



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



FREE Fun for all the family

FAMILY CLAY MODELLING

Monday 30th May

12 - 1pm

At Hareclive Academy



Bringing the community together again

30 spaces available, Booking essential
Zak.dugdale@hwcp.org.uk

Hartcliffe & Withywood Community Partnership - Family Rounders
and Picnic



FREE Fun for all the family
**FAMILY ROUNDERS AND
PICNIC**



Tuesday 31st May
12 - 2pm
Withywood Park
(off of Riverland Drive BS13 8PZ)

**BRING ALONG SOME FOOD AND
COME JOIN US FOR SOME
FAMILY FUN**

Bringing the community together again

zak.dugdale@hwcp.org.uk
sarah.fowles@hwcp.org.uk

South Bristol Children's Centre Activities

South Bristol Children's Centre Timetable -
May/June 2022

Group	When & Where	How To Book
Forest school Join Duane and friends 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.	Monday 1:30pm -2:30pm @ South Street Park Bedminster	No need to book just turn up.
	Tuesday 1:30pm - 2:30pm @ Stockwood Children's Centre.	
Stockwood Growing Group. Weekly gardening group aimed at adults, looking to interact with the community.	Wednesday 9:30am -10:30am @the pod in Witherwood park.	Look out on your Children's Centre Facebook page for details.
	Wednesday 1:15- 2:15pm @ Knowle Children's Centre, Inns Court BS4 1TR	No need to book.
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, carer's and babies.	Thursday 1:00-3:00pm @Stockwood Children's Centre	
	Monday 10:00 -11 :00am @ Stockwood Children's Centre	
	Tuesday's 9:30-11:00 am @ Bishopsworth Children's Centre	Call Bishopsworth Children's Centre to book 01179 781028
	Tuesday's 1:30-2:30pm @ Bedminster Children's Centre	
	Thursday 1:00-2:00pm @ Hartcliffe Children's Centre	Call Hartcliffe Children's Centre to book 01179 038633
	Friday 10:00 -11:00am @Knowle Children's Centre, Inns court BS4 1TR (includes sing and sign!)	Call Duane to book 07795 52961



South Bristol Children's Centre Timetable -
May/June 2022

Group	When and Where	How To Book
Gym Tots Bring your active toddlers! Warm up to action songs, followed by time to climb, balance and jump on the equipment. Cool down with fun parachute game.	Friday 1:30-2:30pm @ St Bernadette's Primary School	No need to book
Baby Massage 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.	Monday 1:00-2:00pm @Stockwood	Call Stockwood Children's Centre on 01173 533503
	Thursdays 1:30 -2:30pm @ Bishopsworth Children's Centre	Call Deb on 01179 781028 or text/call her on 07795 953069
Post Natal Support Group This six week zoom group is held once a term for first time parents, with babies under four months old from South Bristol. The group will help you to meet other new parents, go on buggy walks and have a What's App group and develop an understanding of Five to Thrive: brain development through talking, singing and playing.	Mondays 1.30-2.30 pm @Bedminster Children's Centre	Contact Carole Theyer on 07880467039 for further info or to book a place.



South Bristol Children's Centre Timetable -
May / June 2022

Group	When and Where	How To Book
<p>Boogie Disco Music, Disco Lights and Boogie! Move, and Groove with your children to the sound of all the fun party classics. Finish with your children exploring the amazing soft play equipment at Boing. A fun active to start your day!</p>	Thursday 11:30 -12:15pm @ Knowle Children's Centre, Inns Court BS4 1TR	
<p>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</p>	Monday's 1-2.30pm @ Hartcliffe Children's Centre	(Invite Only!)
<p>Breastfeeding Support/Milk Tots 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.</p>	Monday 12:30- 2:00pm @ Bishopsworth Children's Centre Tuesday 11:00-12:30pm @ Knowles Children Centre Inns Court BS4 1TR Thursday 1.00-2.30pm @ Bedminster Children's Centre	For further support look up 'Bristol Breastfeeding Mummies' on Facebook or Email: bristolbreastfeeding@bristol.gov.uk



South Bristol Children's Centre Timetable -
May/June 2022

Group	When and where	How To Book
<p>Tots talking 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.</p>	Moving to Hartcliffe shortly.	Please email sirona.sltearlyyears@nhs.net
<p>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.</p>	Tuesday 12:00-2:00pm @Stockwood's Children Centre	Please Call 0300 1256279 https://cchp.nhs.uk/cchp/explore-cchp/childrens-speech-language-therapy/services-bristol-south-gloucestershire/family
<p>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.</p>	Friday 10:00-11:00 @ Hartcliffe Children's Centre Friday 9.30-11:00 @ Bishopsworth Children's Centre Thursday 9:15-10:15 @Stockwood Childrens Centre From 12 th May Wednesday 10:00-11:30am @Bedminster Childrens Centre	



South Bristol Children's Centre Timetable - May/June 2022

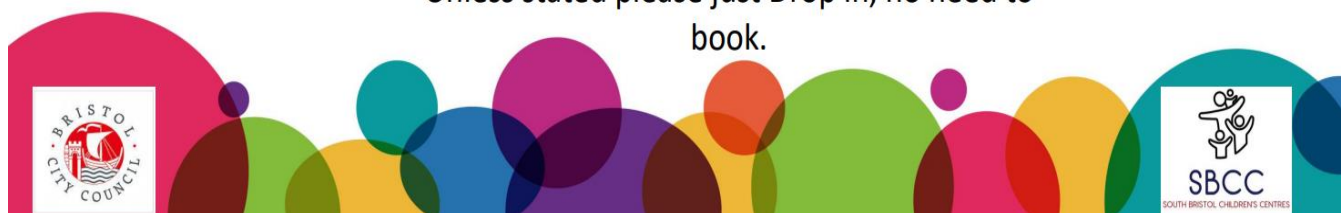
Group	When and where	How To Book
<p>Food Clubs</p> <p>Food club offer a means for families to access a mix of good quality ingredients including fresh fruit and vegetables, dried goods, fresh meat and dairy products. For £1 membership fee and then £3.50 per week, each member receives a weekly bag of 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.</p>	<p>Tuesday 9:00-10:30am @Stockwood Children's Centre</p> <p>Wednesday 12:30 -2:30pm @ Freeling House, Redcliffe</p> <p>Thursday 1:00 - 3:00pm @ Knowle Childrens Centre, Inns Court BS4 1TR</p> <p>Friday's 10:00-12:00pm @ Hartcliffe Children's Centre</p>	<p>To register and for more information please contact the members of staff below or ask in your Children's Centre; Stockwood; Helen on 07920 416405</p> <p>Redcliffe Sharon on 07795 952596</p> <p>Inn's Court Duane on 07795 952961</p> <p>Hartcliffe 07880 151392</p>
<p>Move together</p> <p>Let's get our bodies moving together in this fun physical activity session.</p>	<p>Mondays 9:30 - 10:30am @ Ilminster Avenue Nursery school BS4 1BX</p>	
<p>Toddler Yoga</p> <p>Come along and bring your toddler to our Story based yoga session, session includes: warm up, yoga story, sensory activity and singing.</p>	<p>Monday 10:00-11:00am@ Faithspace Redcliffe BS1 6PB</p>	<p>To book call Bedminster on 01173 746362</p>



