May 2022 Families in Focus Bulletin - Part 1

Information and Support for Families, Parents/Carers and Young People

Hello and welcome to the May information and Services Bulletin from the North Bristol Families in Focus team. We thought this information looked interesting and that you might find it helpful. Please feel free to pass onto others.

The bulletin has grown so big that we have split it into two parts as follows:

Part 1 – Information and Support for Families, Parents / Carers and Young People

Part 2 – Information and Support for Practitioners

Please note that the information here is being shared by Families in Focus but if you require any further details you should contact the relevant organisation. All information is provided by the organisation and Families in Focus hold no responsibility for the contents. Bristol City Council does not endorse the organisations/activities and you should make your own checks to satisfy yourself on the quality of the services on offer. If you would like the information in a different language or format please contact the organisation/agency who will hopefully be able to help.

We cannot guarantee to include everything but will prioritise information on services or activities that practitioners will find useful in their organisation or to pass on to families.

Contents

Contents ..... - 2 -
Information and services for children and young people ..... - 3 -
Prince's Trust Free Programme: Get Started in Screenwriting ..... - 4 -
Prince's Trust Free Programme: Get Started with Nature ..... - 5 -
Prince's Trust: Cash Grant Development Awards ..... - 6 -
Princes Trust: Explore Personal Development Course ..... - 7 -
The Family Centre Deaf Children: What's On ..... - 8 -
Boing! Soft Play Centre Weekly Timetable ..... - 9 -
Ridingleaze: Queen's Jubilee Half-Term Free Craft Activities ..... - 10 -
Ignite Bristol: Multi-Sport Festival ..... - 11 -
Off The Record – Mental Health and Networking for Young People ..... - 12 -
Off The Record: FAQs ..... - 13 -
Support for Children Impacted by a Parent's Drinking ..... - 15 -
Bristol Mental Health & Wellbeing Directory ..... - 16 -
Information and services for parents / carers ..... - 17 -
Bristol Libraries: Opening Hours ..... - 18 -
Bristol Libraries: Baby Bounce and Rhyme ..... - 19 -
Bristol Libraries: Storytime Sessions ..... - 20 -
Children's Scrapstore: Free Play Training ..... - 21 -
Children's Scrapstore: Supporters Plus Card ..... - 22 -
NHS Healthy Start: Get Help to Buy Food and Milk ..... - 23 -
Kids Matter: Free Parenting Group in Southmead ..... - 24 -
Blaise Museum: Free Family Fun at the Museum ..... - 25 -
Shirehampton: Free English Conversation Club ..... - 26 -
Lockleaze Guardians of Children with Additional Needs ..... - 27 -
Support for Parents of Children with Autism: Free Workshops ..... - 28 -
Support for Parents of Children with Autism: Free Workshops ..... - 29 -
Free Monthly SEND Parent Support Session ..... - 30 -
SENDANDYOU – Empowering Children & Young People living with SEND ..... - 31 -
Employment Support for Parent Carers ..... - 32 -
Community Learning Free Course: Get Digital ..... - 33 -
Working in Early Years and Play ..... - 34 -
North Bristol Advice Centre ..... - 35 -
Welfare Rights and Money Advice Service ..... - 36 -
Crimestoppers – Fearless: Anonymous Advice and Reporting ..... - 38 -
Crimestoppers: Speak Up to Protect Vulnerable People ..... - 39 -

Information and services for children and young people

Prince's Trust Free Programme: Get Started in Screenwriting

The Prince's Trust are pleased to announce our personal development programme:

Get Started in Screenwriting (16-30)

Learn the art of storytelling on screen from a professional screenwriter, and how mindfulness practice can clear your mind, enhance creativity, and allow you to unlock your writing skills. Delivered by Iconic Steps, this course will cover all the basics of screenwriting, such as plot and character development, creating a narrative and exploring key themes, whilst learning meditation techniques to help when working on a script or other creative projects. By the end of the week you will have written and reviewed a script for a short film which will be read out by professional actors. Potential for amazing progressive opportunities with well-known media companies and support with entry level jobs into the field!

Taster Day: Tuesday 31st May 2pm – 3:30pm

Programme: Monday 6th – Friday 10th June, 11-3pm

Location: MS Teams

To enquire about the course or to find out more please email:
sam.walton@princes-trust.org.uk or sakiya.ghalib@princes-trust.org.uk

OR call 0800 842 842 to book a young person onto taster sessions for this course.

Confidence. Courses. Careers.
Change your life, or be there to help a young person change theirs

Prince's Trust | START SOMETHING

Prince's Trust Free Programme: Get Started with Nature

Prince's Trust: Cash Grant Development Awards

Development Awards

Get funding to train and learn

Our Development Awards are cash grants to help you overcome a financial barrier to training, employment and education

They can help cover the costs of:
Accredited course fees up to Level 3 (A-level equivalent)
Tools, equipment or uniforms for a job or qualification
Job licence fees
Transport to a new job until your first pay slip

The typical amount to be awarded is £175-£250 but in expectional circumstances it can be up to £500

For more information:

0800 842 842
carmen.benavides@princes-trust.org.uk

Prince's Trust | START SOMETHING

Princes Trust: Explore Personal Development Course

The Family Centre Deaf Children: What's On

The Family Centre (Deaf Children) is a charity supporting children and their families who are living with a hearing loss in the Bristol and surrounding areas through a range of events, activities, and workshops.

