

## 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*

# Your Holiday HUB Bristol

Hundreds of holiday  
activities available  
in Bristol



## Do you know about Your Holiday Hub?

If your child receives benefits related free school meals, they can join in with lots of fully-funded activities taking place during the school holidays!

## What's included?

- A meal with every session
- Activities from sports, crafts, drama, gardening and much more!

It's a great way to stay active, meet friends, have fun and learn new things.

To book, visit:

[www.yourholidayhubbristol.co.uk](http://www.yourholidayhubbristol.co.uk) or contact your school.

Any questions? Email: [haf@bristol.gov.uk](mailto:haf@bristol.gov.uk)



HAF funded by DfE – supported by Bristol City Council, BAND, Feeding Bristol and Playful Bristol

Bristol Family Fun - Family Arts Network

# B RISTOL F AMILY F UN

## BECOME BFF'S WITH BRISTOL FAMILY FUN!

Using our resources, you can find fun, adventure, and exploration all around Bristol, for the whole family to get stuck into! Scan the QR code to sign up to our mailing list, and discover more...



[www.childrensscrapstore.co.uk/bristolfamilyfun](http://www.childrensscrapstore.co.uk/bristolfamilyfun)

Bristol Family Fun is a group of local venues, organisations and activity providers who are working together to ensure everyone gets a warm welcome!

LPW - Play sessions at Filwood Park

# Play Sessions

Every  
Thursday  
3:30-5:30pm

## Where

Filwood Park, BS4 1FL

## 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](mailto:enquiries@lpw.org.uk) T: 0117 987 3700 W: [lpw.org.uk](http://lpw.org.uk)



**LPW** Learning  
Partnership  
West

# 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

**LPW** Learning  
Partnership  
West

E: [enquiries@lpw.org.uk](mailto:enquiries@lpw.org.uk) T: 0117 987 3700 W: [lpw.org.uk](http://lpw.org.uk)



LPW - The Big Hideout play sessions



# Play Sessions

Every  
Wednesday,  
Thursday,  
Friday

3 - 5pm

## Where?

The Big Hideout,  
Teyfant Road, BS13  
0RF

## 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](mailto:enquiries@lpw.org.uk)  
T: 0117 987 3700  
W: [lpw.org.uk](http://lpw.org.uk)



**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*

**LPW** Learning Partnership West

E: [enquiries@lpw.org.uk](mailto:enquiries@lpw.org.uk)  
T: 0117 987 3700  
W: [lpw.org.uk](http://lpw.org.uk)



# Youth Sessions

**Every Friday**  
**3:30 - 5:30pm**

*Where?*  
Located in Knowle area

*Free to all!*  
All ages welcome

For more information contact Lauryn on 07769956019 or Heidi on 07723104344

Delivered in partnership with 

**LPW** Learning Partnership West

E: [enquiries@lpw.org.uk](mailto:enquiries@lpw.org.uk)  
T: 0117 987 3700  
W: [lpw.org.uk](http://lpw.org.uk)

## Step Together Volunteering - 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 1:30- 4pm Thurs 11am-1pm**

For more information contact: Mel Head, Project Manager & Allotment Lead  
07702 811935 | [mel.head@step-together.org.uk](mailto:mel.head@step-together.org.uk)  
[www.step-together.org.uk](http://www.step-together.org.uk)





FREE



## JOIN US FOR WELCOME SPACES

A chance to cook and eat together!

**What:** You can either cook 4.30pm - 6.30pm, Eat 6.30pm - 7.30pm (or both!)

**When:** Thursday 19th Sep, 24th October, 21st November, 5th December

**Who:** You! No need to be a confident cook, everyone welcome.

To express your interest:

Scan here or

Email [info@squarefoodfoundation.co.uk](mailto:info@squarefoodfoundation.co.uk)


or call 0117 462 2686


@ The Park Centre, Daventry Road,

Bristol BS4 1DQ



## Knowle Library - Chess club for 5 - 17 years



  
Bristol Libraries  
unleashing possibilities

**Want to play chess?  
Come to our Chess Club!**  
**Knowle Library  
Chess Club**

**Thursdays 3.30pm – 4.30pm** (term-time only)  
Suitable for children (5-17yrs) & families  
All children & young people must be accompanied by an adult

WAM 'We are More' - Afterschool club in Knowle

**WAM**  
'We are more'  
**Afterschool club**

- Would you like to take part in a nature activity?
- Complete homework as a group?
- Have a healthy evening meal?

Every Monday 3.30pm-6pm(Term-time)

Location: Springfield community garden  
Between 50-52 Andover Rd Knowle BS4 1AL

Please book by email:  
[wearemoreafterschool@gmail.com](mailto:wearemoreafterschool@gmail.com) or  
message on the facebook page  
WAM 'we are more' Afterschool club

## Black Mothers Matter - soft play sessions at 'Boing'

# Black Mothers Matter



**FREE WEEKLY MEET UP**  
Relaxed unstructured session  
No need to book  
**TERM TIME ONLY**

A casual meet up for the community in a lovely soft play setting.

**TUESDAYS 1130 -1330**  
**BOING! SOFT PLAY**  
**INNS COURT FAMILY CENTRE**

Inns Court Community & Family Centre, BS4 1TR



PLAY

MEET

CONNECT

COMMUNITY

### JOIN US

- For Black and Mixed Black women and birthers
- A relaxed, unstructured session
- FREE to attend
- Cafe open for refreshments
- Hosted by Black Mothers Matter

For more antenatal and postnatal support in a more structured session join us at our Bumps & Babies Club on Thursdays in central Bristol.

LET US KNOW YOU'RE COMING

Message on Facebook or Instagram @blackmothersmatteruk  
hello@blackmothersmatter.org | WhatsApp 07547 268135



# BRISTOL BEACON



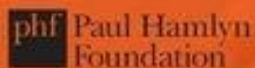
## **Creative music sessions for early years children and their foster carers**

Wednesday mornings in Knowle

Free entry

A safe, supportive space where carers and their little ones can come together, develop bonds, learn and create new songs, drink tea and have a natter.

**For more info and to register**  
**email: [community@bristolbeacon.org](mailto:community@bristolbeacon.org)**



## Mendip Broadwalk FC - football team for girls



# PLAYERS WANTED

Mendip Broadwalk are starting a new under 9s girls' team

If your child is interested in joining, please email Kev – [mendipbroadwalkgirls@gmail.com](mailto:mendipbroadwalkgirls@gmail.com)

Your child needs to currently be Year 3 at school,  
going into year 4 in September 2024

First training session will be on THURSDAY 2<sup>ND</sup> MAY  
@ Filwood Playing Fields, Creswicke Road, BS41UA

Start 6pm. Finish 7pm.



## Scouts - Scout groups in Knowle West

**Do more.  
Learn more.  
Be more.  
Try more.**

Are you looking for something new for your child to try?  
Look no further...Knowle West Scouts Group is the place for you!  
Fun activities, amazing experiences and new friends - all on your doorstep!

We meet on Wednesday evenings during term time only at Inns Court Community Centre.

Beavers-age 5 3/4-8

Cubs - age 8-10.5

Scouts - age 10.5-14

If your child is not yet old enough email in and add them to the waiting list to save them a space.

