

Families in  
Focus



Children &  
Families  
PARTNERSHIP

# 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*

**Come and Join South Bristol Children's Centre's at one of our Around The World Summer Events 2023**

**Tuesday 25th July 10:00-11:30 Stockwood Childrens Centre  
BS14 8DQ. Theme Africa**

**Thursday 3rd August 10:00-11:30 South Street Park, Bedminster  
BS3 3AU Theme Europe**

**Wednesday 9th August 10:00-11:30 Knowle Children's  
Centre, Inns Court Community Centre, BS4 ITR  
Theme Native America**

**Thursday 17th August 10:00-11:30 Hartcliffe Children's Centre  
BS13 0JW Theme South America**

**Wednesday 23rd August 10:00- 11:30 Kings Head Lane Park  
Bishopsworth BS13 7DA Theme Asia**

Please scan our QR code to access our Facebook page for any last minute updates

BRISTOL CITY COUNCIL



# The Hideout

## Summer programme 2023



**Age Range:**  
8-13 Year olds Under 8's  
are welcome but must  
be with accompanied by  
a responsible adult  
(18+)

Learning Partnership West will be providing free daily activities for children and young people throughout the Summer Holidays from 24th July - 31st August

Please see overleaf for the activities we will be delivering.

**CALL SAMMY FOR MORE INFO:**  
**07717816825**

**OPEN MONDAY – FRIDAY 10AM – 4PM**  
**Teyfant Rd, Hartcliffe, BS13 0RF**

### Week 1

Monday 24<sup>th</sup> July: Fruit kebabs & Festival glitter face painting

Tuesday 25<sup>th</sup> July: Pasta bake & Air dry clay

Wednesday 26<sup>th</sup> July: Burgers & Mosaic

Thursday 27<sup>th</sup> July: Fajitas & Friendship bracelets

Friday 28<sup>th</sup> July: Chicken curry & Colour in masks

### Week 2

Monday 31<sup>st</sup> August: Smoothies & Chalk drawing/bubbles

Tuesday 1<sup>st</sup> August: Beans on toast & Water play (Please bring a towel – This is weather dependent)

Wednesday 2<sup>nd</sup> August: BRISTOL PLAY DAY 11-3PM

Thursday 3<sup>rd</sup> August: CLOSED DUE TO TRIP TO LOCKLEAZE ADVENTURE PLAYGROUND

Friday 4<sup>th</sup> August: Chili con carne wraps & Mug painting

### Week 3

Monday 7<sup>th</sup> August: Pitta pizzas & Community Learning (12-3pm) Nature Art

Tuesday 8<sup>th</sup> August: Banana splits & Slime

Wednesday 9<sup>th</sup> August: Khalda – Cooking & Sand art

Thursday 10<sup>th</sup> August: CLOSED DUE TO TRIP TO CLEAVDON

Friday 11<sup>th</sup> August: Full English breakfast & Keyring making

### Week 4

Monday 14<sup>th</sup> August: Hot dogs & Community learning (12-3pm) Going on a bear hunt

Tuesday 15<sup>th</sup> August: Mac and cheese & Water pistol painting

Wednesday 16<sup>th</sup> August: Khalda – cooking & Sun catchers

Thursday 17<sup>th</sup> August: Spaghetti Bolognese & Windchimes

Friday 18<sup>th</sup> August: Sausage sandwich & Scavenger hunt

### Week 5

Monday 21<sup>st</sup> August: Nachos & Flower printing

Tuesday 22<sup>nd</sup> August: Jacket potatoes & Pom Pom kits

Wednesday 23<sup>rd</sup> August: Bacon sandwich & Stress balls

Thursday 24<sup>th</sup> August: Pesto pasta & Magnet making

Friday 25<sup>th</sup> August: Sausage, chips and beans & Blow painting with straws

### Week 6

Monday 28<sup>th</sup> August: CLOSED DUE TO BANK HOLIDAY

Tuesday 29<sup>th</sup> August: Soup/Bread & Book marks

Wednesday 30<sup>th</sup> August: Khalda – cooking & Graffiti workshop 10-4pm

Thursday 31<sup>st</sup> August: LAST DAY OF SUMMER BBQ!!





Hartcliffe and Withywood Community Partnership – Summer Activities



FREE Fun for all the family



# BEACH PARTY FOR FAMILIES



**Tuesday 25th July**

**12:00PM til 3:00PM**

**Hartcliffe Club for Young People  
BS13 9AE**



**Food Provided**

*Bringing the community together again*

Contact - [zak.dugdale@hwcp.org.uk](mailto:zak.dugdale@hwcp.org.uk)



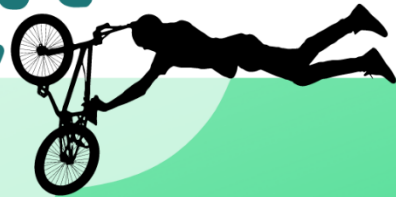
FREE fun for all the family



Thursday 27th July  
11.00am to 3.00pm

JOIN US FOR OUR 2023

# SUMMER FUN DAY



**WILLMOTT PARK  
STILLINGFLEET  
ROAD**

**BS13 0AA**

FACE PAINTING • S.S GREAT BRITAIN •  
MARKET STALLS HAIR BRAIDING • SAVS  
ICECREAM

KIDS GAMES • BMX TRACK  
PLUS LOADS MORE



Bringing the community together again

[sarah.fowles@hwcp.org.uk](mailto:sarah.fowles@hwcp.org.uk)

# Summer Holiday Activities

Check out the calendar on our website for more info:

[WWW.HWCP.ORG.UK](http://WWW.HWCP.ORG.UK)



Week Commencing	Monday	Tuesday	Wednesday	Thursday	Friday
<b>24th July</b>	Pizza & fruit kebab making at HCYP 10:30am - 2:30pm Sports hall team games at HCYP 11:30am - 1:00pm Sculpture workshops at Hartcliffe farm 12:00pm - 3:00pm	Beach party at HCYP 12:00PM - 3:00PM Forest school holiday club 10:30am - 2:30pm Tuesday tots hartcliffe church 9:30am - 11:00am Sculpture workshops at Hartcliffe farm 12:00pm - 3:00pm	Forest school holiday club 10:30am - 2:30pm Sculpture workshops at Hartcliffe farm 12:00pm - 3:00pm	Community fun day at willmott park 11:00am - 3:00pm Forest school holiday club 10:30am - 2:30pm Yoga garden at zion 6:30pm - 7:30pm Sculpture workshops at Hartcliffe farm 12:00pm - 3:00pm	Biscuit making & water fight at HCYP 10:30am - 2:30pm Sculpture workshops at Hartcliffe farm 12:00pm - 3:00pm
<b>31st July</b>	Astro sports at HCYP 10:30am - 2:30pm	Forest school holiday club 10:30am - 2:30pm Family crafts hartcliffe church 9:30am - 11:30am	Forest school holiday club 10:30am - 2:30pm Bristol play day at teyfant 11:00AM - 3:00PM Game making @symes resource centre 10:30am - 12:00pm + 12:30pm - 2:00pm	Forest school holiday club 10:30am - 2:30pm Yoga garden at Zion 6:30pm - 7:30pm	All aboard water sports at Harbourside 9:30am - 3:30pm Sweet making & astro at HCYP 10:30am - 2:30pm
<b>7th August</b>	Astro treasure hunt at HCYP 10:30am - 2:30pm Nature art at The big hideout 12:30pm - 3:00pm	Go sketch at HCYP 10:00AM - 2:00PM Forest school holiday club 10:30am - 2:30pm Family lunch club hartcliffe church 11:30am - 1:30pm	Forest school holiday club 10:30am - 2:30pm Robot week @symes resource centre 10:30am - 12:00pm + 12:30pm - 2:00pm	Family sports day and picnic at Willmott park 12:00pm - 3:00pm Forest school holiday club 10:30am - 2:30pm Yoga garden at Zion 6:30pm - 7:30pm	Paint tag, sports & arts at HCYP 10:30am - 2:30pm
<b>14th August</b>	ACTA Drama workshop at HCYP 10:00am - 2:00pm Mini bus trip at HCYP 10:30am - 2:30pm Bear hunt at The big hideout 12:30pm - 3:00pm Lantern making at hartcliffe farm & round house 12:00pm - 3:00pm	Forest School Holiday Club 10:30am - 2:30pm Tots play Hartcliffe church 1:30pm - 2:45pm Strawberry Line Trip at HCYP Lantern making at hartcliffe farm & round house 12:00pm - 3:00pm	SS Great Britain Trip 10:00am - 3:00pm Forest school holiday club 10:30am - 2:30pm Lantern making at hartcliffe farm & round house 12:00pm - 3:00pm	Forest school holiday club 10:30am - 2:30pm Yoga garden at Zion 6:30pm - 7:30pm Pizza & astro at HCYP 3:00pm - 4:00pm Lantern making at hartcliffe farm & round house 12:00pm - 3:00pm	Hart Attack @symes resource centre 12:00pm - 3:00pm BBQ & Disco at HCYP 12:00pm - 4:00pm Lantern making at hartcliffe farm & round house 12:00pm - 3:00pm
<b>21st August</b>		Spacemakers community litter pick & games 11:00am - 2:00pm Family fun club hartcliffe church 1:30pm - 4:15pm Circus workshops at The round house 12:00pm - 3:00pm	Weymouth daytrip 9:00am - 6:00pm Circus workshops at The round house 12:00pm - 3:00pm	Blaise castle for lego legends 9:30am - 3:00pm Yoga garden at Zion 6:30pm - 7:30pm Circus Workshops at The round house 12:00pm - 3:00pm	Circus Workshops at The round house 12:00pm - 3:00pm
<b>28th August</b>		Acta drama workshop at HCYP 10:00 - 2:00PM Lantern making at hartcliffe farm & round house 12:00pm - 3:00pm	Community funday at withywood park 11:00am - 3:00pm Lantern making at hartcliffe farm & round house 12:00pm - 3:00pm	Yoga garden at Zion 6:30pm - 7:30pm Lantern making at hartcliffe farm & round house 12:00pm - 3:00pm	



