



# 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*



Community

# BS3 Toddlers

**Weekly drop-in playgroup with  
sessions suitable for all ages**

\* term time only



**A range of fun activities including  
crafts, singing and sensory play.**

**Wednesday mornings 9-10.30am\*  
Southville Centre, Beaulay Road, BS3 1QG.**

**Taster session £2.50.  
Further sessions £3.50 for one adult and child.  
50p for each additional child.  
Refreshments included.**

**No need to book. Just drop in.**

**All welcome.**

**BS3 Community Development. The Southville Centre,  
Beaulay Road, Bristol BS3 1QG. 0117 9231039 [info@bs3community.org.uk](mailto:info@bs3community.org.uk)**



Community

# Toddlers and Grandparents

**TAG is a weekly drop-in playgroup with sessions suitable for children aged 1+ accompanied by a grandparent.**

\* term time only



A range of fun activities including crafts, singing, sensory play and story time.

**FREE** to attend. Refreshments included  
Suggested refreshment donation of £3.

Wednesday mornings 10.45 am – 12 noon.\*  
Southville Centre, Beaulay Road, BS3 1QG.

No need to book, just drop in.

**All welcome.**

BS3 Community Development. The Southville Centre,  
Beaulay Road, Bristol BS3 1QG. 0117 9231039 [info@bs3community.org.uk](mailto:info@bs3community.org.uk)



**FEBRUARY  
HALF TERM**

**THE BIG HIDE OUT, TEYFANT RD, HARTCLIFFE, BS13 0RF**

Learning Partnership West will be providing free play sessions for children and young people on 15<sup>th</sup>, 16<sup>th</sup> and 17<sup>th</sup> February 1-4pm

**Age range: 8-13 year olds, everyone attending must complete a registration form. Under 8's are welcome but must be accompanied by a responsible adult (18+)**

**Our team are all DBS cleared, qualified and experienced professionals who look forward to seeing you soon**

**For further information please contact:  
[sjimenez@lpw.org.uk](mailto:sjimenez@lpw.org.uk) / 07717816825**

**Wednesday 15<sup>th</sup> February: Pizza making and slime**

**Thursday 16<sup>th</sup> February: Chili con carne wraps and candle making**

**Friday 17<sup>th</sup> February: Homemade burgers/hot dogs and clay**





fun for all the family

## **CRAFTS AND CARD MAKING**

With Claire



Monday 13th February

For Families

Time 10:00am til 12:00pm

At the @symes community

room

Bringing the community together again

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

# Children's Scrapstore – Upcoming Events



## February Events

### Super Saturday in St Werburghs!

Saturday 25th February  
2023

Join us at any of our three locations for all sorts of **FREE** family activities and fun on Saturday 25th February 2023! Look out for our posters and on our social pages for more information.



#### Book Now:

### February Programme 2023

Our February Activity Programme is now available for booking!



Space



Robots

For more information & to book:  
[www.childrensscrapstore.co.uk/events](http://www.childrensscrapstore.co.uk/events)

#### Activity Sessions:

### Small Groups 'Space'



Animation



Robots



Small World

For more information & to book:  
[www.childrensscrapstore.co.uk/events](http://www.childrensscrapstore.co.uk/events)



Scrapstore House, 21 Sevier Street, St Werburghs, BS2 9LB  
tel: 0117 908 5644 // email: [events@childrensscrapstore.co.uk](mailto:events@childrensscrapstore.co.uk) // charity no. 1008788

## Life Cycle UK

Life Cycle UK has many different projects to help make cycling accessible for all. Here are a few of the services we offer:

- **Cycle Buddies:** A 1:1 session with trained volunteers who will help you navigate roads and cycle paths in your area. They will help plan routes to your work, the doctors or to friend's and family to build your confidence as a solo cyclist. Sessions are free and you can book up to 5  
<https://www.lifecycleuk.org.uk/cycle-buddies-local-bike-rides#Sign%20up>
- **Group Rides:** We offer a selection of group rides including '**Over 55s**' for those aged 55+:  
<https://www.lifecycleuk.org.uk/over-55s>, '**Supported Leisure Rides**' usually shorter rides for those wanting to build their confidence cycling: <https://www.lifecycleuk.org.uk/supported-leisure-rides>, and '**Two's Company**' these are tandem rides for visually impaired people:  
<https://www.lifecycleuk.org.uk/tandem-rides>
- **Youth Activities:** We also have free, drop-in cycling & bike maintenance sessions for young people aged 8 – 14 every week at Felix Road Adventure Playground (Tuesdays 3.30 – 5.30pm) / Southmead Adventure Playground (Wednesdays 3.30 – 5.30pm) / Lockleaze Adventure Playground (Thursdays 3.30 – 5.30pm) <https://www.lifecycleuk.org.uk/youth>





We are currently recruiting for volunteers across all services so drop us an email to [inclusive-cycling@lifecycleuk.org.uk](mailto:inclusive-cycling@lifecycleuk.org.uk) if you'd like to find out more.

**Ella Paine**

**Inclusive Cycling Project Administrator**

# Bristol Cycling Centre



-  [betterbybike.info/bristolcyclingcentre](http://betterbybike.info/bristolcyclingcentre)
-  Bristol Cycling Centre
-  bristol\_cycling\_centre
-  BrisCycleCentre





## Our sessions at Bristol Cycling Centre

**Rock up & Ride** - Ride freely around our track with a wide range of cycles available. Our cycle instructors are on hand to assist if needed.

**Learn to ride** - Adult or child, learn to ride a bicycle with the help of a parent/carer and the support of our cycle instructors.

**Cycle Skills** - Develop your skills such as steering, braking and gears with our cycle instructors' support.

**Family Cycling** - Cycle together as a team. Grow in confidence as a family in our traffic free environment.

**Disability session** - Enjoy a ride around our track with one of our cycles, including a wide range of inclusive cycles.

**Rusty Bikers** - Adult only session. Get your confidence back and get back cycling with the help of our friendly, knowledgeable Bikeability instructors.



## DISABILITY

If you identify as disabled these sessions might be for you, we aim to create a welcoming space that boosts confidence.

 [betterbybike.info/bristolcyclingcentre](https://betterbybike.info/bristolcyclingcentre)



## CYCLE SKILLS

Build upon new skills practicing braking, gears, steering with the help of our instructors. This session is a follow on from Learn to Ride.

🌐 [betterbybike.info/bristolcyclingcentre](https://betterbybike.info/bristolcyclingcentre)



## LEARN TO RIDE

This session is for children and adults who are learning to ride. All ages are welcome as it's never too late to learn. It can also be a great opportunity for parents and children to learn about the joy of cycling together.

🌐 [betterbybike.info/bristolcyclingcentre](https://betterbybike.info/bristolcyclingcentre)



## ROCK UP & RIDE

This session is open to all ages to ride together as a family, with a friend and/or supporters, or as a lone rider.

 [betterbybike.info/bristolcyclingcentre](https://betterbybike.info/bristolcyclingcentre)



## FAMILY CYCLING

This session is open to all ages, connections and relationships to enjoy cycling together. Our instructors can help you learn to cycle as a team.

 [betterbybike.info/bristolcyclingcentre](https://betterbybike.info/bristolcyclingcentre)



## RUSTY BIKERS

Are you new to cycling? Want to learn to ride as an adult? Or maybe not ridden for years and wanting to practice somewhere safe? Get your confidence back and get cycling with the help of our friendly, knowledgeable Bikeability instructors.

 [betterbybike.info/bristolcyclingcentre](https://betterbybike.info/bristolcyclingcentre)

# hARTCLIFFE FUN DAYS

Spring 2023

<b>JAN 15</b>	<b>FEB 19</b>	<b>MAR 19</b>	<b>APR 16</b>
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**FREE**  
but LIMITED CAPACITY so please book in advance!

doors open 11.15am  
performances 11.30am-12.30pm

lunch available to buy 12.30pm-1.30pm

creative workshops 1.30pm-3pm

free take-home craft kits given out at 3pm

**TRADITIONAL CHINESE LION DANCE**

**the DISCOVERERS**

**PLAYABLE INTERNATIONAL ART HEIST ADVENTURE!**

**SCI-FI THEATRE! ALIENS LAND!**

**(NOT SCARY) CLOWN SHOW!**

HOW TO BOOK YOUR FREE SPACES:  
Go to: [www.bravebolddrama.co.uk/events](http://www.bravebolddrama.co.uk/events)  
or ring 07866 654 968

FREE family arts events at  
**Hartcliffe Community Centre**  
including theatre, live music and dance  
plus creative workshops and a free take-home pack of  
creative materials every month. For families living in BS13.

