

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.



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Activities for Families

Brave Bold Drama – Guided Sound Walks in Bristol



What's a sound walk?

It's a walk, but you wear headphones and when you get to certain locations, your smart phone magically plays some recorded sound that we've placed there.

Where are the walks?

The walks are in Southmead (BS10), Bishopsworth and Withywood (BS13) and Stockwood (BS14).

What do I need to bring?

A charged smartphone, headphones and sturdy footwear.

We advise you download the free Echoes soundwalk app and the sound walk you're attending in advance, using wifi. The links can be found by clicking the links below.

Wild Words: Badock's Wood, Southmead, BS10

Saxons to the Seventies: Manor Woods Valley, Bishopsworth, BS13

Extraordinary Streets: Withywood, BS13

Extraordinary Streets: Stockwood, BS14

Do I have to pay or book?

Thanks to funding from National Grid Community Matters Fund, these guided sound walks are totally free, but please book a place in advance so we can plan the events.

How long are the walks?

The routes differ, but most walks can be comfortably completed within an hour.

What kind of terrain do the walks cover?

Stockwood & Withywood are pavement based.

Wild Words & Saxons to the Seventies are in woodlands.

What age are these walks suitable for?

We consider these walks to be suitable for ages 8-adult.

Any other questions, please email hello@bravebolddrama.co.uk



Hartcliffe City Farm – Family Cooking Fun



FAMILY COOKING FUN!

Come to a 3-week program of hands-on growing, picking and cooking food.

5th, 12th, 19th October 10.30-12.00
2nd, 9th, 16th November 10.30-12.00
23rd, 30th November, 7th December 10.30-12.00

Open to preschool children 3-5 years old with their parent/ carer.

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





Hartcliffe City Farm – What's on



What's On

Farm Open
9am to 4pm
every day
except Monday

Tuesday

Market Garden
Volunteers

Wednesday

Wellbeing
Gardening and
Animal Care

Thursday

General Volunteering
Family Cooking Fun
School Visits
Children and Young
Peoples' Workshops

Friday

Farm Open
[hartcliffecityfarm.
org.uk](http://hartcliffecityfarm.org.uk)



Weekend

Farm Open

Events as
advertised

HWCP – Halloween Craft Group 23rd October



BRINGING THE COMMUNITY TOGETHER AGAIN

HALLOWEEN CRAFT GROUP



AT SYMES RESOURCE CENTRE

MONDAY 23RD OCTOBER

1PM - 3PM



HWCP – All Aboard Water Sports sailing activity 24th October



BRINGING THE COMMUNITY TOGETHER AGAIN

ALL ABOARD WATER SPORTS SAILING

TUESDAY 24TH OCTOBER 2023



BOOK EITHER MORNING OR AFTERNOON AS THEY ARE THE SAME ACTIVITY:

MORNING SESSION 9:30AM - 1:00PM
AFTERNOON SESSION 1:00PM - 4:30PM

**Book through email:
zak.dugdale@hwcp.org.uk**



HWCP – Talk, Back & Sides 25th October



FREE Fun for all the family

AGES
8 TO 16

FREE
HAIRCUT



TALK, BACK & SIDES

Wednesday 25th October

10:00am til 4:00pm



Booking essential

Contact - zak.dugdale@hwcp.org.uk

HWCP – SS Great Britain family trip 26th October



BRINGING THE COMMUNITY TOGETHER AGAIN

SS GREAT BRITAIN FAMILY TRIP



**THURSDAY 26TH OCTOBER
2023**

**10:15AM MEET AT
SS GREAT BRITAIN**

**BOOKING ESSENTIAL
EMAIL: ZAK.DUGDALE@HWCP.ORG.UK**

HWCP – Halloween party 27th October



A vibrant Halloween party poster. At the top left is the Hartcliffe & Withwood Community Partnership logo, a circular emblem with a stylized building and the text 'HARTCLIFFE & WITHWOOD COMMUNITY PARTNERSHIP'. To its right, the slogan 'BRINGING THE COMMUNITY TOGETHER AGAIN' is written in white. The main title 'HALLOWEEN PARTY' is in large, yellow, dripping letters. The background is green with a full moon, a white ghost, a witch on a pumpkin, a haunted house, and a spiderweb. Two yellow starburst shapes contain the date and time. A yellow banner at the bottom lists activities and location. The HCYP logo is in the bottom right corner.

**HARTCLIFFE & WITHWOOD
COMMUNITY PARTNERSHIP**

BRINGING THE COMMUNITY TOGETHER AGAIN

HALLOWEEN PARTY

**FRIDAY 27TH
OCTOBER 2023**

3PM - 6PM

FREE ENTRY - MUSIC - DRINKS - FOOD - GAMES

**AT HARTCLIFFE CLUB FOR YOUNG PEOPLE
BS13 9AJ**

HCYP

THE BIG HIDEOUT TEYFANT ROAD HALF TERM PLAYDAY OCT 25TH 11-4PM

Free lunch!

Pizza for all...we also cater to allergens and dietary requirements!

Families Welcome!

Under 8's must be with adult

Where?

The Big Hideout, Teyfant Road, Hartcliffe, BS13 0RF
cwlshire@lpw.org.uk

Activities

Arts and Crafts, Circus activities, sports and more!

FREE!



LPW & Streetspace – free weekly play sessions in Knowle

NEWQUAY ROAD PARK

Under 8's must come with adult!

FREE PLAY SESSIONS

THURS
15:30 - 17:30

NEWQUAY ROAD PARK
EVERY THURSDAY IN TERM TIME

Play for free with LPW and Streetspace!

for more information: cwilshire@lpw.org.uk

LPW
Celebrating 25 years

LPW & Streetspace – free weekly play sessions in Hartcliffe



LPW &
STREETSPACE



UNDER 8'S MUST COME
WITH ADULT

FRIDAYS TERM TIME ONLY

15:15-17:15

**FREE PLAY
SESSIONS**

WILLMOTT PARK

BS13

HARTCLIFFE



ACTIVITIES

FOREST SCHOOL
SPORTS & GAMES
ARTS & CRAFT
and more!