FREE Fun for all the family  
**COMMUNITY  
SPORTS DAY**

**Thursday 3rd August**

**10:00am til 2:00PM**

**Merchants Academy Sports Centre**

**Age 6 to 16**

**Lunch provided**



**ROBINS  
FOUNDATION**

*Bringing the community together again*

Contact - [zak.dugdale@hwcp.org.uk](mailto:zak.dugdale@hwcp.org.uk)



FREE Fun for all the family



**CLAY MODEL MAKING**



**HOT AIR BALLOON PAINTING**

**Tuesday 8th August**

**10:00am til 2:00pm**

**Hartcliffe Club For Young People**

**BS13 9AE**

**Ages 8 to 16**

**limited spaces**

**booking essential**

**(Food provided)**

*Bringing the community together again*

Contact - [zak.dugdale@hwcp.org.uk](mailto:zak.dugdale@hwcp.org.uk)



FREE Fun for all the family  
**COMMUNITY FAMILY SPORTS  
DAY AND PICNIC**



**Thursday 10th August**  
**12:00pm til 3:00pm**  
**Willmott Park BS13 0AA**  
**(next to bmx track)**



*Bringing the community together again*

Contact - [zak.dugdale@hwcp.org.uk](mailto:zak.dugdale@hwcp.org.uk)



FREE Fun for all the family  
**ACTA DRAMA WORKSHOP**



**Monday 14th August**

**10:00am til 2:00pm**  
**Hartcliffe Club for Young People**  
**BS13 9AE**  
**Ages 6 to 16**  
**Limited spaces**  
**booking essential**  
**(Food provided)**

**SHOW TIME**

*Bringing the community together again*

Contact - [zak.dugdale@hwcp.org.uk](mailto:zak.dugdale@hwcp.org.uk)



FREE Fun for all the family

# HART ATTACK

## SUMMER FUN

**PAPIER-MÂCHÉ  
MAKING**



**Friday 18th August**

**12:30pm til 3:00pm**

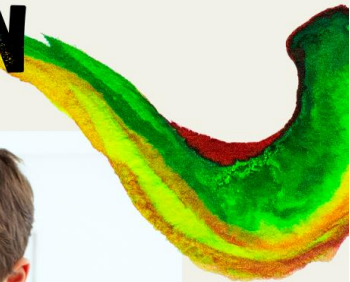
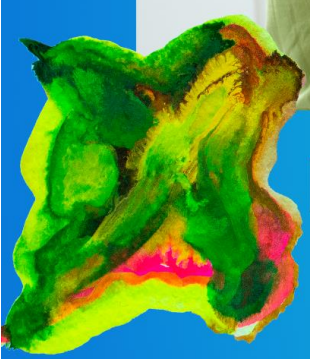
**@Symes resource Centre**

**snacks provided**

**drop in**

*Bringing the community together again*

Contact - [zak.dugdale@hwcp.org.uk](mailto:zak.dugdale@hwcp.org.uk)





FREE Fun for all the family  
**SPACEMAKERS COMMUNITY  
LITTER PICK AND GAMES**



**Tuesday 22nd August**  
**Spacemakers Park, Bristol BS13 0AA**  
**11:00am til 2:00pm**



Bringing the community together again

Contact - [zak.dugdale@hwcp.org.uk](mailto:zak.dugdale@hwcp.org.uk)



FREE Fun for all the family  
**ACTA DRAMA WORKSHOP**



**Tuesday 29th August**



**10:00am til 2:00pm**  
**Hartcliffe Club for Young People**  
**BS13 9AE**

**Ages 6 to 16**  
**limited spaces**  
**booking essential**  
**(Food provided)**



*Bringing the community together again*

Contact - [zak.dugdale@hwcp.org.uk](mailto:zak.dugdale@hwcp.org.uk)



FREE fun for all the family

# END OF SUMMER FUN DAY

**Wednesday August 30th**

**11am-3pm**

**Withywood Park**

**Bs13 8PZ**

**FACE PAINTING • S.S GREAT BRITAIN •  
MARKET STALLS HAIR BRAIDING • SAVS  
ICECREAM**

**KIDS GAMES • BOUNCY CASTLE  
PLUS LOADS MORE**

[sarah.fowles@hwcp.org.uk](mailto:sarah.fowles@hwcp.org.uk)

# Your Holiday HUB Bristol

Hundreds of  
holiday activities  
are available  
in Bristol

Eligibility criteria apply



Sports



Day trips

Cookery



Performing  
arts

Crafts

[yourholidayhubbristol.co.uk](http://yourholidayhubbristol.co.uk)



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

# Your Holiday HUB Bristol

Boqollaal ciyaaro iyo  
waxqabadyo fasax  
ah ayaa ku diyaar  
ah Birstool

Shuruudaha u qalmiseed  
ayaa u dabbaqmaya



Ciyaaro



Safarro  
maalintii ah

Farsamo-  
gacmeedyo



Sameynta  
farshaxanka

Cunto-karinta



[yourholidayhubbristol.co.uk](http://yourholidayhubbristol.co.uk)



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

8015912

# Your Holiday HUB Bristol

في بريستول  
أنشطة العطل  
تتوفر المئات من  
تنطبق معايير الأهلية



الألعاب الرياضية



رحلات يومية

فن الطبخ



الفنون التمثيلية/ المسرحية

الحرف

[yourholidayhubbristol.co.uk](http://yourholidayhubbristol.co.uk)



Your  
Holiday  
HUB

Department  
for Education



BAND  
Making Children Count



PLAYFUL  
BRISTOL

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

8015913



**JUMP STUDIOS SUMMER PROGRAMME 2023  
FREE ACTIVITIES FOR AGES 10-17**

**MAKER  
CITY**

Monday 31st July - Wednesday 2nd August / 10-3 pm

Come and experiment with digital making, creative technologies and social action! Get inspired and learn how to make products using laser cutters, 3D printers, vinyl cutters and lots more!

KWMC The Factory Unit 24/25 Filwood Green Business Park,  
Hengrove Way, Bristol BS4 1ET

**SOUND  
WAVE**

Monday 7th August - Wednesday 9th August / 10-3 pm

Come and explore our three-day music programme. Take part in songwriting, music production and collaborate with others at KWMC. All abilities are welcome!

Knowle West Media Centre Leinster Ave, Bristol BS4 1NL

To book contact us below or scan here



REGISTER VIA WHATSAPP!