Arts Council England logo: Supported using public funding by ARTS COUNCIL ENGLAND

Funded by Arts Council England  
Produced by Brave Bold Drama  
[www.bravebolddrama.co.uk/events](http://www.bravebolddrama.co.uk/events)

Brave BOLD Drama logo

**FREE**

for families  
living in  
BS13

# HARTCLIFFE FUN DAYS

Morning shows start PROMPTLY at 11.30am.  
Please arrive between 11.15am and 11.30am to take your seats!

## SUNDAY 15TH JANUARY 2023

**THEATRE: "The Discovery Lab" (11.30am-12.30pm)**

A part-improvised sci-fi comedy. Help friendly aliens fix their broken spaceship! Performed by Brave Bold Drama

**SCIENCE/ART WORKSHOP (1.30pm-3pm)**

Explore beautiful and intriguing science experiments. No chemicals or naked flames! Led by Knapsack Productions



## SUNDAY 19TH FEBRUARY 2023

**DANCE: Traditional Chinese Lion Dance (11.30am-12.30pm)**

Dancers wear a large lion head and dance energetically to traditional Chinese drumming and cymbals. Performed by the Chinese Lion Dance team from Bristol University.

**CHINESE ARTS WORKSHOP (1.30pm-3pm)**

Explore a range of traditional Chinese arts and crafts.



## SUNDAY 19TH MARCH

**THEATRE: "Friendly Ever After" (11.30am-12.30pm)**

Brazilian theatre company Nos Three bring a visually funny story about how clowns make friends. Please don't worry, they aren't the scary type of clown!

**CLOWNING WORKSHOP (1.30pm-3pm)**

Work with Nos Three performers to try out some simple, fun European clowning games!



## SUNDAY 16TH APRIL

**THEATRE: "The Munch Mission" (11.30am-12.30pm)**

Can you crack an international art heist mystery? Playable interactive theatre by Brave Bold Drama.

**EXPLORING ART WORKSHOP (1.30pm-3pm)**

Investigate famous paintings featured in the show through arts, crafts and music.



Please remember these are FAMILY ART events.

Parents & carers must remain present at all times. Workshop activities are for families to do together.

Lunch can be purchased at these events from Hartcliffe Community Centre.

[www.bravebolddrama.co.uk/events](http://www.bravebolddrama.co.uk/events)

## NEW FILWOOD MULTI USE GAMES AREA

Come and have your say about the new Filwood MUGA

Bristol City Council has funding to construct a new Multi Use Games Area (MUGA) in Filwood. We would love to hear your ideas for what you would like to see, including the games and activities you would like to do in the new MUGA.

It's your Multi Use Games Area and this is your chance to design it. So come and tell us what you think.

These are free events and all are welcome including families, children and young people.

**Please come along to the following events:**

### Filwood Market

A survey at Filwood Market

**When:** Saturday 4 February 10am-12:30pm

**Where:** Filwood Community Centre, Barnstaple Road, BS4 1JP

1

### Filwood Broadway MUGA Activity

Games activities for children and young people ran by Bristol Robins Foundation

**When:** Saturday 4 February 1-3pm. Snacks provided

**Where:** Filwood Broadway Multi Use Games Area, located at Filwood Broadway / Hartcliffe Road, BS4 1JF

2

### Filwood Park Engagement Event

Activities to hear your thoughts and ideas for the new MUGA

**When:** Wednesday 15 February 1-3pm. Snacks provided

**Where:** Filwood Park Community Hub, Manning Road, Filwood Park Lane, BS4 1FL

3

Map locations are on the reverse side of this leaflet



All events will be accessible. To find out more email:  
[FilwoodMUGA@bristol.gov.uk](mailto:FilwoodMUGA@bristol.gov.uk)

For further information and the chance to fill in an online survey visit: [www.knowlewestalliance.co.uk](http://www.knowlewestalliance.co.uk)



ED1545

## Bristol City Robins Foundation – Famball!

# FAMBALL!



**Bring the family, play sports and have fun!  
We look forward to seeing you.**

**Enquiries - 01179630636 or email  
[clare.rose@bcfc.co.uk](mailto:clare.rose@bcfc.co.uk)**

**Mondays 17.00- 18.00**

**Oasis Academy John  
Williams**

Famball is a free weekly sports session open to all family members. Come along and join in and learn new skills with your family, increase your mental and physical wellbeing, spend quality time with your family and most importantly have fun.



**FREE!**

# **FUSE**

**Fuse is a free weekly sports session open to all family members.**

**Come along, join in and learn new skills with your family, increase your mental and physical wellbeing, spend quality time with your family and most importantly have fun.**



*Learning and  
support for  
Parents and  
Carers*



### **NSPCC Online Safety Workshops for Parents & Carers**

The NSPCC Online Safety Workshop for Parents & Carers can be delivered online or face to face and is tailored to meet the needs of the audience.

The workshop has some core content, which consists of general online safety information for parents and includes:

- What children and young people are doing online
- Parental concerns
- What the risks are for young people in terms of what they see, do and who they meet online
- How to manage these risks as a parent
- Sources of help/support

In addition, we have content on the following topics:

- Gaming
- Grooming
- Livestreaming
- Mental health and well being
- Modelling good behaviour
- Online bullying
- Online challenges, hoaxes and scams
- Online dating
- Online friendships
- Online pornography
- Parental controls
- Persuasive design and screen time vs screen use
- Sharing nudes
- Social media

For a 30minute webinar/workshop, we suggest having the general presentation and a focus on 2 of the themed topics. For up to 5 themed topics the session is 1 hour. If you are interested in booking a workshop, please state which topics you would like us to include and some suggested dates/times.

Our workshops are delivered free of charge.

For further information or to book a workshop, please contact: [parentworkshops@nspcc.org.uk](mailto:parentworkshops@nspcc.org.uk)

# Multiply

At Multiply we have FREE workshops available to help adults 19 and over to improve their numeracy skills. Understanding numeracy and using it in everyday life can be a hard to manage. We want to help adults overcome their anxieties with numbers and build their confidence.

We are offering FREE workshops to develop skills and confidence in:

- o Money life skills.
- o Family cooking on a budget.
- o Cutting your costs & saving money.
- o Supporting children with numbers through play.

Workshops will be delivered throughout the area of Bristol, and we will be happy to deliver at a venue near you. We are an inclusive course and open to all adults aged 19 or over and we can offer additional learning support within the learning environment.



To register your interest in our workshops or to find out further information you can get in contact with The Multiply Team.

Sarah Freeman, Development Worker  
Phone: 07721589956  
Email: [multiply@bristol.gov.uk](mailto:multiply@bristol.gov.uk)



## Multiply



COMMUNITY  
LEARNING

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

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.



## Beginner Woodwork Course

10am – 3pm  
Monday 20<sup>th</sup> and Monday 27<sup>th</sup> February  
Yeamans House Community Room, BS1 6SA

- Join a FREE and friendly beginner course to learn new skills and meet people
- Learn the basics of practical carpentry skills
- Help build raised beds for a local community garden
- Find out about further learning and career opportunities

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

07721 512583

This course is aimed at adults aged 19+ with few or no formal qualifications or who are eligible for a means tested benefit.

 WEST OF  
ENGLAND  
Combined Authority



COMMUNITY  
LEARNING

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



## Health and Social Care Level 1

**Fridays from 10th February 2023 (6 weeks)**

**10:00am to 3:30pm**

**Bristol Launchpad**

**The Galleries Shopping Centre (Ground Floor)**

- 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

**bryony.sims@bristol.gov.uk**

**07721 512583**

**This course is aimed at adults aged 19+ with few or no formal qualifications or who are eligible for a means tested benefit.**



**COMMUNITY  
LEARNING**

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

## Future Bright – Unlock Your Potential

### **Billie is closer to her ‘dream job’ thanks to Future Bright**

Billie is a single Mum to two children aged 3 and 7 and was working part time in a supermarket. Billie signed up to Future Bright’s free career coaching service to help her work towards her dream career in nursing. “I was told that Future Bright were helpful in pointing you in the right direction to the career you would like to do”.

Working with a personal career progression coach, Billie found her experience very positive. “I have had so much support from my progression coach, even on days where I was anxious about all the change or worried about my future, Karen encouraged and supported me. We kept in contact, and she reminded me that I could contact her when I needed to speak about any of my concerns. She pointed me in the direction I needed to go to get my dream job and now I’m edging closer and closer towards it”.

