our free groups contact

Emma@lovesquared.org.uk

Hartcliffe & Withywood Community Partnership - Term 2 Activities



Free BS13 Activities for Young People

www.hwcp.org.uk



Working in partnership with:











November 4th - December 20th (2024) Term 2

Location	Monday	Tuesday	Wednesday	Thursday	Friday
HWCP Community Room Symes Resource Centre Hartcliffe, BS13 0BE		Lego Legends for families 3:30pm - 5:00pm	Hart Attack for families 3:30pm - 5:00pm		Cup & Bowl for families 1:00pm - 3:00pm
Hartcliffe Club for Young People (HCYP) Gatehouse Ave BS13 9AE	Youth Club Age 8 to 12 5:30pm - 7:30pm	Club Adapt (Special educational needs) Age 8+ 6:00pm - 8:00pm		Youth Club Age 12+ 6:30pm - 8:30pm	Inters Club Year 7 & 8 only 6:00pm - 8:00pm
Hareclive School Moxham Drive BS13 0HP		Community Football Ages 8 to 16 4:30pm - 5:30pm			Robins Junior Football Age 6 to 12 4:30pm - 5:30pm
Merchants Academy Hareclive Road BS13 9JW	Robins Girls Football Foundation Age 6 to 16 4:00pm - 6:00pm		Wicketz Cricket Age 8 to 12 4:30pm - 5:30pm		
Bridge Learning Campus William Jessop Way BS13 0RL			Robins Disability Football Age 8 to 18 5:00pm - 6:30pm		Robins Senior Football Age 12 to 16 6:00pm - 7:00pm & Age 16 to 18 7:00pm - 8:00pm
The Big Hideout Teyfant Road BS13 0RF			The Hideout Age 8 to 13 Under 8's welcome but must be accompanied by an adult 3:00pm - 5:00pm	The Hideout Age 8 to 13 Under 8's welcome but must be accompanied by an adult 3:00pm - 5:00pm	The Hideout Age 8 to 13 Over 8's only 3:00pm - 5:00pm
The Gatehouse Centre Gatehouse Ave BS13 9JN		Young Careers Group Age 11 to 18 5:30pm - 7:30pm Every other week from 22/10/24			
FixX Bike The Grove BS13 0AF		Bike Workshop Age 11 to 25 11:00am - 5:00pm To book email: info@fixxbikes.com			
Sartan Club Queens Road BS13 8LF			Sartan Boxing Age 8 to 15 6:00pm - 7:00pm		Sartan Boxing Age 8 to 15 6:00pm - 7:00pm
Venturers Academy Hareclive Road BS13 9JW				Community Sports Age 8 to 12 3:30pm - 5:00pm	

LPW - Play sessions in Withywood

Play Sessions

Every Tuesday
3-5pm

Where
Withywood Park, Bristol
BS13 8PL

What?
Arts and crafts
Sport and games
Snacks included

Free to all!

All ages welcome, under 7s must be accompanied by an adult
For more information contact Carly on 07442843856

E: enquiries@lpw.org.uk T: 0117 987 3700 W: lpw.org.uk





**Winter
Play
Sessions**

**Every
Wednesday,
Thursday,
Friday
3-5pm**

Where?
The Big Hideout,
Teyfant Road, BS13
ORF

What?
Arts and crafts
Sports activities & games
Snacks provided

Free to all!
For more information
contact Carly on
07442843856

 **LPW** Learning
Partnership
West

E: enquiries@lpw.org.uk
T: 0117 987 3700
W: lpw.org.uk

LPW - Winter Play sessions in Filwood Park



**Winter
Play
Sessions**

**Every
Thursday
3:30-5:30**

Where?
Filwood Park,
BS4 1FL

What?
Arts and crafts
Sports and games
Snacks included

Free to all!
All ages welcome,
under 8s must be
accompanied by an
adult

LPW Learning
Partnership
West

For more information
contact Carly on
07442843856

Winter Youth Sessions

**Every
Friday
5pm-7pm**

Where?

Located around the
Hengrove area

Free to all!

For more information
contact Roberta on
07717816862

All ages welcome



Contact details
E: enquiries@lpw.org.uk
T: 0117 987 3700
W: lpw.org.uk



LPW - Winter Youth sessions in Knowle



Winter Youth Sessions

Every Friday
3:30-5:30pm

Where?
Located in Knowle area

Free to all!
All ages welcome

For more information
contact Molly on
07392481445 or Heidi on
07723104344

Delivered in
partnership
with



E: enquiries@lpw.org.uk
T: 0117 987 3700
W: lpw.org.uk

Hartcliffe & Withywood Community Partnership - Family Cup & Bowl sessions





FOR CHILDREN
AGED 1-4 YEARS
WITH
PARENT/CARERS

EVERY
WEDNESDAY
10-11am



Pre-booking is
essential
Book online

£4 PER CHILD
£3 PER SIBLING

www.redcatchcommunitygarden.com

Redcatch Park, Broadwalk, Knowle BS4 2RD



FAMILY FRIENDLY,
OFSTED APPROVED,
REASONABLE RATES



A 120 place nursery offering sessional day care, with friendly and fully qualified staff across 3 rooms for children aged 2-5yrs and small baby area 0-2yrs.

CONTACT US TODAY :

☎ 01179781708 ✉ gatehouse@hwv.org.uk 🌐 www.hwv.org.uk

Bristol Cycling Centre - Cycling sessions & Bikeability courses



Bristol Cycling Centre offers cycling activities for people of all ages and abilities in a safe, traffic free environment

At our centre we offer:

- Learn to ride courses
- Bikeability training
- Wheels for All inclusive cycling sessions
- Volunteering and work placement opportunities
- Accessible facilities, including Changing Places disabled toilets



Travel on the bus route M1 with a stop just across the road



Free on site parking



www.betterbybike.info/bristolcyclingcentre

 Bristol Cycling Centre
 bristol_cycling_centre
 BrisCycleCentre

 Bristol Cycling Centre
Bamfield, Bristol, BS14 0XA
 01275 832 800
 cyclingcentre@bristol.gov.uk





Information about our cycling sessions and Bikeability courses.

Bikeability Balance - Ready to roll. Fun and games on a balance bike, starting to move with two wheels.

Bikeability Learn to Ride - Ready to pedal. Adult or child, learn to ride a bicycle.

Bikeability Learn to Ride Next Steps - Ready to ride. Learning to steer, brake and control a cycle safely.

Rock Up & Ride - Ride around our track, to practice your skills and develop confidence.

Family Cycling - Cycle together with family and friends. Everyone is welcome.

Disability Session - Enjoy a ride around our track using one of our wide range of inclusive cycles.



Our Bikeability Cycling Instructors are available to assist, guide and support in all our sessions.

Check out our current timetable



www.betterbybike.info/bristolcyclingcentre



B015778

Your Holiday Hub - Winter Activities Booklet 2024

What's happening in Bristol this winter?

This document provides all the details about the fully funded activities taking place across Bristol during the winter holidays. You'll find information on what's happening, where, when, and who it's for! Each activity listing includes a link to the provider's Your Holiday Hub page, so you can contact them directly if you have any questions.



Bristol's holiday programme, **Your Holiday Hub**, is funded by the Department for Education's Holiday Activities and Food (HAF) Programme. It offers exciting, enriching activities and nutritious meals for school-aged children eligible for benefits-related free school meals during the spring, summer, and winter breaks.

Children who are not eligible for benefits-related free school meals can still join in the fun through **Open Access** sessions— please see below for details.

If your child has special educational needs or disabilities (SEND), please contact the activity provider directly to discuss how they can best support your child's needs.

Or visit: www.yourholidayhubbristol.co.uk



Department
for Education





Bizzy Kidz Club

Ward:

Frome Vale

What will we do?

- Arts and crafts
- Food activities
- Outdoor play
- Junk modelling
- Lego

When are we running?

- Monday 23 December 2024
- Thursday 2 January 2025
- Friday 3 January 2025

All sessions will run from 09.00 – 13.00.

A meal will be provided to all children.

Where are we running them?

We're running our sessions at Frome Vale Academy. [Click here to find us on Google Maps!](#)

Who can come?

We run our sessions for children aged 8 – 11, who receive benefit related free school meals.

[For more information, and to book, click here.](#)



Bristol City Robins Foundation

Wards:

*Filwood
Hartcliffe and
Withywood
Lawrence Hill*

What will we do?

- Football based games
- Football matches
- Skill practice

When are we running?

- Monday 23 December 2024
- Tuesday 24 December 2024
- Thursday 2 January 2025
- Friday 3 January 2025

All sessions will run from 10.00 – 14.00.

A meal will be provided to all children.

Where are we running them?

We will be running our events across different venues. Follow the link below to our Your Holiday Hub page for more information!

Who can come?

We run our sessions for children aged 6 - 13, who receive benefit related free school meals.

[For more information, and to book, click here.](#)



Wards:

*Central
Easton
Lawrence Hill*

Bristol Horn Youth Concern

What will we do?

- Baking
- Arts and crafts
- Football
- Face painting and henna
- Storytelling
- Dancing
- Go-karting

When are we running?

- Tuesday 17 December 2024
- Wednesday 18 December 2024
- Thursday 19 December 2024
- Friday 20 December 2024
- Tuesday 24 December 2024
- Thursday 26 December 2024
- Friday 27 December 2024

All sessions will run from 13.00 – 17.00.