Boing! Soft Play Centre Weekly Timetable

For all 0-5s and their families...everywhere.
#morethansoftplay

Boing! Weekly Timetable

Term 5 & 6 2022

Boing! Softplay Family Centre, The Hub, Gainsborough Square, Lockleaze BS7 9FB

	Monday	Tuesday	Wednesday	Thursday	Friday
9-11	*Boing!* Tiddlers *9-10.30am*	*Boing!* Community Play Café	*Boing!* Community Play Café	*Boing!* Community Play Café	*Boing!* Community Play Café
11.30-1.30	*Boing!* Community Play Café	*Boing!* Community Play Café	*Boing!* Community Play Café	*Boing!* Community Play Café	*Boing!* Community Play Café
2-4	*Boing!* Community Play Café	*Boing!* Community Play Café	*Boing!* Community Play Café	Learn & Grow	*Boing!* Community Play Café

Book and pay for any session online at:
www.boingsoftplay.com/whatson
All sessions (excluding Tiddlers) cost £3 booking & £1 per person upon arrival. Tiddlers costs £3 to book no entry fee

Boing! Parties

WEEKEND PARTIES EXCLUSIVE USE PARTIES: SATURDAYS & SUNDAYS 9-11.45, 12.15-3 AND 3.30-6.15: £130

MIDWEEK PARTIES *BOING!* IS ALSO AVAILABLE TO HIRE FOR PRIVATE BOOKINGS AFTER 4.30PM DURING THE WEEK: £99

GROUP DESCRIPTIONS

Tiddlers. A traditional toddler group for babies & children under 3 with access to the softplay and craft activities . The group will end with songs and a story. The café will be open serving our full delicious menu. (£3 per family).

***Boing!* Community Play Café**: 2 hour session on the softplay suitable for all children age 0-5 with full access to toys and our home corner. Our café will be open serving our full delicious menu.

Learn and Grow. A group for pre-school aged children 3-5 years old. Softplay and home corner available with some more structured activities available including crafts with a early learning focus. Our café will be open serving our full menu.

Ridingleaze: Queen's Jubilee Half-Term Free Craft Activities

Multi-Sport Festival

Sunday 10th July
St Pauls Community Sports Academy

- Wide range of disability inclusive sports and activities to try
- Suitable for disabled children and adults (and the rest of the family!)
- Free event

For updates, and sign up information, sign up for the Ignite Bristol newsletter at:

https://bit.ly/IB-signup

Off The Record – Mental Health and Networking for Young People

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.

What's On

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

Change The Record

OTR is really interested to hear what young people think of us – no matter how involved they've been with our services. We've created a survey designed to get feedback, good and bad, and shape OTR into a better service for young people, and we're looking for 11-25 year olds who have previously interacted with us to take part.

All young people who complete the survey will be invited to collect an OTR goody bag, and will also be entered into a prize draw to win one of ten Samsung Galaxy Tab As.

*Read more and access the survey here: **otrbristol.org.uk/2022/03/change-the-record***

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***

Off The Record: FAQs

Off the Record: Frequently Asked Questions

WHAT HAPPENS AFTER I SIGN UP?

If you've signed up for 1:1 Therapies, we'll get you put onto the waiting list and will next be in touch when we have a slot available for you.

If you've signed up for Mind Aid or Shameless, you will be sent an invitation to join the next available course. This may be shortly after signing up, or it may be after a little while if the current course is full or new dates haven't been announced yet.

Finally, if you've signed up for anything else the lead of the project will get in touch with you (most likely via email) to give you a little more information and help you access the group. This will then give you the opportunity to ask any further questions and express any worries or concerns that you have.

CAN SOMEONE SIGN UP ON MY BEHALF?

At OTR, we want you to have a choice about the support you access (if any at all) and also want to make sure we have your consent to work with us. Ideally we want you to be totally in control and sign up yourself. However, we understand that sometimes you may want some help with doing this - whether that's from a parent or a professional.

We'd encourage parents and professionals to only sign a young person up if they have expressed that they want to work with us. We have very high drop-out rates and a young person is more likely to engage and benefit from our services if they have been in control of these decisions and the sign up process.

If you have signed up on behalf of a young person and have used your own email, we may give you a call just to double check that the young person has consented before processing your information.

WHAT ARE MY RIGHTS AT OTR?

At OTR, you have the right to:

Choice - you have the right to choose which support you would like to access, whether that's with us, another organisation or the choice not to access support at all.

Consent - accessing our support requires your consent. If you do not wish to work with us that is completely your choice and you won't be forced.

Confidentiality - what you talk to us about will not be shared outside of our organisation. The only exception to this is if we believe you or someone else may be at significant risk of harm. In this case, we would most likely need to tell someone but we wouldn't do this without talking to you about this first.

Complaints - finally, you have the right to complain if you aren't happy with something that has happened at OTR. You can do this by phone, email or by filling out the feedback form on our website: **otrbristol.org.uk/feedback.**

WHY DO YOU NOT OFFER 1:1 THERAPIES FOR 18-25?

Unfortunately we are not able to offer 1:1 Therapies for those over the age of 18 due to funding limitations. If we had the capacity to see anyone and everyone then of course we absolutely would. If you are over the age of 18 and would like 1:1 Therapies, you may want to have a look at the following organisations:

Vita Minds (vitahealthgroup.co.uk)
Help Counselling (help-counselling.org.uk)
Bristol Mind (bristolmind.org.uk)
Womankind (womankindbristol.org.uk)
Network Counselling (network.org.uk)

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 The National Association for Children of Alcoholics

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

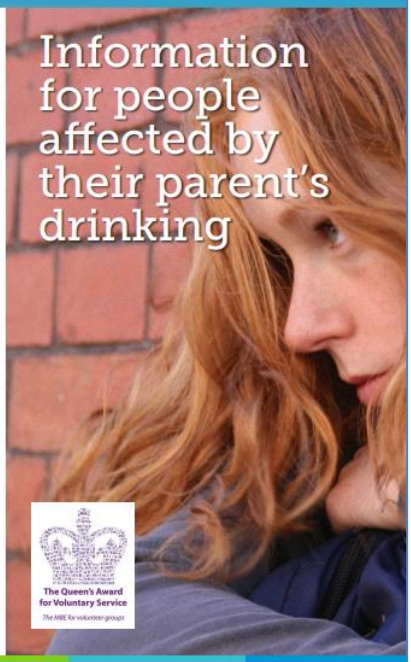
"Finding someone I felt comfortable talking to was the beginning of everything changing for me. Without your help, I could have spent the rest of my life watching Mum drink herself to death. Now I know there is help for Mum and for me." ***Paul, 15***

Patrons

Tony Adams MBE • Olly Barkley • Calum Best
Lauren Booth • Geraldine James OBE • Elle 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

Nacoa The National Association for Children of Alcoholics



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 façade 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.