Since joining Future Bright Billie has thrived. She said, “I have changed my job to a more suited role to my future career. I have applied for, interviewed, and started college. I have also started to prepare my personal statement for my university application. I have discovered the help and support that single mums have when returning to education, and I found that I could have a career”.

On her plans for the future, Billie said, “Once I have finished my Access to Health and Social Care course I hope to get into my chosen university and complete my Adult Nursing Degree. Once I have qualified, I hope to continue with learning and training and become a Band 8 Matron/Chief Nurse”.

### **Further information**

By joining Future Bright, you will receive a dedicated career coach who will create a personalised action plan with you to help you progress. The free one-to-one support includes practical information on other services and advice on training and development opportunities tailored to your needs.

Find out if you are eligible and sign up today

Visit: [www.futurebright.org.uk](http://www.futurebright.org.uk)

Telephone: 0117 9222250

Email: [futurebright@bristol.gov.uk](mailto:futurebright@bristol.gov.uk)

Future Bright is funded and managed by the West of England Combined Authority, led by Metro Mayor Dan Norris, and delivered by Bath & North East Somerset, Bristol and South Gloucestershire councils.



**FUTURE BRIGHT** ■ Support  
▲ Advice  
▶ Skills

## Unlock your potential at work

**Future Bright offers FREE**

- Career coaching
- ▲ Training & Support

to develop the skills and confidence needed to take the next step in your career

Check eligibility and find out more by calling 0117 9222250 or go to [www.futurebright.org.uk](http://www.futurebright.org.uk)



## HWV THE GATEHOUSE

# NEWSLETTER

### LATEST NEWS

HWV has introduced some **NEW** short courses in a small, friendly, relaxed, and comfortable atmosphere at The Gatehouse. There are no qualifications attached, no exams and they are informal fun courses. These courses are free depending on eligibility, please contact us for further information.



### SHORT COURSES INCLUDE

IT for Beginners  
Quick and Easy Cooking  
Health and Well-being

Online Job search and CV writing  
Living on a Budget and Managing Money  
Craft course

### OTHER COURSES WE OFFER

#### MATHS AND ENGLISH COURSES

Stepping Stones and Functional Skills qualifications from Entry 1 up to level 2 (GCSE equivalent), developing skills for home, life and sustainable employment. Whether you want to keep up with the kids or you need to brush up your skills to get a job, our English and Maths courses can help.

#### A COURSE FOR WORK AND LIFE

1-week course 2 days a week. This course helps to establish a routine for returning to work. Covers Universal Job Match and Universal Credit, CVs, online job applications, interview techniques, using email, oral presentation skills and much more work-related topics. Gentle introduction to computers introducing emails, online searching, Dot Gov site and more.

#### PERSONAL DEVELOPMENT

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

#### COMPUTER COURSES

Accredited and recognised ICT qualifications from Entry 1 up to level 2, including Level 1 IT User Skills and ECDL, giving learners office skills as well as skills for life and sustainable employment.

TEL: 01179 781 708 Email: [gatehouse@hwv.org.uk](mailto:gatehouse@hwv.org.uk) Web: [www.hwv.org.uk](http://www.hwv.org.uk)

## WHAT'S ON @

# HWV THE GATEHOUSE

## Other things happening @ The Gatehouse Centre

### A2A Youth Training



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

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

### The Gatehouse Café

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

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

**Everyone welcome!**



### The Gatehouse Nursery

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

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



*Services and  
activities for  
Parents and  
Carers*



## **Free Art, Cookery and Gardening Sessions at Redcatch Community Garden, Knowle, BS4 2RD**

### **Make, Cook and Grow Every Friday, 1pm-2.30pm**

Are you unemployed and looking to develop confidence or gain new skills? If so, come to our programme of therapeutic art, cookery and gardening.

### **Gardening for Wellbeing Every Thursday, 10.30am -12pm**

Would you enjoy gardening to support your wellbeing? Come to our free weekly gardening group to support your wellbeing, enable you to meet people and enjoy being outdoors.

### **Art in the Garden Every Tuesday, 9.30am-11.30am**

Explore a variety of art-making techniques in a supportive, sociable and creative space.

### **Art Together - For over 55s Living with Dementia Every Thursday, 1pm-3pm**

An Art Therapy group you can attend with a partner/carer

**To book your place, email [heather@redcatchcg.com](mailto:heather@redcatchcg.com)**



**Healthier Together**

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



**Redcatch  
Community  
Church**

# Winter Warmers

**Easing the cost of living crisis**

- **Every Friday from 2nd Dec**
- **10am-4pm**
- **Cafe All Day - £1 an item**
- **Free Soup & Roll 11.30-1.30pm**
- **Classic Movie@2pm (bi-weekly)**
- **Knitting Circle@2pm**
- **Communal Work Space**
- **A Warm Welcome to All**



Broadwalk BS4 2RB | [redcatchcommunitychurch@gmail.com](mailto:redcatchcommunitychurch@gmail.com)  
[www.redcatchcommunitychurch.co.uk](http://www.redcatchcommunitychurch.co.uk)

**REDCATCH COMMUNITY GARDEN**  
**WELCOMING**  
**SPACES**  
**FREE & EVERYONE**  
**WELCOME**  
**AFTER SCHOOL DINNER**  
**EVERY MONDAY**



Join us with your kids after school for a hot meal and activities in our warm

**Canopy**

**Every Monday until 5pm**

14th Nov 2022 - 27th Feb 2023

All welcome

**TEXT TO BOOK**

**07858 630507**

Or speak to staff at Roots Cafe

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



## Knowle West Alliance – Welcoming Spaces

### [Knowle West Welcome Spaces – The Knowledge](#)

## Knowle West Welcome Spaces

Knowle West organisations have come together to offer a wide variety of free (or low cost) activities and drop-in warm welcome spaces this winter.

It is likely to be a tough time for many of us; this page will be an up to date space to find out about what's on and places to go.



Pick up a KW Welcome Spaces: Where To? Map and Whats on guide from the welcome spaces listed. On the back page you will find vouchers for FREE tea/coffee toast and light bites at The Park Centre on Daventry Road, Boing! Community Cafe on Marshall Walk and The Novers Social Club on Novers Park Road.

**The Park Centre**  
**Monday – Friday**  
**8:30am-3.30pm** Free tea/coffee and toast with voucher.  
*Book swap area, low cost tea, coffee and food menu*

**Boing! Community Café at Inns Court Community and Family Centre** 9am-3pm  
*Free tea, coffee and toast with voucher*  
*Low cost tea, coffee and food menu*

**Novers Social Club Cafe Drop in** 9-11.30am Free tea, coffee and light bite with voucher

Follow the [Knowle West Alliance Facebook](#) and [Instagram](#) page for more updates and check out the [whats on](#) page to find out about other free and low cost events going on in the area.

### MONDAY

**Bristol Salvation Army, Padstow Road** 10am-2pm *Everyone welcome, Free tea and coffee, food – employment plus service offering debt advice and support with employment, housing, training and benefits. Food bank available.*

**Filwood Library** 11am-5pm *a warm space to use the computers and borrow books*

**Knowle West Healthy Living Centre Drop in Tea and Toast** 12-2pm *Everyone welcome, Free wifi and information on where to get support if needed*

## [Knowle West Welcome Spaces – The Knowledge](#)

### **Knowle Methodist Church, Redcatch Road Free lunch Drop in – 11am-2pm (term time only)**

*Everyone welcome, An opportunity to cook together. An open space for warmth, share a soup lunch, have chat and a cup of tea.*

### **Redcatch Community Garden, Redcatch Road Free After School Dinner – Until 5pm** (14

November – 27 February) Excluding 19th, 26th December and 2nd January) *Everyone welcome, text 07858630507 to book or talk to a member of staff at roots cafe.*

## TUESDAY

**Novers Social Club Cafe Drop in 9-11.30am** *Everyone welcome, Low cost hot food and drinks*

### **Redcatch Community Garden Community Lunch 12-1pm (excluding 20 and 27 December)**

*Everyone welcome, to book your space text on 07858630507 or speak to someone at Roots Cafe in the garden.*

### **Knowle West Healthy Living Centre Art Ease 10am-1pm** (Term time only) *Creative art group*

*supporting people with mild – moderate mental health issues. £1 per session includes soup and toast. To make a referral to join the Art Ease Group please call 0117 3772255 Please be aware that there may be a waiting list.*

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## WEDNESDAY

**Filwood Library 11am-5pm** *A warm space to use the computers and borrow books* **Babybounce and rhyme** *Nursery Rhymes and songs with families and babies* **11.30am – 12 noon**

**Knowle West Media Centre 10am-3pm Warm space drop-ins** – (Term time only) *Everyone welcome Free tea and coffee, access to computers/ microwave to heat own food / phones / toilets, computer support, printer and family friendly creative activities*

**Knowle West Healthy Living Centre Art Ease 10am-1pm** (Term time only) *Creative art group supporting people with mild – moderate mental health issues. £1 per session includes soup and toast. To make a referral to join the Art Ease Group please call 0117 3772255 Please be aware that there may be a waiting list.*

**South Bristol Childrens Centre Welcome Wednesday 1-3pm** **Welcome Wednesday (The first Wednesday of Every Month) The next one is the 7 December.** Find out more about the children's centre and services, advice and guidance on offer.