A meal will be provided to all children.

Where are we running them?

We will be running our events across different venues. Follow the link below to our Your Holiday Hub page for more information!

Who can come?

We run our sessions for children between 10 - 16, who receive benefit related free school meals.

[For more information, and to book, click here.](#)



Wards:

*Bedminster
Central
Easton
Eastville
Lawrence Hill
St George
Central*

Bristol Somali Youth Voice

What will we do?

- Football
- Basketball
- Rope jumping
- Tug of war
- Arts and crafts
- Drawing and group discussions

When are we running?

- Monday 23 December 2024
- Tuesday 24 December 2024
- Friday 27 December 2024
- Monday 30 December 2024
- Tuesday 31 December 2024
- Thursday 2 January 2025
- Friday 3 January 2025

Our sessions run at different times. Check out our page on Your Holiday Hub for more information.

A meal will be provided to all children.

Where are we running them?

We will be running our events across different venues. Follow the link below to our Your Holiday Hub page for more information!

Who can come?

We run our sessions for children aged 5 - 16, who receive benefit related free school meals.

[For more information, and to book, click here.](#)



Wards:

Ashley
Frome Vale
Knowle
Lawrence Hill
Lockleaze
St George
West

Bristol Sport Foundation

What will we do?

- Football
- Tag rugby
- Basketball
- Dodgeball
- Dance
- Gymnastics

When are we running?

- Monday 23 December 2024
- Tuesday 24 December 2024
- Thursday 2 January 2024
- Friday 3 January 2024

Our sessions run at different times. Check out our page on Your Holiday Hub for more information!

A meal will be provided to all children.

Where are we running them?

We will be running our events across different venues. Follow the link below to our Your Holiday Hub page for more information.

Who can come?

We run our sessions for children aged 5 - 11, who receive benefit related free school meals.

[For more information, and to book, click here.](#)



Wards:

Ashley
Easton

Chaysestar Entertainment CIC – YBGT Sensory Play Sessions

What will we do?

- Seasonal arts and crafts
- Group games
- Cooking
- Obstacle courses
- Treasure hunts
- Sports and dance

When are we running?

- Thursday 2 January 2025
- Friday 3 January 2025
- Saturday 4 January 2025

Our sessions run from 11.00 – 15.00.

A meal will be provided to all children.

Where are we running them?

We will be running our sessions at Phoenix Social Enterprise. [Click here to find us on Google maps!](#)

Who can come?

We run our sessions for children aged 5 - 16, who receive benefit related free school meals.

[For more information, and to book, click here.](#)



Wards:

*Avonmouth and
Lawrence
Weston
Central
Clifton
Filwood
Hartcliffe and
Withywood
Hotwells and
Harbourside
Knowle
Stockwood
Windmill Hill*

Community Of Purpose CIC

What will we do?

- Trip to Puxton Park
- Trip to the Theatre
- Christmas Party and Crafts

When are we running?

- Saturday 21 December 2024
- Sunday 22 December 2024
- Monday 23 December 2024

Our sessions run at different times. Check out our page on Your Holiday Hub for more information!

A meal will be provided to all children.

Where are we running them?

We will be running our events across different venues. Follow the link below to our Your Holiday Hub page for more information.

Who can come?

We run our sessions for children aged 6 - 14, who receive benefit related free school meals.

[For more information, and to book, click here.](#)



Ward:

*Henbury and
Brenty*

DET Entertainment & Chaysestar Entertainment CIC (Unity Holiday Hub)

What will we do?

- Treasure hunts
- Baking
- Archery
- Fun group games
- Dance
- Arts and crafts

When are we running?

- Monday 23 December 2024
- Monday 30 December 2024
- Thursday 2 January 2025

Our sessions run from 11.00 – 15.00

A meal will be provided to all children.

Where are we running them?

We will be running our sessions at Henbury Village Hall. [Click here to find us on Google maps!](#)

Who can come?

We run our sessions for children aged 5 - 16, who receive benefit related free school meals.

[For more information, and to book, click here.](#)



Wards:

*Hengrove and
Whitchurch Park
Stockwood*

Fun 4 Families

What will we do?

- Trip to Puxton Park
- Trip to the Theatre
- Christmas Party and Crafts

When are we running?

- Friday 20 December 2024
- Saturday 21 December 2024
- Sunday 22 December 2024
- Monday 23 December 2024
- Friday 27 December 2024
- Monday 30 December 2024
- Friday 3 January 2024

Our sessions run at different times. Check out our page on Your Holiday Hub for more information!

A meal will be provided to all children.

Where are we running them?

We will be running our events across different venues. Follow the link below to our Your Holiday Hub page for more information.

Who can come?

We run our sessions for children of different ages, who receive benefit related free school meals. Families are welcome, and under 8's need to be accompanied by an adult. Follow the link below for more information.

[For more information, and to book, click here.](#)



Ward:

*Hartcliffe and
Withywood*

Hartcliffe And Withywood Community Partnership

What will we do?

- Arts and crafts

When are we running?

- Monday 23 December 2024
- Tuesday 24 December 2024
- Friday 3 December 2024

Our sessions run at different times. Check out our page on Your Holiday Hub for more information!

A meal will be provided to all children.

Where are we running them?

We're running our sessions at Hartcliffe and Withywood Community Partnership. [Click here to find us on Google maps!](#)

Who can come?

We run our sessions for children aged 6 - 14, who receive benefit related free school meals.

[For more information, and to book, click here.](#)



Ward:

*Hartcliffe and
Withywood*

Hartcliffe Club For Young People

What will we do?

- Art activities
- Music production
- Sports
- Cooking
- A trip to the Mendips

When are we running?

- Monday 16 December 2024
- Tuesday 17 December 2024
- Thursday 19 December 2024
- Thursday 2 January 2025
- Friday 3 January 2025

Our sessions run at different times. Check out our page on Your Holiday Hub for more information.

A meal will be provided to all children.

Where are we running them?

Our sessions will run at Hartcliffe Club for Young People. [Click here to find us on Google maps.](#)

Who can come?

We run our sessions for children of different ages. Check out our page on Your Holiday Hub for more information.

❖ This is an **Open Access** session!

[For more information, and to book, click here.](#)



Ward:

*Hartcliffe and
Withywood*

Heart of BS13

What will we do?

- At home festive cookery activities

When are we running?

- Tuesday 10 December
- Wednesday 11 December
- Tuesday 17 December 2024
- Wednesday 18 December 2024

Our Christmas Festive Food Activity Packs will be sent out on the dates listed above. Check out our page on Your Holiday Hub for more information!

Where are we running them?

These sessions will take place in individual homes in the BS13 area.

Who can come?

These activities are for 7 – 16-year-olds, and their parents, carers and/or grandparents!

[For more information, and to book, click here.](#)



Wards:

*East Central
Barton Hill
Hartcliffe
Hillfields
Lawrence
Weston and
Shirehampton
Stockwood*

Imayla

What will we do?

- Theatre trips
- Wookey Hole Day Trip
- Festive Fun Day

When are we running?

- Friday 20 December 2024
- Saturday 21 December 2024
- Friday 3 January 2025

Our sessions run at different times. Check out our page on Your Holiday Hub for more information!

A meal will be provided to all children.

Where are we running them?

We run our sessions at different venues. Check out our page on Your Holiday Hub for more information!

Who can come?

We run our sessions for children of different ages. Check out our page on Your Holiday Hub for more information!

[For more information, and to book, click here.](#)



Wards:

*Ashley
Bedminster
Bishopston and
Ashley Down
Bishopsworth
Central
Easton
Eastville
Frome Vale
Hartcliffe and
Withywood
Henbury and
Brenty
Hengrove and
Whitchurch
Park
Hillfields
Horfield*

*Knowle
Lawrence
Hill
Lockleaze
Southmead
Southville
St George
Central
St George
West
Westbury-
on-Trym
and
Henleaze
Windmill
Hill*

KHAAS

What will we do?

- Music
- Games
- Christmas party

When are we running?

- Monday 23 December 2024

Our session will run from 11.00 – 15.00.

A meal will be provided to all children.

Where are we running them?

Our session will run at St Werburghs Community Centre.
[Click here to find us on Google maps!](#)

Who can come?

We run our sessions for children aged 5 - 18, who receive benefit related free school meals.

[For more information, and to book, click here.](#)

**Ward:**

Avonmouth and
Lawrence Weston

Lawrence Weston And Shirehampton Out Of School Activities

What will we do?

- Indoor games
- Outdoor games

When are we running?

- Monday 23 December 2024
- Tuesday 24 December 2024
- Thursday 2 January 2025
- Friday 3 January 2025

Our session will run from 8.30 – 17.30 each day apart from Tuesday 24 when we'll close at 14.00.

A meal will be provided to all children.

Where are we running them?

Our sessions will run at Shirehampton Primary School. [Click here to find us on Google maps!](#)

Who can come?

We run our sessions for children aged 4 – 12 who receive benefit related free school meals.

[For more information, and to book, click here.](#)

**Wards:**

Avonmouth and
Lawrence Weston
Easton
Eastville
Filwood
Frome Vale
Hartcliffe and
Withywood
Knowle
Lawrence Hill

Learning Partnership West CIC

What will we do?

- Winter activities
- Arts and crafts
- Sports
- Games, and more!

