

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

Get Crafty



Get Crafty and save £££'s

Date: Mondays from 19/9/22 to 24/10/22

Time: 5.30-7.30pm

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

- Make new things each week for you, family and friends
- Learn new skills and get making to save money
- All resources provided – just book onto the course
- Come and learn with other adults
- Course repeated Oct to Dec 22

Free course to build your confidence and budgeting skills making gifts and craft items to give or sell.

Contact: Lucy Fieldhouse Phone: 07788 353446

Eligibility: Bristol residents aged 19 or over



**COMMUNITY
LEARNING**

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

Hartcliffe BMX Track



Hartcliffe BMX Pump Track has been developed by Access Sport and they employed Simon to engage with the kids to boost the usability of the track.

We are now a stand alone community led and run, not for profit organisation backed by Hartcliffe and Withywood Community Partnership and affiliated and insured through British Cycling.

We are now looking to develop the track as community hub to be able to engage with the young people throughout the year.



What's Happening in Hartcliffe's Parks?

WHAT'S HAPPENING IN HARTCLIFFE'S PARKS



MILLENNIUM GREEN

VOLUNTEER DAYS

FRIDAYS

With the Friends of Millennium Green. Come and take part in light gardening activities in our wonderful park. Refreshments provided. Contact Jan for more details: 07471 791142.

ROOTS TO WELLBEING

WEDNESDAYS

Open to everyone aged 18 plus who is struggling with their mental health or who just needs a bit of a boost. To book to attend, look at <https://yourpark.org.uk/rootstowellbeing/> or contact Sara@yourpark.org.uk

WILLMOTT PARK

HARTCLIFFE BMX PUMP TRACK

Getting kids and young people into cycling and BMX. This great club is a community led and run, not for profit organisation backed by Hartcliffe and Withywood Community Partnership and affiliated and insured through British Cycling. - <https://www.facebook.com/HartcliffeBMX/> for more details.

HWCP

Run regular events in the park for families and young people- have a look at <https://www.facebook.com/hwcp1/> for more details.

SPACEMAKERS

Join Shane in his campaign to bring Spacemakers back to its former glory so that everyone can enjoy it. <https://www.facebook.com/SPACEMAKERSBRISTOL>.



YOUR
PARK

Community Learning - Live Well Eat Well!



Live Well Eat Well Get Cooking!

When: 16/9/22 to 21/10/22

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

Time: 12.30-2.30 each week

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

Contact: Lucy Fieldhouse Phone/Text: 07788353446



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*Services and
opportunities
for
Parents/Carers*

West of England Works



Employment support for Parent Carers

Are you looking for term time only opportunities? Do you care for a child with additional needs? Would you like to find flexible training or employment?

Carers Support Centre can offer you one-to-one tailored support to help identify your needs and create a supportive action plan that will help you reach your goals.

Some of the support available:

- Creating or updating your CV
- Job application support
- Signposting to local training courses
- Support to find flexible job vacancies
- Interview preparation
- Signposting to other relevant services



“Carers Support Centre really got my situation of being a parent carer but also that I’m a person with ambitions and goals which need to be fulfilled. They gave me the confidence to realise that just because I need part time hours, it doesn’t mean I don’t have valuable skills and talents to offer any employer!”

Find out more

If you are aged 16+, unemployed and live in South Glos, Bristol, BANES or North Somerset we could help you. To find out more or to make a referral please contact us on: employment@carerssupportcentre.org.uk



Community Learning - Thinking about the next step?



Thinking about the next step?

If you have experience of the criminal justice system and drug use, Community Learning can help you get into work, training or volunteering.

Our specialist support package includes 121 careers advice, a wide range of free courses and workshops, a digital device to help with learning, and a personal budget to help you meet your goals.

Contact: Bryony Sims 07721 512583
Lucy Fieldhouse 07788 353446
Mike Allen 07788 232967



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Community Learning – Brush Up Your Maths



Brush up your Maths

Filwood Community Centre, Barnstaple Road BS4 1JP

Mondays 1.00-3.00pm each week

12th Sept **Assessment Day to find out your level**

19th Sept to 12th Dec **Course with support on hand**

This free course will help you practice and improve your Maths skills. Learn with other adults in this friendly group.

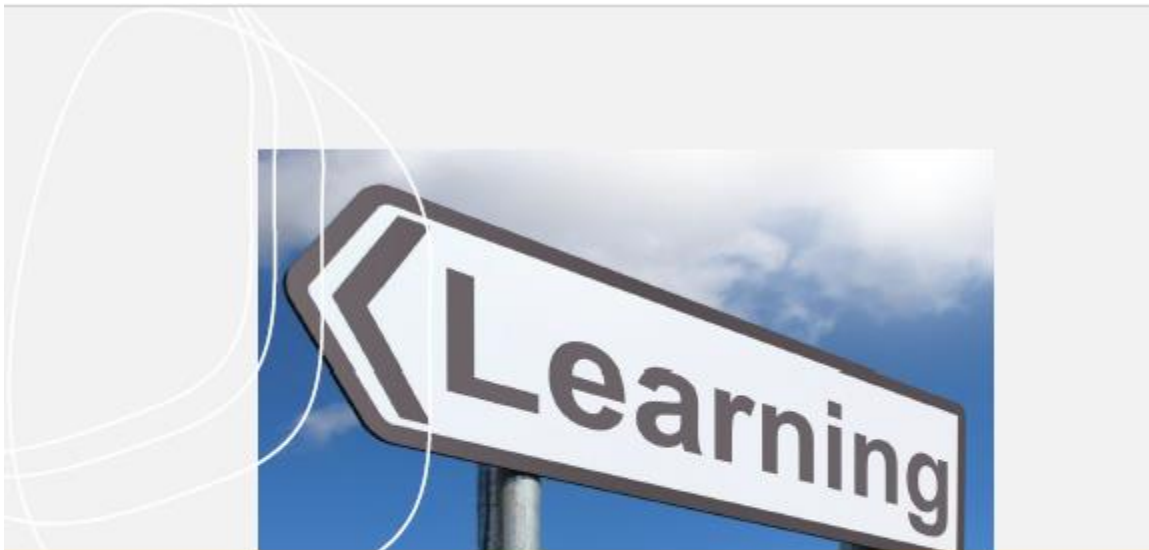
Course will lead to a Functional Skills qualification in January 2023

Contact: Lucy Fieldhouse Phone/Text: 07788353446



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ESOL/English
for Everyday

- Knowle West Nursery and Children's Centre,
Leinster Avenue, BS4 1NN
- Every Wednesday from 14th September 2022
- 10.00-12.00 each week
- Free creche but must book

Free course to help you to practice your English skills in reading, writing and speaking. Learn with other adults in a friendly group. Book your place now. Assessment day on 14th Sept.

Contact: Lucy Fieldhouse Phone/Text: 07788353446

Eligibility: Adults 19+ with no or low qualifications



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Community Learning – Free ESOL English Classes



ESOL CLASSES

Free ESOL English Classes

Need to learn English for life in the UK? Our free weekly ESOL class with help you to improve your speaking, listening, reading and writing skills.

Come to the English assessment day:

Thursday 15th September between 10.00am and 3.00pm

The Park Community Centre

Knowle BS4 1DQ

All levels welcome.

Call 07760990855 or email helen.richards@bristol.gov.uk

 **WEST OF ENGLAND**
Combined Authority

 **COMMUNITY LEARNING**

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lctinfo@bristol.gov.uk
01172 510230



Free ESOL English Classes

Need to learn English for life in the UK? Our free weekly ESOL classes will help you to improve your speaking, listening, reading and writing skills.

Classes starting Thursday 22nd September at

The Park Community Centre Knowle BS4 1DQ

Morning/am course 10.00am until 12.00pm

Afternoon/pm Course 1.00pm until 3.00pm

Call 07760990855 or email helen.richards@bristol.gov.uk



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ESOL CLASSES

Free ESOL English Classes

Need to learn English for life in the UK? Our free weekly ESOL class with help you to improve your speaking, listening, reading and writing skills.

Come to the English assessment day:

Friday 16th September 10am-12pm

Bedminster Children's Centre, BS3 3BZ

All levels welcome.

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



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Hospitality and Tourism

Whether you'd like to work in a restaurant, the airport or at your local museum. Community Learning can provide free courses and careers advice. Get in touch to discuss your goals today!