**St Barnabas Church Foodbank 12:30-2pm** Referral only – via the Help Though Hardship phoneline – 0808 208 2138

[Knowle West Welcome Spaces – The Knowledge](#)

## THURSDAY

**Filwood Community Centre Rising High 9am-2pm** Mens baking group baking bread and cooking and eating a hot meal together

**Inns Court Family and Community Centre – Family Action Food Club 1-3pm** Good quality food at a low price. Annual membership is £1 and the weekly shop is worth approx £10-£15 for just £3.50!

**St Barnabas Church Coffee Morning 9:30am-2pm** Everyone welcome free tea coffee, biscuits and conversation

## FRIDAY

**re:store Tea and Toast Craft Drop In 2-4pm** Everyone welcome, join in with an optional craft activity, have a natter, eat toast and drink tea

**Brislexic at Broadwalk – The Old Newsagents 10am-4pm** Everyone welcome, A place to slow down, creative activities, free refreshments and snacks. share stories and talk about Knowle Wests Christmas Lights and be part of a community listening project

**Filwood Library 11-5pm** Borrow books and use the computers **Story Time and Craft** For children and families **11:30am**

**Oasis Hub South Bristol Oasis Academy Connaught 11am -3pm** Free Tea, toast and refreshments, wifi and chat

## SATURDAY

**Filwood Library – 10am-2pm** A warm space to borrow books and use the computers

### MONTHLY

#### THURSDAYS

Cook and eat together with the **Square Food Foundation** from 4:30pm to cook and from 6:30pm to eat

TO BOOK EMAIL [info@squarefoodfoundation.co.uk](mailto:info@squarefoodfoundation.co.uk)

Thursday 15  
December

Thursday 19 January

#### SATURDAYS

**FILMWOOD** – Free family friendly film screenings at **Filwood Community Centre**

1pm (Arrival at 12:45pm)

Saturday 21 January

## BS3 Community – Welcome Space is Open!

### Update from BS3 Community

#### Our Welcome Space is open!



We are officially on the [Bristol Welcoming Spaces Map](#) and have free hot drinks and computers with WiFi in our reception area, available for everyone. We are partnering with some great organisations including [Bristol Law Centre](#), who offer free legal advice. At The Southville Centre, there are resources with useful information on where to go for help, advice on finance, heating, housing and more.

Every Thursday 3.30pm – 6.00pm we offer free soup and hot drinks, board games, crafts and advice on local services.

#### Bedminster FOOD Club

FOOD (Food On Our Doorstep) Clubs have been set up all over the city of Bristol and are a great way for people that are finding things tough financially to get a regular box of fresh, nutritious food at the same time as reducing food waste. We hope it will also be a way of destigmatising food banks.

Our club runs weekly from the United Reform Church Hall on West Street in Bedminster and supports anyone locally that is economically vulnerable. Annual membership is £1 and a bag of food worth £10-15 is available weekly for £3.50.

To find out more about joining our FOOD Club please email Jackie at [food@bs3community.org.uk](mailto:food@bs3community.org.uk)

#### Check-in & Chat Befriending Service

We match a member of the community that may be isolated or lonely with a volunteer who calls each week for a 'check-in and chat'. Hobbies and interests are matched, and friendships are formed. The calls can be over the telephone or face-to-face (such as meeting at a local park or cafe).

Anyone wishing to access this service can use the Check-in & Chat Help Request Form. <https://bs3community.org.uk/volunteering-and-community-development/bs3-companions-check-in-and-chat/>

We are also recruiting Check in & Chat Volunteers. If you would like to brighten the life of a lonely or isolated person, then please visit our Volunteer Makers page which contains information about all BS3 Community's volunteering opportunities: <https://bs3community.volunteermakers.org/>

**For more information about the Check-in & Chat service, please contact Carmel Ferguson, Communities Coordinator:**  
[carmel.ferguson@bs3community.org.uk](mailto:carmel.ferguson@bs3community.org.uk)

**Toddlers - Wednesdays 9am - 10.30am, Southville Centre**

We run a weekly playgroup suitable for all ages, offering a range of fun activities including crafts, singing and sensory play.

Taster session £2.50. Further sessions £3.50 for one adult and child. 50p for each additional child. Refreshments included.

**TAG: Toddlers and Grandparents Group - Wednesdays 10.45 am – 12 noon, Southville Centre**

TAG is a weekly drop-in playgroup for children aged 1+ accompanied by a grandparent. Sessions include a range of fun activities including crafts, singing, sensory play and story time.

FREE to attend. Refreshments included. Suggested refreshment donation of £3.

**Our Toddler groups are welcome to all. No need to book - just drop in! For further information about our Toddler and TAG sessions contact Emma Lunt:**  
[emma.lunt@bs3community.org.uk](mailto:emma.lunt@bs3community.org.uk)

**Volunteer with us!**

Volunteering can be a great way to help others, make new friends, get involved in your community and learn new skills. Your time is hugely valuable to us and the variety of projects we coordinate.

All BS3 Community's volunteering opportunities are advertised on the Volunteer Makers platform. Just sign up and accept the challenges that appeal to you - whether you can spare just a couple of hours or can offer regular help. Signing up to the platform means you are in control to choose exactly what you want to help with.

<https://bs3community.volunteermakers.org/>

***BS3 Community, Southville Centre, Beaulley Road, Bristol BS3 1QG.***

## THE SOUTHVILLE CENTRE IS A BRISTOL WELCOME SPACE

OPEN MONDAY - THURSDAY 8AM - 8PM

FRIDAY'S 8AM - 6PM

Free tea and coffee plus Wi-Fi access computers



### Drop-in Session

Every Thursday 3.30 - 6.00pm

A safe space to meet people and  
enjoy free soup with a bread roll, plus a hot drink.

Drop in for a friendly chat or get free advice on local services  
and the cost of living crisis

Crafts and games available.

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The Southville Centre,  
Beauley Road, Southville,  
Bristol BS31QG  
0117 9231039  
[info@bs3community.org.uk](mailto:info@bs3community.org.uk)

BSL interpreters  
attending first  
Thursday of the month  
Drop-in Session



Centre for Deaf and  
Hard of Hearing People



Bristol

## BS3 Community Resources

### Stroll & Chat Walking Groups

Friendly, local, social meet-up walking groups, free to join with two meeting points, Marksbury Road and North Street.

- **Tobacco Factory**, North Street BS3 1TF. Tuesdays, 10:30am. To join contact [jo.langford@bs3community.org.uk](mailto:jo.langford@bs3community.org.uk)
- **Bridge View Medical**, Marksbury Road, BS3 5JL. Tuesdays, 9.30am. To join contact [leanne.purton@bs3community.org.uk](mailto:leanne.purton@bs3community.org.uk)



### Monday Club for Older People

Monday Club drop-in sessions run every week 11.30am until 2pm. The session includes a homecooked two-course lunch with hot drinks, all provided by our café, The School Room, along with an activity of the week. If you or someone you know is feeling isolated, the club is great way to connect, talk and share. To book your place contact [steph.atkins@bs3community.org.uk](mailto:steph.atkins@bs3community.org.uk) or call Steph on 07487 329362.

### Check-in & Chat Befriending Service

We match a member of the community that may be isolated or lonely with a volunteer who calls each week for a 'check-in and chat', either on the telephone, or face-to-face.

For more information contact [carmel.ferguson@bs3community.org.uk](mailto:carmel.ferguson@bs3community.org.uk)

### Board Games Night

Join us in the The School Room cafe at the Southville Centre every Thursday to play a few games with people of all ages. Relaxed and friendly, though maybe a bit competitive! Free of charge. All welcome.

For more information contact [info@bs3community.org.uk](mailto:info@bs3community.org.uk)

### Are you interested in volunteering?



Volunteering can be a great way to help others, make new friends, get involved in your community and learn new skills. There are a number of opportunities and ways to be involved. To get started, scan the QR code and sign up to the Volunteer Makers Platform on our website [www.bs3community.org.uk](http://www.bs3community.org.uk) The platform also has opportunities with other community

groups, helping to organise events, clubs or groups.