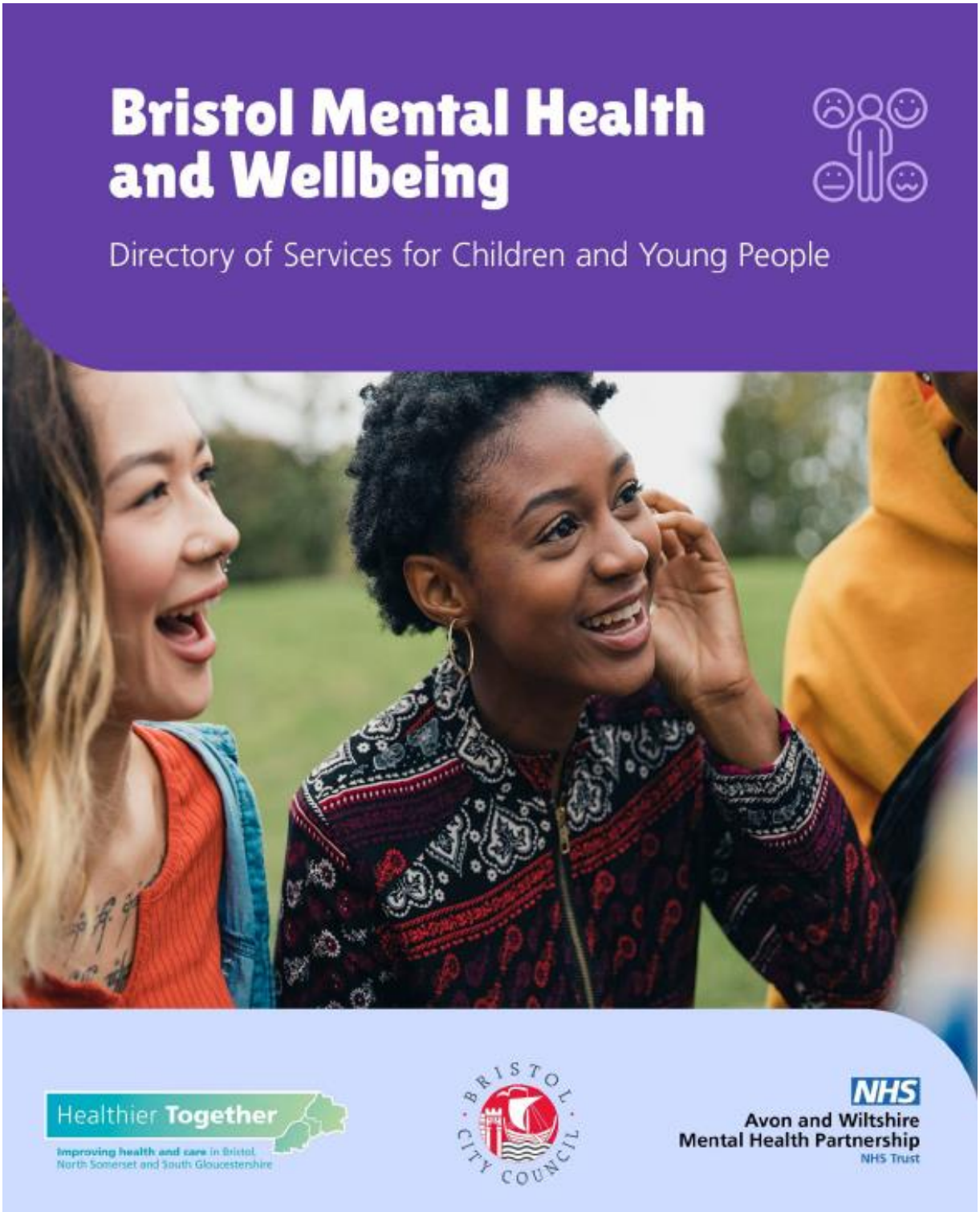
"Thank you for the information. I come back from time to time, to remember it's not just me. I am not to blame and I am not alone." ***Tracey, 19***

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

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/



Information and services for parents / carers

Bristol Libraries: Opening Hours

Bristol Libraries – opening hours

From 14 Mar 2022

		Mon	Tue	Wed	Thu	Fri	Sat	Sun
Central Library	0117 9037250	9.30-5	9.30-7	9.30-5	9.30-7	9.30-5	10-5	1-5
Avonmouth	0117 9038580	10-2	1-5	10-2	CLOSED	1-5	10-2	CLOSED
Bedminster	0117 9038529	10-7	CLOSED	10-7	10-5	10-5	10-5	CLOSED
Bishopston	0117 3576220	1-7	CLOSED	11-5	11-5	11-5	11-5	CLOSED
Bishopsworth	0117 9038566	10-5	CLOSED	11-5	CLOSED	10-5	11-5	CLOSED
Clifton	0117 9038572	10-2	1-5	CLOSED	1-5	10-2	1-5	CLOSED
Filwood	0117 9038581	11-5	CLOSED	11-5	CLOSED	11-5	10-2	CLOSED
Fishponds	0117 9038560	10-5	10-5	CLOSED	11-7	10-5	10-5	CLOSED
Hartcliffe	0117 9038568	1-5	CLOSED	10-2	1-5	1-5	CLOSED	CLOSED
Henbury	0117 9038522	11-5	CLOSED	11-7	CLOSED	11-5	11-5	CLOSED
Henleaze	0117 9038541	11-5	11-5	1-7	11-5	1-7	10-5	CLOSED
Hillfields	0117 9038576	CLOSED	10-5	10-5	CLOSED	CLOSED	11-5	CLOSED
Horfield	0117 9038538	11-5	11-5	CLOSED	10-5	CLOSED	10-5	CLOSED
Junction 3	0117 9223001	1-7	11-5	1-7	CLOSED	11-5	10-5	CLOSED
Knowle	0117 9038585	1-5	11-5	CLOSED	11-7	11-5	10-5	CLOSED
Lockleaze	07342031887	CLOSED	11-4	11-4	11-4	CLOSED	9-2	CLOSED
Marksbury Road	0117 9038574	CLOSED	10-5	CLOSED	10-5	CLOSED	11-5	CLOSED
Redland	0117 9038549	CLOSED	11-5	11-7	11-5	11-5	11-5	CLOSED
St George	0117 9038523	3-7	10-2	1-5	10-2	1-5	11-5	CLOSED
St 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

