



North area Bulletin February 2020

Hi all,

Welcome to the February bulletin for the North area, produced by the North Families in Focus team.

Please find included a wealth of information regarding forthcoming events, training and opportunities for families, young people and professionals working with them.

Thank you to all our contributors for providing this information. We hope that you will find some opportunities which are of use to you or the children/families that you are working with- please feel free to share this with others and if anyone from your organisation or team wishes to be added to our mailing list just get in touch.

Please note that this information is being shared by Families in Focus but if you require any further details you are best off contacting the relevant organisation/team. All information is provided by the organisers and Families in Focus hold no responsibility for their contents. Bristol City Council does not endorse the organisations or activities and you should make your own checks to satisfy yourself of the quality of the services on offer. If you would like information in other languages or in different readable formats, please contact the original agency who will hopefully be able to help you.

If you have anything you would like us to send out to our network (of over 700 recipients) in our next bulletin please send a flyer or document to familiesinfocusnorth@bristol.gov.uk. We aim to get our next bulletin sent out before the Easter holidays so please ensure any items for inclusion are sent through by Friday 13th March so that we can get the bulletin sent out the week of 23rd March. We cannot guarantee to include everything but will prioritise information on activities that practitioners will find useful in their organisation or to pass on to families.

Opportunities and activities for children & young people – page 4

- Half term holiday programmes
- The Bristol Pledge – To all children in care and care leavers
- Toddler Groups
- LWOOSA and SOOSA – Lawrence Weston Out of School Activities
- Youth Club info
- Bristol Deaf Youth club info
- Think Big Bream Big – event
- Healthy Relationships workshops
- Film Competition
- Employment opportunities & Prince's Trust opportunities

For parents or all the family – page 22

- EU Settlement Scheme Drop-in Session
- WebFAM info – for families affected by drug or alcohol use
- Choosing a Bristol Childminder
- Info from North Bristol Children's Centre
- Info about what Parenting support is out there
- Support groups for women
- Supportive Parents – dates for your diary
- Bristol computer reuse
- Foodbank – cooking on a budget course
- Learning English in Bristol info
- Woman Kind – Bristol Women's Therapy centre
- Personal well-being course
- Free Courses in North Bristol & Community Learning opportunities
- Buzz Recruitment info
- GradTalent Development Agency
- British Army Careers
- Info about PIP benefit

For professionals working with children – page 53

- Info about Pathway to Independence Team
- Details about the EPIC offer for young people in care
- NACOA – information for people affected by their parents drinking leaflet
- Info about Bristol's GRT team
- Mandy Parry Training
- Professionals online safety helpline
- Info about 'Learn Equality, Live Equal (LELE)' project for schools
- Guidance on employing workers aged 16-17

For everyone – page 64

- Fearless poster
- Walking Netball poster
- Move, Dance, Feel classes
- Shirehampton market dates
- Community learning
- Considering a career in childminding?
- Contact details for the Families in Focus Parenting teams
- New post on the Bristol Mayor
- Lawrence Weston Community farm activities
- Good Grief – a festival of love and loss

Useful resources – page 82

- Useful contact numbers
- Mental Health services

Opportunities and activities for children & young people



Special thanks to anyone who supported/attended our summer party fundraising event and all people and local businesses who kindly donated to our #HELP100 Campaign.

WHO CAN ATTEND?

Programmes are available to targeted young people aged 6-14 who are able to participate in group sessions.

N.B - We unfortunately do not have capacity to support children who would best suit 1:1 support.

As targeted provisions, we prioritise referrals for children who meet one or more of the following disadvantages;

1. Pupil premium funded children
2. Children affected by domestic violence
3. Children affected by sexual abuse
4. Children currently on a CP Plan
5. Looked after children
6. Young Carers
7. Special educational needs
8. Children affected by Mental Health (directly or indirectly)
9. Siblings of children affected by any of the above.

WHERE & WHEN?

FILTON AVENUE PRIMARY SCHOOL
Lockleaze Road, Bristol, BS7 9RP

17TH - 19TH FEBRUARY (6-9 YEAR OLDS)
17TH - 19TH FEBRUARY (9-14 YEAR OLDS)

10-3PM DAILY

CHESTER PARK JUNIOR SCHOOL
Abingdon Rd, Bristol BS16 3NX

20TH - 21ST FEBRUARY

10-3PM DAILY

TO REFER A CHILD CLICK HERE

Alternatively email, theoffice@uniquevoice.org

Supported



and



funded by:





February Half Term Holiday Clubs

Book your FUN Shine February Half Term Holiday Clubs NOW!

From Friday 14th February to Monday 24th February 2020, Shine offers a variety of sporting and creative activities for children age Reception to Year 7 at five different venues across Bristol!

All Holiday Clubs are open to children from all schools. We also offer extended hour options of 08:00 to 10:00 (AM) and/or 16:00 to 18:00 (PM) for our Shine working families.

[!\[\]\(d66ff64371a51729ac8c1cdaa685ba6f_img.jpg\) Book Now](#)

<https://www.myshine.co.uk/>



The Pledge is a promise made by Bristol City Council and our partners to all children in care and care leavers. We promise to do our best to help you achieve your full potential. We are committed to involving you in any decisions that affect your life, asking you what you think, listening to you and taking your views into account. This is part of our commitment to making sure that all children are valued in every aspect of their lives.

We promise to:

Safe and Nurtured

- Do everything we can to make sure you feel safe in your home and are happy where you live
- Help you keep in regular contact with family and friends if it is in your best interest and is what you want to do
- Make sure that you know your social worker well, see them when you need to and can contact them when you want. We will agree with you how often you can expect to see your social worker, and will explore other ways to stay in touch
- Not change your social worker unless it is absolutely necessary
- Support you if you return to your family or move to another home
- Try to keep you safe from bullying and take action if you tell us that you are being bullied
- Ensure that your foster carers are trained and supported to care for you

Respected and Involved

- Involve you in planning services and explain our decisions fully
- Provide you with information about advocacy services that are independent from the Council and can represent you
- Hold high aspirations, celebrate your achievements and support you to achieve your goals
- Listen to you and tell you how your views influence what we do
- Meet your religious and cultural needs, and ensure you have the opportunity to meet with other people who share your way of life or background
- Try to match you to a placement that's right for you and as near to your home as possible

Bristol Care Leavers - Our promise

Bristol has signed up to the Care Leavers Charter that was produced by the Department for Education. The Charter was developed by young people leaving care. It is a set of promises and principles that help decision making. The Charter underpins how we deliver our

Local Offer for Care Leavers: www.rvoice.co.uk

We Promise

- To respect and honour your identity
- To believe in you
- To listen to you
- To inform you
- To support you
- To find you a home
- To be a lifelong champion

You can read the Charter in full here:
www.gov.uk/government/publications/care-leavers-charter



Healthy and Active

- Ensure that you get opportunities to meet other young people, and have hobbies that interest you
- Deliver a children in care and care leaver EPIC card that will give you access to cultural, sports and leisure opportunities
- Encourage you to have regular health and dental checks and work with you to make sure they are as easy to attend as possible
- Make sure that there is always someone you can talk to about how you feel and look after your emotional and physical health and well-being
- Provide services that can support your health and wellbeing and ensure you can access them when you are ready to

Responsible and Achieving

- Make sure that you have a good education
- Talk to you about where you would prefer to go to school
- Support you to stay in your current school unless there are good reasons not to, and avoid moving you during important educational periods wherever possible
- Ensure you can access good work experience placements, even if your school doesn't offer them and commit to asking you about your work experience plans through your Personal Education Plan
- Support you to continue in education or through traineeships and apprenticeships into employment

Getting Involved

If you want to get involved or just tell us what you think, please get in touch with either through the R Voice magazine/website or the Children in Care Council or Care Leavers United Bristol (CLUB). You can also give us your views during your review. The Children in Care Council and Care Leavers United Bristol (CLUB) aim to reflect the views and improve the lives of all children in care and care leavers in Bristol. contact: www.rvoice.co.uk/contact

Want to write for the R-Voice Magazine/Website?

The website and magazine is written by children in care and care leavers for children in care, and care leavers.

If you would like to contribute, contact: www.rvoice.co.uk/contact

Want to meet an Independent Visitor?

An Independent Visitor befriends a young person in the care system. They spend a few hours a week together, sharing interests and activities.

Email: yourvoice@reconstruct.co.uk

Need an Independent Advocate?