For more information contact [carmel.ferguson@bs3community.org.uk](mailto:carmel.ferguson@bs3community.org.uk)

For further information about any of the above please see our website [www.bs3community.org.uk](http://www.bs3community.org.uk) or call 0117 9231039.



Food On  
Our Doorstep

## Bristol and the SW Food On Our Doorstep Good quality food at a low price

Family Action has launched Food On Our Doorstep (FOOD) clubs in Bristol and the SW to provide families with good-quality food at a low cost, while also reducing food waste.

It costs just £1 a year for your family to become a member. Once you've joined, you can purchase a bag of tasty food items **for just £3.50** every week (worth approximately £15).

To become a member you must live or work within 15 minutes of the club.

### Where and when

- HARTCLIFFE CHURCH,  
Mowcroft Road, BS13 0L
- Friday 10-12pm

### Find out more

To find out more, please email  
[bristolfoodclubs@family-action.org.uk](mailto:bristolfoodclubs@family-action.org.uk)



[www.family-action.org.uk](http://www.family-action.org.uk)

Family Action Registered as a Charity in England & Wales no: 264713.  
Family Action Registered as a Charity in the Isle of Man no: 1206.

# The Community Farm – Growing Wellbeing



## Growing Wellbeing: Restoring People and Place

Are you feeling socially isolated and/or experiencing mild depression, low mood, anxiety or stress?

Would you like to spend some time overlooking Chew Valley Lake on a working organic vegetable farm learning new skills and connecting with your wider environment and communities?

We are here for you. Our courses are free and transport can be arranged.

Open to all who live in the West of England administrative area: BaNES, Bristol and South Gloucestershire.

### Wild Steps

Therapeutic conservation programme, 11am-3pm on Thursdays. Six-week course starts on 9th February 2023.

One-off Wild (Fri)Days 2023: 27th January, 17th February, 24th March

Slow down with nature-based mindful activities that encourage a sense of connection with the world and aid relaxation. Learn skills in practical nature conservation to help wildlife flourish here at The Farm and at home. Choose from the full course or one of our one-off Wild Days, redesigned as refuelling sessions, providing a boost to mood and general wellbeing.

Email Jason [wildsteps@thecommunityfarm.co.uk](mailto:wildsteps@thecommunityfarm.co.uk) or call him on 07878 925642

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



TheCommunityFarm



thecommunityfarm

**NEW**



# **WELCOME SPACE WELLBEING GROUP**

**Wednesdays 10am - 12pm**

**Zion Bristol Community Café,  
Bishopsworth Road, Bristol, BS13 7JW**

As part of Bristol's Cost of Living response we are providing peer support to talk about the challenges to our mental wellbeing



**For more information contact:**

- 📞 0117 941 1123
- ✉️ [info@changesbristol.org.uk](mailto:info@changesbristol.org.uk)
- 🌐 [changesbristol.org.uk](http://changesbristol.org.uk)

# FEELING DISCONNECTED?

....From nature?



....From others?

....From calm?



## Come and reconnect at ROOTS TO WELLBEING!

Every Wednesday @ 10.15am - 12.15pm

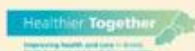
Hartcliffe Millennium Green

FREE + refreshments & travel provided

Fully accessible and suitable for all mobility levels.



For more info email: [sara@yourpark.org.uk](mailto:sara@yourpark.org.uk)  
Sign up at: <https://yourpark.org.uk/rootstowellbeing>



Filwood Library – Knit and Natter



**Knit and Natter**  
**Group**

Filwood Library  
Wednesdays 1pm until 3:00pm  
Knitting and crochet, no experience necessary!



## **Help and Advice**

### **Debt & Welfare Benefit**

**Drop-In** at The Withywood Centre, Queens Road  
Bishopsworth Bristol BS13 8QA

**Monday to Friday 10am to 2pm**

@Symes Community Building Hartcliffe Bristol  
BS13 0BE **Tuesday 10am to 12**

Perry Court Community Hub Great Hayles Road  
Hengrove (Entrance on Mile Walk)

**Thursday 9am to 12**

**Or Phone for Appointment**

**Debt** 0117 9038358

**Welfare Benefits** 0117 9851122

or Email [admin@southbristoladvice.org.uk](mailto:admin@southbristoladvice.org.uk)

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**  
**DROS** **COUNCIL TAX** **CCJs**  
**UTILITIES** **FINES** **WATER DEBT**  
**BENEFIT OVERPAYMENTS** **BAILIFFS**

 **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.

# CAP – Debt Advice



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

**Francella**

**CAP DEBT HELP**

## Lifting the weight of debt

Free debt advice and personal support in your community.

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



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

**Martin Lewis,**  
Money Saving Expert


[capdebthelp.org](http://capdebthelp.org)    **always hope.**

Charity Registered No: 10107217 (England & Wales), SC1096776 (Scotland). CAP is authorised and regulated by the Financial Conduct Authority. Product Code: 10091 & 11.



**CAP DEBT HELP**

## Lifting the weight of debt

Free debt advice and personal support in your community.

John – became debt free through CAP



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

**Reg and Janice**



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

**Sharon**

Book your free appointment  
**0800 328 0006**  
[capdebthelp.org](http://capdebthelp.org)



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

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

### Does it cost anything?

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

### Will my creditors cooperate with you?

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

### Is CAP just for Christians?

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

## How our debt help service works

- ### 1 Local appointments

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

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

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

### 4 Severe debt

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

### 5 Debt free

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

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

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



**Struggling with the cost of living?**

Find face-to-face support:  
[www.bristolcab.org.uk/get-advice/cost-of-living/](http://www.bristolcab.org.uk/get-advice/cost-of-living/)

**citizens advice** Bristol

### Struggling with the cost of living?

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

Cost of Living Advice Assistants can help you to:

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

Please visit CABs website to find the current face-to-face drop-in locations, days and times: [www.bristolcab.org.uk/get-advice/cost-of-living/](http://www.bristolcab.org.uk/get-advice/cost-of-living/)



**JOIN OUR  
MEMBERSHIP  
COMMUNITY!**



**KEY MEMBER BENEFITS**


- ▶ **Hire Kit**  
Be inducted on and hire our range of digital and manual maker kit! from 3D printers and laser cutters to CNC routers and digital embroiderers
- ▶ **Co-working Space**  
Work from our modern co-working space alongside other local creatives
- ▶ **Community, Events and Socials**  
Join our social events, Pick the brains of our technicians and hang out with likeminded creative people!


“ *The place to get creative in South Bristol* ”

**ABOUT US**

KWMC The Factory is South Bristol's community makerspace. We are a part of Knowle West Media Centre who have been championing creativity in South Bristol for over 25 years. Our workshops, co-working space and events programme are provided at reasonable rates and are the perfect place for people wanting to get creative in South Bristol!

**COME AND FIND OUT MORE**

We hold tours of the Factory every Wednesday at 11am, come on over and find out more! 

<p><b>Email:</b> factory_members@kwmc.org.uk</p> <p><b>Website:</b> kwmc.org.uk/thefactory/</p>	<p><b>Phone:</b> 0117 903 0444</p> <p><b>Address:</b> Unit 24/25, Filwood Green Business Park, Hengrove Way, Bristol BS4 1ET</p>	<p><b>Socials:</b></p> <p> </p> <p>@kwmcthefactory</p>
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Community Children's  
Health Partnership



South Bristol  
Early Years  
Speech &  
Language  
Therapy Team

Early Years  
Telephone  
Drop-in

**0300 125 6279**

Wednesday 9.30am- 12pm

(during term time)

Call to chat to  
one of our Speech &  
Language Therapists for  
advice and find out  
about available support.



The phone lines can  
get busy, but please  
do call back!

Telephone advice  
session for parents  
of children  
aged 0-4 years  
living in Bristol  
(pre-school)



Service provided by:



Please note, there will be no Telephone Drop-in session on 20<sup>th</sup> July 2022

Company Reg. No: 07585003 | Sirona care & health, 2nd Floor,  
Kinaswood Civic Centre, High Street, Kinaswood, Bristol, BS15 9TR

# Bristol Drugs Project – ROADS

Learning new skills and building up my confidence has helped me move on - life feels very different now

### Whether you want to:

- o Know how to reduce the risks if you take drugs or use alcohol
- o Understand what choices you have available
- o Cut down
- o Stop completely
- o Join therapeutic support groups
- o Access individual support
- o Join social support groups

We are here to support you.