South Bristol Children's Centre Timetable - May/June 2022

Group	When and where	How To Book
<p>Under 5 Hubs.</p> <p>An opportunity for parents to meet the health visiting and family support team and learn about health promotion and update evidence/guidance. With the chance to socialize and discuss any worries or concerns. Scales will be available for you to weigh your baby.</p>	<p>Tuesday 9:00 – 10:30m @ Knowle Childrens Centre Inns Court BS4 1TR</p> <p>Thursday 10:00-11:30am @ Bedminster Children's Centre under 5 hub</p>	
<p>Young Parents Group</p> <p>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.</p>	<p>Thursdays 1:15-2:15 pm Knowle Childrens Centre, Inss court BS4 1TR followed by soft play in BOING in the Court Community Centre.</p>	
<p>Please contact us at your local Children's Centre. We are the place where families can go to find the right service meet there needs and connect with others.</p>	<p>We are funded by Bristol City council to provide a wide range of high quality family support and services for babies and pre-school children and there families within the local community. These groups run during the school term only and are free and friendly! (voluntary donation towards resources are welcome)</p>	<p>Facebook https://www.facebook.com/SouthBristolChildrenCentreHub/</p> <p>Website – http://www.southbristolcc.org.uk</p> <p>Email – sbcc@bristol-schools.uk</p>

Unless stated please just Drop in, no need to book.



Upfest crafted with POSCA.



Festival Information and FAQs

The festival is FREE to attend, the street work traditionally painted during the festival weekend, will now be created between the 5th & 26th of May, leading up to the festival weekend 28th & 29th May; giving more people the chance to witness these spectacular creations come to life first hand. The murals will be complete for viewing while over 250 artists paint live alongside music stages and food and drink experiences on the festival weekend.



Opening Times

Greville Symth Park

Saturday 28th May: Live painting 11-8 pm

Sunday 29th May: Live painting 11-8 pm,



Tickets

Upfest is a FREE festival with all the artists painting for free and volunteers making it happen behind the scenes. No tickets are required but please do buy a programme and donate to NACOA.

Toilets

Toilets are located at Greville Smyth Park, Ashton Gate Stadium & The Tobacco Factory. There is also access to disabled toilets at all 3 locations of the festival. The Mobiloo will be on site - the mobile toilet with hoist and changing table. Please bring your own sling if you wish to use the hoist. www.mobiloo.co.uk



First Aid

First Aid Points will be located at Greville Smyth Park. If you're in need of First Aid please speak to a member of the Crew, Security or a Marshal.



Lost Property

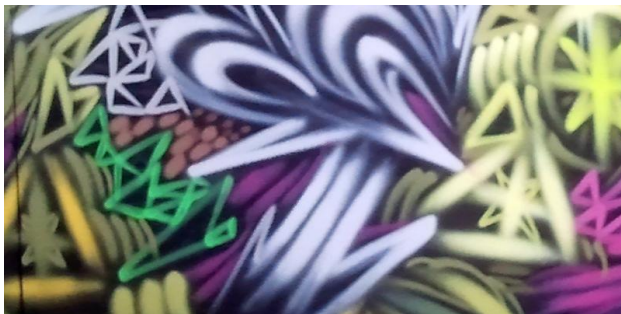
All lost property will go to the sales Production Office at greville Smyth Park, You will be required to fill out a form with the details of the lost item so we can ensure the correct items are returned.

Food & Drink

Is available at both the Tobacco factory, Ashton Gate Stadium and Greville Smyth Park, with free water stations located at both venues
Please Drink Responsibly and keep the festival a safe environment by not bringing glass to the festival.

Volunteers and Marshals

The festival is run by an amazing group of volunteers both from Upfest and our supported charity, Nacoa. Please be kind to them, because without them we wouldn't have this great festival. To spot a volunteer look out for the Crew t-shirts.



Neighbourhood

We are very grateful that the community allows us to hold the festival here. This is a residential area please respect the neighbourhood by leaving venues quietly, using the bins and toilets provided.

Upfest Ltd
198 North Street
Bristol
BS3 1JF
Vat no GB 112 62 39 47
Registration no 7589162
Registered in England
Tel: 0117 330 5877
Email: gallery@upfest.co.uk

NACOA - Support for Children Impacted by a Parent's Drinking

Ways to feel better

Talk to someone you trust

Talking about how you feel is not being disloyal to your family and can help you to feel less alone. At Nacoa we understand the problems you're going through. Sometimes, simply talking or writing to someone can help.

Make time for yourself

You are important. Find time for things that interest you. Sometimes worries take over, and taking even a short break can help.

Understand that your feelings are normal

It's OK to hate the problems that alcoholism can cause, yet love the person who is drinking. Alcohol problems in the family often result in complicated, confusing and upsetting feelings.

Read people's experiences on our website

Hearing about other people's life experiences often helps us to make sense of our own situation and feelings. Although every family is unique, there are many similarities in how alcohol problems affect the family.

Access other sources of support

The Nacoa helpline is here for you. We can also research services in your area that may be helpful. You may find the following organisations of interest:

- **ACA** - Support group for adults who have grown up in alcoholic families (adultchildrenofalcoholics.co.uk)
- **Al-Anon Family Groups** - Support for people affected by someone else's drinking (al-anonuk.org.uk)
- **BACP** - Information about counselling and how to find a counsellor (itsgoodtotalk.org.uk)
- **COAP** - Online forum for young people affected by a parent's addiction (coap.org.uk)

"I look upon discovering Nacoa as nothing short of a miracle, the information and support you provide paving the way to a new life, a fresh start and to leave behind over forty years of unhappiness, pain and tension." Cathy, 43



Nacoa was founded in 1990 to address the problems faced by children growing up in families where one or both parents suffer from alcoholism or a similar addictive problem. This includes children of all ages, many of whose problems only become apparent in adulthood.