When are we running?

- Monday 23 December 2024
- Tuesday 24 December 2024
- Thursday 2 January 2025
- Friday 3 January 2025

Our sessions will run at different times. Check out our page on Your Holiday Hub for more information!

A meal will be provided to all children.

Where are we running them?

Our session will run at different venues. Check out our page on Your Holiday Hub for more information!

Who can come?

We run our sessions for children aged 8 – 14. Younger children can attend when accompanied by an adult.

❖ This is an **Open Access** session!

[For more information, and to book, click here.](#)



Munchkins Childcare

What will we do?

- Craft and food activities
- Outdoor games

When are we running?

- Monday 23 December 2024
- Tuesday 24 December 2024
- Friday 27 December 2024

Ward:

Brislington West

Our session will run from 9.00 – 13.00.

A meal will be provided to all children.

Where are we running them?

Our sessions will run in the Community Hall at St Anne's Infant School.

[Click here to find us on Google maps!](#)

Who can come?

We run our sessions for children aged 5 -11 who receive benefit related free school meals.

[For more information, and to book, click here.](#)



Oasis Hub North Bristol

What will we do?

- Christmas Hamper Market Event
- Christmas Dinner Workshop

When are we running?

- Saturday 21 December 2024
- Monday 23 December 2024

Ward:

Avonmouth and Lawrence

Our sessions run at different times. Check out our page on Your Holiday Hub for more information!

A meal will be provided to all children.

Where are we running them?

Our session will run at Lawrence Weston Youth Centre

[Click here to find us on Google maps!](#)

Who can come?

We run our sessions for children of different ages. Check out our page on Your Holiday Hub for more information!

❖ This is an **Open Access** session!

[For more information, and to book, click here.](#)



Ward:

Knowle

Oasis Hub South Bristol

What will we do?

- Cook a festive meal together
- Decorate the hall
- Share a meal
- Craft and create

When are we running?

- Monday 23 December 2024

Our session will run from 9.30 – 15.30.

A meal will be provided to all children.

Where are we running them?

Our session will run at Oasis Academy Connaught.

[Click here to find us on Google maps!](#)

Who can come?

We run our session is for children 8 – 14.

[For more information, and to book, click here.](#)



Ward:

Frome Vale

Oldbury Court Out of School Club

What will we do?

- Arts and crafts
- Sports
- Cooking
- Dance
- Music

When are we running?

- Monday 23 December 2024
- Friday 27 December 2024
- Monday 30 December 2024
- Thursday 2 January 2025
- Friday 3 January 2025

Our session will run from 9.00 – 13.00.

A meal will be provided to all children.

Where are we running them?

Our session will run at Oldbury Court Out of School Club.

[Click here to find us on Google maps!](#)

Who can come?

We run our sessions for children aged 4 – 14 on benefit related free school meals.

[For more information, and to book, click here.](#)



Wards:

*Easton
Horfield
St George
Trooper's Hill*

Premier Education

What will we do?

- Sports like dodgeball, football, basketball and more!
- Arts and crafts

When are we running?

- Monday 30 December 2024
- Tuesday 31 December 2024
- Thursday 2 January 2025
- Friday 3 January 2025

Our sessions run at different times. Check out our page on Your Holiday Hub for more information!

A meal will be provided to all children.

Where are we running them?

Our sessions will run at Horfield Church of England Primary School.

[Click here to find us on Google maps!](#)

Who can come?

We run our sessions for children aged 5 -12 who receive benefit related free school meals.

[For more information, and to book, click here.](#)



Wards:

*Hartcliffe and
Withywood
Henbury and
Brentry
Hengrove and
Whitchurch Park
Southmead*

Pro-Coaching

What will we do?

- Arts and crafts
- Fun games like dodgeball and capture the flag!

When are we running?

- Monday 23 December 2024
- Friday 3 January

Our sessions will run at 10.00 – 14.00.

A meal will be provided to all children.

Where are we running them?

Our sessions will run at different venues. Check out our page on Your Holiday Hub for more information!

Who can come?

We run our sessions for children of different ages, who receive benefit related free school meals. Check out our page on Your Holiday Hub for more information.

[For more information, and to book, click here.](#)

**Wards:**

*Bedminster
Brislington East
Brislington West
Henbury and
Brenty
Southmead*

Progressive Kids**What will we do?**

- Arts and crafts
- Exciting sports and games
- Explore new skills and knowledge
- Learn about health and happiness

When are we running?

- Monday 23 December 2024
- Monday 30 December 2024
- Thursday 2 January 2025
- Friday 3 January 2025

Our sessions will run at 8.30 – 15.30.

A meal will be provided to all children.

Where are we running them?

Our sessions will run at different venues. Check out our page on Your Holiday Hub for more information!

Who can come?

We run our sessions for children 4 – 13 who receive benefit related free school meals.

[For more information, and to book, click here.](#)

**Ward:**

Eastville

Teachsport & Buzzers @ Glenfron Primary**What will we do?**

- Dodgeball
- Arts and crafts
- Gymnastics
- Football
- Board Games
- Forest School Activities
- Soft archery

When are we running?

- Monday 23 December 2024
- Tuesday 24 December 2024
- Friday 27 December 2024
- Monday 30 December 2024
- Thursday 2 January 2025
- Friday 3 January 2025

Our sessions run 10.00 – 16.00.

A meal will be provided to all children.

Where are we running them?

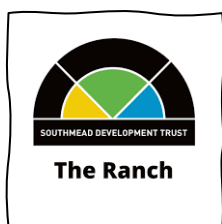
Our sessions will run at Glenfron Primary School.

[Click here to find us on Google maps!](#)

Who can come?

We run our sessions for children aged 6 - 11 who receive benefit related free school meals.

[For more information, and to book, click here.](#)



The Ranch (Southmead Adventure Playground)

What will we do?

- Adventure playground
- Arts and crafts
- Fun activities

When are we running?

- Thursday 2 January 2025

Ward:

Southmead

Our session will run 12.00 – 16.00.

A meal will be provided to all children.

Where are we running them?

Our sessions will run at Southmead Adventure Playground.

[Click here to find us on Google maps!](#)

Who can come?

We run our sessions for children 0 – 13.

❖ This is an **Open Access** session!

[For more information, and to book, click here.](#)



St Mary Redcliffe PCC (Redcliffe Hub)

What will we do?

- Football
- Forest school activities
- Theatre trip – Little Mermaid
- Theatre workshop

When are we running?

- Monday 23 December 2024
- Friday 27 December 2024
- Monday 30 December 2024
- Thursday 2 January 2025
- Friday 3 January 2025

Ward:

Central

Our sessions run at different times. Check out our page on Your Holiday Hub for more information!

A meal will be provided to all children.

Where are we running them?

Our sessions are delivering in different venues. Check out our page on Your Holiday Hub for more information.

Who can come?

We run our sessions for children aged 8 – 15, who are in receipt of benefit related free school meals.

[For more information, and to book, click here.](#)



Ward:

Lockleaze

The Vench – Groundwork South

What will we do?

- Christmas dinner and a visit from Santa!
- Arts and crafts
- Watching a Christmas film

When are we running?

- Monday 23 December 2024

Our session will run 10.00 – 14.00.

A meal will be provided to all children.

Where are we running them?

Our session will run at Lockleaze Adventure Playground.

[Click here to find us on Google maps!](#)

Who can come?

We run our sessions for children aged 8 – 11. Under 8's are welcome if they're accompanied by an adult. 11+ are welcome if they're volunteering.

❖ This is an **Open Access** session!

[For more information, and to book, click here.](#)

We hope you've found something exciting to do this winter!

www.yourholidayhubbristol.co.uk



*Services and
opportunities
for
Parents/Carers*

**Let's talk
about mental
health**

We understand that no one should have to face difficult times alone.

That's why we provide peer support groups and befriending for anyone aged 18 or over, offering a safe and friendly space where people can talk about any worries they might have.

There is no referral required, so you can join at any time, and you don't have to have a diagnosis to join our groups. Simply turn up to one of our meetings, sign up online, or call us to find out more.

www.changesbristol.org.uk
info@changesbristol.org.uk
0117 941 1123



Support Group Timetable

Please visit changesbristol.org.uk or give us a call to check for any changes to the below listing.

Monday

1-3pm	Ashton Vale Community Centre, Risdale Road, BS3 2QY
3 – 5pm	Online
6.30 – 8.30pm	Women of Colour Group* – Online
7.15 – 9.15pm	Online

Tuesday

2.30-4.30pm	Wellspring Settlement, 43 Ducie Road, BS5 0AX
6.30 – 8.30pm	LGBTQ+ Group* – Online
7 – 9pm	Seat Unique Stadium (Gloucestershire County Cricket Club), Nevil Road, Bristol, BS7 9EJ
7 – 9pm	Online

Wednesday

1.30 – 3.30pm	Redcatch Community Centre, Redcatch Road, Knowle, BS4 2EP
5.30-7.30pm	Men of Colour Group*, St Paul's Learning Centre, BS2 8XJ
7 – 9pm	St John's Church, Lodge Causeway, Fishponds, BS16 3QG
7 – 9pm	ACTA Community Theatre, Gladstone St, Bedminster, Bristol, BS3 3AY

Thursday

10am-12pm	Ambition Lawrence Weston, BS11 0RX
11am – 1pm	Online
1 – 3pm	St Cuthbert's Church, Brislington, BS4 3PG
5.30 – 7.30pm	Easton Community Centre, Kilburn St, Easton, Bristol BS5 6AW
6.30 – 8.30pm	Women's Group* – Online
6.30 – 8.30pm	Men's Group* – Online

Friday

11am – 1pm	Online
3 – 5pm	Unitarian Meeting Hall, Brunswick Square, BS2 8PE

*These groups are open to anybody identifying as part of the community that the group serves.