CWILSHIRE@LPW.ORG.UK

*Services and
opportunities
for
Parents/Carers*



Looking for a simple route into work or training?



One Front Door can help you:

- Find the right job
- Find training and education
- Learn new skills
- Find volunteering or apprenticeship opportunities

Our coaches will help you create an action plan, build your confidence and achieve your goals!

We also help employers and training providers to advertise vacancies and courses.

Visit: onefrontdoor.org.uk
Call us today: **0117 922 3440**
Email: onefrontdoor@bristol.gov.uk



BD19922

The One Front Door Project aims to support Bristol residents who need employment support, advice and guidance. We can also signpost recommendations around other issues including Mental Health, Wellbeing, Financial problems and a wide range of other topics. One Front Door can work with anyone in Bristol and priority is given to those who are unemployed. If you are unemployed, we can help you consider your work and training options and help you find out about the support services available in Bristol.



Inclusive Career Pathways

Supporting people in Bristol's communities
to access careers in Health & Social Care,
and Parks & Community Green Spaces.



You can get support from the Inclusive
Career Pathways Team if you are a Bristol
resident, over 16 and unemployed.



icp@bristol.gov.uk
[onefrontdoor.org.uk/
inclusive-career-pathways](http://onefrontdoor.org.uk/inclusive-career-pathways)

Healthier Together

Improving health and care in Bristol,
North Somerset and South Gloucestershire





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
lctinfo@bristol.gov.uk
01172 510230**

Community Learning – General skills course



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+.

Hartcliffe, Withywood and Whitchurch: Helen.richards@bristol.gov.uk
Knowle West and Filwood: Lucy.fieldhouse@bristol.gov.uk
Stockwood, Brislington and St Anne's: Catherine.landon@bristol.gov.uk
Bedminster and Redcliffe: Bryony.sims@bristol.gov.uk

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

Community Learning – Multiply free maths course



Multiply



THE MULTIPLY PROGRAMME IS FUNDED AND MANAGED BY THE WEST OF ENGLAND COMBINED AUTHORITY, LED BY METRO MAYOR DAN NORRIS AND DELIVERED BY BRISTOL CITY COUNCIL

Multiply provides FREE maths courses

We support adults 19+ without a grade C/level 4 in GCSE in Maths.

How do you feel about Maths?



We know it can often feel like its easier to avoid all situations that involve maths completely.

Maths anxiety does exist for many of us.

Lots of people struggle with maths. No matter how anxious you feel, you are not alone.

Multiply can support you develop your confidence with maths.

- We deliver our courses in a warm and welcoming environment.
- We are a dedicated team who understand the barriers and challenges adults have experienced.

Being able to say “**I can do maths**” can help you unlock career developments, leading to higher wages or prepare you for further study as well as everyday life, such as helping your children with homework.

Our Multiply courses:

Work towards a qualification in maths. **Get Maths, Get On.**

- Brush Up Maths
- Maths for Everyday Life
- Keeping up with the Children

For more information on our FREE courses available:

Contact us:

Website: www.communitylearningwest.net

Email: Multiply@bristol.gov.uk

Call/Text: 07721589956 or 07721702872

Scan Here



Knowle West Alliance – Winter training programme



- New events added - check them out here: www.eventbrite.co.uk/o/knowle-west-alliance-64303524703
- We'd like to draw your attention to those happening soonest, in **October and November**, table below.
- Please share this email with your colleagues, socials, local networks and encourage community members to attend; residents, volunteers, workers.
- Lots of these events make for good life skills, develop hobbies or interests, you don't need a working interest to take part.
- If there are any boundaries to people attending, please let us know so we can make considerations in our planning of such events.

GET UPDATES HERE: knowlewestalliance.co.uk/training/ or www.facebook.com/KWAlliance

Descriptions of all the sessions and who they're aimed at can be found on Eventbrite. As well as being an opportunity to increase your skills and knowledge, they're also a great place to meet others and make connections across Knowle West.

Title	Description	Day & Date	Times	Location
Self-harm and suicide awareness	This session covers understanding individuals who use self-harm; talking about self-harm and suicide with individuals; considering suicide risk and how to respond in supporting a person in staying safe; know about services available. Suitable for: people supporting individuals experiencing prolonged, intense distress	Friday 20th October 2023	09:45-12:45	KWMC
Safeguarding	On this training session we will cover: The language of safeguarding. Who might be vulnerable. Signs of abuse. Taking action when you have a concern. Responding appropriately to disclosures - what Not to do. Look at your community responsibility to the PREVENT strategy. Learn about local risks. Respond to case studies by suggesting a plan of action. Look at how to keep people safer online. Suitable for: everyone.	Friday 3 rd November 2023	09:45-13.15	The Park (Community Learning training room - 1st floor)
How to make a flyer (basic Canva training)	As a part of our ongoing training for organisations, groups and residents of Knowle West, we invite you to join us for a short introductory session on Canva, an online design tool that offers users the opportunity to create professional-looking posters, slideshows, images, event flyers, resumes, cards, certificates, infographics, and other media. The tool allows students to design visuals to showcase their knowledge in unique ways. Suitable for: everyone.	Wednesday 8th November 2023	09:45-13:15	KWMC