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

Bristol Libraries: Baby Bounce and Rhyme

Baby Bounce and Rhyme

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

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

Library	Day (Term time only)	Time
Knowle 0117 9038585	Tuesday Thursday	11.30am 11.30am
Marksbury Road 0117 9038574 All year round!	Thursday	2pm
Redland 0117 9038549	Wednesday	11.30am
Sea Mills 0117 9038555	Tuesday	10.45am
Shirehampton 0117 9038570	Thursday	11.00am
Southmead 0117 9038583	Tuesday	11.30am
St George 0117 9038523	Tuesday	11.00am
St Paul's 0117 9145489	Tuesday	2.30pm
Stockwood 0117 9038546	Friday	10.30am
Westbury 0117 9038552	Wednesday	11.15am
Whitchurch 0117 9031185	Wednesday	2.15pm
Wick Road 0117 9038557	Wednesday Wednesday	10.30am 2.00pm

Bristol Libraries April 2022 www.bristol.gov.uk/libraries

Bristol Libraries: Storytime Sessions

Storytime Sessions

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

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

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

Bristol Libraries April 2022 www.bristol.gov.uk/libraries

Children's Scrapstore: Free Play Training

Children's Scrapstore

Free Play Training

Free to Play?
Monday 11th July 2022
10am to 12pm

This 2 hour course is an introduction to the importance of playtimes in schools and how adults can support children's play.

Play on a Shoestring
Thursday 14th July 2022
10am to 12pm

In this workshop we will look at how to provide fun, low cost play opportunities from everyday items. Come and have fun exploring some ideas for your group.

In this 2 hour course we will explore the play cycle and how observing & understanding play can help adults to better support children's play.

Understanding & Supporting the Play Process
Monday 5th September 2022
3pm to 5pm

To book, email:
training@bandltd.org.uk
with the name of the attendee and their setting.

Attending this session gives you the opportunity to shop in Children's Scrapstore's Warehouse for up to a basket of scrap, for the recommended donation of £6 for a full basket.

FREE Half Term Play Session:

Open access activities aimed at over 8s - younger siblings welcome with adult supervision, led by Children's Scrapstore.

Tuesday 31st May 2022
12pm to 2pm

Beverston Gardens,
Lawrence Weston,
Bristol. BS11 0SB

EBCC East Bristol Children's Centres · Playful Bristol · Children's Scrapstore · Quartet Community Foundation · BATCA

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

Children's Scrapstore: Supporters Plus Card

NHS Healthy Start: Get Help to Buy Food and Milk

What is NHS Healthy Start?

If you're pregnant or have children under the age of 4 you can get payments every 4 weeks to spend on:

- cow's milk
- fresh, frozen or tinned fruit and vegetables
- infant formula milk
- fresh, dried, and tinned pulses

You can also get free Healthy Start vitamins.

You'll get:

- £4.25 each week of your pregnancy (from the 10th week of your pregnancy)
- £8.50 each week for children from birth to 1 year old
- £4.25 each week for children between 1 and 4 years old

Your money will stop after your child's 4th birthday, or if you no longer receive benefits.

What can I buy?

Fruit and vegetables

They can be:

- fresh, frozen or tinned
- whole or chopped
- packaged or loose
- fruit in fruit juice
- fruit, vegetables in water
- fresh, dried or tinned pulses

They cannot:

- have added ingredients like fat (oil), salt, sugar or flavourings
- be juiced or pre-cooked
- be fruits in syrup
- be smoothies

Plain cow's milk

This needs to be plain cow's milk, which is pasteurised, sterilised, long-life or ultra-heat treated (UHT).

It cannot be:

- flavoured
- coloured
- evaporated
- condensed
- plant-based milk
- powdered (unless it's stage one infant formula)

Who can apply?

You'll qualify for the Healthy Start scheme if you're at least 10 weeks pregnant or you have at least one child that's under 4.

In addition, you must be receiving any of the following:

- Child Tax Credit (only if your family's annual income is £16,190 or less)
- Income Support
- Income-based Jobseeker's Allowance
- Pension Credit (which includes the child addition)
- Universal Credit (only if your family's take-home pay is £408 or less per month from employment)

You will also be eligible for Healthy Start if:

- you're under 18 and pregnant, even if you are not claiming any benefits
- you claim income-related Employment and Support Allowance (ESA) and are over 10 weeks pregnant
- you or your partner get Working Tax Credit run-on only. (Working Tax Credit run-on is the Working Tax Credit you receive in the 4 weeks immediately after you have stopped working for 16 hours or more per week)

Infant formula

- Stage one only (first infant formula)
- made from cow's milk
- nutritionally complete.

It cannot be:

follow-on formula or milk ('from 6 months', or 'from 6 to 12 months').

Healthy Start Vitamins

You can use your Healthy Start prepaid card to show proof of eligibility to collect Healthy Start vitamins.

Find your nearest vitamin provider on the Healthy Start website.