**knowlewestscoutsgroup**

**#SkillsForLife**





# SKEMERS

## ABC ENGLAND AMATEUR BOXING CLUB

### EIGHTYONE FITNESS

#### UNIT 9 NOVERS HILL TRADING ESTATE, BS3 5QY

**SKEMERS** MONDAY, WEDNESDAY, FRIDAY



**BEGINNERS CLASS 8 - 17 YEARS**  
5:30PM - 6:30PM  
£5 PER SESSION OR £30 MONTHLY

MONDAY, WEDNESDAY, FRIDAY

**CARDED / ADVANCED CLASS**  
6:30PM - 8:00PM  
£5 PER SESSION OR £30 MONTHLY

**ADULTS CLASS**  
8:00PM - 9:15PM  
£5 PER SESSION OR £30 MONTHLY



**TEL 07594 726905**

Utrix Parkour lessons - The Park, Daventy Road



Utrix Parkour and Coaching Team

[utrixparkour@outlook.com](mailto:utrixparkour@outlook.com)

Tel: 07534 351735

*Services and  
opportunities  
for  
Parents/Carers*

## Community Learning - Newsletter and courses



### Community Learning West OCTOBER 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



##### Emergency Paediatric First Aid-Accredited

A practical course that will help you deal with health emergencies involving babies and children and gain a qualification (full attendance required). **Face to face at Shirehampton JTE Hub, High Street, BS11 0DE.** 9.30am to 2.30pm, Mondays for 3 weeks **from 07/10/24.** Contact Shani Smith on 07775227352 or email [Shani.smith@bristol.gov.uk](mailto:Shani.smith@bristol.gov.uk)

##### \*Introduction to Volunteering

Learn about different types of volunteering opportunities and identify the right opportunities for you. **Face to face at the Wellspring Settlement, 43 Ducie Road, Barton Hill, BS5 0AX.** Thursdays weekly from **04/11/24.** Times and number of sessions TBC. Contact the Wellspring Settlement on 0117 955 6971 or email [adult.learning@wsb.org.uk](mailto:adult.learning@wsb.org.uk)

#### IT Skills



##### Basic IT

A practical and friendly course for adults who have limited/no IT skills or wish to brush up their basic skills. You will learn basic word processing (Microsoft Word), how to find information on the Internet using Google, send and receive e-mails, how to stay safe online, etc. **Face to face at The Launchpad, The Galleries Shopping Centre (ground floor), Broadmead, BS1 3XD.** 10am to 12.30pm, Tuesdays for 4 weeks from **15/10/24.** Contact Colin Young on 07901236436 or email [Colin.Young@bristol.gov.uk](mailto:Colin.Young@bristol.gov.uk)

### \*Software Skills

This course will include topics such as Word Processing skills, English & Maths, Spreadsheets, Online meetings, Communication skills, Desktop Publishing and Presentations. Face to face in the Community Room, Tesco, Eastgate Road, Bristol, BS5 6XU, 10.45am to 12.45pm, Thursdays for 7 weeks from 17/10/24. Sessions 4 and 7 will take place online. Contact Matthew Forse on 0117 2302045 or email [email@JobnetBristol.uk](mailto: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 Launchpad, The Galleries Shopping Centre (ground floor), Broadmead, BS1 3XD. 1pm to 3.30pm, Tuesdays for 5 weeks from 19/11/24. Contact Colin Young on 07901236436 or email [Colin.Young@bristol.gov.uk](mailto:Colin.Young@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. Suitable for learners at Entry Level 3 to Level 2. 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 7pm, Mondays for 13 weeks from 07/10/24. Contact Lorraine Vasili on 07721702872 or email [Lorraine.Vasili@bristol.gov.uk](mailto: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](mailto:Esolconversationclubs@bristol.gov.uk)

### \*ESOL-English

Designed to provide learners with the knowledge and skills required to communicate effectively through reading, writing and/or speaking and listening in everyday life, study, or work. 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 05/11/24. Contact Shining Care Training on 0117 9552562 or email [info@shiningcaretraining.com](mailto:info@shiningcaretraining.com)

### \*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 Tuesday 05/11/24, 10am to 1pm. Face to face at CCBED, St Paul's Learning Centre, 94 Grosvenor Road, BS2 8XJ. 10am to 12noon, Mondays & Fridays for 6 weeks from 11/11/24. Contact CCBED on 07922931913 or email [admin@c-cbed.com](mailto:admin@c-cbed.com)

## Confidence, Aspirations, Health & Wellbeing



### **Eat Well, Live Well**

Get cooking, save money, and make healthy food choices for yourself and others. All resources provided. Face to face, venue to be confirmed. 12.30pm to 3pm, Wednesdays from 02/10/24. Contact Edwina Provansal on 07825315820 or email [edwina.provansal@bristol.gov.uk](mailto:edwina.provansal@bristol.gov.uk)

### **Steps**

Build your confidence and self-esteem in a supportive course. Take time to think about your dreams, skills, and ideas. Learn tools to help you stay calm, manage stress, or worries and begin to plan what you want to do next. Begin to put some of your STEPS in place to make things happen. 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. 10am to 12noon, Thursdays for 11 weeks from 03/10/24. Contact Bryony Sims on 07721 512583 or email [Bryony.sims@bristol.gov.uk](mailto: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](mailto:Bryony.sims@bristol.gov.uk)

### **Budget For The Holidays**

Build skills, knowledge, and confidence to budget for the holiday period. You will learn to make seasonal crafts and gifts for family and friends as part of budgeting. Face to face at Knowle West Healthy Living Centre, 5 Downton Road, Knowle West, BS4 1WH. 5.30pm to 7.30pm, Mondays for 7 weeks from 04/11/24. Contact Lucy Fieldhouse on 07788353446 or email [Lucy.fieldhouse@bristol.gov.uk](mailto:Lucy.fieldhouse@bristol.gov.uk)

### **Create For Confidence**

A supportive course to get creative and share ideas on building your self-esteem and wellbeing through making and art. Enjoy meeting new people. Face to face at Oldbury Court Children's Centre, Frenchay Road, BS16 2QS. 10am to 12noon, Thursdays for 6 weeks from 07/11/24. Contact Catherine Landon on 07785702454 or email [Catherine.landon@bristol.gov.uk](mailto:Catherine.landon@bristol.gov.uk)



#### **Festive Food**

Learn how to make a range of festive foods using various cooking techniques and learn about festivities that are celebrated throughout the world. Face to face at St Peter's Church, Allison Road, BS4 4NZ. 9.15am to 11.30am, Thursdays for 6 weeks from 07/11/24. Contact Catherine Landon on 07785702454 or email [Catherine.landon@bristol.gov.uk](mailto:Catherine.landon@bristol.gov.uk)

#### **Festive Food**

Learn how to make a range of festive foods using various cooking techniques and learn about festivities that are celebrated throughout the world. Face to face Stockwood Children's Centre, Whittock Road, BS14 8DQ. 12.30pm to 2.45pm, Thursdays for 6 weeks from 07/11/24. Contact Catherine Landon on 07785702454 or email [Catherine.landon@bristol.gov.uk](mailto:Catherine.landon@bristol.gov.uk)

#### **Seasonal Crafts**

Get into the spirit this festive season with this exciting course! You will learn to make seasonal crafts and gifts for family and friends on this 6-week course. Face to face Stockwood Children's Centre, Whittock Road, BS14 8DQ. 12.30pm to 2.30pm, Fridays for 6 weeks from 08/11/24. Contact Catherine Landon on 07785702454 or email [Catherine.landon@bristol.gov.uk](mailto:Catherine.landon@bristol.gov.uk)



