

Families in Focus Bulletin - Part 1

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.



Contents

Activities for Families	5
South Bristol Children’s Centre’s – New Year Timetable	6
South Bristol Children's Centre - Christmas Activities	7
Filwood Community Centre – Christmas Fair	8
Family & Friends BS13 & Beyond – End of Year Party	9
Square Food Foundation – HAF Festive Cooking & Nature Crafting	10
Bristol Family Hubs – Young Parents Group BS4 & BS13	11
Hartcliffe City Farm – December Sessions	12
Redcatch Community Garden – Winter Holiday Graffiti & Gardening	13
Redcatch Community Garden – Afterschool Club	14
We Are More (WAM) – Springfield Garden Afterschool Club	15
Adventures in Nature Forest School – Stay & Play Sessions.....	16
Knowle Library – Chess Club	17
Robins Foundation – Disability Football Sessions.....	19
Robins Foundation – Various Activities	20
Hartcliffe BMX club – Community Sessions in BS13	22
Stockwood BMX club – Community Sessions in BS14	23
The Fishing Project – South Bristol Fishing group for 8 years +	24
Campus Pool – Indoor Skatepark in BS13	25
Grassroots Communities – Various Activities	26
LPW – The Hideout, Teyfant Road Playground.....	27
Knowle West Media Centre – Various Activities	28
Youth Moves – Community Youth Clubs	29
Young Bristol – Community Youth Clubs	30
Services and opportunities for Parents/Carers	31
BeeZee Families – Online Course for Healthy Eating & Wellbeing	32
Changes Bristol – Mental Health Peer Support Groups.....	34
NHS Vita Health – Talking Therapies for Parents & Carers.....	36
Your Park – Roots to Wellbeing Support Groups.....	38
Mothers for Mothers – Antenatal & Wellbeing in Pregnancy Group	39
Mothers for Mothers – Dad’s Online Peer Support Group.....	40
Belfast Walk Community Garden – Friday Coffee Morning.....	41
Knowle West Media Centre – Creative Cuppa sessions	42
Knowle West Healthy Living Centre – Cuppa & a Chat Sessions	43
Knowle West Healthy Living Centre – Knowle West Gospel Choir	44

Holymead Hub – New Age Kurling.....	44
Redcatch Community Garden – Knitting & Crochet Club	46
Redcatch Community Garden – Pollinator Gardening Sessions	47
The Community Farm – Bulletin 2023	48
St Barnabas Church – Warm Welcome Space	50
St Martins Church – Warm Space Café	51
Marmalade Trust – Christmas Cheer	52
Mindful Parenting & Community Project – Stressbusting Workshops.....	53
Parenting Hub – Positive Parenting Course	54
Parenting Hub – Positive Parenting Course Booking Form.....	55
Strengthening Families Strengthening Communities – Reducing Parental Conflict.....	56
Bristol Autism Support – Support & Training for Parents/Carers.....	57
Bristol Parent Carer Forum – SEND Support Meetings at Inns Court.....	58
One Plus One – Relationship Courses	59
Tavistock Relationships – Surviving the Festive Season Online Event.....	60
KeyRing – Support Service for Adults with Learning Difficulties	61
Community Learning – Free Courses Flyer	63
Community Learning – 100 Women Project.....	64
Community Learning – ADDER Project	65
Community Learning – Free English (ESOL) Information event.....	66
Community Learning – STEPS course in Hartcliffe.....	67
Community Learning – STEPS course in Knowle	68
Knowle West Media Centre – The Art of Numbers Course	69
Knowle West Alliance – Free Community Training Programme.....	70
Knowle West Alliance – The Knowledge Winter 2023.....	73
HWV – The Gatehouse – Winter Newsletter 2023	92
Early Doors – Housing Advice & Support Drop-In.....	94
Shelter – Housing Advice and Support	95
Shelter Family Support Service – Imperial Apartments Drop-In.....	96
Christians Against Poverty (CAP) – Debt Advice Help Service	97
Christians Against Poverty (CAP) – Free Money Management Course	98
South Bristol Advice Service – Debt & Benefits Support	99
Filwood Hope - Support with Benefits, Debt, Housing, Mediation & Employment	102
Services and opportunities for young people	103
CAMHS & OTR - Mental Health Support Team (MHST)	104
MusicSpace – Communication & Therapy Through Music	105

Step Together – Get Growing Allotment Project..... 106
Young Carers Service – Information Leaflet..... 107

Activities for Families

South Bristol Children's Centre's – New Year Timetable

Group Services and Information

<p>Nurture Programme 10 Weeks Parenting Puzzle 5 Weeks These Parenting courses are designed to provide adults and children with the understanding, skills and ability to lead emotionally healthy lives, build resilience, empathy self-esteem and support positive relationships. Suitable for parents and children aged 2-11 booking required.</p>	<p>RockaBye A small 10 week group for parents and babies to enable secure attachment to grow. Meet other parents, time to talk with knowledgeable staff and enjoy interactive activities together. Recommended for pre-crawling babes only. Booking required. For more details contact Deb 0117 9781028</p>	<p>South Bristol Children's Centre's Timetable 2nd January to February 2024</p> <p>Our centres are safe, welcoming spaces with easy access to a range of activities and services including groups, events & 1:1 support.</p> <p>To access our services just pop in and see us, give us a call, send an email or check out our Facebook pages or website.</p> <p>Facebook: southbristolchildrenscentrehub Email: sbcc@bristol.gov.uk Website: www.southbristolcc.org.uk</p>
<p>Infant Feeding A chance to get advice and support around feeding and what works best for parent and baby.</p>	<p>Toddler Yoga For parent and child to engage in fun and movement through stories.</p>	
<p>Boogie Disco For parents and children to come along and have fun through movement and dance!</p>	<p>Tots Talking For tots talking to help improve your child's speech and language to get a heads start at Nursery. This course is 8 weeks long</p>	
<p>Stay & Play Come along and meet other parents/carers and their children. Enjoy lots of fun activities which change every week and learn more about other services available to you. Suitable for children aged 0-5 No booking required.</p>	<p>Baby Hub A chance to see the Health Visitor for advice and get your baby or toddler weighed. Also breastfeeding support and the Children's centre team are on hand to share information. Suitable for parents/carers of children under 5. Drop-in – no need to book</p>	
<p>Baby Group Come along and join in our Baby sensory play session and meet other parents/carers in your local community. A different sensory activity every week. Suitable for non-walkers. No booking required.</p>		



Please scan QR Code
Facebook..



Please scan QR Code
Website..

Hartcliffe
 Hareclive Road
 BS13 0WV
 01179 038633

Knowle
 1 Marshall Walk
 BS4 1LR
 01173 532036

Bishopsworth
 2 Lakemead Grove
 BS13 8EA
 01179 781028

Stockwood
 Whittock Road
 BS14 8DQ
 01173 533503

Bedminster
 British Road
 BS3 3BC
 01173 746362





South Bristol Children's Centre Winter/New Year Timetable 2024

Location	Monday	Tuesday	Wednesday	Thursday	Friday
Hartcliffe	Boogie Disco 9:30 – 10:30 Toddler Yoga 11:15 - 12:00 Under 25 Parents Group 1:00 - 2:30	Parenting Puzzle 9:30-11:30 Welcome to the World Antenatal to book call Jola on 07385 001939 4:00-6:00 pm English 10.00-11.30 Conversation club 10.00-11.30 ESOL 12.30-2.30 Childcare 12.30-2.30 Please call 01172-510230	Baby Hub 9:30 – 10:30 Milky Way, Infant Feeding Group 10:30 – 12:00 Mothers for Mothers Tbc (invitation only)	Rainbows Stay and Play for SEN Children 9:30 – 11:30 Circle of Security 9:30-11:00 Book now with Kim on 01179-038633 Baby Group 1:30 – 2:30 Parent & Infant Art Therapy Group 1:00-2:30 Call To book: 01179 359366	Stay & Play 9:30 – 11:00
Knowle	Stay and Play 1:00-2:30	Baby Hub 9:30 – 11:00 Scales available until 10:30. Milk Tots, Infant Feeding Group 11:15 – 12:45	Nurture Programme Ilminster Avenue BS4 1BX 9:30-11:30 Childminding Group Knowle Nursery school BS4 1NN	Baby Group including sing and sign 10:00 – 11:00 Food Club 12:30 – 2:30 Under 25 Parents Group 1:00 – 2:30	
Stockwood	Baby Group (including Sing & Sign) 10:00 – 11:00 Health & Social Care course 12.30 – 2.30 Please call 01172-510230	Food Club 9:00 – 10:00 Baby Hub 1:30 – 2:30 Whitchurch 1st & 3rd of the month Stockwood 2nd & 4th of the month	Childminders 9:30 – 11:00 Roots to Wellbeing Group 1:00 – 4:00	Stay & Play 9:30 – 11:00 Gardening Group 1:00 – 3:00	Gym Tots 1:30 – 2:30 @ St Bernadettes School BS14 9HU
Bishopsworth	Childminding Group 9:30 – 11:00	Baby Hub 9:30 – 10:30 Milky Way Infant Feeding 10:30- 12:00	Baby Group 9:30 – 10:30		Stay & Play 9:30 – 11:00
Bedminster	Redcliffe Stay & Play 9:30 – 11:00 Childminders 9:00 – 11:00	Baby Group 1:30 – 2:30	Stay & Play 9:30 – 11:00 Redcliffe Food Club 1:00 – 3:00 Faithspace BS1 6PB	Baby Hub 10:00 – 11:30 Infant Feeding Group 10:30 – 12:00 Rockabye 1:00-2:45 Starts 25th Jan Email clare.beckell@nhs.net	ESOL am Please call 01172-510230

South Bristol Children's Centre - Christmas Activities

HO HO HO

Our groups running this winter term break
Our groups are aimed at children age 0-5 yrs

SBCC
SOUTH BRISTOL CHILDRENS CENTRES

Bristol Family Hubs

MONDAY 18th
Boogie Disco Hartcliffe 9:30-10:30 & 11:00-12:00 with Santa (**Booking Required**)
Baby Group Stockwood to include sing and sign 10:00-11:00 with Santa (**Booking Required**)
Forest School Stockwood 1:30-2:30 with Santa

TUESDAY 19th
Baby Hub Knowle, Inns Court 10:00-11:00
Baby Hub Bishopsworth 9:30-10:30
Infant Feeding Support Group Bishopsworth, 10:30-12:00
Baby Hub Whitchurch 1:30-2:30
Baby Group Bedminster 1:30-2:30 with Santa (**Booking Required**)

WEDNESDAY 20th
Boogie Disco Knowle, Inns Court 10:30-11:30 with Santa (**Booking Required**)
Baby Group Bishopsworth 9:30-10:30 with Santa (**Booking Required**)
Baby Hub Hartcliffe 9:30-10:30
Infant Feeding support Group Hartcliffe 10:30-12:00

THURSDAY 21st
Baby Group Hartcliffe 1:30-2:30 with Santa (**Booking Required**)
Baby Hub Bedminster 10:00-11:30
Infant Feeding Support Group Bedminster 10.30-12:00
Baby Group Knowle to include sing and sign 10:00-11:00 with Santa (**Booking Required**)
Boogie Disco Bedminster 1:30-2:30 with Santa (**Booking Required**)

Friday 22nd
Boogie Disco Bishopsworth 10:00-11:00 & 11:30-12:30 with Santa (**Booking Required**)

Where booking is required please book when you visit our centres

Please only book on one group with Santa, as spaces are limited.

Thank you

BRISTOL CITY COUNCIL

Filwood Community Centre – Christmas Fair



The poster features a central illustration of a Christmas stall with a green and white striped awning, surrounded by decorated trees and a woman behind the counter. The stall is set against a dark night sky with falling snow. The text is arranged in a clean, centered layout within a white cloud-like shape.

FILWOOD COMMUNITY CENTRE

CHRISTMAS FAIR

FRIDAY 8 DECEMBER 5-9PM

FILWOOD COMMUNITY CENTRE, BS4 1JP

Market stalls, free craft activities, food, carols on the Broadway

For more info email suzie@filwoodcentre.org.uk
www.filwoodcentre.org.uk

FREE ENTRY

ALL AGES

Family & Friends BS13 & Beyond – End of Year Party

Family & Friends BS13 & Beyond
PRESENTS

END OF YEAR PARTY

Saturday, 16th Dec 2023
2:00 - 5:00PM
Hartcliffe Community Centre
Hareclive Rd BS13 OJW

MUSIC **ARTS & CRAFTS**
SANTA CHOIR **GAMES**
HEALTH & WELL-BEING **RAFFLES**
FACE PAINTING **FOOD**

Entry fee £2 per family (to help raise funds towards the venue hire)
Donation of food/squash, soft drinks, items for raffles are welcome
School uniforms and books are free to give away

RSVP: familyandfriendsbristol@gmail.com
Eroschi: 07957701296 | Myrna 07856346599

derz Hartcliffe **Morrisons** Since 1846 **Caring in Bristol**



**For children ages 6-11 in receipt of
benefits related free school meals**

**TUESDAY 19th +
WEDNESDAY 20th DECEMBER
10am-2pm**

To book your place:

Scan here or




Email info@squarefoodfoundation.co.uk


or call 0117 462 2686

@ The Park Centre, Daventry Road,

Bristol BS4 1DQ








YOUNG PARENTS GROUP

A group for families under the age of 25 to come and play, be creative, chat with others but most importantly HAVE FUN!


MONDAY 1-2
@HARTCLIFFE CHILDREN'S CENTRE & FAMILY HUB
BS13 0JW

THURSDAY 1-2:30
@KNOWLE CHILDRENS CENTRE INNS COURT BS4
TTR



FOR MORE INFORMATION PLEASE CONTACT

Georgia - 07501 594363
Laura - 07795 952615
Di - 07392 108882



Hartcliffe City Farm – December Sessions

HARTCLIFFE CITY FARM is **free** and open from Tuesday to Sunday 9am-4pm for public visits.



We also offer targeted sessions on feeding animals, cooking or gardening for specific groups. Family sessions are usually on a Thursday and the Outdoor Learning team will be there to chat then if anyone wants to visit.

We will be offering an after-school supper club for families from January/ February 2024.

Please contact nicky.orr@windmillhillcityfarm.org.uk for more info.

Open sessions in December are:

FREE FAMILY FOOD AND STORY SESSIONS

Come and do some cooking and hear a story. Then help create a story that we can make into a real book... and you get a free copy!

Thursday 23rd November, 7th and 14th December
10.30-12:00

Open to children with their parent/carer

Places are free but can be booked, contact nicky.orr@windmillhillcityfarm.org.uk



Funded via WeSport as part of a Positive Activities Grant

Make your own Christmas tree decoration

...and put it on our tree, or take it home for your own!

Free drop-in session, come and see the farm animals and warm up with a free hot drink. Activity for over 3's. Children must be supported by an adult.

Thursday 21st December 1pm-3pm



Free Winter Holiday Graffiti & Gardening Session



For children who are eligible for
Free School Meals and aged 8-12

Monday 18 December 2023, 10am-2pm
Redcatch Community Garden, Knowle

A hot meal will be provided.

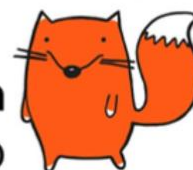
This is a SEND Friendly Provision - the small group,
flexible nature of the offering means it is
accessible and appealing for the SEND community

Book via Eventbrite



www.redcatchcommunitygarden.com

Redcatch Park, Broadwalk, Knowle BS4 2RD



REDCATCH COMMUNITY GARDEN
AFTERSCHOOL CLUB
EVERY TUESDAY 3.15-4.45
FREE AND EVERYONE WELCOME

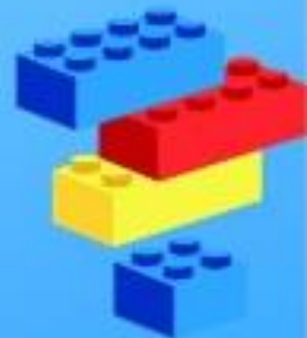
Arts & Crafts, games, Lego and more

No need to book - just drop in

Take away a kid friendly, healthy, frozen meal with you as well.