Nacoa's aims

- To offer information, advice and support to children of alcohol-dependent parents
- To reach professionals working with them
- To raise their profile in the public consciousness
- To promote research into the problems they face and the prevention of alcoholism developing in this vulnerable group

Our services are funded by voluntary donations. Please support this vital work by becoming a member, volunteering or making a donation. Together we can make a difference.

Text HELP21 followed by the amount (£10, £5 or £3) to 70070 or visit nacoa.org.uk/getinvolved

"Finding someone I felt comfortable talking to was the beginning of everything changing for me. Without your help, I could have spent the rest of my life watching Mum drink herself to death. Now I know there is help for Mum and for me." Paul, 15

Patrons

Tony Adams MBE • Oilly Barkley • Calum Best
Lauren Booth • Geraldine James OBE • Ellie Macpherson
Suzanne Stafford CQSW • David Yelland

Helpline: 0800 358 3456 helpline@nacoa.org.uk
Post: PO Box 64, Bristol BS16 2UH
Admin: 0117 924 8005 admin@nacoa.org.uk
Website: nacoa.org.uk

Information for people affected by their parent's drinking



nacoa.org.uk

Registered Charity No: 1009143



FREE Helpline 0800 358 3456
helpline@nacoa.org.uk

You are not alone

1 in 5 children in the UK live with a parent who drinks hazardously. Millions of adults in the UK are still being affected by their parents' drinking or the knock-on effects of growing up in a home where alcohol was a problem.

There is no lower or upper age limit to be affected by your parent, step-parent or carer's drinking and sometimes the problems only become apparent in adulthood. You can be affected whether or not you still live with them, or whether they are still drinking or still alive.

Nacoa is here for everyone affected by a parent's alcohol problems. Our helpline is a safe place where you can talk about things that are going on for you and how you are feeling. We are here to listen and will help for as long as you want. There is no need to give us your name and you can tell us as little or as much as you want. We will not judge and what you say will remain confidential.

Callers often talk about:

- feeling different from other people
- having difficulty with relationships
- fearing rejection and abandonment, yet rejecting others
- being loyal even when loyalty is undeserved
- finding it difficult to have fun
- judging themselves without mercy
- fearing failure, but sabotaging success
- over-reacting to changes over which they have no control
- lying when it would be just as easy to tell the truth
- guessing at what 'normal' is

"I was never allowed to be a child; I had to spend every night keeping my parents from fighting. I never learned to play. Now, I can't make friends; I never learned to let people close to me. Even my relatives seem to live in a different world." Andrew, 35

Alcohol problems and the family

Alcoholism is like an illness and can affect people of all ages and from all walks of life. People with alcohol problems have lost control over their drinking and usually need help in order to stop. They continue to drink despite negative effects on their lives, their health, and those around them.

When someone has a drink problem, alcohol often becomes their main focus. As the drinker organises his/her life around alcohol, other family members can be left feeling unimportant and confused. Children often feel responsible for their parents' problems, even though they are not.

Families adapt to cope and the drink problem often becomes the family secret. The family rules **don't talk, don't trust, don't feel** develop to keep the problem hidden from the outside world and protect the illusion of a 'normal' family.

"Through all those times of fear, embarrassment, we acted as if nothing was wrong. I wished that someone would see the pain behind the facade and would care. We knew not to talk about Dad's drinking. If we ignored it, we could all pretend it wasn't happening. I'm still haunted by my memories." Anon

Living with alcoholism can be chaotic and lead to other problems - parents may have money worries, argue, become violent or withdraw from family life, suffering with anxiety, depression and mood swings. What's OK one day may not be the next. Children often feel confused, frightened, anxious, lonely, embarrassed, guilty and ashamed.

Children are more likely to suffer from low self-esteem, depression and thoughts of suicide, and sometimes use drink, drugs and addictive behaviours, such as eating disorders and self-harm, in order to cope. Despite this, many grow up to lead happy and healthy lives. Just being aware of the problem and having support can help.

"Being brought up in an alcoholic family I was used to living in chaos and fear and learnt many coping strategies to help me to survive." Angela, 25

What you can do

Support is available for people who need help to stop drinking. However, they have to accept they have a problem and want to stop. You can feel better whether your parent continues to drink or not.

Find out more about alcohol and the family
This can help you to understand what's going on and most importantly to look after yourself. See Nacoa's website for more information.

Remember you are not responsible for people's drinking
Pouring away, watering down, or hiding alcohol may make things worse, and the person drinking may become angry, aggressive or secretive. Remember your parent's drinking is not, and never was, your fault.

Remember alcohol affects the brain
People who drink often experience memory blackouts where they have no recollection of what they did, sometimes over significant periods of time. Try not to argue with someone when they are drinking; it may make things worse. They may say things that they normally wouldn't, and will often not remember the conversation afterwards.

Be ready with information
Although you can't make someone stop drinking, you can have information to hand if and when they ask for it. Nacoa will happily research local support in your area. Sometimes, it's comforting to know what help is available.

Be realistic
When someone is dependent on alcohol, the need to drink becomes so important that they may hurt and upset people they love. Promises are often made that are not kept. This can be very difficult for everyone in the family and feelings of being let down are common. It is important to look after yourself first. Sometimes this may mean distancing yourself from the drinker.

"Thank you for the information. I come back from time to time, to remember it's not just me. I am not to blame and I am not alone." Tracey, 19

0800 358 3456

nacoa.org.uk



helpline@nacoa.org.uk

Services and opportunities for Parents/Carers

OTOutdoors CIC - Women's Gardening for Wellbeing

OTOutdoors CIC

Womens Gardening for Wellbeing

When? Every other Tuesday from 17th May - 12th July from 10.30am to 1.30pm
(dates are 17th May, 14th & 28th June, 12th & 26th July)

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



What? Gardening, growing vegetables, flowers and herbs, 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 or non binary.

All equipment provided. Please let us know if you have any access or dietary requirements.