#### **Make It For Market 2**

Practical hands-on course to learn new crafts and a chance to improve your skills in selling what you make to the public. Materials provided with guidance from you. Face to face at Knowle West Healthy Living Centre, 5 Downton Road, Knowle West, BS4 1WH. 5.30pm to 7.30pm, Mondays for 7 weeks from 04/11/24. Contact Lucy Fieldhouse on 07788353446 or email [Lucy.fieldhouse@bristol.gov.uk](mailto:Lucy.fieldhouse@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](http://www.communitylearningwest.net) and our Facebook page <https://www.facebook.com/BristolCommunityLearning/>

#### **What our learners say...**

- *This course was very good for my mental health. TUTOR WAS EXCELLENT !!!!!!!*
- *Very good signposting me to relevant organisations*
- *Really enjoyed the course and looking forward to learn more*
- *Grateful for chance to update my Food Safety cert in order to continue Food Club Volunteering*



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

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

Course Title & Description	Time	Start Date & Day	No. of weeks	Contact	Delivery
<b>Employability</b>					
<b>Emergency Paediatric First Aid-Accredited</b> This course will give you the skills you will need to provide 1 <sup>st</sup> aid to babies and children. It is an excellent course for those who work with children as well as parent and carers.	9.30am to 2.30pm	07/10/24 Mondays	3	Shani Smith 07775227352 <a href="mailto:Shani.smith@bristol.gov.uk">Shani.smith@bristol.gov.uk</a>	<b>Face to face</b> Shirehampton JTE Hub High Street BS11 0DE
<b>*Introduction to Volunteering</b> Want to put that community spirit to use? Or volunteer to get that dream job? This introduction course is for you.	TBC	04/11/24	TBC	Wellspring Settlement 0117 955 6971 <a href="mailto:adult.learning@wsb.org.uk">adult.learning@wsb.org.uk</a>	<b>Face to face</b> Wellspring Settlement 43 Ducie Road Barton Hill BS5 0AX
<b>IT Skills</b>					
<b>Basic IT</b> This is a basic computing course for adults who have limited/no computing skills or wish to brush up their basic skills. Course covers basic word processing (Microsoft Word), finding information on the Internet/using Google and e-mail, staying safe online, etc.	10am to 12.30pm	15/10/24 Tuesdays	4	Colin Young 07901236436 <a href="mailto:Colin.Young@bristol.gov.uk">Colin.Young@bristol.gov.uk</a>	<b>Face to face</b> The Launchpad The Galleries Shopping Centre (ground floor) Broadmead BS1 3XD
<b>*Software Skills</b> This course will include topics such as Word Processing skills, English & Maths, Spreadsheets, Online meetings, Communication skills, Desktop Publishing and Presentations.	10.45am to 12.45pm	17/10/24 Thursdays	7	Matthew Forse 0117 2302045 <a href="mailto:email@JobnetBristol.uk">email@JobnetBristol.uk</a>	<b>Face to face</b> The Community Room Tesco Eastgate Road BS5 6XU <b>Sessions 4 and 7 will take place online</b>

Course Title & Description	Time	Start Date & Day	No. of weeks	Contact	Delivery
<b>IT for work</b> This practical and friendly course will help you to build your digital and employability skills.	1pm to 3.30pm	19/11/24 Tuesdays	5	Colin Young 07901236436 <a href="mailto:Colin.Young@bristol.gov.uk">Colin.Young@bristol.gov.uk</a>	<b>Face to face</b> The Launchpad The Galleries Shopping Centre (ground floor) Broadmead BS1 3XD
<b>Accredited Functional Skills-Maths</b>					
<b>Functional Skills-Mathematics. ONLINE</b> Learn core Maths skills and gain a functional skills Maths qualification. The course will run weekly for 13 weeks online, with an initial face to face session to meet the tutor and prepare for your online classes.	4.30pm to 7pm	07/10/24 Mondays	13	Lorraine Vasili 07721702872 <a href="mailto:Lorraine.Vasili@bristol.gov.uk">Lorraine.Vasili@bristol.gov.uk</a>	<b>Online.</b> <b>Please note there will be a face to face session to meet the tutor and prepare for your online classes. This face to face session will take place at The Park, Daventry Road, BS4 1DQ.</b>
<b>Non-accredited Functional Skills-ESOL</b>					
<b>ESOL Conversation Clubs</b> Free, drop-in sessions for ESOL learners. Fun and relaxed way to practise speaking English in a nice and friendly atmosphere.	Various	Various	Ongoing	<a href="mailto:Esolconversationclubs@bristol.gov.uk">Esolconversationclubs@bristol.gov.uk</a>	<b>Face to face</b> Various venues
<b>*ESOL-English</b> This course is designed to provide learners with the knowledge and skills required to communicate effectively through reading, writing and/or speaking and listening in everyday life, study, or work.	10am to 1pm	05/11/24 Tuesdays	7	Shining Care Training 0117 9552562 <a href="mailto:info@shiningcaretraining.com">info@shiningcaretraining.com</a>	<b>Shining Care Training</b> The Old Co-op 38-42 Chelsea Road BS5 6AF
<b>*ESOL Conversation Class</b> Designed to help learners gain confidence in everyday English including for work, school and in the community. <b>Assessment and enrolment session on Tuesday 5 November, 10am to 1pm.</b>	10am to 12noon	11/11/24 Mondays & Fridays	6	07922931913 <a href="mailto:admin@c-cbed.com">admin@c-cbed.com</a>	<b>CCBED</b> St Paul's Learning Centre 94 Grosvenor Road BS2 8XJ <b>Assessment required. Please attend assessment and enrolment session 05/11/24, 10am to 1pm.</b>

Course Title & Description	Time	Start Date & Day	No. of weeks	Contact	Delivery
<b>Confidence &amp; Aspirations, Health &amp; Wellbeing</b>					
<b>Eat Well, Live Well</b> Gain skills and knowledge on preparing healthy meals from scratch, get new tasty ideas of what to cook and new budgeting ideas.	12.30pm to 3pm	02/10/24 Wednesdays	TBC	Edwina Provansal 07825315820 <a href="mailto:edwina.provansal@bristol.gov.uk">edwina.provansal@bristol.gov.uk</a>	<b>Face to face</b> Venue TBC
<b>Steps</b> Build your confidence and self-esteem in a supportive course. Take time to think about your dreams, skills, and ideas. Learn tools to help you stay calm, manage stress, or worries and begin to plan what you want to do next. Begin to put some of your STEPS in place to make things happen.	10am to 12noon	03/10/24 Thursdays	11	Bryony Sims 07721512583 <a href="mailto:Bryony.sims@bristol.gov.uk">Bryony.sims@bristol.gov.uk</a>	<b>Face to face</b> Bedminster Quakers Centre Wedmore Vale BS3 5HX <b>Suitable for learners at Entry Level 3 and above. Participants must live in South Bristol, identify as female or non-binary and be claiming Universal Credit.</b>
<b>Heading Home</b> Have you been in Band 2 Bristol HomeChoice for more than a year? Are you living in temporary accommodation? Heading Home is a free tenancy skills course to equip you with skills and tips to help you to bid for, move in to and keep your new home. If you successfully complete the course, you will move up the HomeChoice waiting list by 3 months.	10am to 2.30pm	3-day course Various	1	Bryony Sims 07721512583 <a href="mailto:Heading.home@bristol.gov.uk">Heading.home@bristol.gov.uk</a>	<b>Face to face</b> Various locations <b>Suitable for ESOL learners at Entry Level 2 and above</b>  <b>Participants must be referred by a housing professional or support worker. Strict eligibility criteria apply please contact for more information. Participants who have previously been through PMOS are not eligible.</b>
<b>Budget For The Holidays</b> Build skills, knowledge, and confidence to budget for the holiday period-includes making gifts as part of budgeting.	5.30pm to 7.30pm	04/11/24 Mondays	7	Lucy Fieldhouse 07788353446 <a href="mailto:Lucy.fieldhouse@bristol.gov.uk">Lucy.fieldhouse@bristol.gov.uk</a>	<b>Face to face</b> Knowle West Healthy Living Centre 5 Downton Road Knowle West BS4 1WH