**Snacks &
drinks
available**



Children must be accompanied by an adult

We Are More (WAM) – Springfield Garden Afterschool Club

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 or
message on the facebook page
WAM 'we are more' Afterschool club

Adventures in Nature Forest School – Stay & Play Sessions

**ADVENTURES
IN NATURE**

**Stay & Play
Forest School
18mth-5yrs**

**Knowle
Urban Escape
Mondays 9:30-11am**

Idyllic location with views, boasting a roundhouse with log burner, polytunnel, woodland, fire circle and orchard.



£9 per event (cheaper if you book term) and £3.50 for each additional child. Babes in arms are free.

**Mud kitchen
Digging bed
Mud painting
Bug Hunt
Teddy bear hunt
Water plants
Food harvesting
Story time
Tool use
Rope swing
Nature activities
Fire and toasting
Nature Songs**

GET INVOLVED!

www.adventuresinnature.co.uk
lisa@adventuresinnature.co.uk

Knowle Library – Chess Club



**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

Salvation Army South – SEN Lego Club



LEGO CLUB

COME & JOIN OUR LEGO CLUB
4PM - 5PM FRIDAYS (TERM TIME ONLY)

Bristol South Salvation Army
Padstow Road BS4 1EN

SEN SESSION FOR PRIMARY SCHOOL CHILDREN AND THEIR SIBLINGS

SENSORY SPACE AVAILABLE HOT & COLD DRINKS PLUS SNACKS PROVIDED 50P PER CHILD

WE ASK THAT PARENTS/CARERS ATTEND AND REMAIN WITH THEIR CHILD/CHILDREN

The Salvation Army 2022 The Salvation Army is a Christian church and registered charity in England 014779, Wales 014779, Scotland 06009333 and the Republic of Ireland 0190199

FOR MORE INFO:
0127 363 1800
ENGL UK
BRISTOL_SOUTH@SALVATIONARMY.ORG.UK

Robins Foundation – Disability Football Sessions



Name: Gary Bell

Email: gary.bell@bcfc.co.uk / robinsfoundation@bcfc.co.uk

Phone: 0117 963 0636

The official charity of Bristol City utilises the inspirational power of football and the club badge to build lasting relationships and improve lives in the local community.

At the Robins Foundation, we work with a variety of organisations to provide the best possible opportunities and to make football as accessible as possible.

All our coaches are experienced in working in disability football. There is no need to sign up in advance, simply turn up and get involved. Project Inc. provides an opportunity for young people and adults with disabilities to participate in fun activities, and develop their fitness, and football skills whilst creating long-lasting friendships. We strive to make football available to everyone. No matter your experience or ability everyone is welcome. If you are an organisation or school and would like to work with us, please get in contact.

COST: FREE

Some possible services:

Youth Pan Disability Football and multi skills (all abilities, ages 5-18)

Adult Pan Disability Football (16+)

Sensory Football (term time only, age 5-16) **currently in Warmley, moving to Imperial (Hengrove)**

Locations: Ashton Park Sports Centre (BS3 2JL), Imperial Sports Park South Bristol (BS14 9EA), Bridge Learning Campus (BS13 0RF)

To discuss what project may be the most suitable, please do contact us.

SHOULD you require any additional information on these sessions, please contact the Robins Foundation on 0789 9991 983 or email: robinsfoundation@bcfc.co.uk

Robins Foundation – Various Activities



Name: Chris Stenner (Chief Community Officer)

Email: chris.stenner@bcfc.co.uk

Phone: 0117 963 0636

The official charity of Bristol City utilises the inspirational power of football and the club badge to build lasting relationships and improve lives in the local community. Ongoing projects for young people:

[PL KICKS SWERVE:](#)

COST: FREE

Bristol City Robins Foundation's Swerve project offers free football sessions for males and females aged 8-18. Working in partnership with the Premier League Kicks initiative and Avon and Somerset Police as well as local youth organisations, the Foundation's Swerve programme is operated as an interactive engagement tool, working with youngsters from an array of backgrounds on a weekly basis.

The programme looks to use football as the vehicle to build meaningful relationships of trust between our coaches and young people from traditionally hard-to-reach areas. Through the project's partnership with Avon and Somerset Police, Our PL Kick's Swerve Project breaks down barriers between young people and figures of authority and tackles anti-social behaviour and many of the connected issues.

Locations: Marksbury Road Open Space (BS3 5LD), Filwood Broadway MUGA (BS4 1JL), Hareclive E-Act Academy (BS13 0HP), Bridge Learning Campus (BS13 0RF), BS14 Youth Club Stockwood Lane (BS14 8SJ) - currently closed

[F F F: Free Female Fitness](#)

COST: FREE

F3 is a free fitness project for women & girls aged 6 and over. Ran in partnership with the Premier League, the FA, SSE, and Bristol City Women's Football Club, F3 is specifically designed to offer women and girls of all abilities the chance to get active, have fun and get fit.

Locations: Imperial Sports Park South Bristol (BS14 9EA), Hareclive E-Act Academy (BS13 0HP), Windmill Hill City Farm (BS3 4EA), St Mary Redcliffe and Temple School (BS1 6RT)

ELEVATE

COST: FREE

ELIGIBILITY: 16-17 year olds

CONTACT: Kai Long (Health & Wellbeing Practitioner)

EMAIL: kai.long@bcfc.co.uk

BCFC's brand new program 'Elevate' takes a comprehensive approach to wellness, addressing physical, emotional, social, and intellectual aspects of health. In today's fast-paced and demanding world, students face numerous challenges that can impact their overall health and academic performance. We believe that by promoting a holistic understanding of wellness, we can empower young people to achieve their full potential and lead fulfilling lives. We will succeed in doing this by:

- Increase awareness and understanding of physical & mental health
- Improve stress management and resilience
- Enhance self-esteem and self-confidence
- Development of healthy lifestyle habits (healthy eating, sleep, drugs & alcohol)
- Acquisition of valuable life skills, such as effective communication and emotional intelligence
- Environmental awareness

Hartcliffe BMX club – Community Sessions in BS13

HARTCLIFFE BMX TRACK (Hartcliffe, BS13 0AA)



Name: Simon

Email: hartcliffebmx@gmail.com

Phone: 07590 796683

Website: [Hartcliffe BMX Club](#) | [Facebook](#)

Part of the BMX Bristol network, the Hartcliffe BMX Track is a community and volunteer run club to engage young people into cycling.

We believe cycling is a powerful tool for transforming lives and driving meaningful inclusion in sport, recreation and active travel.

Working collaboratively, we empower people to overcome barriers that prevent everyone enjoying the thrill and freedom of riding a bike.

By using innovative approaches to BMX and other forms of cycling we make cycling exciting, accessible, relevant and inclusive for anyone, regardless of race, gender, ethnicity, disability or privilege.

Stockwood BMX club – Community Sessions in BS14

STOCKWOOD BIKE CLUB (Stockwood, BS14 8DE)



Name: Unknown, see email below

Email: bmx@accesssport.co.uk

Phone: ?

Website: [Stockwood Bike Park | Facebook](#)

A new member of the BMX Bristol network, the Stockwood BMX Club runs every Saturday from 11am-2pm.

All ages welcome. All abilities welcome. FREE or donations welcome. Just turn up!

The Fishing Project – South Bristol Fishing group for 8 years +

THE FISHING PROJECT

Name: Mike Robbins

Email: mike@robbinsdesignandbuild.co.uk

Phone: 07884145098

Website: [Home Page - The Fishing Project](#)

South Bristol group for people 8 to 80 in a fun, friendly and safe environment. We offer support to help divert people away from anti-social behaviour, crime, drugs and alcohol misuse through fishing. We offer coaching sessions, organised fishing trips and fishing holidays and with our own minibus we can transport members to and from venues.

Campus Pool – Indoor Skatepark in BS13

CAMPUS POOL (BISHOPSWORTH, BS13 7RW)



Email: info@campusskateboarding.com

Phone: 01179 641478

Website: [Campus Pool — Campus Skateparks \(campusskateboarding.com\)](http://Campus Pool — Campus Skateparks (campusskateboarding.com))

Instagram: [@campusskateboarding](https://www.instagram.com/campusskateboarding)

Purpose built indoor concrete skatepark built in an old Bristol Swimming pool. World class street based park with amazing old pool decor. Great for all ages & abilities. At Campus Pool we offer a wide range of sessions for different age groups, abilities and disciplines. [TIMETABLE HERE](#)

Daily/weekly sessions include Toddler Takeover, Junior Mash Up, Skateboards only, Family Skate, Beginners only, Girls only LGBTQIA+ and more.

Every School Holiday we also offer Skate Club. A day of skatepark based activities for 7-12 year olds.

Grassroots Communities – Various Activities

GRASSROOTS COMMUNITIES



Name: Ben Carpenter (Founder)

Email: info@grassrootscommunities.org

Phone: 07787 502232

Website: Grassroot Communities

Grassroot Communities is a community-based organisation that inspires young people from disadvantaged backgrounds to reach their full potential. They do this by providing them with access to education, youth work, training, employment opportunities, mentoring, and support. They work across Bristol and focus on youthwork and community development. They engage young people in the community and provide them with the skills and resources they need to succeed.

Grassroots Communities currently deliver **detached youth work across South Bristol** every week in **Bedminster, Hartcliffe, Withywood, Knowle West and Hengrove**. We also run a youth led project that goes to a different South Bristol community every 3 months called - Growing Streets Together. This supports young and older to come together through creativity such as music, art and dance etc and develop their own community street party.

We have a long history of running several successful youth-led projects and social action work in education and the community.

Grassroots Communities also run [GAP \(Grassroot Activators Programme\)](#); a one-year initiative for 16 to 30-year-olds from disadvantaged communities in Bristol, designed to raise aspirations, create role models and provide pathways to future opportunities.

LPW – The Hideout, Teyfant Road Playground

LPW (LEARNING PARTNERSHIP WEST) - THE HIDEOUT TEYFANT ROAD (BS13 0RF)



Name: Pete Woods-Wetton

Email: pwoods-wetton@lpw.org.uk

Phone: 07771943325

Website: [The Hideout – News – Learning Partnership West CiC \(lpw.org.uk\)](https://www.lpw.org.uk)

LPW is a Community Interest Company that provides all-year-round support designed to build children and young people's resilience, improve relationships at home, improve school attendance, support progress and attainment, and to help them develop positive relationships in their community. We enable children and young people to overcome barriers to engagement and education through relentless care and attention to detail.

OPEN ACCESS SERVICE:

The playground is now open Wednesday, Thursday, Friday: 3-5pm.

WED	THU	FRI
3-4 PM	3-4 PM	3-4 PM
4-5 PM	4-5 PM	4-5 PM

Knowle West Media Centre – Various Activities

KWMC (Knowle West Media Centre) - BS4 1NL



Name: Megan Ballin (Project Coordinator: Young People)

Email: megan@kwmc.org.uk; youngpeople@kwmc.org.uk

Phone: 07729 237 126 (on WhatsApp); 0117 903 0444

Address: Knowle West Media Centre, Leinster Avenue, Bristol, BS4 1NL

Website: [KWMC – Knowle West Media Centre - KWMC](#)

KWMC Young People's Programme offers FREE after-school sessions, in-school sessions and holiday sessions exploring a variety of creative tech activities e.g photography, digital design, music, animation and much more.

insta: @jumpkwmc

twitter: @jumpkwmc

For this year register your interest using this form:

<https://forms.office.com/Pages/ResponsePage.aspx?id=0GPbPbXkN0KBRD0yXFP60SubZWmYnjxPp23dX0EPWIRUMIFUNUZJSE9XWFNZMku0T1c2SDhMTUZGTCQIQCN0PWcu>

AFTER SCHOOL SESSIONS: see page below

HOLIDAY PROGRAMMES: during October half term, Feb half term and Summer programme

YOUTH COUNCIL: for age 10-18, 1 session per month, join to make positive change in our community, through art and tech.

WORK EXPERIENCE: an opportunity for experience in STEAM and creative industries for age 14-18 (runs June and July 2024)

ARTS AWARD: a recognised qualification for anyone under 25. If you need an Arts Award Centre to support you, get in touch with KWMC.

Contact KWMC for more details.

Youth Moves – Community Youth Clubs



Email: info@youthmoves.org.uk

Phone: 0117 363 4969

Website: Youth Moves

About Us

Youth Moves is here for the young people of South Bristol. As a youth-driven charity, we deliver the best for young people through our outstanding youth work. We help and encourage individuals to live their best lives -to feel safe and to be themselves, to be happy and have fun, to grow and be confident. We give young people a voice and make sure they're heard.

Our youth clubs offer positive, purpose-built spaces in the heart of South Bristol where young people can meet, take part in a range of activities and get involved in projects that benefit the wider community.

We also provide targeted youth work and a mentoring service on a one-to-one level tailored individual needs. We work closely with schools to offer additional support where necessary and reach out and engage with young people in our neighbourhoods.

Youth Clubs:

Juniors Club in Knowle West (8-11) @ The Park (BS4 1DQ)

Inters Club in Knowle West (11-14) @ The Park (BS4 1DQ)

Seniors Club in Knowle West (13-19) @ The Park (BS4 1DQ)

LGBTQIA+ Club in Knowle West (13-19) @ The Park (BS4 1DQ)

COST: FREE

Youth Voice: Youth moves believe it is important that young people are heard by decision makers and have a real say in the places where they live. We run a weekly group where young people can develop the skills and confidence they need to make this happen, and support young people to take their views and opinions forward to decision makers within the organisation, locally, city wide and nationally.

Mentoring: matching young people with appropriate mentors based on experience, skills, interests, hobbies, and personalities.

Coming Soon in 2025

Youth Moves is planning to open a Youth Zone in South Bristol sometime in mid/ late 2025.

A Youth Zone is a multi-million state-of-the-art youth centre that offers incredible opportunities for young people aged 8-19 years old (and up to 24 for those with additional needs).

It will include a music recording studio, training kitchen, climbing wall, sports hall, arts & crafts room, boxing studio, fitness gym, sensory room, training rooms, outdoor kick pitch, dance studio and much more.

If you are interested in finding out more please get in touch with the team!

Young Bristol – Community Youth Clubs



Young Bristol
Works for young people

Contact: Will Payne (Youth and Community Development Lead)

Email: wp@youngbristol.com

Website: [Home - Young Bristol](#)

Will is keen to come into the practice to discuss Young Bristol's work and what is on offer.

Young Bristol is a youth-driven charity that works to offer a choice of opportunities and experiences for all young people. Our community youth clubs for 8- to 19-year-olds offer a safe and inclusive environment, staffed by caring, trained adults. Our clubs provide creative, sports and inspiring activities and opportunities. Most importantly, they are spaces for young people to make lifelong friendships and have fun!

Locations in South Bristol:

Ashton Vale Club for Young People (BS3 2QE)

BS14 Stockwood Youth Club (BS14 8SJ)

Hartcliffe Club for Young People (BS13 9AN)

The Grove @ Bedminster Down (BS13 7EN)

Cost: £1 subs

Age: 8+

*Services and
opportunities
for
Parents/Carers*



Bf^{Hh} BeeZee Families

Ready for your family
to feel healthier and happier?

Join **BeeZee Families** Live. A **free**, 12 week online course for you and your family. You can:

- Join from the comfort of your home
- Learn about healthy eating and wellbeing
- Have fun and get moving with our games!

Our expert team have already helped hundreds of families, and we're here to support you.