Mental health and wellbeing awareness	This course will develop your understanding of mental health and wellbeing, the signs and symptoms of common mental health problems, and how to respond to people experiencing poor mental wellbeing. It will also cover communication skills, self-help resources, and sources of support locally and nationally. Suitable for: everyone	Friday 10th November 2023	09:45-13:15	Filwood Community Centre
Supporting Others With Care	Reflecting our own ideas and beliefs so we can explore how we can treat others how they would like to be treated. Everyone is different, we all have our own experiences which make us who we are. This session will help raise awareness of ways to support others with compassion and care. Suitable for: everyone	Thursday 23 rd November 2023	09:15-13:15	The Park
Storytelling workshop (Part 1)	<p>Morning session: telling stories is an important way of showing what you've achieved in your work/community group and is often needed for reporting on funding. It is an art form and one that often we don't have the time or space to perfect. Learn more about the art of storytelling from different angles. Think about your audiences and platforms and have a go at putting your story together with some help from technology.</p> <p>Afternoon sessions: in the afternoon you will have the option of attending one of these sessions. When you book on this course please email info@kwalliance.co.uk with your afternoon preference.</p> <p>Option 1 Video: We invite you to join us for a short introductory session on creating short films and videos by utilising the camera in your pocket - the smartphone. Video content can help you gain a bigger audience and new members, attract funding, provide more engaging reporting and much more! Requirements: Unfortunately, we cannot provide devices so you will need to bring a smartphone with adequate free storage space of at least 10GB. You will need to attend a second session to edit your videos 06/12/2024 09:30-13:00 at KWMC. You will automatically be booked onto this session.</p> <p>Option 2 Community Journalism: - This session will cover journalistic writing techniques and conventions, impartiality and reliability/validity of information and tips for taking a good photo to go with your story. You will be supported to produce a short article/blog</p> <p>Suitable for: Everyone, particularly members of community groups and organisations who want to promote what they do</p>	Wednesday, November 29, 2023	09:45-15:30	KWMC

Friday Oct 20th
10am-4pm
Bristol

Shift



Proper Job!

Bristol's newest event for
people building livelihoods in a
Circular Economy



Ideas

Lunch

Networking

Signposting

Panellist Workshops

- Food Growing
- Access To Land
- Community Resilience
- Woodland Craft & Management
- Nature Connection & Wellbeing
- Running Community Spaces
- Green Energy
- Green Building
- Applying Permaculture Principles to Business



Tickets & more details at
www.shiftbristol.org.uk

In partnership with





Free 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
- Free to attend
- 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.



Tortworth Forest Centre – Wellbeing & volunteering opportunities



Free nature-based wellbeing and volunteering opportunities

With free transport!

"For years I would yearn for moments of feeling safe. Since joining this group I have a safe place, safe people and safe day EVERY week"

We are a community restoring Tortworth Arboretum to create a space where people and trees thrive. We foster a safe, supportive and welcoming space, and are committed to reaching people who find it difficult to access a place like this. Our projects improve resilience, mental health and overall wellbeing using nature connection, volunteering and craft activities with opportunities to meet new people.



The Hawthorn Project

Wellbeing sessions for people whose identity includes woman

Wednesdays 11.00am - 2.30pm

The Oak Tree Project

Wellbeing sessions for people of all genders

Thursdays 10.45am - 2.15pm

Woodland Management Days

Practical days for people experiencing mental health challenges

Tuesdays 10.00am - 4.00pm

Community Volunteer Days

A fun day of arboretum restoration, email: volunteer@tortwortharboretum.org

Sundays 10.30am - 4.00pm (monthly)

www.tortwortharboretum.org/community
referrals@tortwortharboretum.org
07719 317 170





Volunteer with Heart of BS13 Flowers - Hartcliffe City Farm

Would you like to learn more about gardening and sustainable growing practices? We have volunteer positions available at our onsite sustainable flower farm - Heart of BS13 Flowers.

Volunteers will gain horticultural knowledge and employability skills.

When: every Wednesday (9:30am-12:30pm or 9:30am - 3:30pm) For more information, email garden@heartofbs13.org.uk or call Sol on 07552607363.



**Hartcliffe
City Farm**

Wellbeing Wednesdays



**Friendly and welcoming gardening and
animal care sessions to improve wellbeing**

Please contact
sara.chapple@windmillhillcityfarm.org.uk
for more information or referrals



**Hartcliffe
City Farm**

Wellbeing Thursdays



**Friendly and welcoming animal care
sessions to improve wellbeing**

PLEASE CONTACT
sara.chapple@windmillhillcityfarm.org.uk
FOR MORE INFO AND FOR REFERRALS

Second Step – Wellbeing sessions at Windmill Hill City Farm

Feel **anxious** or **low** at times?

Learn tools, skills and strategies to improve your wellbeing at

WINDMILL HILL CITY FARM

FREE to anyone 18+

Wednesday Mornings 10.30am - 12.30pm

- 01 Nov** Understanding Yourself
- 22 Nov** Unravelling the Menopause 1/2
- 29 Nov** Unravelling the Menopause 2/2
- 06 Dec** **Arts & Crafts: Festive Wreaths**
- 13 Dec** Confidence Building

See our full calendar online

To book visit:

second-step.co.uk/bristol-wellbeing-college

Get in touch:

bristol.wellbeing.college@second-step.co.uk or 0117 914 5498

**Book
here!** →



**SECOND
STEP**
PUTTING MENTAL HEALTH FIRST

It's about
you
**BRISTOL
WELLBEING
COLLEGE**

The Community Farm – Growing Wellbeing free course

the community farm .co.uk

FREE COURSES!
Transport can be arranged

GROWING WELLBEING

Restoring people and place

Are you experiencing low mood, anxiety, depression or stress?
Would you like to support your wellbeing and mental good health in a beautiful countryside setting?

Connecting with food, wildlife and nature is known to support wellbeing. Join us on a working vegetable farm overlooking Chew Valley Lake and get to know more about how to grow food, look after wildlife and connect with your wider environment.

Quartet Community Foundation

EcoWild
You are Nature

Funded by
WEST OF ENGLAND
Combined Authority

SOIL ASSOCIATION
ORGANIC

Grow and Make

Therapeutic horticulture programme, 10am–3pm on Wednesdays.

A Gardening for Wellbeing course, 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. Together, we will nurture and be nurtured by our vegetable patch.

Email Ellie at growandmake@thecommunityfarm.co.uk or call 07878 922 424

Lakeside Wellbeing

Therapeutic mindfulness, movement and creativity programme, 10am–3pm on Mondays.

Run by our longstanding wellbeing partner, Ecowild, this six-week course will support your physical and mental health through nourishing practices for body and mind in a beautiful setting.

Email Emily at emily@ecowild.org.uk call 07812 155 659 or register on ecowild.org.uk/book-now

Wild Steps

Therapeutic conservation programme, 11am–3pm on Thursdays.

A Practical Wildlife Management for Wellbeing programme will provide you with an opportunity to learn skills in practical nature conservation, try something different, and discover ways to help care for wildlife, on the farm and at home.