Bryony.sims@bristol.gov.uk

07721 512583

This project is aimed at people aged 19+ who are looking for work



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Community Learning West – Learning Course List

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					
Enrolment Day Come along and enrol on courses starting in September in Hartcliffe/BS13 area <ul style="list-style-type: none"> English & Maths Functional Skills Level 1 Caring for Children Paediatric First Aid Food Safety & Hygiene certificate Level 1 Horticulture 	9am to 3pm	13/09/22	N/A	Helen Richards 07760990855 Helen.richards@bristol.gov.uk	Hartcliffe Nursery & Children's Centre
Horticulture Level 1 Award For anyone looking to start a career or learn more skills in horticulture.	1.30pm to 4.30pm	15/09/22 Thursdays	12	Pippa Davies 07385 939446 Pippa.davies@bristol.gov.uk	Inns Court Community & Family Centre Suitable for Entry Level 3 and above
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
Intro To Office Skills/Business Admin Intermediate course. Improve your digital skills (word processing, spreadsheets, presentations) and e-safety. Learn new skills for employment and especially business admin roles. NOT SUITABLE FOR COMPLETE BEGINNERS	9.30am to 11.30am	16/09/22 Fridays	6 TBC	Suzanne Gaffney 07887451776 suzanne.gaffney@bristol.gov.uk	ShireJTEHub, Shire Methodist Church, Penpole Avenue Shirehampton BS11 0DY
Caring For Children This course will lead to a level 2 award in Caring for children.	12.30pm to 2.30pm	21/09/22 Wednesdays	12	Edwina Provansal 07825315820 edwina.provansal@bristol.gov.uk	Quaker Centre Champion Square BS2 9DB
*Level 1 Passport To Enterprise And Employment Develop the skills you need for gaining employment or becoming self-employed.	TBC	26/09/22	TBC	0117 914 5472 admin@c-cbed.com	St Paul's Learning Centre 94 Grosvenor Road BS2 8XJ

Course Title & Description	Time	Start Date & Day	No. of weeks	Contact	Delivery
Introduction To Health And Social Care Find out about the skills needed and get an overview of the sector for working within adult settings or children and young people's settings. Leading to: <ul style="list-style-type: none"> Level 1 Award in Health and Social Care Adults or Children's and Young People's Settings (6wks) Employability sessions to find out about job opportunities and training (3days) 	10am to 3pm	28/09/22 & 05/10/22 Wednesdays	2	Carol Griffiths 07341882755 Carol.griffiths@bristol.gov.uk	St Paul's Learning Centre 94 Grosvenor Road BS2 8XJ Suitable for ESOL learners at Entry Level 3 and above.
*Introduction To Retail This course lets you find out about the sector first hand. You'll hear from people working in retail and talk with companies looking for their next stars and opportunities they have to offer you.	10am to 12.30pm	05/10/22 Wednesdays	TBC	0117 9503335 info@southmead.org	Greenway Centre Doncaster Rd Southmead BS10 5PY
IT Skills					
Basic Computers Get support to improve your digital skills using a laptop-emailing, using the internet, e-safety, completing online forms, saving attachments, using Word. NOT SUITABLE FOR COMPLETE BEGINNERS	1pm to 3pm	20/09/22 Tuesdays	5	Suzanne Gaffney 07887451776 suzanne.gaffney@bristol.gov.uk	ShireJTEHub, Shire Methodist Church, Penpole Avenue Shirehampton BS11 0DY
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
ESOL All Levels Find out your English level and then start learning to improve your reading, writing, speaking and listening for everyday life.	10am to 12noon	08/09/22 Thursdays	12	Pippa Davies 07385 939446 Pippa.davies@bristol.gov.uk	St Werburgh's Community Centre
ESOL For Employment Improve your English to find work or to function within a work context.	10am to 2pm	13/09/22 to 15/09/22	1	Pippa Davies 07385 939446 Pippa.davies@bristol.gov.uk	St Pauls Learning Centre Suitable for ESOL learners at Entry Level 2 and above

Course Title & Description	Time	Start Date & Day	No. of weeks	Contact	Delivery
Brush Up Your Maths Improve your maths skills for home or work. This course will lead to a maths Functional Skills course in January. Assessment, information & enrolment session 12/09/22.	9.30am to 11.30am	12/09/22 Mondays	12	Suzanne Gaffney 07887451776 suzanne.gaffney@bristol.gov.uk	Long Cross Children's Centre Lawrence Weston BS11 0LP Suitable for ESOL learners at Entry Level 3 and above.
Brush Up Your English Improve your reading, writing, spelling and grammar. This course will lead to an English Functional Skills course in January. Assessment, information & enrolment session 12/09/22.	1.00pm to 3.00pm	12/09/22 Mondays	11	Suzanne Gaffney 07887451776 suzanne.gaffney@bristol.gov.uk	Long Cross Children's Centre Lawrence Weston BS11 0LP Suitable for ESOL learners at Entry Level 3 and above.
*ESOL Conversation Class Designed to help learners to gain confidence in everyday life including work, school and in the community.	11am to 1pm	12/09/22 Mondays & Fridays	4	0117 914 5472 admin@c-cbed.com	St Paul's Learning Centre 94 Grosvenor Road BS2 8XJ
ESOL For Beginners For beginners who would like to improve their speaking, listening, writing and reading for everyday life.	9.45am to 11.45am	13/09/22 Tuesdays	10	Pippa Davies 07385 939446 Pippa.davies@bristol.gov.uk	Speedwell Methodist Church For ESOL learners at pre-Entry to Entry Level 1
Brush Up Your English Improve your reading, writing, spelling and grammar. This course will lead to an English Functional Skills qualification.	9.15am to 11.15am	13/09/22 Tuesdays	12	Pippa Davies 07385 939446 Pippa.davies@bristol.gov.uk	St Pauls Children's Centre Suitable for ESOL learners at Entry Level 3 and above.
Brush Up Your English Practical course to help build skills in reading, writing, speaking and listening. Leads to Functional Skill course in January 2023. Assessment day on 13/09/22	1pm to 3pm	13/09/22 Tuesdays	12	Lucy Fieldhouse 07788353446 Lucy.fieldhouse@bristol.gov.uk	The Park Centre Daventry Road BS4 1DQ

Course Title & Description	Time	Start Date & Day	No. of weeks	Contact	Delivery
ESOL For Everyday Build your skills and confidence in speaking and using English for everyday use. Assessment day on 14/09/22 Creche provided but must book places.	10am to 12noon	14/09/22 Wednesdays	14	Lucy Fieldhouse 07788353446 Lucy.fieldhouse@bristol.gov.uk	Knowle West Nursery and Children's Centre Leinster Avenue BS4 1NN
ESOL For Everyday Find out your English level and then start learning to improve your reading, writing, speaking and listening for everyday life.	10am to 12noon	16/09/22 Fridays	12	Bryony Sims 07721 512583 Bryony.sims@bristol.gov.uk	Bedminster Children's Centre British Road
Brush Up Your Maths Friendly class to build confidence and skills in maths. Leads to Functional Skill in Jan 2023. Assessment day on 12/09/22	1pm to 3pm	19/09/22 Mondays	11	Lucy Fieldhouse 07788353446 Lucy.fieldhouse@bristol.gov.uk	IT Suite Filwood Community Centre Barnstaple Road BS4 1JP
Brush Up Your English Improve your reading, writing, spelling and grammar. This course will lead to an English Functional Skills qualification (level 2). Only suitable for learners preparing to sit their Level 2 qualification	12.15pm to 2.15pm	20/09/22 Tuesdays	12	Edwina Provansal 07825315820 edwina.provansal@bristol.gov.uk	Quaker Centre Champion Square BS2 9DB
Brush Up Your Maths Improve your maths skills for home or work. This course will lead to a maths Functional Skills course in January.	9.30am to 11.30am	21/09/22 Wednesdays	11	Edwina Provansal 07825315820 edwina.provansal@bristol.gov.uk	Quaker Centre Champion Square BS2 9DB
Brush Up Your English Improve your reading, writing, spelling and grammar. This course will lead to an English Functional Skills course in January.	12.15pm to 2.15pm	22/09/22 Thursdays	11	Edwina Provansal 07825315820 edwina.provansal@bristol.gov.uk	Quaker Centre Champion Square BS2 9DB Learners at Entry Level 2&3
ESOL Green Spaces Improve your English language skills with activities in the park and trips to the botanical gardens and allotments.	9.30am to 11.30am	28/09/22 Wednesdays	8	Pippa Davies 07385 939446 Pippa.davies@bristol.gov.uk	Hillfields Community Hub Suitable for ESOL learners at Entry Level 2 and above.

Course Title & Description	Time	Start Date & Day	No. of weeks	Contact	Delivery
Confidence & Aspirations, Health & Wellbeing					
Live Well Eat Well Get cooking, save money and make healthy food choices for yourself and others. All resources provided.	12.30pm to 2.30pm	16/09/22 Fridays	6	Lucy Fieldhouse 07788353446 Lucy.fieldhouse@bristol.gov.uk	Knowle West Health Park 5 Downton Road BS4 1WH
Food For Mood Get cooking, feel great and make positive food choices for yourself and others. All resources provided.	9.30am to 11.30am	19/09/22 Mondays	6	Edwina Provansal 07825315820 edwina.provansal@bristol.gov.uk	Bannerman Road Children's Centre All Hallows Road Easton BS5 ORR
Budget For The Holidays Get top tips to help you plan for the holidays, make gifts for your family and save money. Course repeated in November 2022	5.30pm to 7.30pm	19/09/22 Mondays	6	Lucy Fieldhouse 07788353446 Lucy.fieldhouse@bristol.gov.uk	Knowle West Health Park 5 Downton Road BS4 1WH
* Find Your Strengths Aimed at adults looking to get inspiration for improving wellbeing and confidence. It includes a mix of proven psychoeducational techniques and peer interaction to provide a safe, interactive space and find out what motivates you and how to turn that into a plan.	10am to 12.30pm	21/09/22 Wednesdays	6	0117 9503335 info@southmead.org	Greenway Centre Doncaster Rd Southmead BS10 5PY
*SewShall Join us for an opportunity to share creative skills and give back to your community!	6pm to 8pm	21/09/22 Wednesdays	10	07436261835 info@mxccbristol.com	Malcolm X Community Centre 141 City Road BS2 8YH
Sewing On A Budget Improve your sewing skills and learn how to make a variety of useful things for the house and yourself.	12.15pm to 2.15pm	29/09/22 Thursdays	6	Edwina Provansal 07825315820 edwina.provansal@bristol.gov.uk	Easton Family Centre Beaufort Street BS5 0SQ
Woodwork For Beginners Make a softwood toolbox whilst learning a strong foundation of woodwork skills.	9.15am to 2.245pm	10/10/22 Mondays	4	Pippa Davies 07385 939446 Pippa.davies@bristol.gov.uk	St Pauls Learning Centre. Suitable for ESOL learners at Entry Level 3 and above.