Course Title & Description	Time	Start Date & Day	No. of weeks	Contact	Delivery
<b>Create For Confidence</b> Supportive course to get creative and share ideas on building your self-esteem and wellbeing through making, craft and art.	10am to 12noon	07/11/24 Thursdays	6	Catherine Landon 07785 702454 <a href="mailto:Catherine.landon@bristol.gov.uk">Catherine.landon@bristol.gov.uk</a>	<b>Face to face</b> Oldbury Court Children's Centre Frenchay Road BS16 2QS
<b>Festive Food</b> Learn how to make a range of festive foods using various cooking techniques and learn about festivities that are celebrated throughout the world.	9.15am to 11.30am	07/11/24 Thursdays	6	Catherine Landon 07785 702454 <a href="mailto:Catherine.landon@bristol.gov.uk">Catherine.landon@bristol.gov.uk</a>	<b>Face to face</b> St Peter's Church Allison Road BS4 4NZ
<b>Festive Food</b> Learn how to make a range of festive foods using various cooking techniques and learn about festivities that are celebrated throughout the world.	12.30pm to 2.45pm	07/11/24 Thursdays	6	Catherine Landon 07785 702454 <a href="mailto:Catherine.landon@bristol.gov.uk">Catherine.landon@bristol.gov.uk</a>	<b>Face to face</b> Stockwood Children's Centre Whittock Road BS14 8DQ
<b>Seasonal Crafts</b> Enjoy making seasonal crafts and gifts for family and friends on this 6-week course.	12.30pm to 2.30pm	08/11/24 Fridays	6	Catherine Landon 07785 702454 <a href="mailto:Catherine.landon@bristol.gov.uk">Catherine.landon@bristol.gov.uk</a>	<b>Face to face</b> Stockwood Children's Centre Whittock Road BS14 8DQ
<b>Make It For Market 2</b> Practical hands-on course to learn new crafts and a chance to improve your skills in selling what you make to the public. Materials provided with guidance from you.	9.30am to 11.30am	08/11/24 Fridays	6	Lucy Fieldhouse 07788353446 <a href="mailto:Lucy.fieldhouse@bristol.gov.uk">Lucy.fieldhouse@bristol.gov.uk</a>	<b>Face to face</b> Knowle West Healthy Living Centre 5 Downton Road Knowle West BS4 1WH

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

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

## Community Learning - free courses



# Community Learning

**Join our free courses to learn new skills, meet people, build confidence and work towards qualifications. We offer:**

- Maths, English and ESOL (English for Speakers of Other Languages)
- Digital Skills
- Employability in Health and Social Care, Advocacy, Horticulture, Customer Service
- Wellbeing such as Cooking, Arts and Crafts and Family Learning

We have specific projects to target vulnerable groups. Get in touch with your local Development Worker to find out more and join the waiting list for January courses. Learners must be aged 19+.

[Helen.richards@bristol.gov.uk](mailto:Helen.richards@bristol.gov.uk)  
[Lucy.fieldhouse@bristol.gov.uk](mailto:Lucy.fieldhouse@bristol.gov.uk)  
[Catherine.landon@bristol.gov.uk](mailto:Catherine.landon@bristol.gov.uk)  
[Bryony.sims@bristol.gov.uk](mailto:Bryony.sims@bristol.gov.uk)



## Level 2 Award in Food Safety

10am to 2pm

Thursday 21 and Friday 22 November 2024

Redcliffe Community Hub, BS1 6PB

Want to learn how to prepare food safely at home or at work? This FREE course will support you to gain a widely recognised level 2 certificate:

- Recognise laws that apply to food businesses and handlers
- Identify various types of bacteria
- Understand how to avoid cross contamination

Contact: [bryony.sims@bristol.gov.uk](mailto:bryony.sims@bristol.gov.uk)

Phone: 07721 512583

Eligibility: Adults aged 19 years plus, who are looking to get into employment or volunteering



COMMUNITY  
LEARNING

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

Bristol Parent Carers & SAY SENDIAS - SEN drop-in advice sessions  
(Inns Court)

**INNS COURT CENTRE**  
**10:30-12:30**

Sept 19th  
Oct 17th  
Nov 14th  
Dec 12th

**Bristol Parent Carer Forum**  
Shaping the Future Together

**1 Marshall Walk,**  
**Knowle BS4 1TR**  
**Car Park: Free**  
**Buses: M1**


**BRISTOL AUTISM PROJECT**  
**If you care, we care.**  
**SAY SENDIAS**

Join Bristol Parent Carer and SEND and You Drop in for Parents and Carers Book your place to speak with a qualified SEND Advisor. This is a free, impartial and confidential service.

<https://www.eventbrite.co.uk/e/coffee-morning-with-send-and-you-south-bristol-tickets-661335009817?aff=odcleoeventsincollection>


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

## SAY SENDIAS - SEN drop-in advice sessions (Hartcliffe)



**SAY**  
SEND AND YOU  
SENDIAS

**SEND Drop in sessions**  
**@ Symes Resource**  
**Centre**



**HARTCLIFFE & WITHWOOD**  
COMMUNITY PARTNERSHIP

**Do you have a query about special educational needs or disability?**

**Join our SEND drop-in**

**Meet one of our practitioners face-to-face.**

**Discuss your concerns and have your questions about SEND answered by a trained and qualified adviser.**

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

**Symes Community Building, Peterson Avenue, Bristol,  
BS13 0BE on a Thursday on the following dates**

**Dates for 2024: 12th September, 3rd October and 28th November**


**All sessions run from 12.30 to 2pm.**

**No need to book, just turn up.**

**The building is accessible and heated. We can help you access online information.**

**If you have any queries, please contact us on [support@sendandyou.org.uk](mailto:support@sendandyou.org.uk).**

To access a map of how to get to @Symes Resource Centre please click [HERE](#)



**SAY**  
SEND AND YOU  
SENDIAS

# October 2024













**HAPPY HALLOWEEN** People First Activities in Bristol & South Gloucestershire

Supporting People with Learning Disabilities and/or Autism

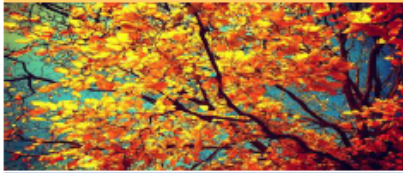
	Walk & Talk 10.30am - 12:30 pm
	Speaking-Up group 10.30am - 12pm
 Women's Wellness	Women's Wellness 1pm-2:30pm

Contact Details:

T 01934 426086  
 W [www.nspf.co.uk](http://www.nspf.co.uk)  
 E [peoplefirstvoicesandchoices@nspf.co.uk](mailto:peoplefirstvoicesandchoices@nspf.co.uk)