Check out our timetable



5-8 year-olds

Monday 5:30pm, Tuesday 4:30pm



9-12 year-olds

Monday 6:30pm, Tuesday 6:30pm

Take the first step
towards a healthier
you today:



[beezebodies.com/
programs/families-live/](https://beezebodies.com/programs/families-live/)

Most people visit our website

to find out more



[BZLiveCentral@
maximusuk.co.uk](mailto:BZLiveCentral@maximusuk.co.uk)

For alternative formats, email marketing@maximusuk.co.uk quoting X22-1896



**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



Peer Support Groups South Bristol



changes
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
West Street URC, 48 Stanley Street
BS3 3PG

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



Telephone Befriending Service



changes
Bristol

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 or email the team at: befriending@changesbristol.org.uk

NHS Vita Health – Talking Therapies for Parents & Carers



Embracing Wellness: The Power of NHS Talking Therapies for Parents and Carers

In the whirlwind of parenthood, the journey of raising children can be both immensely rewarding and profoundly challenging. The responsibilities and demands placed on you as parents and carers can often lead to stress, anxiety, and a multitude of emotions that can be difficult to navigate alone. Recognizing the importance of mental well-being in the parenting journey, NHS Talking Therapies can help you to work through your worries and concerns and feel better in yourself.

A Compassionate Ear:

Parenthood is a rollercoaster of emotions, and sometimes, a listening ear can make all the difference. NHS Talking Therapies provide a platform for parents and carers to openly discuss their thoughts and feelings with a trained professional who understands the unique challenges they face. This compassionate and non-judgmental support can be pivotal in helping individuals navigate the complexities of parenting and caregiving.



"I found the therapy so helpful. I have suffered with Anxiety my entire adult life but since completing this therapy I feel so much better going forwards."

Tailored Support:

Every parent and carer is unique, and so are their experiences. The NHS Talking Therapies program offers personalized support, tailoring therapeutic interventions to address the specific needs and concerns of each individual. Whether it's managing stress, dealing with sleepless nights, or coping with the demands of caregiving, the therapy sessions are designed to provide practical strategies that work for each person's circumstances.

"I started my therapy in real need of help managing my anxiety and depressive symptoms - thanks to the sessions I now feel confident that I can regulate these feelings myself, not only in the present, but in the future too. I am in a much better place and feel positive about the year to come."



Building Resilience:

Parenting comes with its share of ups and downs, and the ability to bounce back from challenges is crucial. NHS Talking Therapies empower parents and carers to build resilience, equipping them with the tools to cope with stress, uncertainty, and the inevitable curveballs life throws their way. By fostering emotional strength, the program enables individuals to navigate parenthood with a greater sense of confidence and self-assurance.

If you are 16 or over and live in Bristol, North Somerset or South Gloucestershire we can support you by providing the tools you need to get like back on track.

Contact us today – it is a free and confidential service

<https://bit.ly/TalkingTherapiesBNSSG>

0333 200 1893

Text "YOU" to 88802

Your Park – Roots to Wellbeing Support Groups



ROOTS TO WELLBEING

Roots to Wellbeing is a weekly health and wellbeing support group in parks for those struggling with low mood and/or loneliness.

We're a friendly and relaxed group offering mindful gardening and nature craft activities, and we always finish with a short meditation.

Open to everyone over 18+ years and any people who support them.

Free lunch, refreshments and transport provided

Bristol Session Details:

Withywood Park	Tuesdays	1:00pm - 4:00pm
Stockwood Open Space (Whittock Road)	Wednesdays	1:00pm - 4:00pm
Eastville Park	Wednesdays	1:00pm - 4:00pm
Hartcliffe Millennium Green	Thursdays	10:00am - 1:00pm

Contact: roots@yourpark.org.uk for more information
Sign up at: yourpark.org.uk/rootstowellbeing



Mothers for Mothers – Antenatal & Wellbeing in Pregnancy Group

Antenatal and Wellbeing in pregnancy group



Are you currently pregnant and experiencing anxiety, depression, distress and/or isolation?



Come and join us in a safe and welcoming space to access:
Antenatal, birth & postnatal information with a strong focus on mental health and emotional wellbeing

- **Ask questions and discuss topics without judgement**
- **Connect with other women with similar experiences**

TO JOIN US, PLEASE CONTACT REBECCA RICE AT:
HOMEVISITING@MOTHERSFORMOTHERS.CO.UK



Helpline: 0117 935 9366 Mon - Fri 10am -9pm
www.mothersformothers.co.uk
[@m4mbristol](https://www.instagram.com/mothers_for_mothers)


**mothers
for mothers**
perinatal mental health support

NHS
Bristol, North Somerset
and South Gloucestershire
Perinatal Communication Group

DADS & PARTNERS ONLINE PEER SUPPORT GROUP

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

JACOB KELLY
PEER SUPPORT WORKER

When and where?

Every first Thursday of the month
8-9pm
Online via zoom



To find out more

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

01179359366 OR
support@mothersformothers.co.uk



Helpline: 0117 9359366

**EVERY FRIDAY MORNING
AT BELFAST WALK
COMMUNITY GARDEN**

9.30 UNTIL 1.30

**BELFAST WALK KNOWLE
BS4 1LB**



MORNING
HAVE A NICE DAY
FREE HOT DRINK AND TOAST



Funded by
UK Government





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

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



& Use our computers and
internet for FREE

Wednesdays 9.30am-12.30pm

Knowle West Healthy Living Centre, Downton Rd,
BS4 1WH

*donations towards drinks welcome



JOIN OUR KNOWLE WEST GOSPEL CHOIR



Our Gospel Community choir is for anyone who loves singing. No previous experience is needed.

Mondays (fortnightly), 7.30-9.00pm

**Knowle West Healthy Living Centre,
Knowle West Health Park, Downton Rd, BS4 1WH**



Email gospelgen@googlemail.com or
visit www.ggcc.org.uk for details

NEW AGE KURLING HOLYMEAD HUB



IT'S A BIT LIKE THIS BUT
NOT ON ICE!



GREAT FOR ALL AGES &
ABILITIES



£3 PER SESSION,
FIRST SESSION IS FREE

TUESDAYS - TERM TIME
1.00-2.30PM

HOLYMEAD SCHOOL,
ROSSALL RD ENTRANCE,
BS4 3NR

FOR MORE INFO
CALL ISMAIL ON
07919 154751

Free Knitting and Crochet Group



**Would you like to learn to knit or crochet?
Do you already knit or crochet and want to join
a friendly group?**

**Come and join us each Wednesday
11.30am-1pm
Redcatch Community Garden**

**Equipment provided or bring your own if you
prefer.**

www.redcatchcommunitygarden.com



Redcatch Community Garden – Pollinator Gardening Sessions



Pollinator Gardening Sessions

Want to learn about pollinator-friendly gardening? Or see if gardening work or volunteering is a good next step in your learning journey?

Come and join our friendly gardeners to make the Garden even better for pollinators!

- Carers and Support Workers welcome
- No gardening experience is required
- Sessions are run by qualified SEND teachers with experience of delivering adult wellbeing groups and SEND friendly activities

**Every Tuesday morning, 10am-12pm
Redcatch Community Garden, Redcatch Park,
Broadwalk, Knowle BS4 2RD**

**Email Katy.Spiers@redcatchcg.com or call
07858 630507 (office phone) to book a
place/let us know you are joining.**



www.redcatchcommunitygarden.com

Redcatch Park, Broadwalk, Knowle BS4 2RD



The Community Farm – Bulletin 2023



The Community Farm

The Community Farm is a not-for-profit community owned and led organic vegetable farm on the shores of Chew Valley Lake. We invite everyone to join our community whether it's through buying a veg box, coming along to our Growing Wellbeing sessions or joining our friendly volunteers. Working with a network of organic producers our box delivery service supplies local, seasonal, nutritious food to hundreds of homes.

Launch of 'Go Organic' scheme - 50% off fruit and veg!

Organic, fresh fruit & veg boxes are now within your reach with the launch of **Go Organic, aiming to get fresh nutritious local produce into homes across Bristol that face financial barriers to fresh produce.** It is open to residents of the City of Bristol local authority and thanks to funding from Feeding Bristol. If you would like a regular veg box but can't justify the price please visit - <https://www.thecommunityfarm.co.uk/news/go-organic>

Growing Wellbeing: Restoring People and Place

Our three **FREE 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. We can also **help with transport** if needed.

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. <https://www.thecommunityfarm.co.uk/wellbeing>

Grow and Make - Therapeutic Horticulture Programme

12-week course: Wednesdays, 10am-3pm. The next course starts on 17th January 2024

Grow Days 2024: 19th January, 16th February & 15th March

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 18th January

Wild Days 2024: 12th January, 2nd February & 1st 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 all 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.





WARM WELCOME SPACE

St Barnabas, Knowle West. BS4 1DQ
THURSDAY 9:30AM - 1:30PM

- CONNECT WITH OTHERS & YOUR COMMUNITY
- MAKE NEW FRIENDS
- ACCESS SUPPORT
- REFRESHMENTS & LUNCH
- WIFI & LAPTOP ACCESS
- ACTIVITIES/GAMES
- PRAYER SPACE



Our space is
Warm,
Welcoming,
Safe & Free



@StBarnabasKnowleWest

barnabassaint01@gmail.com



Support



Lunch



Warm



Welcoming



Free



Safe



**WARM
SPACE
CAFE**

Every Thursday from 2nd November
11.30am-2.30pm
St. Martin's Church, Knowle
BS4 2NG

A welcoming, warm space serving free lunch
and refreshments. Come and meet local
people, charge your phone and catch up with
friends at our Warm Space Cafe.

For more information, please visit:
<https://www.warmwelcome.uk/space?l=21864>

St Martin's Knowle



Are you spending Christmas Day alone? Join us!

Join us for Christmas Cheer on December 25th

For the 11th year running, Bristol-based charity Marmalade Trust are bringing cheer and companionship to anyone alone on Christmas Day. Everyone is made to feel part of the Marmalade family, with a free festive lunch in a pub or restaurant in **Bristol, South Glos or North Somerset**, or a doorstep visit from a friendly volunteer, subject to meeting eligibility criteria. Visit our website or contact us by phone or email for further information - we'd love to hear from you!

07566 244 788 | info@marmaladetrust.org

www.marmaladetrust.org/christmas



REGISTERED CHARITY NO: 1174217



Free Stressbusting Workshops

These introductory workshops will look at how we deal with the stress and worry which comes from being a parent or carer. We can learn to notice what happens when we are stressed and how to keep calm when faced with difficulties. They will take place both in person and online and are offered free of cost.

Mindfulness for Parents/Carers supports us to:

- Feel more confident about being a parent or carer
- Manage stress and frustration more effectively
- Talk to and listen to children with curiosity and kindness
- Respond calmly in difficult & stressful situations
- Manage big emotions for ourselves and our children

FREE Taster Workshops for Parents/Carers

Tuesday 28th November - Online - Managing Big Emotions for Tweens & Teens 7-8.30pm

Wednesday 6th December - St Lukes Church, Bartonhill - Introduction to Stressbusting 9.30 - 11 am

Wednesday 13th December - Briarwood School, Fishponds - Introduction to Stressbusting 9.30 - 11 am

Friday 12th January - Online - Managing Big Emotions for Toddlers to 10s 10 - 11.30am

Wednesday 24th January - Online - Stressbusting for Parents of SEND Children 10 - 11.30 am

Contact: mppc.bristol@gmail.com, www.mppc.info, 07949399633 to reserve your place.

As these workshops are grant funded and are offered free of cost, places will be allocated to parents in receipt of benefits and living in areas of deprivation as a priority.



PARENTING COURSE



Positive Parenting Course

- Starts Thurs 18th January 2024
- Evenings, 7.15 - 9.15pm, online
- 8x group sessions + 2x 1:1s

Register for your FREE place now

Online, via Google Meet

Eligibility: Bristol parents

"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

Bath & Bristol
Parenting Hub

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



Full details can be found on our website: <https://parentinghub.co.uk>

Parenting Hub – Positive Parenting Course Booking Form

Parenting Menu Booking form for Evidence Based Parenting Programmes												
Name of Organisation: Wider World								Date: 16/12/2022				
Name of EBPP	Name of Course Facilitator(s)	Target Audience (ages of children etc.)	Venue, Address and Postcode	Day and Start/End Times of EBPP	Start Date	Duration in weeks	Term Time only?		Course Booking Contact name & no.	Creche Facilities?		Creche Booking Contact name & no.
							Y	N		Y	N	
Wider World	Jonathan Hope	2 – 11yrs	Online – Google Meet	Thurs 7.15 – 9.15pm	18 th Jan 2024	10	x		https://parentinghub.co.uk/register		x	No N/A
					No session on Thurs 15 th Feb or Thurs 29 th Feb							
									jonathan@parentinghub.co.uk 07779086892			

Full details can be found on our website: <https://parentinghub.co.uk>

Please complete and return this form to Deborah Davis by the deadline specified (Deborah.davis@bristol.gov.uk)

Triple P Level 4 (Group)

NOTE: Once parents have expressed their interest using the online form, we will contact them to ascertain their availability then confirm the day and time. It's still worth signing up, even if the day doesn't suit so we can contact them for the next available course, even if it's delivered elsewhere or in an alternative way.

Strengthening Families Strengthening Communities – Reducing Parental Conflict

Reducing Parental Conflict

Free Online Course with weekly facilitated group discussion



The SFSC Reducing Parental Conflict course is evidence based and provides a mixture of self study and group work discussion. The course is suitable for co-parents and other main adult carers of children aged up to 18. **Two courses are available: one for co-parents living together and one for those living apart**

SFSC Reducing Parental conflict online course provides parents with the key concepts and techniques to reduce the effects on children of harmful conflict which is 'frequent, intense and poorly resolved' including:

- What harmful conflict is and how it affects children's wellbeing and development
- Tools to reflect upon personal values, vulnerabilities and strengths and identify areas of conflict with their co-parent
- Techniques to enhance adult relationships for co-parents and carers living together and improve communication for those living apart
- Skills to manage stress and anger and resolve conflict
- Information for co-parents living apart to work towards a parenting agreement
- Techniques to enhance the parent child relationship for parents whose children do not live with them permanently

The course consist of six online modules and a weekly facilitated group discussion. The individualised online session are released one at a time on a weekly basis (so over six weeks) and take around one hour to complete. Parents/carers can complete each session in one sitting or as and when they have time to do so. They can revisit sessions at any point.

The course activities include, video content, scenarios, drag and drop activities, quizzes and other interactivity.

Participants also attend a weekly online group discussion facilitated by one of the SFSC team and attended by up to six others who are at the same stage of the course. This is an opportunity for parents to

- Review and check on their learning
- ask any questions; and
- hear from other parents

At the end of the course, participants who have completed all six sessions will be provided with a certificate and signposted to further help.

How will parents sign up?

Parents will sign up online. They can either register themselves or can be referred by an agency such as their school or early help team. Parents will be talked through what to do stage by stage and there is a help email and telephone number to support them.

Parents will be reminded via email and text message about completing sessions and joining online group discussions.

This course will be free until November 2024.

Refer a parent on the email address below or tell them to sign up here:

<https://strengthening-families.net/reducing-parental-conflict/>

Further information: Eleni or Antoinette
sfsc-parent@racefound.org.uk
07708360561 or 07926696502

strengthening families
strengthening communities



Email: helpline@bristolautismsupport.org

Tel: 07835727394

Website: [Home - Bristol Autism Support](#)

Who we are

Bristol Autism Support (BAS) is a registered charity providing information, **support and training for parents and carers of autistic children in BS postcodes**. We believe the need for our support is self-defining. Parents and carers do not need a diagnosis for their child in order to access our services. Bristol Autism Support is also the South West Regional Hub for the [Autism Central Peer Education Programme](#).

What we do

- We create a wide range of opportunities for parents and carers of children with autism to connect with each other. Our strong community helps give parents and carers the knowledge needed to help them better support the children they look after. [Click here to learn about our current service offering](#).
- We provide clear, relevant information about autism to parents and carers. By doing so, we hope to improve the futures and outcomes of autistic children. We use this website, our [Facebook page](#) and [email](#) to signpost information about local and national services and support. As much as possible, we share the voices of autistic adults because we know they are best placed to teach us about our children.
- We provide volunteering opportunities that enable parents, carers and autistic young people to gain skills and improve confidence.
- BAS is a membership organisation; some of our services are available only to our members. This enables us to deliver a high quality, tailored services. **Membership is free and comes with a wide variety of benefits.** [Click here to learn more and become a member](#).