Sign up for online groups via our online membership form on the Changes Bristol website.

www.changesbristol.org.uk

info@changesbristol.org.uk

0117 941 1123

Free to
attend

No
diagnosis
required

No
referral
needed

Charity No 1167828



NHS Talking Therapies - Hartcliffe & Withywood Mental Health Drop-in



**Bristol, North Somerset &
South Gloucestershire
Talking Therapies**



NHS Talking Therapies Mental Health Drop-in at Hartcliffe and Withywood CP

First Thursday of the month 1 - 3 pm

NHS Talking Therapies can help people aged 16+ to find effective and practical ways to improve feelings of low mood, worry and stress. You, or someone you know, might be having difficulties with a health condition, family, work, or other day-to-day things which are making you feel down or worried.

We run a 1:1 drop-in information session here at Symes every first Thursday of the month 1 pm - 3 pm. No appointment needed.

Why not come by for a chat and find out more about what we do?

**Contact us
today - it is a FREE
and confidential
service.**

-  vitahealthgroup.co.uk
-  0333 200 1893
-  Text 'YOU' to 88802

**Scan to
self refer**



Service provided by



Hartcliffe & Withywood Community Partnership - Cup & Bowl Friday



BRINGING THE COMMUNITY TOGETHER AGAIN!

CUP & BOWL FRIDAY

FREE Soup & Bread



FREE Tea & Coffee



Every Friday

1:00pm - 3:00pm

The Symes Resource Centre

BS13 0BE





Community Food Support

If you need immediate help with food, there are a number of community groups and community-based organisations that can help.



There are many groups and organisations providing free or low-cost food support across the city. Usually, these groups offer one or more of the following:

- a shared meal to eat together
- prepared or cooked meals to eat at home
- a food parcel with cupboard staples to prepare and cook at home
- low-cost fresh and chilled foods to prepare and cook at home

If you are interested in finding out what support is available in your area, please see the below links:

[Ashley, Bishopston, St Pauls, St Werburghs](#)

[Avonmouth, Lawrence Weston, Shirehampton](#)

[Bedminster, Hotwells, Redcliffe, Southville](#)

[Easton, Lawrence Hill](#)

[Eastville, Fishponds, Mangotsfield, Speedwell, St George](#)

[Hartcliffe, Withywood, Whitchurch, Bishopsworth](#)

[Henbury, Southmead, Horfield, Lockleaze](#)

[Hengrove, Knowle, Filwood, Brislington](#)

[Kingswood, Broomhill, Hillfields, Oldland Common](#)

Relationships Matter - Support for Inter-Parental Communication (SIPCo project)



FREE Support
available to
one or both
parents

Are you a parent/carer of children between 8 and 14 who is experiencing challenges with co-parenting due to the pressures you are facing?

The SIPCo Project could help.

This project enables parents to work together in a fair and collaborative way. In doing this we hope there will be a reduction of youth violence in the future.

Who is this for?

- Parents with a child age 8-14 years
- Parents who may be experiencing challenges with co-parents or extended family members. (This might include arguing, shouting, silent treatment, avoiding, unhappy feelings, disagreements about parenting, stress, looking after a child with SEND) *This list gives some examples but is not exhaustive.*

What type of support is available?

Parent will be allocated either 10 sessions of online relationship therapy (delivered by the couple therapy charity Tavistock Relationships) or online support (One Plus One). A local practitioner will help parents access the online support resources, which can be used at their own pace.

If you would like to refer yourself/have an informal conversation, please get in touch with us, details below.



Call: Helen Ankrah on 07721 311726



Email:
relationshipsmatter@bristol.gov.uk



Visit: www.bristol.gov.uk and search for 'SIPCo'



We are already taking
referrals.

If you do not see a response
email, please check your
junk/spam folder and mark
us as a trusted sender.



Sheffield
Hallam
University



Bristol Family Hubs - Parenting Groups



Bristol Parenting Groups

- Are you pregnant or a parent of a 0 - 8 year old?
- Would you like to add ideas and skills to your parenting toolbox?
- Would you like to develop more confidence in your parenting?
- Would you like to understand your child better?

Free groups for adults run by Bristol Children's Centres

Scan here to find out more and register your interest!



Your parenting toolbox:

Listening

Play

Praise

Nurture

Empathy

Connection

For more information please call: **07721 311 497**
or email: **pssso@bristol.gov.uk**

Once you have registered your interest via:
www.bit.ly/BristolParentingGroups we will be in touch to find the best group option for you.





PARENTING COURSE

Positive Parenting Course

- Starts Fri 24th Jan 2025
- 12:30 - 2:30pm, online
- 8x group sessions + 2x 1:1s

Register your interest now. You'll then be offered a place, at which point you can confirm your intention to participate.

Online, via Google Meet

For parents in Bristol & Bath

"I'D LIKE TO FEEL MORE CONFIDENT ABOUT MY PARENTING SKILLS."

"MORNING ROUTINES... BEDTIMES... HELP!"

"WHY WON'T SHE LISTEN AND FOLLOW MY INSTRUCTIONS?"

"I WISH HE COULD BE MORE INDEPENDENT."

THIS COURSE IS DESIGNED FOR ALL PARENTS OF CHILDREN AGED 3 - 12YRS.

EFFECTIVE, PRACTICAL, EVIDENCE-BASED




Parentinghub.co.uk
contact@parentinghub.co.uk
07779086892

Knowle West Alliance - Knowle West Community Website

JOIN THE MOVEMENT



The purpose of the website is to provide local people with a central space to know what activities are available to everyone, the organisations and groups you can get involved in as well as sharing good news stories across the community.

Residents



Find activities and events

Use the What's On event calendar to find the activities and events that cater for everyone!



Discover local services and groups

The Directory is home to all of the local organisations, groups and services available to you in Knowle West



Community Updates

Read good news, achievements and updates from within the community. **We welcome residents** to share their own good news!

Organisations & Groups



Share events and activities

Let the community know about your activities and events by posting to the What's On event calendar



Make it easy for residents to find you

Transition to clean energy sources like solar power for your home and encourage others to do the same.



Shout about it!

Use the Community Updates to share news and stories about the good work you do within the Knowle West community



Scan the QR code to visit the website!
Or visit knowlewest.co.uk

We have made it easy for anybody in the community, from service organisations and schools, to you, the residents, to upload content.

For support, email: submissions@kwalliance.co.uk

Knowle West Alliance - Free training



LEARNING
TOGETHER
BUILDING
CONNECTIONS

FREE TRAINING

Book here

Open to all Knowle West
residents, workers
and volunteers



 knowlewestalliance.co.uk/training

Whether you're a beginner or looking to enhance your skills, our expert-led workshops offer comprehensive training. Explore hands-on learning experiences, interactive sessions in a relaxed community setting.

ADVANTAGES:

- ✓ Expert Guidance
- ✓ Wide variety of topics
- "Relaxed & friendly delivery"
- "Great to talk with others from KW"
- "Filled gaps in knowledge and gave confidence"
- ✓ Locations across Knowle West
- ✓ Connect with others
- ✓ Certificate of attendance
- ✓ No experience necessary

Contact us:  info@kwalliance.co.uk  0117 903 0444





HWV
@ The Gatehouse

FREE COURSES

19+

At HWV The Gatehouse we have many courses starting throughout the year. If you fancy a new challenge or want to upskill for future success then why not give us a call and start a new course today.



SUPPORTIVE

LONGER COURSES (GAIN A QUALIFICATION)

- 11 week work club
- IT for work and life. Digital skills Entry 3
- English Entry - Level 2
- Maths - Entry - Level 2
- Digital functional skills - Up to Level 1
- Customer service Level 1
- Character education Entry and Level 1



LEARNING

SHORT COURSES



FRIENDLY

- Air Fryer Cooking
- Arts and Crafts
- Understanding Mental Health and Well Being
- Preparing for Work

CONTACT US TODAY :

 01179781708  gatehouse@hwv.org.uk  www.hwv.org.uk



community
learning west

Community Learning West JANUARY Newsletter FREE courses

Community Learning West offers a wide range of **FREE** courses to people living in Bristol aged 19 or over who have few or no formal qualifications and face significant barriers to further learning and employment. Most courses take place **Face to face**. For **online** courses, learners need a smart phone, laptop or tablet and data/Wi-Fi for internet use.

Courses starting soon...