Course Title & Description	Time	Start Date & Day	No. of weeks	Contact	Delivery
*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/Save Energy Learn useful tips/ways to cook well and try to save on energy used in the kitchen.	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

Parenting And Family Learning					
*Triple P Parenting Triple P (Positive Parenting Programme) is an 'evidence-based' parenting programme. This means, it's tried and tested and proven to work. Designed and created by clinical psychologist from Queensland University, Australia, Triple P has been running for over 30 years, and is used in countries across the world.	TBC	TBC	TBC	Jonathan Hope 07779086892 jonathan.hope@wider-world.org.uk	Please contact Jonathan Hope for more details of venues and courses and to register your interest.
*Boost Pupils and parents learn together about resilience, confidence, teamwork, leadership, problem-solving, goal-setting and curiosity. Each two-hour session is designed to get children and their parents thinking, reflecting, planning and taking control of what they want and how they're going to achieve it.	TBC	TBC	TBC	Jonathan Hope 07779086892 jonathan.hope@wider-world.org.uk	Please contact Jonathan Hope for more details of venues and courses and to register your interest.

BS3 Community Development



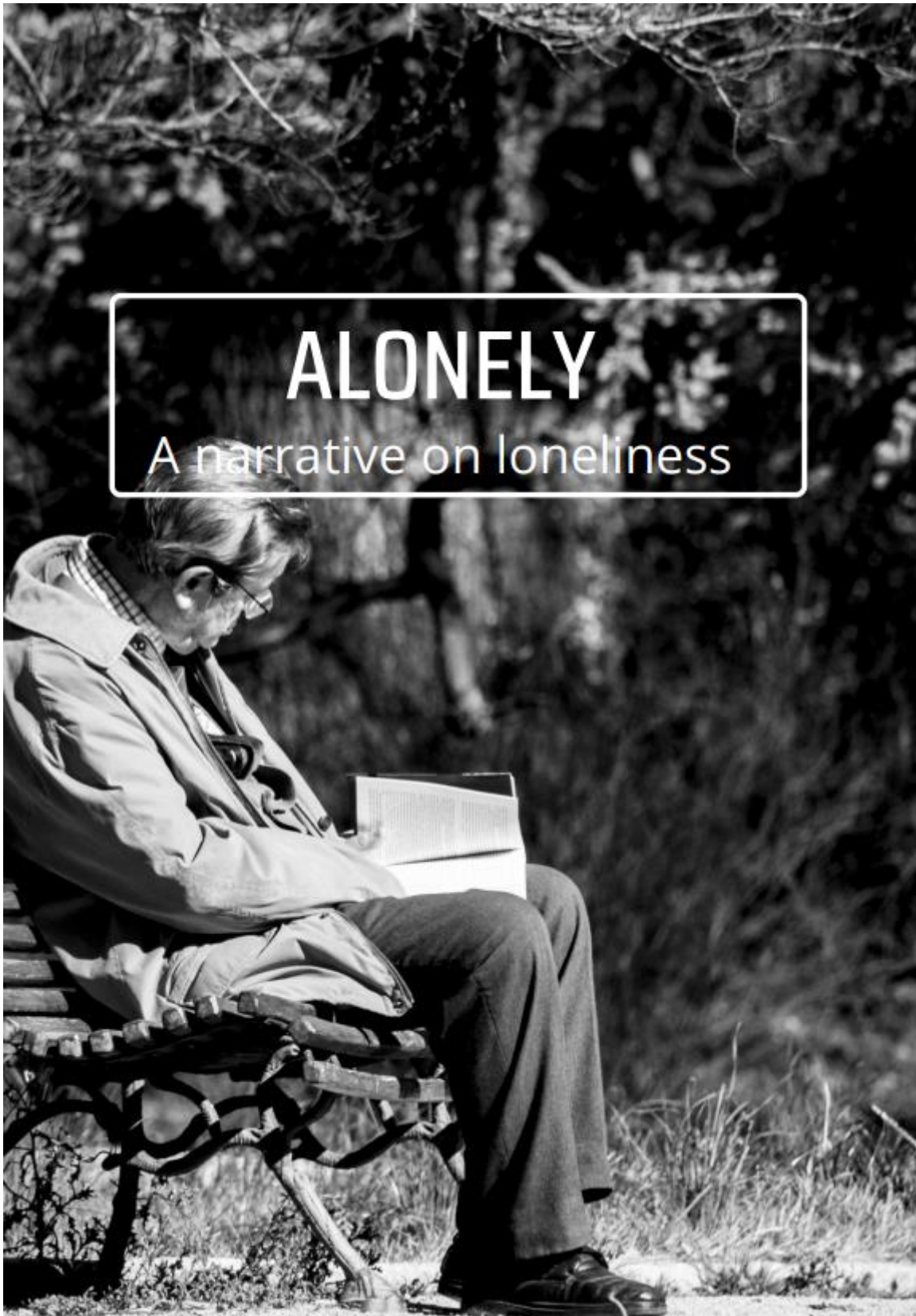
BS3 Community Development south Bristol offers to families and children:

The Southville Centre Nursery (Beauley Road, BS3 1QG) has a couple of Term time only places for children aged 3+ If interested please call 01179231039 or email family.services@bs3community.org.uk

Our Toddlers on Wednesday's 9:00-10:30 and Toddler And Grandparent group on Wednesday's 10:45-12 noon.

Our Bedminster FOOD (Food On Our Doorstep) 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 food@bs3community.org.uk





Alonely Tour

What is it?

Community actors sharing authentic stories and conversations about loneliness from older people in Bristol. Running time of performance approx 40 mins (audience encouraged to stay and have a picnic after)

Why should I come?

A chance to meet new people and have a chat with them and the community actors about loneliness , Bristol and any other topics (unfortunately picnic not provided!)

Where is it?

In September 2022 performances held at 12pm and 2pm

19th at acta Garden, Gladstone St, Bedminster, Bristol BS3 3AY

20th at Malcolm X Community Centre, 141 City Road, St Pauls, Bristol BS2 8YH

21st at Owen Square Park, Chelsea Road, Easton, Bristol, BS5 6AL

22nd at Filwood Community Centre, Barnstaple Road, Bristol BS4 1JP

To attend, no need to book, meet at the entrance to the venue and the audience will walk together to the show

For more info please call

07956962422 or email

ilop@bs3community.org.uk



West of England
Healthier with Nature

ilop

Improving Lives of Older People

Cuppa tea and chat community drop in

Pop in or for more info: Frances 07942 677131



KNOWLE WEST ALLIANCE

rooted in the community; growing for the future



26 Sept
10am-
12pm

**The Roundhouse
@Springfield Allotments**


52 Andover Rd, BS4 1AL

**The Creche Room
@Knowle West Health Park**



31 Oct
11am-
1pm

Downton Rd, BS4 1WH



21 Nov
10am-
12pm

**Community Room
@The Park Centre**

Daventry Rd, BS4 1DQ

Re:Store



13 Dec
1pm-
3pm

Filwood Broadway, BS4 1JL



PEOPLE POWER PROJECT

The people power project is where people come together to talk about things that are important to them.

WE WANT YOU TO:

1. Help shape the project - training provided
2. Tell your story or tell someone else's story
3. Join in a citywide event
4. Take part anyway you want
5. Bring extra support if you want
6. Tell us what you need to take part

For more information:

julia.williams2@bristol.gov.uk 07741 834552



TRAVEL PAID TO TAKE PART

Stories of Community Action – South Bristol

Stories of community action from South Bristol

The community development team in the council is here to support people to make a difference where they live. If you know of a group or individual with a bright idea for their community but they don't know where to start, please contact your local practitioner here:



[Community development team \(arcgis.com\)](https://www.arcgis.com)

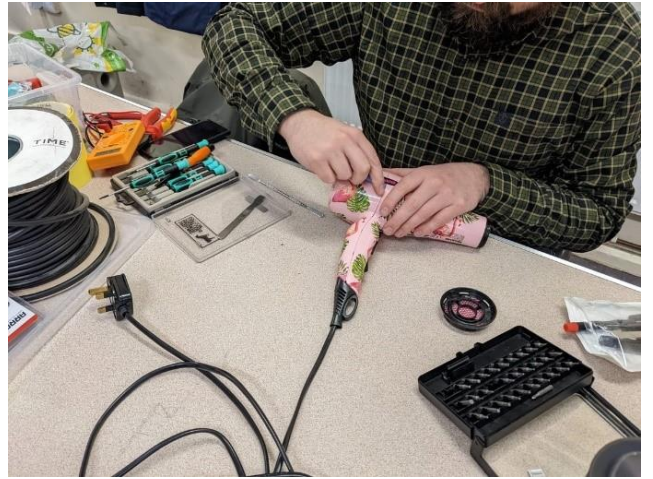
Below are two links to a few stories from amazing people who are doing positive things in their communities in South Bristol. From Repair Cafes to Easter egg hunts, support to Ukrainian families and tea gatherings with ZUMBA! Young people in Knowle West making decisions about THEIR Community and Eid gatherings

What this shows us is the remarkable resilience of our neighbourhoods and communities coming out of lockdown, and with a little bit of support, how people can grow their ambitions in a community setting. Upmost respect to everyone who has been involved.....