Bristol Parent Carer Forum – SEND Support Meetings at Inns Court



INNS COURT CENTRE

10:30-12:30



Sep 14th
Oct 12th
Nov 16th
Dec 7th
Jan 18th
Feb 22nd
March 21st



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



Online relationship support for parents



Parents in this area can now access **THREE ONLINE COURSES** from the relationship experts at OnePlusOne. Learn to cope with stress and communicate better, wherever you are in your parenting journey.



FOR ALL PARENTS

Arguing better

Disagreements are a normal part of life. How you approach them can make all the difference to you, your partner, and your children. You will learn:

- How to recognise stress and how it can affect you.
- How to support each other through difficult times.
- What causes arguments and how to stop them.



FOR NEW PARENTS

Me, You and Baby Too

Learn how to navigate the changes that happen in a relationship when a baby arrives, including:

- How you and your partner can support each other.
- How to talk to bring up difficult topics.
- How arguments start, and how to stop them.



FOR SEPARATING PARENTS

Getting it right for children

When parents are separating or separated, children can often get caught in the middle. Learn how to manage conflict to minimise the impact it has on your children, as well as:

- How to stop a discussion from turning into an argument.
- How to stay calm and listen as well as talk.
- Skills for finding solutions and making compromises.

To access the courses, you will need a smartphone, tablet, or computer, and a good internet connection. They are all FREE to use, so you'll just need to select your local authority area and create an account with a username and password.

You can get started by scanning the QR code or visiting:
www.onepluse.org.uk/parents





The Alternative Parents' Evening

TAVISTOCK RELATIONSHIPS
Improving Lives for Generations

Surviving the Festive Season

Please join us for a free online event, designed for parents who are feeling under pressure.

Thursday 14 December, 7pm–8pm online on Zoom

If you live in **Bournemouth, Christchurch and Poole, Bristol or Dorset** you are invited to join us for a free online event, designed for parents who are feeling under pressure. The event is an opportunity for you to hear about a free project we have in your area.

Sarah Ingram (Head of Strategic Development) at Tavistock Relationships along with **David Levy** (Systemic Family Therapist, MBT therapist) will be outlining some of the challenges parents are facing. If you can answer 'yes' to any of the following, then please do join us.

- Do you have a child or children aged between 8 and 14?
- Have you been arguing more in the last few months?
- Is your partner/ex-partner getting on your nerves?
- Have you seen a change in your child's behaviour?
- Are they upset by your arguing/silences?

Scan QR Code
to register for
this event



Go to <https://www.tfaforms.com/5098528> or scan the QR code on the right to register free. Spaces are limited so please sign up early. To find out more about free help for parents under pressure in the areas mentioned above visit <https://tavistockrelationships.org/sipco>

About Tavistock Relationships

We specialise in couples counselling and psychotherapy including reducing parental conflict. We've been helping relationships since 1948. As well as supporting clients face-to-face, we also provide online therapy.

KeyRing

... We're Life Changing

Contact: Zoe Ireland

Email: zoe.ireland@keyring.org

Website: [KeyRing - South West services](#)

Bristol Help When You Need It

Bristol 'Help When You Need It' is a service for adults with learning disabilities and/or autism living in the community. You will receive support to set your own goals and work towards achieving them. You will gain skills to maintain or build your independence and you will be connected with your local community.

Your support

Your support will be designed around you and offers:

- A few months of 1:1 support and signposting to other services
- Up to 12 months support if you have more complex needs
- Access to the service as and when you need
- Access to weekly Hubs in Bristol even after your 1:1 support ends
- Out of Hours support

1:1 support is provided by our Community Support Workers and Community Living Volunteers and is based around:

- Building your independence
- Support with paperwork and forms
- Budgeting and personal financial management
- Looking for employment or volunteering
- Resolving housing issues and maintaining your tenancy
- Getting involved in your local community
- Signposting and support to contact and access alternative services
- Support to access health and well-being services

Our aim is to support you to connect with your local community so you can develop your own resources, build confidence and independence.

Your Hubs

In Bristol KeyRing run regular Hubs. We have a mixture of group sessions and drop-in groups, based in the local community and hosted by our Community Living Volunteers and Community Support Workers.

At our drop-in Hubs Members can come along for all or part of the session, to socialise with others and staff, stay connected to KeyRing and hear about other events happening through KeyRing and the community.

The group sessions will include workshops, guest speakers, and talks given by Members, the people we support. There are always opportunities for you to get more involved by helping plan and run sessions or suggest ideas for future hubs.

At all of our hubs, KeyRing will be on hand to offer support and advice. Our Hubs are open to you for as long as you want or need to be involved.

Referral process and eligibility

If you think this is the right support option for you and you live in Central, East or South Bristol you can contact us. We work with people who have a learning disability and/or autism who need support with:

- Maintaining or securing your accommodation or tenancy
- Looking after your physical or mental health and wellbeing
- Maximising your income
- Reducing debts
- Finding work opportunities
- Preventing feeling lonely
- Staying safe

There are no financial assessments and support is free. You can call us yourself or ask a professional to do so.

You can speak with us about all of the different ways of accessing and funding our support including using a personal budget (direct payment or individual service fund) or through self-funding.

For more information contact:

Zoe Ireland - 07970 466 598 - zoe.ireland@keyring.org

Community Learning – Free Courses Flyer



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 Lucy.fieldhouse@bristol.gov.uk
Catherine.landon@bristol.gov.uk Bryony.sims@bristol.gov.uk

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

Community Learning – 100 Women Project



100 Women

This project aims to support women build their confidence and resilience in their personal development journey, as well as offering employability support where appropriate.

Eligibility criteria:

- Aged 19+
- Identify as female
- Live in a South Bristol postcode
- Not currently in paid work

Participants will have access to specialised personal development programme called Steps, 121 support and other courses such as First Aid, Sewing, Cooking and Food Safety.

Please contact us if you are working with women who meet the eligibility criteria to help us identify how we can support you and your project, compliment the work already happening in the community and build on existing support for South Bristol women.

Contact Helen, Lucy, Catherine and Bryony: 100women@bristol.gov.uk

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



Thinking about the next step?

Issues with drugs or alcohol now or in the past? Community Learning can help you get into work, training or volunteering.

Our specialist support package includes 1-2-1 careers advice, a wide range of free courses and workshops, a digital device to help with learning, and a personal budget to help you meet your goals.

Contact: adder_project@bristol.gov.uk

Eligibility: Aged 19+



**COMMUNITY
LEARNING**

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

Community Learning – Free English (ESOL) Information event



FREE English (ESOL) Information Event

Want to find out your English level and hear about local ESOL opportunities?
Come to the ESOL assessment and information event:

- **10am Thursday 11th January** ~~at~~ [Faithspace](#), BS1 6PB

Aged 19+ only.

Call 07721 512583 or email Bryony.sims@bristol.gov.uk

Priority will be given to people eligible for government benefits or do not yet have a level 2 qualification.

  **COMMUNITY
LEARNING**

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

Community Learning – STEPS course in Hartcliffe



STEPS Course

Thursday mornings starting 18th January 2024

9.30 until 11.30

Hartcliffe venue to be confirmed

Creche available

- Build your confidence and self esteem
- Have time for you to think about your dreams, skills and ideas
- Learn tips and 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 or change
- One to one support whilst on the course and when it has finished to continue your STEPS
- Free laptop and WIFI available

Contact : Helen Richards 07760990855/ helen.richards@bristol.gov.uk



**COMMUNITY
LEARNING**

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

Community Learning – STEPS course in Knowle



STEPS Course

When: Wednesdays from 10/1/24 for 8 weeks

Time: 10.00 till 2.00pm Lunch and transport provided.

Where: The Park Centre, Daventry Road BS4 1DQ

- Build your confidence and self esteem
- Have time for you to think about your dreams, skills and ideas
- Learn tips and 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 or change
- One to one support whilst on the course and when it has finished to continue your STEPS
- Free laptop and WIFI available

Contact Lucy on 07788353446 or email lucy.fieldhouse@bristol.gov.uk



COMMUNITY
LEARNING

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

THE ART OF NUMBERS



**KWMC: The
Factory, Unit 24,
Filwood Green
Business Park,
Bristol BS4 1ET**



**Weekly sessions
Starting Thursday
mornings from
12th October**

Come and join us!

**Register your interest by
emailing or messaging**

**dani@kwmc.org.uk
or
07511 587659**

MAKE, CREATE + CALCULATE



- Have **fun** being **creative**
- Build your **confidence** with **numbers**
- Learn about **3D printers**, **laser cutters** + more
- Be **supported** with your future maths **learning** options

**For ages
19+**

KWMC
KNOWLE WEST MEDIA CENTRE

**WEST OF
ENGLAND**
Combined Authority

**SKILLS
FOR LIFE**
MULTIPLY



Supported using public funding by
**ARTS COUNCIL
ENGLAND**

FREE COMMUNITY TRAINING PROGRAMME

WINTER 23 / 24



LEARNING TOGETHER
BUILDING CONNECTIONS

Sessions open to all local residents,
workers and volunteers

- ✓ Wide variety of topics
- ✓ Locations across Knowle West
- ✓ Facilitated by professional trainers
- ✓ Learn new or refresh skills
- ✓ Connect with others
- ✓ Certificates of attendance available

book on
Eventbrite



New dates confirmed regularly



knowlewestalliance.co.uk/training
facebook.com/KWAlliance

For enquiries, please contact us:
info@kwalliance.co.uk

KWA Facilitated Training Provisions 2023-2024

Title & booking link	Summary	Day & Date	Times	Location
Reflective Practice	Creative tools to bring reflective practice into your everyday work. Suitable for: Everyone	Tuesday, November 21, 2023	09:45-11:45	Knowle West Media Centre
Supporting Others With Care	Raise awareness of ways to support others with compassion & care. Suitable for: Everyone, front line workers and volunteers in the community	Thursday, November 23, 2023	09:15-13:15	The Park Centre
Storytelling workshop with video/community journalism training	Telling stories is an important way of showing and sharing what you've achieved. Suitable for: Everyone If you opt for the video session you will also need to attend a second session to edit your videos 06/12/2024 09:30-13:00 at KWMC	Wednesday, November 29, 2023	09:45-15:30	Knowle West Media Centre
Effectively supporting people that have experienced trauma	Develop your knowledge for supporting people that have experienced trauma. Suitable for: People supporting those who have experienced trauma	Wednesday, November 29, 2023	09:15-13:45	Knowle West Media Centre
Coaching Conversations- an intro to coaching	Coaching Conversations are about active listening & powerful questions supporting people to find their own solutions. Suitable for: Everyone	Thursday, November 30, 2023	09:30-12:15	Knowle West Media Centre
How to manage stress and communicate better	Raise awareness of impact of stress on relationships and explore solutions. This is aimed at parents who live together or separately. It may also be beneficial to those who have a lot of stress in their lives and want to improve their relational skills.	Monday, December 4, 2023	09:15-11:45	Details coming soon
Working Together for Gender Equality	An introduction to sexism and misogyny. Suitable for: Residents and workers and inclusive to all gender identities	Wednesday, December 6, 2023	09:15-12:45	Details coming soon
Solution Focused Conversations	Learn about communication styles & positive conversations in any setting. Suitable for: Everyone, especially frontline workers & volunteers	Thursday, December 7, 2023	09:15-13:15	Inns Court Community & Family Centre
Connect 5 - changing the conversation on mental wellbeing (Part 1)	Develop your skills to empower people to take proactive steps to build resilience and look after themselves. This is a 3 day course, you will need to book a ticket for each of the 3 sessions. Each session is 4 hours 08:45-12:45. Suitable for: People having repeated, involved contact with individuals requiring mental wellbeing support	Wednesday, January 10th, 2024 Wednesday, January 17th, 2024 Wednesday, January 24th, 2024	08:45-12:45	Inns Court Community & Family Centre
Fundraising 101	Fundraising 101. Suitable for: Anyone who wishes to explore ways you can raise funds for community projects	Wednesday, January 10, 2024	09:15-13:00	Knowle West Media Centre
Reviewing Policies and Procedures	Put in place a process to review policy, procedure and ensure it reflects in your practice. Suitable for: Community groups and organisations	Thursday, January 11, 2024	13:15-17:15	The Park Centre
GDPR and data privacy awareness	GDPR and data privacy awareness. Suitable for: Anybody who handles personal data	Wednesday, January 17, 2024	09:30-11:00	Knowle West Media Centre
Writing better funding applications	Make your grant applications really stand out from the crowd. Suitable for: Established community groups and local organisations	Thursday, January 18, 2024	09:15-13:00	Inns Court Community & Family Centre
Resilience and Self-Care for 'supporters'	Aimed at those working in smaller grassroots community groups who may support people with mental health difficulties as part of their role	Friday, January 19, 2024	09:45-15:00	Knowle West Media Centre
Coaching Conversations- an intro to coaching	Coaching Conversations are about active listening & powerful questions supporting people to find their own solutions. Suitable for: Everyone	Thursday, January 25, 2024	09:30-12:15	Inns Court Community & Family Centre
Professional Boundaries in Safeguarding	How we look after ourselves, colleagues, volunteers and individuals from the community. Suitable for: Everyone	Thursday, January 25, 2024	09:15-13:15	Details coming soon

Suicide First Aid Lite	Develop your understanding of suicide behavior and impact. Suitable for: People supporting those experiencing prolonged, intense distress	Wednesday, January 31, 2024	09:15-13:15	Online
Creating Positive Outcomes in Challenging Situations	How to turn tricky situations into positive interactions. Suitable for: Everyone	Thursday, February 1, 2024	08:45-15:15	The Park Centre
Active Bystander Training	Why do people help or not help when seeing hate or abuse in public? Suitable for: everyone	Friday, February 2, 2024	09:45-12:15	The Park Centre
Mental health and wellbeing awareness	Develop your understanding of mental health and wellbeing. Suitable for: Everyone	Thursday, February 8, 2024	09:45-13:15	Knowle West Media Centre
Thrive Bristol Champions workshop Train the Trainer	Equip you to deliver a basic 90-minute workshop on understanding mental health and wellbeing. Suitable for: People who can roll out the workshop to large numbers of community members. It is suggested that attendees plan now to deliver their first workshop soon after the training to embed the learning	Thursday, February 22, 2024	09:15-13:45	The Park Centre
Intro to Community Development (ABCD) Part 1	How to build a stronger community. This is a 2 part course, you must book tickets for both sessions 14th and 21st March 2024 to complete the course. Suitable for: Active residents, people involved in community groups or working/volunteering	Thursday, March 14, 2024	09:15-13:15	The Park Centre
Intro to Community Development (ABCD) Part 2	As above	Thursday, March 21, 2024	09:15-13:15	The Park Centre



Local kids made the new playground

By Lucy Empson, Principle Public Realm Designer & Heather Barham, Senior Community Development Practitioner at Bristol City Council

Pupils from Christ the King School have played a key role in designing the first element of the new improved Filwood Broadway.

The old play park by Filwood Community Centre has been well used over the years but is tired and required a much-needed facelift. With support from the High Streets Recovery Fund, Bristol City Council have designed a larger new play park and children from years 2 and 6 have played a lead role in deciding on the equipment with lots of ideas and colourful designs for the play surfaces.

Lucy Empson Principle Public Realm Designer from Bristol City Council said: "We've been made to feel so

welcome by the school on every visit; the children have really engaged and given us brilliant ideas to help us with our designs. What's exciting is that the school now want to play an active role in what else will be happening to improve Filwood Broadway.

"Pupils talked about what sort of equipment they liked to play on and chose their favourite pieces. They also talked about what would make the playground feel safe. The children designed colourful play surfaces featuring rainbows and stars and are looking forward now to seeing their designs come to life."

The work on the new play area started in October and great progress has already been made. The work is expected to be completed by Friday November 17.

The established trees have been potted up and are currently in store at Blaise Nursery. Once the play area is built, we will bring the trees back and replant them along with a new hedge along the outside of the fence.