Employability Skills



NCFE Cache Level 1 Award in Caring for Children

Gain the knowledge and skills you need to care for young children with this NCFE CACHE Level 1 Award in Caring for Children course. **Suitable for learners with reading and writing at Level 1 and above.** Face to face at Oldbury Court Children's Centre, Frenchay Road, BS16 2QS. 9.30am to 2.30pm, Fridays for 11 weeks from **10/01/25**. Contact Catherine Landon on 07785702454 or email Catherine.landon@bristol.gov.uk

Emergency First Aid For Work Accredited

A one-day first aid qualification that covers a range of CPR and emergency first aid skills for the workplace. Face to face at Shirehampton JTE Hub, High Street, BS11 0DE. 9.30am to 4.30pm, **1 day on Friday 10/01/25**. Contact Carol Griffiths on 07341 882755 or email Carol.griffiths@bristol.gov.uk

***Get Ready For Work**

Develop your knowledge and skills and improve your confidence, motivation, communication skills to prepare you for employment or for a change in employment. Face to face at Shining Care Training, The Old Co-op, 38-42 Chelsea Road, BS5 6AF. 10am to 1pm, Tuesdays for 7 weeks from **14/01/25**. Contact Shining Care Training on 0117 9552562 or email info@shiningcaretraining.com

***Introduction To Health And Social Care**

Find out about the skills needed and get an overview of the sector. You will also reflect on your own personal attributes and how you would best utilise these in a job role. Face to face at Shining Care Training, The Old Co-op, 38-42 Chelsea Road, BS5 6AF. 10am to 1pm, Thursdays for 7 weeks from **16/01/25**. Contact Shining Care Training on 0117 9552562 or email info@shiningcaretraining.com

Employability

This course is designed to equip you with essential job-hunting skills, including writing cover letters, creating CVs, and practising interviews skills. **Face to face** at Shirehampton JTE Hub, High Street, BS11 0DE. 9.30am to 2.30pm, Fridays for 4 weeks from 17/01/25. Contact Carol Griffiths on 07341 882755 or email Carol.griffiths@bristol.gov.uk

Emergency First Aid For Work Accredited

A one-day first aid qualification that covers a range of CPR and emergency first aid skills for the workplace. **Face to face** at The Symes Resource Centre, Peterson Avenue, BS13 0BE. 9.30am to 4.30pm, **1 day on Monday 20/01/25**. Contact Helen Richards on 07760990855 or email Helen.richards@bristol.gov.uk



Emergency First Aid For Work Accredited

A one-day first aid qualification that covers a range of CPR and emergency first aid skills for the workplace. **Face to face** at Ambition Lawrence Weston, Ambition House, 2 Stile Acres, BS11 0PZ. 9.30am to 4.30pm, **1 day on Tuesday 28/01/25**. Contact Carol Griffiths on 07341 882755 or email Carol.griffiths@bristol.gov.uk

Manual Handling Of Loads

You will learn the techniques involved in lifting, handling and moving objects, and how to identify potential hazards, reducing the chance of injury. The course can be tailored to cover specific tasks such as pushing, pulling, transporting, and supporting a variety of loads. **Face to face** at Shirehampton JTE Hub, High Street, BS11 0DE. 9.30am to 1pm, **1 session on Friday 31/01/25**. Contact Carol Griffiths on 07341 882755 or email Carol.griffiths@bristol.gov.uk

IT Skills



*Digital Skills

This course will help you develop your digital skills. It will cover how to use a range of devices, navigate the Internet, email, shop online, stay safe online, and use social media. Suitable for beginner-level learners and those progressing their internet skills. Disability inclusive. **Face to face** at Meadow Vale Community Centre, 42 Meadow Vale, Speedwell, BS5 7RF. 11am to 1pm, Thursdays for 5 weeks from 09/01/25. Contact Matthew Forse on 0117 2302045 or email email@JobnetBristol.uk

IT For Work

This practical and friendly course will help you to build your digital and employability skills. **Face to face** at The Symes Resource Centre, Peterson Avenue, BS13 0BE. 9.30am to 11am, Fridays for 10 weeks from 17/01/25. Contact Helen Richards on 07760990855 or email Helen.richards@bristol.gov.uk

Accredited Functional Skills-English



Functional Skills-English

This course will prepare you to take a functional skills English exam for the level you are at. It's your chance to gain an accredited English qualification. **Face to face** at Long Cross Children's Centre Long Cross, BS11 0LP. 1pm to 3pm, Mondays for 20 weeks from 13/01/25. Contact Carol Griffiths on 07341 882755 or email Carol.griffiths@bristol.gov.uk

Accredited Functional Skills-Maths



Functional Skills-Mathematics

This course will prepare you to take a functional skills Maths exam for the level you are at. It's your chance to gain an accredited Maths qualification. Our Maths courses are fun, friendly, inclusive, and supportive. Face to face at Hartcliffe Nursery School & Children's Centre, Hareclive Road, BS13 0JW. 12.30pm to 3pm, Wednesdays for 23 weeks from 08/01/25. Contact Lorraine Vasili on 07721702872 or email Lorraine.Vasili@bristol.gov.uk

Functional Skills-Mathematics. ONLINE

This course will prepare you to take a functional skills Maths exam for the level you are at. It's your chance to gain an accredited Maths qualification. Our Maths courses are fun, friendly, inclusive and supportive. **The course will run online, with an initial face to face session to meet the tutor and prepare for your online classes.** This session will take place at The Park, Daventry Road, BS4 1DQ. 4.30pm to 7.30pm, Wednesdays for 11 weeks from 08/01/25. Contact Lorraine Vasili on 07721702872 or email Lorraine.Vasili@bristol.gov.uk

Fast Track Mathematics-Blended Learning

This course will prepare you to take a functional skills Maths exam for the level you are at. It's your chance to gain an accredited Maths qualification. Our Maths courses are fun, friendly, inclusive and supportive. **This is a blended learning course; you will attend a face to face session (Tuesdays) at Stoke Lodge, Shirehampton Road, BS9 1BN and an online session (Thursdays) every week. It is suitable for those who would like to achieve a nationally recognised Functional Skills Maths qualification quickly.** 5pm to 7.30pm, Tuesdays & Thursdays for 7 weeks from 04/02/25. Contact Lorraine Vasili on 07721702872 or email Lorraine.Vasili@bristol.gov.uk

Non-accredited Functional Skills-ESOL

ESOL Conversation Clubs

Free, drop-in sessions for ESOL learners. Fun and relaxed way to practise speaking English in a nice and friendly atmosphere. Face to face at various venues and times. For more information email Esolconversationclubs@bristol.gov.uk

*ESOL Conversation Class

Designed to help learners gain confidence in everyday English including for work, school and in the community. **Assessment and enrolment session on Wednesday 15/01/25, 12noon to 3pm. Face to face at CCBED, St Paul's Learning Centre, 94 Grosvenor Road, BS2 8XJ. 10am to 12noon, Mondays & Fridays for 6 weeks from 20/01/25.** Contact CCBED on 07922931913 or email admin@c-cbed.com



Non-accredited Functional Skills-Maths



Family Learning Counts

This course will help you gain confidence and understanding of how children learn and use maths at nursery and school. It will provide opportunities to explore and practise fun ways of sharing maths together at home. **Face to face** at Bannerman Road Children's Centre, Bannerman Road, BS5 0RR. 9.15am to 12.15pm, Thursdays for 11 weeks from 09/01/25. Contact Lorraine Vasili on 07721702872 or email Lorraine.Vasili@bristol.gov.uk

English Through Maths

A course for people who want to build confidence in their English skills while developing numeracy skills for everyday life. **Face to face** at St Paul's Learning Centre, 94 Grosvenor Road, BS2 8XJ. 9.30am to 12.30pm, Thursdays for 11 weeks from 09/01/25. Contact Lorraine Vasili on 07721702872 or email Lorraine.Vasili@bristol.gov.uk

Get Confident With Numbers

This course will boost your confidence around Maths. You will discover how to apply mathematical principles to everyday situations. There will also be an opportunity to progress on to a Functional Skills Mathematics course and gain a valuable qualification. **Face to face** at Ambition Lawrence Weston, Ambition House, 2 Stile Acres, BS11 0PZ. 10am to 1pm, Fridays for 11 weeks from 10/01/25. Contact Sarah Freeman on 07721589956 or email Sarah.freeman@bristol.gov.uk

Confidence, Aspirations, Health & Wellbeing

Cooking Taster Course

Learn about healthy eating and how to prepare a variety of nutritious meals on a budget. Choose, budget for, and cook delicious, healthy recipes for yourself and your family. **For people living in BS11 Lawrence Weston postcode area.** **Face to face** at Ambition Lawrence Weston, Ambition House, 2 Stile Acres, BS11 0PZ. 10am to 12.30pm, Tuesdays for 3 weeks from 03/12/24. Contact Carol Griffiths on 07341 882755 or email Carol.griffiths@bristol.gov.uk

Wigloo! Project Willow

Have fun helping build a Wigloo—an igloo made from willow—and get involved in the garden as well. **Face to face** at The Big Hideout, Teyfant Road, Hartcliffe, BS13 0RF. 9am to 11am, Mondays for 10 weeks from 13/01/25. Contact Helen Richards on 07760990855 or email Helen.richards@bristol.gov.uk



Sewing For Beginners

Learn to use a sewing machine and make a cushion cover, a zipped bag, and an apron. **Face to face** at The Vench, Lockleaze, 70 Hogarth Walk, BS7 9TB. 10am to 12noon, Tuesdays for 10 weeks from 14/01/25. Contact Carol Griffiths on 07341 882755 or email Carol.griffiths@bristol.gov.uk