Take your prepaid card with you when you collect them.

For more information and to apply to the NHS Healthy Start scheme, visit:
www.healthystart.nhs.uk

Or call us on **0300 330 7010**
Our contact centre is open Monday – Friday, 8am – 6pm (except public holidays)

Follow us on Facebook and Twitter
@NHSHealthyStart

The allpay prepaid card is issued by allpay Ltd pursuant to license by Mastercard International Incorporated. allpay Ltd is a company regulated by the Financial Conduct Authority (FRN 900539) for the issuance of electronic money. Head office and registered address: Fortis et Fides, Whitestone Business Park, Hereford, HR1 3SE (Company No 02933191). Mastercard is a registered trademark of Mastercard International Incorporated.

How to apply

- Visit ***www.healthystart.nhs.uk***
- Fill in the online application form
- Receive your pre-paid card in the post
- You'll need to activate your card to get your PIN before using it.
- Shop for healthy food and milk in most retail stores that sells the eligible food and milk items and accepts Mastercard® payments.
- You'll need to insert your card into the card reader and enter your PIN when you make your first transaction.

Your card will be topped up with your benefit every four weeks.

You can also use your card to show proof of eligibility to collect free Healthy Start vitamins.

Kids Matter: Free Parenting Group in Southmead

WANT THE BEST FOR YOUR CHILD?

Kids Matter is a free friendly group for anyone with children aged 0-10 years. We discuss how to build strong families & help kids do their best in life.

During the 6 weeks, we cover the following:

Taster – Come and see what it's like to be a Kids Mattergroup
Session 1 – Being a strong family
Session 2 – Loving our children well
Session 3 – Play, encouragement and listening
Session 4 – Routines, choices and rewards
Session 5 – Family rules and consequences
Session 6 – The bigger picture
Booster – Checking in 3 months later

Every session will have tea & cake and a free crèche.

KIDS MATTER

Kids Matter is running for parents and carers in Southmead – contact Trenna Blundell (07446 375698) or Joanna Bacon (07812 207185) to chat some more. Enquiries from parents, school or health staff very welcome.

Hope to see you soon!

Registered charity in England & Wales 1163617

Blaise Museum: Free Family Fun at the Museum

FAMILY LEARNING

FAMILY FUN AT THE MUSEUM -free course for parents/carers & under 5s

STARTS WEDNESDAY 15th JUNE, 10-12 pm, 4 sessions

BLAISE MUSEUM HOUSE, HENBURY ROAD, BS10 7QS

- **Explore how to get the most out of a family visit to Blaise Museum House and Estate in Lawrence Weston/Henbury.**
- **Spend time together and join in with fun, family-friendly crafts and activities inspired by Blaise. Themes include nature, archaeology, giants and more.**
- **Enjoy what the museum and great outdoors/estate has to offer parents/carers and your under 5s.**
- **Find out about other family activities and opportunities.**

The museum will be closed to the public whilst the course is running. Refreshments will be available from 10am.

Contact: Suzanne to book a place and for more information suzanne.gaffney@bristol.gov.uk, 07887451776.

Who can join: Adults aged 19 years plus with few or no formal qualifications with one or more children under 5 – please bring your little ones!

WEST OF ENGLAND Combined Authority

COMMUNITY LEARNING

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

Shirehampton: Free English Conversation Club

Lockleaze Guardians of Children with Additional Needs

LOCKLEAZE GUARDIANS OF CHILDREN WITH ADDITIONAL NEEDS

Get help finding the right support for both you and your child with additional needs, whether they are diagnosed or not.

Come along to our friendly group and meet other parents and carers who have a child with additional needs who get it. Share your story and get advice about additional support available including EHCP plans and school for your child.

Join us on the 1st Wednesday of the Month 11am-12pm at the Hubbub cafe in The Hub, Gainsborough Sq.

First session: Wednesday 1st June 11am – 12pm.

For further information please contact Jonathan Ford, Wellbeing Navigator (Tues - Thurs at The Hub) on wellbeing@lockleazent.co.uk or 07708471787

Lockleaze Neighbourhood Trust

Support for Parents of Children with Autism: Free Workshops

FREE Workshops

Is your child on the Autism Assessment Waiting List?

This exciting project is aimed at parents and carers who are on the waiting list for an Autism assessment for their child. We know that in some areas this can be a long process.

For the first time Bristol, North Somerset and South Gloucestershire (BNSSG) Parent Carer forums have teamed together and are delivering specific workshops to provide information, support and practical guidance.

A combination of professional expertise, knowledge and the lived experience of parenting a SEND child is at the basis of each workshop. Attending our workshops will give you the benefit of years of professional training and expertise. We will be running both on-line and face-to-face workshops. Our face-to-face workshops will focus on four themes, turn over for a summary, and our on-line sessions will cover a variety of themes based on feedback we receive from families.

Please sign up to your local Parent Carer Forum to be the first to get dates and locations for our workshops and on-line sessions.

Bristol Parent Carers
E: info@bristolparentcarers.org.uk
T: 07306 650 222
W: www.bristolparentcarers.org.uk

North Somerset Parent Carers Working Together
E: admin@nspcwt.org
T: 01934 440 844
W: www.nspcwt.org

South Glos Parent Carers
E: training@sglospc.org.uk
T: 07916 275 440
W: www.sglospc.org.uk

Working together for SEND families

BRISTOL, NORTH SOMERSET & SOUTH GLOS PARENT CARER FORUMS

NHS

Support for Parents of Children with Autism: Free Workshops

Free face-to-face workshops for families awaiting an autism assessment

All workshops delivered by a SEND professional and an experienced SEND parent carer.

An Introduction to Understanding and Supporting Communication

This workshop is an introduction to effective communication strategies. All behaviour is a form of communication and so much of our day to day life centres around it; and this is no different for our children and young people. When we are unable to communicate effectively, it can cause distress, anxiety and behaviours that challenge. This session offers an insight into effective communication and strategies to develop and improve communication with your child.