Contact details:

Email: 4otoutdoors@gmail.com

Instagram: 4otoutdoors

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

OTOutdoors CIC registered in England, no 13912564

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: 1st June
- Taster Day: 8th June
- Course Starts: 14th June

Interested?

☎ 0800 842 842

✉ harry.goodrick@princes-trust.org.uk



Prince's Trust



Gardening for Wellbeing

Would you enjoy gardening to support your wellbeing? Would you like to feel more connected and less lonely or isolated?

Redcatch Community Garden now offers a free weekly gardening group to support your wellbeing, enable you to meet people and enjoy being outdoors. Tea and coffee included.

Every Thursday, 11am -12pm
Starting 19th May 2022

Every attendee will have an opportunity to arrive at a session on a specialist two-person bike with RORO. You will begin at 10am, cycle through nature spots and arrive ready to start Gardening for Wellbeing at 11am. No cycling experience necessary.



To book your place, email
heather@redcatchcg.com

Healthier Together

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



RORo
RIDE OUT RIDE ON

www.redcatchcommunitygarden.com

Redcatch Park, Broadwalk, Knowle BS4 2RD





Make, Cook and Grow

Are you unemployed and looking to develop confidence or gain new skills?

If so, come to our free 10 week programme of therapeutic art, cookery and gardening.

Every Friday, 1.30pm -3pm
Starting 27 May 2022

To book your place, email
heather@redcatchcg.com



www.redcatchcommunitygarden.com

Redcatch Park, Broadwalk, Knowle BS4 2RD



**ESOL/English
for Everyday**

**The Park Community Centre,
Davenry Road, BS4 1DQ**

- Thursdays every week
- Starts 5/5/22
- 9.30 until 11.30am

This course will help you practice and improve your English skills in reading, writing and speaking. Learn with other adults in a friendly group. Book your place.

Contact: Lucy Fieldhouse Phone/Text: 07788353446

Eligibility: Adults 19+ with no or low qualifications

 **WEST OF ENGLAND**
Combined Authority

 **COMMUNITY LEARNING**

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



ESOL/English for Everyday

- Inns Court Community and Family Centre, 1 Marshall Walk BS4 1TR
- Every Wednesday from 15th June
- 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.

Contact: Lucy Fieldhouse Phone/Text: 07788353446

Eligibility: Adults 19+ with no or low qualifications



COMMUNITY
LEARNING

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



Grow your Group and the Garden

When: 20th May to 15th July 2022

Where: Bedminster Children's Centre, British Road BS3 3BZ

Time: 10.00 til 12.00 each week

Weekly, free course to help set up and run a community garden. We need your help to grow fruit, veg and supply the Community Fridge. Learn gardening, fundraising, running a group and much more. Free creche – must book a place.

Contact: Lucy Fieldhouse Phone/Text: 07788353446

Eligibility: Adults 19+ with no or low qualifications

KBSP & Community Learning - Course in Independent Advocacy

Level 2 Award in Independent Advocacy – NEW COURSE COMING SOON!

Do you think you have experiences in your life that can be helpful to other people? This free City and Guilds course developed by Community Learning and Keeping Bristol Safe Partnership will help you build skills, confidence and knowledge to take your first steps towards being an advocate in a range of settings.

The course is full of practical information and opportunities to hear from and link up with a wide range of organisations across the city who want to hear from you too!

Learn in a supportive group. Course to run at least 4 times a year in venues across the city. Laptops provided to help you learn. One to one support after the course to help you plan and take your next steps. Criteria – must be aged 19 or over and be a Bristol resident.

Next course 6/6/22 to 18/7/22 10.00-1.00pm

Information session 23/5/22 from 10.00-12.00

Filwood Community Centre, Barnstaple Road BS4 1JP

To find out more about the course, contact Lucy Fieldhouse on 07788353446 or email lucy.fieldhouse@bristol.gov.uk

Community Learning - Roof Over My Head – Courses.

ROOF OVER MY HEAD



Are you over 19 years old

Are you in temporary or emergency accommodation and Band 2 on Homechoice?

If yes then you are eligible for this course.

This course, which has choices of face to face, blended which is face to face and online or totally online will help you improve your skills and prepare you for your tenancy. It will help you:

- Understand your housing options in Bristol.
- Know your rights and responsibilities as a tenant.
- What to do about noisy neighbours.
- With your money - are you getting what you are entitled to ?

On **completion** of the course you will be moved up the Home Choice waiting list by 3 months.

COURSES IN 2022/23

MAY 9TH-11TH FACE TO FACE THE PARK CENTRE KNOWLE
JUNE 6TH TO 13TH BLENDED ST PAULS LEARNING CENTRE
JULY 4TH –11TH BLENDED THE PARK CENTRE
AUGUST 2ND-4TH FACE TO FACE THE PARK CENTRE KNOWLE
SEPTEMBER 5TH -12TH BLENDED ST PAULS LEARNING CENTRE
OCTOBER 3RD-10TH ONLINE
NOVEMBER 7TH-9TH FACE TO FACE VASSALLS CENTRE
DECEMBER 5TH –9TH FACE TO FACE THE PARK CENTRE KNOWLE
JANUARY 9TH-16TH BLENDED ST PAULS LEARNING CENTRE
FEBRUARY 20TH-27TH ONLINE
MARCH 13TH-15TH FACE TO FACE ST PAULS LEARNING CENTRE
APRIL 17TH-24TH BLENDED THE PARK CENTRE, KNOWLE
MAY 15TH-17TH FACE TO FACE (venue to be confirmed)
JUNE 5TH-12TH ONLINE
JULY 10TH-13TH FACE TO FACE THE PARK CENTRE KNOWLE

Please contact Shani Smith on

shani.smith@bristol.gov.uk



WEST OF ENGLAND COMMUNITY LEARNING
www.communitylearningwest.co.uk
info@bristol.gov.uk
01172 300290

SEND and You Support - Say, Send and You



The poster features a black vertical bar on the left containing the SAY SEND AND YOU SENDIAS logo (a stylized figure in a yellow circle), the text 'Bristol Events', and 'May 2022'. The right side is a blue area with a grid of events. Each event is listed with its title and date, separated by horizontal lines.

