

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.

Contents

Activities for Families	4
BS3 Community – BS3 Toddlers Playgroup.....	5
BS3 Community – Toddlers and Grandparents.....	6
Playing Out – Pop Up Session	7
Teyfant Road – Halloween Party.....	8
South Bristol’s Children’s Centres – Halloween Party	9
LPW – The Hideout	10
Hartcliffe & Withywood Community Partnership – Halloween Party	11
Hartcliffe & Withywood Community Partnership – Lego Legends	12
Hartcliffe & Withywood Community Partnership – Pumpkin Carving.....	13
Hartcliffe & Withywood Community Partnership – Halloween Sports Day	14
Hartcliffe & Withywood Community Partnership – Local Activities	15
Services and opportunities for Parents/Carers	17
Women’s Gardening for Wellbeing	18
Community Children’s Health Partnership – Baby Talk	19
Learning Partnership West – First Aid Course	20
Community Learning West – Free Courses for over 19’s.	21
Women’s Work Lab – Kick start your career!	24
Community Children’s Health Partnership – Early Years SALT Team	25
Financial Support in Bristol	26
Family Action – Food On Our Doorstep	29
Redcatch Community Garden – Free Art, Cookery & Gardening	30
Filwood Library – Knit and Natter	30
NSPCC Learning – Online Safety Workshops	32
Bristol Drugs Project – ROADS	33
SEND AND YOU – Virtual Coffee Mornings.....	34
HWV The Gatehouse - Newsletter	37
Knowle West Media Centre – The Factory	38
Services and opportunities for young people	39
Proud To Be – LGBT+ Group Sessions	40
CYN – We Care Group Sessions.....	41
CYN – Arts Club	42
Young Bristol – October Holidays Activities	43
Spooky week - Youth Activities South Bristol	44
SEND AND YOU – Youth Matters Group	45

Community Children’s Health Partnership – School Nurse Service.....	46
Off The Record – Mental Health Support	47
Off The Record – Green Woodworking.....	49
The Princes Trust – Get Started with Horses	50
The Princes Trust – Get Started with Photography	51
Youth Moves – LGBTQ+ Group	52

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, Beaulley 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,
Beaulley Road, Bristol BS3 1QG. 0117 9231039 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, Beaulley Road, BS3 1QG.

No need to book, just drop in.

All welcome.

BS3 Community Development. The Southville Centre,
Beaulley Road, Bristol BS3 1QG. 0117 9231039 info@bs3community.org.uk

Playing Out – Pop Up Session

Hula Hoops

Chalk

Free

Playing Out

*****Half Term*****
Pop Up Play Session
Tues 25th October
10.30am - 12pm
@New Park Filwood Green

Local Contact:
Kate
@playingout.net

Playing Out sessions are temporary road closures to let children play safely and freely in their street. Through traffic is diverted and neighbours supervise resident car access at walking speed. Parents are fully responsible for their own children as normal.

To find out more visit www.playingout.net or call 0117 953 7167

Teyfant Road – Halloween Party

LPW

TEYFANT RD, HARTCLIFFE, B\$13 ORF

THE HIDEOUT

1-4PM

**WEDNESDAY 26TH
OCTOBER**

PUMKIN
CARVING

**THURSDAY 27TH
OCTOBER**

SLIME
MAKING

FRIDAY 28TH OCTOBER

HALLOWEEN
PARTY



Half Term Pumpkin Party

KNOWLE CHILDRENS CENTRE - INNS COURT

1 MARSHLL WALK BS4 1TR

Wednesday 26th October

10:00am – 11:30am

**Suitable for under'5 and their brothers
and sisters up to 8 years old**



Fun spooky activities

Fancy Dress welcome

Singing and Story time





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

Head Office: Learning Partnership West House, Princess Street, Bedminster, BS3 4AG,

T: 0117987 3700 E: enquiries@lpw.org.uk W: www.lpw.org.uk

Learning Partnership West CIC. A company limited by guarantee. Company Number 2911928

Hartcliffe & Withywood Community Partnership – Halloween Party



FREE Fun for all the family
COMMUNITY



HALLOWEEN PARTY

Supported by local parents
group



**DRESS UP
TO SCARE**



**LUNCH
PROVIDED**

Friday 28th October
12:00pm til 2:00pm
At The Core Hareclive Academy

Bringing the community together again

Booking essential
Contact - zak.dugdale@hwcp.org.uk

Hartcliffe & Withywood Community Partnership – Lego Legends



FREE Fun for all the family
LEGO LEGENDS

HAPPY
HALLOWEEN

Led by our Little Lego legends



Wednesday 26th October
12:00pm til 2:00pm
At Mowcroft church



**DRESS UP
TO SCARE**



**LUNCH
PROVIDED**

Bringing the community together again

Booking essential

Contact - zak.dugdale@hwcp.org.uk



FREE Fun for all the family

HALLOWEEN



Pumpkin Carving

Arts & Crafts

Monday 24th October

1pm-3pm

At The Core Hareclive Academy



Booking essential

to book please email zak.dugdale@hwcp.org.uk

Bringing the community together again

Booking essential

Contact - zak.dugdale@hwcp.org.uk

Hartcliffe & Withywood Community Partnership – Halloween Sports Day



FREE Fun for all the family

HALLOWEEN **SPORTS DAY**



Tuesday 25th October

10:00am til 2:00pm

At Merchants Academy Sports Centre

Drop in




ROBINS
FOUNDATION



Bringing the community together again

Contact - zak.dugdale@hwcp.org.uk

Hartcliffe & Withywood Community Partnership – Local Activities



Local activities for Young People

Visit www.HWCP.org.uk for the full activities calendar & latest news!