*Sewing

Learn to make a simple garment and develop domestic sewing skills. You will work at your own pace in a sensitive environment that meets your cultural and language skills. **Face to face** at KHAAS, St Werburgh's Community Centre, Horley Road, BS2 9TJ. 10am to 1pm, Wednesdays, for 10 weeks from 15/01/25. Contact KHAAS on 0117 955 4070 or email khaas_bristol@yahoo.co.uk



Food From Around The World

Food is a wonderful way to share the world with others, cooking together and exploring the many different cuisines and flavours. You will enjoy creating dishes from around the world. All ingredients supplied, take home what you make each week. Face to face at Hartcliffe Nursery School & Children's Centre, Hareclive Road, BS13 0JW. 9.15am to 11.45am, Mondays for 8 weeks from 20/01/25. Contact Helen Richards on 07760990855 or email Helen.richards@bristol.gov.uk

Eat Well, Live Well

Get cooking, save money, and make healthy food choices for yourself and others. All resources provided. **For people living in BS11 Lawrence Weston postcode area.** Face to face at Hope Café and Church, 117-119 Long Cross, BS11 0HL. 10am to 12.30pm, Tuesdays for 6 weeks from 26/01/25. Contact Carol Griffiths on 07341 882755 or email Carol.griffiths@bristol.gov.uk

STEPS

A course for women to build confidence, self-worth and wellbeing. Designed to prepare for the first steps into a career, education or training. Students will be enrolled on to the 100 Women programme which will provide additional 1 to 1 coaching to meet their goals. **Suitable for learners at Entry Level 3 and above. Participants must live in South Bristol, identify as female or non-binary and be claiming Universal Credit.** Face to face at Bedminster Quakers Centre, Wedmore Vale, BS3 5HX. 12.30pm to 2.30pm, Thursdays for 10 weeks from 23/01/25. Contact Bryony Sims on 07721 512583 or email Bryony.sims@bristol.gov.uk

Heading Home

Have you been in Band 2 Bristol HomeChoice for more than a year? Are you living in temporary accommodation? Heading Home is a free tenancy skills course to equip you with skills and tips to help you to bid for, move in to and keep your new home. If you successfully complete the course, you will move up the HomeChoice waiting list by 3 months. **Suitable for ESOL learners at Entry Level 2 and above. Participants must be referred by a housing professional or support worker. Strict eligibility criteria apply please contact for more information. Participants who have previously been through PMOS are not eligible.** Face to face in various locations. 10am to 2.30pm for 3 days. Contact Bryony Sims on 07721 512583 or email Bryony.sims@bristol.gov.uk

** These courses are delivered on behalf of Community Learning West by commissioned partners.*

We always welcome suggestions so get in touch if you do not see a course you are looking for. Check our website www.communitylearningwest.net and our Facebook page <https://www.facebook.com/BristolCommunityLearning/>



**COMMUNITY
LEARNING**

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

Community Learning - Free Courses list January 2025

Community Learning West – FREE courses for people living in Bristol, aged 19 or over who have few or no formal qualifications and face significant barriers to further learning and employment. If your course is online and you are worried about getting started with online learning, please call the contact number for the course you are interested in and they will be able to help you.

Course Title & Description	Time	Start Date & Day	No. of weeks	Contact	Delivery
Employability					
NCFE Cache Level 1 Award in Caring for Children This course will help you to develop an understanding of the skills and knowledge needed to care for young children. Successful completion of this course will lead to a Level 1 Award in Caring for Children.	9.30am to 2.30pm	10/01/25 Fridays	11	Catherine Landon 07785 702454 Catherine.landon@bristol.gov.uk	Face to Face Oldbury Court Children's Centre Frenchay Road BS16 2QS Suitable for learners with reading and writing at Level 1 and above.
Emergency First Aid For Work Accredited Course A 1-day training course designed to provide first aiders with the knowledge and skills they need to respond effectively to emergency situations in the workplace.	9.30am to 4.30pm	10/01/25 Friday	1	Carol Griffiths 07341882755 Carol.griffiths@bristol.gov.uk	Face to face Shirehampton JTE Hub High Street BS11 0DE
*Get Ready For Work Enhance your knowledge, skills, confidence, motivation, and communication skills to prepare for employment or a career change.	10am to 1pm	Tuesdays 14/01/25	7	Shining Care Training 0117 9552562 info@shiningcaretraining.com	Shining Care Training The Old Co-op 38-42 Chelsea Road BS5 6AF
* Introduction To Health And Social Care Discover the skills required and gain an overview of the sector. You will also reflect on your personal attributes and how to best utilize them in a job role.	10am to 1pm	Thursdays 16/01/25	7	Shining Care Training 0117 9552562 info@shiningcaretraining.com	Shining Care Training The Old Co-op 38-42 Chelsea Road BS5 6AF
Employability This course will cover a lot of essentials. You will be able to: - Understand what employers are looking for and identify the right jobs for you. - Create a digital CV, apply for jobs, and practise interview skills. - Create an action plan to achieve your career goals.	9.30am to 2.30pm	17/01/25 Fridays	4	Carol Griffiths 07341882755 Carol.griffiths@bristol.gov.uk	Face to face Shirehampton JTE Hub High Street BS11 0DE

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

Course Title & Description	Time	Start Date & Day	No. of weeks	Contact	Delivery
Accredited Functional Skills-Mathematics					
Functional Skills Mathematics Learn core Maths skills and gain a functional skills Maths qualification.	12.30pm to 3pm	08/01/25 Wednesdays	23	Lorraine Vasili 07721702872 Lorraine.vasili@bristol.gov.uk	Face to face Hartcliffe Nursery School & Children's Centre Hareclive Road BS13 0JW
Functional Skills Mathematics. ONLINE Learn core Maths skills and gain a functional skills Maths qualification. The course will run weekly for 11 weeks online, with an initial face to face session to meet the tutor and prepare for your online classes.	4.30pm to 7.30pm	08/01/25 Wednesdays	11	Lorraine Vasili 07721702872 Lorraine.vasili@bristol.gov.uk	Online Using Zoom and BKS Please note there will be a face to face session to meet the tutor and prepare for your online classes. This session will take place at The Park, Daventry Road, BS4 1DQ. Suitable for learners at Entry Level 3 and above.
Functional Skills English Gain a functional skills English qualification.	1pm to 3pm	13/01/25 Mondays	20	Carol Griffiths 07341882755 Carol.griffiths@bristol.gov.uk	Face to face Long Cross Children's Centre Long Cross BS11 0LP
Fast Track Mathematics-Blended Learning This is a blended learning course; you will attend a face to face session (Tuesdays) and an online session (Thursdays) every week. It is suitable for those who would like to achieve a Nationally recognised Functional Skills Maths qualification quickly.	5pm to 7.30pm	04/02/25 Tuesdays & Thursdays	7	Lorraine Vasili 07721702872 Lorraine.vasili@bristol.gov.uk	Face to face Tuesdays Stoke Lodge Shirehampton Road BS9 1BN and Online Thursdays using Zoom and BKS Suitable for learners at Entry Level 3 and above.
Non-accredited Functional Skills-ESOL					
ESOL Conversation Clubs Free, drop-in sessions for ESOL learners. Fun and relaxed way to practise speaking English in a nice and friendly atmosphere.	Various	Various	Ongoing	Esolconversationclubs@bristol.gov.uk	Face to face Various venues
*ESOL Conversation Class Designed to help learners gain confidence in everyday English including for work, school and in the community. Assessment and enrolment session on Wednesday 15/01/25, 12noon to 3pm.	10am to 12noon	20/01/25 Mondays & Fridays	6	07922931913 admin@c-cbed.com	CCBED St Paul's Learning Centre 94 Grosvenor Road BS2 8XJ Assessment required. Please attend assessment and enrolment session 15/01/25, 12noon-3pm.
Non-accredited Functional Skills-Maths					
Family Learning Counts This course will help you gain confidence and understanding of how children learn and use maths at nursery and school. It will provide opportunities to explore and practise fun ways of sharing maths together at home.	9.15am to 12.15pm	09/01/25 Thursdays	11	Lorraine Vasili 07721702872 Lorraine.vasili@bristol.gov.uk	Face to face Banner Road Children's Centre Banner Road BS5 0RR
English Through Maths A course for people who want to build confidence in their English skills while developing numeracy skills for everyday life.	9.30am to 12.30pm	09/01/25 Thursdays	11	Lorraine Vasili 07721702872 Lorraine.vasili@bristol.gov.uk	Face to face St Paul's Learning Centre 94 Grosvenor Road BS2 8XJ
Get Confident With Numbers This course will boost learners' confidence by building on their existing knowledge and supporting them in tackling challenging areas. It will help them apply mathematical principles to practical situations. Learners will be encouraged to progress to a Functional Skills Mathematics course, where they can earn a qualification.	10am to 1pm	10/01/25 Fridays	11	Sarah Freeman 07721589956 Sarah.freeman@bristol.gov.uk	Face to face Ambition Lawrence Weston Ambition House 2 Stile Acres BS11 0PZ