SEND and You Mental Capacity and Consent Virtual Coffee Morning	SEND Review - Have your say! Interactive Workshop for Children and Young People
Wednesday 18th May 2022	Tuesday 31st May 2022
SEND and You Youth Matters Group	Bristol Daytime SEND Surgery
Monday 13th June 2022	Wednesday 15th June 2022
Bristol Evening SEND Surgery	SEND and You AGM - Annual General Meeting
Tuesday 5th July 2022	Monday 11th July 2022
SEND and You Professionals Information Day	SEND and You Youth Matters Group
Tuesday 12th July 2022	Monday 18th July 2022

SEND and You professionals are also available to help by phone or email: Phone our Information, Advice & Support (IAS) line – 0117 9897725

The (IAS) line is open from 9.30am – 4.30pm, Monday to Friday. If the line is busy you can leave a message on our answer phone, which is also available outside of hours.

Or contact us by email on support@sendandyou.org.uk

Using our form will make sure we have the basic information we need to help you. If it's a straightforward or urgent query we will aim to respond during our next helpline session. We aim to respond to all enquiries within two working sessions. Let us know if you need to speak to us urgently.

Community Resilience Programme - Kin

Kin

an intergenerational & creative community resilience programme for Bristol

Why Kin? Why now?

Many people work tirelessly to lift up their communities, often with little support, training or funding. Local projects & grassroots organisations are under increasing stressors & challenges. Sharing knowledge & experience across generations is vital to building coherent & resilient communities. With growing social pressures & uncertain futures, it is ever more vital to make time to come together and cultivate kinship.

Is Kin for you?

Are you living in Bristol? Working by yourself, in a project or with an organisation to make positive social and environmental changes? Are you up for exploring and being curious about the places we live in and pass through? Willing to make the time and commitment to meet and be there for yourself and for others? Want to learn with people from a variety of backgrounds, age and experience? Keen to take away a toolkit of skills and practices to use in your work with others?

Whether you have years of experience or are just starting out,
join us for this committed & FREE peer-to-peer learning opportunity.

What is Kin?

Making Kin is a funded intergenerational creative mentoring & resilience programme of 6 co-created sessions over 3 months plus some workshops and a 3-night residential.

BY PARTICIPATING IN MAKING KIN YOU WILL EXPERIENCE:

- ✓ Peer to peer mentoring skills & practices
- ✓ Connections with other Bristol-based mentors, youth & community workers, activists, artists
- ✓ Being seen, heard & resting with others
- ✓ Tools for resilience & wellbeing rooted in place & self-leadership
- ✓ Practices committed to inclusion & appreciation of difference
- ✓ Finding & building attachment points, & strengthening place based communities
- ✓ Clarity on your purpose & methods
- ✓ A host of creative & reflective sessions

When will Kin take place?

- Short Introductions Zoom Meet Up: Tues 26 or Weds 27th April 2022
- Community Connection Sessions: Sat 21st May 2022 11am til 5pm / Tues 31st May 7pm – 9.30pm / Tues 14th June 7pm – 9.30pm / Tues 29th June 7pm – 9.30pm / Tues 12th July 7pm – 9.30pm
- Residential Weekend Retreat: 8th - 11th September 2022; 3-days/nights at a venue TBC outside of Bristol
- Harvest Session: Half a day in November

How to apply or enquire for more details

FOR MORE INFO OR TO BOOK YOUR PLACE CONTACT CHIZ 07809 095284 or writetokin@gmail.com
PLACES ARE LIMITED SO WE REALLY VALUE YOUR ATTENTION AND COMMITMENT
WE WELCOME APPLICANTS FROM UNDER-REPRESENTED/MARGINALISED COMMUNITIES

Who's helping?

Kin is a small team of facilitators, artists, coaches & mentors working in partnership with local organisations and projects. We are proudly youth-focused but with a strong intergenerational ecosystem.

Help shape this place-based community programme for yourself & for the benefit others



WE NEED YOUR HELP!

HELP US DESIGN AN INCLUSIVE WEIGHT MANAGEMENT SERVICE THAT REPRESENTS YOU!

SUPPORTING HEALTHIER LIFESTYLES IN BRISTOL



WERE THE EXPERTS IN SUPPORTING PEOPLE TO MAKE HEALTHY HABITS.

YOU'RE THE EXPERT IN WHAT WORKS IN YOUR COMMUNITY AND REAL LIFE.



Do you live in Filwood, Innes Court, Knowle West or Hartcliffe & Withywood? If so, we want to hear your views!

We need your help designing weight management services that reflects your community, your life and your experiences.

We run award winning services to help people make healthy changes to their lifestyle. But we know that one size doesn't fit all.

Making changes towards a healthier lifestyle has to be based with you, your experiences and your life in mind. We understand that different people have different experiences and lives, and we want to hear and understand about yours.

So we want to work together and design our services around you, your families and communities. This means that when we run a service in your area, it reflects your real life and experience.

In order to do this, we are asking people from different communities to join us for either group discussions or individual discussions about health and wellbeing.



If you would like to be involved or to know more, please contact our friendly networker, Sarah, on either 07511 177 642 or sarahminter@beezeebodies.co.uk

The poster features two portraits of Black men. On the left is Mr Jonathan Aning, a Consultant Urological Surgeon, wearing a dark suit and a blue lanyard. On the right is Dr Tanimola Martins, a Postdoctoral Research Fellow, wearing a pink shirt. The background is a dark, abstract design with a warm glow.

Friends of Caswell Thompson
www.foct.uk

FREE OPEN DAY

UNDERSTANDING PROSTATE CANCER

for Men & Women
lunch will be provided


SAT 28th MAY 2022
10 AM - 4 PM

"1 in 4 Black men will get Prostate Cancer"

Trinity Centre
Trinity Road
Bristol BS2 0NW

Keynote Speaker
Mr Jonathan Aning
Consultant Urological Surgeon

Guest Speaker
Dr Tanimola Martins
Postdoctoral Research Fellow

 **WORKSHOPS / INFORMATION**
1 TO 1 CONSULTATION

UNDERSTANDING PROSTATE CANCER

for Men & Women

 Friends
of Caswell
Thompson
www.foct.uk

SAT
28th
MAY
2022
10 AM - 4 PM

FREE OPEN DAY

lunch will be provided

Trinity Centre
Trinity Road
Bristol BS2 0NW



Keynote Speaker

Mr Jonathan Aning

Consultant Urological Surgeon

Mr Jonathan Aning is a Consultant Urological Surgeon at the Bristol Urological Institute. He specialises in the treatment of prostate and bladder cancer, including robotic and open surgery. He trained in Urology in the South West of England. He completed the Uro-oncology fellowship at the Department of Urological Sciences, University of British Columbia, Vancouver, Canada in 2013 before returning to the UK to practice. He was appointed by the Bristol Urological Institute in 2018 to augment their pelvic oncology service. Prior to this he spent 4 years as a Consultant Urological Surgeon at the Freeman Hospital, Newcastle upon Tyne (2014-2018).