T: 0117 903 0444 P: 0772 923 7126 E: jumpstudios@kwmc.org.uk



ARUP



YOUTH  
MUSIC

KWMC\*



# Free Summer Holiday Club



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

**Mondays and Tuesdays in Summer Holidays  
24 July - 15 August 2023, 10am-2pm**

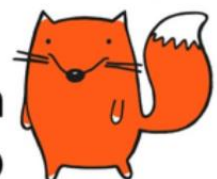
**This is a SEND Friendly Provision - the small group, flexible nature of the offering means it is accessible and appealing for the SEND community**

**Book via Eventbrite**

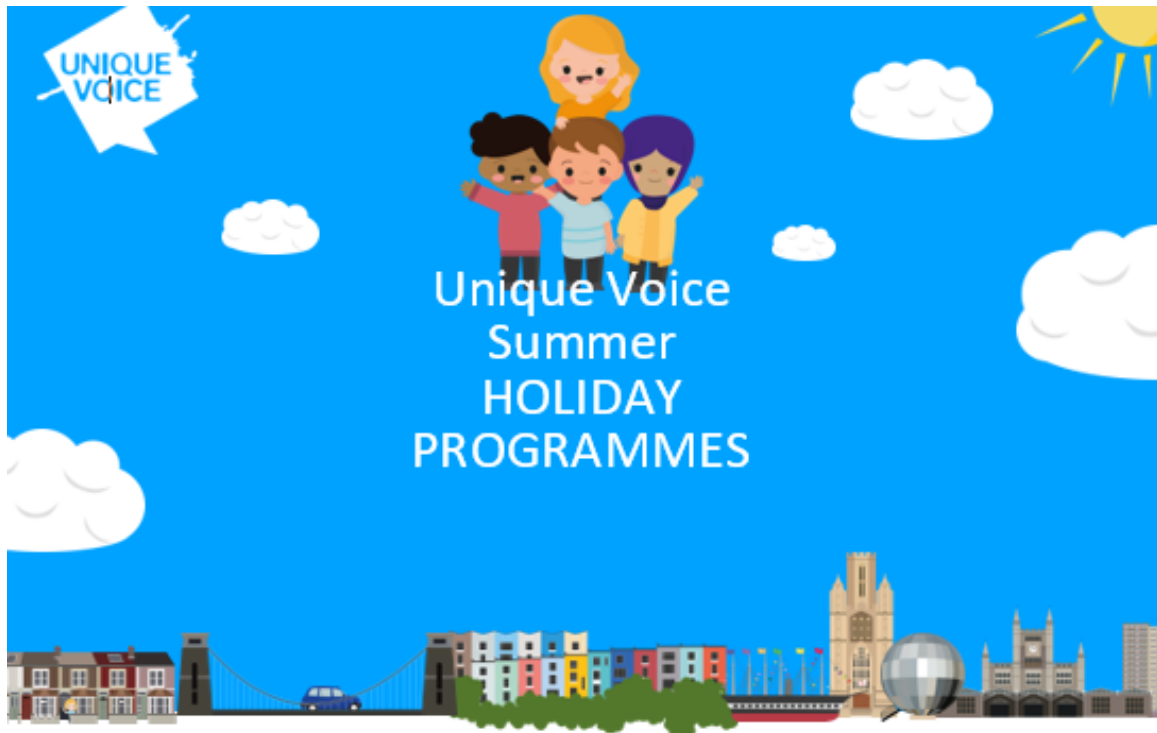


**[www.redcatchcommunitygarden.com](http://www.redcatchcommunitygarden.com)**

**Redcatch Park, Broadwalk, Knowle BS4 2RD**



## Unique Voice – Summer Holiday Activities



We will be delivering Holiday Activity and Food programme (HAF) funded holiday programmes this summer break across Bristol and South Glos. Sessions will be running Tuesdays - Fridays throughout the summer, 10:00 - 2:00pm daily.

Children will be taking part in performing arts, games, crafts and outdoor play. All activities designed to increase confidence, social emotional development and of course play!

- Children are provided with a free hot lunch and snacks each day.
- Places are free and fully funded by Bristol City Council and South Gloucestershire Council.
- Sessions are delivered by UV Youth and Play Worker. Our team has an Enhanced DBS on the update service and receives trauma-informed and safeguarding training.

Unfortunately at this time, we are unable to support children who require 1:1 support at our programmes.

If you have any questions contact Becky, UV Community Manager, at [beckyh@uniquevoice.org](mailto:beckyh@uniquevoice.org)

### Upcoming Summer Programmes

#### Locations

We are running programmes in Eastville, Hillfields, Little Stoke, Mangotsfield, Lockleaze, Patchway and Withywood.

#### Dates

- Tuesday 25th - Friday 28th July
- Tuesday 1st - Friday 4th August
- Tuesday 15th - Friday 18th August
- Tuesday 22nd - Friday 25th August

#### Time

10:00am - 2:00pm

#### Eligibility

Children must be aged between 5-11 years and in receipt of benefits-related Free School Meals.

This provision has been supported by funding from Bristol City Council and South Gloucestershire Council via the DfE



[To make a referral please click here](#)

Knowle West Fest – Save the Date!

# KNOWLE WEST FEST SAVE THE DATE! 5 AUGUST

A day of free live music, activities, a parade, and more.  
This year taking over Filwood Broadway!



WANT TO PERFORM? RUN AN ACTIVITY?  
SHOWCASE YOUR GROUP?  
HAVE A FOOD OR MARKET STALL?  
BE IN THE PARADE?

**WE WANT TO HEAR FROM YOU!**

EMAIL: [SUZIE@FILWOODCENTRE.ORG.UK](mailto:SUZIE@FILWOODCENTRE.ORG.UK)



Knowle West Fest is being delivered by Filwood Community Centre and Knowle West Media Centre, as one of the activities under the City Centre and High Streets Recovery and Renewal programme, funded by Bristol City Council and the West of England Combined Authority's Love our High Streets project.  
This event is subject to licensing and site permissions approval.

## Bristol Libraries

# Bristol Libraries – opening hours

From 27 June 2022

		Mon	Tue	Wed	Thu	Fri	Sat	Sun
Central Library	0117 9037250	9.30-5	9.30-7	9.30-5	9.30-7	9.30-5	10-5	1-5
Avonmouth	0117 9038580	10-2	1-5	10-2	CLOSED	1-5	10-2	CLOSED
Bedminster	0117 9038529	10-7	CLOSED	10-7	10-5	10-5	10-5	CLOSED
Bishopston	0117 3576220	1-7	CLOSED	11-5	11-5	11-5	11-5	CLOSED
Bishopsworth	0117 9038566	10-5	CLOSED	11-5	CLOSED	10-5	11-5	CLOSED
Clifton	0117 9038572	10-2	1-5	CLOSED	1-5	10-2	1-5	CLOSED
Filwood	0117 9038581	11-5	CLOSED	11-5	CLOSED	11-5	10-2	CLOSED
Fishponds	0117 9038560	10-5	10-5	CLOSED	11-7	10-5	10-5	CLOSED
Hartcliffe	0117 9038568	1-5	CLOSED	10-2	1-5	1-5	CLOSED	CLOSED
Henbury	0117 9038522	11-5	CLOSED	11-7	CLOSED	11-5	11-5	CLOSED
Henleaze	0117 9038541	11-5	11-5	1-7	11-5	1-7	10-5	CLOSED
Hillfields	0117 9038576	CLOSED	10-5	10-5	CLOSED	CLOSED	11-5	CLOSED
Horfield	0117 9038538	11-5	11-5	CLOSED	10-5	CLOSED	10-5	CLOSED
Junction 3	0117 9223001	1-7	11-5	1-7	CLOSED	11-5	10-5	CLOSED
Knowle	0117 9038585	1-5	11-5	CLOSED	11-7	11-5	10-5	CLOSED
Lockleaze	07342031887	CLOSED	11-4	11-4	11-4	CLOSED	9-2	CLOSED
Marksbury Road	0117 9038574	CLOSED	10-5	CLOSED	10-5	CLOSED	11-5	CLOSED
Redland	0117 9038549	CLOSED	11-5	11-7	11-5	11-5	11-5	CLOSED
St George	0117 9038523	3-7	10-2	1-5	10-2	1-5	11-5	CLOSED
St George Extended Access*	0117 9038523	8-3	8-10 2.15-7	8-1 5.15-7	8-10 2.15-7	8-1 5.15-7	8-11 5.15-7	1-5
St Pauls	0117 9145489	1-5	1-5	10-2	1-5	CLOSED	11-5	CLOSED
Sea Mills	0117 9038555	10-2	10-2	1-5	1-5	10-3	10-3	CLOSED
Shirehampton	0117 9038570	1-5	CLOSED	1-5	10-2	1-5	10-2	CLOSED
Southmead	0117 9038583	CLOSED	11-5	11-5	CLOSED	1-5	11-5	CLOSED
Stockwood	0117 9038546	1-5	1-5	10-2	1-5	10-2	11-5	CLOSED
Stockwood Extended Access*	0117 9038546	8-1 5.15-7	8-1 5.15-7	8-10 2.15-7	8-1 5.15-7	8-10 2.15-7	8-11 5.15-7	1-5
Westbury	0117 9038552	2-7	11-4	11-4	11-4	11-4	11-4	CLOSED
Westbury Extended Access*	0117 9038552	8-2	8-11 4.15-7	8-11 4.15-7	8-11 4.15-7	8-11 4.15-7	8-11 4.15-7	1-5
Whitchurch	0117 9031185	1-5	10-2	1-5	CLOSED	1-5	10-2	CLOSED
Wick Road	0117 9038557	CLOSED	10-5	10-5	CLOSED	10-5	11-5	CLOSED

For further details of available services, please visit [www.bristol.gov.uk/libraries](http://www.bristol.gov.uk/libraries)

\*Extended Access times are unstaffed. Please ask at the library for details of how to apply to join the Extended Access scheme.