**2022
Term Time**

Monday

Girl's Football - Robin's Foundation - ages 6 to 11
Hareclive School, Moxham Dr, BS13 0HP 4:30pm - 5:30pm

HCYP Junior Night
Hartcliffe Club for Young People, BS13 9AE- 5:30pm - 7:30pm

S.A.F.E Social Action For Everyone Project - ages 13-16
HWCP Community room -BS13 0BE - 5:30pm - 6:30pm

The Hideout Adventure Playground -
Teyfant Rd, BS13 0RF - 3pm - 5pm

Jodie Hancock academy of dance and fitness - Dreamteam - ages 4-11 (£5)
Gatehouse Centre -BS13 9JN -5-6pm

Jodie Hancock academy of dance and fitness - Supreme Street - age 4-11 (£5)
Gatehouse Centre - BS13 9JN - 6-7pm



Tuesday








Multi Sports - Youth Moves
Hareclive School, Moxham Dr, BS13 0HP 4:30pm - 5:30pm

The Hideout Adventure Playground -
Teyfant Rd, BS13 0RF - 3pm - 5pm

Club Adapt @HCYP - Ages 10-16
(activities, opportunities and workshops for young people with additional needs)
Gatehouse avenue, BS13 9AN - 6pm -8pm

Young Company City- Old Vic Drama Group 7-14 years
Mowcroft rd Church BS13 0LT - 4:00-5:30pm

 Hartcliffe & Withywood Community Partnership  @hwcpsymes





Local activities for Young People

Visit www.HWCP.org.uk for the full activities calendar & latest news!

2022
Term Time

Wednesday

Junior Boxing - age 8-12 - 4:30-5:30pm

Girls Boxing - 5:30-6:15

Merchants Primary School - BS13 0JW

Wicketz Cricket Session - ages 8-16

Merchants Academy - BS13 9AJ - 4:30pm-5:30pm

Hartcliffe Bmx Track - Rock up and ride -All age (at own risk)

Hartcliffe BMX Track, Willmott Park - 3pm-4:30pm:

Disability Football - age 8-18

Bridge Learning Campus Secondary - BS13 0RL- 5pm-6:30pm

The Hideout Adventure Playground

Teyfant road - BS13 0RF - 3pm-5pm

Lego legends - Family lego group

HWCP Community Room Bs13 0BE - 4pm - 5:30pm (50p Per Family)

Thursday

Time to Talk ages 11+

HWCP Community room - 4:40-5:30

HCYP Seniors - age 12+

Hartcliffe club for young people - BS13 9AE - 6:30pm-8:30pm

Jodie Hancock academy of dance and fitness - Cheer Sparkles age 4-10 - (£5)

Gatehouse Centre - BS13 9JN - Studioe 9 - 5-6pm

Jodie Hancock academy of dance and fitness - Extreme SAS age 10 years upwards

Gatehouse Centre - BS13 9JN - Studio 9 - 6-7pm

Rugby - 4:30 - 5:30- Year 5 and Year 6

Hareclive School, Moxham Drive BS13 0HP

Friday

Primary Football - Robins Foundation - age 8-12

Hareclive School, Moxham DR - BS13 0HP - 4:30pm-5:30pm

Secondary Football - age 13-16

Bridge Learning Campus - BS13 0RL - 6pm-7pm

The Hideout Adventure Playground

Teyfant road - BS13 0RF - 3PM-5PM



Hartcliffe & Withywood
Community Partnership
@hwcpsymes



*Services and
opportunities
for
Parents/Carers*

Women's Gardening for Wellbeing

Women's Gardening for Wellbeing

Connection to Nature through Autumn and Winter

When? Every other Tuesday: **Dates:** September 20th/October 4th and 18th/November 1st, 15th and 29th/December the 13th 2022.

Time: 10.30am - 1.30pm

Where? Inns Court Community Garden, Inns Court Community and Family Centre
1 Marshall Walk, Knowle West, Bristol, BS4 1TR

How to get there: Bus routes: **M1** - Inns Court Avenue stop, **91** - Thurston Road stop, and **76** - Hengrove Leisure Park stop. Free car park next to the centre. The garden is located at the back of the community centre - you can get in through the cafe or via the rear car park accessed from Inns Court Avenue. Please contact us if you have access needs or support with transport costs.



What? Gardening, growing and harvesting vegetables, crafts, cooking and sharing food, feeling good and being outdoors!

Who is it for? This is an inclusive space for anyone who identifies as a woman. All equipment provided. Please let us know if you have any access or dietary requirements.