Jonathan has active research interests in prostate cancer, primarily in surgical outcomes, the optimal management of high risk prostate cancer, novel therapies for castrate resistant prostate cancer and prostate cancer survivorship.



Guest Speaker

Dr Tanimola Martins

Postdoctoral Research Fellow

Dr Tanimola Martins is a Postdoctoral Research Fellow at the Institute of Health Research, University of Exeter College of Medicine and Health. He has a background in Medical Rehabilitation and Public Health. Tani's main research interests are in the prevention and early diagnosis of cancer in primary care, with a particular focus on minimising ethnic inequalities in patients' diagnostic pathways where present.

*"1 in 4 Black men will
get Prostate Cancer"*

Moving forward with sight loss

**A series of talks for those
newly diagnosed with sight loss**



**STARTING MONDAY 6TH JUNE
WEEKLY SESSIONS
4.00 - 5.00 PM VIA ZOOM**

1. Intro to rehab
2. Stay active & social
3. Bigger bolder, brighter!
4. Getting out & about
5. Everyday smart access
6. Specialist tech

CALL US TO SIGN UP

0117 322 4885
info@sightsupportwest.org.uk

Sight
SUPPORT

Bristol Libraries - Opening Hours

For further details of available services please visit www.bristol.gov.uk/libraries

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

Services and opportunities for young people

Here to listen, not to tell

We provide **confidential** advice, information and support to all young people, including those under 16.

That means we **DO NOT** tell anyone anything about your visit unless:

- You ask us to help you tell someone something
- We are concerned that someone is trying to harm you or someone you know
- We are concerned you are at risk or someone you know is at risk

If we cannot keep what you tell us confidential we will always explain:

- Who we might have to talk to
- What kind of things we might have to tell them
- What is likely to happen next



Local contact info:



scan here
for local service information

28163 0518



available
here



scan here
for local service information

28163 0518



BS3 Childrens Club

Where? LPW House Princess Street Bedminster BS3 4AG

What times?

**Every Monday
6PM-8PM**

What is it and why?

BS3 Youth Club is a club for young people to come and find activities and socialize with people in their age range freely. Where they can feel safe.

Contact information

**Phone number: 07570296898
Email: bcathro-wears@lpw.org.uk**

What's there?

Who can come?

The youth club is open to young people between the ages of 8-13

**Arts and Craft
Social life
Music
Chill time**

**Football
Basketball
Outdoor space**

**Games
PCs
Xbox
Board games**

**Cooking
Baking
Drinks**

Off The Record Mental Health Support - OTR



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

Sisters' Circle

Sisters' Circle is a new weekly group for young Muslim girls of colour aged 12-25. The project aims to inspire young people to dream big and break barriers! Sessions will touch on issues such as gender inequality and islamophobia, and will use activities to help young people build their emotional health, resilience and confidence.

Every Friday 4-6pm at Easton Community Centre, Kilburn Street, Easton, BS5 6AW

Read more and sign up here: otrbristol.org.uk/sisters-circle

OTR Sounds

OTR Sounds is an online group exploring what music means to us by creating playlists together. Music can play a huge part in our mental wellbeing, cultural identity, and our own life stories. This is a space for young people aged 16-25 to come together, share songs that are important to them, and discuss the stories behind these choices. There's no pressure to talk or offer a song if the young person doesn't want to.

Starts Monday 30th May for six weeks

Read more and sign up here: otrbristol.org.uk/otr-sounds

Resilience Lab

Resilience Lab is a series of five rotating workshops that look at how we can build good mental health and bounce back from difficult times. The sessions touch on a whole host of ideas about how to cope with stress, stay relaxed, discover strengths, reach out to others and keep on top of things when life gets tough.

Every Wednesday 6-7pm (for 16-25) and Thursday 5:30-6:30pm (for 11-15)

Find out more and sign up here: otrbristol.org.uk/resilience-lab

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

The Prince's Trust - Start your Mental Health Career



Prince's Trust

START SOMETHING

NHS
Avon and Wiltshire
Mental Health Partnership
NHS Trust

Aged 18-30?

**BRISTOL, WILTSHIRE,
SOUTH
GLOUCESTERSHIRE &
NORTH SOMERSET**

**START YOUR
MENTAL HEALTH
CAREER NOW**

**paragon
skills**

**In partnership with Paragon Skills &
Avon whiltshire mental health NHS trust**

Programme Dates: Monday 23rd May-27th May
Programme Times: 10:00 am-3:00pm
Location: Online using Microsoft Teams

Are you aged 18-30? Not in education, training or employment and looking for an alternative route into a career in Mental health?

The Prince's Trust, in partnership with Paragon Skills & Avon whiltshire mental health Trust (AWP) are hosting a FREE 1-week training course, to help you start a career in Mental Health. Upon completing the course, participants will have the chance to interview for live vacancies with AWP.

This programme covers all the topics you will be trained on as a MentalHealth care Assistant, such as:

Duty of Care, Equality Diversity and Inclusion, Basic Life Support, Safeguarding, Mental Health, Dementia & Learning Disabilities, plus more.

We also offer employability sessions, guidance on applications and interviews, and Q&A sessions with experienced Healthcare Professionals.

Following the programme, you will be able to access our financial award of up to £500 to support the start of your career .

As well as a professional mentor for up to 6 months!

**For more information please email:
Sharon.O'Brien@princes-trust.org.uk**



West of England Works



**One-to-one support
into employment, training and education
for people living in South Bristol who are long
term unemployed or economically inactive**

TEAM SOUTH
BRISTOL
Giving everyone a chance!



Support

Each person on the programme will have a dedicated coach who will provide ongoing support to help you identify your barriers and work with you to overcome them by providing support around:

- ① Training and identifying courses
- ① Job searching and Career guidance
- ① Volunteering opportunities
- ① Referral to specialist courses and training
- ① CVs
- ① Support with disclosure of convictions.