Email Jason at wildsteps@thecommunityfarm.co.uk or call 07878 925 642




Even if a course has started, do get in touch.

All courses are held in a relaxed and supportive environment at The Community Farm, Denny Lane, Chew Magna, BS40 8SZ

Photography by MAH Photographs

For further information about the courses and taster days and

 TheCommunityFarm

Roots to Wellbeing – Weekly health & wellbeing support group



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 (Whitlock 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





Have a look at the padlet by clicking [here](#)

Here are some of the highlights

Dates for your diary/things happening.

Tuesdays- Roots to Wellbeing, has started at Withywood Park-,1 -4pm. We are open to referrals! Friendly and relaxed group offering gardening, crafts and mindfulness. Free lunch and transport provided. Contact roots@yourpark.org for more info. (Roots to Wellbeing is already running at Hartcliffe Millenium Green on Thursday mornings).

Drop in advice session for community groups- Thursday 19th October @Symes 12.30-2.30pm

Knowle West nature walks - Tuesday 24th October- see post for details.

Free Guided Sound walks in Withywood - Saturday 18th and Wednesday 29th November- see the post for meeting details. This walk starts at Campus Skate Park and ends in Withywood Park and is led by Brave Bold Drama.

Can you help to make Hartcliffe Millenium Green accessible to disabled people and carers- have a look at the post and find out more!

Wellbeing Wednesdays and Thursdays at Hartcliffe City Farm- see the posts for more details.

Park photos - going to make this a regular slot in my emails, so do send me any you would like sharing

Have a look at the photo from Spacemakers- 14 young people completed the makeover of the shelter/lozenge. It is looking fabulous! If you want to find out more about Spacemakers, follow the Spacemakers Facebook page- SPACEMAKERSBRISTOL.

Have a look at some photos from Millennium Green and Withywood Park.

Have a look at various funding opportunities too!

There are many local residents who are doing a lot of work (often behind the scenes) to make local parks and green spaces nicer places to be. They would always welcome your support and help. Have a look at the [padlet](#) and read more- there are Friends groups at Hartcliffe Millennium Green, Willmott Park (plus Spacemakers), Valley Walk and Withywood Park and many have Facebook groups which you can join, like/follow and take part in.

And send me any information about parks/green spaces/health/wellbeing in Hartcliffe and Withywood which can be shared on the padlet or add information yourself (I approve any posts so might be short delay in me doing this!).

Judy

Judy Gowenlock (She/her - [why this is here](#))

Health Network Lead

Phone: 07711 049196

Email judy@yourpark.org.uk

Web www.yourpark.org.uk

Help to create an accessible Hartcliffe Millenium Green

Are you a Disabled person, or do you care for a Disabled person, who lives in
Hartcliffe or Withywood?

Help us make Hartcliffe Millennium Green more accessible.

Who can take part?

We are looking for 15 Disabled people, and carers, who live near Hartcliffe Millennium Green. We are looking for people with a range of impairments. We would like to hear from people with the following impairments, and from carers who care for people with the following impairments:

- Physical impairments and limited mobility (for example wheelchair users),
- Sensory impairments (for example visual impairments, hearing impairments and d/Deaf people)
- People with mental health problems,
- People with learning difficulties/disabilities,
- Neurodiverse people.

Scan QR code
for more info!



yourpark.org.uk
access@yourpark.org.uk
07523680052

**YOUR
PARK**

If you care,
we care.
Carers Support Centre

Sensory
Trust

NATURAL
ENGLAND

Your Park Bristol & Bath is the working name of Bristol & Bath Parks Foundation • Registered charity no. 1182217.



**Let's talk
about mental
health**

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

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

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

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



Support Group Timetable

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

Monday

12-2pm	Avonmouth Community Centre, BS11 9EN
1-3pm	Ashton Vale Community Centre, BS3 2QY
3 - 5pm	Online
6.30 - 8.30pm	Women of Colour Group* - Online
7.15 - 9.15pm	Online

Tuesday

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

Wednesday

1.30 - 3.30pm	Redcatch Community Centre, Redcatch Road, Knowle, BS4 2EP
5.30-7.30pm	Men of Colour Group*, St Paul's Learning Centre, BS2 8XJ
7 - 9pm	St John's Church, Lodge Causeway, BS16 3QG
7 - 9pm	West Street URC, 48 Stanley St S, Bedminster, BS3 3PG

Thursday

10am-12pm	Ambition Lawrence Weston, BS11 0RX
11am - 1pm	Online
1 - 3pm	St Cuthbert's Church, Brislington, BS4 3PG
6.30 - 8.30pm	Women's Group* - Online
6.30 - 8.30pm	Men's Group* - Online

Friday

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

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

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

Free to attend

No diagnosis required

No referral needed

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

Charity No 1167828





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

A photograph of a woman with blonde hair kissing a young girl with red hair on the cheek. The girl is smiling and looking towards the camera.

**Are you feeling low, worried
or stressed?**
We are here to help you

At NHS Bristol, North Somerset & South Gloucestershire Talking Therapies, we provide a range of support to thousands of people to help them to improve their mood and find ways to manage.

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

**Scan to
self refer**



Are you experiencing:



Excessive worry



Low mood



Depression



Anxiety



Lack of motivation

We provide a range of evidence based talking therapies and new ways of coping to help you better manage your mood.

Our therapies are available via secure video, text-based therapy, webinar, phone or face to face (one to one or group).



Our easy 3 step approach

01

Self-refer using our website, or by scanning the QR code on this leaflet or by giving us a call.

02

You will be assessed by a friendly member of our team. Together, we will agree the best support for you.

03

A fully qualified therapist will support you throughout your treatment.



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



vitahealthgroup.co.uk



0333 200 1893



Text 'YOU' to 88802

Scan to self refer



Making People Better in Bristol, North Somerset and South Gloucestershire

Do you have a story that you would like to share with others?



Just want to talk and be heard in a supportive environment?

ARE YOU INTERESTED IN BEING PART OF A NEW LISTENING CIRCLE?

A PLACE WHERE WE CAN SHARE OUR STORIES AND LISTEN TO OTHERS.