Continued on P 2

What's Inside this edition...

- P3** Knowle West Knows Best - people's everyday top tips for enjoying winter and saving money.
- PA&S** Local Voices - people leading groups and activities this winter; so many ways to get involved!
- P8** Hello from Paul Coombs, Headteacher at the new Oasis secondary school on Daventry Road.
- P9** A message from Richard Higbey, Neighbourhood Constable-what the local police team have been focusing on.
- P9** Knowle West Dog Show pictures!
- P12&13** Update from Community In Partnership and Bristol City Council about the Levelling Up Funding.



KNOWLE WEST ALLIANCE

rooted in the community; growing for the future

f KnowleWest Alliance

that the area is green, prosperous and fun. A place people are proud to call home. Everyone is welcome to get involved:

What is that all about?

The Knowle West Alliance (KWA) is a network of residents, groups and organisations, working together and sharing a vision for Knowle West to be a place where everyone wants to be; where residents are healthy, happy, well connected and

- ✓ Join the KWA Working Group
- ✓ Join the Small Grants Panel
- ✓ Help design the new Knowledge and Community Website
- ✓ Help deliver The Knowledge newsletter
- ✓ Join the KW Food Network

Find out more and how YOU can get involved at www.knowlewestalliance.co.uk or email info@kwalliance.co.uk. For an even wider range of resident groups and things to get involved with go to page 19.



The Knowledge and knowlewest.co.uk are changing

The KWA Working Group believe it is important to connect people across Knowle West and to celebrate the range of community activities that people can get involved with.

Survey Results

The recent Knowledge survey results told us that 88% of the respondents want us to carry on making and printing a newsletter for every household, so we will work

hard to do that!

We asked what people liked about the current content and the four most popular options were:

1. Local news (74% of the respondents like this)
2. Information from community organisations (65% like this)
3. Photos of events and local people (63% like this)
4. Planning/development information (52% like this)

The last edition of the Knowledge was very focussed on Planning because it was big news about getting Levelling Up Funding. This time we asked for contributions and photos from lots of different people, and although it isn't everything that is happening locally hopefully it gives a flavour of the range of things going on over this winter.

NEXT STEPS – Can you help to design the next edition? Would you like to be part of the conversation about the community website? If you'd like to get involved in that please email info@kwalliance.co.uk

→ (Continued from front page)

The Headteacher Matt Condon said: "It's incredibly exciting to see this significant amount of money made available for improvements in Filwood. The community is vibrant and invested but often lacks the means to make real change happen - so it's significant for our families that this new play park will have a real impact for their children, from the very beginning.



The children have been so excited to be involved and were enthusiastic to share their ideas. If I'm honest I don't think any of them really believed their actual ideas would be incorporated into a real new playground, so it's been amazing to show them the plans and we can't wait to see it come to fruition. It's been such a positive experience and one I hope we can input into again for the other improvements on the Broadway."

Working Group Voices

Hi I'm Jasmine, local resident. I have been a member of the KWA Working Group for the past year now.



The group are so welcoming, my youngest son Ira has come along to most meetings with me. Being on the Working Group has really opened my eyes to all that's going on in my community and all the amazing organisations that's accessible to us here. My confidence has grown so much from coming along to the meetings, I'm now a Community Development Worker for the Health Park, after years of being at home with my kids and I feel really proud of that. I absolutely love that everyone's opinion counts; all decisions are a product of a joint effort here!

Knowle West Knows Best

We asked for your top tips on **money saving at Christmas**, **preparing for winter**, **what you love most about winter** and **how to make a home cosy**. Read what the community had to say:

My top tip is to buy gifts in sales throughout the year and save for Birthdays / Christmas.
Jan | resident

Check on your neighbours, share a cuppa.
Bridie | resident

Consider taking advantage of insulation offers, mostly in the summer months. I have had lots of insulation done to my house. Now I have a relatively warm house in winter so energy bills not so high. A bit of forward planning has worked a treat.
Don | resident

The adults in our family don't buy each other birthday or Christmas gifts. Instead we put what we can in a kitty then see what we have in the summer. We go for a drink, day out, weekend away, depending what's in the pot. Nicer to spend time together than have 'things'.
Katie | resident

Create a haybox or wonderbag which are like insulated slow cookers and don't use electricity. You bring a pot to the boil, put it in and it keeps cooking! You can make them from a sleeping bag in a spare box or cooler, to ones that are sewn or cut from wood and insulation.
Ruth | resident

Airtime rewards App, simple to use. Add your payment cards to a wallet and each time they are used you earn money. As your rewards grow you can redeem them against a phone bill or have the money paid directly to your Paypal account.
Gail | resident

Make your own Christmas gifts using high tech at The Factory, Filwood Park. Personalise plain clothing using digital embroidery, make your own jewellery.
Dani | KWMC

Love the Santa float that goes round as the whole community gets to come together to celebrate Christmas. We follow it around and go to light displays on the way home.
Natalie | resident

Where possible use spare time to get out for a walk in nature, talk about the changes in the seasons and enjoy the quality time with loved ones.
Jas | resident

Prepare a 'hog home' so hedgehogs can safely hibernate after you have fed them to fatten up for winter! No bread, milk, fruit especially grapes. Dried or meaty hog food and plenty of fresh water.
Jim | Filwood Chase History Society

I have a lot of grandkids. Instead of a main present each I buy small things. We then gather all 29 of us on Boxing Day. I have a big sack with gifts wrapped in newspaper and named. We sit in a circle, and I throw gifts to whoever I pull out. Kids young and old love the excitement and seeing what everyone got. Often jealousy / competition when someone wins the coveted choc dip.
Margaret | resident



More fun and thrifty TOP TIPS
www.knowlewest.co.uk/top-tips

Local voices

www.knowlewest.co.uk

Lights! Lights! Lights!

Meg and Claud's LIGHTS! LIGHTS! LIGHTS! project has exciting plans for the Christmas season, collaborating with Knowle West residents for a seasonal social spectacle.

The pair are set to host Noel West, a dazzling production celebrating the Christmas light displays and shining a light on local talent in Knowle West.

LIGHTS! LIGHTS! LIGHTS!

has received funding from Arts Council England, to create the show and to run Staying Lit well-being workshops at Knowle West Media Centre from January up until summer.

Last year, the light tour featured a surprise appearance by Elvis and Santa.

This year promises even more surprises, with tickets on sale at the Tobacco Factory Theatre.



Knowle West residents can enjoy the show for free on December 13 or 19.

You can get tickets from www.lightslightslights.org

Black Mothers Matter is here to support and celebrate Black pregnancies

This September we launched a new group at Boing! Inns Court Tuesdays 11.30am - 1.30pm and it's great!

Our community groups are really important.

With so many antenatal and postnatal groups it may be difficult to find what's right for you. Also in many scenarios people from Black communities do not always have the

privilege to relax and be their most authentic self in these spaces.

With our groups we have created this space so people from Black communities can feel more safe, relaxed, free and affirm each other.

Follow on Instagram: [blackmothersmatteruk](https://www.instagram.com/blackmothersmatteruk)

There's more info about our organisation and work on our website - www.blackmothersmatter.org.

No need to book to join us at our community groups, you can just turn up Tuesdays at Boing! Inns Court 11.30am -1.30pm, term time only.

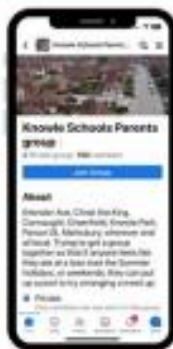


New Facebook Group for local parents

My name's Kirstie. I am a mum to 2 young boys and step mum to a teenage girl. I manage the Knowle Parents Facebook group. I came up with the idea at the end of the Summer term. I noticed many parents worrying



about having children off school, unsure what to do, worried about being isolated, so I thought it would be a good place to share activities, groups, things



going on, and arrange meet ups if anyone was feeling isolated.

I am a Knowle West resident and I really enjoy interacting with other local residents and being part of the Knowle community.

Join the group by searching: Knowle Schools Parents group www.facebook.com/groups/840939094065123

WAM 'We Are More' Afterschool Club

We Are More has been running at Springfield Community Allotment since May 2023. Jasmine Tippett, a local resident came up with the idea of families coming together to offer each other peer support around homework and to encourage children to utilise what is available to them - lots of green space. Our mums are beautiful - they really care

about each and every one that attends. The afterschool club offers a nature-based craft activity, grow your own fruit and vegetables, homework peer support and a hot meal - all free of charge. We are open to all - we especially love our older residents, as they have so much knowledge to pass down to the children. Every Monday 3.30 - 6pm - term time. Please book by email: wearemoreafterschool@gmail.com or message [f](https://www.facebook.com/wearemoreafterschool) page: WAM 'we are more' Afterschool club. Supported by KW Alliance Small Grants.



Local voices

www.knowlewest.co.uk

St Barnabas Church – Encouraging things are happening on Daventry Road

In January 2023 St Barnabas welcomed their new vicar Clive Hamilton who made the pilgrimage from the Northwest to Knowle West.

Barnabas as the patron saint of "Encouragement" was very much about lifting people up while also working with others to share hope and good news. "This is what I've seen since arriving" says Clive.

The drop in Welcome Space (Thursday 10am - 2pm) has proved a real place of support and hospitality to many. Refreshments, lunch, Wi-Fi and laptop access have been increasingly popular. The creativity of the knitters and

natterers, alongside painters and tabletop games has helped make a relaxed, inclusive social space offering joy and consolation in equal measure. But support does not just happen on a Thursday.

The BS4 Foodbank (Wednesday 12:30 - 2pm) has responded to 990 referrals for people in food crisis (over 1480 adults with 930 children) over 12 months, part of a #morethanfood support.

Building that support moving forward has seen 14 people train as Mental Health First Aiders. In January 2024 we launch a "Kintsugi Hope" course as a supportive space exploring mental and emotional wellbeing.

If that wasn't enough to be encouraged by, the Church has recently invited people from other groups to join them in conversations about creating a vision to



Rev Clive Hamilton and (some of) BS4 Foodbank team volunteers at St Barnabas.

redevelop the building so it may continue to serve and support the community of Knowle West in the future.

For more info on any of the church activities including services - email: barnabassaint01@gmail.com

The Knowle-DGE Pantry

Knowle-DGE Academy runs a Pantry providing a wide range of fresh and frozen foods and store cupboard items. It is supported by MCKS Charitable Foundations and Fareshare. We now are opening the Pantry to the local community. The Pantry is run by our students, providing them with the opportunity to develop their learning and life skills.

We have a range of produce to choose from for £3.00 per bag. All the money we receive will go toward re-stocking the Pantry.

The Pantry will be open on Tuesdays between 2:45-3:30pm, from October 7. So that we have sufficient supplies to meet everyone's needs, the local community will be able to access the

Pantry on a fortnightly basis.

We also hope to run a termly café where we will serve tea and cakes or a light lunch.

We hope that you will be able to support our Pantry and the academic and social development of our students.

For more information drop into our Pantry at:

Knowle-DGE Academy, Leinster Ave, Knowle, BS4 1NN between the hours above or contact: Maxine Golbourne at maxine.golbourne@knowledge.learmat.uk

FREE ENTRY **ALL AGES**

FILWOOD COMMUNITY CENTRE

CHRISTMAS FAIR

FRIDAY 8 DECEMBER 5-9PM
FILWOOD COMMUNITY CENTRE, BS4 1JP

Market stalls, free craft activities, food, carols on the Broadway

For more info email suzie@filwoodcentre.org.uk
www.filwoodcentre.org.uk

Advert

5



WASTE COLLECTION DAYS CHANGE OVER CHRISTMAS

We will work three Saturdays to get collections back to normal as quickly as possible. Check when we will be coming to you on the calendar below.

Your usual collection day	Revised collection day
Mon 25 Dec	Wed 27 Dec
Tue 26 Dec	Thur 28 Dec
Wed 27 Dec	Fri 29 Dec
Thur 28 Dec	Sat 30 Dec
Fri 29 Dec	Tue 2 Jan
Mon 1 Jan	Wed 3 Jan
Tue 2 Jan	Thur 4 Jan
Wed 3 Jan	Fri 5 Jan
Thur 4 Jan	Sat 6 Jan
Fri 5 Jan	Mon 8 Jan
Mon 8 Jan	Tue 9 Jan
Tue 9 Jan	Wed 10 Jan
Wed 10 Jan	Thur 11 Jan
Thur 11 Jan	Fri 12 Jan
Fri 12 Jan	Sat 13 Jan

Normal collections from Mon 15 Jan

Christmas trees

Put your tree out with your first wheelie bin collection from Monday 15 January.

You can also take trees to your nearest recycling centre – book before visiting at recyclingcentrebooking.bristol.gov.uk

2024 collection dates

Download your 2024 collection calendar from bristolwastecompany.co.uk/festive

Garden and bulky waste

Don't forget, garden and bulky waste services pause over the Christmas period.

For top tips and festive hacks visit: bristolwastecompany.co.uk/festive

Scan me!



Get involved

www.knowlewest.co.uk

Belfast Walk Community Garden

By Charlie Watts

After a busy summer in the Belfast Walk Community Garden, work will be continuing over the autumn and into the winter.

Some good news is that we have recently been awarded funding from the West of England Combined Authority's Community Pollinator Fund. This will be spent on some

exciting new additions in the garden including a polytunnel, second shed and play area.

We have also recently run a community garden course in partnership with Community Learning and we are looking at running additional courses after the success of the first one.

We're always looking for new volunteers; to get involved call/text/WhatsApp Simon on 07359 337 811 or email simonf.kwcr@gmail.com

Filwood Chase History Society... has moved!

Library, Filwood Broadway, Filwood.

We meet every Wednesday, from 1-4pm.

All are welcome to meet us there!

Jim Smith: Chairman. Alan Grimstead: Treasurer. Debby Grimstead: Archives Librarian.

Ask us to show you models of: Filwood Farm (demolished!), Innes Court Farm (demolished!), Medieval Stair Turret (still there!) & representative model of Celtic/ Roman Farm of the type that would be found in this area.

We also have: An extensive collection of local history books, newspaper clippings, photographs, artefacts that were excavated locally by our group, fossils, maps, clay pipes, booklets about 'The Pipe Walk' that takes place annually.

If you visited KW Festival you would have seen our photos of KW Festival 1984 (that celebrated 50 years of KW!) which was displayed on FCC railings and inside some of our collection as mentioned above.

Please email: jimsmith012@yahoo.co.uk Go to: FCHS Facebook page for more info.

The Northern Slopes Initiative

We help keep the Northern Slopes as a nature reserve for the health and wellbeing of people and wildlife. We have raised money to improve the paths on the Bommie. We have volunteered and coordinated volunteers to help maintain and improve the Northern Slopes.

Residents can get involved; there are 2 groups who volunteer clearing and litter

picking, and we are looking for new committee members.

Do you have an hour or two to spare every couple of months? Could you join the NSI Committee?

All members of the NSI are volunteers; we each have different skills and interests we bring to the group. Some people enjoy practical work, others plan events, organise communications etc.

The Sprint Community Transport - Door to door transport in the Knowle area.

The Sprint has succeeded in getting grant funding to stop prices increasing. We treat members to fish and chips and

hold events where isolated and vulnerable members of our community have been able to come together, talk, laugh and make new friends.

Residents of the Knowle area can join the Sprint for door-to-

Events



For more events visit

www.knowlewest.co.uk/whats-on

Free Christmas craft nights:

Wed Dec 6, 13, 20, 4-5pm & 5-6pm
Gifts for You, 245 Redcatch Road,
Knowle, Bristol BS4 2HQ, 0750
0705215, [@giftsforyou245](https://www.instagram.com/giftsforyou245)

Wreath making for adults: Sun Dec 2
and Thurs Dec 14, 6-9pm, Broad
Plain House, 3 - 6pm £35 per person

Childrens Xmas Party: 1.30-3.30pm
Thurs Dec 21, Broad Plain House

Free live music: Redcatch
Community Garden 1.15-2.45 pm
Nov 24 & Dec 15 [@Redcatch
Community Garden](https://www.instagram.com/redcatchcommunitygarden)

Bristol Parent Carers:

Parents & caregivers. Free online
event 'How to Be a Strong Advocate
for Your Child' Nov 23, 7.30-9.30pm.
Navigate educational and support
systems with confidence.
Book: <https://ow.ly/vFfp50PScn6>

Community Drop-ins:

Wed Nov 22 10am-12pm, with Voscur
Advice Drop-In. Bristol South Salvation
Army.