## Contact Details

Want to get your journey started?

Refer yourself:

**0117 440 0540**

Not sure where to start? Get some advice:

Call:

**0117 987 6000**

Or

### Drop-in:

*(no appointment needed)*

**No. 11, Brunswick Square,  
Bristol, BS2 8PE**

Monday - Friday 9am - 5pm  
Saturday 9:30am - 1pm

### Don't speak English?

Free translation and culturally accessible services.



More information here:  
[www.bdp.org.uk/culturally-accessible](http://www.bdp.org.uk/culturally-accessible)

# Bristol ROADS

Recovery Orientated Alcohol & Drugs Service

Concerned about your drug or alcohol use?

ROADS is a group of organisations working together to provide free confidential advice and support.



Drug and alcohol use can affect many areas of your life.  
Connecting with us is a chance to make the changes **you** want to make.

We understand that drug and alcohol use can have a knock-on effect on other parts of your life. We also understand that there could be other factors in your life that might contribute to your drinking or drug use.

Here at ROADS, we work with you to find out exactly what support you need to help you make the changes that matter to you.

Here are some of the topics we will explore with you.



## Drugs & Alcohol

What changes do I want to make?

### Accommodation

Is where I live safe and stable?

### Friends & Family

Who supports me? How do I build relationships with the people who are important to me?

### Criminal Justice

Do drugs & alcohol keep getting me into trouble?

### Money

Am I having trouble managing my money?

### Health & Self Care

Am I looking after myself?

### Purpose & Identity

What can I do that makes me feel good? What are my strengths?

### Social & Emotional

Is there a link between my mental health and my drug & alcohol use?

Where do I want to start?

### Sound helpful?

Get in touch to get your journey started today.

Our contact details are on the back of this leaflet.





ARE YOU  
STRUGGLING  
WITH YOUR  
CHILD'S  
SLEEP?



If you are tired of second guessing what to do to support your child then get in touch today!

As an early years professional and certified sleep consultant using gentle and responsive techniques I can support your family with a tailored sleep plan to meet your child's individual needs and get your family the sleep it deserves!

Best of all, it all starts with a 20 minute mini consultation for free! scan the QR code to book yours today!



[WWW.SLEEPEASYCONSULT.COM](http://WWW.SLEEPEASYCONSULT.COM)

## SEND and You – Upcoming Events



**SAY**  
SEND AND YOU  
SENDIAS

### Bristol Events

January 2023

SEND Information Session  
Greenway Centre BS10 5PY  
1 - 3.30 pm, 4 - 5.30 pm  
[Wednesday 18th January 2023](#)

Bristol Daytime SEND Surgery  
[Wednesday 22nd February 2023](#)

Local Offer Event

[Thursday 19th January 2023](#)

[SEND and You Youth Matters  
Group](#)

Bristol Evening SEND Surgery  
[Tuesday 7th March 2023](#)

[Monday 23rd January 2023](#)

[Bristol Evening SEND Surgery](#)  
[Tuesday 31st January 2023](#)

[SEND and You Youth Matters  
Group](#)  
[Monday 20th March 2023](#)

Drop in Mediation Session  
More information will be  
available nearer to the time

SEND Support Evening  
Information Session  
[Tuesday 21st March 2023](#)

[Wednesday 22nd February 2023](#)

## SEND and You – Drop-in Sessions



**SAY**  
SEND AND YOU  
SENDIAS

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



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

Join our **SEND Drop-in** on the **second Thursday** of each month during term-time.

Grab a cuppa and meet other parents and carers.

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

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

Come along and find out how your SENDIAS Service (Special Educational Needs and Disability Information, Advice and Support Service) can help you.

Join us at the **Community Room, Symes Community Building, Peterson Avenue, Bristol, BS13 0BE** on the following dates:

12 January  
09. February  
20 April  
11 May  
08 June  
13 July

12.00 noon until 1.30 pm. No need to book, just turn up.

The building is accessible and heated. We can help you to access online information. There are toys for pre-school children. If you have any queries, please contact us on [mail@sendandyou.org.uk](mailto:mail@sendandyou.org.uk) or on 0117 9897725.

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



**SAY**  
SEND AND YOU  
SENDIAS

## Youth Moves – Mentors Required



# Mentors Required

Youth Moves are a south Bristol youth project; looking for adults to mentor young people within their communities on a 1-to-1, weekly basis. We work with young people aged 8-18 years, prioritising those who are disengaged from school, socially isolated or experiencing poor mental health.

#### Aims of mentoring:

- To build up supportive, trusting relationships
- To provide positive role models
- To set goals to improve wellbeing and self-esteem
- To try new activities and having fun together
- To engage with the local community

If you would like to join the mentoring team and help our young people reach their full potential, get in touch with Julia at [mentoring@youthmoves.org.uk](mailto:mentoring@youthmoves.org.uk) or call 01173634969 and we can send you an expression of interest form to complete

**We have paid and volunteer opportunities available.**

# Joining BRR



To get help from BRR, or join a class or other group, we need key information about you and explain what BRR is and how we work.

We ask all people using our services to follow these rules:

## Membership agreement

- Treat everyone equally and with respect, regardless of race, religion, sexuality, gender, disability, age or ethnicity
- Do not come here if you have been drinking or taking drugs
- No violence, shouting or other forms or abuse
- No sexual harassment
- Do not steal

If you break these rules we may stop your membership and you may not be able to come to BRR.

If you see someone breaking these rules or someone makes you feel unsafe or unwelcome please tell us.

If you have children they should be in the Early Years space or with you at all times.

## Member-led

We want to be led by you, our members. Join our Member Consultation Group, volunteer with us, give us feedback, or even join our board of trustees.

## Volunteer-run

All our services are delivered by volunteers. They work for free to help others and learn skills. Let us know if you want to join the team.

## We are an Independent Charity

# Bristol Refugee Rights

Safety • Solidarity • Action for Change



We run services for asylum seekers and refugees to get the help they need. We use **early action** to avoid crises. This includes **empowering** our members to take action for themselves, building skills and confidence.

We are **anti-racist** and will not accept discrimination due to race, religion, sexuality, gender, disability, age, ethnicity nor any other type of bullying or harassment.

We want a society where refugees, asylum seekers and migrants are **welcomed**. A society where everyone's rights and entitlements are **respected**.

BRR is supported by AB Charitable Trust, Allen & Nesta Ferguson Charitable Trust, Bristol Charities, Bristol City Council, City Funds, The Community Justice Fund, The Critical Social Policy Fund, JJ Charitable, John James Bristol Foundation, J&M Britton Charitable Trust, Leonard Laity Stoate Foundation, Lloyds Foundation, The National Lottery Community Fund, Nationwide Community Fund, Nisbet Trust, Paul Hamlyn Foundation, Quartet Community Foundation, Ryklow Charitable Trust, SC and ME Moreland's Charitable Trust, The Swan Mountain Trust, The Tudor Trust.

Registered Company no: 5669208 - Registered Charity no: 1126646

[www.bristolrefugeerights.org](http://www.bristolrefugeerights.org)

## Services:

**Helpline: 07526352353** 10am-1pm Monday and Tuesday

Anyone can call the helpline. If no answer leave a message with your name and telephone number; we will call you back.

Call the helpline to get:

**Advice:** help with your asylum support, asylum accommodation or asylum case

**Access** to other BRR services including: classes, tech support,

**Referrals** to other organisations



**Drop-in** at Barton Hill Settlement, Main Hall: BS5 0AX

**Wednesday 10am-12pm:** Advice and information

- Short, face-to-face, advice and advocacy
- Health access, forms, scan documents, referrals and information
- We will book appointments for issues requiring more time
- Snacks and refreshments

**Thursday 10am-1pm:** Welcome Centre

- Hot lunch, snacks and refreshments
- Games, art space, barber, IT cafe
- English class assessments and information

### **Classes and groups**

**English classes:** *join by assessment at Thursday drop-in*

- **Face-to-face:** beginner and lower-level classes, reading and writing class, conversation club

- **Online:** advanced classes in small groups and 1-2-1 classes

**Other classes:** *ask staff for information about other classes, including: computers, exercise, cooking, art*

**Early Years and Family Support:** *for BRR members' families with young children*

**Creche sessions:** you can leave your children while you go to English class on Wednesday or drop-in sessions on Thursday

**Family support:** help with accessing support for your children

*Speak to a member of staff to access early years help.*

### **Online/remote:**

**Whatsapp info group:** *ask staff to join*

**Online Welcome Centre:** weekly Zoom call for a chat

**Tech support:** *ask staff for info*

We can help if you have no phone, no data/top-up, or need help getting online.