THIS ISNT A THEREPY SESSION - IT'S A CHANCE TO GET TO KNOW OTHER PEOPLE IN YOUR AREA IN NATURE
IF YOU ARE INTERESTED IN LEANRING MORE PLEASE
CONTACT: BS13SHARINGCIRCLE@GMAIL.COM

SEND and You SENDIAS - Information



SEND and You

We continue to be open to provide information, advice and support around all things SEND (special educational needs and / or disabilities). We are open from 9.30 – 4.30, all year round. Our website also provides a lot of useful information on various topics - <https://www.sendandyou.org.uk/>

Contacting SEND and You

October is a busy month for our service, and we have been looking at ways we can reach all our service users as quickly and efficiently as possible, as demand continues to grow.

We aim to respond to all enquiries within two working days.

For first time enquirers, or those who have not contacted us in over 6 months, we will signpost you to the contact form on our website. If you are having issues accessing this, you can still call and leave a message to let us know. Contact form - <https://www.sendandyou.org.uk/contact-us/>

We are also beginning to arrange bookable 30-minute call backs for our existing service users. The aim will be to make it easier to speak to a trained advisor at a time that suits you. We thank you for your patience while we continue to get this up and running.

SaY Events from September- December

From experience, we have found that a lot of our service users will be affected by common topics over the coming months. We have therefore arranged an ongoing series of advice sessions that can be booked for free and attended online. We are hoping to support as many of you as possible to you know your rights and work out your next steps on the following subjects:

SEND Support in Schools

Applying for an Education, Health and Care Plan (EHCP)

Annual Review of an EHCP

School Exclusions.

Please do visit our EVENTS PAGE (<https://www.sendandyou.org.uk/events-and-bookings/events/>) to book in if any of these topics affect you and you would like some information and advice to support you with the process.

People First – October Activities for people with Learning Disabilities

October 2023

peoplefirst

People First Activities in Bristol & South Gloucestershire

Supporting People with Learning Disabilities and/or Autism

	Walk & Talk 10.30am – 12pm
	Speaking Up 10.30am -12pm
	Drop In 11am – 12pm

Contact Details.

T 01934 426086
W www.nspf.co.uk
E info@nspf.co.uk
M [07735909662](tel:07735909662)

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Grimsby Farm, South Glos BS15 9SE 	4	5	6
9	10 Kingswood Centre BS15 4FS 	11 Harbour Trail Mshed, BS1 4RN 	12	13
16	17 The Armadillo, Yate. BS37 4FW 	18	19 Zion, Bedminster Down. BS13 7JW 	20
23	24 Vassall Centre, Fishponds BS16 2QQ 	25	26 Park Centre Cafe, Kingswood BS15 4AR 	27
30	31			

Centre for Deaf and Hard of Hearing – Annual General Meeting



Centre for Deaf and
Hard of Hearing People



Scan for BSL

You are warmly invited to the
Centre for Deaf and Hard of Hearing People

Annual General Meeting Wednesday 25th October 2023

Burges Salmon
One Glass Wharf
Bristol BS2 0ZX
Time: 6:30pm – 8:30pm
(Doors open at 6:00pm)



Speakers:

- 'CfD Review and future plans' – *Justin Smith, Chief Executive Officer*
- 'Deaf People Together: In charge of our own futures' – Bristol Impact Fund project – *Mark Gill, Community Development Officer*

This venue has an induction loop system. BSL interpreters and live captions will be provided.
Sandwiches, canapes, and refreshments will be provided.

Please register your attendance:
on Eventbrite:
<https://www.eventbrite.co.uk/e/annual-general-meeting-tickets-729845667037?aff=oddtcreator>

Or, contact CfD: office@cfd.org.uk,
or by phone on 0345 900 7830,
or SMS/text message to 07545 264 840.

Please see our website:
<http://cfd.org.uk> for further information
and to download the AGM papers.



Coming by car? There are car-parking facilities at Bristol Temple Meads and the nearby Gardiner Haskins Car Park. There are more car-parks located around the city centre.



Coming by bus? There are many buses that stop at Temple Meads. Burges Salmon is a few minutes' walk away. The number 8 bus runs regularly from the city centre to Temple Meads.

Charity number: 1175054

Centre for Deaf and Hard of Hearing – Coffee mornings



Centre for Deaf and
Hard of Hearing People
Charity Number: 1175054



Coffee Mornings

Join our coffee morning to chat and meet new people!

Everyone is welcome; whether you're Deaf, Hard of Hearing, BSL user or learning to sign.

10:30am to 12:30pm

October 2023	Tuesday 3 rd	Zion Café, Bishopsworth Road, Bristol, BS13 7JW
	Tuesday 10 th	Bristol Beacon, Trenchard Street, Bristol, BS1 5AR
	Tuesday 17 th	Thatcher's Café, Gloucestershire Cricket Club, The Seat Unique Stadium, Nevil Road, Bristol, BS7 9EJ
	Thursday 26 th	The Beacon Café, Hanham Methodist Church, Hanham, Bristol, BS15 8SD
	Tuesday 31 st	Café Bar, Tobacco Factory, Raleigh Road, Bristol, BS3 1TF

November 2023	Tuesday 7 th	Zion Café, Bishopsworth Road, BS13 7JW
	Tuesday 14 th	Bristol Beacon, Trenchard Street, BS1 5AR
	Tuesday 21 st	Thatcher's Café, Gloucestershire Cricket Club, The Seat Unique Stadium, Nevil Road, Bristol, BS7 9EJ
	Thursday 30 th	The Beacon Café, Hanham Methodist Church, Hanham, Bristol, BS15 8SD

December 2023	Tuesday 5 th	Zion Café, Bishopsworth Road, Bristol, BS13 7JW
	Tuesday 12 th	Bristol Beacon, Trenchard Street, Bristol BS1 5AR

For more information please contact the Centre for Deaf and Hard of Hearing People:



0117 9398653



07545 264840



office@cfD.org.uk

Centre for Deaf and Hard of Hearing – Free creative arts group

FREE!



Deaf Arts Group

Creative art group for Deaf and Hard of hearing people.

British Sign Language interpreter provided

Come and have relaxing morning being creative!