# Baby Bounce and Rhyme



Come along to one of our baby bounce and rhyme sessions with your baby to share favourite nursery rhymes. Sessions last around 30 minutes and are a great place to develop early language skills as well as meet others. Older siblings are welcome too.

Library	Day (Term time only)	Time
Avonmouth 0117 9038580	Monday	11.00am
Bedminster 0117 9038529	Wednesday Friday	10.30am & 2.00pm 11am
Bishopsworth 0117 9038566 All year round!	Wednesday Friday	2.00pm 10.30am
Bishopston 0117 3576220	Wednesday	11.30am
Central 0117 9037215 All year round!	Monday Wednesday Saturday	10.45am 10.45am 10.45am
Clifton 0117 9038572	Monday Friday	10.30am 10.30am
Filwood 0117 9038581	Wednesday	11.30am
Fishponds 0117 9038560	Tuesday	2.15pm
Hartcliffe 0117 9038568	Monday	2.15pm
Henbury 0117 9038522	Monday	11.30am
Henleaze 0117 9038541	Thursday	2.00pm
Hillfields 0117 9038576	Wednesday	12.00pm
Horfield 0117 9038538	Monday Thursday	11.30am 10.30am
Junction 3 0117 9223001	Monday	2.15pm

Library	Day (Term time only)	Time
Knowle 0117 9038585	Tuesday Thursday	11.30am 11.30am
Marksbury Road 0117 9038574 All year round!	Thursday	2pm
Redland 0117 9038549	Wednesday	11.30am
Sea Mills 0117 9038555	Tuesday	10.45am
Shirehampton 0117 9038570	Thursday	11.00am
Southmead 0117 9038583	Tuesday	11.30am
St George 0117 9038523	Tuesday	11.00am
St Paul's 0117 9145489	Tuesday	2.15pm
Stockwood 0117 9038546	Friday	10.30am
Westbury 0117 9038552	Wednesday	11.15am
Whitchurch 0117 9031185	Wednesday	2.15pm
Wick Road 0117 9038557	Wednesday Wednesday	10.30am 2.00pm



Bristol Libraries

February 2023 [www.bristol.gov.uk/libraries](http://www.bristol.gov.uk/libraries)





# Story time Sessions

Fun sessions for toddlers from around 18 months. Join us for stories, rhymes and simple craft or colouring activities. Contact individual libraries for details.

Library	Day (Term time only)	Time
Avonmouth 0117 9038580	Monday	11am
Bedminster 9038529	Saturday	11am
Bishopston 0117 3576220	Saturday	11.30am
Bishopsworth 9038566 All year round!	Wednesday Friday	2.00pm 10.30am
Central 9037215 All year round!	Friday	10.45
Clifton 9038572	Tuesday	2.30pm
Filwood 9038581	Friday	11.30am
Fishponds 903560	Tuesday	2.15pm
Hartcliffe 9038568	Thursday	2.15pm
Henbury	Wednesday	11.30am
Henleaze 9038541	Thursday	11.15am
Hillfields 9038576	Wednesday	12.00pm
Horfield 9038538	Tuesday	11.30am

Library	Day (Term time only)	Time
Junction 3 9223001	Monday	2.45pm
Knowle 9038585	Friday	11.30am
Marksbury Road 9038574 All year round!	Tuesday	10.30am
Redland 9038549	Friday	2.30pm
Sea Mills 9038555	Tuesday	10.45am
Shirehampton 9038570	Thursday	11.00am
Southmead	Wednesday	11.30am
St George 9038523	Thursday	10.15am
Stockwood 9038546	Tuesday	2.15pm
Westbury 9038552	Friday	11.15am
Whitchurch 9031185	Friday	2.15pm
Wick Road 9038557	Friday	10.30am



**Central  
Library**

# LEGO CLUB

**Love Lego? Come to our Lego Club!**

**14:30pm-15:30pm  
On the 2nd and 4th Saturday  
of every month  
From the 25th of February 2023**

**Suitable for children 4-10 yrs  
Children must be accompanied by an adult**



## Summer Reading Challenge 2023

Get ready for Ready, Set, Read! Arriving in Libraries and online this summer!

Developed in collaboration with the Youth Sport Trust, 'Ready, Set, Read!' will celebrate play and participation and will encourage children to engage in reading, games and sports, in any way that best suits them.

Children are challenged to get reading over the summer holidays. By taking part in the free Challenge, children will be able to join a superstar team and their marvellous mascots as they navigate a fictional summer obstacle course brought to life with illustrations by children's illustrator Loretta Schauer.

The challenge begins in libraries from Saturday 8 July.

Children can also take part online!

### How to take part

Children can join at the library and pick up a Ready, Set, Read! folder or do the digital challenge online or do both!

To take part in the library, simply pick up a free folder, collect stickers and then read at least 6 books. At the end the reward is a brilliant Summer Reading Challenge medal!

To take part online go to [summerreadingchallenge.org.uk/](https://summerreadingchallenge.org.uk/) where children create their own profile with the assistance of an adult. They set their own reading goals, and can read any books they choose! Children are encouraged to read library books, digital eBooks and listen to eAudio books. Each time they finish a book; they add it to their profile and write a review.

### Rewards and Incentives

Children are rewarded with stickers and a medal if they take part in the library.

Online, the rewards are fun digital activities and incentives along the way, with online badges and games. When they complete the challenge online, they receive a downloadable certificate.

### Benefits of the Summer Reading Challenge

Children who take part maintain reading confidence levels over the summer and are more enthusiastic about books and reading.

It keeps children actively reading over the summer, supporting the transition between year groups and stages.

The programme offers something fun & FREE to do together for your children, families and communities.

### Accessing Books and Joining the Library

All of our libraries are now OPEN – Please check here for more details:

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

We also offer e books and e audio books for free with your library membership card! If you're not already a library member, joining is easy and free, just [click here to join the library](#).

### Support us

Please promote the Summer Reading Challenge in your school or setting and share on your social media channels. Find us on Twitter @BristolLibrary, Instagram BristolLibraries and Facebook Bristol Libraries.



## BS13 Cooking Club



# BS13 COOKING CLUB



WE ARE EXCITED TO ANNOUNCE OUR FIRST COOKING SESSION ON THE 12TH JULY 2023.

DO YOU LIKE COOKING? WOULD LIKE TO KNOW HOW TO COOK DIFFERENT CULTURAL FOOD? WHY NOT JOIN US?

START DATE: JULY 12TH 2023 (SECOND WEDNESDAY OF EVERY MONTH)

TIME: 14:00 - 18:00 TURN UP ANYTIME, BEFORE AND AFTER SCHOOL RUN, NO NEED TO BOOK  
14:00 - 17:00 -> COOKING 17:00-18:00 EATING

WHERE: MOWCROFT METHODIST CHURCH,  
MOWCROFT ROAD, BS13 OLT (OFF HARECLIVE ROAD)

MENU: MEAT BALLICHICKEN) WITH VEGETABLES  
RICE SALAD FALAFEL BROWNI CAKE

HALAL & VEGETARIAN OPTIONS AVAILABLE  
ADULTS WITH CHILDREN AND  
--EVERYBODY WELCOME



CONTACT: AXIN +44 7404 411898



putting your  
**FAMILY'S HEALTH**  
at your fingertips

**FREE** online course for families  
to log on to healthy habits.

Live stream our expert family nutritionists to the comfort of your own home! We are experts at engaging children around healthy eating and fun exercise, and have plenty of tricks up our sleeves to help you and your kids make healthier choices, and then turn them into habits for a healthier, happier life!

BeeZee Families Live is a free, 10 week course of online webinars for children (5-12yrs) and their families to learn about healthy lifestyles.

**SIGN UP FOR FREE!**

 [beezeebodies.com/familieslive](https://beezeebodies.com/familieslive)

 03308 186308

 @beezeefamilies

 BeeZee Families



\*eligibility criteria applies, see website for details



*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](https://onefrontdoor.org.uk)  
Call us today: **0117 922 3440**  
Email: [onefrontdoor@bristol.gov.uk](mailto: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.