Advocates can help young people know their rights and make sure that their views and wishes are heard at all times. If you are making a complaint, advocates can help and support you through the process, contact: help@nyas.net

How to make a complaint

You can make a complaint or provide feedback through Bristol City Council's complaints procedure:

Email: complaints.feedback@bristol.gov.uk

This document is available in other languages. Please visit the R Voice website for more details: www.rvoice.co.uk

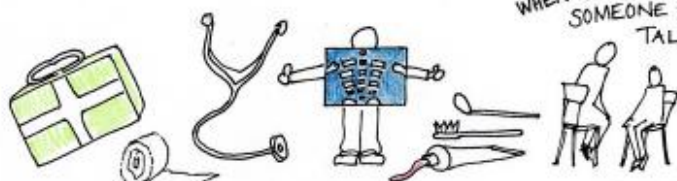
THE BRISTOL PLEDGE

TO ALL CHILDREN IN CARE & CARE LEAVERS

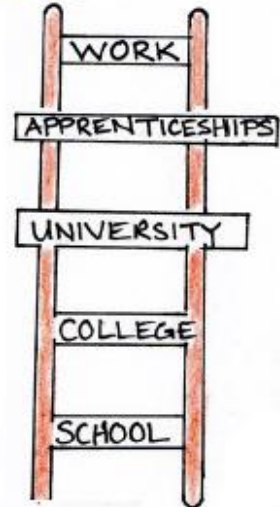
2018 EDITION



KEEP
THE SAME



ENCOURAGE YOU TO HAVE REGULAR HEALTH AND DENTAL CHECKS



EPIC

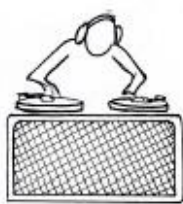
HOBBIES
CONTINUE WHAT YOU DO



EPIC



TRY
SOMETHING
NEW





Come and join us for fun and friendships in our play area in the church building. Toys, games, songs, activities and snacks for toddlers with a well-deserved cup of tea/coffee for parents and carers.

It's all free!!

Mondays (term time only) 10:00 - 11:30am

St Peter's Church – Lawrence Weston.

Contact: Office@standrews-stpeters.org

[www: standrews-stpeters.org](http://www.standrews-stpeters.org)

Tel: 0117 325 8720

Find us on Facebook



Lighthouse
toddler group

Who: Parents/Carers with Babies & Toddlers (0- 5s)

What: Play, Craft, Story, Songs, Drinks and Snacks

When: Every Thursday 9:30am -11am in term time only

Where: St Andrew's Church, Avonmouth Road, BS11 9EN

Contact: Office@standrews-stpeters.org

[www: standrews-stpeters.org](http://www.standrews-stpeters.org)

Tel: 0117 325 8720

Find us on Facebook



My boys love club so much I can't get them out of the door to come home!

"I love how they always have different activities and there is always something going on" Scott Age 8

Lawrence Weston Out Of School Activities

Providing affordable childcare in the Community

Join us at LWOOSA and SOOSA for fun and games after school.



We provide a range of toys and activities suitable for all children. These include:

- Construction - Lego - Cars and Garage -
- Role play corner - Quiet area - Board games - drawing - Arts and Crafts -
- Outdoor games - Cooking Activities -

Opening Times:

After School Club - 3pm-6pm

Playscheme - 8.30am - 5.30pm

Cost:

After School Club - £9.50 per session

Playscheme - from £12.50 per session

Cost includes all snacks and drinks.

"As a working parent it was great to find childcare that was a reasonable price and the kids love! Makes going to work that much easier." Sian



SOOSA collect from:

Shirehampton Primary School

St Bernards Catholic Primary School

LWOOSA collect from:

Oasis Academy Bank Lease

Oasis Academy Long Cross

Our Lady of the Rosary Primary School

LWOOSA and SOOSA

Welcome to Lawrence Weston Out Of School Activities (LWOOSA) and Shirehampton Out of School Activities (SOOSA). We are a Charity run organisation (Charity No. 1129694) that provides good quality, affordable childcare to the local community. We are Ofsted registered (LWOOSA Ofsted Reg: EY539375 and SOOSA Ofsted reg: EY392880) and all staff have full DBS checks and are Paediatric First Aid trained.

The After School Clubs are based at Shirehampton Primary School and The Rock, Lawrence Weston. We are open to all children from Reception to Year 6 from our local schools.

A Typical After School Session

Children will be collected from their schools and registered with the After School Club. We have a free play activity session choosing from a range of toys and activities which change on a daily basis. Once children have settled snack is provided. This includes bread, a range of fruit and vegetables and a drink. Children are encouraged to serve themselves and each other. Children then have the opportunity to play outside with a range of toys and games. A planned Playworker led activity is available for those children wishing to take part.

Holiday Playscheme

We also provide childcare during the school holidays. Activities range from Seasonal Craft Activities, messy play, team games, quiet time activities, and on set days throughout the holidays we enjoy taking the children on trips. Recently we have enjoyed 'We the Curious', Bristol Museum, XHeight Climbing, and look forward to many more. Half Day and whole day sessions are available and start from £12.50 per child.

For more information please contact us:

Tel: 07379520005

Email: lwoosa@gmail.com

Facebook: LWOOSA and SOOSA

Web: www.lwoosa.com

YOUTH CLUB ON WHEELS
IN AVONMOUTH

8 YEARS+ **FREE!**

MONDAYS. 6PM - 8PM
LOCATED OUTSIDE AVONMOUTH COMMUNITY CENTRE. BS11 9EN

SPORTS. ARTS. IPADS. PLAYSTATION. GUIDANCE ON HOMEWORK.
A SAFE PLACE TO TALK WITH TRAINED YOUTH WORKERS.
HAVE FUN!!

For more information contact Young Bristol:
0117 929 2513
info@youngbristol.com
Registered Charity No. 301681 Company No. 363562

YB
Young Bristol
Works for young people

Shirchampton
Community Action Team



Young Bristol
Works for young people

Avon Youth Club: 98a Longcross, Lawrence Weston, Bristol BS11 0LP

Monday -Thursday 18:00-21:00 open access youth sessions for 8+ age group. Free for first session, 50p entry thereafter

Sea Mills Boys and Girls Club: Bluebell Close, Woodleaze, Sea Mills, Bristol BS9 2HX

Tuesday (8-13yrs) 6:30pm - 8:00pm

Wednesday (8-13 yrs) 6:30pm - 8:00pm

Thursday (8-16yrs) 6:30pm - 8:30pm

First session Free, 50p there after.

Mobile Youth Club on Wheels is in North Bristol -

Mondays - Avonmouth park 18:00-20:00, ages 8+, Free to attend.



All About YOUTH

Fridays
18:15 - 20:00

Years 6 - 9

**Drop-in
Entry fee
£1**

**Your
First Session
FREE**

Shine Community Sports Hall, Henleaze, BS9 4DT

- ★ Choose what you want to do -
 - ★ Try out different team sports in the spacious sports hall
 - ★ Game consoles
 - ★ Film Night
 - ★ Chill Out Room
- ★ Visit from special guests on different topics and sports
- ★ Supervised by DBS checked staff
- ★ Outdoor and indoor spaces



YOUR Choice. YOUR Freedom. YOUR Space.

BOWLING Meet at Manor Farm, we will take minibus to bowling. Dodgeball while we wait/if we finish early. <hr/> 18th JAN	NERF GUN WAR Bring your nerf guns and fight the opponents in our battle arena! <hr/> 15th FEB	SWIMATHON FUNDRAISER Help raise money for Manor Farm! Do as many lengths as you can in one hour! <hr/> 8th MAR	OUTDOOR ACTIVITIES TRIP Meet at Manor Farm. More details of activities to follow. <hr/> 18th APR
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UPCOMING **EVENTS** | **2020**

Meet at Manor Farm Boys Club, BS7 8ST.

We have a sports hall, table football, table tennis, board games, computer games, pool and air hockey table.

EMAIL: BRISTOLDEAFYOUTHCLUB@GMAIL.COM

MOBILE: 07470875626 For ages 6 to 19 (or 24 if have additional needs).

ACCESSIBLE BMX BIKING TRIP Meet at Manor Farm. More details to come. <hr/> 16th MAY	FUN FIRST AID SKILLS Millie's Trust will visit and teach practical first aid skills suitable for young people. <hr/> 20th JUNE	BBQ AND FUN GAMES ON THE FIELD <hr/> 18th JULY	SUMMER ACTIVITIES More details to come <hr/> 27th, 29th, 31st JULY 4th, 6th AUG
GRAFFITI AND CLOCK MAKING Make a clock and artwork to take home <hr/> 19th SEPT	HALLOWEEN DUNGEONS TRIP Meet at Manor Farm for coach. More details to come. <hr/> 17th OCT	Informal session at MFBC Come relax, chat and enjoy our facilities at club before the Christmas madness! <hr/> 21st NOV	CHRISTMAS PARTY Fun and games with Santa! <hr/> 19th DEC

Please check our Facebook page (Bristol Deaf Youth Club) or email for start and finish times. Some meets will be from 3.30pm to 5.30pm, this will be confirmed nearer the time of the meets.



We are Barnardo's Young People's Health Champions Group
 We invite you to
7th April 2020

Think Big Dream Big

**Friendly Dragon's Den event
 &**

We need you before the event!

Are you 13 – 25 years old?

Our Big Idea is.....

we want to get young people who care about mental health to get involved in being on a young person's panel to ask health leaders to tell ALL OF US, what they have done so far and what is planned for child & young person mental health projects in Bristol and South Glos. They made pledges last year and we want to know what has been done.

We need you to work with us and the health leaders to plan and design the next steps for child & young people's health matters.

**If you can help please contact our worker Bridget at Barnardos
bridget.obrien@barnardos.org.uk 01179580320**



CRUSH

Every Monday
10th Feb – 13th April
3:45 – 5pm



HEALTHY RELATIONSHIPS WORKSHOPS

13–19 year olds

Gatehouse Centre,
Hareclive Rd, BS13 9JN

**CREATIVE
YOUTH
NETWORK.**



NEXTLINK.
changing the face of
domestic abuse support services

Get the skills, knowledge and tools to be able to:

- Recognise and spot the signs of healthy and unhealthy relationships
- Avoid abusive relationships
- Exit an abusive relationship safely
- Help you with your exposure to domestic abuse within your home environment

Find out more:

www.creativeyouthnetwork.org.uk/crush

Zoe Twinn | 07741660631
zoe.twinn@creativeyouthnetwork.org.uk

Charlotte Chappell | 07793443474
charlotte.chappell@nextlinkhousing.co.uk



Film Competition 2020

Welcome to the Childnet Film Competition 2020!