To find out more please contact us by phone or email:

Phone: 07927 358548

Email: 4otoutdoors@gmail.com

Instagram: @4otoutdoors

OTOOutdoors is a Community Interest Company created by four registered Occupational therapists; Lydia, Polly, Sara and Simone. OTOOutdoors is a therapeutic project founded on the belief that connection to nature is fundamental for health and well-being.



OTOOutdoors CIC registered in England, no 13912564



Community Children's
Health Partnership



Bristol Early Years Speech and Language Therapy Team

Baby Talk

How to help your baby learn to talk

A 1-hour session for parents and carers
of children 0-18 months
living in Bristol

Online session- upcoming
dates:

Tuesday 18/10/2022 1.30pm

Friday 11/11/2022 10am

Wednesday 14/12/2022 1.30pm

Come and find out:

What do babies need to learn?

How communication develops – what to expect & when.

What we can do to help your baby develop, feel safe
and help their brain grow.

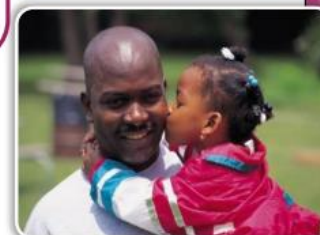
Book a place via: <https://www.eventbrite.co.uk/e/baby-talk-parents-and-carers-tickets-227791118367>

or email sirona.sltearlyyears@nhs.net

Service provided by:

Sirona
care & health

Sirona care & health, 2nd Floor, Kingswood Civic Centre
High Street, Kingswood, Bristol, BS15 9TR





Paediatric First Aid

Dates: 31/10/22 to enrol

7/11/22 to 12/12/22 for the course

Time: Mondays 12.30 until 2.30 each week

Where: Bishopsworth Childrens Centre BS13 8EA

- Want to know what to do in a first aid emergency with a child or baby?
- Build your confidence, knowledge and skills
- Get a qualification that last 3 years – plus a free manual
- Creche available but must book a place

Contact: Helen Richards Phone: 07760990855

Eligibility: Bristol residents aged 19 or over

Community Learning West – Free Courses for over 19’s.

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

Course Title & Description	Time	Start Date & Day	No. of weeks	Contact	Delivery
Employability					
Hospitality And Tourism Project A programme of support for people who would like to work in hospitality and tourism. Will include 1-2-1 careers support, free industry specific courses and access to opportunities.	N/A	From September 2022	Dependent on client's needs	Bryony Sims 07721 512583 Bryony.sims@bristol.gov.uk	A blend of 1-2-1 support in person and over the phone, classroom and engagement activities For adults aged 19+ who are looking for work.
Level 1 Award In Health And Social Care Adults Or Children's And Young People's Settings Gain the basic skills and knowledge and language with this first stage qualification to prepare to work across the health and social care sector and gain a recognised qualification. Find out about the skills needed and get an overview of the sector (includes adults and children).	10am to 3pm	12/10/22 Wednesdays	6	Carol Griffiths 07341882755 Carol.griffiths@bristol.gov.uk	St Paul's Learning Centre 94 Grosvenor Road BS2 8XJ Suitable for Entry Level 3 and above
Employability For Health & Social Care Employability sessions to find out about job opportunities and training.	10am to 3pm	3 days in December	3 days	Carol Griffiths 07341882755 Carol.griffiths@bristol.gov.uk	St Paul's Learning Centre 94 Grosvenor Road BS2 8XJ Suitable for Entry Level 3 and above
Level 2 Award in Independent Advocacy Gain a Level 2 qualification in advocacy (being the voice and support for another person) and learn the skills needed to work in this field. Lots of support given to succeed on the course.	10am to 12noon	31/10/22 Mondays	14	Lucy Fieldhouse 07788353446 Lucy.fieldhouse@bristol.gov.uk	The Park Daventry Road BS4 1DQ Suitable for Level 1 and above
Level 2 Award in Independent Advocacy Gain a Level 2 qualification in advocacy (being the voice and support for another person) and learn the skills needed to work in this field. Lots of support given to succeed on the course.	10am to 12noon	02/11/22 Wednesdays	14	Lucy Fieldhouse 07788353446 Lucy.fieldhouse@bristol.gov.uk	The Park Daventry Road BS4 1DQ Suitable for Level 1 and above

Course Title & Description	Time	Start Date & Day	No. of weeks	Contact	Delivery
ESOL For Driving Improve your understanding of the rules of driving and the Highway Code. Gain confidence and learn how to approach the Theory and Hazard Perception Test.	1pm to 4pm	13/10/22 Thursdays	11	Carol Griffiths 07341882755 Carol.griffiths@bristol.gov.uk	St Werburgh's Community Centre Horley Road BS2 9TJ
*ESOL Conversation Class Designed to help learners to gain confidence in everyday life including work, school and in the community.	11am to 1pm	31/10/22 Mondays & Fridays	6	0117 914 5472 admin@c-cbed.com	St Paul's Learning Centre 94 Grosvenor Road BS2 8XJ