Wed Dec 13 9.30-11.30am Filwood
Hope Centre.

More info on monthly drop ins:
[www.knowlewestalliance.co.uk/
community-drop-in](http://www.knowlewestalliance.co.uk/community-drop-in)



**Join us. For more information
contact: [enquiries@northern-slopes-
initiative.co.uk](mailto:enquiries@northern-slopes-initiative.co.uk) or [@groups/](https://www.facebook.com/northern-slopes-initiative)
[17712682577076](tel:17712682577076)**

door transport to enable them to get
out and about and join the fun.

**We are also in need of volunteer
drivers with a D1 on their licence to
help support the team and its work.
Get in touch: phone 0117 904 8215
or email sprint@icfc.co.uk**

Local organisations

www.knowlewest.co.uk

Boing! Community Café For any age, all are welcome!

By Zoe Probert, Manager

Our soft play has now been open for 2 years and the cafe alongside that. We would love more people to visit us!

We pride ourselves on being affordable and stock a range of dietary requirements. We have termly specials.

Our Christmas term includes a festive hot chocolate, Christmas dinner toastie and edible children's activity treat. There is always a friendly chat and we love it when people become regulars: like Dave and his daily cup of tea with us!

Open Monday-Friday term time, 9am-3pm. We welcome everyone for a drink, sweet treat or lunch. Professionals



in the area are also welcome to hold meetings in our cafe space too.

Changes at re:work

By Suzy & Jane, re:work

Vicky Beckwith, our marvellous boss, is leaving re:work after 16 years of steering the ship - first as our Shop Manager and then as our Chief Executive. She loves Knowle West's people, stories and wild spaces, but Cornwall is calling; time to move on.



As Chief Executive, Vicky hasn't sat still for a moment. She has served,

cooked, mowed, decorated, driven, presented, lobbied and lifted. Whatever the job, Vicky gets her boots on. She is a unique thinker and she's brought that to solving problems in practical and playful ways. Want to prove to the council that we need street furniture? Chain one, then two benches to the railings and keep an eye on occupancy. Flowers pulled out of the planters? Gorilla plant bulbs and seeds, make sure some are prickly. Want to disrupt drug trade on Filwood Fest day? Turn the phone box into a Tardis and put a dressing-up box in there.

We're going to be so sad to say goodbye, but every cloud has a silver lining, and ours

comes in the form of our carpenter, Ben Rawling. Ben's going to lock up his workshop and take his place at the helm... or till, or tail lift... a re:work chief executive never sits still.

Judith Sluglett on behalf of the re:work Board of Trustees:

"What amazing things Vicky has achieved for us at re:work. We are so lucky that she was our CEO for so long, picking things up along the way, expanding the charity, and making us what we are today.

"Thank you, Vicky, for all you have done, including interviewing your successor, of whom we have high hopes. Best wishes for a happy and successful future."

Oasis Academy Daventry Road opens its doors

By Paul Coombes, Head of School
Oasis Academy Daventry Road

On September 6 Oasis Academy Daventry Road opened its doors to welcome our first and founding cohort of young people. Starting with just year 7, the school will grow year on year to become an 11-16 provision for 900 students in the heart of our community. The school has opened in temporary accommodation on the site of an existing school, Oasis Academy John Williams allowing our young people access to specialist facilities whilst we wait for our permanent home to be completed. Plans are already underway to add

a Science laboratory and an Art room for our 2024-25 intake. We are working closely with the Department for Education and Bristol City Council and can't wait to move into our permanent and rightful home on Daventry Road, next to The Park Centre.

Our year 7 have made an excellent start to their secondary education, working hard in lessons and using their iPads to support their learning. No mobile phones are allowed in school and our 'family dining' is helping our young people realise the importance of positive relationships and develop their communication skills. Lots of students are also taking part

in our wide range of after school activities such as football, basketball, games, film and debate club and making new friends in the process.

I'm super proud to be the Head of School and my staff team and I are working tirelessly to make the school the success our community deserves. We continue to seek out and form strong relationships with local partners and organisations so we can contribute positively to helping transform our community. If you'd like to be involved in supporting the school grow and develop, we'd love to hear from you.

oasisacademydaventryroad.org

Local organisations

www.knowlewest.co.uk

The First Ever Knowle West Dog Show!

By Emma Smallwood

On a rather wet Saturday morning back in September, dog lovers from Knowle West gathered at the Knowle West Health Park for the very first Knowle West Dog Show! Armed with many metres of bunting the outdoor play area was transformed into a showing arena, special doggie treat bags for all entries were set out and local dog professionals Nick

(Pawesome Trails) and Leanne (Dazzle Dogs) came to be our esteemed judges.

The 8 fun categories included waggiest tail, best trick and dog the judge would most like to take home. Our rosettes for winners and runners up were all specially made by local Knowle Westers at one of the Crafty Cuppa sessions at the Knowle West Media Centre. Prizes for the winners were donated by one of our judges, Nick. While waiting for the judging to start there was a fun nature scavenger

hunt around the park and a 'Which dog breed is this?' quiz. You can see lots of photos from the event on our Instagram:



@dogsof knowlewest

Everyone who came said they had a great time and were saying we should definitely do another one! We would really like to maybe see this become a regular Knowle West event with more Knowle West residents involved in planning and running it.

We're thinking about doing one in May. If you would like to help us plan/run it then drop our Community Connector Emma Smallwood an email emma.smallwood@knowlewesthealthpark.co.uk



Neighbourhood Police News

Your local team have been working hard throughout the summer period to target and reduce offending in your area – this is a direct response to local concerns around some of the behaviour you have reported, so thank you. Your help is needed and very much appreciated.

Knowle & Filwood have developed and been continuously working on OP BROAD, a dedicated operation to target the anti-social and criminal use of motorcycles. To date, we have recovered multiple stolen motorbikes and have returned these to their rightful owners. Numerous offenders have

also been dealt with for traffic offences. Our work continues, and you may have seen some leaflets in the post. This is full of handy information, and I encourage you to read it and report any concerns to us. We will update you again in the coming months. Keep an eye on our social media for frequent updates.

Mini Police

And in other news, PCSO's Hannah and Caroline are bringing the Mini Police back to Connaught and Marksbury Road schools! This is a really fun initiative, which both us and the children enjoy. Both Hannah and Caroline will have a series of exciting lessons planned, so keep any eye out for that. If you have any questions about



this scheme, then please do get in touch.

And finally, the team will be available in person for a Come and Talk To Us Event. The dates and locations will be published on our website and social media channels.

We hope to see you there!
Richard Higbey,
Neighbourhood Constable

www.avonandsomerset.police.uk/your-area/filwood/

Facebook: [aspolicebristol](https://www.facebook.com/aspolicebristol)
Bristol Neighbourhood Policing

Twitter/X: [@aspolice](https://twitter.com/aspolice)

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NOEL WEST

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FREE VIP TICKETS FOR KNOWLE WEST RESIDENTS. VISIT LIGHTSLIGHTSLIGHTS.ORG FOR DETAILS!



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TOBACCO FACTORY 7PM

TICKETS £15 / £13 / £50

tobaccofactorytheatres.com



KWMC



Levelling Up Funding:

an update from Bristol City Council and Filwood Community Centre

Investment of £14.5 million to transform Filwood Broadway – what is happening?

Earlier this year, The Knowledge shared news of £14.5m investment allocated to transform Filwood Broadway.

1. Filwood Community Centre: Cultural Hub

This project is being led in co-ordination with Community In Partnership Knowle West:

"We'll be making Filwood Community Centre even better as part of the Filwood Broadway Levelling Up scheme.

"Sitting at the head of the Broadway, our iconic red brick building has seen a whole world of change in its 85 years - and now it's time for this heart of the community to receive some much-needed love. We want to bring our facilities into the 21st century and make sure we're able to offer everyone the activities and services they want and need for the next 85 years.

"And we're not just talking about a lick of paint and some new curtains; we'll be adding more space and making the whole building more welcoming, sustainable and accessible for all. We're hoping to include a new home for Filwood Library, improved spaces for events and community groups and office

space for long-term users. We'll be holding public events to ensure everyone has their say in what that means to them. We are a community centre and it's important we are at the centre of the Knowle West Community.

"We've also appointed Makala Cheung (who many of you will already know) as our new Director. Makala and the Filwood team will work with our partners within the Knowle West Alliance and all our stakeholders to make sure the Centre isn't just part of Filwood Broadway's history but part of its future!

"In collaboration with Bristol City Council, we're excited to announce that we have selected award-winning architecture practice Hayhurst and Co., working with You and Me Architecture, Integral Engineering, BJD Landscape, Greengauge and a wider

planning application in spring 2024 and for all work to be completed by the end of 2025.

"The image below is an initial idea of how the centre might be transformed and we're looking forward to working closely with local residents, our users and the design team to deliver a community centre that Filwood can be proud of." Xanthe Swift, Chair of Trustees

Statement from Councillor Tom Renhard, Cabinet Member for Homes and Housing Delivery:

"This project, at the heart of the Levelling Up Funded Filwood Broadway Regeneration, builds on the hard work of the local community and aspirations of many years. The council are working closely with Community In Partnership Knowle West and wider stakeholders to ensure the



consultant team to work on the project. The team are all small and medium sized enterprises and are based in Bristol or the Southwest. We are expecting to submit a

project realises the long-term vision for this vital community space. I am excited to see how the project progresses and witness the vision for the space come alive."

NOVEMBER Update from Bristol City Council on the wider Levelling Up Fund projects:

2. Re-create Filwood Public Realm (Broadway playground and road layout)

High street improvements will include flexible community and events space, segregated cycle lane, new seats, shelters and planting, as well as changing the road layout to introduce more pedestrian space and traffic calming measures.

Work on a new Filwood Broadway play area started in October and will continue until mid/end November.

Bristol City Council (BCC) has worked closely with Filwood Broadway Working Group and Public Realm Working Group on the new high street design over the last few years and in September, BCC took these designs to a Public Realm Virtual Reality and Line-Marking event at Filwood Broadway.



This enabled the participants to visualise the new road layout.



The pink line marked the new 'market square' and BCC welcomes feedback as to what the local community would like to see included within the market square space. Please email: chris.bodle@bristol.gov.uk if you would like to get involved or share your thoughts and ideas.

3. New Multi-Use Games Area (MUGA)

To enable the planned redevelopment of the old swimming pool site a new Multi Use Games Area (MUGA) is planned for Filwood Playing Fields. Following engagement with the local community and young people, designs have been developed to include fitness equipment/obstacle course, and a sheltered seating area.

BCC held three public engagement events during February and attended local youth clubs and community meetings to find out what facilities people would like to see. A planning application was submitted in August and can be found on the Bristol Planning Portal by searching Ref: 23/03423/FB.

BCC is planning to hold further engagement events this winter with an estimated start on site early 2024. Please email filwoodMUGA@bristol.gov.uk if you would like to get involved or share your ideas.

4. Former Filwood Cinema site

The former Filwood Cinema has been demolished and BCC is bringing this site forward, together with the land behind

the high street, for a new development of 30 social rent council homes and ground floor retail space.

BCC is in the process of finalising the technical design before tendering for a construction contractor, with the aim to start on-site in Spring 2024.

See www.filwoodbroadway.com for more details.

5. Westside Development (4-16 Filwood Broadway)

The parade of properties on the westside of Filwood Broadway, next to the former cinema, is proposed for redevelopment to provide better quality housing and ground floor retail units. A structural survey has been completed and a feasibility study will analyse the potential options for the redevelopment of this parade. Following this, a decision will be made as to the most appropriate way to bring this forward.

6. Commercial Improvement Scheme

This incorporates improvements to the shopfronts on the east side of Filwood Broadway (where businesses including re:store, the Sandwich Stop and Badham Pharmacy are located) to contribute to the attractiveness of the high street. The council is also working with local stakeholders to consider wider strategic high street improvements as part of this project.

A project scope has been developed and BCC intend to open an expression of interest to business owners by the end of 2023/early 2024.

KNOWLE WEST MEDIA CENTRE ★

www.kwmc.org.uk / 0117 903 0444 / Leinster Avenue, Bristol, BS4 1NL



What's happening at Knowle West Media Centre?

For all our events, visit <https://kwmc.org.uk/events/> email enquiries@kwmc.org.uk or call 0117 903 0444

At Knowle West Media Centre we run a variety of arts, tech and making programmes for the community to develop skills, make neighbourhood change and tell powerful stories. Join us in making a more thriving neighbourhood together. All our activities and events, for young people, families, and adults are free.

Scan the QR code to visit our website where you can find out more about what's on and check out the featured content below!



February Sound Wave Holiday Programme

Get stuck into an exciting project surrounding podcasting, music production and recording. All levels are welcome to three days of creative fun where young people will take away their own recorded piece of music and podcast.

Monday 12 February -
Wednesday 14 February
10 am - 3 pm
Knowle West
Media Centre,
Leinster Avenue,
BS4 1NL

<https://tinyurl.com/KWMC-YPP-Feb>



WeCanMake greener, thriving neighbourhoods!

Is your house overcrowded? Would you like to downsize and stay in the community? Have you got a big garden you're struggling to maintain?

So far, WeCanMake has built two homes locally in back gardens, and we're inviting families in housing need to get in touch if they think the model could work for them.

WeCanMake and Knowle West Media Centre are also part of a new project that's inviting people in Knowle West to get involved in people-powered retrofit.

Find out more: <https://wecanmake.org/builds/we-can-make-greener-thriving-neighbourhoods/>
Or get in touch with us at wecanmake@kwmc.org.uk





Knowle West Healthy Living Centre's Wellbeing Groups

Helping you to achieve better health and wellbeing, no matter where you are starting from

Downton Road, Bristol, BS4 1WH T: 0117 377 2255 E: info@knowlewesthealthpark.co.uk
www.knowlewesthealthpark.co.uk

Since 2002 the Health Park has been working with the local community to deliver good wellbeing and health. We have a range of social and physical activities happening that can support you. Our building is fully accessible and we have a range of rooms for hire. The outside space is a brilliant addition to enable walking, exercise and access to nature.

We offer a range of services and activities for all ages, and all levels of health and fitness – basically there is something for everyone! The outdoor areas include play facilities, picnic areas, an Amphitheatre.

Monday:

- Walking for Health
- Harbour Counselling
- Tai Chi

Tuesday:

- Walking for Health
- Art Ease-art on referral
- Art Inde-move on group
- Tai Chi
- Zumba
- Fit Robbins

Wednesday:

- Walking for Health
- Move Together Strength and balance class
- Art Ease-art on referral
- Art Inde-move on group

Thursday:

- Walking for Health
- Fun and Fab (Womens group)
- Stretch and Roll Group

Friday:

- Lip reading
- Man Alive (Mens Group)

We also offer 1-1 walk and talk sessions, social prescribing and support for older peoples groups.

RE:WORK
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"Joy to the World! Save money and the planet by visiting restore first for Christmas essentials; extra plates, chairs, beds, stocking fillers and decorations"

Open Monday to Wednesday, 10am to 4pm

restore
17 Filwood Broadway
BS4 1JL

Advertorial



Our friendly and welcoming community gym has a range of cardio-vascular equipment and weights. We're open Monday-Friday 7:00 am – 9:00pm Saturday & Sunday 9:00 am – 2:00pm



Find us on Facebook at The Park Centre Gym or pop in for chat with a member of the gym team.



www.youthmoves.org.uk

Young people across South Bristol have been visiting schools to give their peers a say in the naming of the new South Bristol Youth Zone. The Youth Zone is a partnership between Youth Moves, Onside Youth Zones, and Bristol City Council and will be arriving in two years time.