An Introduction to Understanding and Supporting Anxiety

This workshop provides an insight into anxiety. Everybody experiences anxiety at various times in their lives. For our children, anxiety can be very distressing and can have a deep impact on their lives and ours. During this session we will look at how to recognise triggers for anxiety, why we experience anxiety and provide strategies to help.

An Introduction to Understanding and Supporting Sensory Differences

This workshop provides and introduction to what sensory needs are. Sensory needs are key to many behaviours and often we do not realise the impact that they have on day to day life. This session will provide tips on recognising a sensory need together with practical ways to help your child.

An Introduction to Understanding and Supporting Behaviour

All behaviour is a form of communication. Some behaviours can be really challenging for parents and carers. This can be shown as aggression, frustration or the child who shuts down and 'checks out'. Join us for our introduction to behaviour workshop designed with educational psychologists and parent carers to explore behaviour and behaviour managing strategies.

NHS

Working together for SEND families

BRISTOL, NORTH SOMERSET & SOUTH GLOS PARENT CARER FORUMS

Free Monthly SEND Parent Support Session

FREE monthly online SEND - Parents Support Session: with Social Prescribing and SEND and YOU (SAY) (online group, first Wednesday of the month 11am-12pm).

This online group is a collaboration between Southmead Development Trust's Social Prescribing team, North Bristol GP practices and SAY. Parents can come along to this online session where they will be able to access information, advice, support and signposting to help. They will find out about what the SENDIAS service is and how you can use it. They can have any questions answered and meet other parents and carers in a similar situation to yourself. Anyone registered with a North and West Bristol GP practice can sign up here - https://southmead.org/wellbeing/social-prescribing and they will then be invited along.

SENDANDYOU – Empowering Children & Young People living with SEND

All of our SENDIAS staff are independently trained to provide children, young people and their parents with accurate, useful, relevant information and advice about special educational needs/disabilities. They'll use their knowledge and experience to support you in making decisions about educational issues and concerns.

SEND and You runs face-to-face support groups and virtual events, see calendar below! For more information about the different events please click here:

https://www.sendandyou.org.uk/support-groups-workshops/workshops/

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.

Employment Support for Parent 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

If you care, we care.
Carers Support Centre
Bristol & South Gloucestershire

COMMUNITY FUND

European Union

Community Learning Free Course: Get Digital

Working in Early Years and Play

Registered childminders provide professional childcare
and education through play, in a caring, home environment.

Become a registered childminder - bristol.gov.uk

North Bristol Advice Centre

Welfare Rights and Money Advice Service

Welfare Rights and Money Advice Service

Welfare Benefits Tips March 2022

Hello to you.

Welfare Benefits Rates

Below is a link to the .gov.uk pages that set out **all welfare benefits rates**.
This can be really helpful to check that you're receiving all the benefits you're entitled to:

https://www.gov.uk/government/publications/benefit-and-pension-rates-2021-to-2022/benefit-and-pension-rates-2021-to-2022

Bristol City Council website benefits calculator

You can find the calculator at:
https://bristol.entitledto.co.uk/home/start

- It can be very helpful for all low-income households, to see if they might have an unclaimed benefits entitlement.

- Also, bearing in mind the removal of the £20/week 'covid uplift' in UC rates, the calculator can help people to see how they might be better off by just doing a few hours paid work per week. UC is designed to encourage people to find work, so it's more 'generous' than previous working age benefits, in allowing people to keep more waged income before they lose their UC entitlement.

To give an example: a 28 year old lone parent mother of an 8 year old girl and 6 year old boy, all in good health, living in a 2-bedroom private rented flat or house in BS5.

- Through benefits, the total household income would be £1667/month (including rent at £850/month). The household would be benefit capped at that amount and would be entitled to free school meals (FSMs). Apart from FSMs, after rent is paid, there would be £817 for food, drinks, gas and electricity bills, household essentials, clothing, travel etc.
- The same family, with the Mum working 15 hours/week at minimum wage, could be around £472/month better off, but would have to make some council tax contributions.

WRAMAS' Services

- Don't know what you may be entitled to?
- Need some help or advice on a benefit related issue?
- Not sure how to fill in a claim form? Having difficulty writing about your problems?
- Want to know how your other benefits may be affected?
- Would like some advice on a new or existing claim for a disability benefit?

Claiming the right benefits or finding information can be hard work and very confusing, but don't give up! WE CAN HELP.

If you need help or advice there is a confidential helpline available:

T: (0117) 352 1888 E: welfarerights@bristol.gov.uk

Monday, Tuesday, Thursday, Friday: 8.30 am – 1.00 pm (Wednesday closed all day)

If you prefer not to make a call or email us yourself, you can ask a professional working with you, a friend or relative, to contact us on your behalf.

You can also find advice and information, some of it specific to the coronavirus pandemic, on our website: https://www.bristol.gov.uk/benefits-financial-help

We're looking forward to hearing from you.
Thanks and take care,
WRAMAS

Crimestoppers – Fearless: Anonymous Advice and Reporting

fearless
Part of Crimestoppers
Fearless.org 0800 555 111

WHAT IS FEARLESS?

Fearless is part of Crimestoppers Charity and is for young people and parents, carers and professionals working with young people. You can access non-judgemental information and advice about crime and criminality. What makes this site different is we also provide you with a safe place to give information to us about crime - 100% anonymously.

ANONYMITY PROMISE **Anonymous means your identity is completely unknown.*

Our promise of anonymity is important as it is what makes our charity unique.

We're here to help you tackle crime in your community - online and by phone, 24/7, 365 days a year.

We know that it can be difficult to come forward with information. You might have seen or heard something about a crime but don't know what to do, or are scared to give information. It's easy to think there is nothing you can do, but we offer you a safe way to do this.