[South Bristol Spring 2022 \(Part 1\) \(arcgis.com\)](https://www.arcgis.com)

[South Bristol Spring 2022 \(Part 2\) \(arcgis.com\)](https://www.arcgis.com)





Stop Loan Sharks

STOP LOAN SHARKS

Intervention . Support . Education

The aim of this toolkit is to support Stop Loan Sharks' partners in raising awareness of the dangers of loan sharks and promoting the Back to School campaign on social media.

Please use the suggested posts and supporting assets in this toolkit, including relevant handles @SLSEngland (Twitter) and @StopLoanSharksEngland (Facebook/Instagram).

- Borrowing from loan sharks can lead to disastrous consequences 😞 If you're struggling to make ends meet, it might seem like there's no other way out of your financial difficulties. But there are alternatives to borrowing money from loan sharks – credit unions and councils can offer help with #backtoschool costs. Find out more 🖱 <https://bit.ly/SLSBackToSchool>
- Money is tight. And with the cost of new school uniforms, equipment and sportswear – plus everyday living expenses – it can be difficult to manage on a regular income. Don't let loan sharks affect your family's future. It's always worth talking to your child's school or local council to see what support is available 🖱 <https://bit.ly/SLSBackToSchool>
- As your child starts school, they will need new uniforms and shoes. But don't let loan sharks affect your family's future by borrowing money for these items. Speak to your local credit union or council for help with #backtoschool costs 🖱 <https://bit.ly/SLSBackToSchool>
- #BackToSchool is an expensive time of year for parents and with household budgets already stretched, loan sharks will be looking for any opportunity to exploit those most in need 🗨 Make sure you know the signs and how to protect yourself 🖱 www.stoploansharks.co.uk/what-is-a-loan-shark/
- A new school year is just around the corner. Before you set off to shop, be sure to check out your options at your local credit union or contact your council for help with #backtoschool costs. Find out more 🖱 <https://bit.ly/SLSBackToSchool>
- Is your family being held to ransom by loan sharks? 🗨 Don't let illegal lenders jeopardise your family's future. Speak to your local credit union or council for help with #backtoschool costs. Find out more 🖱 <https://bit.ly/SLSBackToSchool>

- Loan sharks can pose as a friend but quickly turn nasty - don't get caught out 🗨️ If you're looking for a loan, consider using a credit union instead or speak to your local council about help with #backtoschool costs 👉 <https://bit.ly/SLSBackToSchool>
- Do you know what to look out for when dealing with loan sharks? If the answer is no, you're not alone. Loan sharks often pose as friends offering to help you out when money is tight. Learn how you can spot the warning signs of illegal lenders before they take advantage of you 👉 www.stoploansharks.co.uk/what-is-a-loan-shark/
- You don't have to start the new school year in debt to a loan shark 🗨️ If you need help with school uniform for your child, speak to your local council or credit union for support 👉 <https://bit.ly/SLSBackToSchool>
- If you're looking to borrow money, beware of opportunistic loan sharks 🗨️ Credit unions provide many safe lending options that are available to help you out when money is tight 👉 <https://bit.ly/SLSBackToSchool>
- Whilst the summer holidays may be in full swing, some families are already worrying about the costs associated with sending their children #backtoschool. Check if your local council provides help with back to schools costs 👉 <https://bit.ly/SLSBackToSchool>
- If you're on a low income, you might be able to get help with some of the costs of sending your child to school, including school meals, transport and uniform. Find out more 👉 <https://bit.ly/SLSBackToSchool>
- If you're worried about #loansharks in your area there are steps you can take to protect your community. If you suspect that someone you know has been targeted by a loan shark, contact Stop Loan Sharks for confidential advice on 0300 555 2222 or visit 👉 www.stoploansharks.co.uk

MHST Tools To Thrive – Off The Record



Are you a parent, carer or professional seeking support for a young person aged 5-18 in South Bristol?

The Mental Health Support Team (MHST) is a partnership between OTR and the Child and Adolescent Mental Health Service (CAMHS), working in a number of schools across Bristol, North Somerset and South Gloucestershire.

The MHST are trained to give 1:1 support with mild-to-moderate mental health difficulties, including anxiety, low mood and stress.

How can you access us?

- 1** Check if we're in the young person's school over on our website: otrbristol.org.uk/mhst
- 2** Speak to a trusted member of staff at the school about the young person and enquire about the MHST.
- 3** With the young person's consent, they'll talk to us and refer you if we feel we can help.

Schools are selected by a 'needs led' process by Public Health. If there isn't a MHST set up in the young person's school, they can look at other mental health support they can access at otrbristol.org.uk/what-we-do

Cold Water Therapy

Autumn Winter 2022/2023

COLD WATER THERAPY

Next Course starts Sep 8th 2022



Join our womens' cold water therapy acclimatisation programme this Autumn up at West Country Water Park.

Run by our friendly, qualified open water coaches and lifeguards, you will learn all about cold water acclimatisation and the benefits it can have for our mental health and wellbeing in a safe environment.

Swimming regularly in cold water is medically proven to reduce anxiety and can alleviate symptoms of depression. There is also anecdotal evidence and further studies that indicate benefits for peri and post-menopausal women. You'll meet other likeminded people and connect with nature every week throughout autumn and winter.

Thursday mornings
(Term Time only)
10-11.30
West Country
Water Park, Trench
Lane, BS36 1RY



Can Do Bristol – Community Conversation Event

Positive action happening on your area:

- BS4** "Shopping for local residents has given me a new purpose and positive energy." **Hannah**
"I enjoy finding out what's happening in the area and passing it onto others." **Gail**
- BS5** "During the pandemic I got neighbours together for a fortnightly socially distance walk." **Sato**
- BS14 session** "We get together for a monthly 'geriatric' dance in our local park." **Alex**

"I like to make residents aware they can make informed decisions about where they live, and influence positive change." **Karen**

If you or your group would like to be featured please email us.



Linking people together

Want to do something but not sure how or what?

Search Facebook for 'Mutual Aid' followed by the first part of your postcode, or, check out what is happening in your area here:

www.bristol.gov.uk/people-communities/get-involved-in-your-community



Feature Article



Community Conversation Event



Who was there?

Community Activists
Volunteers
Community Centre Manager
Community Development Workers
Vet – PDSA
Project coordinators
Interpreter



Where were they from?

Local neighborhoods
East & South East Asian Solidarity
Playing Out CIC
Knowle West Alliance
Greater Brislington Together
Stoke Bishop Ward Forum
Bristol Green Capital Partnership
Southmead Hospital



0800 6940184

Should you wish to volunteer through a registered organisation please contact Bristol City Council 'Can Do Bristol'

www.candobristol.co.uk



A free, inclusive course to help parents and carers raise happy, confident children, from babies to teens

**strengthening families
strengthening communities**

These sessions changed mine and my daughter's life

I love the course, it helped me to know what to do with the kids and helped with my language

Starts Wednesday 21st September, and runs for 12 weeks

9.30am - 12pm

**Docklands Community Centre,
29 Brigstocke Rd,
St Paul's, BS2 8UA**

**For more information
or to book, call Sally or
Karen on 0117 955 6971
extension 161**

Settlement Site, 43 Ducie Road, Barton Hill, BS5 0AX - 0117 955 6971 |
Wellspring Site, Beam Street, Barton Hill, BS5 9QY - 0117 304 1400

www.wellspringsettlement.org.uk | info@wsb.org.uk

Wellspring Settlement is a company limited by guarantee registered in England and Wales under number 05031499, and is a charity, number 1103139

About the programme

This is a popular parenting programme for anyone raising children. We welcome parents and carers from all backgrounds who would like to work on their parenting skills and build positive relationships with their children.

We can help you to recognise and respond to the challenges of being a parent and the risks and concerns facing our children. Whether you want to help your child do well at school, deal with bullying, avoid online grooming or getting in with the 'wrong crowd', or just feel more confident: SFSC can provide you with strategies to help you feel equipped as a parent and help you to keep your children safe.

SFSC runs for three hours a week for 12 weeks. Some groups provide free childcare and refreshments. Just come along, bring a friend or partner if you prefer, and see if it's for you!

I love the course, it helped me to know what to do with the kids and helped with my language

These sessions changed mine and my daughter's life

The course will help you to

- Build positive family relationships
- Manage anger and stress
- Implement effective discipline strategies
- Gain confidence and communication skills
- Understand your child's development
- Recognise and value your family and cultural traditions
- Meet others and share ideas

You will receive a certificate and a parent manual.

It helped me a lot to communicate with my child in the right way, understand my child very well



Healthier with Nature

HEALTHIER WITH NATURE

SPENDING TIME IN NATURE IS KEY TO OUR PHYSICAL & MENTAL HEALTH

There is increasing evidence that it can decrease anxiety and depression as well as lowering rates of many diseases, including type 2 diabetes and obesity.

Green Social Prescribing aims to connect people with local nature-based interventions to improve their health. These might include local walks, conservation volunteering and community gardening and food growing projects.