**FREE Courses with Community Learning  
ENROLMENT DAY  
Monday 11th September  
Between 9.00am and 3.00pm  
Hartcliffe Nursery School and  
Children's Centre BS13 0JW**

[Courses running from September](#)

**English**

**Maths**

**Childcare level 1**

**Paediatric First Aid**

**[Creche available on courses](#)**

**Come along to Family Support Rooms**

**[Portacabins in main car park]**

**[Phone/text Helen for more information 07760990855](#)**



## FREE COURSES AT THE GALLERIES

**From September 2023**

**Various Times and Dates**

**Bristol Launchpad, The Galleries Shopping Centre (Ground Floor)**

FREE and friendly courses to learn new skills, meet people and gain recognised qualifications

- Beginner Digital Skills
- Level 1 Award in Customer Service
- Level 2 Award in Independent Advocacy

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

**Phone:** 07721 512583

**Eligibility:** Adults aged 19 years plus with few or no formal qualifications

**WEST OF  
ENGLAND**  
Combined Authority



**COMMUNITY  
LEARNING**

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



**FREE Courses with Community Learning  
ENROLMENT DAY  
12<sup>th</sup> September 2023  
Tuesday 9.30-3.00pm  
The Park Centre, Daventry Road  
BS4 1DQ**

[Courses running from September](#)

**English and Maths**

**Level 1 Practical Horticulture**

**Paediatric First Aid/First Aid**

**Wellbeing, cooking, budgeting courses**

**Food Safety qualification**

**ESOL Assessment day on 12<sup>th</sup> September too**

**Main reception and ask for Lucy 07788353446**



**EMPLOYMENT  
SKILLS &  
LEARNING**



[communitylearningwest.net](http://communitylearningwest.net)



01172 510230



# Health and Social Care Level 1

**Mondays starting 18<sup>th</sup> September 2023**

**12:30 – 2:30pm**

**Stockwood Children's Centre**

- Join a small, FREE, friendly, local course and learn some new skills, meet people and build your confidence
- Prepare to work across the health and social care sector and gain a recognised qualification
- Describe the principles and values that underpin work in health and social care and explain how you can demonstrate that you value service users

This course starts with a 5 week introduction followed by 15 weeks to gain the City & Guilds qualification.

Contact: [Catherine.landon@bristol.gov.uk](mailto:Catherine.landon@bristol.gov.uk)

07785 702454

This course is aimed at adults aged 19+ with few or no formal qualifications.



**ESOL CLASSES**

**FREE ESOL Assessment  
And Information Event  
Hartcliffe Nursery School  
& Children's Centre  
BS13 0JW**

Want to find out your English level and hear about local ESOL opportunities?  
Come along to our ESOL Assessment and Information Day  
Monday 11<sup>th</sup> September  
Between 9.00am and 3.00pm  
[Portacabins in main carpark]  
Age 19+ only  
Call 07760990855 or email [helen.richards@bristol.gov.uk](mailto:helen.richards@bristol.gov.uk)

 **WEST OF ENGLAND**  
Combined Authority

 **COMMUNITY LEARNING**

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



## FREE ESOL Assessment and Information Event

Want to find out your English level and hear about local ESOL opportunities?

Come to one of the ESOL English assessment and information events:

- **12:30pm Monday 11<sup>th</sup> September** Faithspace, BS1 6PB
- **10am Thursday 14<sup>th</sup> September** Faithspace, BS1 6PB
- **10am Friday 15<sup>th</sup> September** Bedminster Children's Centre, BS3 3BZ

Aged 19+ only. Those who are claiming a means tested benefit or have low educational qualifications will be prioritised.

Call 07721 512583 or email [Bryony.sims@bristol.gov.uk](mailto:Bryony.sims@bristol.gov.uk)

Click to see flyer: [اللغة العربية](#) [En Español](#) [Afka Soomaaliga](#) [українською мовою](#) [Po polsku](#)



COMMUNITY  
LEARNING

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



## Live Well Eat Well Get Cooking!

**When:** 15/9/23 to 20/10/23 |

**Where:** Knowle West Health Park, Downton  
Road, BS4 1WH

**Time:** 12.30 til 2.30 each week

Weekly, free course to learn about healthier food choices. Get cooking dishes for you, your family and friends. Lots of tips and advice to help you make positive, delicious and money saving choices. Free hand blender at end of course. Book a place quickly!

**Contact:** Lucy Fieldhouse Phone/Text: 07788353446

**Eligibility:** Adults 19+ with no or low qualifications



**COMMUNITY  
LEARNING**

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

## Community Farm – Chew Manga

### The Community Farm

The Community Farm is a social enterprise based in Chew Magna, Somerset with environmental sustainability, community engagement and nature-friendly farming at our heart. We grow and sell locally-sourced, seasonal produce that's 100% organic. Working with organic producers and local farmers, our box delivery service supplies hundreds of homes throughout Bath, Bristol, The Chew Valley, Frome and Weston-Super-Mare. Learning activities for local children, adults and vulnerable people as well as regular volunteering opportunities are also regularly offered at The Farm.

#### **Growing Wellbeing: Restoring People and Place**

Our three wellbeing courses, Grow and Make, Wild Steps and Lakeside Wellbeing, sit alongside each other, offering different routes to improved wellbeing for different people with different needs and interests.

#### **Grow and Make - Therapeutic Horticulture Programme**

**12-week course:** Wednesdays, 10am-3pm. The next course starts on 13th September

**Grow Days 2023:** 16th June and 14th July

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.

Alternatively, you can join one of our Grow Days which are one-off 're-fuelling' sessions, providing a boost to mood and general wellbeing.

#### **Wild Steps - Therapeutic Conservation Programme**

**New 6 week course:** Thursdays, 11am-3pm. The next course starts on 21st September.

**Wild Days 2023:** 7th July & 11th August

Run as a block of 6 structured sessions, the Wild Steps course is framed by the 5 Pathways to Nature Connectedness\*: Contact, Beauty, Emotions, Compassion and Meaning. These sessions allow you to experience relaxation in a safe and supportive space, foster a sense of community and develop greater awareness of how our connectedness to other life benefits our own wellbeing.

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

Alternatively, you can join one of our Wild Days which are one-off 're-fuelling' sessions, providing a boost to mood and general wellbeing.

### **Lakeside Wellbeing - Therapeutic mindfulness, movement and creativity programme**

**New 6-week course:** Mondays, 10am-3pm. The new course starts on October 30th.

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

Register your interest by following the link below and the course leader will give you a call or send you an email to get to know you a bit. Let us know if you would prefer to be called or emailed.

[Wellbeing - The Community Farm](#)



**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](http://vitahealthgroup.co.uk)
-  0333 200 1893
-  Text "YOU" to 88802

**Scan to  
self refer**



Services provided by  
 **vita**  
health group

## ROOTS Wellbeing – Short Meditation



**ROOTS WELLBEING**

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

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**  
Contact: [roots@yourpark.org.uk](mailto:roots@yourpark.org.uk) for more information.



## Winston's Wish – Walk and Talk



**Wednesday  
9th August, 1pm**

**Meeting at  
'The Down's Cafe',  
Stoke Road, Durdham  
Downs, Bristol, BS9 1FG**

# CONNECT WITH OTHER GRIEVING FAMILIES

**Meet others who get what you're going through**

**Walk and Talk** events connect grieving young people and their families with one another in a relaxed setting.

It's your chance to share stories, experiences and advice with people who really 'get it' whilst enjoying a walk around beautiful Bristol.

Organised by youth bereavement charity Winston's Wish, we'll walk with you and be on hand to answer any questions.

**Register your interest at [winstonswish.org/walk](https://winstonswish.org/walk)**

For immediate grief support call:  
Helpline 08088 020 021  
[winstonswish.org](https://winstonswish.org)

Winston's Wish is a Registered Charity (England and Wales) 1061359, (Scotland) SC041180 (0448.v1.6-22)

**WINSTON'S  
WISH WW**

Giving hope to grieving children

Feeding Bristol – Support about Food.

# Go to the Feeding Bristol Website for help and support about food.

Click below to see more:

## [Home - Feeding Bristol](#)



**Food Justice**  
Justice is when everyone has access to nutritious, affordable and culturally appropriate food which is grown, produced, sold and consumed in ways that care for people and the planet.  
**Feeding Bristol Food Justice Network**  
Working to each other and working together, we can achieve food justice for everyone in Bristol.

**Working Together**  
Feeding Bristol believes that the best change happens when we work together.  
**Your Holiday Club**  
Making sure nourishing food is at the heart of school holidays.  
**The Children's Kitchen**  
Growing and exploring good food with Early Years children.  
**Working With Communities**  
Supporting and connecting community groups and organisations.

**Support in Bristol**  
**Need help?** If you, or someone you work with, needs help with food, there are various ways to access support.  
**Worrying About Money?**  
Find out where in the city you can get financial advice and support.  
**Community Food Support**  
Helpful area based directories of food support and low-cost food provision.

**Funding opportunity**  
Feeding Bristol are managing the food element of the Household Support Fund (HSF) on behalf of Bristol City Council.  
**How to apply?**  
Applications for grants are open from 10th to 28th July 2023.

**What we want**  
At Feeding Bristol we want our local food system to work for everyone. To do this, we need to think innovatively and take an equitable approach.  
**Food Equality Action Plan**  
To build this future, we have co-produced the Food Equality Action Plan (2023-26). See how you can get involved.



**Introducing A One City Food Equality Action Plan (2023-26)**

To mark Bristol's 'Food Justice Fortnight', the 'One City Food Equality Action Plan (2023-26)' has been launched as a guide...

13.07.23



**Bristol Food Network: who are we and what is Bristol Good Food 2030?**

Connecting, amplifying and building networks – this is always at the very heart of the work we do at Bristol Food...