The group of young people met with designers and came up with two ideas for the name and logo of the building – one was Beyond. The young people said:

"We believe the word 'beyond' captures what our Youth Zone will do. It will take young people beyond their expectations and beyond experiences they've had before. It's about young

people believing they can go further than they thought they could. It's also beyond boundaries – South Bristol's Youth Zone will be fully inclusive. Anyone from anywhere and from any background can join.



An OnSide Youth Zone powered by Youth Moves

As you can see, each letter is a different colour and a different font to represent young people's individuality."

And the other was 224, which they explain:

"This stands for Today, Tomorrow, Forever. South Bristol's Youth Zone is here for a very long time – forever in fact!



An OnSide Youth Zone powered by Youth Moves

It will be open today, it'll be open tomorrow and it'll be open forever – seven days a week. 'What you do today will affect you tomorrow and impact you forever' is the tagline for this brand. The Youth Zone will help young people make positive choices about their lives that will have a lasting impact."

Young people across South Bristol get the chance to vote for the name they like best.

The group have visited several schools including Ashton Park, Bedminster Down, Merchants Academy, Bridge Learning Campus, John Williams Oasis Academy, Oasis Academy Brislington, and City of Bristol College. They have reached over 3000 votes!

You can still cast a vote here : <https://www.surveymonkey.co.uk/r/S9P3N55>

The name will be decided on 6th November at an event at The Park Centre in Knowle.

Youth-Moves
info@youthmoves.org.uk
0117 363 4969

Advertorial



Welcoming Winter: KWA Small Grants

Thanks to the UK Shared Prosperity Fund, Knowle West Alliance (KWA) are able to offer a NEW round of Small Grants. The KWA Community Grants Panel are volunteers that help to share out funding for local activities; they have recently met and are happy to share that the following groups will receive funding for their ideas, projects and activities this winter:



- **Knowle West Health Park Company** will be expanding Move Together, a gentle exercise programme which helps improve and maintain strength and balance in older people, and those with health and mobility issues.
- **Eagle House Community Association** Wednesday Group will host a Christmas meal.
- **Redcatch Community Garden** will offer a Knitting and Crochet Warm Space for the colder months.
- **Filwood Residents Association**, Belfast Walk Community Garden will restart their weekly coffee morning on a Friday 9.30am-1.30pm and support volunteers.
- **re:work** will make the Springfield Community Allotment space more user friendly for year-round activities for learners, volunteers and visiting groups by building a shelter.
- **We Are More afterschool club** will be running cook and eat together sessions for families at Square Food Foundation after their Springfield Community Allotment Activities.
- **Lights! Lights! Lights! CIC** will be offering a FREE shared lunch for participants of their Stay Lit! creative wellbeing sessions.
- **St Barnabas Church** will continue their Warm Winter Welcome drop in, Thursdays 9.30am-1.30pm.
- **Community In Partnership Knowle West** are buying a large TV to make their space more welcoming and accessible for community activities.
- **Ilminster Avenue PTFA** are running termly family coffee mornings.
- **Boing! at Inns Court Community and Family Centre** are setting up Move 'n' Groove sessions for families and young children.
- **Gifts for You** are setting up a Warm Welcome Space.
- **Filwood Community Centre** will run more "Filmwood" free cinema screenings



Welcoming Winter Activities

Further details and lots of other free and low-cost activities are available on www.knowlewest.co.uk/whats-on



Get Involved!

APPLY for a KWA Small Grant:

If you have an idea for something YOU would like to make happen, then you can apply for a Knowle West Alliance Small Grant. www.knowlewestalliance.co.uk/smallgrants/



JOIN the KWA Small Grants Panel:

The Small Grants Panel meets several times a year to award grants for local community projects. Email info@kwalliance.co.uk for more information, what it involves and how you can help.



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Knowle BS4 1JL**

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- ✓ You will be in control of your medication.

Please ask your pharmacist about moving to a **dosette tray or orbital box.**

Please contact venues directly for opening hours, activity and event details. Many venues have regular family focused activities, evening entertainment, seasonal events, trips, skittles teams, bingo, venue hire and more.

Listings also available at www.knowlewest.co.uk/whats-on, venue Facebook pages or Knowle West Alliance.

Belfast Walk Community Garden: Belfast Walk BS4 1LB, 07359 337811 ☎ Filwood Residents Association

Broad Plain House: Broadbury Rd BS4 1JT ☎ Broadplain House Community & Social Club

Christ The King Social Club: 58 Hartcliffe Rd BS4 1HD, 01179664481 ☎ Save Christ The King Social Club

Eagle House: Newquay Rd BS4 1EG, 0117 977 7795 ☎ Eagle House Community Association

Filwood Community Centre: Barnstaple Road BS4 1JP, 0117 914 9216, info@filwoodcentre.org.uk www.filwoodcentre.org.uk ☎ FilwoodCommunityCentre

Filwood Library: 10 Filwood Broadway BS4 1JN, 0117 903 8581 filwood.library@bristol.gov.uk Mon, Wed, Thu 11am-5pm, Sat 10am-2pm ☎ Filwood Library

Iminster Avenue Nursery School: 64 Iminster Ave BS4 1BX, 0117 9030 255 9am-3pm iminster.avenue.n@bristol-schools.uk term time only www.iminsterchildren.com ☎ Iminster Avenue Nursery School

Inns Court Community & Family Centre: 1 Marshall Walk BS4 1TR, 0117 904 1220, www.iccfc.co.uk info@iccfc.co.uk Mon-Fri 8.45am-4.30pm ☎ Inns court Community and Family Centre

Knowle West Nursery School: Leinster Avenue BS4 1NN, 0117 903 0214, knowlewestns@bristol-schools.uk, www.knowlewestchildrenscentre.bristol.sch.uk 9am-3pm term time only ☎ Knowle West Nursery School

Knowle DGE Academy: Leinster Ave BS4 1QY, 0117 370 8030, school@knowledge.learnmat.uk, www.knowledge.learnmat.uk

Knowle West Health Association: 49b Filwood Broadway BS4 1JL, 0117 9639 569, info@knowlewesthealthassoc.org.uk

Knowle West Healthy Living Centre: 5 Downton Rd BS4 1WH 0117 3772 255, info@knowlewesthealthpark.co.uk, www.knowlewesthealthpark.co.uk ☎ Knowle West Health Park Co

Knowle West Media Centre: Leinster Ave BS4 1NL, 0117 903 0444, enquiries@kwmc.org.uk www.kwmc.org.uk 9am-6pm Mon-Thurs & later for events, Fri 9am-5pm ☎ KnowleWestMedia Centre

Redcatch Community Centre: Redcatch Rd, BS4 2EP www.redcatchcc.com

Redcatch Community Garden: Redcatch Park BS4 2RD redcatchcommunitygarden@outlook.com, www.redcatchcommunitygarden.com, 9.30am-4pm (winter) / until 4.30pm (summer), please check socials for daily changes ☎ Redcatch Community Garden

Novers Park Community and Social Club: Novers Park Rd BS4 1RN, behind KWMC 0117 966 5232, Mon-Fri 7-11pm, npcs2015@outlook.com, www.novers-park-community-and-social-club.site 123.me Sat 11.30am-3pm & 7.30-11pm, Sun: 11.30am-11pm ☎ Novers Park Community and Social Club

South Bristol Childrens Centre: Inns Court Community Centre, 01173 746362, sbcc@bristol.gov.uk www.southbristolcc.org.uk ☎ South Bristol Children Centre Hub

South Bristol Salvation Army: Padstow Rd BS4 1EN, 0117 963 1655, clare.kinsey@salvationarmy.org.uk, www.salvationarmy.org.uk/bristol-south ☎ South Bristol Salvation Army

Springfield Community Allotment: Andover Rd, www.growspringfield.co.uk ☎ SpringfieldCommunityAllotment

St Barnabas Church: Daventry Rd BS4 1DQ, 0117 953 1060 / 01275 544 045, barnabassaint01@gmail.com ☎ St Barnabas Knowle West

The Factory: Units 24 & 25 Filwood Green Business Park, 1 Filwood Park Lane BS4 1ET, 0117 903 0444, thefactory@kwmc.org.uk, www.kwmc.org.uk/thefactory 9am-5pm Mon-Fri ☎ Knowle West Media Centre

The Park Centre: Daventry Road BS4 1DQ 0117 903 9770 www.theparkcentre.org.uk ☎ The Park Centre

Residents Meetings

Discuss and tackle key issues within the community.

Inns Court Residents Group: first Monday each month 12-1pm Inns Court Community Centre ☎ Inns Court Residents Group

Filwood Residents Association: second Monday each month 12-1pm Filwood Library ☎ Filwood Residents Association

Eagle House: the last Monday each month 12-1pm Eagle House Club

Knowle West Alliance (KWA) Working Group: bi-monthly, dates and location vary, info@kwalliance.co.uk

Knowle West Alliance (KWA) Food Network: quarterly, dates and location vary - residents and local organisations coming together about food, info@kwalliance.co.uk

Directory

Useful Contacts

Bristol South MP
karin.smyth.mp@parliament.uk,
0117 953 3575

Filwood Councillors
cllr.christopher.jackson@bristol.gov.uk, cllr.zoe.goodman@bristol.gov.uk

Knowle Councillors
cllr.christopher.davies@bristol.gov.uk, cllr.gary.hopkins@bristol.gov.uk

Support

Bristol Citizen's Advice:
08082787957 www.bristol-cab.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: 0117 929 7537

Carers Support Centre:
0117 965 2200

The Compassionate Friends:
For bereaved parents and families 0345 123 2304

WECIL: Supporting Disabled People 0117 947 9919/11 www.wecil.org.uk

The Sprint: 01179048215
Community transport, weekly activities, door to door service, sprint@iccfc.co.uk

Community Advocacy Drop-ins:
Wed 1.30-3.30pm Café at The Park. For adults who have learning disabilities and/or mental health needs, and their carers. 03004562370, www.pohwer.net/bristol

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

Bristol Refugee Rights: Call/Text/WhatsApp: 07526352353
Support with immigration. www.bristolrefugeerights.org

Groups

The Friendship Club:
Befriending group for over 40s. Tues 10am-12pm at Filwood Community Centre. Contact 0117 963 9569 or info@knowlewesthealthassoc.org.uk

Fun and Fab Women's Support Group: Thurs 10am-12pm at Knowle West Healthy Living Centre. Call Sally on 0773 964 9842

Inns Court Walking Group:
1st Mon of month 11.30am. All other Mondays 10.30am. Meet by playground Inns Court Drive. Contact emma.smallwood@knowlewesthealthpark.co.uk

Andy's Man Club: Mon 7pm at KWMC. Peer support for men 18+ www.andysmanclub.co.uk

Singing for the Brain:
For people with dementia. Tues 10.30am-12.15pm at Bristol Community Links South Centre, Inns Court.

Friday Club: 12-4pm at Eagle House. Drop-in young women's group.

Food

Salvation Army:
Mon 11am-1pm, drop-in FREE shared meal.

Novers CSC: Tues 9-11:30am, drop-in FREE cuppa & light bite low-cost café also available.

St Barnabas Church:
Thurs 11am-1pm, meal and friendship plus Knit & Natter donations welcomed.

The Park: Mon-Fri 8.30am-3.30pm, drop-in, FREE cuppa & light bite, low-cost café also available.

Live Well, Eat Well Cooking Course: Fri 9.30-11.30am, ICCFC, creche, take-home food. Contact Lucy 0778 835 3446 lucy.fieldhouse@bristol.gov.uk

Inns Court Garden: Tues 10am-12.30pm, at ICCFC, drop-in, gardening, cooked lunch. Contact Chris 07905961876

Food Banks

St Barnabas Church:
by referral only 0808 2082138, www.eastbristol.foodbank.org.uk/get-help

Families and Youth

South Bristol Childrens Centre: Children's activities & family support, 01173 746362

Bristol Parent Carers:
SEND drop-ins at ICCFC, 0730 6650 222, www.bristolparentcarers.org.uk

Uniform and Clothing

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

Finance and Legal

Filwood Hope:
07712661241 Mon-Thurs 9.30am-1pm, Filwood Broadway. Services include benefit and debt advice, foodbank referrals. Email advice@filwoodhope.org

South Bristol Advice Service: 0117 9038 358, BS13 8QA. FREE: debt, finance & benefits. admin@southbristoladvice.org.uk, www.southbristoladvice.co.uk KW Drop-In at ICCFC

Household Support Fund:
Government money for low-income households. www.bristol.gov.uk/residents/benefits-and-financial-help/household-support-fund

Money Helper: 0800 138 7777. Debt advice. www.moneyhelper.org.uk

Bristol Law Clinic: 0117 924 8662, www.bristollawcentre.org.uk

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

StepChange:
Debt advice. 0800 138 1111

Energy

Help for Households:
www.helpforhouseholds.campaign.gov.uk

Warm Home Discount Scheme: www.gov.uk/the-warm-home-discount-scheme

Housing

Caring In Bristol: 0117 9244, 444 www.caringinbristol.co.uk

Education & Employment

Clean Slate: 01174574287, www.cleanslateltd.co.uk

Bristol Community Learning:
01172510230 at The Park. FREE, 19+, www.communitylearningwest.net ☎ Bristol Community Learning'

IT Support: Thurs 1-3pm at Filwood Community Centre, help with IT, job searches & CVs. 01179169214

English for Speakers of Other Languages (ESOL): at The Park. Lucy 07788353446, lucy.fieldhouse@bristol.gov.uk

Wellbeing

Bristol Mental Health:
(24/7 crisis number) 0300 5550334, text DEAF to 85258

Mental Health Mates: Peer support walks. www.mentalhealthmates.co.uk, email Rachel at mentalhealthmatesbristol@gmail.com

Knowle West Health Association: 0734 007 9316. FREE counselling, waiting list

Peer Support Group: Wed 1.30-3.30pm, drop-in, at Redcatch Community Centre, 18+, info & other services. www.changesbristol.org.uk

Man Alive: men's group. Breakfast first Fri of the month, 10am-12pm at Springfield Allotments, BS4 1DG and activities throughout the month. Call 0117 377 2255.

Visit Facebook: Knowle West Alliance or www.knowlewest.co.uk for more events and activities.



WITH SUPPORT FROM THE NATIONAL LOTTERY COMMUNITY FUND



HWV THE GATEHOUSE NEWSLETTER



LATEST NEWS

Christmas Fair – Date 12th December 10 – 2pm. With local craft stalls, Santa’s grotto, games and food. Come and join us.



Warm winter advice drop in starting Thursday 14th December 10 – 12. Advice on lowering energy costs, swapping energy suppliers. Take home an energy saving pack. Free tea and coffee.

SHORT COURSES INCLUDE

Quick and Easy Cooking
Health and Well-being

Online Job search and CV writing
Craft course

OTHER COURSES WE OFFER

MATHS AND ENGLISH COURSES

Stepping Stones and Functional Skills qualifications from Entry 1 up to level 2 (GCSE equivalent), developing skills for home, life and sustainable employment. These courses are roll on roll off courses and start weekly

COMPUTER COURSES

Accredited and recognised ICT qualifications from Entry up to level 1. Using Microsoft software, emails and online search which giving learner’s office skills as well as skills for life and sustainable employment. These courses are roll on roll off courses and start weekly

PERSONAL DEVELOPMENT

Improve your confidence and learn to work more effectively with others. If you don't think you're quite ready to access training, education, or employment then our Personal Development courses are supportive, empowering, fun, and engaging. Next course starts 20th April

A COURSE FOR WORK AND LIFE

An 11-week course 2 days a week. This course helps to establish a routine for returning to work. Covers Universal Job Match and Universal Credit, CVs, online job applications, interview techniques, using email, oral presentation skills and much more work-related topics. Next course starts April 17th.