SPENDING TIME IN NATURE ENABLES US TO ACHIEVE THE 5 WAYS TO WELLBEING

- CONNECT** ...WITH PEOPLE AND WILDLIFE
- GIVE** ...YOUR TIME TO LOOK AFTER NATURE
- take* **NOTICE** ...OF NATURE AND SEASONS
- keep* **LEARNING** ...DEVELOP SKILLS & IDENTIFY WILDLIFE
- be* **ACTIVE** ...EXPLORE LOCAL NATURE ON FOOT



To discover the evidence linking nature and health, scan the QR code nhsforest.org/evidence



**STAR Bereavement Peer Support –
Training the Trainers - Next Round of FREE Training**

The free training course involves 4 workshops which will take place online via Zoom, followed by a Catch-up session.

There will be a choice to join a course on either a **Wednesday afternoon (1-3pm) starting on 28th September** or a **Thursday evening (6pm – 8pm) starting on 29th September 2022**. Click on the following link for more information and to sign up to the training:

STAR Bereavement Peer Support – Training the Trainers LINK TO BOOK YOUR PLACE	Bereavement Peer Support - Training the Trainers Eventbrite
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[STAR Bereavement Peer Support Group - Training the Trainers \(4 sessions\)
Registration, Wed 28 Sep 2022 at 13:00 | Eventbrite](#)

For more information about the STAR Bereavement Peer Support Project, please have a look at the website:

www.starsconnecting.com

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

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.



Bridge Foundation – Group Parent Therapy

Group for Parents

Weekly – Thursdays 3:15pm – 4:45pm

Starting in September – Introductory price £5 per session – spaces limited



The Bridge Foundation is expanding its offering of therapeutic work. We are excited to be able to provide group therapy for parents who are worried about their adolescent's mental health.

What is it?

Parenthood can bring huge challenges as children develop and adolescence is a particularly testing time. If your teen is struggling with their mental health, this can add to the pressure and can even bring up issues of your own, which may be addressed or more often pushed to one side to care for others.

This group is an opportunity to meet and work with other parents experiencing similar issues. It takes place in a safe environment where these difficulties can be explored and understood. The aim of the group is to support its members to feel better resourced and more robust.

Who will I be seeing?

There will be a maximum of 10 parents. The group will be facilitated by two experienced therapists at the Bridge Foundation – Anita Bradford and Rowena Mahmud.

How do I know it's right for me?

One or both of the facilitators will meet with you, initially online or by phone before the group starts, to explore your needs and help you decide if the group is right for you.

How much will it cost?

Members will need to commit to attending this weekly group for a full term. The charge is £5 per session billed at the beginning of the term. The initial meeting with the group facilitator/s is free.

What next?

If you are interested please get in touch to arrange an appointment with the facilitators at info@bridgefoundation.org.uk or call 0117 9424510

South Bristol Children's Centre



SOUTH BRISTOL CHILDREN'S CENTRES

At our Centres across South Bristol you will find a safe and welcoming environment with easy access to a range of activities & information to help you lead a happy, healthy family life. Look through this leaflet to see our range of groups and courses, ask our staff about 1:1 support & how to access other services, follow our Facebook page to see our family events and find out what else is available for you and your family.

Our groups start back from the 5th of September until Friday 16th December with no groups on week commencing 24th October. (Half Term) Groups are "drop in" unless specified otherwise. Our groups are free although a £1 contribution is welcomed per family. This helps towards the cost of resources to support each session. So do come along and enjoy the fun, make new friends and play! Please note that each drop in has a room capacity limit to ensure we can keep everyone as safe as possible during their visit.

We also have courses (such as Baby Massage and Parenting Programs). See individual start dates for courses and follow the instructions to see how to book. Priority goes to families living close to the Children's Centre. The full addresses and postcodes to venues are on the last page.



South Bristol Children's Centre Timetable - September 2022

Group	When & Where
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Welcome Wednesdays

Are you new to the area?Just had a baby and not sure what a children's centre is. Just drop in between 1 and 3 pm to take a look around, meet our staff, find out about all our wonderful groups and services available at your local Childrens Centre.

The first Wednesday of the month (7th September/ 5th October/ 2nd November/ 7th December) between 1 and 3 pm in our Childrens Centres.

- @Knowle - Inns Court,
- @Bedminster
- @Stockwood
- @Hartcliffe
- @Bishopsworth

Under 5 Hubs.

An opportunity for parents to meet the health visiting and family support team and learn about health promotion and up to date evidence/guidance. With the chance to socialize and discuss any worries or concerns. Scales will be available for you to weigh your baby.

Tuesday 9:30- 11.00am @Knowle Childrens Centre Inns Court BS4 1TR

Tuesday 9:30-10:30am @Bishopsworth Childrens Centre

Tuesdays 1:00-2:30pm
@Whitchurch Health Centre BS14 0SU on 2nd and 4th Tuesday for each month.
@Stockwood Childrens Centre on 1st and 3rd Tuesday of each month.

Wednesday 9.30-10.30am @Hartcliffe Childrens Centre.

Thursday 10:00-12:00am @Bedminster Children's Centre

Baby Groups (5 to Thrive)

Come along to one of our fun and interactive sessions to learn about the things you do every day that help your baby's growing brain! Semi structured with singing, sensory play, and lots of different activities including early learning each week. A great opportunity to meet other parent's, carers and babies.

Monday 10:00 -11 :00am @ Stockwood Children's Centre

Tuesday's 1:30-2:30pm @ Bedminster Children's Centre

Wednesday 10:00-11:00 am @ Bishopsworth Children's Centre

Thursday 10:00 -11:00am @Knowle Children's Centre, Inns court BS4 1TR (includes sing and sign!)





Group

When and Where

Breastfeeding Support

We welcome expectant and breastmilk feeding families in the groups where we can offer information and support on all topics relating to breastfeeding. These include, starting breastfeeding, expressing, overcoming challenges, introducing solids, returning to work and breastfeeding, introducing a bottle, mixed feeding and stopping breastfeeding. **For further support look up 'Bristol Breastfeeding Mummies' on Facebook or Email: bristolbreastfeeding@bristol.gov.uk**

Baby Massage Course – booking required.

Baby massage is suitable for babies aged between 6 weeks and 6 months old, it provides a special time for parents and their baby to share. It can help relieve symptoms of constipation, reflux and colic and can help parents and babies relax and can even help with sleep. 4 week course £5 per course. Please call your local children's centre to book.

5 to Thrive New Parents Group – booking required

This six week group is held once a term for first time parents, with babies under four months old from South Bristol. At this group you to meet other new parents and develop an understanding of Five to Thrive: baby brain development through talking, singing and playing.

Tuesday 10:30-12.00 @ Bishopsworth Children's Centre
 Tuesday 11:15-12:45pm Milk tots @ Inns Court Community Centre, Knowle. BS4 1TR
 Thursday 12:30-2.00 pm @ Bedminster Children's Centre

 Mondays 1.30-2.30 @ Bedminster call 0117 3746362 BS3 3BZ
 Wednesday 10:00-11:00 am @Stockwood children's centre call 01173 533503
 Friday 10:00-11:00am @ Knowle Childrens Centre, Inns Court BS4 1TR call 01173 532036
 Friday 1:30 -2:30pm @ Bishopsworth Children's Centre call 01179 781028

 Mondays 1.30-2.30 pm @Bedminster Children's Centre call 01173746362 to book

Group

When and Where

Stay and Play.

Stay & Play is a fun filled group for families with children aged 0 - 5. This space provides planned and age appropriate sensory activities and physical soft play areas, for you to play, learn, bond, explore and develop together.

Forest school

Join us for some fun and child-centred outdoor learning. Forest School offers opportunities for holistic growth, supports play, exploration and risk taking. It develops confidence and self-esteem through learner inspired, hands-on experiences in a natural setting

Stockwood Growing Group.

Weekly intergenerational gardening group for all ages interacting with nature and the wider community. Use this time to learn from the experience of others through growing together on our lovely allotment.

Monday 9.30-11.00 at Faithspace BS1 6PB
 Tuesday 9:15-10:30 @ Perry Court Primary School BS14 OAX
 Wednesday 10:00-11:30am @Bedminster Childrens Centre
 Thursday 10:00-11:30 @Stockwood Childrens Centre
 Friday 10:00-11:00 @ Hartcliffe Children's Centre
 Friday 9.30-11:00 @ Bishopsworth Children's Centre

 Monday 1:30pm -2:30pm @ South Street Park. Bedminster
 Tuesday 1:30pm - 2:30pm @ Stockwood Children's Centre.
 Wednesday 10-11:00am @ Knowle Children's Centre, Inns Court BS4 1TR
 Thursday 1:30m -2:30apm @the pod in Witherwood park.

 Thursday 1:00-2:00pm @Stockwood Children's Centre.



Group

When and where

Physical activities; Boogie Disco/Toddler Yoga/Gym tots.

Bring your active toddlers and lets get our bodies moving together in these fun physical activities session! Boogie to some fun classic tunes; stretch to your favourite children's stories; learn to balance and jump on the equipment at Gym tots and cool down with parachute games.

Look out on our Facebook pages for details of local buggy walks.

Young Parents Group

We welcome parents who are 25 Yr's or younger. A great chance to make new friends with other families while the children enjoy activities and BOING soft play.

Tots talking – booking required

Find out how everyday activities can boost your child's talking skills, get ideas for simple toys and games you can make at home. Crèche available on request.

Early years Speech and Language drop-in sessions

Free advice for parents.
Chat to one of our speech and language therapists about your child's Speech, language and communication development.