Course Title & Description	Time	Start Date & Day	No. of weeks	Contact	Delivery
Confidence & Aspirations, Health & Wellbeing					
Cooking Taster Course Learn about healthy eating and how to prepare a variety of nutritious meals on a budget. Choose, budget for, and cook delicious, healthy recipes for yourself and your family.	10am to 12.30pm	03/12/24 Tuesdays	3	Carol Griffiths 07341882755 Carol.griffiths@bristol.gov.uk	Face to face Ambition Lawrence Weston Ambition House 2 Stile Acres BS11 0PZ Must live in the BS11 Lawrence Weston postcode area.
Wigloo! Project Willow You will help build a Wigloo—an igloo made from willow—and get involved in the garden as well.	9am to 11am	13/01/25 Mondays	10	Helen Richards 07760990855 Helen.richards@bristol.gov.uk	Face to face The Big Hideout Teyfant Road Hartcliffe BS13 0RF
Sewing For Beginners This beginners' course will give you the confidence to use a sewing machine on your own. You will learn how to make a cushion cover, a zipped bag, and an apron.	10am to 12noon	14/01/25 Tuesdays	10	Carol Griffiths 07341882755 Carol.griffiths@bristol.gov.uk	Face to face The Vench Lockleaze 70 Hogarth Walk BS7 9TB
*Sewing Learn to make a simple garment and develop domestic sewing skills. You will work at your own pace in a sensitive environment that meets your cultural and language needs.	10am to 1pm	15/01/25 Wednesdays	10	0117 955 4070 khaas_bristol@yahoo.co.uk	KHAAS St Werburgh's Community Centre Horley Road BS2 9TJ
Food From Around The World Enjoy creating dishes from around the world. All ingredients supplied, take home what you make each week.	9.15am to 11.45am	20/01/25 Mondays	8	Helen Richards 07760990855 Helen.richards@bristol.gov.uk	Face to face Hartcliffe Nursery School & Children's Centre Hareclive Road BS13 0JW
Course Title & Description	Time	Start Date & Day	No. of weeks	Contact	Delivery
Eat Well, Live Well Gain skills and knowledge on preparing healthy meals from scratch, get tasty new ideas of what to cook and new budgeting ideas.	10am to 12.30pm	26/01/25 Tuesdays	6	Carol Griffiths 07341882755 Carol.griffiths@bristol.gov.uk	Face to face Hope Café and Church 117-119 Long Cross BS11 0HL Must live in the BS11 Lawrence Weston postcode area.
Heading Home Have you been in Band 2 Bristol HomeChoice for more than a year? Are you living in temporary accommodation? Heading Home is a free tenancy skills course to equip you with skills and tips to help you to bid for, move in to and keep your new home. If you successfully complete the course, you will move up the HomeChoice waiting list by 3 months.	10am to 2.30pm	3-day course Various	1	Bryony Sims 07721512583 Heading.home@bristol.gov.uk	Face to face Various locations Suitable for ESOL learners at Entry Level 2 and above Participants must be referred by a housing professional or support worker. Strict eligibility criteria apply please contact for more information. Participants who have previously been through PMOS are not eligible.
STEPS A course for women to build confidence, self-worth and wellbeing. Designed to prepare for the first steps into a career, education or training. Students will be enrolled on to the 100 Women programme which will provide additional 1 to 1 coaching to meet their goals.	12.30pm to 2.30pm	23/01/25 Thursdays	10	Bryony Sims 07721512583 Bryony.sims@bristol.gov.uk	Face to face Bedminster Quakers Centre Wedmore Vale BS3 5HX Suitable for learners at Entry Level 3 and above. Participants must live in South Bristol, identify as female or non-binary and be claiming Universal Credit.

We welcome suggestions for new courses so please call us if you do not see a course you are looking for. Check our website: www.communitylearningwest.net and our Facebook page <https://www.facebook.com/BristolCommunityLearning/>

* These courses are delivered on behalf of Community Learning West by commissioned partners.

WIGLOO!



PROJECT WILLOW

**Come along to The Big Hideout
Community garden BS13 0RF
and get involved building our **WIGLOO!**
An Igloo created and built from willow**

Get involved outdoors in the garden too

FREE Course

Monday mornings

Starting 13th January 2025

9.00 until 11.00am

Contact Helen to find out more or book a place!

Phone/text 07760990855

**Free course for adults 19+ with low or no
qualifications**



**COMMUNITY
LEARNING**

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

**WEST OF
ENGLAND**
Combined Authority

IT for Work Course



17th January until 28th March
Symes Resource Centre BS13 0BE
9.30 until 11.30am

A practical and friendly course to gain IT skills to support employability opportunities

- **Use the internet to find reliable information**
- **Share information by email**
- **Identify strategies to stay online**
- **Use word processing to create useful documents**
- **Create useful spreadsheets e.g. household budget**
- **Use zoom to communicate online**

Contact: Helen Richards to book a place
Phone/text: 07760990855
Email: helen.richards@bristol.gov.uk



**COMMUNITY
LEARNING**

communitylearningwest.net
ictinfo@bristol.gov.uk
01172 510230

**WEST OF
ENGLAND**
Combined Authority



FIRST AID

Emergency 1st Aid For Work

20th January 9:30am – 4.30pm
Venue: Symes Resource Centre Hartcliffe BS13 0BE

This course will help you plan for and deal with first aid emergencies in the workplace and gain a qualification.

It includes resuscitation, recovery position, burns, poisons and applying different methods of first aid. It will increase your confidence and knowledge in dealing with first aid situations.

Contact: Helen Richards

Phone: 07760990855

Email helen.Richards@bristol.gov.uk

Eligibility: Adults 19+ with no or low qualifications

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

 **WEST OF ENGLAND**
Combined Authority



Food from around the world Cookery Course

Mondays 20th January until 17th March 2025

9.15 until 11.45am

**Hartcliffe Nursery School & Children's Centre
BS13 0JW**

FREE Cookery Course

**Come along and enjoy creating dishes from
around the world**

All ingredients supplied

Take home what you make each week

Creche available

**Phone/text Helen to book or for more
information 07760990855**

Free course for adults 19+ with low or no qualifications

The Community Farm - Gardening & Wellbeing courses



The Community Farm is a not-for-profit, organic farm that delivers nourishing food across the local area. We aim to grow community as much as we grow food. Every year we welcome more than 1,500 people onto the land for wellbeing courses, social events and volunteering sessions overlooking Chew Valley Lake, just south of Bristol.

Growing Wellbeing: Restoring People and Place

Our three wellbeing courses, Grow and Make, Wild Steps and Lakeside Wellbeing, sit alongside each other, offering different routes to improved wellbeing for different people with different needs and interests. You can either come to the full course or to one-off days.

Grow and Make – Therapeutic Horticulture Programme

12-week course: Wednesdays, 10am–3pm. The next course starts on 15th January 2025

Grow Days 2025: January 31st, February 28th and March 28th

Our Gardening for Wellbeing course is underpinned by the Five Ways to Wellbeing: Give, Take Notice, Connect, Be Active and Keep Learning. Every week you'll learn more about what you can do in the garden and how it connects with the wider webs of life around you. Together, we will nurture and be nurtured by our vegetable patch and forest garden through practical activities supported by theory sessions. We will sow, tend and harvest veg and fruit from the farm, forage in our hedgerows and learn about herbal teas and balms.

Wild Steps – Therapeutic Conservation Programme

New 6 week course: Thursdays, 11am–3pm. The next course starts on 6th February 2025

Wild Days 2025: 7th February and 4th March

Run as a block of 6 structured sessions, the Wild Steps course is framed by the 5 Pathways to Nature Connectedness*: Contact, Beauty, Emotions, Compassion and Meaning. These

sessions allow you to experience relaxation in a safe and supportive space, foster a sense of community and develop greater awareness of how our connectedness to other life benefits our own wellbeing.

You'll have the opportunity to develop a range of practical conservation skills for instance hedge-laying, tree and wildflower planting/sowing, building and construction and pond maintenance to care for a mixture of habitats on the farm. These activities are combined with mindfulness, natural crafts, campfire cooking, folklore and seasonal celebrations.

Lakeside Wellbeing – Therapeutic mindfulness, movement and creativity programme

New 6-week course: Mondays, 10am–3pm. The new course started on 2nd December but late joiners are welcome should there be space.

Run by our longstanding wellbeing partner, Ecowild, this course will support your physical and mental health through nourishing wellbeing practices in The Farm's beautiful setting. The morning will involve nature connection, active practice such as a walk, gentle stretching, and mindfulness practice whilst the afternoon will be for creative practice, including a variety of nature crafts and opportunity for reflection together.

Register your interest by following the link below and the course leader will give you a call or send you an email to get to know you a bit. Let us know if you would prefer to be called or emailed. [Wellbeing – The Community Farm](#)

Contact details:

www.thecommunityfarm.co.uk/wellbeing

E: growandmake@thecommunityfarm.co.uk

T: 07878 922424

WorkWell

What is WorkWell?

WorkWell is a new pilot initiative in partnership between Bristol City Council, BNSSG ICB and North Somerset/South Gloucestershire county councils. It offers a free, early intervention service that supports individuals that have a health condition to return to work after a period of sickness absence, to remain in employment, or find new employment. WorkWell's focus is on promoting sustainable employment across the Bristol, North Somerset and South Gloucestershire region while linking with a wide range of partners including GPs, employers, Job Centres and voluntary, community and social enterprise organisations.

Who is it for?

- Anyone who lives, or is registered with a GP in Bristol, North Somerset, South Gloucestershire.
- Over 16-years old.
- Has a health condition that impacts their ability to return to, remain in or find new employment, or otherwise at risk of falling into unemployment.