TEL: 01179 781 708 Email: gatehouse@hwv.org.uk Web: www.hwv.org.uk

Other things happening @ The Gatehouse Centre



The Gatehouse Café

An open and friendly café offering a range of excellent hot and cold food, hot beverages and cold drinks. With comfy "Costa" chairs, a book lending library, children's small play area and free Wi-Fi, our cafe is a fantastic community space.

Home-made cakes all week, roast dinners on Thursdays, sandwiches made to order and all-day breakfasts.

Eat in or Take-away available.

Everyone welcome!



The Gatehouse Nursery

An up to 80 place nursery offering sessional day care, in a home-from-home setting. With friendly and fully qualified staff across 3 rooms for children aged 1 to 5 years old.

Offering 2-year old NEG (Nursery Education Grant) and 3-year old NEG. A safe, secure and stimulating learning environment for your child. 3 rooms for different aged children, a private play area, and a beautiful "nature garden".



A2A Youth Training

Achieve your full potential with our 16–18-year-old provision. If you did not get the expected results or wish to improve upon them. This could be the best place for you to build and prepare for your future.

With Youth support advisers to give you support and advice and guidance for progression into further education, employment, or training.

Early Doors – Housing Advice & Support Drop-In

EARLY DOORS: FACE TO FACE DROP IN

CONTACT: JESSIE SEAL

EMAIL: JESSIE.SEAL@CARINGINBRISTOL.ORG.UK

DATE/TIME: EVERY FRIDAY 10AM-12PM

**LOCATION: SYMES COMMUNITY BUILDING, PETERSON AVENUE,
HARTCLIFFE, BS13 0BE**

Housing Advice & Support Drop In

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

Every Friday
10-12pm

@Symes Resource Centre
(Opposite Morrisons)
BS13 0BE

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



EARLY DOORS

A partnership by



Shelter – Housing Advice and Support

HOUSING

SHELTER BRISTOL



Peter Farrow (Family Service Team Leader): peter_farrow@shelter.org.uk
Josie Hanson (Community Services Team Leader): josie_hanson@shelter.org.uk

Advice and guidance

Call our emergency national helpline [0808 8004444](tel:08088004444) during opening hours if you are homeless, have nowhere to stay tonight, are worried about losing your home, or are at risk of harm or abuse in your home.

Our [online advice](#) can help you with your housing rights and the next steps to take in your situation.

Use our [webchat](#) if you need help to take the next steps, or prefer not to call.

Our Legal Aid legal service

Our legal team can help you if you are eligible for Legal Aid, for example, if you need to go to court about a housing problem or to challenge a council's homelessness decision.

To speak to the legal team you need to make an appointment. To make an appointment with the legal team in Bristol, please call [0344 515 1778](tel:03445151778) between 9am and 5pm, Monday to Friday. This number is for new legal appointments only.

Shelter Family Support Service – Imperial Apartments Drop-In

IMPERIAL APARTMENTS DROP-IN

DATE/TIME: EVERY OTHER TUESDAY 4PM-6PM

**LOCATION: BOARDROOM (1st floor) above Caring in Bristol Food Club
@ Imperial Apartments, Whitchurch Lane, Bristol, BS14 0TJ**

Contact: familysupportservice@shelter.org

STRUGGLING WITH HOUSING OR HOMELESSNESS?



If you are a resident and need advice on housing issues, you can speak to Shelter's Family Service onsite. We'll be here from 4-6pm every other Tuesday in the boardroom on the first floor above Caring in Bristol's Food Club.

For further information, please ask a member of staff or contact Shelter at FamilySupportService@shelter.org.uk

For online housing advice and access to our emergency helpline, visit: shelter.org.uk/housing_advice



SHELTER

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Christians Against Poverty (CAP) – Debt Advice Help Service



With help from CAP, I sat down and looked at how to manage my everyday life. Now I no longer get up thinking about debt every day and wondering whether I can afford to feed my children.

Francella

CAP DEBT HELP

Lifting the weight of debt

Free debt advice and personal support in your community.

Call free on: **0800 328 0006**
or visit: capdebthelp.org



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

Martin Lewis,
Money Saving Expert

always hope.

capdebthelp.org 

Charity Registered No: 1092717 England & Wales, SC038776 (Scotland). CAP is authorized and regulated by the Financial Conduct Authority. Product Code: 100916x11



CAP DEBT HELP

Lifting the weight of debt

Free debt advice and personal support in your community.

John – became debt free through CAP



With CAP, you've got food in your cupboard, all your bills are paid, nobody's phoning you asking for money. It's such a weight off your shoulders. You're not a slave to debt – and that's priceless.

Reg and Janice



When CAP is involved, they don't just leave you. Even when you're debt free, they're still there for you. They actually get to know you. It has turned my life around.

Sharon

Call free on: 0800 328 0006
or visit: capdebthelp.org

Christians Against Poverty

If you are feeling weighed down by debt, then we can help. You may think your situation is impossible, but there is hope. Our friendly team will give you a listening ear in confidential appointments and provide a practical solution to your debts.

Since we started helping people out of debt in 1996, we've helped thousands in situations like yours through our professional service offered by over 250 CAP Debt Centres. So ring us today and begin your journey to becoming debt free.

Does it cost anything?

Our service is completely free. We are able to provide a totally free service because CAP is a charity and receives donations from churches and individuals who want to help people.

Will my creditors cooperate with you?

Yes. We have worked with over 1,000 companies within the finance industry and we are well respected. This means that councils, utilities and mortgage companies work with us because they have seen the results of our involvement. They know we offer fair repayments based on what you can afford.

Is CAP just for Christians?

No. CAP will help anyone regardless of their religious beliefs. We are committed to our service being available to all individuals regardless of age, disability, gender reassignment, pregnancy and maternity, race, religion or belief, sex and sexual orientation. Will take appropriate measures to monitor this.

How our debt help service works

- ### 1 Local appointments

After you call CAP, a Debt Coach from a local CAP Debt Centre will carry out your first appointment.
- ### 2 An effective budget

Our trained Debt Advisors will work out a realistic budget that prioritises your essential bills. We will negotiate affordable payments with each creditor and attempt to stop unfair interest and charges where possible. Your local Debt Coach will then explain the budget and the payments you will need to make.
- ### 3 CAP Plan

In most cases, a CAP Plan is set up for you. You will need to make one monthly payment into your CAP Plan to cover your debts and also bills if appropriate. CAP will then distribute this to your creditors on your behalf. You can also build up savings through your CAP Plan.

4 Severe debt

If you are in severe debt, we can walk you through insolvency options, such as petitioning for bankruptcy and helping you to fill out the forms.

5 Debt free

You can use your CAP Plan to pay your bills and debt repayments until you are debt free. We look forward to celebrating with you when you cross the finish line!

Call free on: 0800 328 0006
or visit: capdebthelp.org

We know it takes a lot of courage to make the first call. But the sooner you ring, the sooner you'll have peace of mind.

Christians Against Poverty (CAP) – Free Money Management Course

Free 9-week course

Fridays from 1pm - 2.30

Starting on 12th January

at Filwood Community Centre, BS4 1JP

You are invited to a small, welcoming group where we will cover putting together a personalised budget, money management and life skills. We will also develop an action plan to help find a way forward towards financial freedom.

To join ring or text Rebecca: 07367 450679

christians
against
poverty

CAP

South Bristol Advice Service – Debt & Benefits Support

SOUTH BRISTOL ADVICE SERVICES (SBAS): DEBT & BENEFITS



Email: admin@southbristoladvice.org.uk

Tel: 0117 985 1122

24-hour tel line: 0117 9038358

Location: South Bristol Advice Services, Withywood Centre, Queens Road,
Withywood, Bristol, BS13 8QA

We are an independent charity giving free, confidential and impartial advice on Debt, Financial Capability and Welfare Benefits matters. We may be able to assist you to access and apply for options for dealing with debt, financial capability and welfare benefit matters. We also provide a DRO intermediary service.

Our phone number is 0117 985 1122.

24-hour answer machine Debt line: 0117 903 8358

DROP IN:

MON – FRI: 10AM - 2PM @ SBAS OFFICE @ Withywood Centre (BS13 8QA)

OUTREACH SESSIONS:

TUE: 10.30AM - 12.30PM @ SYMES BUILDING (BS13 0BE)

TUE: 1PM – 3PM @ FILWOOD HOPE (BS4 1JL)

DROP IN @ PERRY COURT (BS14 0AX) - need more attendees, see info below

DROP IN @ INNS COURT (BS4 1TR) - need more attendees, see info below

SBAS DROP INS

Perrycourt Academy Drop-in Session



We are currently holding debt advice drop-in sessions at

**Perry Court E-ACT Academy
Great Hayles Rd,
Bristol BS14 0AX**



On the following dates

11th May 2023

8th June 2023

13th July 2023

14th September 2023

12th October 2023

9th November 2023

11th January 2024

8th February 2024

14th March 2024

If you are worried about your debts or need advice, please come and see us or call 0117 903 8358.

South Bristol Advice Service, Withywood Centre, Queen's Rd, Bishopsworth, Bristol BS13 8QA

24hr Message Machine: 0117 985 1122

Email address: admin@southbristoladvice.org.uk









SBAS DROP INS CONTD.

Inns Court Community & Family Centre Drop-in Session



We are currently holding debt advice drop-in sessions at

**Inns Court Community & Family Centre
1 Marshall Walk, Bristol BS4 1TR**

-  **Between 10am and 12pm on**
-  **25th May 2023**
-  **22nd June 2023**
-  **27th July 2023**
-  **24th August 2023**
-  **28th September 2023**
-  **26th October 2023**
-  **23rd November 2023**
-  **25th January 2024**
-  **22nd February 2024**
-  **28th March 2024**

If you are worried about your debts or need advice, please come and see us or call 0117 903 8358.

**South Bristol Advice Service, Withywood Centre, Queen's Rd, Bishopsworth, Bristol BS13 8QA
24hr Message Machine: 0117 985 1122
Email address: admin@southbristoladvice.org.uk**

Filwood Hope - Support with Benefits, Debt, Housing, Mediation & Employment

FILWOOD HOPE (BS4 1JL): BENEFITS



EMAIL: advice@filwoodhope.org

ADDRESS: Filwood Hope, 11 & 13 Filwood Broadway, Bristol, BS4 1JL

WEBSITE: www.filwoodhope.org

'Help with benefits, debt, housing, mediation, employment. Whatever your question we are here to listen'.

We are open Monday to Thursday 9.30am until 1pm for drop ins. For benefit application forms or review forms please phone for an appointment.

SBAS debt drop in:

TUE: 1PM – 3PM

*Services and
opportunities
for young
people*

CAMHS & OTR - Mental Health Support Team (MHST)

Mental Health Support Team

Are you aged 5 - 18 or are a parent of a child this age?

Are you, or is your child struggling with mental health difficulties (e.g. stress, mild anxiety or low mood) and would like some help?

We are a new NHS initiative working in full partnership with OTR (Off the Record) and the Child and Adolescent Mental Health Service (CAMHS).

We offer individual therapeutic support and whole school activities, or approaches.

We are based in some schools in Bristol, North Somerset and South Gloucestershire, with an aim to have 50% coverage by 2024.

HOW CAN YOU ACCESS US?

1. Check we're in your school by following this link or scanning the QR Code: www.otrbristol.org.uk/what-we-do/mhst/
2. Speak to a trusted member of staff in your school and ask about us
3. With your consent they will talk to us, and if it sounds like we can help they will refer you to us



Schools are selected by a 'needs led' process by Public Health. If you want to know more about this we have a briefing document with more details that we can send you.

Get in touch:
mhstenquiries@otrbristol.org.uk



MusicSpace – Communication & Therapy Through Music



Name: Simon Leach (Senior Music Therapist)

Email: info@musicpace.org

Phone: 0117 953 1731

Address: Southville Centre, Beaufey Road, Bristol, BS3 1QG

We can work with clients who are non-verbal, have learning difficulties and have complex needs. In sessions we can accommodate support workers if needed in the session, or they can watch on video link from the adjoining music room. Our sessions are 1-1 therapy sessions with fully qualified HPC registered music therapists.

MusicSpace sees people for music therapy at our Bristol centre. We also provide an outreach service throughout Bristol, Bath & North-East Somerset, North Somerset, South Gloucestershire and Gloucestershire.

We work in many different settings see below for more information. We are always open to working in new places so please contact us to discuss.

Information for parents and carers

If you think your child would benefit from music therapy or you just want to find out more about what we do, then get in contact with us directly. You don't need to have a referral from an education, health or social care professional to have music therapy.

Once you have got in touch with us and you have talked to us about your child's needs, we will give you a referral form to fill in.

Children who have an Education and Health Care Plan (EHCP) can receive music therapy with us as part of that plan. We are also an approved provider for the Adoption Support Fund (ASF).

Get in touch if you would like to find out more.

Adults

Adults can access music therapy in a number of ways.

Self-referral: you can refer yourself to music therapy and attend sessions at our Bristol Centre. If you would like to discuss music therapy for yourself please [contact us](#).

Referring on behalf of an adult: family members or professionals in health or social care can refer an adult to us for music therapy. [Get in touch](#) if you would like to discuss a referral.

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 out down to the allotment with the understanding that I may have to take things easier."

Location: Bishopsworth, Bristol
Times: Tues & Thurs, 1:30 - 4pm

For more information contact: Mel Head, Allotment Project Lead
07702 811935 | mel.head@step-together.org.uk

www.step-together.org.uk



**STEP
TOGETHER**



Young Carers Service – Information Leaflet

YOUNG CARERS SERVICE BRISTOL AND SOUTH GLOUCESTERSHIRE

CARERS SUPPORT CENTRE – The Vassall Centre, Gill Avenue, Fishponds, Bristol BS16 2QQ

Contact details: 0117 9589980; youngc@carerssupportcentre.org.uk; f @youngcarersbsg



Our Young Carers Service provides help and support children and young people aged 5-17yrs in Bristol and 8-17years in South Gloucestershire, their families and professional working with young people.

A young carer looks after someone in their family who has a disability, a long-term illness, or is affected by mental health or substance misuse.

We help young carers feel positive about being a young carer, reduce isolation, reduce inappropriate care, and have support to develop and fulfil their future plans.

Support provides opportunities for young carers to try out different tools and techniques that can help them strengthen self-esteem and resilience, manage challenges, become more informed, know where to go for support when then need it and develop their potential.

We tailor support to meet their needs and can offer:

- ★ Young carers assessments to develop support plan
- ★ 1-1 support sessions (limited number of sessions)
- ★ Group work (including Resilience Lab and themed group work meeting emerging need)
- ★ Respite activities: including trips, creative, physical and nature focused sessions.
- ★ Free Family days out (free family passes to Wild Place, Puxton Park and Noah's Arc)

- ★ Bi-weekly Young Carer Group in each locality run in partnership with Creative Youth Network



- North Bristol: Every other Wednesday 5.30-7.30pm @ The Vench, Lockleaze
- South Bristol: Every other Tuesday 5.30-7.30pm @ Studio 9, The Gatehouse, Hartcliffe
- Central and East: Every other Tuesday 5.30-7.30pm @ The Crypt, St Lukes Church, Barton Hill

Transport is provided to those who need. Contact Abby Sheppard 07741 629192' abigail.sheppard@creativeyouthnetwork.org.uk

Referral forms for to our service are on our website (www.carerssupportcentre.org.uk)

[Referral to our young carers service | Carers Support Centre](#)

Young Carers Voice

Young carers who have been supported by us have formed YOUNG CARERS VOICE who aim to raise awareness about young carers and influence decision makers to improve how services recognise and support young carers.

Support for professionals

Awareness and Training sessions

We also deliver a variety of awareness and training sessions that can be delivered within team meetings or CPD sessions.

Work with schools

Young carers have common struggles in schools including being late, frequently being absent, being bullied, feeling isolated, anxious and alone. We have a dedicated school's worker who can support schools identify young carers and improve support they can offer. We encourage schools to sign up to the Young Carers in Schools programme and can provide

- ★ CPD training
- ★ Assemblies (in person, online or ready-made presentations schools can deliver)
- ★ Support to start a young carers group
- ★ Advice on policies and procedures