We guarantee that if you choose to contact us anonymously:

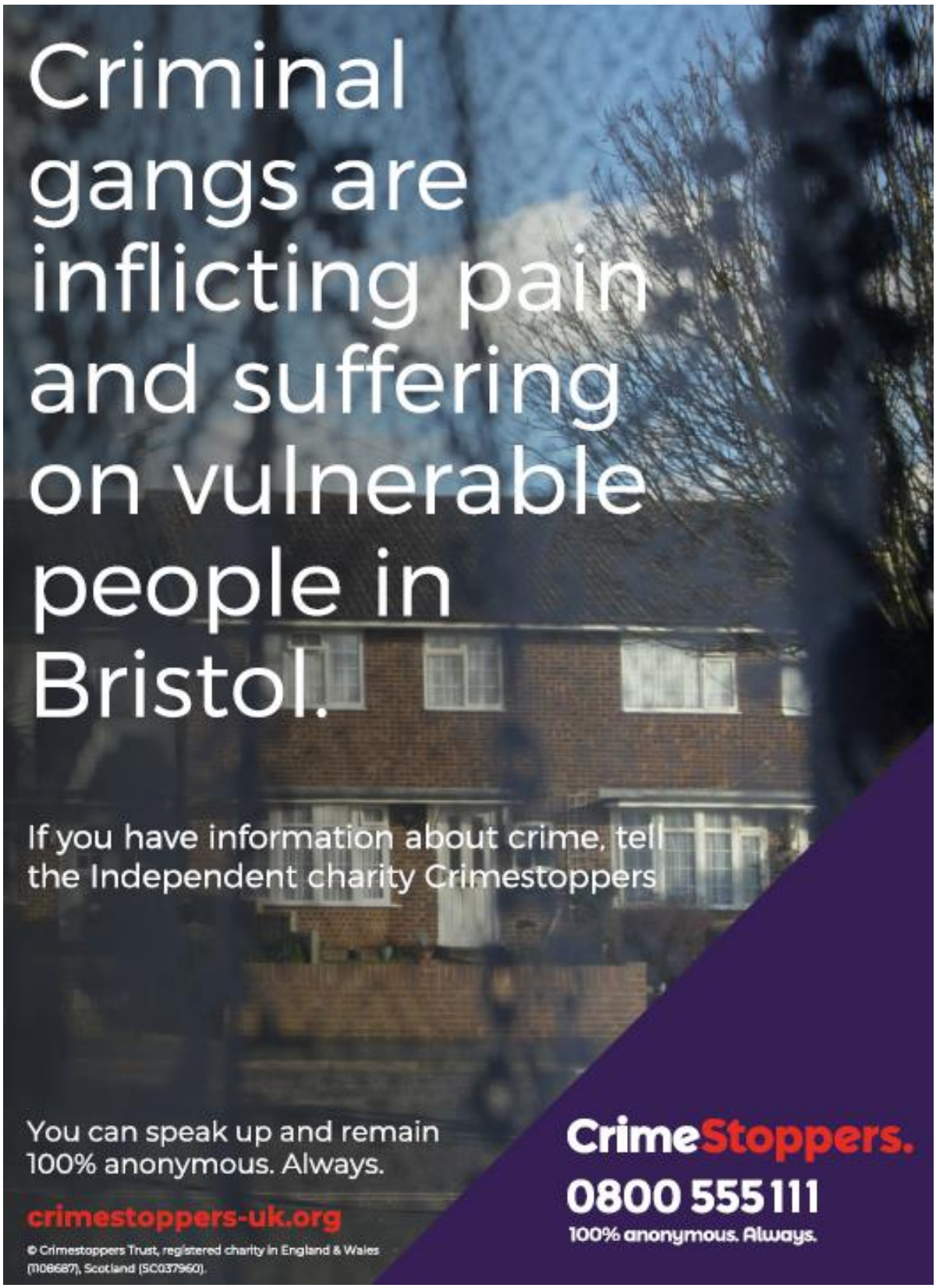
- You can give us information about crime without giving your name or any personal details.
- You will not be asked for your gender or age.
- We will not record any personal details you might mention.
- We physically cannot trace your email or IP address as our system is designed to protect your identity.

The only way anybody will know you contacted us, is if you tell somebody. 100% anonymous. Always.

Ready to contact us? **Give information about crime anonymously.**

We are not an emergency service and if you see a crime taking place you should **ring 999 to report it immediately**.

Crimestoppers: Speak Up to Protect Vulnerable People



Speak up to stop gangs from targeting vulnerable people in Bristol.

Have you heard of 'cuckooing' before?

It's when drug gangs use violence and abuse to take over the homes of vulnerable people to use as a base for drug dealing, and it's happening in Bristol.

If you have any suspicions or information about 'cuckooing' you can tell our charity what you know, 100% anonymously. Always.

Victims of 'cuckooing' are often drug users but can include older people, those suffering from mental or physical health problems, female sex workers, single mums and those living in poverty. Once they gain control, gangs move in with the risk of domestic abuse, sexual exploitation and violence. Children as well as adults are used as drug runners. Some vulnerable adults may be forced to leave their homes, making themselves homeless and leaving the gangs free to sell drugs in their absence.

Signs that 'cuckooing' may be going on at a property include:

An increase in people entering and leaving
An increase in cars or bikes outside
Increase in anti-social behaviour
Increasing litter outside
Signs of drugs use
Lack of healthcare visitors

You can speak up and remain 100% anonymous. Always.
crimestoppers-uk.org

CrimeStoppers.
0800 555 111
100% anonymous. Always.

أَوْصِلْ صوتك لمنع العصابات من استهداف المستضعفين في بريستول.
هل سبق أن سمعت عن مصطلح «cuckooing» وهو استغلال منازل المستضعفين لتخزين المخدرات؟

يحدث هذا عندما تستخدم عصابات المخدرات العنف والإيذاء الجسدي للسيطرة على منازل الأشخاص المستضعفين لاستخدامها بمثابة قاعدة لتجارة المخدرات، وهذا هو الوضع في بريستول.