Confidence & Aspirations, Health & Wellbeing

Woodwork For Beginners Make a softwood toolbox whilst learning a strong foundation of woodwork skills.	9.15am to 2.245pm	15/11/22 Mondays	5	Pippa Davies 07385 939446 Pippa.davies@bristol.gov.uk	St Paul's Learning Centre 94 Grosvenor Road BS2 8XJ Suitable for Entry Level 3 and above
*Uplift! Lost a sense of direction? Need a boost? Join us for lessons that last a lifetime.	9.30am to 2.30pm	21/10/22 & 28/10/22 Fridays	2	07436261835 info@mxccbristol.com	Malcolm X Community Centre 141 City Road BS2 8YH
Eat Well And Save Energy Learn how to cook healthy meals on a budget and how to save energy when cooking. This course is linked to the Lawrence Weston Grow, Cook, Eat project.	10am to 12.30pm	04/11/22 Fridays	6	Suzanne Gaffney 07887451776 suzanne.gaffney@bristol.gov.uk	Lawrence Weston Youth Centre Long Cross BS11 0RX For local residents
ADDER Project A specialist support package for people with experience of the criminal justice and drug use. Includes 1-2-1 careers advice, a wide range of free courses and workshops, a digital device to help with learning, and a personal budget to help meet goals.	N/A	Dependent on time of referral	Dependent on client's needs	Lucy Fieldhouse 07788 353446 Lucy.fieldhouse@bristol.gov.uk Mike Allen 07788 232967 Michael.allen@bristol.gov.uk Bryony Sims 07721 512583 Bryony.sims@bristol.gov.uk	A blend of 1-2-1 support in person and over the phone, classroom and engagement activities

Course Title & Description	Time	Start Date & Day	No. of weeks	Contact	Delivery
*Introduction To Volunteering In The Community. COMING SOON	TBC	19/10/22 TBC	TBC	0117 9503335 info@southmead.org	Greenway Centre Doncaster Rd Southmead BS10 5PY
Health And Social Care Level 1 Preparing To Work In Childcare. COMING SOON	TBC	TBC	6 or 12	Carol Griffiths 07341882755 Carol.griffiths@bristol.gov.uk	Venue in North Bristol TBC Suitable for Entry Level 3 and above

IT Skills						
Get Digital Get support to improve your digital skills using a laptop– emailing, using the internet, e-safety, completing online forms, saving attachments, using Word.	10am to 12noon	29/09/22 Thursdays	10	Bryony Sims 07721 512583 Bryony.sims@bristol.gov.uk	South Bristol Children's Centre Prewett Street Redcliffe BS1 6RE Suitable for Entry Level 3 and above	
Computer Skills For Beginners Learn how to navigate a laptop, send emails, create a document, make Zoom calls, and use the internet safely.	9:30am to 12noon	10/11/22 Thursdays	5	Pippa Davies 07385 939446 Pippa.davies@bristol.gov.uk	Hillfields Library Summerlease BS16 4HL Suitable for Entry Level 3 and above	
Get Digital Get support to improve your digital skills using a laptop– emailing, using the internet, e-safety, completing online forms, saving attachments, using Word.	10am to 12noon	18/11/22 Fridays	5	Suzanne Gaffney 07887451776 suzanne.gaffney@bristol.gov.uk	Avonmouth Community Centre 257, Avonmouth Road BS11 9EN Suitable for Entry Level 3 and above	
Non Accredited Functional Skills, ESOL & Language						
ESOL Conversation Clubs	Various times			esolconversationclubs@bristol.gov.uk For more information check our website www.esolcc.org	Online using ZOOM Some Clubs also meet in person. See website for details.	

Course Title & Description	Time	Start Date & Day	No. of weeks	Contact	Delivery
Level 2 Food Safety Gain a certificate. This course will be taught in the classroom but learners will need digital skills to take the test online. An ICT device will be available to use on the course.	TBC	TBC	1 day TBC	Suzanne Gaffney 07887451776 suzanne.gaffney@bristol.gov.uk	North Bristol venue TBC Suitable for Entry Level 3 and above
Level 2 Food Safety Gain a certificate. This course will be taught in the classroom but learners will need digital skills to take the test online. An ICT device will be available to use on the course.	TBC	December (Mon and Tues)	2 days	Lucy Fieldhouse 07788353446 Lucy.fieldhouse@bristol.gov.uk	The Park Daventry Road BS4 1DQ Suitable for Entry Level 3 and above
*Driving Theory Improve your understanding of the rules of driving and the Highway Code.	TBC	TBC	TBC	07436261835 info@mxcbristol.com	Malcolm X Community Centre 141 City Road BS2 8YH

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

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

Women's Work Lab – Kick start your career!



**BRISTOL MUMS: LET'S
KICK START YOUR CAREER
IN 2023!**

FREE school-hours employment
course with work placement,
starting 10th January for 12 weeks

Apply **NOW**:
www.womensworklab.co.uk

Training @ Ruby Jeans
3-4 The Parade, Shirehampton, Bristol
BS11 9TS

All travel expenses covered

*"I would definitely recommend the Women's Work Lab to
any mum that is looking to get back into work after a
break."*

Kelly, 2021 graduate

Contact Samantha with any questions: 07837 716856
samantha@womensworklab.co.uk



The infographic features a white background with several overlapping circles in shades of blue, grey, and pink. At the top left is a red silhouette of a family. At the top right is the NHS logo. The central text is arranged in a circular flow, with a large pink circle at the bottom right containing a telephone icon and a message about busy lines. A small red circle with a white 'i' icon is placed next to the text about telephone advice sessions.