21.06.23



**The Children's Kitchen: Mayor's Blog (June 2023)**

At The Children's Kitchen (TCK), we focus on encouraging children and families to explore, cook, and grow fresh produce in...

15.06.23



**Food Justice Fortnight and why we need the One City Food Equality Action Plan**

It's been a difficult year for many people in this country. The cost-of-living crisis, which has been fuelled by a...

12.06.23



**Borderlands: big believers in the power of choice**

Borderlands is a small charity working with asylum seekers and refugees in Bristol and the surrounding areas. We provide a...

09.06.23



**Heart of BS13: developing practical solutions**

Mobilising adults, young people and children to improve life outcomes, the work of Heart of BS13 addresses food hardship, improves...

05.06.23



**Culturally diverse food: reflections from a CFJN panel discussion**

At our most recent Community Food Justice Network Event we hosted a panel discussion on the topic of 'Culturally Appropriate...

25.04.22



# KNOWLE WEST WELCOME SPACES SPRING EDITION 2023



Everyone  
is welcome

## COMMUNITY NETWORK

Our neighbourhood is full of LOCAL groups and organisations, offering a range of activities, support and advice services.

The timetable overleaf shows where Welcome Spaces are located, their contact details and opening times.

For more up-to-date information go to [www.knowlewest.co.uk/welcomingspaces/](http://www.knowlewest.co.uk/welcomingspaces/)



To find out what other activities are on offer and holiday closures please visit or contact the location directly.

#WeAreKnowleWest

## ONLINE ADVICE AND SUPPORT SERVICES

You can find lots of local advisory services, free and low cost activities on the community website:

[www.knowlewest.co.uk/support-and-advice/](http://www.knowlewest.co.uk/support-and-advice/)



Information for Bristol Residents on a dedicated Cost-of-Living support page:

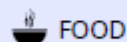
[www.bristol.gov.uk/residents/people-and-communities](http://www.bristol.gov.uk/residents/people-and-communities)



## WELCOME SPACES ARE A SAFE, FRIENDLY SPACE TO:

- F** RECHARGE yourself / your devices
- R** Access SIGNPOSTING to advice, support services & local activities
- E** SHARE information / find out more
- E** CONNECT with others / to the internet where indicated

**FREE or LOW COST**



FOOD



ACTIVITIES

where indicated

The Park Cafe	Community Cafe @ Inns Court Community & Family Centre	Novers Cafe
FREE Tea/Coffee & toast	FREE Tea/Coffee & toast	FREE Tea/Coffee & light bite
with this voucher	with this voucher	with this voucher
Mon-Fri 8.30am -5.30pm	Mon-Fri 9am-3pm Term Time only	Tuesday 9-11.30am
SPRING 2023	SPRING 2023	SPRING 2023

VOUCHERS




KNOWLE WEST  
community website








Quartet  
Community  
Foundation



# KNOWLE WEST WHERE TO?

 All venues have disabled access

LOCATION	DETAILS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>COMMUNITY CAFE</b> INGS COURT COMMUNITY CENTRE 0117 904 1220	  VOUCHER ON REVERSE. DROP-IN, EAT, CONNECT, BOING! Soft play for under 5s	9am - 3pm	9am - 3pm	9am - 3pm	9am - 3pm	9am - 3pm
<b>FILWOOD LIBRARY</b> FILWOOD BROADWAY 0117 903 8581	 PCS, INFORMATION POINT. <b>NO PUBLIC TOILETS.</b> CHILD ACTIVITIES, KNITTING GROUP & HISTORY SOCIETY	10am - 3.30pm	CLOSED	10am - 3.30pm	CLOSED	10am - 3.30pm + Sat till 2pm
<b>FOOD CLUB (DROP IN)</b> INGS COURT COMMUNITY CENTRE	 QUALITY FOOD AT LOW PRICES. MEMBERSHIP £1. WEEKLY SHOP WORTH APPROX £10-15 FOR £3.50				12.30- 2.30pm	1.30-3pm
<b>HEALTHY LIVING CENTRE</b> DOWNTON ROAD 0117 377 2255	  CREATIVE ART GROUP SUPPORTING PEOPLE WITH MILD-MODERATE MENTAL HEALTH ISSUES		ART EASE			
<b>KNOWLE WEST MEDIA CENTRE</b> LEINSTER AVENUE 0117 903 0444	 ACCESS TO PCS, SUPPORT USING COMPUTERS, ARTS & CRAFTS			10am - 3pm		11am-3pm + activity
<b>KNOWLE METHODIST CHURCH</b> REDCATCH ROAD 0117 977 6714	 DROP-IN, EAT, CONNECT	11am - 2pm				
<b>NOVERS PARK COMMUNITY &amp; SOCIAL CLUB (THE NOVERS)</b> NOVERS PARK ROAD 0117 966 5232	  VOUCHER ON REVERSE. DROP-IN, EAT, CONNECT		9-11.30am			
<b>REDCATCH COMMUNITY CHURCH</b> BROADWALK ROAD 07967 199 995	 DROP-IN, EAT, CONNECT. KNITTING CLUB & COMMUNAL WORK STATIONS					12-4pm
<b>REDCATCH COMMUNITY GARDEN</b> BROADWALK 07858 630 507	 DROP-IN, EAT, CONNECT		12- 13.30pm			
<b>RE:STORE</b> FILWOOD BROADWAY 0117 963 2521	 FURNITURE REUSE PROJECT, VOLUNTEER REPAIR CAFE					2-4pm
<b>RISING HIGH MEN'S BAKING CLUB</b> FILWOOD BROADWAY 07985 331 110 / 07470 472 742	 MEN ONLY. COOK & EAT TOGETHER				9am-12pm	
<b>SALVATION ARMY</b> PADSTOW ROAD 0117 963 1655	 DROP-IN, EAT, CONNECT. FOODBANK, FINANCE, EMPLOYMENT & HOUSING SUPPORT	11am-1pm				
<b>ST BARNABAS CHURCH</b> DAVENTRY ROAD barnabassaint01@gmail.com	 DROP-IN, EAT, CONNECT, KNITTING CLUB			 12.30-2pm FOOD BANK 0808 208 2138	10am-2pm	
<b>THE HUB</b> MELVIN SQUARE 07814 079 814	  COOK WITH FREE INGREDIENTS & LIVING ROOM. LAST ENTRY 1pm					11am-3pm
<b>THE PARK CAFE</b> DAVENTRY ROAD 0117 903 9770	  VOUCHER ON REVERSE	8.30am- 3.30pm	8.30am- 3.30pm	8.30am- 3.30pm	8.30am- 3.30pm	8.30am- 3.30pm

 Free or low cost food & drink  Term Time only  Voucher required for free food  Optional Activity  Free Wifi  Ring in advance, booking required

# Parents...



Would you like to...

- **Feel more confident in your parenting**
- **Experience less stress in family life**
- **Talk to someone about the challenges of parenting?**

We can provide a Parent Buddy who can meet with you once a week for up to 6 weeks to give you a listening ear and support you to find solutions to the challenges you are facing. This is a completely **free** service for any parents or carers. For more information and to sign up for a Parent Buddy please contact us using the details below, or scan the QR code.

**To make a referral  
just scan here:**



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

**Contact Us**

Email: [knowlewest@parentbuddies.co.uk](mailto:knowlewest@parentbuddies.co.uk)

Phone: 07752 446849

Registered charity number 1185110

**Parents!**

## **WORRIED ABOUT YOUR CHILD USING ALCOHOL AND OTHER DRUGS THIS SUMMER?**

Summer holidays are a time for fun and activities for young people, but it does mean a lot more time away from adult eyes. If you are worried that your child might be drinking or using drugs this summer we are here to help.

We can meet with your young person flexibly, promptly and in a place that suits them. We can discuss their use with them and guide them to access further support if they need it.

This can be a tricky period for you as a parent too, so we can also support you to access help through our partner organisation DHI's Family Support and Webfam services.

**Call: 0117 987 6008**

**Email: [info@bdp.org.uk](mailto:info@bdp.org.uk)**

# Cannabis cultivation is harming your community

Criminals don't care who they exploit, or about the violence and damage they bring to our communities.

They destroy lives whilst pursuing vast profits.

You can speak up and remain 100% anonymous. Always.

**CrimeStoppers.**

**0800 555 111**

100% anonymous. Always.

[crimestoppers-uk.org](http://crimestoppers-uk.org)

# BELLOVED ♡

We offer a friendly, non-judgemental and confidential service for women working in the indoor sex industry in Bristol.

If you would like to access practical and emotional support or just need a listening ear, please contact us on the details below.

Call or Text:

07541366577

Email:

[info@beloved.org.uk](mailto:info@beloved.org.uk)

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

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? If so, then this SIPCo project could help.