Mondays 9:30 - 10:15am **Boogie disco** @ Knowle Childrens Center, Inns Court BS4 1TR (with the chance to use Boing for £1 subject to space availability.)
Mondays 11:15 to 12 -00 am **Toddler Yoga** @ Knowle Children's Center, Inns Court BS4 1TR

Monday 1.00-2.00 **Baby and Toddler Yoga** @Faithspace BS1 6PB

Friday 1:30-2:30pm **Gym tots** @ St Bernadette's Primary School BS14 9LS

Thursdays 1:15-2:15 pm followed by soft play in BOING @ Inns Court Community Centre

Tuesday 1:00-2.30pm @Knowle West Nursery School BS4 1NN from 27th September for 4 weeks.

To find out more please email sirona.sltearlyyears@nhs.net

Please Call 0300 1256279
<https://cchp.nhs.uk/cchp/explore-cchp/childrens-speech-language-therapy/services-bristol-south-gloucestershire/family>



Group

When and where

Nurture programme Parenting course – booking required.

A 10 week course aiming to help adults understand and manage feelings and behaviours and become more positive and nurturing in their relationships with children 2 to 12 yrs.

Food Clubs

Food club offer a means for families to access a mix of good quality ingredients including fresh fruit and vegetables, dried goods, fresh meat and dairy products. For £1 membership fee and then £3.50 per week, each member receives a weekly bag of food worth £15 -£20. The clubs are run by Family Action using surplus food from supermarkets via FareShare, so it's good for your pocket and the environment! Local volunteers work alongside staff to run each club. To register and for more information please contact the members of staff below or ask in your Children's Centre.

Community fridge

Our team of fabulous volunteers collect food donations from companies, allotment holders and local supermarkets to keep the fridge stocked so you can help yourself to 5 items for free!

Community learning courses - booking required.

An opportunity to learn new skills by booking onto one of the many free learning community courses running from our Centre's including Math's, English, ESOL (English as a second Language), Level 1 Award in Caring for Children, Paediatric First Aid Certificate, Food Safety & Hygiene certificate.

Thursday 10-12 am @ Bishopsworth Children's centre from 22nd September- call Bishopsworth children centre on **01179 781028** to book (crèche available)

Thursday from 12.30 to 2.30 pm at Stockwood children's centre from 22nd September – call Stockwood on

Tuesday 9:00-10:30am @Stockwood Children's Centre

Wednesday 12:30 -2:30pm @ Freeling House, Redcliffe

Thursday 1:00 - 3:00pm @ Inns Court Community Centre BS4 1TR

Stockwood children's centre pop by between 8.30 and 3.30 Monday to Thursday.

Bedminster Children's centre just come in anytime between 8 and 4 Monday to Friday.

Take a look on this website for full details about what's on offer <https://communitylearningwest.net/> or come along to the enrollment day on Tuesday 13th September anytime between 9am and 3pm at Hartcliffe children's centre to meet the tutors and crèche staff and find out more.



Group

When and where

Wellbeing groups

Mindful Mondays: A six week course for parents of under 5's which provides steps, activities and information for mental wellbeing. Learn mindfulness techniques and activities to help you reflect and relax. Crèche available

Monday's 1-2.30pm @ Hartcliffe Children's Centre (Invite Only)

Stressbusting – booking required.

Stressbusting is a 10 week course to explore stress, particularly from being a parent. By the end of the course you will have a toolkit of stressbusting practices for every situation. Crèche available

Friday morning at Bedminster Children's Centre

Antenatal Rockabye – booking required.

This is a small 6 week group which gives you the chance to reflect on your hopes and fears about becoming a parent. During the sessions you can take time to enjoy your pregnancy and connect with your baby through relaxation exercises and creative activities.

Tuesday's 10 to 11.30 at Bedminster Children's Centre. Starting on the 27th September. Call 07795 952691 to book.

If your journey to becoming pregnant has been difficult or you are feeling anxious or depressed, Ante-natal Rock-a-Bye offers you a safe and supportive space in which you can reflect on some of these issues and explore anything that might get in the way of you connecting with your baby.



South Childrens Centre information

Knowle Childrens Centre, Inns Court
1 Marshall Walk, Knowle BS4 1TR. Tel: 01173 532036

Bedminster Childrens Centre,
British Rd, Bedminster BS3 3BZ. Tel: 01173 746362

Redcliffe Children Centre,
Freeling House, Prewett St, Redcliffe BS1 6RE. Tel: 01173 746362

Bishopsworth Childrens Centre,
2 Lakemead Grove, BS13 8EA . Tel: 01179 781028

Stockwood Childrens Centre,
Whittock Rd, Stockwood BS14 8DQ. Tel: 01173 533506

Hartcliffe Childrens Centre,
Hareclive Rd, Hartcliffe BS13 0JW. Tel: 01179 038633

Facebook- <https://www.facebook.com/SouthBristolChildrenCentreHub>

Email - sbcc@bristol-schools.uk

Website – <http://www.southbristolcc.org.uk>



*Services and
opportunities
for young
people*

WHAT WILL YOU GET?

- GET PAID TO LEARN
£10 PER WEEK STRAIGHT INTO YOUR BANK ACCOUNT
- OPPORTUNITIES TO IMPROVE YOUR ENGLISH AND MATHS LEVELS
- SUPPORT TO BUILD A CV
- GET SUPPORT WITH YOUR JOB SEARCH
- LEARN IN SMALL GROUP SIZES
- SOCIAL, EMOTIONAL AND BEHAVIOURAL SUPPORT PROVIDED
- MENTORING & PASTORAL SUPPORT AVAILABLE

CONTACT US

0117 978 8968

OR

0738 053 7323

A2A@THE GATEHOUSE CENTRE

@A2A YOUTH TRAINING

EMAIL US

A.MEL.MELBOURNE@HWV.ORG.UK
 LOUIS.BROOKS@HWV.ORG.UK
 NIC.GRIFFIN@HWV.ORG.UK
 NIKKI.BROWN@HWV.ORG.UK

ACCESS 2 ACHIEVEMENT
THE GATEHOUSE CENTRE

YOUTH TRAINING COURSE
16-18 YEAR OLDS
(SOME 19 YEAR OLDS CAN ACCESS THIS TRAINING)

EMAIL TO ENQUIRE FOR FLEXIBLE START DATES
THROUGHOUT THE ACADEMIC YEAR.

ACHIEVE YOUR FULL POTENTIAL

WHY CHOOSE A2A?

IF YOU ARE LOOKING TO IMPROVE ON YOUR GCSE RESULTS YOU GOT AT SCHOOL/COLLEGE AND YOU'RE AGED 16-18, THEN THIS COULD BE THE BEST PLACE FOR YOU TO BUILD AND PREPARE FOR YOUR FUTURE.

YOUTH SUPPORT ADVISERS WILL PROVIDE ADVICE AND GUIDANCE TO HELP YOU PROGRESS INTO FURTHER EDUCATION, TRAINING OR EMPLOYMENT.

ACCESS 2 ACHIEVEMENT

ABOUT US

THIS A2A COURSE PROVIDES ACCESS TO EDUCATION FOR YOUNG PEOPLE AGED 16-18. SUBJECTS INCLUDE FUNCTIONAL SKILLS, GCSE ENGLISH, MATHS AND LIFE SKILLS QUALIFICATIONS

WE SUPPORT YOUNG PEOPLE WITH THE FOLLOWING:

- PERSONAL DEVELOPMENT SKILLS
- SELF ESTEEM AND CONFIDENCE
- STRESS MANAGEMENT
- COMMUNICATION SKILLS
- CONCENTRATION

WHAT OUR PAST LEARNERS HAVE SAID

'IT HAS MADE ME FEEL LIKE I CAN ACTUALLY DO SOMETHING POSITIVE WITH MY LIFE'

'I WAS NOT PATRONISED AND I WAS TREATED LIKE AN ADULT BY THE STAFF'

'IT WAS MUCH BETTER THAN SCHOOL'

'I HAVE GROWN AS A PERSON'

A2A

**FREE Courses with Community Learning
ENROLMENT DAY
TUESDAY 13th September
Between 9.00am and 3.00pm
Hartcliffe Nursery School and Children's Centre
BS13 0JW**

Courses running from September 2022

English Functional Skills Qualification

Maths Functional Skills Qualification

Level 1 Award in Caring for Children

Paediatric First Aid Certificate

Food Safety & Hygiene Certificate

**Find out about Hartcliffe City Farm and
Level 1 Horticulture Course**

Come along between 9.00am and 3.00pm

**Meet tutors and creche staff find out more about
courses**

Contact Helen for more information 07760990855

Children's Scrapstore



Find out about all our up-coming events below and on our website!



Saturday 23rd September is our next Super Saturday event at Children's Scrapstore in St Werburghs! Come along and enjoy some free, crafty activities at our drop-in session between 10:30am - 12:30pm.



Our October half-term programme is now available and ready to book! Come and have a look at our variety of arts and crafts sessions!

For more information and to view all of our events please visit: www.childrensscrapstore.co.uk/events

Save the date and get involved in our September Reuse Fair 2022!

PLAY

COMMUNITY REUSE FAIR

CLOTHES SWAP
TOY SWAP
REUSE ART
CREATIVE PLAY
WORKSHOPS
STALLS
INFORMATION
INSPIRATION
AND MORE...

SAT 17TH SEPT 2022
11AM - 4PM
A FREE COMMUNITY EVENT FOR ALL THE FAMILY INCLUDING ACCESS TO THE SCRAPSTORE WAREHOUSE.