What we offer

- Our team of Work and Health Coaches work with you to create a bespoke action plan to address your health and work-related barriers.
- Practical solutions to common employment issues faced by people with health conditions.
- Help you to identify and access resources in your local area to help achieve your goals.
- Check in with you to see how you are getting on.

How to get in touch

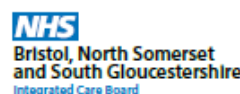
Complete a self-referral

www.workwellwest.org

Call us on: **0117 922 3623**

Speak to your GP or health provider about a referral to WorkWell.

WorkWell Working in partnership with



Women's Work Lab - Support for women to find work



Women's Work Lab

Mums! Ready to join our hive?

Our powerful programme is created by mothers, for mothers. Join the community of women at our hive where we give you the tools, techniques and work experience to rediscover employability skills and explore your path so you can find work that works for you and your family.

Our Bristol programme is held at:
Nelson Trust
Ground Floor
Protheroes House
Denmark Street
Bristol
BS1 5EJ

Starts: 14th January 2025

Ends: 2nd April 2025

Every Tues & Wed 10 am - 1 pm, except half term

Support is available for travel costs.
Open to mums ages 19+ (no upper age limit) who are not working.



Apply today at

www.womensworklab.co.uk

Find out more by getting in touch with Sarafina, our Team Administrator, or Sophia our Programme Manager:

✉ sarafina@womensworklab.co.uk

☎ 07300840732 (Sophia)





SAY
SEND AND YOU
SENDIAS

SEND and You Drop in Sessions **@Symes Resource Centre, Peterson** **Avenue, Hartcliffe, BS13 0BE**

Get support with paperwork, preparing for meetings, understanding SEN support in school, accessing the help you need, signposting to useful services ... and lots more!

This is a FREE event- no need to book just turn up.

2025 Term 1 dates:

Thursday 9 January	12.30-2pm
Thursday 6 February	12.30-2pm
Thursday 13 March	12.30-2pm

www.sendandyou.org.uk



Kinship Care

Are you a kinship carer?

Do you look after someone else's child under a special guardianship order or a child arrangements order?

The HOPE provides education advice to families with these types of kinship care arrangements.

Please see our website for further information

[Kinship care](#)

Or email hope.kinship@bristol.gov.uk



Big Brush Club - FREE Live Oral Health Improvement Webinars for parents



FREE Live Oral Health Improvement Webinars for parents/guardians

The [Big Brush Club](#) are hosting several **live oral health improvement webinars** throughout December and January for parents/guardians. These sessions will provide valuable information on how to support children aged 0-11 years to have the best oral health start. During each session there will be two dental care professionals presenting and on hand to answer any questions you might have throughout the webinar. We do not require any cameras or microphones to be used, however there will be a chat box to ask any questions you might have throughout.

Please click on the dates below to register:

[Thursday 12th December at 6pm](#) – Parents

[Tuesday 14th January at 6pm](#) – Parents

Chantelle Coles
Project Facilitator



Chantelle@homedental.org
www.athomedental.co.uk
Tel 07842 445834 or 0808 169 4546

*Services and
opportunities
for young
people*

WHATS ON @ THE GATEHOUSE



ACCESS 2 ACHIEVEMENT

This A2A course provides access to education for young people aged 16-18. Subjects include Functional Skills OR GCSE English & Maths and Life Skills Qualifications.

We support young people with the following:

- Personal Development Skills
- Self Esteem and Confidence
- Stress Management
- Communication Skills
- Concentration
- Employability
- English and Maths Skills

CONTACT US TODAY :

☎ 01179781708 ✉ gatehouse@hwv.org.uk 🌐 www.hwv.org.uk

Step Together - Get Growing Allotment Project

Step Together Volunteering

“GET GROWING!” ALLOTMENT PROJECT FOR YOUNG PEOPLE AGED 16-25



If you are not currently in education, employment or training, our allotment project might just be the ticket to helping you find your place. At Step Together Volunteering we believe that everyone has something special to offer.



We can help you find your passion, improve your confidence and skills, and build a brighter future.

You decide what you get involved in - growing and harvesting vegetables, cooking, woodwork and recycling projects, or a bit of creative artwork? There's also the opportunity to complete a nationally recognised short course in volunteering to help improve your job prospects.



Rest assured, you will have some fun!

"It's a relaxed environment with lovely and understanding people... I like knowing that if I'm not having such a great day, I can still get down to the allotment with the understanding that I may have to take things easier."

Where: Bishopsworth, Bristol
When: Tues & Thurs, 1:30pm - 4pm

For more information contact: Mel Head, Project Manager & Allotment Lead

07702 811935 | mel.head@step-together.org.uk

www.step-together.org.uk







Prince's Trust - Get Started in Boxing & Fitness



Prince's Trust

GET STARTED IN BOXING & FITNESS

Everyone starts somewhere. Learn from industry experts, get invaluable experience and a taste of what it's like to work in Boxing & Fitness.

Find out more:
tom.christensen@princes-trust.org.uk or call 07973 612 728

@princestrust **f** **@** **t** **in** **d**

ON THIS COURSE YOU'LL:

- Learn basic boxing techniques including stance and footwork
- Explore how sport has a positive impact on both physical and mental wellbeing
- Gain an AQA Award qualification
- Have access to up to six 1:1 sessions

DATES FOR YOUR DIARY:

Taster day: 27th November 2024
Course dates: 2nd - 6th December 2024
Application deadline: 25th November 2024
Location: Bristol PT Centre, BSI 6BY
Eligibility criteria: 16- 25 years old

➤ GET STARTED

DSN 5543 © The Prince's Trust 2022 - all rights reserved. The Prince's Trust is a registered charity incorporated by Royal Charter in England. Registered number RC000772. Registered office: The Prince's Trust The Prince's Trust South London Centre 8 Glade Path London SE1 8EG. Registered charity number in England and Wales: 1079675 and Scotland: SC041798.



Free long term telephone listening support

Who are we?

Drop the Pressure is a telephone listening support service that provides weekly sessions for young people (ages 11-18) experiencing issues surrounding mental health and emotional wellbeing.

Sessions are via phone/ text and provide a space for you to talk, be yourself, and be heard. Our team of trained volunteer listeners are here to listen to any issues, big or small, that matter to you.



When?

Your listener will call on the same day each week. Drop the Pressure sessions run **every Thursday between 4-7:30pm** during the school-term and pause during the school holidays.

Phone/ Text sessions are offered for up to 50 minutes.
The support is offered on a weekly basis for up to 6 months.

What does a session look like?

Your Drop The Pressure listener is here to help you talk about your feelings, mental health, coping strategies, or goals.

We believe everyone is unique so each set of calls will be different—you decide what to share, and your listener might ask questions to support you, including about your hobbies and interests!

Get in touch



0117 366 0079



maddie@lovesquared.org.uk

Charity registration number: 1198464

Company number: 08977922



@lovesquaredcharity



A poster for the Young Carers Group. At the top, the text 'YOUNG CARERS GROUP' is written in large, white, bold letters against a teal background. Below the text is an illustration of five diverse young people (three girls and two boys) with their arms raised in a celebratory gesture. The background of the poster is teal with a large yellow sun-like shape on the right. In the center, there is a white rectangular box containing text and graphics. The text inside the box says: 'Creative Youth Network and Young Carers Service (CSC) working in partnership to bring you sessions **every other Tuesday** in your area!'. Below this text are five overlapping teal circles, each containing a white text label: 'Take a break', 'Talk to a youth worker', 'Food', 'Fun Activities', and 'Make New Friends'. At the bottom of the white box, there is a teal rounded rectangle containing the text: 'South Bristol', 'Venue: The Gatehouse, Gatehouse Avenue, Bristol, BS13 9JN.', and 'Time: 5.30-7.30PM.'. Below the teal rounded rectangle, the dates are listed: 'Dates: Oct: 10th, 24th. Nov: 7th, 21st. Dec: 5th, 19th. Jan: 2nd, 16th, 30th'. At the very bottom of the white box, there is a section titled 'Get in Touch with Abby:' followed by a phone icon and the number '07741629192', and an email icon and the address 'abigail.sheppard@creativeyouthnetwork.org.uk'. The poster is framed by a teal border with yellow wavy lines on the sides.

YOUNG CARERS GROUP

Creative Youth Network and Young Carers Service (CSC) working in partnership to bring you sessions **every other Tuesday** in your area!

Take a break
Talk to a youth worker
Food
Fun Activities
Make New Friends

South Bristol
Venue: The Gatehouse, Gatehouse Avenue, Bristol, BS13 9JN.
Time: 5.30-7.30PM.

Dates: **Oct:** 10th, 24th. **Nov:** 7th, 21st. **Dec:** 5th, 19th. **Jan:** 2nd, 16th, 30th

Get in Touch with Abby: ☎ 07741629192 ✉ abigail.sheppard@creativeyouthnetwork.org.uk



Make new friends, have some fun and share some of your worries with people in similar situations to your own. Join a safe space where you can have fun and chat with trustworthy youth workers.

These sessions are for 11-19 year olds and are free and we have food available, as well as crafts materials and we regularly organise free trips.

Where and when? Tuesday evening at the Gatehouse Centre, Gatehouse Avenue, Bristol BS13 9JN

Feel free to get in touch before you come to a session with our Youth Worker Abby - abigail.sheppard@creativeyouthnetwork.org.uk or 07741 629 192