Whether you are with your partner or have separated, are an LGBTQ+ parent, a parent in an extended family, or any other group, we are looking for parents and carers who live in Bristol who:

have a **child aged 8-14**

are **getting into conflict** with a partner or ex-partner

are **willing to try something new** to help reduce their conflict.

This project (called SIPCo) aims to help you learn how to reduce the amount of conflict between you and your partner, or your ex.

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.

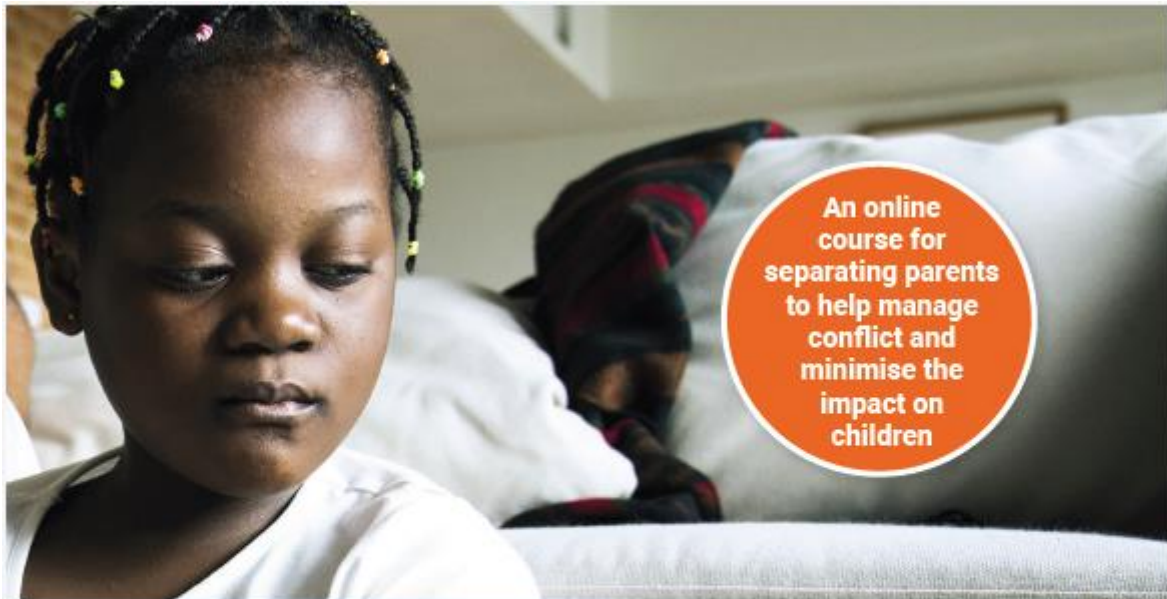
The project is trying to compare the two types of support, so parents will be provided with one or the other. We expect both kinds of support to be helpful for families.

In the relationship therapy sessions (which will take place online), a therapist will help you and your partner/ex to communicate better, while the online resources are programmes that you will work through at your own pace with the support of a locally trained professional.

**If you are interested, please get in touch using the details below. Referrals are open now.**

**Gina Paziienza**

**Email address: [relationshipsmatter@bristol.gov.uk](mailto:relationshipsmatter@bristol.gov.uk)**



## Getting it right for children

When parents are separating or separated, children can often get caught in the middle.

*Getting it right for children* is a free online course designed to help you parent co-operatively. It can help you to develop positive communication skills, so that you can sort out disagreements and find solutions together.

### You will learn:

- How to stay calm and listen as well as talk.
- Why it's helpful to see things from a different point of view.
- What to do to stop a discussion from turning into an argument.
- Skills for finding solutions and making compromises.

To access the course, you will need a smartphone, tablet, or computer, and a good internet connection. It's FREE to use, so you'll just need to create an account with a username and password.

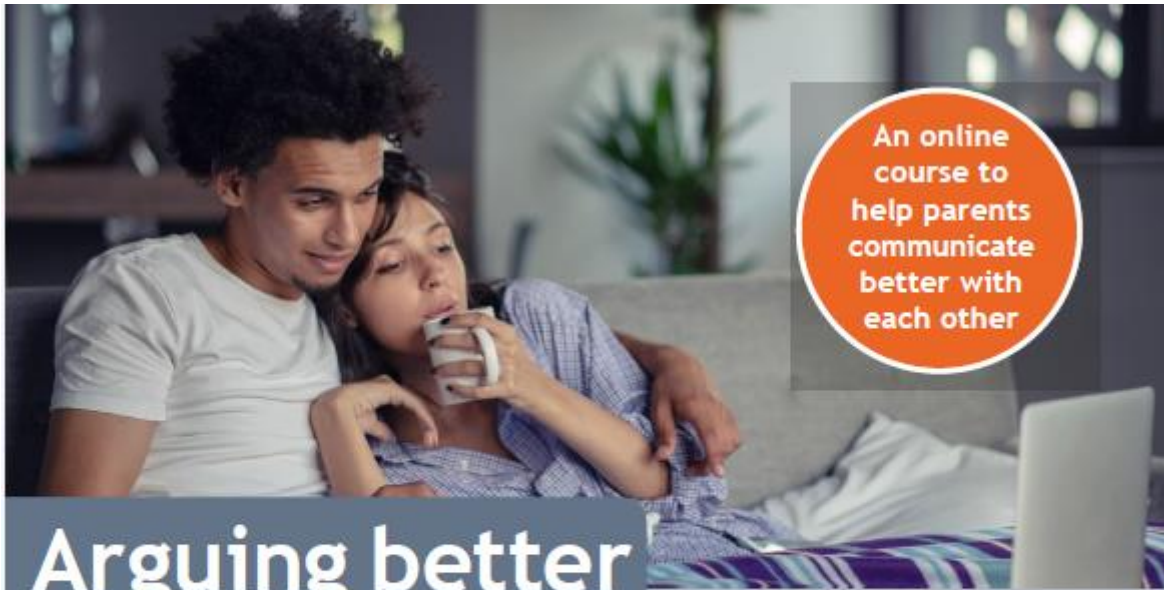


Register at this address  
[www.oneplusone.org.uk/parents](http://www.oneplusone.org.uk/parents)  
or scan the QR code

- *Getting it right for children* is designed for separating or separated parents who want to reduce conflict and communicate better with their child's other parent.
- The course is online so you can go through it at your own pace.
- You can do it all in one go but it's often best to spread it over a few weeks to give yourself time to reflect and practise the skills.



## One Plus One – Arguing Better



An online course to help parents communicate better with each other

# Arguing better

Disagreements are a normal part of life, and most couples argue from time to time. The way you approach these conversations can make a big difference to you, your partner, and your children.

*Arguing better* is a free online course to help you manage difficult conversations, avoid conflict, and improve things for your whole family.

### You will learn:

- Where stress comes from and how it can affect you.
- Ways to recognise stress and talk about it.
- How to support each other through difficult times.
- What causes arguments and how to stop them.

To access the course, you will need a smartphone, tablet, or computer, and a good internet connection. It's FREE to use, so you'll just need to create an account with a username and password.



Register at this address  
[www.oneplusone.org.uk/parents](http://www.oneplusone.org.uk/parents)  
or scan the QR code

- *Arguing better* is designed for parents who want to learn healthy ways to deal with stress and conflict.
- The course is online so you can go through it at your own pace.
- You can do it all in one go or save your progress and come back to it later.
- The course will take about 40 minutes to complete, so it's best to give yourself enough time and space to reflect.





**FREE**  
resources  
on debt and  
relationships

# Debt and relationships

Online materials to help you with debt and the impact it has on your relationships

**Debt and money troubles are among the biggest causes of relationship stress.**

In these short animations, real couples tell their stories of being in debt and the steps they took to get things back on track.

If you're worried about debt, watch these clips to see why it's best to act as soon as possible, and why it's always a good idea to talk to your partner about what's happening.



To access the online material, you will need a smartphone, tablet, or computer, and a good internet connection. It's FREE to use, so you'll just need to create an account with a username and password.



Register at this address  
[www.oneplusone.org.uk/parents](http://www.oneplusone.org.uk/parents)  
or scan the QR code



## Northern Slopes & Springfield Community Allotments – Summer Nature Celebration



Image Credit: Julia Tutton from NSI

# SUMMER NATURE CELEBRATION

NORTHERN SLOPES & SPRINGFIELD COMMUNITY ALLOTMENTS

THURSDAY 27TH JULY 3– 7PM

### DO YOU LOVE NATURE AND GREEN SPACES?

Whether you are a nature lover, gardener, someone who works in green spaces or just curious to explore your neighbourhood more we welcome you to join us for this summer celebration of nature and green spaces in Knowle West. Families and children are welcome!