 **Community Children's Health Partnership**

NHS

South Bristol Early Years Speech & Language Therapy Team

Early Years Telephone Drop-in
0300 125 6279
Wednesday 9.30am- 12pm
(during term time)

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

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!**

Service provided by:


Please note, there will be no Telephone Drop-in session on 20th July 2022
Company Reg. No: 07585003 | Sirona care & health, 2nd Floor,
Kinaswood Civic Centre, High Street, Kinaswood, Bristol, BS15 9TR

Worrying about money?

Support is available in Bristol



Three steps to find options and places to get help

Step 1: What's the problem?

I suddenly have no money

- Lost job or reduced hours
- Money stopped
- Lost money
- Unexpected expense
- Disaster (e.g. flood or fire)
- Relationship breakdown
- Sanctioned (see option: **5**)

See options **1 2 6**

My money doesn't stretch far enough

- Deciding between food, fuel, and mobile credit
- Low income
- Zero hours contract
- Statutory Sick Pay too low
- Facing redundancy
- Not sure if eligible for support
- Change of circumstance

See option **2**

I have debt

- Rent or Council Tax
- Gas and electricity
- Payday loans
- Owe friends or family
- Benefit repayments

See option **3**

I am waiting on a benefit payment or advance

- New claim for benefit
- Payment delayed
- Waiting for decision

See options **1 4**

Step 2: What are some options?

1 Council Support Schemes

People on low incomes may be eligible for Housing Benefits/Universal Credit to help with housing costs. The Council also offers Council Tax Reduction and Discretionary Housing Payments for those struggling financially. You may also qualify for Local Support Payment, which supports people in crisis. All schemes will depend on your current circumstances. Find out more: www.bristol.gov.uk/benefits-financial-help

2 Maximise Your Income

Anyone who is struggling financially can get a benefit check and speak to an advisor for free and confidential advice. A benefit check can ensure that you are receiving all the money you're entitled to, especially if your circumstances have changed recently. Speaking to an advisor could also help you find cheaper deals on things like gas and electricity and make sure you're not missing out on things like school clothing grants or free school meals.

3 Debt Advice

Debt can happen to anyone. Free advice and support can help you find ways to manage your debts and reduce how much you pay each month.

4 Benefit Advance

If you have made a new claim for benefit and are in financial hardship while you wait for your first payment, you may be able to get an advance to afford things like rent or food. It's important to get advice before taking out an advance. Benefit advances must be paid back, and the money will be taken from your future benefit payments (a loan).

5 Hardship Payment

If you have been sanctioned, you may be able to request a hardship payment from the Jobcentre. Hardship payments are not always paid immediately, and they're not available to everyone. Hardship payments of Universal Credit need to be paid back (a loan), but hardship payments of Job Seekers Allowance or Employment Support Allowance do not (not a loan).

6 Challenge a Decision

You can challenge a benefit decision if your benefit has been stopped / sanctioned / reduced / refused or you have been overpaid. Most benefit decisions need to be challenged within one month.

Step 3: Where can I get help? Each of these services offer free and confidential advice

BRISTOL CITY COUNCIL

The Local Crisis and Prevention Fund Grants towards food, clothing and household goods for people facing financial crisis

0117 922 4500 (Mon-Fri, 9am to 12noon)
www.bristol.gov.uk/lcpf

Help with options: 1 2

Welfare Rights and Money Advice Service Information about disability and carer's benefits, including advice and assistance on claiming and challenging decisions
www.bristol.gov.uk/disabilitybenefits

Help with options: 2 6

SOUTH BRISTOL ADVICE SERVICES

General advice and specialist help with welfare benefits, debt, income maximisation and financial capability
01179 851 122 (Welfare Benefits & General)
01179 038 358 (Debt Advice)
www.southbristoladvice.co.uk

Help with options: 1 2 3 4 5 6

BRISTOL CITIZENS ADVICE

Generalist advice provider, including debt, welfare rights, housing and employment

0808 278 7957
www.bristolcab.org.uk

Help with options: 1 2 3 4 5

TALKING MONEY

Advice to anyone worried about money, covering debt, benefits and bills

0800 121 4511 or 0117 954 3990
www.talkingmoney.org.uk

Help with options: 1 2 3 4 5 6

NORTH BRISTOL ADVICE CENTRE

Independent welfare benefits and debt advice, including complex casework, appeals and representation at tribunal

0117 951 5751
www.northbristoladvice.org.uk
(Online Advice Tool for enquiries 24/7)

Help with options: 1 2 3 4 5 6

ST PAULS ADVICE CENTRE

General and specialist advice on debt, benefits and immigration issues for communities of St Pauls and East Bristol
0117 955 2981 | enquiry@stpaulsadvic.org.uk
www.stpaulsadvic.org.uk

Help with options: 1 2 3 6

AGE UK BRISTOL

Information and advice for people over 55 who live or work in Bristol and their carers
0117 922 5353
www.ageuk.org.uk/bristol