Eligibility

We provide support for people who:

- ① Are economically inactive or have been unemployed for at least 12 months
- ① Are a UK citizen, or who have the right to work in the UK
- ① Have a criminal record or are at risk of offending
- ① Live in Bristol, North Somerset, Bath or South Gloucestershire

Find out more

If you have any questions or would like to make a referral, contact us on

01934 411778 / 0792774031

ian.sweet@weston.ac.uk

www.westofenglandworks.org.uk

West of England Works forms part of the national Building Better Opportunities programme and is funded by The National Lottery Community Fund and the European Social Fund.



Keeping Bristol Safe Partnership – Youth Conference.



Youth Conference

Youth Conference – Have your say on youth services on Thursday 23rd June.

Aims of the event:

- Hear young people's aspirations for youth services in Bristol which will help shape a new outcomes framework

The final agenda is to be confirmed but round table discussions will cover the following themes:

- Access to youth services
- What youth services should provide
- Supporting groups with additional needs

Who is this event for?

Young people who have or currently use youth services as well as young people who have an interest in accessing services in the future are invited to attend. Professionals who currently support young people are encouraged to help support young people to access the event. We will provide networking opportunities for professionals whilst the event is in progress.

How do I attend?

This is an in person event at City Hall. The event is free to attend and refreshments will be supplied but you must register for a ticket on Eventbrite.

[Click here to go to the Eventbrite page](#)

Community Learning - Free Employability Course.

Employability



FREE :
Get Ready for Work

A 2 session course on Wednesday from 18th and 25th May. 9.00am – 12.30pm
@ Faithspace (Prewett Street, Redcliffe, BS1 6PB)

Are you thinking about returning to work, or applying for jobs for the first time?

Are you lacking in confidence or motivation but want a change.

Do you want to start earning your own money but don't really know where to start?

This friendly, informal employment skills course will give you the boost you need to move forward with your career!

To book your place, contact Shani on 07775227352 or email

Shani.smith@bristol.gov.uk



**COMMUNITY
LEARNING**

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

Avon & Wiltshire NHS Trust - Bristol Mental Health & Wellbeing Directory

This directory provides a place for children and young people, their families and professionals to get quick, easy and direct access to up-to-date mental health and wellbeing information in Bristol, including: support and services available in Bristol; ideas for activities locally to help you look after your wellbeing; and self-help tools and information including online resources.

Download it here: <https://bnssgccg.nhs.uk/library/bristol-mental-health-and-wellbeing-directory-services-children-and-young-people/>

Bristol Mental Health and Wellbeing

Directory of Services for Children and Young People

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

BRISTOL CITY COUNCIL

NHS
Avon and Wiltshire
Mental Health Partnership
NHS Trust

NACOA - Support for Children Impacted by a Parent's Drinking

Ways to feel better

Talk to someone you trust
Talking about how you feel is not being disloyal to your family and can help you to feel less alone. At Nacoa we understand the problems you're going through. Sometimes, simply talking or writing to someone can help.

Make time for yourself
You are important. Find time for things that interest you. Sometimes worries take over, and taking even a short break can help.


Understand that your feelings are normal
It's OK to hate the problems that alcoholism can cause, yet love the person who is drinking. Alcohol problems in the family often result in complicated, confusing and upsetting feelings.


Read people's experiences on our website
Hearing about other people's life experiences often helps us to make sense of our own situation and feelings. Although every family is unique, there are many similarities in how alcohol problems affect the family.

Access other sources of support
The Nacoa helpline is here for you. We can also research services in your area that may be helpful. You may find the following organisations of interest:

- **ACA** – Support group for adults who have grown up in alcoholic families (adultchildrenofalcoholics.co.uk)
- **Al-Anon Family Groups** – Support for people affected by someone else's drinking (al-anonuk.org.uk)
- **BACP** – Information about counselling and how to find a counsellor (itsgoodtotalk.org.uk)
- **COAP** – Online forum for young people affected by a parent's addiction (coap.org.uk)

"I look upon discovering Nacoa as nothing short of a miracle, the information and support you provide paving the way to a new life, a fresh start and to leave behind over forty years of unhappiness, pain and tension." **Cathy, 43**





Nacoa was founded in 1990 to address the problems faced by children growing up in families where one or both parents suffer from alcoholism or a similar addictive problem. This includes children of all ages, many of whose problems only become apparent in adulthood.

Nacoa's aims

- To offer information, advice and support to children of alcohol-dependent parents
- To reach professionals working with them
- To raise their profile in the public consciousness
- To promote research into the problems they face and the prevention of alcoholism developing in this vulnerable group

Our services are funded by voluntary donations. Please support this vital work by becoming a member, volunteering or making a donation. Together we can make a difference.

Text HELP21 followed by the amount (£10, £5 or £3) to 70070 or visit nacoa.org.uk/getinvolved

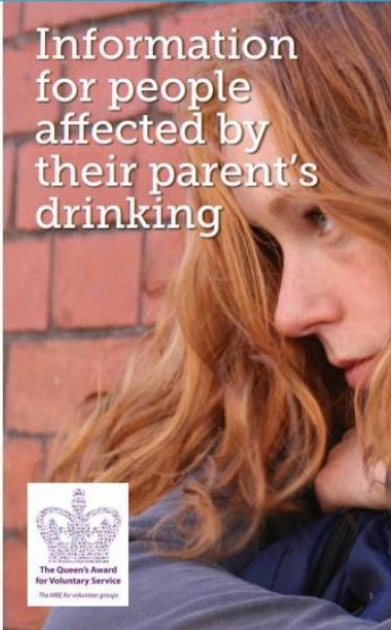

"Finding someone I felt comfortable talking to was the beginning of everything changing for me. Without your help, I could have spent the rest of my life watching Mum drink herself to death. Now I know there is help for Mum and for me." **Paul, 15**

Patrons

Tony Adams MBE • Oilly Barkley • Calum Best
Lauren Booth • Geraldine James OBE • Ellie Macpherson
Suzanne Stafford CQSW • David Yelland


Helpline: 0800 358 3456 helpline@nacoa.org.uk
Post: PO Box 64, Bristol BS16 2UH
Admin: 0117 924 8005 admin@nacoa.org.uk
Website: nacoa.org.uk

Information for people affected by their parent's drinking

nacoa.org.uk

Registered Charity No: 1009143


FREE Helpline 0800 358 3456
helpline@nacoa.org.uk

You are not alone

1 in 5 children in the UK live with a parent who drinks hazardously. Millions of adults in the UK are still being affected by their parents' drinking or the knock-on effects of growing up in a home where alcohol was a problem.