The Childnet Film Competition is open to all UK schools and youth organisations and invites young people aged 7-18 to take on the challenge of creating a short film in response to this year's theme.

This year's theme:

We want an internet where we're free to...

Once again we're on the look-out for films with a clear message about positive use of the internet. We are looking for films that tell us why you want an internet that allow people to feel free and safe online and how we can make this happen.

By taking part, learners not only create content to educate their peers but the three selected finalists from both the primary and secondary age category will be invited to a private screening at London's British Film Institute where they will be presented with great prizes for their school or youth organisation by our prestigious judging panel.

<https://www.childnet.com/resources/film-competition/2020/>

Key dates for Childnet Film Competition 2020



Competition opens:
Monday 6th January 2020
Competition closes:
Wednesday 3rd June 2020
Finalists announced:
Friday 12th June 2020

Click on the category below that you wish to enter and then download the pack

www.childnet.com/resources/film-competition/2020/



Get into


MARKS & START



Are you 16-25? Looking for work?

23 March – 17 April 2020 in Bristol

Not only will this work experience placement boost your confidence and employability but you'll also have the chance to benefit from the support of one of The Prince's Trust mentors to help you uncover your next steps and job potential.

- All training provided and Customer Service qualification included
- Travel expenses paid on programme and lunch is included
- Doesn't affect your benefits
- Boost employability skills
- Up to 6 months mentoring support

Are you interested?

See if this course is for you at one of our Information Sessions on **Tuesday 3 March OR Thursday 12 March** at The Princes Trust, Canningford House, 38 Victoria Street, BS1 6BY. Times will be confirmed when you book on to attend. If you are selected for the programme, the Taster Day will be on **Monday 16 March 2020!**

To join the course or find out more:
Search 'Get Into - The Prince's Trust'

Call for free on 0800 842 842

In partnership with:

M&S

EST. 1884



Prince's Trust

Inspiring young lives

- 
- What is Hospitality
 - Have a go Workshops
 - Job Roles & Pathways
 - Speed Interviews
 - Interview Tips
 - CV Guidance
 - Hear From the Staff

Let us show you how amazing a career in Hospitality, Leisure & Tourism could be for you!

Monday 17th & Tuesday 18th February 2020

The Watershed, 1 Canons Road, Harbourside, Bristol, BS1 5TX

Hospitality Taster Course

Ever considered the Industry as a career and not just a Job?

Why Not!

For More Information & Registrations please contact Kelly Kitching

Kellyk@springboarduk.org.uk 07879 813325

Register online <https://www.eventbrite.co.uk/e/hospitality-taster-course-tickets-91137124593>



Springboard
CHARITY



WE ARE RECRUITING fjypb

Family Justice Young People's Board

“ We are the FJYPB and we are a diverse group of children and young people from different backgrounds and experiences, aged between 7 – 24 years, who have a direct say in the way in which services for all children and young people are run in the family courts.

We do such things as: inspections of Cafcass offices, contact centres and courts; give training to professionals; take part in workshops and conferences; contribute to policy development; and produce helpful resources for people working with children and young people.

We work with judges, solicitors, social workers, family court advisors, politicians and mediators to name a few.

”

DEADLINE

20th March 2020



There are many reasons why you may have experience, but here are just a few:

- Your parents have split up.
- You are having contact with a parent or relatives you don't live with.
- You are subject to a Care Order.
- You have attended a Contact Centre?
- You have met with someone from Cafcass? (Guardian/Family Court Advisor).
- You have experience of family mediation?
- You had or do still have a Social Worker?
- You live in the care of another family member or a foster carer?



You Can Check us out at:

www.cafcass/fjypb

Or contact us for an application pack at:

fjypb@cafcass.gov.uk

"Being part of the FJYPB is a brilliant amazing and awesome opportunity. I take part in lots of interesting projects representing and making sure the child's voice is heard.

It's a very rewarding role. You get to learn new skills, make new friends and make a real difference to the family justice system. You also get paid for the work you do and is a fabulous and fun opportunity".

FJYPB Member



Choose your next step

Looking for work? **FREE** courses in your area:

Enterprise 18-30

Info Session: Tues 4th Feb / Course dates: 11th - 13th Feb

Explore self employment and get help to set up your own business through interactive learning, workshops, mentoring and financial support.

Team 16-25

Starts: March

A 12 week course including a residential, community project, work placement, team challenge and presentation to help build your skills and get you into work or education.

Fairbridge 16-30

Group Induction: 12th Feb 2020 / Access Week: 17th - 21st Feb 2020

Gain confidence, new skills and meet new people through a mix of adventurous activities, team-building, one to one support and fun group workshops.

Get Into Security 18-30

Taster Day: Monday 3rd Feb / Course Dates: 10th-21st Feb

2 weeks of training and vocational support to help you secure security or stewarding work. The course supporting you to gain your SIA door supervisor licence.

Get Into Customer Services 18-30

Taster Day: 10th Feb / Course Dates: 24th Feb-13th March

Working with RAC to gain 3 weeks work experience, then gain support to secure a job or apprenticeship in customer Service.

DROP INS every Thursday 1-4pm at The Prince's Trust, 38 Victoria Street, BS1 6BY



To join a course or find out more:

Search 'Prince's Trust'

Text 'Call me' to 07983 385 418

Call for free on 0800 842 842



Standard network charges apply for text messages.



Prince's Trust

Inspiring young lives

©2019 © The Prince's Trust 2019 - all rights reserved. The Prince's Trust is a registered charity, incorporated by Royal Charter (20020772). Principal office: Prince's Trust House, 38 Victoria Street, London, England EC6A 3TL. Registered charity number in England and Wales (12345678) and Scotland (SC041199).

Our Youth Opportunity Programme (**YOP**) is designed to increase your confidence, skills and experience to help you succeed in your chosen apprenticeship or job role.



What will you learn?

- Improve your IT skills
- Explore apprenticeship options
- Learn how to apply for apprenticeships and jobs
- Register with Gov.uk site for apprenticeships
- Gain accredited qualifications

How can SGS College help?

- SGS has its own devoted apprenticeship team
- SGS has a database of current apprenticeships
- SGS provides support and guidance if you need additional help to reach your apprenticeship goals
- SGS offer a YourTime programme to help you become apprenticeship ready (excluding Stroud)
- SGS provide accredited courses to upskill you ready for employment

Course dates and times

Mon 16th - Fri 20th Mar 2020, 09:30 - 16:00 at Ambition Lawrence Weston

For more course information or to book a place please visit:

www.sgscol.ac.uk/employability

or contact the Employability & Progression Team on:

0800 056 6940 / 0117 909 2318

For parents or all the family

EU Settlement Scheme Drop-in Session

IF YOU NEED SUPPORT
TO APPLY TO THE
EU SETTLEMENT SCHEME
HELP IS AVAILABLE



Find out how to apply, what support is available
or make an application.

Wednesday 5th February
9.30am-12.30pm

North Bristol Advice Centre

Gainsborough Square, BS7 9XA

For further information contact Jenny:
jenny@northbristoladvice.org.uk
0117 951 5751 ext 215



Families Also Matter

Who is this for?

Our families and carers service is open to anyone resident in Bristol, South Gloucestershire or Bath & North East Somerset, who is affected by someone else's drug or alcohol use.

It was a great relief to be able to talk to someone who showed empathy and understanding, but was also very knowledgeable about the effects addiction has on family members.

We found the group incredibly helpful for learning how to deal with the issues of our daughter's alcoholism at a time when stress levels for us had got so bad we were not functioning as we should.

Families Also Matter

webFAM

online self-help tool for families and carers of drug or alcohol users

www.webfam.co.uk

How to contact us

Email (all areas)
family@dhi-services.org.uk

Bristol
Tel: 0117 916 6588

Bath & North East Somerset
Tel: 01225 329411

South Gloucestershire
Tel: 01454 868750
Freephone: 0800 0733011



Developing Health
& Independence

Families Also Matter



**Are you affected
by a loved one's
drug or alcohol
use?**

Families Also Matter

About the service

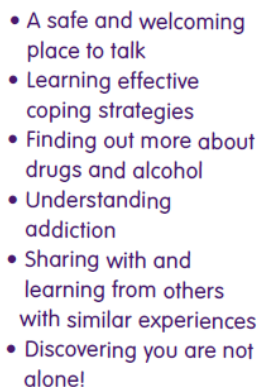
We can help to reduce the impact of someone else's drug or alcohol use on their families and friends. There are a number of ways that you can get support, depending on your area:

- A dedicated website at: www.webfam.co.uk
- Help from other family members in similar situations
- Structured support groups
- Specialist groups for the parents of teenagers using drugs or alcohol
- 1:1 sessions for support, advice and counselling
- A dedicated annual conference for families and carers.

Where possible, we try to provide whole family solutions.

For more information about how to access our services and what is available in your area, get in touch using the contact details on the back of this leaflet.