**Pride Without Borders:** support group for LGBT+ asylum seekers. Call the helpline or ask a staff member how to join

*Services and  
opportunities  
for young  
people*



# The Hideout

**LPW will be providing free play sessions for children and young people at Teyfant Road, Hartcliffe, BS13 0RF**

## **Opening Hours:**

Wednesday: 3PM – 5PM

Thursday: 3PM – 5PM

Friday: 3PM – 5PM **(THIS SESSION IS FOR OVER 8'S ONLY)**

**Age range: 8-13 years old, everyone attending must complete a registration form. Under 8's are welcome Wednesday and Thursdays but must be accompanied and supervised by a responsible adult (18+)**

**Our team are all DBS cleared, qualified and experienced professionals who look forward to seeing you soon**

**For further information please contact Sammy on 07717816825 or [sjimenez@lpw.org.uk](mailto:sjimenez@lpw.org.uk)**

**Head Office: Learning Partnership West House, Princess Street, Bedminster, BS3 4AG,  
T: 0117987 3700 E: [enquiries@lpw.org.uk](mailto:enquiries@lpw.org.uk) W: [www.lpw.org.uk](http://www.lpw.org.uk)  
Learning Partnership West CIC. A company limited by guarantee. Company Number 2911928**

# Hartcliffe & Withywood Community Partnership – Local Activities



## MONDAY

- The Hideout**  
Age 8 to 13  
Teyfant Road, BS13 ORF  
3:00PM - 5:00PM
- Girls Football Robins Foundation Wildcat Session**  
Age 6 to 16  
Hareclive Academy BS13 OHP  
4:30PM - 5:30PM
- HCYP - Hartcliffe Club for Young People**  
Age 8 to 11  
Gatehouse Avenue, BS13 9AE  
5:30PM - 7:30PM
- SAFE Social Action for Young People**  
Age 12 to 16  
Hwcp Community Room  
@symes Building, BS13 OBE  
5:00PM - 6:00PM
- Jodie Hancock Academy of Dance and fitness - Dream Team**  
Age 4 to 11  
Gatehouse Centre, BS13 9JN  
5:00PM - 6:00PM
- Jodie Hancock Academy of Dance and fitness - Supreme Street**  
Age 4 to 11  
Gatehouse Centre, BS13 9JN  
6:00PM - 7:00PM
- Beavers**  
Age 6 to 8  
Scouts Avenue, BS13 9LW  
6:00PM - 7:30PM



## THURSDAY

- The Hideout**  
Age 8 to 13  
Teyfant Road, BS13 ORF  
3:00PM - 5:00PM
- C-Card Drop in**  
Age 11+  
HWCP Community Room  
@symes Building, BS13 OBE  
4:30PM - 5:30PM
- Jodie Hancock Academy of Dance and fitness - Cheer Sparkle**  
Age 4 to 10  
Gatehouse Centre, BS13 9JN  
5:00PM - 6:00PM
- Jodie Hancock Academy of Dance and fitness - Extreme SAS**  
Age 10+  
Gatehouse Centre, BS13 9JN  
6:00PM - 7:00PM
- HCYP - Hartcliffe Club for Young People**  
Age 12+  
Gatehouse Avenue, BS13 9AE  
6:30PM - 8:30PM



## TUESDAY

- Multi-Sports**  
Age 6 to 16  
Hareclive Academy  
Moxham Drive BS13 OHP  
4:30PM - 5:30PM
- Club Adapt**  
Age 10 to 6  
Gatehouse Avenue, BS13 9AE  
6:00PM - 8:00PM



## FRIDAY

- The Hideout**  
Age 8 to 13  
Teyfant Road, BS13 ORF  
3:00PM - 5:00PM
- Robins Junior Football**  
Age 6 to 12  
Hareclive School  
Moxham Drive, BS13 OHP  
4:30PM - 5:30PM
- Robins Senior Football**  
Age 12 to 16  
Bridge Learning Campus,  
BS13 ORL  
6:00PM - 7:00PM
- Scouts and Guides**  
Age 10 to 14  
Scouts Hut, Bishport Avenue  
BS13 9LW  
6:30PM TO 8:00PM



## WEDNESDAY

- Wicketz Cicket Session**  
Age 8 to 16  
Merchants Academy, BS13 9AJ  
4:30PM - 5:30PM
- Junior Boxing and Multi Sports**  
Age 6 to 12  
Merchants Academy, BS13 9AN  
4:30PM - 5:30PM
- Robins Disability Football Session**  
Age 8 to 18  
Bridge Learning Campus, BS13 ORL  
5:00PM - 6:30PM
- Lego Legends Families**  
HWCP Community Room  
@symes Building, BS13 OBE  
4:00PM - 5:30PM
- CUBS**  
Age 8 to 10  
Souts Hut, Bishport Avenue,  
BS13 9LW  
7:00PM - 8:30PM
- The Hideout**  
Age 8 to 13  
Teyfant Road, BS13 ORF  
3:00PM - 5:00PM



## Local Activities for Young People



Visit [www.hwcp.org.uk](http://www.hwcp.org.uk)








# ACTA DRAMA WORKSHOP



**Friday 17th February**

**Ages 6 to 12**

**Time 10:00AM til 2:00PM**

**At Hartcliffe Club for Young  
People**

**Gatehouse Avenue BS13 9AE**

*Bringing the community together again*

Booking essential:

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

Hartcliffe & Withywood Community Partnership – Community Sports Day



**Food  
Provided**

# COMMUNITY SPORTS



**DAY**



**Work  
shop**



# WICKETZ

**Tuesday 14th February**

**Ages 6 to 16**

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

**At Merchants Academy**

**Sports Centre**

*Bringing the community together again*

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



## **AFTER SCHOOL CLUB AT HARTCLIFFE CITY FARM**

Join us at Hartcliffe City Farm for our new After School Club, running through terms four, five, and six! Sessions will include activities around animals, gardening, cooking, and nature.

Starting Thursday 23rd February 3.30 - 5pm  
6 places for children aged 8 - 12  
Booking is essential

These sessions are for SEND children and young people with a diagnosis and/or on the pathway to diagnosis.

Please contact us to sign up:  
[Catherine.Ware@windmillhillcityfarm.org.uk](mailto:Catherine.Ware@windmillhillcityfarm.org.uk)



## WEEKEND FARM HELPERS AT HARTCLIFFE CITY FARM

Join us on Saturday mornings to help out around the farm! You'll help the weekend farmers look after the animals, and sessions will also include nature activities, gardening and cooking.

First 3 week block starts Saturday 11th March,  
9.30am-12noon

6 places for children aged 8 - 12

Booking is essential

These sessions are for SEND children and young people with a diagnosis and/or on the pathway to diagnosis.

Please contact us to sign up:  
[Catherine.Ware@windmillhillcityfarm.org.uk](mailto:Catherine.Ware@windmillhillcityfarm.org.uk)



**LGBTQ+  
GROUP**

To sign up email:  
**sign.up@youthmoves.org.uk** or message  
**07565243266** with your name, date of birth,  
contact number (If you have one)  
we will then reply with location, time/date of  
the session.  
Age Range  
13-18 year olds



**Youth  
moves**

For more info at :  
**www.youthmoves.org.uk**



# HARECLIVE YOUTH CLUB

**Seniors Monday 6-8pm**  
(for ages 11-16 attending secondary school)

**Juniors Tuesday 4-6pm**  
(for ages 8-11 attending primary school)

**FREE to attend**

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



# South Bristol YOUTH ZONE

COMING  
SOON!

A brand new youth space  
is coming to South Bristol.  
Offering amazing activities  
7 days a week.



**WE  
NEED  
YOU!**

We need young people aged 13-19 to visit  
other youth zones around the UK. Then help  
us design the new space - and name it!

**MORE  
INFO**

- Call / Text / WhatsApp: 07595 197436
- Email: [denise.clifford@youthmoves.org.uk](mailto:denise.clifford@youthmoves.org.uk)

SCAN TO SEE A YOUTH  
ZONE IN ACTION





## News

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### The NEW Fearless website has launched!

Our brand new Fearless.org website has now launched.

Fearless is the youth service of the charity Crimestoppers, providing young people the opportunity to give information about crime 100% anonymously. You can now access the Fearless website directly from the Crimestoppers homepage as well as by typing in [www.fearless.org](http://www.fearless.org).