Monday	Tuesday	Wednesday	Thursday	Friday
	1 Kingswood Centre BS15 4FS 	2	3 Oldbury Court Park BS16 1DL Meet at Oldbury court Car Park 	4
7	8 The Zion Bedminster Down BS13 7JW  Women's Wellness	9 Vassall Centre Fishponds BS16 2QQ 	10	11
14	15 The Park Centre Knowle west BS4 1DQ 10:30-12:00pm 	16	17 The Hub Lockleaze BS7 9XB 1pm-2:30pm 	18
21	22 Grupo Lounge Westbury on Trym BS9 3DH 10:30-12:00pm 	23	24 Kingsgate park Yate BS37 4DZ Meet at the Vintage Birdcage Cakery 	25
28	29	30 Harbour Trail BS1 4RN Meet at the entrance to M-Shed 	31 	

# November 2024










## People First Activities in Bristol & South Gloucestershire

Supporting People with Learning Disabilities and/or Autism

	Walk & Talk 10.30am - 12:30 pm
	Speaking-Up group 10.30am - 12pm
 Women's Wellness	Women's Wellness 1pm-2:30pm

**Contact Details:**  
 T 01934 426086  
 W [www.nspf.co.uk](http://www.nspf.co.uk)  
 E [peoplefirstvoicesandchoices@nspf.co.uk](mailto:peoplefirstvoicesandchoices@nspf.co.uk)

Monday	Tuesday	Wednesday	Thursday	Friday
4	5 Kingswood Centre BS15 4FS 	6	7 Oldbury Court Park BS16 1DL meet at Oldbury court Car Par 	8
11	12 The Zion Bedminster Down BS13 7JW  Women's Wellness	6 Vassall Centre Fishponds BS16 2QQ 	14	15
18	19	20 Harbour Trail BS1 4RN Meet at the entrance to M-Shed 	21 The Hub Lockleaze BS7 9XB 1pm-2:30pm 	22
25	26 The Park Centre Knowle west BS4 1DQ 10:30-12:00pm 	27	28	29

Housing Matters - housing & homelessness advice in Knowle

# Are you stressed about your housing situation?



Come and see  
**Housing Matters**  
at

**Knowle West  
Healthy Living  
Centre**

for free **housing  
and homelessness**  
advice.

Drop in anytime  
**10am to 12pm**

on:

**Wed 18th September  
Wed 2nd October  
Wed 16th October  
Wed 30th October**

**BS4 1WH**

[Getting to the drop-ins](#)

Face-to-face, one-to-one, and confidential.  
Translation available.

Find out more at [housingmatters.org.uk/drop-in-sessions](https://housingmatters.org.uk/drop-in-sessions)

# Housing Advice & Support Drop In

- Talk to independent housing advice & support workers
- Ask questions about your housing worries
- Work out a plan together

Every Friday

10am-12pm

@Symes Resource Centre

BS13 0BE



Early Doors works with people experiencing housing issues. We offer 1-1 advice and group training. We believe everyone has the right to a safe, secure and warm home.

**EARLY DOORS**

A partnership by



## Shelter - Children and Family Service



Brunswick Court, Bristol, BS2 8PE Tel: 07443197182

### **BRISTOL CHILDREN AND FAMILY SERVICE**

We may be able to help if:

- you're facing homelessness
- you're having issues in private rented accommodation
- you're living in unsuitable temporary or emergency accommodation
- you're experiencing domestic abuse or other types of harassment
- your children are struggling to cope

#### **Services we offer:**

##### **Housing advice**

Our adviser can provide you with one-off guidance in the first instance. We advise on finding suitable housing, homelessness and how to prevent it, affordability/rent arrears, disrepair, and other tenancy issues. We can provide ongoing casework if your situation is complex. We also offer workshops to local communities on a variety of housing issues.

##### **Working with children**

We can also help your children, especially if they are feeling anxious about housing, school or the impact of change. We can talk directly to your child and make helpful suggestions or refer them to local groups, clubs or other kinds of support that are suited to their needs. In some cases, we can provide funding for activities or take them out ourselves with your agreement.

##### **DIY skills service**

If your home is overcrowded or in poor condition, we have a DIY skills worker who can assist with basic DIY and gardening tasks. We can make suggestions about the best use of space and how to manage minor damp/condensation.

We can also help if you need to buy furniture and assemble furniture, especially if you are moving home. In some circumstances, we can help you move a few belongings to your new home, or we can arrange and pay toward the cost of removals.

Knowle West Community Freezer - freezer meals to take home



# **FREEZER MEALS COOKED BY OUR COMMUNITY FOR OUR COMMUNITY**

**Come and get your tasty & nutritious  
frozen meal to take home.**

'Pay as you feel' + available to collect:

**Tuesdays 9.30-11.30am**

**Thursdays 2.30-4.30pm**

**@ Oasis Hub South Bristol**

(Connaught School, Melvin Square)

## **MENU**

Sweet & Sour with Rice (chicken or tofu)

Beef Chow Mein (beef or veggie)

Mac & Cheese

Spaghetti Bolognese (beef or veggie)

Chicken Curry with Rice

Vegan Chilli with Rice

*Halal options available*



Funded by:  
Shaping Places for Healthier Lives



## Oasis Community Hub - weekly food pantry



# OASIS COMMUNITY HUB FOOD PANTRY

**EVERY TUESDAY 9.30-11.30AM**

Please bring your own bags. Cash and Card payments both accepted.

## Why Visit Us?



### **Cheaper Shopping Bill**

Pay just **£4** to choose £10-15 worth of food a week



### **Socialise, Meet New People**

An opportunity to chat in our Snug room, meet others in your area



### **Sense of Community**

Find out what else is going on in the area, things to do and events



### **Choice of Variety of Foods**

Fresh fruit and veggies, store cupboard and essential items

## **Where?**

Oasis Community Hub,  
Melvin Square, Knowle,  
BS4 1NH

✉ [liz.rose@oasisuk.org](mailto:liz.rose@oasisuk.org)

📞 07386684620

# Struggling with the cost of living?

## Our Advice Assistants can help

Citizens Advice Bristol's Advice Assistants can give you support and guidance if you are struggling with the rising Cost of Living. They can provide practical guidance around benefits, money, debt and energy. They can also signpost you to specialist legal advice if you need more assistance.