What will the service mean for me?

- 
- A safe and welcoming place to talk
 - Learning effective coping strategies
 - Finding out more about drugs and alcohol
 - Understanding addiction
 - Sharing with and learning from others with similar experiences
 - Discovering you are not alone!



Developing Health
& Independence

Accessing our Services

We have tried to make the service open and accessible to all. If you feel you may have difficulty accessing the service (e.g. problems with disability, language, or child care) please contact us directly so we can look at what we can put in place to allow you to take up the service.

Complaints, Compliments, Queries

We aim to give everyone the best possible service. To enable us to do this we encourage feedback about our services, particularly about the below:

- If you are unhappy with the service we have provided you with and wish to complain
- If you want to ask a question about the support or service you have received
- If you have any comments about the service

You can write to the Chief Executive Officer via the details below. We will acknowledge your communication within 5 working days.

DHI Head Office
15-16 Milsom St, Bath BA1 1DE
Tel: 01225 478 730
Email: info@dhi-online.org.uk
www.dhi-online.org.uk

Charity No. 1078154 Company No.3830311



Benefits of using a childminder

Choosing childcare is a big decision. You will want the most appropriate care with someone you can trust so you can easily juggle work and home life.

Childminders provide:

- ◆ Reliable and flexible care in a familiar home setting, from birth onwards
- ◆ Responsive one to one attention to your child's needs
- ◆ Play and socialisation with a small number of children
- ◆ Home-based indoor and outdoor learning
- ◆ Flexible hours and pick-ups from pre-school or school
- ◆ Family style meals
- ◆ Access to government funding for all three and four year olds and eligible two year olds.

That's why so many parents choose childminders!

How to choose a childminder

It is important to visit a number of childminders to get a feel for what they do and make comparisons. Home situations vary, but it will help you form an impression if you are able to watch the childminder playing with children. Warm interactions are essential, along with a sense that children are relaxed and having fun.

The childminder may want to meet you first, before inviting you to a meeting when children are present. You can ask questions about:

- ◆ The childminder's training and experience
- ◆ How your child would spend the day
- ◆ The number and ages of the children who would be with your child
- ◆ Who else would be in the house
- ◆ How your child would be settled in
- ◆ How the childminder manages behaviour
- ◆ The plan if the childminder is unwell

Trust your instincts!



A few facts

All Childminders:

- Must be registered with Ofsted and display their certificate
- Work in their own home, caring for up to six children under eight, only three of which can be under five years of age
- Have an Enhanced Disclosure Barring Service (DBS) check. Ofsted makes a decision about the childminder's suitability and makes checks on other adults in the house
- Must attend Paediatric First Aid training every three years
- Offer different skills and qualifications, but must have completed a childminder training course
- Must work to the standards of quality care and education which are laid down in the Early Years Foundation Stage
- Are inspected and graded by Ofsted
- Have public liability insurance
- Keep records, including observations of children's learning



A professional service

As well as meeting the childminder at home, you can look for other reassurances

- ◆ The childminder may show you a commendation from another parent
- ◆ With the childminder's registration reference number you can read the most recent Ofsted inspection report online www.reports.ofsted.gov.uk

Childminders are inspected by Ofsted and graded 1-4. The minimum expected standard of education and care is 'Good', grade 2.

As the regulator for childcare providers Ofsted also deals with complaints:

Tel: 0300 123 4666

Childminders access professional development through the Bristol Childminding Network.



How do I find a Bristol childminder?

Contact the Family Information Service for a list of childminders in your area:

E: askcyps@bristol.gov.uk

T: 0117 357 4192

www.bristol.gov.uk/fis



If you would like this information in a different format, for example, Braille, audio CD, large print, electronic, BSL, DVD or community languages, please contact the Family Information Service. www.bristol.gov.uk/fis

Childcare: helping you choose



Have you
thought about
a childminder?

Registered childminders can help your child learn, play and grow in a home setting. They are trained, insured, and have to meet the same requirements for quality and procedures as nurseries.



Childminders are self-employed and work in their own homes. They care for small numbers of children, all year round, and will often look after a range of ages - from babies through to school children.

Registered childminders are able to offer government-funded places for eligible 2- 3- and 4-year-olds. This means you can access supported childcare and keep your child in a home-from-home environment.

Childcare: helping you choose



A childminder
can help you
build a bright
future for
your child

Discover more about registered childminders and how they can help you and your family play, learn and grow at pacey.org.uk/parents



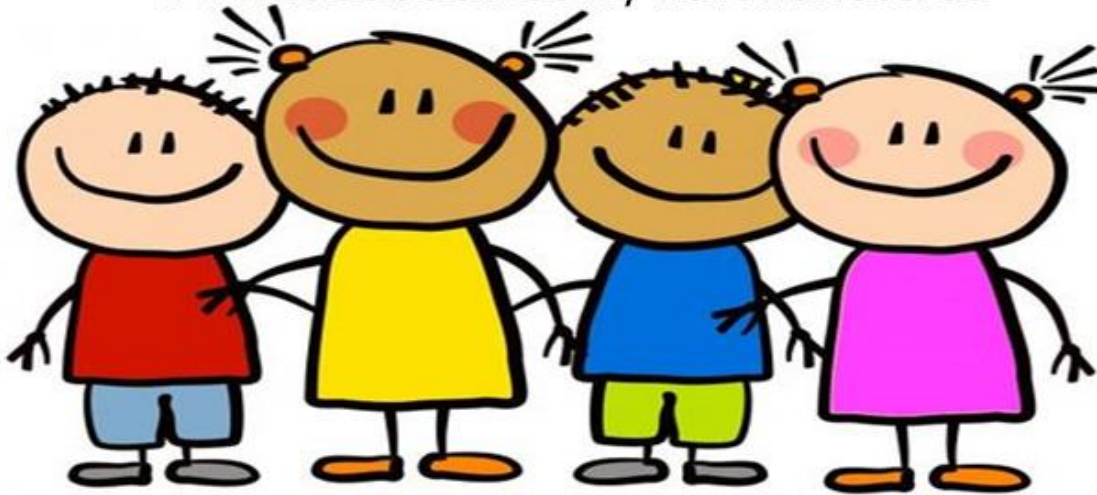
pacey.org.uk

 [/paceylocal](https://www.facebook.com/paceylocal)

North Bristol Children's Centres is excited to announce the launch of our new website and Facebook page! Our new site has been redesigned and redeveloped from the ground up to showcase all the amazing groups, events, and support that North Bristol Children's Centres provides to support families with children under the age of five.

To find out more about what we do, visit us at:

www.northbristolcc.org.uk
www.facebook.com/northbristolcc



Positive Parenting



Practical, effective, tried and tested

**1:1 sessions
in your home**

**Personalised
support**

- Build your children's confidence & self-esteem
- Promote & encourage positive behaviour
- Positively manage negative behaviour
- Practise & develop effective communication
- Build your children's resilience and independence
- Boost your confidence as a parent and enjoy it!



**Visit: www.skillset-learning.co.uk
Call or text Jonathan: 07779086892**



@ Docklands



Parent's/carers Group

Open to all parents/carers

@ Docklands Youth &
Community Centre,
74-80 City Road, St
Pauls, BS2 8UH

1st Monday of each month- 6pm-8pm

No need to book just come along! Any queries or for more
info please call or text Bev 07810506966 or check out our
website www.fullcircleproject.org.uk



*We believe it takes a village to raise a child - let's
come together and build that village*

**Free confidential advice & support- open
environment**

come along, have a drink, snack and a chat!

Discuss emerging issues, show support and swap ideas about how they can support
their children who are growing into young adults that we don't always understand!

Meeting Dates Parents/Carers Group
Docklands Youth Center Brigstocke Rd St Pauls
6-8pm

Date	Theme	Speaker
3 rd Feb 2020	Drugs –signs of drugs	Lyn Jobbins & Holly Kirkham
2 nd March 2020	Parent and teenager session	Jacqui & Bev
6 th April 2020	Education – Exclusion	Calum Paton
11 th May 2020	Apprenticeships COBC	Paul Rogers
1st June 2020	Parents Discussions	Jacqui & Bev
6 th July 2020	Debt Management	St Pauls Advice Centre
3 rd Aug 2020	CHAMS	Hayley Wilson
7 th Sep 2020	Positive parenting Stories	Various positive Parents
5 th Oct 2020	BAME police officer	Maryan Collacott-Nuur
2 nd Nov 2020	Parenting	Annie Oliver & Sally Williams
7 th Dec 2020	Parent/carers festive celebration	Bev & Jaqui



Strengthen Families Strengthen Communities Parenting Programme

**This is an 11 week Parenting Programme where we will support
you with children's behaviour, communication, community
issues and all aspects of family life.**

**This is a popular
programme that has already helped hundreds of families in Bristol**

**Docklands Youth Project
Brigstocke Road St Pauls Bristol BS2 OAU**

Starts 23rd January 2020

6pm-8.30pm

To book your place Contact

Bev.headman-fearon@bristol.gov.uk 07810506966



You are invited to
KIDS MATTER



A group for anyone caring for kids between 0-10 yrs old. A chance to talk with others over delicious tea and cake.

During the 8 weeks, we cover the following:
Taster Session - Come and see what it's like to be in a Kids Matter group

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 session - Checking in 3 months later

Free Crèche available.