### TIMES

3:00 - 4.30 pm Nature Walk led by Avon Wildlife Trust

4.30 - 5.30 pm Nature and Wellbeing activities

5.30 - 7:00 pm Summer Feast

We will meet at Springfield Community Allotment Car Park at 3 pm between 50 - 52 Andover Road Knowle Bristol BS4 1AJ

This event is free, RSVP via Eventbrite or call [0117 903 0444](tel:01179030444)

<https://nature-celebration-27-july.eventbrite.co.uk>



# South Bristol Rivers Talk

Join Bristol Avon Rivers Trust (BART) to learn more about BART, south Bristol's Rivers, the results of our recent surveys of the Malago, Pigeonhouse Stream and Collitors Brook, and plans for the future.

- **When: 6:30pm to 7:30pm**
- **Where: Ashton Vale Community Centre**
- **Date: Wednesday 19th July 2023**

For more information please  
email Nick at  
[nick@bristolavonriverstrust.org](mailto:nick@bristolavonriverstrust.org)



# Step into schools

www.wea.org.uk

## Do you want to work in a school as a:

- Teaching Assistant?
- Lunchtime Assistant?

## Enrolling for September 2023!

Contact : Nel Parker - NParker@wea.ac.uk  
07917837229

## Study with us!

Join classes to learn about how to work in schools and  
get experience working in a school for FREE\*



# What is Step into schools?

Step into school is a **free\*** programme of learning that gives you skills and experience you need to work in the education sector.  
**Free for eligible learners\***

## You'll learn about:

- Special Education Needs (SEND)
- Safeguarding
- How to get ready to work in a school

## You'll take exams and get certificates in:

- Award in Mental Health Awareness
- Award in Meeting Needs of Learners with ADHD
- Award in Support Work in Schools

## You'll get:

- Work experience in a nursery or school - we can pay for your DBS!
- One-to-one support for CVs and interview preparation
- Childcare and transport support

## WHEN?

September – December 2023  
January - July 2024  
Monday – Friday  
09:30 - 12:00 and/or 12:30 -15:00  
(Childcare available)

## WHERE?

BS2 8QH

## Enrol today!

**Contact :**  
**Nel Parker -**  
**NParker@wea.ac.uk**  
**Text/WhatsApp**  
**07917837229**

Or come visit at:  
WEA, 7 York Court, Wilder Street  
BS2 8QH





# IT Buddy Support

- Bedminster Library** - Monday 5:30pm-6:30pm, Wednesday 5:30pm-6:30pm & 1st Friday of every month 11:30am-12:30pm
- Bishopston Library** - Saturday 2pm-3pm & Thursday 2pm-4pm
- Central Library** - Monday 11am-12pm, Wednesday 2pm-3pm
- Fishponds Library** - Tuesday 11am-12pm
- Henbury Library** - Wednesday 3pm-5pm
- Henleaze Library** - Alternate Tuesdays 2pm-4pm
- Horfield Library** - Saturday 3:30pm-4:30pm
- Junction 3 Library** - Tuesday 2:30pm-4:30pm
- Sea Mills Library** - Wednesday 2pm-4pm
- St George Library** - Tuesday 10:30am-12:30pm
- St Paul's Library** - Saturday 11:30am-12:30pm
- Westbury Library** - Wednesday 1pm-3pm

IT Support sessions are FREE!

Do you need support with writing an email or filling in an online form? Come to one of our 1-1 IT Buddy sessions!

Please contact your local library for more information



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](mailto:BS13SHARINGCIRCLE@GMAIL.COM)

# Thinking about reaching out?

If you are becoming worried about your child's needs, here's where you can go for free, information advice and guidance

## SEND and YOU

Independent advice and support service for special educational needs and disabilities

0117 989 7725

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

[support@sendandyou.org.uk](mailto:support@sendandyou.org.uk)



## Bristol's Local Offer

website: a single place of information about services and support for children and young people from birth to 25 years old who have Special Educational Needs or Disabilities, and for their families and carers.



Sign up to the mailing list



## FLORA

Families Local Offer Resources and Advice:

A free helpline for early support with your child's additional needs

0117 352 6020

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



The person responsible for SEN, normally referred to as the

## SEND Coordinator or SENDCo

at your child's nursery, school or college can help you to understand the settings SEN policy and the help that can be put in place to support your child.

**SEND Parent Carer and Community groups who may be able to offer further support**



*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**



## Young Bristol – Holiday Clubs



**Our Holiday Clubs for 8 – 19 year olds are located in many areas across Bristol. During the school holidays our Community Youth Clubs and Outdoor Activities Team run open access sessions during the daytime.**

### OUTDOOR ACTIVITY HOLIDAY CLUBS

Our Outdoor Activity Programme are running half day and full day Holiday Clubs for young people ages 8 – 16 years old. The Holiday Clubs take place across our Pooles Wharf Activity Centre and Sea Mills Boys' and Girls Club.

### COMMUNITY YOUTH CLUB HOLIDAY CLUBS

**Our city-wide Community Youth Clubs provide Holiday Clubs for children and young people ages 8 – 19 across Bristol, with a focus on those who receive free school meals.**

The FREE Holiday Clubs include a programme of activities and workshops and the opportunity for young people to have fun with their friends!

### BOOKING ESSENTIAL

Ashton Vale Club for Young People

BS14 Stockwood Youth Club

The Grove @ Bedminster Down

JUST TURN UP!

Youth Club On Wheels – Stockwood Pump Track

## Break Free @YOUTH MOVES

The Park Centre

Bristol

BS4 1DQ

Break Free is part of a Bristol wide project called Feeding Bristol. In partnership with Community of Purpose, we run a programme that delivers a range of accessible activities at the same time as alleviating holiday hunger. This takes place at the Park Centre. Whilst delivering these fun & inspiring sessions, our trained staff will also provide the young people with breakfast & lunch so that they get at least two meals throughout the day. Only during school holiday time:

contact: 0117 363 4969

[info@youthmoves.org.uk](mailto:info@youthmoves.org.uk)

## BDP – M32 Support Group



**M32 Youth Groups @ BDP Summer 2023**

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

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

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

*Please contact us if you want more information, or to refer a young person, on:*

**0117 987 6009.**

**Youth Group**

# NEW LEAF

**cannabis advice + support\***

- 🍃 **Want to know more about cannabis?**
- 🍃 **Concerned around your smoking?**
- 🍃 **Becoming worried about how you are feeling and what you are doing?**
- 🍃 **Want to cut down or stop?**
- 🍃 **Anxious about someone you care for?**

**\*For young people aged 11 - 19**

0117 987 6009  
newleaf@bdp.org.uk

This project is supported by  
the CHK Foundation.





**IN THIS EDITION:** Click on the headings below to jump straight to that section:

[Volunteering Opportunities](#)

**UPCOMING COURSES:** Click on the course titles below to jump to more information:



**GET STARTED IN ARTS ACTIVISM (16-30)**

Taster Day: Wednesday 5th July  
Course: 10th - 14th July



**EXPLORE (16-30)**

Group Induction: Wed 5th July  
Course: Tues 11th - 28th July



**GET INTO I.T (18-30)**

Ongoing dates with Google



**GET STARTED WITH NATURE (16-30)**

Taster Day: Wed 17th August  
Course: Mon 21st Fri 25th August



**GET INTO SECURITY (18-30)**

Taster Day: Thursday 31st August  
Course: 4th - 15th August



**EXPLORE (16-30)**

Group Induction: Wed 9th August  
Course: Tues 15th Aug - 1st Sept

**Development Awards (16-30)**

Small, fast-access grants to help 16-30 year olds progress into education, training or employment.

**Health & Social Care Opportunities (16-30)**

One to one mentoring to help young people secure live vacancies in the health and social care sector.

**Enterprise (18-30)**

Business start up support. Access to financial grants and loans alongside mentoring and guidance.

**Team Programme (16-30)**

12-week personal development programme for NEET 16-25 year olds.

**Mentoring (16-30)**

One to one support for help young people who are unsure on their next steps.

**COMING SOON:**

August 2023  
Get Started with Screenwriting  
Get Started with Nature

September 2023  
Get into Security  
Get Started with Cooking

# VOLUNTEERING OPPORTUNITIES

We are currently recruiting in Bristol for:

**Outreach Volunteers,**  
**Delivery Support Volunteers,**  
**& Mentors**

Volunteers are at the heart of everything we do. The Prince's Trust couldn't function without the support of thousands of volunteers across the UK, who are able to offer a vital network to young people facing significant barriers to jobs, education or training.

These roles are all open to anyone looking to support young people, grow their skills and experience and get trained with The Prince's Trust.

Please share these opportunities with your networks if you are able.

Apply here:



“

I WANTED TO VOLUNTEER FOR THE TRUST BECAUSE I KNOW THEIR WORK MAKES A REAL DIFFERENCE TO YOUNG PEOPLE.

CAREY, VOLUNTEER

**CONTACT US**



princes-trust.org.uk

0800 842 842



Prince's Trust