REUSE

Children's ScrapStore
SCRAPSTORE HOUSE, 21 SEVIER ST,
ST WERBURGH'S, BRISTOL, BS2 9LB
For more info, email: events@childrensscrapstore.co.uk
www.childrensscrapstore.co.uk

CHARITY NO 1008788 / TEL: 0117 9085644



REUSE GALLERY

DO YOU MAKE THINGS FROM REUSED AND RECYCLED MATERIALS?

WE'RE LOOKING FOR CREATIONS MADE BY YOU FOR OUR REUSE ART GALLERY, BOTH VIRTUALLY AND IN-PERSON, AT THIS YEARS REUSE FAIR.

→ FILL THIS SPACE! ←

WHETHER YOU MAKE 2D AND 3D ART, COSTUMES, SETS, MINIATURES, UP CYCLED HOUSEHOLD OR DECORATIVE ITEMS, WE WOULD LOVE TO SEE THEM!

FOR MORE INFORMATION PLEASE CONTACT:
EVENTS@CHILDRENSSCRAPSTORE.CO.UK

Children's ScrapStore #SCRAPREUSEGALLERY

REUSE FAIR: SAT 17TH SEPT 2022

tel: 0117 908 5644 // email: events@childrensscrapstore.co.uk // charity no. 1008788



The Post-16 Service (Bristol)

The Post-16 Service is here to provide information, advice and support to young people with Down Syndrome from 14/15 years old and in Year 10 onwards. If you are considering educational choices both Post-16 and Post-19, we can support you through this exciting, and sometimes challenging time.

Please get in touch to see how we can help!

We can offer:

- Information about the choices available at colleges and education settings in the Bristol area
 - Support when visiting further education settings.
 - Support throughout the application process
- Advocacy to ensure their voice is heard when choosing their next step
- Support attending meetings such as Education and Health and Care Plan Annual Review meetings and transition meetings
 - Support liaising with professionals
 - Support transitioning into further education
- Advice on transport options
 - On-going support whilst at the further education setting
 - Home visits, or visits whilst at school and/or college
 - Support throughout the whole journey



Further support

Our School Liaison Service can provide further advice and support.

Contact us by emailing:

info@upsanddowns.net

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

Climbing

OTR have partnered with Urban Uprising and The Climbing Academy to offer a course for young people aged 16-18, exploring the benefits of climbing for our wellbeing. Climbing is a great way to look after our mental health, offering the chance to be physically active but also to do lots of problem-solving and socialising all at the same time. These sessions will involve some taught climbing instruction from a TCA coach, use climbing games to explore different aspects of mental health, and there will be time for a scramble around as well.

Starts Thursday 22nd September for 10 weeks at The Mothership, St Phillips, BS5 0FD.

Read more and sign up here: otrbristol.org.uk/climbing

Nature Works Drop-In Mondays

These sessions are for 15-25 year olds to come and spend time outdoors and explore how nature can support our wellbeing. They can expect anything from fire-building and cooking, to learning about nature and practicing nature-based mindfulness. They'll also explore our connection to nature creatively through green crafts, such as making bird feeders, insect hotels and making art using natural elements.

Mondays @ 5-7:30pm @ Knowle Roundhouse, Springfield Allotments, BS4 1DG

Find out more here: otrbristol.org.uk/nature-works

New Diffusion Training Dates

Diffusion is OTR's training and consultancy offer for professionals, giving people the confidence, knowledge and skills to improve mental health. Our autumn and winter training sessions are now ready to sign up to, including dates for 'Running Resilience Lab', 'Introduction to Adolescent Mental Health' and 'Working Confidently with Gender & Sexuality'. Open access trainings mean that we can learn together in multi-agency spaces with people from a range of backgrounds and experiences.

Find out more and sign up here: otrdiffusion.org/events

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



Free Social Enterprise Support with the SSE

The School for Social Entrepreneurs have a number of fully-funded (therefore FREE to access) learning programmes coming up this autumn:

- [Strong Foundations](#) is aimed at those with an idea for a social enterprise. You don't need any previous experience or qualifications to apply - just an idea for a business that has an environmental or social purpose behind it. The course is designed to be interactive and accessible. You will learn about:
 - Setting your business moral compass - What kind of business do you want to be?
 - Creating your service/product and how to ensure it is what your customer wants and will pay for.
 - Business planning - Simplify and demystify the process.
 - The Market - Market research, marketing, social media, and communicating effectively with stakeholders.
 - Your business form - Covering the legalities, policies and more.

We have online weekend intensive, and online and in-person options available. You can read all about these and apply [here](#). Strong Foundations is available city-wide.

- Or if you are a little further along in your enterprise journey our [Getting Serious: Next Steps to Business Success](#) programme starts on the 14th September. This course is a modular programme so you can join for just one, several, or all of the sessions:

Getting Serious: Next Steps to Business Success

Autumn-Winter 2022

-  **Wednesday 14th September:** Vision, mission and values, measuring your impact
-  **Tuesday 27th September:** Social impact, Theory of Change
-  **Wednesday 28th September:** Finance essentials
-  **Thursday 13th October:** Sustainability
-  **Monday 17th October:** Intellectual property
-  **Wednesday 26th October:** Marketing and branding
-  **Thursday 10th November:** Financial recording & reporting
-  **Wednesday 23rd November:** Considering your business model and managing risk
-  **Friday 9th December:** Resilience and leadership



You can read more and apply for Getting Serious [here](#). This programme is open to those living or working in South Bristol.



**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:



@kwmcethefactory

Creative Youth Network – Heritage Public Vote



Hi

As I'm sure you know, we've been working on redeveloping [The Courts into a Creative Enterprise Hub at Creative Youth Network](#) and I'm the Youth and Community Inclusion Officer for the project. Recently, we've been working with the Youth Advisory Board, UWE lecturer Rose Wallis and her students to explore the history of the building and the people who passed through it.

Part of the plan for The Courts is to have some digital heritage interpretation which can be explored by the public and this is where you come in. We want as many people as possible to help us shape the content of The Courts once it's open, including the digital interpretation of its history. Therefore, we've set up an online vote to decide which heritage story should be used and we'd love you and your community to cast their vote. This is for everyone and anyone to be a part of and we hope to reach as many people as possible. Therefore we invite you and your networks to watch the short film to find out about the historic stories and then cast your vote here - [Heritage Public Vote: From](#)

Fortune-Telling to Winston Churchill, Bristol has Seen it All | Creative Youth Network It would be great if you could share it with your network.

The deadline to vote is the 12th September.

I hope you find exploring the history of this Bristol landmark interesting and if you have any questions or want to hear more about The Courts or even be involved in some way it would be great to talk further with you.

Thanks for voting and for sharing,

Emily

EMILY BULL
HEAD OF CREATIVE
CREATIVE YOUTH NETWORK
RECEPTION: 0117 947 7948



[Find out more and donate](#)

THE STATION
SILVER STREET
BRISTOL BS1 2AG

TWITTER: [@Creative_Youth](#)
FACEBOOK: [/creativyouthnet](#) [/thestationbristol](#)

Steering Group
Member of
VASW



EUROPEAN UNION
European Social Fund



SHORT COURSES

Free

We have some exciting short courses. These include:

- Health and well being
- Online job search
- Computers for beginners
- Cooking for all
- Living on a Budget
- Crafts for all seasons



Come and join us at the Gatehouse Café.

Great food at good prices, eat in or take away

A good hearty breakfast by popular demand with free tea/coffee

Home cooked Roast Dinner every Thursday

Sandwiches made to order

Homemade Cakes made daily

Meet friends in a comfortable, welcoming environment for a cuppa and catch up.

Open Monday to Friday, 8.30am to 2.30pm

Free Wi-Fi, **Free** Book borrowing area and small children's play corner.

Telephone: 01179781708

Email: gatehouse@hwv.org.uk

Website: www.hwv.org.uk

Facebook: [HWV The Gatehouse](https://www.facebook.com/HWVTheGatehouse)

Alternatively please pop into reception and someone will be happy to help with your enquiry.



Grab your chance to **UP-SKILL Today** @The Gatehouse

1. _____ **BS13 9JN**

**Maths, English and IT
Courses
Starting at Entry
Level
Up to Level 2**

2. _____
**Personal Development
and Work-club Courses
Starting at Entry Level
Up to Level 2**

3. _____
**Short Courses
To help build your
confidence and
get you into work**



Let us help you achieve



HWV
@ The Gatehouse



**CITY of
BRISTOL
COLLEGE**

**Bristol City Council's One Front Door team
presents..... You've got the Job!**

A Job Fair & Interview Day on 28th September 2022
@ The Galleries (25 Union Gallery, Broadmead, Bristol
BS1 3XD)
11am – 2pm

There will be over 40 employers ready to give
interviews and job offers for 100's of roles in
Hospitality, Health and Social Care and Warehouse
work.

There will also be free tablet giveaways every hour and
free hot drink vouchers to those that attend (available
at the One Front Door stand).

No need to book a space just pop down to this free
event- you could walk away with a job offer!


Any questions or employer queries please email
onefrontdoor@bristol.gov.uk or visit
onefrontdoor.org.uk

Sense Siblings and Young Carers Project

Sense Siblings and Young Carers Project is a UK based program which supports young people aged between 5 and 18 who are a sibling or young carer to someone at home with a disability. The project aims to connect siblings and young carers to inspire meaningful friendships, provide opportunities to try new and fun activities, offer respite from caring responsibilities, and support wellbeing. Young people can: access online activities during the week between 4pm-6pm (including; dance, drama, arts and crafts, creative writing, gaming, quizzes, debate club and more!), sign up to be matched with another siblings/young carer around the UK as pen-pals, access wellbeing online group sessions, and join our monthly face-to-face Saturdays outings in Bristol. The project is free to access and runs all year round.