Do Join Us ☺

Parenting program

Kids matter is a free and friendly group for anyone with children aged 0-10 years. We discuss how to build strong families help kids do their best in life. Kids Matter will be running for 6 weeks in Avonmouth and Lawrence Weston area soon.

IN AVONMOUTH AT ST. ANDREWS CHURCH, 4TH FEB. 2020 @ 9:30AM.

IN LAWRENCE WESTON AT ST. PETERS CHURCH, 11TH FEB. 2020 @ 9:30AM

For more information please contact Rachel Marriott on 07707795460 or email Rachel@standrews-stpeters.org

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 Matter group

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 will be running for 6 weeks for
parents and carers in your area soon!**

For more information contact:

Joanna Bacon on 07812 207185

Registered charity in England & Wales 1163617



Freedom for Children



Have you ever asked yourself.....

Has a past **unhealthy relationship** affected my children?

Do **abusive relationships** really affect my children?

How can I help my children to have **healthy relationships**?

The programme will help children explore the male violence they have seen within the family home. It is open to male and female children.

The course lasts for 45 minutes a session and is for 6 weeks. Sessions will either be delivered to your child as an individual or as part of a small group. We will ask what you think will support them the best. They will take place at Shirehampton Primary School during a school day.

You can refer your child by asking the school office, calling 0117 9031447, emailing freedomprogramme@shirehampton-jun.bristol.sch.uk or by asking any of the services you are working with to refer them. Equally you can just pop into school and make an appointment to meet, Sam and Zena.



The Freedom Programme

Support Group for Women



Have you ever asked yourself.....

What is a **healthy relationship**?

What is a **controlling relationship**?

Do **abusive relationships** really affect my children?

How can I help my children to have **healthy relationships**?

The programme will inform you about abuse, control and coercion, warning signs, the effects on children and positive relationships.

The course lasts for 2 hours a session for 12 weeks. A crèche may be available; please ask us if this is something that will help you attend.

Refreshments will be provided during the break.

You can refer yourself by asking the school office calling 0117 9031447, emailing

freedomprogramme@shirehampton-jun.bristol.sch.uk or

by asking any of the services you are working with to refer you. Equally you can just come along to a session to register yourself and meet us, Sam and Zena.

All groups are single sex. There is a certificate given on completion of the whole course.



DATES FOR YOUR DIARY 2020:

Tribunal Workshop

25th Feb—10.30-12.30pm

Royal Oak House, BS1 4GB

SEND and you Parent course

25th Feb, 3rd March, 10th March 10-12pm

Barton Hill Settlement, BS5 0AX

Bristol daytime surgery

26th Feb—10am-12pm

Royal Oak House, BS1 4GB

Bristol evening surgery –

12th March—6pm-8pm

Royal Oak House, BS1 4GB

A support group run by Bristol Parent Carers and attended by staff from the Carer's Support Centre will also be taking place at Royal Oak House 6pm-8pm



Carers Support Centre Bristol and South Gloucestershire



Our Bristol team will be attending Bristol Parent Carer Support Groups @ 10.30am-12.30pm on:

30th Jan, 26th March — The Inns Court Centre, BS4 1TR

26th Feb - Henbury & Brentry Community Centre, BS10 7HG

4th March- Phoenix Social Enterprise, BS5 9LT

For more details regarding any of these events please see our website www.supportiveparents.org.uk

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computers to Bristol***



**Do you need
a low-cost computer?**

We can get you connected
for as little as **£75**

BRISTOL **COMPUTER REUSE**

**TO
APPLY**

- Visit www.bristolcomputerreuse.org
- Fill in and post the form in our leaflet
- Call us on 0117 3706 375



**EAT WELL
SPEND LESS**



Learn how to cook and eat healthily on a budget

A six week free course

Starts: 3rd February 2020

12.30pm-2.30pm



At: Bristol North West Foodbank

Social Justice Hub

St. Andrew's Church

Avonmouth

Bristol, BS11 9EN

To book your place call: 0117 9235343

or email: office@bristolnwfoodbank.org.uk



Registered Charity in England and Wales No 1136930



<https://leb.community/about/>

LEB.community is the website of the **Learning English in Bristol** network.

It provides information about the ESOL classes, courses and conversation clubs in the city – all in one place. It is also a place to find learning and teaching resources, relevant reports and links to organisations that may be useful to ESOL learners.

It is managed by Bristol Refugee Rights and supported by Bristol City Council and launched on 20th September 2018.

Are you
having a
difficult
time?

Would it help to
talk to another
woman who can
help you think
things through?

Telephone and Webchat Helpline

We offer confidential listening support to women on any issue - without judgement - including depression, anxiety, domestic and sexual abuse.

Get in touch

0345 458 2914

or 0117 9166461

For the webchat please visit

www.womankindbristol.org.uk/helpline/

Opening Times

Mon: 10am-12noon/1pm-3pm/8pm-10pm

Tue: 10am-12noon/1pm-3pm/8pm-10pm

Wed: 10am-12noon/1pm-3pm

Thu: 10am-12noon

Fri: 10am-12noon

'Thank you for listening, it's much clearer in my mind' (Helpline Caller)

EMPLOYABILITY AND
PROGRESSION

PERSONAL WELL-BEING



Our **FREE** Personal well-being course is for people who are looking at developing their knowledge of personal and social development including mental and physical well-being, healthy lifestyles, understanding stress, values and beliefs, as well as the concept of managing risk, thus enabling learners to make positive and informed choices in their lives.

- 5 day part-time course
- The course aims to increase learners' knowledge of the society in which you live and will work, providing you with the knowledge and skills to make balanced and increasingly independent transitions both now and in later life
- You will gain a qualification in Gateway Level 1 Certificate in Personal Well-being

Dates and Times:

Mon 24th - Fri 28th February (9.30am-3pm) at Ambition, Lawrence Weston

For more course information or to book a place please visit:

www.sgscol.ac.uk/employability

or contact the Employability & Progression Team on: **0800**

056 6940 / 0117 909 2318

Please join our College Facebook page to

keep up to date **www.facebook.com/sgscollege**

Free Courses

**For the communities of Avonmouth, Lawrence Weston,
Sea Mills, Shirehampton, Henbury and Brentry**

January to March 2020



BRISTOL
LEARNING CITY



Functional Skills Maths

This FREE course will give you the opportunity to brush up your maths, for work/ home. This course is esp. for adults without a GCSE A*- C grade or equivalent. Find out how to gain a **Functional Skills** qualification.
Venue: Long Cross Centre, Long Cross, Lawrence Weston BS1 0LP, starts Monday 13th January, 9.15 to 11.30am, for 7 weeks.

Venue: Henbury Court Children's Centre, Mondays, 9.00 to 11.30am, January to July.

Please contact Suzanne on 0117 9030072 for more information.

Functional Skills English

This FREE course is for people who use English as their first language and who don't have a GCSE A* to C grade &/or ESOL learners who have already reached Entry 3 Level plus. Find out how to gain a **Functional Skills** qualification.

Venue: Sea Mills Children's Centre, Riverleaze, Sea Mills, BS9 2HL, Thursdays, 9.30 -11.30am. January to early July.

Venue: Long Cross Centre (children's centre), Long Cross, Lawrence Weston, BS11 0LP, Thursdays, 1-3pm

Intro to Office Skills

Do you want to improve your computer skills to help you find work or to use at work? This intermediate course covers Word, Excel and Powerpoint.

Venue: Ambition Lawrence Weston, Lawrence Weston Youth Centre, Long Cross, Lawrence Weston, BS11 0RX

Start date: Tuesday 3rd March, 9.30-12.30pm, for 5 weeks.

ESOL For Work, ESOL for Parents, ESOL For Life

ESOL for Everyday English at Avonmouth Children's Centre, starts Tuesday 7th January, 9.45 to 11.45pm, 10 weeks.

ESOL For Everyday English at Brentry & Henbury Children's Centre, Thursdays, 6th January for 8 weeks, 12.30 to 2.30pm, start date TBC.

FREE to people on an eligible means tested benefit (or a partner), or earning less than £16,090 a year, other eligibility may apply for a FREE course..

More Courses Starting Soon



Paediatric First Aid

Venue: TBC

Start date and time: 12 hour course, Spring/Summer term

Gain a certificate with Indigo Bubble Training.

FREE to people on an eligible means tested benefit or earning less than £8.090 a year, otherwise fees may apply. £21 for the Emergency First Aid At Work course and £39 for the Paediatric First Aid course.

Emergency First Aid At Work

Gain a certificate with Indigo Bubble Training.

Venue : Avonmouth Children's Centre, 5th and 12th March, 9.30-1pm. TBC, see fee policy above.

Course also to run in Henbury and Brentry Community Centre, get in touch for March 19th and 26th dates, 9.30-1pm.

Upcycling Furniture /Repair Cafe

Meets on the first Saturday of the month, 10.30 to 12 noon. Blaise Weston Court, Lawrence Weston, BS11 0AF. Are you interested in sharing your skills? Contact Lynne at Blaise Weston Court on 0117 982 2072.

Are you interested in an Upcycling Furniture course then contact Suzanne on 9030072

Intro to Finding Work in Cleaning

Venue: Henbury and Brentry Children's Centre, Machin Road, Henbury, BS10 7HG

Start date and time: Thursdays 5th and 12th March, 9.20-2.30pm TBC.