CAB Advice Assistants can help you to:

- Identify possible entitlements to Welfare Benefits or grants
- Carry out a benefit check online
- Review your debts, identify debt emergencies and find regulated debt advice
- Draw up a personal budget, consider your spending and look for ways to reduce your outgoings.
- Understand your utility bills, look at cost reductions (such as grants or support schemes) and direct you to information about energy saving methods
- Get emergency support such a foodbank voucher or energy vouchers

**Find us at Knowle Methodist Church  
Mondays - 11.00am to 1.00pm**



# Directory

For more information visit [www.knowlewest.co.uk](http://www.knowlewest.co.uk)

## Useful Contacts

● **Bristol South MP**  
karin.smyth.mp@parliament.uk  
01179533575

● **Filwood Councillors**  
cldr.christopher.jackson@bristol.gov.uk  
cldr.zoe.goodman@bristol.gov.uk

● **Knowle Councillors**  
cldr.christopher.davies@bristol.gov.uk  
cldr.gary.hopkins@bristol.gov.uk

## Support

● **Bristol Citizen's Advice:**  
0808 278 7957 [bristolcab.org.uk](http://bristolcab.org.uk)  
Relay UK 18001-08001448848  
Citizens Advice Bristol

● **We Are Bristol Helpline:**  
cost of living help and support  
0800 694 0184

● **National Domestic Abuse Helpline:** 0808 200 0247

● **Age UK Bristol:** 01179297537

● **Carers Support Centre:**  
0117 965 2200

● **The Compassionate Friends:**  
Bereaved parents and families  
0345 123 2304 [tcf.org.uk](http://tcf.org.uk)

● **WECIL:** 0117 947 9919/11  
Supporting disabled people  
[wecil.org.uk](http://wecil.org.uk)

● **The Sprint:** 0117 904 8215  
Community transport. Weekly activities and outings  
[sprint@icfc.co.uk](mailto:sprint@icfc.co.uk)

● **Community Advocacy Drop-ins:** Wed 1.30- 3.30pm  
Café at The Park. One-to-one drop-in for adults who have additional needs and their carers  
0300 456 2370 [pohwer.net/bristol](http://pohwer.net/bristol)

● **Bristol Refugee Rights:** Call/ Text/WhatsApp: 0752 635 2353  
[bristolrefugeerights.org.uk](http://bristolrefugeerights.org.uk)

● **Free pet clinic:** for local people on benefits. Thurs 10am-1pm  
Filwood Community Centre. Appointment only. Contact Bristol Animal Rescue: 0117 977 6043

## Food

● **KnowleDGE Pantry:** Open Mondays 2.10-2.30pm. For families fresh and packet foods

● **Knowle West Nursery School Community Pantry:** school hours, term time only. Fresh and package goods. Donations welcome.

● **Inns Court Garden:** Tue 10am-12.30pm ICCFC, drop-in, gardening. FREE cooked lunch. Contact 07905961876

● **Salvation Army:** Mon 11am-1pm FREE shared meal

● **St Barnabas Church:** Thurs 11am-1pm, meal, friendship plus donations welcomed.

## Food banks

● **St Barnabas Church:** by referral only 0808 208 2138, food bank, clothing, 121 advice and more  
[eastbristol.foodbank.org.uk/get-help](http://eastbristol.foodbank.org.uk/get-help)

## Families and Youth

● **South Bristol Childrens Centre:** 0117 3746 362  
Children's activities & family support

● **Bristol Parent Carers:** 0730 665 0222 SEND Support Group at ICCFC  
[bristolparentcarers.org.uk](http://bristolparentcarers.org.uk)

## Uniform and Clothing

Free donated ages 0-16, drop-offs & collections KWMC or FCC, office hours, items posted Knowle West Alliance

## Finance and Legal

● **Filwood Hope:** 0771 266 1241 Mon-Thurs 9.30-1pm  
Filwood Broadway. Services include benefit, debt advice, foodbank referrals. Email [advice@filwoodhope.org](mailto:advice@filwoodhope.org)

● **South Bristol Advice Service:** 01179038358, BS13 8QA FREE: debt, finance & benefits admin@  
[southbristoladvice.org.uk](http://southbristoladvice.org.uk)  
[southbristoladvice.co.uk](http://southbristoladvice.co.uk)

● **Household Support Fund:** [www.bristol.gov.uk/residents/benefits-and-financial-help/household-support-fund](http://www.bristol.gov.uk/residents/benefits-and-financial-help/household-support-fund). Extended to September 2024

● **Money Helper:** 0800 138 7777 debt advice.  
[moneyhelper.org.uk](http://moneyhelper.org.uk)

● **Bristol Law Clinic:** 0117 924 8662 [bristolawcentre.org.uk](http://bristolawcentre.org.uk)

● **StepChange:** 0800 138 1111 Debt advice

● **Talking Money:** 0800 121 4511 or 0117 954 3990  
Financial advice

## Energy

● **Centre for Sustainable Energy:** 0800 082 2234  
Free independent home energy advice [cse.org.uk](http://cse.org.uk)

● **Help for Households:** [helpforhouseholds.campaign.gov.uk](http://helpforhouseholds.campaign.gov.uk)

● **Warm Home Discount Scheme:** [gov.uk/the-warm-home-discount-scheme](http://gov.uk/the-warm-home-discount-scheme)

## Housing

**Caring In Bristol:** 0117 9244, 444 [www.caringinbristol.co.uk](http://www.caringinbristol.co.uk)

## Education & Employment

● **Clean Slate:** 01174574287 [cleanslate.ltd.co.uk](http://cleanslate.ltd.co.uk) Clean Slate Training & Employment

● **Bristol Community Learning:** 0117 251 0230 at The Park. FREE 19+ [communitylearningwest.net](http://communitylearningwest.net)  
Bristol Community Learning

● **English for Speakers of Other Languages (ESOL):** 0778 835 3446 Lucy, The

Park email [lucy.fieldhouse@bristol.gov.uk](mailto:lucy.fieldhouse@bristol.gov.uk)

## Wellbeing

● **Andy's Man Club:** Knowle West Media Centre Mondays 7pm [andysmanclub.co.uk](http://andysmanclub.co.uk)

● **Bristol Mental Health:** 03005550334 24/7 crisis. Text DEAF to 85258

● **Changes Peer Support Group:** Wed 1.30-3.30pm drop-in. Redcatch Community Centre 18+ [changesbristol.org.uk](http://changesbristol.org.uk)

● **Man Alive:** Men's group. Breakfast first Fri of the month 10am-midday at Springfield Allotments BS4 1DG. Activities throughout the month 0117 377 2255

● **Mental Health Mates:** Peer support walks [mentalhealthmates.co.uk](http://mentalhealthmates.co.uk) email Rachel [mentalhealthmatesbristol@gmail.com](mailto:mentalhealthmatesbristol@gmail.com)

## Knowle West Directory Local Support Advice and Information



## What's On Knowle West Events and groups



Do you have clothing or shoes that are no longer needed for ages 3-16yrs? Why not donate it to us, we will pass onto local families.



Items must be clean and in good condition or new.

Location for drop off

KWMC, Leinster Avenue, Knowle, BS4 1NL

Monday - Friday 9-5pm

#WeAreKnowleWest



**KNOWLE WEST ALLIANCE**

rooted in the community; growing for the future

# Cuppa tea and chat

## COMMUNITY DROP-IN



**KNOWLE WEST ALLIANCE**

rooted in the community; growing for the future



**25 Sept**  
12 - 2pm

**Springfield Community Allotment**

**Andover Rd BS4 2RY**

**St Barnabas Church**

**Daventry Rd BS4 1DQ**

**22 Oct**

**12.30 -  
2.30pm**



**20 Nov**  
10am -  
12pm

**Boing! (Inns Court Community &  
Family Centre)**

**1 Marshall Walk BS4 1TR**

**Filwood Library**

**Filwood Broadway BS4 1JN**

**18 Dec**

**1 - 3pm**

**Pop in, or for more info call Frances: 07942 677131**

The poster features a light blue background with white torn-paper-style shapes. On the left, there is a large orange scissors icon. In the center, the title 'Creative Cuppa' is written in large, bold, red letters. Below the title, the location 'Knowle West Media Centre' and address 'Leinster Avenue, Bristol, BS4 1NL' are listed in dark blue. To the right, the event details 'Drop in from 10am - 12pm on Wednesdays' are shown in bold dark blue. A white speech bubble contains the text 'Free hot drinks and creative making. Freestyle with any materials or follow along with an easy little project. All ages and abilities welcome!'. On the left side, there is an illustration of a red teacup with a saucer and a tea bag, with steam rising from it. On the right side, there are illustrations of two colored pencils, one orange and one pink. At the bottom, there are logos for Arts Council England, Bristol City Council, and Knowle West Media Centre (KWMC).