Help with options: 2 6

BRISTOL LAW CENTRE

Specialist legal advice & casework including housing & homelessness, welfare benefit appeals, immigration & asylum, family, mental health, employment & discrimination
0117 924 8662 | 0330 024 0389 (freephone)
mail@bristolawcentre.org.uk
www.bristolawcentre.org.uk

Help with options: 6

Other Support

CHAS Housing Advice Service Bristol Legal advice on housing issues, including eviction, housing related debt and more
0117 935 1260 | advice@chasbristol.co.uk
www.chasbristol.co.uk

Shelter Bristol

Housing advice
03301 755 121 | home@shelter.org.uk
england.shelter.org.uk

1625 Independent People Support for young people aged 16 to 25 facing homelessness
0117 317 8800 | www.1625ip.co.uk

The Home Energy Team: Centre for Sustainable Energy (CSE)

General advice on energy use in the home, staying warm & keeping on top of fuel bills
0800 082 2234 | home.energy@cse.org.uk
www.cse.org.uk/loveyourhome

WECIL

Disabled People's User Led Organisation offering advice to Disabled People. Specialisms include Disability Benefits (AA, PIP, DLA & ESA).
0117 947 9919 | navigators@wecil.co.uk

Other Support

Bristol Somali Resource Centre

Impartial information, advice, and guidance on a range of issues including welfare, housing, schools, and employment

0117 907 7994 | info@somalicentre.co.uk

Healthy Start Vouchers

To help buy fruit, vegetables and milk if you're on a low income, pregnant or have a child under 4. Apply online: www.healthystart.nhs.uk

Moneyhelper

Advice to help improve your finances

0800 138 7777 | 07701 342 744 (WhatsApp)
www.moneyhelper.org.uk

Great Western Credit Union

Offering affordable borrowing and safe savings accounts to help local people become better off

0117 924 7309 | www.greatwesterncu.org

Step Change

Debt charity offering debt advice and money management

0800 138 1111 | www.stepchange.org

Turn2Us

Information and financial support

0808 802 2000 | www.turn2us.org.uk
benefits-calculator-2.turn2us.org.uk

For Migrants, Asylum Seekers and Refugees

Bristol Refugee Rights

Advice and support including help with your house, money or asylum claim.

Contact by email, phone, text message or WhatsApp. Leave a message with your name, phone number, language you speak & if you need an interpreter.

07526 352 353

advice@bristolrefugeerights.org

www.bristolrefugeerights.org

Migrant Help

Independent advice and guidance to assist asylum seekers move through and understand the asylum process. Asylum helpline available 24/7/365 and accessible to all asylum seekers in the UK.

Asylum helpline: 0808 8010 503

ASCcorrespondence@migranthehelpuk.org

www.migranthehelpuk.org (Webchat available)

The Unity Project

Support to have NRPf condition removed if applicable and other support

www.unity-project.org.uk

Project 17

Advice on housing and financial options for families with children facing severe poverty/homelessness because they have NRPf

07963 509 044 | www.project17.org.uk

About this leaflet

This leaflet is based on learning from Scotland's A Menu for Change project and has been developed with support from the organisations below. You can access the 'Worrying About Money?' leaflets online at www.foodaidnetwork.org.uk/cash-first-leaflets. The information on this leaflet was last updated on 08/10/21.

Feedback? What did you find useful about this guide? www.bit.ly/moneyadvicefeedback





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



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.



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





Knit and Natter
Group

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



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

Bristol Drugs Project – ROADS

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

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

Bristol ROADS

Recovery Orientated Alcohol & Drugs Service

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.

Concerned about your drug or alcohol use?

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

Don't speak English?

Free translation and culturally accessible services.

More information here:
www.bdp.org.uk/culturally-accessible



**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.

SEND AND YOU – Virtual Coffee Mornings



The poster features a light blue background with several overlapping colored boxes. At the top left is the SAY logo (a yellow circle with a green and blue figure) and the text 'SAY SEND AND YOU SENDIAS'. To its right is the Bristol City Council logo (a red circle with a white ship and the text 'BRISTOL CITY COUNCIL'). A dark blue box on the right contains the date and time: 'Thursday 3rd November 2022' and '10.00 - 11.30am'. A light blue box in the center contains the text 'Virtual Coffee Morning'. A white box at the bottom left contains the text 'Moving on to School'. A dark blue box at the bottom right contains the text: 'We will be joined by Sarah Swann Senior Early Years Portage and Inclusion Specialist from Bristol City Council'.

Virtual Coffee Morning: Moving on to School

This coffee morning is aimed at parents of preschool children with additional needs who will be starting school in September 2023 onwards and who would like to find out more about how to choose a school, apply for a place and what to expect when a child starts school.

Thursday 3rd November 2022 10.00 - 11.30am

[Find out more and book a place by clicking here.](#)



Virtual coffee morning for parents and carers - SEN Support in Schools

This is an informal session which aims to provide an introduction about the support that mainstream schools must and should provide for children with special educational need, including how needs are identified and supported. There will be a presentation and opportunity to ask questions.

Date: Wednesday 16 November 2022

Time: 10.00-11.30am

[Find out more and book a place by clicking here.](#)



SEND Surgeries

We're holding FREE virtual 'SEND surgeries' for parents and carers living in Bristol who have children with special educational needs or disabilities (SEND). Evening surgeries are held via telephone or zoom.