Intro to Working as a Catering Assistant

Intro to Working as a Creche Worker

Course to run on a Wednesday morning after Easter, up to 10 weeks.

These short introductory courses are to be planned for 2020 if there is enough interest.

Are there any other courses you or your community need? e.g.

Employability and CV Writing, Family Learning, Level 1 Customer Service, Food Safety, Relaxation for Work/Life, Healthy Cooking on a Budget, Starting a Business, Intro to Coding, Intro to Volunteering, DIY and Painting.

Our **FREE** courses are particularly for adults 19 years+ with few or no qualifications

For more information please contact Suzanne on:

Tel. 0117 9030072 Email: suzanne.gaffney@bristol.gov.uk

ESOL Conversation Clubs

Join a free ESOL English conversation group run by volunteers and supported by Community Learning/venue.

A chance to improve your spoken English, in a friendly & informal group. Opportunities to progress to a course.

Venue: Horfield Job Centre, 1-15, Monks Park Avenue, BS7 0UD

Date and time: Friday 1 – 2.30pm. This runs in term time only.

Venue: Junction 3 library, come and practise your English in a friendly atmosphere.

Date and time: Monday, 1.15 to 2.15pm. This runs in term time only.

Venue: Stoke Lodge Centre, Shirehampton Road, BS9 1BN

Date and times: term time only, 5.45 - 8.45pm

For more information about the clubs across Bristol, contact esolconversationclubs@bristol.gov.uk 07768500673

Look on our website for courses: www.communitylearningwest.net

Follow us on Facebook: Bristol Community Learning

COMMUNITY LEARNING

IT/ Office Skills for Work

Starts Tuesday 3rd March, 9.30 -12.30 pm 5 weeks,

Do you want to improve your computer /digital skills to help you find work or help you in work?

Join an intermediate course which will include e- safety, Word , Excel, and making presentations using Powerpoint etc. Find out about higher level progression courses. Find out about how to apply for a 5 day work experience placement in a Bristol City Council team.

Tutor: Carmel Zapata

Venue: Ambition Lawrence Weston/Lawrence Weston Youth Centre, Long Cross, Lawrence Weston, BS11 0RX

Find more details online at www.communitylearningwest.net or email suzanne.gaffney@bristol.gov.uk or phone on 0117 9030072



BRISTOL
LEARNING CITY

EMPLOYMENT
SKILLS &
LEARNING



COMMUNITY LEARNING



ESOL Everyday English course



Come and learn the English you need for everyday life in Britain.

Course would suit: Adults over 19 years wanting to improve their English skills. This course is free for everyone in receipt of an eligible means tested benefits, or if you earn less than £16,090 a year, otherwise fees may apply.

Course starts in February, Thursdays, 12.30 to 2.30pm. No sessions in school holidays., 8 to 10 weeks to be confirmed.

Venue: Brentry and Henbury Children's Centre, Brentry Lane, Brentry, BS10 6RG. Tel: 9593800

Creche places must be booked in advance.

Please bring ID, evidence of benefits and your national insurance number to the first class.

For more details email suzanne.gaffney@bristol.gov.uk

www.communitylearningwest.net

Phone Suzanne on 9030072 to ask about childcare



BRISTOL
LEARNING CITY

EMPLOYMENT
SKILLS &
LEARNING



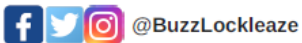
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www.buzzlockleaze.co.uk

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As part of the Buzz Recruitment service you
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- Job-matching service
- Careers advice
- Technical training



Flexible, tailored support; finding the right job for you



0117 269 0006



07419 373947



carrie@buzzlockleaze.co.uk



6 Gainsborough Square,
Lockleaze, BS7 9XA

www.buzzlockleaze.co.uk



**Finding the right graduate
job can be a challenge**



Linking Local employers with local graduates

The GradTalent Development Agency offers a personalised employment service designed to assist local* graduates secure local graduate opportunities.

Bath Spa University has partnered with the University of Bath, Bath College and the Swindon and Wiltshire Local Enterprise Partnership to provide employment services to South-West region businesses and graduates. This valuable service has been funded by the Office for Students with the aim of finding you a graduate job to match your interests and skill set.

Our free service to graduates:

- ✓ Specialised Job matching of local graduates to local employers
- ✓ Employability services to help you successfully navigate through the job application, shortlisting and interview process
- ✓ Post-placement support to both the graduate and employer designed to optimise on-boarding and ongoing development
- ✓ Advice and guidance to assist graduates with a disability secure a graduate opportunity

*Graduates originally from the South West, who went to University in the South West and looking for jobs in the South West

To register for the agency please visit gradtalentdevelopmentagency.com/graduates

For more information please contact:

Email: gradtalent@bathspa.ac.uk

Phone: 01225 876 347

British Army Careers



PRIORITY



PRIORITY



PRIORITY



PRIORITY

Priority roles:

[Cyber Engineer](#)
[HR Specialist](#)
[Ammunition Technician](#)
[Mariner](#)
[Pharmacy Technician](#)
[Supply Chain Operative](#)

[Veterinary Technician](#)
[Operator Technical Intelligence](#)
[Technical Support Specialist](#)
[Environmental Health Technician](#)
[Driver Communications Specialist](#)

<https://apply.army.mod.uk/roles>

PRIORITY JOBS CALL 0345 600 8080



NEPT AF66 17.01.20

British Army Careers

PAY* & BENEFITS

REGULAR

Earn £15,671 during training. When your Phase 1 training is finished, and you join your unit as a Private, your pay will rise to £20,000 + meals, accommodation, health and travel benefits.

RESERVE (eg while you're looking for other full-time work)

You'll get paid a day rate according to your rank, starting from £39.34 in training and rising to £50.21 per day once you're a Private. This includes being paid for weekly drill nights. Plus, if you complete all of your annual training days, you're entitled to a tax-free lump sum called a bounty.

Priority roles

Our priority roles have training spaces available. This means that if you choose one of these roles, and have passed assessment, you could start your training sooner.

REGULAR ENTRY REQUIREMENTS*

Age: 16 years 6 months to 35 years 6 months

RESERVE ENTRY REQUIREMENTS

Age: up to 49 years 6 months

* Age requirements and pay may vary according to roles – see full details on the Army website

PRIORITY JOBS CALL 0345 600 8080



UPCOMING COURSES AND SUPPORT PACKAGES Bristol & Bath



For further information or to make a referral please contact:
01934 411147 | 07580 857 699 | employability@weston.ac.uk

COURSE TITLE	DESCRIPTION	INDUCTION	COURSE DATES & DETAILS
Customer Service	<p>We are offering a 2 week Level 1 Customer Service qualification for anyone that has existing customer service skills or is looking for a career change within this area.</p> <p>This course will also include Food Safety and Hospitality</p> <p>Ambition Lawrence Weston, Long Cross, Lawrence, Bristol BS11 0RX</p>	<p>Wed 22nd Jan Ambition Lawrence Weston</p>	<p>Monday 27th Jan Monday-Friday 9.15am-3.00pm</p>
CSCS	<p>This 10 day course is designed for those requiring a CSCS labourer card to work on construction sites. You will gain your Level 1 Award in Health & Safety in a Construction Environment Qualification, as well as a CSCS card.</p> <p>Full attendance is required to obtain your CSCS card.</p> <p>Southside Youth Hub, Kelston View, Bath BA2 1NR</p>		<p>Monday 10th Feb Monday-Friday 9.15am-3.00pm</p>
E3 IT	<p>Entry 3 level 5 day course designed to build confidence is using the Computer. This will enable you to create documents, search online and create and compose emails.</p> <p>Faithspace, Redcliffe Methodist Church, Prewett St, Bristol BS1 6PB</p>		<p>Monday 24th Feb Monday-Friday 9.15am-3.00pm</p>
L1 IT	<p>Level 1 I.T. skills is a 5 day intermediate course, covering: Office 365, cloud storage, e-mailing, internet use and safety, job searching, document editing, file management and more.</p> <p>Faithspace, Redcliffe Methodist Church, Prewett St, Bristol BS1 6PB</p>		<p>Monday 2nd March Monday-Friday 9.15am-3.00pm</p>

- Please be aware courses may be subject to change/cancellation at short notice
- To be eligible for courses you must be 19+ in receipt of benefits or earning less than £16,009.50, please call us for more information.

Please join our Facebook page 'Pre-employment at Weston College' for news and updates



Some information about PIP you may not be aware of

Council tax discount

If you're eligible for PIP, you might be able to get a discount on council tax

Under some circumstances, your local council will give you a special discount on your council tax. The amount that they help you with depends on things like the rate of PIP you get.

Increased housing benefit

You can also get an increased rate of housing benefit if you receive PIP on behalf of a child who still lives at home. They must be aged between 16 and 20 and in training or education. Once again, you should contact your local council and ask what is available to you.

Blue Badge for parking

Qualifying for PIP may make you eligible for a Blue Badge to help with parking. This is different to how it was with the Disability Living Allowance (DLA), so you should contact your local authority to find out if you can still access this benefit.

Road tax discount

The PIP standard rate mobility will give you a 50% road tax discount, while the enhanced rate mobility gives you a 100% discount, lowering the cost of independence even more. This is good to know, but we arrange road tax for Motability Scheme customers, so you don't have to worry about those details at all!