We have updated our website to provide young people and professionals with more information about our service, including a FAQ page and a dedicated section on the website for young people to learn more about a range of crime topics. We have listed below more of 'What's New' but please go to website and see for yourself all of the great changes that have been made.

[Visit the new Fearless.org website here!](http://www.fearless.org)

## What's New?

- A whole new **Crime Types Explained** section for young people
- A page dedicated to providing **parents and guardians** with information about Fearless and how to talk to young people about reporting crime
- A section on the **Bystander Approach** and what it means to be an active bystander
- Our **Crime Types Explained** for professionals have been refreshed
- A **Frequently Asked Questions** page, created through consultation with our Youth Panel



We still have our range of free resources available on the new website. To order free A3 posters or download any of the resources click [HERE](#).

## The Art Project

**New art therapy group for neurodivergent young people aged 10-13 years old at Redcatch Community Garden.**

- Thursdays 10-11.30am
- Starting **Thursday 23 February** for eight weeks
- In the Canopy, our heated safari tent, at Redcatch Community Garden, in Redcatch Park, Knowle.
- Free to attend (funded by Invest in Knowle West)
- <https://www.redcatchcommunitygarden.com/post/the-art-project>

This will be a small group – a maximum of six young people, aged 10-13 years old. This group is for young people who identify as being neurodivergent. For example you might be autistic, have ADHD or be dyslexic or dyspraxic.

This will be a supportive, creative group, facilitated by three Art Therapists. We will use art to help us explore and reflect on the strengths and challenges of being neurodivergent.

If you are interested please email: [jenny@redcatchcg.com](mailto:jenny@redcatchcg.com) or [kaya@redcatchcg.com](mailto:kaya@redcatchcg.com), or call: **07769 013243**

We will send you a brief referral form to fill in, and arrange a time to have a chat on the phone to give you more information and check the group will be right for you.



# 11-19 YEARS OLD?

We help young people with all kinds of things like ...



Message us for confidential advice and support and to chat with a School Nurse.



Send a message to:  
**07312 263093**

The service is open on Monday to Friday from 9am-5pm.

We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We might inform someone if we are concerned about your safety, but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate bounce-back to confirm we received your text. Texts will not be seen outside of normal working hours. If you need help before you hear back from us, contact a member of school staff or your doctor. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps) Prevent the school nurse from sending messages to you by texting STOP to our number. Please respect your schools mobile phone policy. Messages are charged at your usual rate.

Service provided by  
**Sirona**  
care & health

## Off The Record – Mental Health Support



OTR is a mental health organisation and social movement by and for young people aged 11-25 living in Bristol, South Gloucestershire and North Somerset. We're not just a charity providing mental health services, we're a mental health movement mobilised to support, promote and defend the mental health, rights and social position of young people. OTR is free, confidential and self-referral – we give young people a choice and a voice.

### Our Current Offer



### Project Updates

#### **Yoga for Menstrual Cycle Support**

This new project for 16-25 year olds uses yoga, discussion and creative activities to explore how young people can support themselves and engage positively with their menstrual cycles – whether they experience difficulty like period pain or PMS, or simply want to understand more about themselves. No yoga experience required!

This will be a space to have open and honest conversations about periods and the menstrual cycle. The aim is for young people to leave feeling more confident in supporting themselves, seeking support from professionals if needed, and talking about periods in general.

**Every Monday throughout February, 4:45-6pm @ St Paul's Community Centre, BS2 8XJ**

Read more and sign up here: [otrbristol.org.uk/yoga](http://otrbristol.org.uk/yoga)

## **Green Influencer Programme**

We've teamed up with Action for Conservation to offer six environmental workshops for 11-18 year olds around climate change and environmental and social justice. We'll think about what we can do as a community to protect our planet, explore the nature around us in Bristol and take action to protect it together. Young people will then be supported to deliver their own project focused on what interests them.

***Tuesday 7<sup>th</sup>, 14<sup>th</sup> and 21<sup>st</sup> February, 4:30-6:30pm @ 1-2 Perry Road, Bristol, BS1 5BQ***

*Find out more and sign up here: [otrbristol.org.uk/art-works](http://otrbristol.org.uk/art-works)*

## **Book Club**

The OTR Book Club is a safe place for young people aged 16-25 to gather and meet like-minded book-lovers, as well as read titles they may not have previously considered. Members are able to vote on genres and books each month, meaning sometimes they'll get to read their own favourites and other times something new that others have recommended. The books are then provided free of charge by Give a Book.

***Last Monday of the month, 6-7:30pm, alternating between being online and in person.***

*Read more and sign up here: [otrbristol.org.uk/book-club](http://otrbristol.org.uk/book-club)*

## **Hubs**

Our Hubs are safe and relaxed spaces young people can drop into for a chat – no appointment needed. They're a great place to meet our team, discover more about what we offer and learn about mental health and self-care. There will also be opportunities to get involved in creative activities, and lots of tea and biscuits on offer too!

**Mondays 4-7pm @ 8-10 West Street, Old Market, Bristol, BS2 0BH**

**Wednesdays 3:30-5:30pm @ Armadillo, Station Road, Yate, BS37 4FW**

**Saturdays 10am-1pm @ 8-10 West Street, Old Market, Bristol, BS2 0BH**

*You can read more about Hubs here: [otrbristol.org.uk/what-we-do/hubs](http://otrbristol.org.uk/what-we-do/hubs)*

## **Get In Touch**

Check out our website to read more about our services and sign up: [otrbristol.org.uk](http://otrbristol.org.uk)

Give us a call on **0808 808 9120** – our Enquiry Line is open **Monday-Friday 2-5pm**

Outside of these hours, you're welcome to leave us a voicemail and we'll get back to you – just make sure to give your name and number!

Send us an email at [hello@otrbristol.org.uk](mailto:hello@otrbristol.org.uk)

## South Bristol Job Fair – Open Day

On Thursday 23 February 2023, 11am-2:30pm you are invited to the **South Bristol Jobs and Apprenticeships Fair** at South Bristol Skills Academy, City of Bristol College, The Boulevard, Hengrove Park BS14 0DB.

Come and meet over 50 employers and find out about the jobs, college courses and apprenticeships that are available to you.

For more information about the Jobs and Apprenticeships Fair, contact Bristol City Council's One Front Door team on 0117 922 3440 or visit [www.onefrontdoor.org.uk](http://www.onefrontdoor.org.uk) or email [onefrondoor@bristol.gov.uk](mailto:onefrondoor@bristol.gov.uk)



**11am-2:30pm**

**Thursday 23 February 2023**

# South Bristol Jobs and Apprenticeships Fair

South Bristol Skills Academy  
City of Bristol College  
The Boulevard, Hengrove Park BS14 0DB

**50+ employers | 1500+ vacancies**

Come and meet over 50 employers and find out about the jobs, college courses and apprenticeships that are available to you.



**Scan me for more information!**



## The Wheels Project KARTS PROGRAMME



**Karts** is a one term course during which you will: -

- Disassemble and reassemble a go kart.
- Strip and reassemble its engine.
- Learn basic workshop health and safety.
- Learn how to use workshop tools and equipment.
- Have an introduction to mechanical skills.
- take part in informal discussion groups.
- take part in an end of term karting session at Teamsport, Avonmouth



The Wheels Project Limited, 31-32 Bonville Road, Brislington, Bristol. BS4 5QH

Registered Charity No: 1081236

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

**The Wheels Project is a Bristol City Council Approved Alternative Education Provider**



## The Wheels Project Car Servicing PROGRAMME



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**Car Servicing** is a one term course during which you will: -

- Have an introduction to servicing a car.
- Learn about brakes, the cooling system, wheels and tyres.
- Learn about MOTs.
- Learn about bodywork checks.
- Take part in an 'Inspect to Buy' exercise.
- Take part in informal discussion groups.
- Take part in an end of term karting session at TeamSport, Avonmouth



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Registered Charity No: 1081236

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

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## The Wheels Project COMMUNITY VEHICLE PROGRAMME



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**Community Vehicle** is a three-term course during which you will: -

- Helping to select the Community Organisation to support.
- Attending an on-site visit at the chosen Community Organisation.
- Renovate a vehicle up to MOT standard.
- Learn basic workshop health and safety.
- Learn how to use a wider range of workshop tools and equipment.
- Driving and the law.
- Prepare for employment.
- This course can be used towards the Duke of Edinburgh Award.



The Wheels Project Limited, 31-32 Bonville Road, Brislington, Bristol. BS4 5QH

Registered Charity No: 1081236

Tel: 0117 971 1711/email: [david@wheelsproject.org.uk](mailto:david@wheelsproject.org.uk)

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

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