Bring own project or try new!

Materials provided



Date: Friday 20th October 2023

Time: 10:20am – 12:30pm (Please wait reception area Hamilton House)

Where: The Green Room, Hamilton House, 80 Stoke's Croft, St Paul's, Bristol, BS1 3QY

Topic: How to draw and shade using a variety of techniques.

Date: Wednesday 1st November 2023

Time: 10:20 am – 12:30pm (Please ask in reception for Woodward Room)

Where: The Woodward Room, The Vassall Centre, Gill Avenue, Bristol, BS16 2QQ

Topic: Coloured pencil art from still life.

Date: Thursday 16th November 2023

Time: 10:20am – 12:30pm (Please ask in reception for Woodward Room)

Where: The Woodward Room, The Vassall Centre, Gill Avenue, Bristol, BS16 2QQ

Topic: Collage pictures using scissors and glue.



Hamilton House



The Vassall Centre

For more information please contact the Centre for Deaf and Hard of Hearing People:



0117 9398653



07545 264840



office@cfid.org.uk

Centre for Deaf and Hard of Hearing People – Charity Number 1175054



Deaf Dementia Support Group

A peer support group for deaf people with dementia and carers of deaf people with dementia

Come and socialise in a nice relaxed environment with refreshments!

Opportunity for carers to get further help and support.

Dates:

Monday 18th September 2023

Monday 16th October 2023

Monday 20th November 2023

Monday 18th December 2023 – Christmas party

Monday 15th January 2024

Time: 11:30am to 1:30pm


Venue: Pavey House, Waterloo Street, Clifton, Bristol, BS8 4BT





Nearest bus station:
Clifton Village

Bus Numbers: **8** and **505**

For more information please contact Centre for Deaf and Hard of Hearing People:

 Phone: 0117 9398653

 Mobile Phone / SMS text / WhatsApp: 07545 264840

 Email: office@cfid.org.uk

Charity Number 1175054

Centre for Deaf and Hard of Hearing – Walking football group



Deaf and Hard of Hearing Walking Football Group

A slower version of the beautiful game!

FREE sessions – it will be fun!

One simple rule – NO RUNNING!

Open for deaf and hard of hearing people

Suitable for all abilities

Longwell Green Sports FC

Friday 22nd September

Friday 29th September

Friday 6th October

Friday 13th October

Friday 20th October

Friday 27th October

7-8pm

Longwell Green Sports FC, Shellards
Road, Longwell Green, Bristol, BS30
9DU

Gloucestershire Football Association

Monday 2nd October


Friday 13th October


10-11am

Gloucestershire Football Association,
Oaklands Park Stadium, Gloucester
Road, Almondsbury, Bristol BS32 4AG



For more information, please contact Centre for Deaf and Hard of Hearing People:

 Phone: 0117 9398653

 Mobile Phone / SMS text / WhatsApp: 07545 264840

 Email: office@cfid.org.uk

Centre for Deaf and Hard of Hearing People – Charity Number 1175054

Centre for Deaf and Hard of Hearing – Women's group



BRISTOL & SOUTH GLOUCESTERSHIRE DEAF & HARD OF HEARING WOMEN'S GROUP

WHERE: Little Stoke Community Centre, BS34 6HR

TIME: 7-9pm

DATES: 20th September, 18th October,
15th November

Open to all Deaf and HOH Women (18+)

Interpreter Refreshments provided

It doesn't matter if you are a BSL user / Oral or Hard of Hearing You are welcome to attend.

Email bdhohwg@gmail.com for more information or follow



Bristol Deaf & Hard of Hearing Women's Group



**Centre for Deaf and
Hard of Hearing People**

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

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.



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.



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.



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.oneplusone.org.uk/parents



Relationships Matter – Stronger relationships online course

Stronger Relationships Online Course

For parents and other adult carers
living together or apart



- Do you want to get some new ideas to help you be an even better parent ?
- Would you like to reduce the arguments and disagreements in your family and cope better with stress?
- Would you like to enhance your relationship with your current partner, or improve communication with your ex or the other people helping to raise your children?
- How about learning at a time that suits you?



6 online
sessions



6 group
discussions



Certificate on
completion



Information on
strategies to identify
and reduce arguments



Hear from other
parents and carers



Downloadable
worksheets and
handouts



Videos, quizzes and
interactive activities



Do sessions at a time
that works for you



Weekly support from
our course experts

TOPICS COVERED

- Healthy adult relationships
- Identifying and managing disagreements
- Understanding how conflict affects your children
- Enhancing parent-child relationships
- Managing stress, anger and emotions
- Strategies to resolve conflict and create a parenting agreement

GROUP DISCUSSION

- Speak to a course expert and get answers to some of the questions you might have
- Talk about how the strategies are going at home and how to adjust them for you
- Address other difficulties relating to your relationships
- Hear from others about what works for them

Find out more or register for the course:

sfscparent@racefound.org.uk
www.strengthening-families.net

**strengthening
families**
strengthening
communities

SIPCo – project to improve parents’ relationships

Support for Inter-Parental Conflict (SIPCo) A Project to Improve Parents’ Relationships



FREE
support
programme
available for
parents in
conflict

- Do you have a child or children aged between 8 and 14?
- Do you find it hard to get on with your partner or your ex?
- Do you frequently argue or shout at each other?
- Or have you stopped talking to each other because it’s too difficult?
- Are you willing to try something new to help resolve your conflict?

If so, then this SIPCo project could help.

The help on offer will either be relationship therapy (delivered by the couple therapy charity Tavistock Relationships) or access to some online resources with local support for reducing parental conflict.

Please contact Gina Pazienza:

 relationshipsmatter@bristol.gov.uk

 07721 635376

 <https://www.bristol.gov.uk>

When you apply, your details will not be shared with anyone else.

Scan QR code to
find out more



 **TAVISTOCK**
RELATIONSHIPS
Improving Lives for Generations

**Sheffield
Hallam
University**

 **YOUTH
ENDOWMENT
FUND**

Home-Start Bristol – Support for families



Home visiting

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

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

Mums in Mind

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

The MIMs groups are running termly in 3 locations across Bristol - Hartcliffe, Stoke Park and Broomhill. The next sessions start again in January, dates TBC. Please get in touch if you would like more information or to make a referral.