Discounted public transport

If you ever travel by public transport, you'll be pleased to hear that PIP qualifies you (and a friend!) for a third off most rail fares with a [Disabled Person's Railcard](#). Anyone with a disability can book assistance when they travel, so you can enjoy the journey worry-free. Some councils offer free local bus travel, too, but you will need to get in touch with your local council directly to find out what they offer.

Toll roads

For most toll roads and congestion schemes in the UK a concession is offered to disabled people provided they meet certain criteria set by the operators. Some toll roads offer a concession to people in receipt of Enhanced Rate Mobility Component of Personal Independence Payment. To see which tolls offers this concession

Entertainment discounts

There are many discounts available for entertainment and leisure activities, from swimming to gyms and cinema. Many of these places will ask for proof that you are disabled; you can use your PIP letter in these places with confidence.

It's always worth asking about how PIP can give your Carer a discount. Both the [National Trust](#) and [English Heritage](#) will offer your carer free entry to their properties with proof of PIP, while the [UK Cinema Association](#) will issue you with a CEA card that gives your companion a free ticket in participating cinemas.

All Merlin Entertainment Attractions offer one complimentary pass per disabled person. The Merlin Annual Pass holder and all individual attractions under the Merlin group offer one free carer ticket and a second carer at half price for a full paying guest with a disability. All you need to do is show proof of your disability which can be a PIP letter dated within the past two years.

There are many ways that PIP eligibility can help you connect with the world, enjoy your life, feel more independent and save money.

House of Commons: Written Statement (HCWS29)

Department for Work and Pensions

Written Statement made by: Parliamentary Under Secretary of State for Welfare Delivery (Will Quince) on 13 Jan 2020

Welfare Update

I am announcing that from April 2020 Local Housing Allowance (LHA) rates will be increased in

line with the Consumer Price Index (CPI), ending the freeze to the Local Housing Allowance and

delivering on the manifesto commitment to end the benefit freeze.

The Rent Officers Orders for Housing Benefit and Universal Credit, which provide for the increase, will be laid in the House later today and a corresponding provision will implement the changes for Northern Ireland

This increase will mean the majority of people in receipt of housing support in the Private Rented

Sector will see their housing support increase, on average benefiting by around £10 per month.

This Government continues to spend around £95 billion a year on working age benefits, including

around £23 billion to help people with their housing costs.

Ending the freeze to LHA rates ensures we are continuing to support the most vulnerable in society. And, as announced at the Spending Round in September 2019 there will be an additional

£40 million in Discretionary Housing Payments for 2020/21, to help affordability in the private rented sector.

My Department will continue to work with colleagues across government on housing, including

working closely with MHCLG to find ways to reduce homelessness and meet the cost of living in rented accommodation through good housing supply and a welfare system that supports the vulnerable.

Resources for Online Safety

Professionals Online Safety Helpline (POSH)

helpline@saferinternet.org.uk – ask for advice
0344 381 4772 – speak to an online safeguarding expert
Monday to Friday 10-4pm
<https://swgfl.org.uk/services/professionals-online-safety-helpline/>

Kooth.com – online anonymous helpline for young people. <https://www.kooth.com/>

Safer Schools APP – offers schools and parents safeguarding advice and improves communication. <https://oursaferschools.co.uk/accessnow-2/>

NSPCC Support and tips to help you keep children safe. From advice on children's mental health to staying safe online, support for parents and what to do if you're worried about a child.

<https://www.nspcc.org.uk/keeping-children-safe/>
<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

Boomerang Parental Control: Taking the battle out of screen time Time Limits.

Any Day and Per App.

Allocate time limits on your Android device so as to teach children how to prioritize 'free time' on their phones. Apps will shut down under your authority. Phone remains accessible for emergencies. <https://useboomerang.com/>

Pathway to Independence Team

Newsletter

Issue 1 - January 2020

What does the Pathway to Independence Team do?

This is a new specialist team that is responsible for the development of the Bristol City Council Transitions offer for young people 14+ who require additional support into adulthood. This includes young people with complex needs. This team will take responsibility for ensuring young people and their families have an informed and smooth transfer into adulthood. We have a 'local first' approach.



Transition Information Point (TIPs)

Transitions Information Point run by the Pathway to Independence Team to support anyone with queries regarding transitional planning for young people.

Tel: 0117 353 4745

E-mail:

pathway2independence@bristol.gov.uk

Who is in the team?

The team includes 5 social care practitioners and 1 team manager they will work alongside allocated workers and lead on transitional planning for young people.

Contact Details

Pathway to Independence Team,
The Park Centre, Daventry Road,
BS4 1DQ



Our Priorities

1. To create a robust transition plan for all young people we work with.
2. To develop a personalised approach to Pathway to Independence planning.
3. To increase access to supportive living/employment opportunities.
4. To identify opportunities for an integrated approach to support successful transition from Children's to Adults' services.
5. To make improvements to information so that young people and their parents/carers are at the centre of planning and decision making.
6. To develop the skills and knowledge of the workforce to effectively support young people.
7. Support professionals to ensure a wrap-around service for young people moving into adulthood.
8. To enable young people to live in their community as independently as possible.



Our Vision

All young people are living their best life with maximized independence to make a successful transition into adult life. Our workforce are all focused young people's pathway to independence from 14 years with clear goals that lead to employment, independent living, good health, positive relationships and community inclusion. young people

Launch of the New Pathway to Independence Team. Better Lives for younger people

A lot of work has been going on to improve outcomes for young people in their pathway to adulthood.

I am the manager of this new team spanning adult and children's services, which launched this November. The team consists of a team manager and 5 new social care practitioners, who will be working with families, professionals and agencies to raise the profile of transitional planning for young people.

The outcomes for this team are to improve young people's planning and pathway into adulthood from 14 years, enable more young people to remain in Bristol accessing our support and services in the city and transforming the way we work with young people, so we are planning for them at a much earlier age.

These are young people who are disabled, or with complex needs who will require support into adulthood.

We also have a Transition Information Point phone number and email so anyone with a query over transitional planning can contact our service. This includes professionals, stakeholders, parents and young people. The email is Pathway2independence@bristol.gov.uk.

We are based at The Park and will be shortly sending out a communication to our colleagues in Bristol City Council and stakeholders with further information on how we can provide a wrap around service for young people we work with.

Many thanks

Alice

Alice Davies-Avery
Team Manager
Pathway to Independence Team
People Directorate
Bristol City Council
Mobile Number: 07795091205
Office address: The Park Centre, Davenry Road, BS4 1DQ

Want more information on special educational needs and disability for the under 25s?
Visit **Bristol's Local Offer** at <https://www.bristol.gov.uk/web/bristol-local-offer>

The 'EPIC offer' is for any person in care up to age 25, and their foster carers/parents.
(Please note that this is for the BCC scheme only - not private foster care schemes)

The EPIC offer:

- Free access to public swimming
- Priority (not Free) access to swimming lessons (children/young people only) *these lessons are paid for by the foster carer/parent and they claim the cost back from BCC
- Free access to sports activities
- Free gym membership

Normal age restrictions and guidance would apply with regards to swimming and use of the gym, as well as payment for any other people attending the leisure facilities with them at the same time.

The following leisure facilities are supporting this in partnerships with Bristol City Council:

- | | |
|-------------------------------|------------------------------------|
| • Brunel Fitness Centre | • Jubilee Swimming Pool |
| • Bristol South Swimming Pool | • Kingsdown Sports Centre |
| • Easton Leisure Centre | • Portway Rugby Development Centre |
| • Henbury Leisure Centre | • St Pauls Sports Centre |
| • Horfield Leisure Centre | |
| • Hengrove Leisure Centre | |

Leisure Operator Role/Responsibility

- Anyone wanting to benefit from this scheme (EPIC offer) to be directed to your sales team so that they can be set up with the relevant membership/leisure card to access the centre.
- The card (if it doesn't already do so) identify that they are foster carer, or person in care. This is so that we can monitor usage, especially for the first 6 months.
- All colleagues to be made aware of the scheme and know how to help facilitate foster carers/young people sitting down with your sales team.
- Your sales team to ask that they present their 'evidence/ID' to them.
- Display the Bristol Pledge at your sites where possible.

BCC colleagues in our fostering team Role//Responsibility

- Help communicate and promote the scheme to foster families/young people within Bristol.
- Explain to foster families/young people that they must present their ID badge (if the parent) or letter from their PA (if age 18-25) to confirm their eligibility. This would be only once to set them up with the initial membership, and then again when renewing after a 12 month period.
- Help you to facilitate the offer and promote your sites/activities to partners.
- Acknowledge your company/site in any PR or social media posts.
- Help with any guidance on appropriate language to use (or not) with individuals when setting up memberships.

If you have any questions or issues you wish to discuss about this please do not hesitate to contact katharine.moran@bristol.gov.uk.

If you feel there is anything else that is important to consider when being able to support the EPIC offer please get in touch.

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 Nacoe 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 Nacoe 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)
- AI-Anon Family Groups – Support for people affected by someone else's drinking (ai-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 Nacoe 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



The National Association
for Children of Alcoholics



The National Association
for Children of Alcoholics

Nacoe 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.

Nacoe'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 nacoe.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, 13

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@nacoe.org.uk
Post: PO Box 64, Bristol BS16 2UH
Admin: 0117 924 8005 admin@nacoe.org.uk
Website: nacoe.org.uk

Information for people affected by their parent's drinking



nacoe.org.uk

Registered Charity No: 1009143



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

You are not alone

1 in 5 children in the UK live with a parent who drinks heavily. 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.