Register for the project here: <https://www.sense.org.uk/our-services/support-for-children/support-for-young-carers-and-siblings/>

Or send us an email: siblingsandyoungcarers@sense.org.uk



In partnership with:

B24/7

HOW TO BE A CHEF

A FREE training programme
for young people aged 16-25

 TRAINING

SQUARE
FOOD FOUNDATION



“I’M ALWAYS THINKING ABOUT STAFFING OUR RESTAURANTS AND GETTING THE NEXT GENERATION OF CHEFS INVOLVED.”

Imogen Waite, Chef/Owner - Bravas, Bakers & Co., Cantina at Cargo

WHAT IS ‘HOW TO BE A CHEF’?

Square Food Foundation’s FREE 12 week training programme in food and cooking.

This accredited programme is delivered by Square Food Foundation in partnership with Bristol 24/7. This 12 week course will give you the cooking skills and food knowledge you need to get work in the food industry.

You’ll spend two days each week in the Square Food kitchen, plus a third day doing work experience at local food businesses or visiting growers, farmers and factories.

You’ll leave with experience of working in different types of food business, an understanding of the different opportunities the industry has to offer and the skills you need to get a job!

i Programme starts 14th September 2022
2 x days per week x 12 weeks
For young people aged 16+

WHAT WILL WE COVER DURING THE COURSE?

- Butchery and meat cookery
- Fish cookery
- Vegetarian and vegan cookery
- Making bread, pastries and desserts
- Preserving, pickling and curing food
- Work placements at top Bristol food businesses
- Opportunities to take part in large-scale catering events
- Mentoring
- Career pathways
- A Food Hygiene certificate
- Level 2 BTEC in Home Cooking Skills
- Wider food issues and animal welfare

Got a question? Get in touch to talk to our teachers or register your interest.

0117 903 9780
info@squarefoodfoundation.co.uk
www.squarefoodfoundation.co.uk

🐦 @squarefood
📷 @squarefoodfoundation
📺 squarefoodfoundation

Registered charity no. 1173323

The Princes Trust – Get into Work



princes-trust.org.uk

NHS

Health Education England



Prince's Trust

WANT A JOB IN THAT MAKES A DIFFERENCE? THE PRINCE'S TRUST HELP 16-30-YEAR-OLDS INTO WORK.

The Prince's Trust are offering free employment support to 16-30-years-olds who want a job in the health and social care sector!

We'll help you get the skills and knowledge you need to and introduce you to our partners in the NHS, BUPA, and care providers near you. They're looking for people just like you.

Scan the QR code now
to register online:



or give us a ring:

07929 362 523

ELIGIBLE FOR 16-30-YEAR-OLDS WHO HAVE
THE RIGHT TO WORK IN THE UK.



EXPLORE

16-30?

Personal Development course

This **FREE 3 week** course will help you:

- Boost confidence and improve teamwork skills.
- Identify and set your own goals with **1:1 support.**
- Support **employability** and independent living skills.
- Take part in group activities that are creative, outdoors and hands on.
- **Get motivated!**

DATES FOR YOUR DIARY:

- Last day to apply: 28th Sept
- Taster Day: Wednesday 5th October
- Course Starts: Tuesday 11th October

Interested?



0800 842 842



harry.goodrick@princes-trust.org.uk

rosie.kinnear@princes-trust.org.uk



Funded by the West of England
Combined Authority



Princes Trust

Bridging The Gap – Foto/Walks.

Young People, Parents, Carers
And Professionals Working
Together



foto/walks

Walking & photography for wellbeing

Find peace in nature, socialise and
improve your photography
All walks start at 11am

21.07.22 - Intro to Photography
08.09.22 - Uphill Nature Reserve
22.09.22 - Brean Down
06.10.22 - Glastonbury Tor
20.10.22 - Cheddar Gorge
03.11.22 - Blagdon Lake
17.11.22 - Goblin Combe
01.12.22 - Abbots Pool
15.12.22 - Poets' Walk, Clevedon
12.01.23 - Yatton to Congresbury
26.01.23 - Worlebury Woods

Maximum of 15 participants per walk,
Ages 16 - 25
booking is essential to secure
your place please go to our website

<https://bridgingthegaptogther.org.uk/events>



Bristol, North Somerset
and South Gloucestershire
Clinical Commissioning Group



foto/walks is organised by Bridging The Gap Together!
a community interest group providing a wide range of
workshops for parents/carers of children & young people
with complex needs or disabilities. This could include mental
health needs, learning difficulties, sensory or communication
impairment, emotional and behavioural difficulties, and/or on
the autistic spectrum.

Grassroot Communities

Grassroot Activators Programme (GAP)

Grassroot Communities engages, challenges and inspires young people and others in their neighbourhoods to be the changes they want to see, improving the quality of life and creating real social and environmental change.

The Grassroot Activators Programme (GAP) is a year long initiative delivered over 2 days a week for 16 to 25 year olds from marginalised communities across Bristol that seeks to raise aspirations, create role models and develop realistic pathways to future opportunities.

The key aims are to:

- Train a cohort of young people with lived experience in marginalised areas of the city in youth, community and nature based work;
- Provide stepping stones for young people to achieve their full potential in employment, education, volunteering, apprenticeships and training;
- Develop young people as active citizens within their own communities and the wider city;
- Design teaching methods and models of engagement that build young people's capacity to participate in community and environmental leadership in the city; and
- Establish a framework for others across the UK, and internationally, to enable them to run a similar programme.

The GAP modules have been developed in consultation with young people, their families and communities in South Bristol.



Connecting young people with communities, cross pollinating cultures, beliefs and backgrounds, and celebrating the differences and similarities across the city will positively impact on community cohesion, tolerance, wellbeing and quality of life for all.

Each young person will have two Mentors and space for continued reflective practice over a three week

rotation throughout the year, as follows:

- 1) Youth and Community Work - Mentor
- 2) Reflective practice and community consultation - Peer Group
- 3) Business - Mentor

The programme (based on a college term structure) is spread across six terms and focuses on:

- leadership
- mentoring
- community development and innovation
- community social action
- entrepreneurship and social enterprise
- business work experience
- nature connection
- community food growing
- wellbeing
- environmental social action... and much more.



COULD YOU SPONSOR A YOUNG PERSON TO ENGAGE IN GAP
or could you perhaps contribute towards a young person engaging in GAP?

To explore this opportunity in more detail please contact **Ben Carpenter** on **07787502232** or email **info@grassrootcommunities.org**

Tanikka Green

Young Leader Case Study:

Tanikka is a young person who has grown up in the inner city and Hartcliffe. Tanikka experienced challenging circumstances and love at home and in the community during her childhood and formative years.

Grassroot Communities engaged with Tanikka when delivering street based (detached) youth work in Knowle West. Tanikka and her friends from Hartcliffe said 'it's safer to hang out with mates in Knowle West at the moment than it is in Hartcliffe'. Over a number of weeks we continued to engage with Tanikka and learnt about her desire to become a youth worker or a midwife. Tanikka said 'I want to do some good in my community and help other kids, some who may have been through similar things as me growing up.'

Tanikka started volunteering with our Knowle West detached team. In time we were able to start paying her as a young leader (when funding allowed). Her involvement helped us engage more widely with the community.

'Having a young leader as part of the detached teams who knows the young people and is of similar age and who knows the local families and community has been really helpful in engaging and building relationships with groups of young people from all backgrounds, behaviours and abilities' Ben - Grassroot Communities Youth Worker.

Tanikka helped consult with young people in Knowle West, contributing towards developing and delivering the 'Knowle West Bike Club' and our 'Growing Streets Together' - street party project. Growing Streets Together has supported many communities such as young people from Wilmott Park in Hartcliffe to develop creative responses to problems in their area and bring people of all ages in the community together.



Grassroot Communities pays young leaders as a way of creating opportunities and supporting a pathway for young people to work towards becoming the youth and community workers of tomorrow.

There are currently no level 2 or 3 youth work courses in Bristol, and the closest Youth and Community Work degree course is in South Wales.

GAP aims practically to bridge the gap with deepened learning and experiences transferable for succeeding in life. Helping to build confidence

and providing realistic stepping stones to grasp future opportunities in employment, apprenticeships and education. Importantly, GAP builds a solid foundation for young people to become future youth and community and the wider voluntary sector workers of tomorrow and be the catalysts for the changes they want to see.



To get a visual 'flavour' of the Grassroot Communities wider youth and community provisions please check out the following social media channels:

-  **Facebook** @Grassroot Communities
-  **Instagram** @grassrootcommunities
-  **Twitter** @Grassroot_Comm
-  **YouTube** @Grassroot Communities

Yours Sincerley

Ben Carpenter
Founder of Grassroot
Communities

**LGBTQIA+
PEER SUPPORT
GROUP
TUESDAYS ONLINE
6.30-8.30pm**



**Safe, non judgemental, confidential space to
discuss mental wellbeing with other
LGBTQIA+ people**

Facilitated by LGBTQIA+ people

FREE (18+ only)



changes
Bristol

Changesbristol.org.uk

WOMEN OF COLOUR PEER SUPPORT GROUP MONDAYS ONLINE 6.30-8.30pm

**Safe, non-judgemental, confidential space
to discuss mental wellbeing with other
women of colour**

Facilitated by women of colour

FREE (18+ only)



changes
Bristol