Daytime surgeries can be booked to take place face to face or by telephone or zoom. This is an opportunity to speak to one of our trained SENDIAS practitioners on a confidential, one-to-one basis and receive help and support with your query about your child's special educational needs or disability. To book a 30-minute virtual or telephone appointment on a 1:1 basis please click on the links below:

Tuesday 22 November 2022:

Evening SEND Surgery, bookable 1:1 appointments

6 - 8pm

Find out more and book a place [HERE](#)



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 Web: www.hwv.org.uk



**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!



Email:
factory_members@kwmc.org.uk

Website:
kwmc.org.uk/thefactory/

Phone:
0117 903 0444

Address:
Unit 24/25, Filwood Green Business Park, Hengrove Way, Bristol BS4 1ET

Socials:



@kwmcthefactory

*Services and
opportunities
for young
people*

proud to be

Join our group sessions in a safe and supportive space for LGBT+ young people.

Our trained youth workers provide information, advice and guidance and are always on hand for a friendly chat.

We play games and do fun activities, arts and crafts and sports.

Every Friday

4:30–6pm, Bedminster
Quaker Meeting House,
BS3 5HX (South Bristol)

11-19 year-olds



Sign Up:

www.creativeyouthnetwork.org.uk/proud-to-be
or get in touch with Ellen at
ellen.wilson@creativeyouthnetwork.org.uk
or 07741 660 510.

REG NO: 01099684 | REG CHARITY NO: 266318 | VAT NO: 110992037

We Care

Details

When?

Wednesdays
4-6pm

Where?

Bedminster Quaker House,
Wedmore Vale, BS3 5HX

Want a little break? Come to our group; make new friends and have fun with different games and activities. We are a safe space where you can relax and share worries with trusted youth workers and other young people.

Sports
Talk to a youth worker
Games
Cooking
Relax

Our sessions are for anyone who is affected by caring responsibilities. You don't have to be on the official young carers register to access this service.

FIND OUT MORE:

Get in touch with Sam on 07741 628 735
sam.hodges@creativeyouthnetwork.org.uk
www.creativeyouthnetwork.org.uk/we-care



CYN – Arts Club

A

R

T

S



Every Thursday, 5.30-7pm

11-19 year olds

Bedminster Quaker House, Wedmore Vale, BS3 5HX,

Come hang out with friends, take part in creative activities and have fun! Arts Club is a creative drop-in for exploring the arts in a supportive and relaxed environment.

Take part in workshops, bring your own projects and work with professional practicing artists. It's completely free!

Sign up now:

www.creativeyouthnetwork.org.uk/arts-club

C

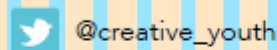
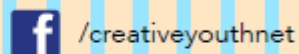
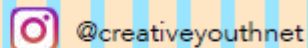
Tel: 07741659917 OR 07741660277

creative.dept@creativeyouthnetwork.org.uk

L

U

B



Delivered by:



Funded by:



REG CHARITY: 266318 | REG CO. IN ENG: 01099684 | VAT NO: 110992037



WHAT'S ON!

October holiday clubs 2022

ASHTON VALE CLUB FOR YOUNG PEOPLE	
Monday 24th - Wednesday 26th	6:30pm - 8:30pm
AVON YOUTH CLUB	
Monday 24th - Thursday 27th	6:00pm - 7:30pm
BROAD PLAIN AND RIVERSIDE YOUTH PROJECT	
Monday 24th and Tuesday 25th	9:30am - 3:30pm
BS14 YOUTH CLUB	
Monday 24th - Friday 28th	8:30am - 4:30pm
HARTCLIFFE CLUB FOR YOUNG PEOPLE	
Saturday 22nd push bike trip 8-11 years	8:30am - 4:30pm
Monday 24th - Club adapt members	8:30am - 4:30pm
Wednesday 26th - Friday 28th Barton Camp residential	For 12-16 year olds
Saturday 29th Family Halloween Disco	6pm - 8:30pm
SEA MILLS BOYS' AND GIRLS CLUB	
Coming soon	Coming soon
THE GROVE @ BEDMINSTER DOWN	
Monday 24th and Tuesday 25th	10am - 2pm

Spooky week - Youth Activities South Bristol

Date	Hartcliffe Club YP	Ashton Vale Club YP	YOUTHMOVES	Learning Partnership West	CYN	Street Space	Stockwood Bs14 - YB
SAT 22/10	Bike Ride 10 - 4.30pm 10 to 16y						
SUN 23/10			Mainly Trips with YP membership all week		Usual weekly sessions @Quaker Meeting House	Usual weekly sessions@ SSfilwood	
MON 24/10	Bike Ride club adapt 10 - 4.30pm 10 -16y	Juniors 8-12y 6.30-8.30pm	Seniors 13-16y Hareclive				Holiday club 8.30am – 4.30pm
TUES 25/10		Mixed group 6.30 – 8.30pm	Juniors 8-12y Hareclive				Holiday club 8.30am – 4.30pm
WED 26/10	Barton Camp 12 - 16y	Seniors 12 - 16y 6.30 – 8.30pm	Barton Camp 10 -16y		We care 11-16y 4pm – 6pm		Holiday club 8.30am – 4.30pm
THUR 27/10	Barton Camp 12 - 16y		Barton Camp 10 -16y		Art Club 11-19y 5.30 – 7pm		Holiday club 8.30am – 4.30pm
FRI 28/10	Barton Camp 12 - 16y	volunteer training 14+ (contact ffi - Web Matthews 07840809980)	Barton Camp 10 -16y		Proud 2B lgbtq+ 4.30 – 6pm		Holiday club 8.30am – 4.30pm
SAT 29/10	Family H'ween Disco 6- 8.30pm						