# Creative Cuppa

**Knowle West Media Centre**  
Leinster Avenue, Bristol, BS4 1NL

**Drop in from 10am - 12pm  
on Wednesdays**

Free hot drinks and creative making. Freestyle with any materials or follow along with an easy little project. All ages and abilities welcome!

For more information contact  
07511587659 / [ella.chedburn@kwmc.org.uk](mailto:ella.chedburn@kwmc.org.uk)

ARTS COUNCIL ENGLAND | Supported using public funding by ARTS COUNCIL ENGLAND | BRISTOL CITY COUNCIL | **KWMC** KNOWLE WEST MEDIA CENTRE

HWCP - Cup & Bowl Friday



**BRINGING THE COMMUNITY TOGETHER AGAIN!**

# CUP & BOWL FRIDAY

**FREE Soup & Bread**



**FREE Tea & Coffee**



Every Friday from the  
1st November 2024

1:00pm - 3:00pm

The Symes Resource Centre

BS13 OBE



## Changes Bristol - Peer support groups

### Peer Support Groups South Bristol



**Mondays**  
Ashton Vale, 1-3pm  
Ashton Vale Community  
Centre, BS3 2QY

**Wednesdays**  
Knowle, 1.30-3.30pm  
Redcatch Community Centre,  
BS4 2EP  
Bedminster, 7-9pm  
ACTA Community Theatre, Gladstone  
St, Bedminster, Bristol, BS3 3AY

**Thursdays**  
Brislington 1-3pm  
St Cuthbert's Church,  
BS4 3PG

Safe, free, and confidential spaces.  
A chance to connect with others and  
share anything you are facing in your life.  
No referral needed, just show up at the start time.

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



### Telephone Befriending Service



Changes Bristol also offers weekly telephone support for up to 6 months for people living in Bristol who may be feeling isolated and/or need help maintain their mental wellbeing.

We know it is so important to have someone to talk to about how you are feeling, what is going on in your life and what challenges you may be facing. Changes Bristol match people with trained volunteer befrienders who will arrange weekly phone calls to see how you are doing and offer a friendly non-judgmental ear.

If you feel that someone who is accessing your service could benefit from a weekly chat with a friendly volunteer to maintain good mental health please get in touch with our befriending team. It is important to note that it is not a crisis service, counselling service or advice line.

To access the befriending service or find out more visit the website:  
[www.changesbristol.org.uk](https://www.changesbristol.org.uk) or email the team at: [befriending@changesbristol.org.uk](mailto:befriending@changesbristol.org.uk)



**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](http://www.changesbristol.org.uk)  
[info@changesbristol.org.uk](mailto:info@changesbristol.org.uk)  
0117 941 1123



## The Bridge - Men's sexual assault & abuse peer support group

Supporting  
Male  
Survivors in  
Avon and  
Somerset



### **BRISTOL MENS SEXUAL ASSAULT/ABUSE PEER SUPPORT GROUP**

A weekly space for Men/Trans Men who have experienced sexual abuse or assault at any time in their lives

A safe space to talk and listen

**WEDNESDAY EVENINGS**

**STARTS 11.09.24**

**7PM-8PM**

**CENTRAL BRISTOL**

Contact: 0117 342 6999 or  
Email: [thebridge@uhbw.nhs.uk](mailto:thebridge@uhbw.nhs.uk)  
to find out more



## Mothers for Mothers - perinatal support sessions



### Perinatal support sessions

**1-2-1 support for new mothers experiencing disordered eating or symptoms of an eating disorder in the community.**

**Last Monday of every month at Mothers for Mothers, Gatehouse Centre, Bristol**



### How do I access a session?

**Sessions are available on the last Monday of every month at Mothers for Mothers, Gatehouse Centre, Bristol.**

**If you are accessing some support from Mothers for Mothers and feel this service would be helpful for you please speak to one of the team – they will be able to arrange an appointment for you.**

**Alternatively, contact:**

**[operationsmanager@mothersformothers.co.uk](mailto:operationsmanager@mothersformothers.co.uk)**



## Listening Spaces & support in the community



### HELP FOR THE COMMUNITY

The response by people who are supporting each other in our community following the recent deaths of Max & Mason has been amazing. Spaces have been allocated to provide a friendly listening ear if you need to talk to someone or air any concerns about this tragedy.

Grief and trauma is hard to navigate. We will experience sadness, anger and we will want to do something to help or make a difference. Many people feel scared. We are safer and stronger when we are united.

#### WHAT CAN WE ALL DO TO HELP?

- Be kind to yourself and to others
- If you are struggling reach out
- Make time for a chat with friends, neighbours and colleagues
- Don't carry knives – they do not keep you safe
- Be careful on social media – rumours make things worse
- Build positive connections across communities

### LISTENING SPACES & ORGANISATIONS

<p><b>St Barnabus Church, Daventry Rd</b> Mon, Tues &amp; Fri - 10:30am to 5pm Wed – 2:30pm to 5pm &amp; 7pm to 8:30pm Thur – 9:30am to 5pm Sat 10:30am to 2:30pm Speak with Clive or one of his team</p> <p><b>Boing, Inns Court Family Centre</b> Daily weekdays. Café is open 10-4pm</p>	<p><b>The Park, Daventry Rd</b> Mon, Tues, Thur, Fri - 9am to 4pm Speak with Joy or Emma (on reception)</p> <p><b>Eagle House</b> Monday – 12noon to 2pm Friday – 12noon to 2pm women only Speak with Margaret or Anita</p>
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#### Initial help and connecting to other support

If you are struggling please contact your GP: General Practitioner (GP) and NHS 111

#### Therapeutic support

[VitaMinds Bristol Mental Health Services](#) – NHS psychological (talking) therapies. Self-referral, no cost service, offering online short courses and 1:1 services

#### Children and young people

[www.childline.org.uk](http://www.childline.org.uk) – support for any worries online, on the phone, anytime

#### Other support

[www.bristolmind.org.uk](http://www.bristolmind.org.uk) – a confidential free-phone helpline, call 0808 808 0330

#### Local Information

The Knowle West Alliance Facebook page has a lot of useful local information  
<https://www.knowlewest.co.uk/community-information-helping-yourself-others/>

#### Urgent help - when safety is a concern

[www.samaritans.org](http://www.samaritans.org) – 24-hour telephone and email support, call 116 123  
[www.giveusashout.org](http://www.giveusashout.org) – text SHOUT to 85258 for 24/7 support  
[www.second-step.co.uk](http://www.second-step.co.uk) – the Hope Project provides support to men aged 30-64, call 0117 9096630  
Bristol Crisis Line 24/7 – call 0300 555 0334



**INNS COURT  
CHRISTIAN  
FELLOWSHIP**

# **BEREAVEMENT SUPPORT GROUP**

**WHEN:** EVERY SECOND THURSDAY OF THE MONTH

**WHERE:** INNS COURT CHRISTIAN FELLOWSHIP (SIDE HALL)  
1 MARSHALL WALK, KNOWLE WEST, BRISTOL BS4 1TR

**TIME:** 12NOON -2PM

**LUNCH:** PROVIDED FREE OF CHARGE

**CONTACT US:** | 0117 377 1048 | [INFO@INNSCOURT.CHURCH](mailto:INFO@INNSCOURT.CHURCH) |

# Robins Foundation - FIT Robins 12 week wellness & weight-loss programme

# FIT ROBINS

## 12-WEEK WELLNESS & WEIGHTLOSS PROGRAMME

Embark on a transformative journey to a healthier, happier you with our results-driven weight loss program, designed to empower you with expert guidance, personalized support, and the tools you need to achieve your wellness goals.