For any information please don't hesitate to get in touch:

Email: admin@homestartbristol.org.uk

Tel: 0117 9501170





Hello Parents and Carers

**Bristol City Council would like to know
whether childcare in our city is meeting
your needs.**

**Please complete this quick survey. It's
completely anonymous.**

**[https://forms.office.com/e/1E6
VHpieuc](https://forms.office.com/e/1E6VHpieuc)**

**If you have a smart phone, open your
camera and focus on the QR code to go
straight to the survey!**

Thank you, The Early Years Team

Christians Against Poverty – 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

NEED DEBT ADVICE?

STRUGGLING WITH BILLS?

Don't know WHERE to turn?

CALL SOUTH BRISTOL'S

DEBT ADVICE TEAM



**FREE, CONFIDENTIAL,
IMPARTIAL & LOCAL
advice YOU can trust on...**

**RENT ARREARS CREDIT DEBT
INCOME MAXIMISATION DEBT COLLECTORS HP
DROPS COUNCIL TAX CCJs
FINES WATER DEBT
UTILITIES BAILIFFS
BENEFIT OVERPAYMENTS**

Call Us! 0117 903 8358

South Bristol Advice Services, Withywood Centre, Queens Road, Bristol, BS13 8QA
Funded by the Money and Pensions Service to provide SPECIALIST debt advice throughout South Bristol
Open Monday to Friday 9 am to 5pm except public holidays.

**FREE
Independent
Money and
Debt Advice**



No appointment Needed at
The Withywood Centre

Every Monday to Friday 10am
to 2pm

At the @Symes Community
Building

Every Tuesday 10.30 to 12.30

At The Filwood Hope Centre

Every Tuesday 1pm to 3pm

HOW WE CAN HELP

- Assist + Advise on ways to deal with your debts
- Maximize your income
- Assist with your water bill and other bills
- Debt relief orders
- Advise and Assist with enforcement (Bailiffs)
- Debt and money related problems

South Bristol Advice Services



The Withywood Centre
Queens Road, Bishopsworth Bristol BS13 8QA

Or For Debt Ring Us
on 0117 9038358
For Welfare Benefits
0117 9851122



**Money &
Pensions
Service**





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

*Services and
opportunities
for young
people*

Detached youth engagement sessions

Monday - Hartcliffe - 1pm- 4pm

Ollie - 07717816839

**Tuesday - Withywood - 10am-
12pm**

Lauryn - 07769956019

**Friday - Knowle (in partnership
with Streetspace) 1pm-4pm**

Lauryn - 07769956019



**Positive engagement session for young
people in the community**



**BUILD COMMUNITY
MATCHES
AROUND BRISTOL**



**PLAY FOR BRISTOL
CITY DEAF FC**

**AVAILABLE SUNDAY MORNINGS
MALE AGE 16+
DEAF/HARD OF HEARING OR
HEARING AND KNOW BSL
TEAM PLAYER
RELIABLE**



POWERED BY



Extraordinary Streets – Free sound walk in Withywood

Sat 18 Nov 11.45am
Wed 29 Nov, 10am

EXTRAORDINARY STREETS WITHYWOOD


FREE
SOUND WALK
IN BS13





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

**Are you feeling low,
worried or stressed?**
We are here to help you

At NHS Bristol, North Somerset & South Gloucestershire Talking Therapies, we provide a range of support to thousands of people to help them to improve their mood and find ways to manage.

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

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

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

**Scan to
self refer**



Services provided by
 **vita**
health group

Wellbeing Workshops

**NOVEMBER - DECEMBER 2023
PROSPECTUS**



**BRISTOL
WELLBEING
COLLEGE**

Welcome

Bristol Wellbeing College provides free workshops, courses and activities to explore, improve and maintain our mental health and wellbeing.

Our workshops and courses are available to adults living in Bristol and anyone who has used mental health services in Bristol.

Please enrol and book online at:

www.second-step.co.uk/bristol-wellbeing-college

For all enquiries, please email us at

bristol.wellbeing.college@second-step.co.uk

If you have no access to the internet, please call
0117 914 5498 and we will be happy to help.

**SECOND
STEP**

PUTTING MENTAL HEALTH FIRST

Workshops & Courses Guide

Green, blue or pink?

Choose the right workshops for you.



Green Workshops:

Lighter workshops offering an introduction into various ways to improve wellbeing. They are accessible to anyone, encouraging self-expression and self-care. Workshops involve techniques, activities and ways to connect with our senses to develop a wellbeing toolkit.

Blue Workshops:

More detailed workshops that focus on making positive changes to habits, behaviours and lifestyle. The workshops support you to maintain positive change or take steps towards making a change. These more structured workshops aim to provide you with helpful tools and strategies.

Pink Courses:

In-depth and encouraging self-reflection, long-term planning and progression. Our courses provide an opportunity to share experiences and support each other. Courses require commitment to attend all dates and a willingness to complete homework.

Online Workshops

Delivered via the free video conferencing app Zoom. We are happy to provide technical assistance to any learners who are new to the platform or who need help with downloading and using it.

Wednesday Morning Online 10:30am - 11:30am

Date	Workshop
Wed 20 Dec	Mindful Portraits

Thursday Afternoons Online 2:30pm - 3:30pm

Date	Workshop
Thu 2 Nov	Be Present: Self-Compassion Meditation
Thu 9 Nov	Be Present: Visualisation Meditation
Thu 16 Nov	Be Present: Soundscapes Meditation
Thu 23 Nov	Be Present: Stillness Meditation
Thu 7 Dec	Ways to Wellbeing
Thu 14 Dec	Writing for Wellbeing

Friday Mornings Online 10:30am - 11:30am

Date	Workshop
Fri 10 Nov	Introduction to Coping with Low Mood
Fri 17 Nov	Introduction to Anxiety
Fri 24 Nov	Reframing Loneliness
Fri 8 Dec	Writing with Nature
Fri 15 Dec	Finding Motivation



Also happening...