There is no lower or upper age limit to be affected by your parent, step-parent or carer's drinking and sometimes the problems only become apparent in adulthood. You can be affected whether or not you still live with them, or whether they are still drinking or still alive.

Nacoa is here for everyone affected by a parent's alcohol problems. Our helpline is a safe place where you can talk about things that are going on for you and how you are feeling. We are here to listen and will help for as long as you want. There is no need to give us your name and you can tell us as little or as much as you want. We will not judge and what you say will remain confidential.

Callers often talk about:

- feeling different from other people
- having difficulty with relationships
- fearing rejection and abandonment, yet rejecting others
- being loyal even when loyalty is undeserved
- finding it difficult to have fun
- judging themselves without mercy
- fearing failure, but sabotaging success
- over-reacting to changes over which they have no control
- lying when it would be just as easy to tell the truth
- guessing at what 'normal' is

"I was never allowed to be a child; I had to spend every night keeping my parents from fighting. I never learned to play. Now, I can't make friends; I never learned to let people close to me. Even my relatives seem to live in a different world." **Andrew, 35**

Alcohol problems and the family

Alcoholism is like an illness and can affect people of all ages and from all walks of life. People with alcohol problems have lost control over their drinking and usually need help in order to stop. They continue to drink despite negative effects on their lives, their health, and those around them.

When someone has a drink problem, alcohol often becomes their main focus. As the drinker organises his/her life around alcohol, other family members can be left feeling unimportant and confused. Children often feel responsible for their parents' problems, even though they are not.

Families adapt to cope and the drink problem often becomes the family secret. The family rules **don't talk, don't trust, don't feel** develop to keep the problem hidden from the outside world and protect the illusion of a 'normal' family.

"Through all those times of fear, embarrassment, we acted as if nothing was wrong. I wished that someone would see the pain behind the facade and would care. We knew not to talk about Dad's drinking. If we ignored it, we could all pretend it wasn't happening. I'm still haunted by my memories." **Anon**

Living with alcoholism can be chaotic and lead to other problems – parents may have money worries, argue, become violent or withdraw from family life, suffering with anxiety, depression and mood swings. What's OK one day may not be the next. Children often feel confused, frightened, anxious, lonely, embarrassed, guilty and ashamed.

Children are more likely to suffer from low self-esteem, depression and thoughts of suicide, and sometimes use drink, drugs and addictive behaviours, such as eating disorders and self-harm, in order to cope. Despite this, many grow up to lead happy and healthy lives. Just being aware of the problem and having support can help.

"Being brought up in an alcoholic family I was used to living in chaos and fear and learnt many coping strategies to help me to survive." **Angela, 25**

What you can do

Support is available for people who need help to stop drinking. However, they have to accept they have a problem and want to stop. You can feel better whether your parent continues to drink or not.

Find out more about alcohol and the family
This can help you to understand what's going on and most importantly to look after yourself. See Nacoa's website for more information.

Remember you are not responsible for people's drinking
Pouring away, watering down, or hiding alcohol may make things worse, and the person drinking may become angry, aggressive or secretive. Remember your parent's drinking is not, and never was, your fault.

Remember alcohol affects the brain
People who drink often experience memory blackouts where they have no recollection of what they did, sometimes over significant periods of time. Try not to argue with someone when they are drinking; it may make things worse. They may say things that they normally wouldn't, and will often not remember the conversation afterwards.

Be ready with information
Although you can't make someone stop drinking, you can have information to hand if and when they ask for it. Nacoa will happily research local support in your area. Sometimes, it's comforting to know what help is available.

Be realistic
When someone is dependent on alcohol, the need to drink becomes so important that they may hurt and upset people they love. Promises are often made that are not kept. This can be very difficult for everyone in the family and feelings of being let down are common. It is important to look after yourself first. Sometimes this may mean distancing yourself from the drinker.

"Thank you for the information. I come back from time to time, to remember it's not just me. I am not to blame and I am not alone." **Tracey, 19**

0800 358 3456

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South Bristol Enterprise Support – Upcoming Workshops

Hi there,

I am writing to let you know about some upcoming workshops and a national programme which may be of interest to your networks.

As part of the South Bristol Enterprise Support programme, we will be running several specialist workshops over the next few weeks, both in-person in South Bristol and online. We understand that committing to a full learning programme can be too much for some people when they're starting a business, so we have designed the following workshops based on what our clients are telling us they need the most:

- [Green thinking](#) and planet friendly actions with Paula Malone, an educator and climate change consultant leads this inspiring and interactive session with practical tips to help your business be more environmentally friendly. 25th May, 09-10.30, online.
- [Finance essentials](#) with Ben Steele of Steele Financial, covering all the jargon and info that HMRC will need from you as a start-up. 25th May, 2-4pm, Windmill Hill City Farm.
- [Spreadsheet tips and tricks](#) with Laura Gemmell, data wizard and Founder of Taught By Humans, one of our recent Getting Serious course participants. 23rd June, 10-12, online.
- [Applying for project funding](#) with Susan Moores, entrepreneurship facilitator and all-round good egg. This session is aimed at those applying for grants such as The National Lottery's Awards for All. The Ledbury Room, The Gatehouse Centre, 17th June.
- We also have a re-run of [intellectual property and protecting your IP](#) with Dave Morgan of [DMIP Solutions](#). If you missed the last one but want to know more about your intellectual property join us on 17th October in the John James room at Windmill Hill City Farm, 10-12.30.

The SSE also launched the [Community Business Trade Up 2022](#) programme today in partnership with Power to Change. This year SSE is keen to support early stage (less than 4 years old) community businesses that are:

- Led by board/team who are mostly from a racialised & minoritised community
- Led by a board or team who are mostly young people (aged 16-35)
- Or located in & supporting deprived or disadvantaged local communities

It's for community business leaders in England and provides the skills to help diversify income from trading, have more impact, resilience and be sustainable. It's a FREE learning programme, a Match Trading grant up to £5,000, a mentor and a network of peers.

Applications are open until 1pm, Tuesday 28th June 2022.

If you have any questions or would like any more info about any of the above, please don't hesitate to get in touch.

All the best,

Holly

Holly Vandyke

marketing associate - SBES (South Bristol Enterprise Support)

(she/her)



Please note that I don't work Fridays.