A COMPLETELY FREE PROGRAMME TO TAKE BACK CONTROL OF YOUR HEALTH

- 📍 Knowle West Health Park | BS4 1WH
- 🕒 September 26th | Tuesdays | 6-7:30PM
- 📅 18+ | BMI is 25+ (23+ for adults of Black African, African-Caribbean & Asian Origin)

### WHAT'S IN IT FOR YOU?

- ACHIEVE WEIGHT-LOSS GOALS
- IMPROVE FITNESS
- INCREASE MENTAL RESILLIENCE & BETTER SLEEP
- NUTRITIONAL KNOWLEDGE
- BEHAVIOUR CHANGE
- ENHANCED ENERGY
- ELEVATED CONFIDENCE & SELF-ESTEEM
- DISEASE PREVENTION

.... and that's just some of it!

### INTERESTED?

To register your interest, scan the QR code or head to our website at [www.bfc.co.uk/robins-foundation](http://www.bfc.co.uk/robins-foundation)



or contact Daisy-May England (Health & Wellbeing Practitioner)  
Email [daisy.england@bfc.co.uk](mailto:daisy.england@bfc.co.uk) | tel 07423418922



*Fit Robins is a great programme. I look forward to coming to the sessions every week and always feel feeling more knowledgeable and confident in making changes to my lifestyle. I have noticed a remarkable difference in how I feel physically and mentally, and I have Fit Robins to thank that for".*

Katie, Bristol



*One of the aspects I loved most was the sense of community. Connecting with others who were on the same journey created a sense of camaraderie and accountability that kept me motivated. The weekly check-ins and progress tracking were also key to my success. The exercises we did every week were great fun and has changed my attitude to fitness".*

Martin, Bristol



**ROBINS**  
FOUNDATION

Schoolreaders – volunteer to assist with reading in schools

# Schoolreaders

improving literacy • increasing life chances

1 in 4 children leave primary school unable to read well. This means they cannot fully access their secondary education

## Can you help change their story?

Schoolreaders is looking for volunteers in your community to listen to children read in primary schools.

No qualifications are required, just a love of reading, some spare time each week in term time and a willingness to go where children need you the most.

To apply, please visit [Schoolreaders.org](https://www.schoolreaders.org)



Scan  
Here

Registered Charity Number: 1159157  
Registered in England and Wales  
© 2023 Schoolreaders CIO

*Services and  
opportunities  
for young  
people*



# WORRIED ABOUT THEM?

Our trained advisers can offer tailored support if you're worried about a change in your child's behaviour or emotions.

Contact YoungMinds Parents Helpline on **0808 802 5544**.

📍 This free and confidential service is open to all parents and carers.

**YOUNGMINDS**  
Fighting for young people's mental health

@YoungMindsUK  
  
youngminds.org.uk

Scan QR code to find out how.



YoungMinds, registered Charity In England (1010066) and Scotland (SC030700)

# YOUNGMINDS PARENTS HELPLINE

### What can you support me with?

Our service provides free, practical advice on how you can support your child's mental health. No matter what your child is going through, we are here to guide you when they need you the most.

### How can I access the helpline?

You can call our Parents Helpline for free on **0808 802 5544** or access our digital services **online** by scanning the QR code or visiting [youngminds.org.uk](http://youngminds.org.uk).



### What happens when I contact you?

You'll speak confidentially with a trained adviser who will listen and explore your concerns in private. They will help you to understand your child's behaviour and give you practical advice on what to do next.



Call 0808 802 5544 or visit [www.youngminds.org.uk/parents-helpline](http://www.youngminds.org.uk/parents-helpline) if you're worried about your child's mental health. Free language translation and interpretation services are available.

Please note that we cannot advise on medication, counselling/therapy treatments or diagnose mental health conditions.



# RECIPE FOR A GREAT CONVERSATION

Regular conversations about mental health are a very important way to look after ourselves and talk about things affecting our lives.

Mental health conversations may be even more important if your child is:

- acting out of character
- feeling worried
- changing their eating or sleeping habits
- having problems at school
- feeling angry
- battling with any other mental health challenges.

## INGREDIENTS

So here are some ingredients of a good mental health conversation that may be useful for your family.

1. Comfortable space
2. Conversation starters
3. A listening ear
4. Open questions
5. A role model

# INSTRUCTIONS

### STEP 1

Find a space where your child feels comfortable. E.g. the dinner table, on the walk to school, on the sofa or anywhere they feel safe.



### STEP 2

Now it is time to start the conversation. You might want to try these questions:

- What was the best and worst bit of your day?
- What do you want to talk about?
- Is there anything that you need from me? E.g. Space, time to talk, time to do something fun...



### STEP 3

Prepare to listen by removing distractions, limiting interruptions and giving your full attention to your child. Tip: Try not to jump to trying to help, take time to listen and really understand what your child is going through.



### STEP 4

Use questions that start with 'why', 'how' and 'what' to allow your child to explain their thoughts and feelings in detail. E.g. What was the biggest problem you had today?



### STEPS

Remember, conversations about mental health can be difficult for both the parent and child. It is important to be a role model by taking care of yourself, too.



## CYN & Young Carers Service - Young Carers Group

A colorful poster for a Young Carers Group. At the top, the text 'YOUNG CARERS GROUP' is written in white on a teal background. Below this, an illustration shows five diverse young people (three girls and two boys) with their arms raised in a celebratory gesture. The background features a large yellow sun and teal waves. The main text in the center reads: 'Creative Youth Network and Young Carers Service (CSC) working in partnership to bring you sessions every other Tuesday in your area!'. Below this, five teal circles contain the activities: 'Take a break', 'Talk to a youth worker', 'Food', 'Fun Activities', and 'Make New Friends'. A teal rounded rectangle provides the location and time: 'South Bristol', 'Venue: The Gatehouse, Gatehouse Avenue, Bristol, BS13 9JN.', and 'Time: 5.30-7.30PM.'. At the bottom, contact information is listed: 'Get in Touch with Abby: 07741629192' and 'abigail.sheppard@creativeyouthnetwork.org.uk'. The poster is framed by teal and yellow decorative elements.

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.

Feel free to get in touch before you come to a session with our Youth Worker Abby [abigail.sheppard@creativeyouthnetwork.org.uk](mailto:abigail.sheppard@creativeyouthnetwork.org.uk) or 07741 629 192



**Want to save  
money on food  
shopping?**

**Aged 16-25?**

Join Bristol Goods Youth Edition!

You'll get **your choice** of shopping from  
our store with snacks, fruit, veg, essentials  
and toiletries for only £2.50

**Every Thursday 2-4pm  
3 Pritchard Street, BS2 8RH**

Got a question? Email:  
[bristolgoods@caringinbristol.org.uk](mailto:bristolgoods@caringinbristol.org.uk)



**Bristol  
Goods**  
BY CARING IN BRISTOL