Wellbeing Café

Boston Tea Party

156 Cheltenham Road, Stokes Croft, BS6 5RL

Every Tuesday between 2pm - 4pm

Our Wellbeing Café sessions are relaxed afternoons of company and conversation in a regular café space.

Here you can also book onto our workshops and find out more of what the college has to offer.

Wellbeing Café Online

3pm - 4pm

Date	Session
Mon 20 Nov	Online Wellbeing Cafe
Mon 18 Dec	Online Wellbeing Cafe

Classroom workshops

Monday Afternoons at John Wesley's New Room
36 The Horsefair, Bristol City Centre, BS1 3JE
2:30pm - 4:30pm

Date	Workshop
Mon 13 Nov	Understanding Trauma Course 1/4
Mon 20 Nov	Understanding Trauma Course 2/4
Mon 4 Dec	Understanding Trauma Course 3/4
Mon 11 Dec	Understanding Trauma Course 4/4
Mon 18 Dec	Arts & Crafts: Festive Wreaths

Monday Afternoons at The Greenway Centre
Doncaster Road, Southmead, BS10 5PY
2:30pm - 4:30pm

Date	Workshop
Mon 13 Nov	Building Resilience
Mon 20 Nov	Introduction to Coping with Low Mood
Mon 4 Dec	Confidence Building
Mon 11 Dec	Step into Mindfulness 1
Mon 18 Dec	Step into Mindfulness 2

Tuesday Mornings at Wellspring Settlement

43 Ducie Road, Barton Hill, BS5 0AX

10:30am - 12:30pm

Date	Workshop
Tue 7 Nov	Introduction to Anxiety
Tue 14 Nov	Emotional Intensity Course 1/4
Tue 21 Nov	Emotional Intensity Course 2/4
Tue 28 Nov	Emotional Intensity Course 3/4
Tue 5 Dec	Emotional Intensity Course 4/4
Tue 12 Dec	Arts & Crafts: Festive Cards
Tue 19 Dec	Mind & Movement

Tuesday Afternoons at Avonmouth

Community Centre 257 Avonmouth Road,
Avonmouth, BS11 9EN **2:30pm - 4:30pm**

Date	Workshop
Tue 7 Nov	Mind & Movement
Tue 14 Nov	Introduction to Coping with Low Mood
Tue 21 Nov	Coping with Low Mood Course 1/4
Tue 28 Nov	Coping with Low Mood Course 2/4
Tue 5 Dec	Coping with Low Mood Course 3/4
Tue 12 Dec	Coping with Low Mood Course 4/4
Tue 19 Dec	Arts & Crafts: Festive Cards

Wednesday Mornings at Windmill Hill City Farm

Philip Street, Bedminster, BS3 4EA

10:30am - 12:30pm

Date	Workshop
Wed 1 Nov	Understanding Yourself
Wed 22 Nov	Unravelling the Menopause 1/2
Wed 29 Nov	Unravelling the Menopause 2/2
Wed 6 Dec	Arts & Crafts: Festive Wreaths
Wed 13 Dec	Confidence Building

Wednesday Afternoons at Shirehampton JTE Hub

Methodist Church, Penpole Avenue, Shirehampton,

BS11 0DY **2:30pm - 4:30pm**

Date	Workshop
Wed 1 Nov	Anxiety Course 1/4
Wed 8 Nov	Anxiety Course 2/4
Wed 15 Nov	Anxiety Course 3/4
Wed 22 Nov	Anxiety Course 4/4
Wed 29 Nov	Confidence Building
Wed 6 Dec	Assertive Communication: Saying "No"
Wed 13 Dec	Arts & Crafts: Festive Baubles

Thursday Mornings at The Station

Silver Street, Bristol City Centre, BS1 2AG

10:30am - 12:30pm

Date	Workshop
Thu 2 Nov	Reframing Loneliness
Thu 9 Nov	B-ACE (Body-Care, Achieve, Connect & Enjoy)
Thu 23 Nov	Introduction to Anxiety
Fri 7 Dec	Introduction to Coping with Low Mood
Fri 14 Dec	Self-Kindness



Further information and bookings

Please visit our website at:

www.second-step.co.uk/bristol-wellbeing-college

or scan the QR code.



Princes Trust – Get into Construction course




Prince's Trust

**SIGN UP, LEARN,
GET INTO CONSTRUCTION**

Everyone starts somewhere.
Get the skills, experience and opportunities to help you land a job.

**Find out more
via webchat at:
princes-trust.org.uk**



@princestrust     

ON THIS COURSE YOU'LL:

- Experience practical Carpentry, Plumbing and Electrical workshops,
- Gain a CSCS Green Card to enable you to work on a building site,
- Meet employers and interview for live vacancies in the construction sector.

DATES FOR YOUR DIARY:

Taster day: Wednesday 1st November
Course dates: Mon 6th Nov - Fri 1st Dec
Location: Lockleaze, Bristol
Eligibility criteria: 18-30, not in full time work or education

➤ GET INTO

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Princes Trust – Get into Cooking course




Princes Trust

GET STARTED IN COOKING

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

Find out more via webchat at:
princes-trust.org.uk



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ON THIS COURSE YOU'LL:

- Gain cooking skills through practical learning and workshops.
- Learn about nutrition, local produce and the cultural impact of food.
- Gain hospitality and hosting skills by planning & preparing a celebration dinner.

DATES FOR YOUR DIARY:
Taster day: Thursday 26th October
Course dates: 30th October - 3rd November
Location: Co-exist Kitchen Easton, BS5 6JF

 **GET STARTED**



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Princes Trust – Get into photography course



**GET STARTED IN
PHOTOGRAPHY**

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

Find out more via webchat at:
princes-trust.org.uk



@princestrust     

ON THIS COURSE YOU'LL:

- Learn from professional photographer Ben Bowles
- Learn key photographic skills used in the industry
- Build your photographic portfolio
- Boost your confidence and meet new people

DATES FOR YOUR DIARY:

Taster day: Thursday 16th November
Course dates: 20th Nov - 1st Dec
Location: MS Teams
Eligibility criteria: Aged 16-30, not currently in Training, Employment or Education

▶ GET STARTED



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