SEND AND YOU – Youth Matters Group



Youth Matters Group

Children and Young People (CYP) with SEND are invited to join our Youth Matters Group. This is an opportunity for CYP to meet, be heard and inform a service focussed on meeting their needs.

The next session will take place in person at Royal Oak house. All are welcome but we ask that you sign up through Eventbrite.

Monday 14th November at 7pm at Royal Oak House, Bristol City Centre

[Find out more and book a place by clicking here.](#)



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

Young Advisors

We're currently recruiting young advisors aged 17-25, who will offer their views and expertise to help OTR shape how it runs services for young people. Their feedback, thoughts, opinions and discussions will be fed back to our existing Board of Trustees and our Management Team to influence the future of OTR.

The topics covered will reflect the issues that young people said were important to them in our recent survey. These include sustainability, representation and accessibility. Young people will influence organisational change and have something for their CV!

Monthly starting Tuesday 25th October, 6-7:30pm @ 1-2 Perry Road, BS1 5BQ

Read more and sign up here: otrbristol.org.uk/young-advisors

Yoga

We're offering a five-week in-person course of yoga and relaxation for young people aged 16-25, to help relieve stress and calm their body and mind. Each week will include a check-in and then a class, including a mixture of physical yoga and relaxation exercises. The sessions will be taught with a trauma sensitive approach, and will be suitable for all bodies, genders and ethnicities.

Starts Wednesday 19th October, 5:45-7pm @ Unitarian Hall, Brunswick Square (BS2 8PE)

Find out more and sign up here: otrbristol.org.uk/yoga

Your World

Your World aims to use technology as a therapeutic tool to support young people aged 11-17. Built using 3D gaming technology, this shared space will help young people create a visual representation of how they are experiencing a situation, enabling them to explore different perspectives and solve problems. The facilitator will guide them through a set experience while they access their own, confidential ProReal world.

Starts Wednesday 2nd November, 4:30-5:45pm for six weeks

Read more and sign up here: otrbristol.org.uk/your-world

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

Get In Touch

Check out our website to read more about our services and sign up: 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

Off The Record – Green Woodworking

GREEN WOODWORKING

oTR BTC

Come and learn a new skill with OTR's Nature Works and Bristol Tree Craft!

During this eight week course, Ben and Hugh from Bristol Tree Craft will teach you all about the craft of green woodworking, which involves shaping freshly cut wood into finished items and objects with hand tools.

Green woodwork brings lots of benefits for our mental health and general wellbeing by learning a new skill, connecting with natural materials and the enjoyment of making something with our hands.

**All tools will be provided and workshops are beginner-friendly -
no previous experience required!**

For young people aged 18-25

**Starts Tuesday 27th September 3-5pm
Trinity Centre, St Jude's, BS2 0NW**

**Find out more and sign up here:
otrbristol.org.uk/green-woodworking**



**If you have any questions or would like to chat before signing up,
contact Max (they/them) on 07943756151.**



GET STARTED

16-30?

HORSES

This FREE course will help you to:

- Develop your animal handling experience
 - Build confidence and resilience
 - Gain practical horse care skills
- Develop team building and communication skills
 - Focus on Well-being and self-care


With 1-1 support post-programme for up to 6 sessions

Taster Day: Monday 17th October 11am - 1pm
Programme: Monday 24th - Friday 28th October 10am - 3pm
Next Steps Day: 2nd November 10am - 3pm

Interested?
sam.walton@princes-trust.org.uk
0800 842 842



The Princes Trust and Ben Film Photography present:



Prince's Trust

GET STARTED WITH PHOTOGRAPHY


16-30?
Not in employment,
education or
training?

Living in Bristol,
Gloucestershire,
Somerset or
Wiltshire?

Interested in Digital Photography & developing your skills?

During this FREE two-week online programme you will:

- Work with an industry professional to explore the process of photography whilst developing skills required for a career in the field
- Explore your local area and apply your new found skills
- Create a portfolio of your work
- Have the chance to meet new people and improve your confidence
- Access 1:1 support post programme to help you with your next steps



➤ Taster Day : Tuesday 8th November


➤ Main Programme : Monday 14th - Friday 25th November 2022

➤ Next Steps day: Wednesday 7th December

➤ Location : Microsoft Teams

SIGN UP TO FIND OUT MORE

Email: harry.bates@princes-trust.org.uk /
Beth.melton@princes-trust.org.uk
Contact Number: 07483991392 / 07484097259



BENJAMIN FILM
Photography



**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



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