إذا كانت لديك أي شكوك أو معلومات حول "استغلال منازل المستضعفين لتخزين المخدرات" يمكنك إخبار مؤسستنا الخيرية بما تعرفه، مع الإخفاء التام لهويتك. دائمًا.

غالبًا ما يكون ضحايا "استغلال منازل المستضعفين لتخزين المخدرات" من المتعاطين للمخدرات، لكن من الممكن كذلك أن يكونوا من كبار السن ومن الأشخاص الذين يعانون من مشاكل نفسية أو جسدية والعاملات بالجنس والأمهات العازبات والفقراء. وبمجرد أن تتمكن العصابات من السيطرة فإنها تصبح مصدر خطر لوقوع العنف الأسري والاستغلال الجنسي والعنف. ويُستغل الأطفال وكذلك البالغين في تهريب المخدرات. وقد يُجبَر بعض البالغين المستضعفين على مغادرة منازلهم، مما يجعلهم بلا مأوى ويتركون للعصابات الحرية التامة في بيع المخدرات في غيابهم.

تشمل العلامات التي تشير إلى وقوع «استغلال منازل المستضعفين لتخزين المخدرات» في أحد العقارات ما يلي:

زيادة وتيرة دخول بعض الأشخاص العقار وخروجهم منه
زيادة عدد السيارات أو الدراجات المتوقفة في الخارج
زيادة السلوك العدائي ضد المجتمع
زيادة كمية القمامة الموجودة في الخارج
علامات على تعاطي المخدرات
انعدام زائري تقديم الرعاية الصحية

You can speak up and remain 100% anonymous. Always
crimestoppers-uk.org

CrimeStoppers.
0800 555 111
100% anonymous. Always.

Zabierz głos, aby powstrzymać gangi przed atakami na bezbronnych ludzi w Bristolu.

Czy słyszałeś wcześniej o "kukułkach"?

Dzieje się tak, gdy gangi narkotykowe używają przemocy i nadużyć, aby przejąć domy bezbronnych ludzi i wykorzystać je jako bazę do handlu narkotykami, a to właśnie dzieje się w Bristolu.

Jeśli masz jakiekolwiek podejrzenia lub informacje o „kukułkach", możesz powiadomić o tym naszą organizację charytatywną – w 100% anonimowo. Zawsze.

Ofiarami „kukułek" są często osoby zażywające narkotyki, ale mogą to być również osoby starsze, cierpiące na problemy ze zdrowiem psychicznym lub fizycznym, kobiety świadczące usługi seksualne, samotne matki i osoby żyjące w ubóstwie. Po przejęciu kontroli gangi wprowadzają się do domów, co wiąże się z ryzykiem przemocy domowej oraz wykorzystywania seksualnego. Dzieci i dorośli są wykorzystywani do przerzucania narkotyków. Niektórzy bezbronni dorośli mogą zostać zmuszeni do opuszczenia swoich domów, stając się bezdomnymi i pozostawiając gangom swobodę sprzedaży narkotyków pod ich nieobecność.

Oznaki świadczące o tym, że w danej nieruchomości może działać „kukułka" to m.in.:

Wzrost liczby osób wchodzących i wychodzących
Zwiększona liczba samochodów i motocykli na zewnątrz
Wzrost zachowań antyspołecznych
Wzrost zaśmiecenia okolicy
Oznaki zażywania narkotyków
Brak osób z opieki zdrowotnej

You can speak up and remain 100% anonymous. Always.
crimestoppers-uk.org

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0800 555 111
100% anonymous. Always.

Cod dheer ku hadal si burcadda looga hor istaago in ay bartilmaameedsadaan dadka nugul ee ku nool Bristol.Horay ma u maqashay 'cuckooing'?

Waa marka burcadda maandooriyaha isticmaashaa ay isticmaalaan qalalaaso iyo xadgudub si ay u qabsadaan guryaha dadka nugul si ay ugu isticmaalaan xarun ay u isticmaalaan ka ganacsiga maandooriyaha, waxayna ka socotaa gudaha Bristol.

Haddii aad qabto wax shaki ah ama macluumaad ku saabsan 'cuckooing' waxaad u sheegi kartaa samafaleyaasheena, taasoo 100% qarsoodi ah. Had iyo jeer.

Dhibbaneyaasha 'cuckooing' inta badan waa dadka isticmaala maandooriyaha laakiin waxaa kamid noqon kara dadka waaweyn, kuwa qaba dhibaatooyinka caafimaad ee dhanka maskaxda ama jirka ah, dumarka jirkooda ka ganacsada, hooyooyinka garoobada ah iyo kuwa la nool faqriga. Marka ay awood u yeeshaan, burcaddu waxay soo galayaan gudaha ayaka oo wata khatarta xadgudubka qoyska ka dhex dhaca, xadgudub galmo iyo fadqalalo. Caruurta iyo sidoo kale dadka waaweynba waxaa loo isticmaalayaa in ay ka shaqeeyaan maandooriyaha. Qaar kamid ah dadka waaweyn ee nugul ayaa ay dhici kartaa in lagu khasbo in ay guryahooda ka tagaan, taasoo ka dhigaysa kuwo hoy la'aan ah waxayna burcadda fursad u siinaysaa in ay maandooriyaha ku iibsadaan inta ay maqan yihiin.
Astaamaha lagu garan karo in 'cuckooing' ay ka socoto dhisme waxaa kamid ah:
Kororka dadka soo galaya iyo kuwa ka baxaya
Kororka gawaarida ama baasakiilada yaalla banaanka
Kororka dhaqamada aan bulshada ku wanaagsanayn
Kororka qashina banaanka yaalla
Astaamo muujinaya isticmaalka maandooriyaha
La'aanta bookhashooyinka daryelka caafimaadka

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crimestoppers-uk.org

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