Nacoe 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, 33

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 adopt 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 Nacoe'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. Nacoe 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

nacoe.org.uk



helpline@nacoe.org.uk

BRISTOL'S GRT INTER-AGENCY TEAM AS AN ORGANISATION:

What is the GRT Team?

The Gypsy, Roma, Traveller (GRT) Inter-agency Team includes partners from Bristol City Council's Housing Teams, Education, NHS's CCHP, [SARI](#), key local Children's Centres as well as other relevant agencies. This inter-agency Team aims to improve GRT outcomes by addressing the needs and priorities of these communities in a culturally sensitive and accessible way.

The GRT Team also provides face-to-face as well as telephonic support to via local children's centres (details below).

Who is the Support intended for?

The GRT Team works in effective partnership with relevant agencies in supporting:

- Highly mobile people, children and families;
- Ethnic Gypsy, Roma and Travellers;
- Occupational Traveller / travelling groups;
- And all services supporting GRT communities.

What Support do we Offer?

Bristol City Council's GRT Team is compiled of two designated members of staff and one NHS member of staff:

- A Service Coordinator;
- Site Manager and Community Liaison Officer;
- GRT Specialist Health Visitor (who supports GRT community members of any age).

We also Offer Targeted Support from Local Children's Centres:

Bristol's local Children's Centres are able to provide additional telephonic as well as face-to-face support for GRT families who might need extra support in identifying and navigating service.

How do you Access this Service?

If you are working with and/or are concerned about a GRT child, young person or family or think they may need some support please encourage the families to contact the GRT Team or contact the South, East Central or North Bristol telephonic support service listed below.

If you are a Gypsy, Roma, Traveller or Showperson:

The GRT Team have an open referral process. This means individuals can self-refer and only have to meet one eligibility criteria, that is, clients must identify (in some way) as Gypsy, Roma, Traveller, Showperson or other nomadic/travelling community.

For families living in South Bristol please phone:

- Julie Long at [Compass Point Children's Centre](#)
- Telephone: 0117 3772340 (Press 1 to speak with the Children's Centre)
- Email: sbcc@bristol-schools.uk

For Families living in East or Central Bristol please phone:

- Jane Dennett at [St Paul's Children's Centre](#)
- Telephone: 0117 9030337
- Email: j.dennett@bristol-schools.uk

For families living in North Bristol please phone:

- Louise Cole at [Longcross Children's Centre](#)
- Telephone: 0117 9030740
- Email: NBCC@bristol-schools.uk

For Professionals Seeking Additional Support for GRT Clients:

Professionals making referrals for Gypsy, Roma, Travellers and Showpeople should complete the referral form attach which is available on our website or by contacting Gypsies.travellers@bristol.gov.uk and read the supplementary information prior to making referrals.

Free Training Opportunities:

Our Team also provides free and bespoke cultural awareness training. The offer of training is available to all mainstream-services and schools. The purpose of the training is to foster a better understanding of GRT culture and communities as well as improving service accessibility, relevance and cultural sensitivity.

We believe it is important to take a City wide approach when addressing the needs and priorities of the GRT community. Therefore, it is with an increased and shared understanding of GRT culture that we can begin to see an improvement in the life outcomes for these communities (particularly in regards to educational, health and social care). GRT Cultural Awareness Training provides an opportunity to become a part of a strong network of professionals who are confident and capable in supporting one of Bristol's vulnerable and marginalised groups.

What's New: Additional Provision

- **GRT Contextual Safeguarding Meetings:** Families in Focus East Central host GRT Contextual Safeguarding Meeting for Professionals. These are designed as 'contextual safeguarding meetings' for professionals supporting GRTs in order to provide culturally specific information, encourage effective partnership working and information sharing in order to improve the support we offer Bristol's GRT families.
- **GRT Targeted Youth Work:** GRT Team, Learning Partnership West (LPW) and the University of Bristol (UoB) and Bristol's young GRTs in developing and delivering a GRT evidence-based approach to youth work called PIER Project (Participation, Inclusion and Empowerment of Roma). Supporting the participation and empowerment of GRT Young People through the development of autonomous spaces for dialogue, action and youth work. This project is led and evaluated by young GRTs and draws upon a larger (international) evidence-based approach to youth work in reaching some of Bristol's most marginalised and vulnerable GRT children and young people. The aim of PIER project is to empower young people aged 8 to 14 to influence and inform the decisions that affect their lives. The project supports young people to get involved in their schools, communities and democracy. To make a difference by speaking out about issues that matters to us and sharing these views with key decision-makers and leaders.
- **Virtual Directory of Services:** The GRT Team also has a virtual [Gypsy, Roma, Traveller Phone Directory](#) which provides Travelling communities with a list of local services (which is currently being updated).
How does it work: This is a 'responsive' website which acts similar to a phone app. An individual can identify and access the service they need by navigating a series of images in narrowing their search criteria (e.g. whether it be health, education, social care, housing, police, legal aid and advocacy support, etc.). The aim of the virtual directory is to make service more accessible in improving service uptake and engagement.

Mandy Parry Training

Visit our website: www.mandyparrytraining.co.uk

Or call or email us to discuss your upcoming training needs:

07811 101740; mandyparrytraining@gmail.com



Our training and consultancy services include:

- Safeguarding audits
- Safeguarding policy review and development
- Safeguarding subscription service
- Coaching & supervision for Designated Safeguarding Leads & their Deputies

We also offer an **OPEN COURSE PROGRAMME** in partnership with Delegated Services – this represents great value for individuals who may have missed out on whole team training, who operate on an independent basis, or are new to a particular role. **To book onto an open course, please email:** shelley.brown@delegatedservices.org

All of the courses below (*plus many more*), can also be delivered in-house to wider teams, where we can tailor the training to suit your setting's specific needs:

• Basic Safeguarding Awareness	Tuesday 19 May 2020
• Advanced Safeguarding for Designated Safeguarding Leads	Thursday 6 February 2020; Tuesday 14 July 2020
• Extended Safeguarding (<i>NEW</i>)	Tuesday 3 March 2020; Thursday 25 June 2020
• Safeguarding Train the Trainer (<i>NEW</i>)	Tuesday 30 June 2020
• Developing Effective Supervision for Safeguarding Staff	Wednesday 10 June 2020
• Managing your Single Central Record effectively	Thursday 16 April 2020
• How to Manage a Child's Disclosure of Abuse	Wednesday 18 March 2020
• FGM & Cultural Abuse	Thursday 9 July 2020
• Prevent: Supporting establishments to comply with radicalisation and extremism responsibilities	Tuesday 12 May 2020

Are you currently working with a NEET young person aged 16-24? The HITZ programme has a new course starting in February!

The basic details are:

Course - Level 2 Employability (Plus Functional Skills Maths & English if required).

Start/Finish dates – Monday 21st February – Mid-July 2020.

Course Venue – Lockleaze Sports Centre, BS7 9XF

Work Experience Venue – Ashton Gate Stadium, BS3 2EJ

We will only be taking a small cohort (10 maximum) to ensure the learners get the required support.

Here is a link to the website for further information, please support your young person to complete the online application (5 mins approx.) if they would be interested in finding out more about the HITZ course.

<https://www.wearescl.co.uk/bristol-bears>

Please feel free to share this information with anyone who may benefit or is working with NEET young people!

Nick George

HITZ Officer + Camps Manager

Bristol Bears Community Foundation

t: 0117 958 1641 | m: 07414 164 645 | e: ngeorge@bristolbearsrugby.com

w: bristolbearsrugby.com/community | twitter.com/bristolbearsrf | facebook.com/bristolbearsrf



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Supporting professionals working with children and young people

Co-funded by the European Commission, The Professionals Online Safety Helpline (POSH) was set up in 2011 to help all members of the community working with or for children in the UK, with any online safety issues they, or children and young people in their care, may face. So if you work with children and young people, we're here to help you.

Call us: 0344 381 4772

Our email address: helpline@saferinternet.org.uk

We have helped:

- Police
- Foster and adoption carers and agencies
- School staff, incl. those at colleges and sixth form
- Social workers
- Youth club leaders
- Sports coaches
- Volunteers
- Health practitioners
- GPs
- Youth support workers
- Early years practitioners
- And more

What we do

As the only helpline in the UK solely dedicated to supporting the children's workforce, we offer free and independent advice on any number of online safety issues, including: Privacy, online reputation, gaming, grooming, cyberbullying, sexting, inappropriate behaviour on social media and more.

We have unique relationships with industry - including direct channels to escalate concerns to social media companies and many websites.

The helpline is available: Monday to Friday 10am - 4pm. All email enquiries will be responded to during our normal working hours.

See below for an exciting opportunity for schools to participate in the 'LEARN EQUALITY, LIVE EQUAL (LELE) project, a free 12-week programme (funded by the Government Equalities Office) to help schools tackle homophobic, biphobic and transphobic bullying.

The National Children's Bureau has been awarded a grant from the Government Equalities Office as part of series of grants to support schools to tackle homophobic, biphobic and transphobic (HBT) bullying. The project is called Learn Equality, Live Equal (LELE), and it is being delivered in partnership with the Anti-Bullying Alliance (ABA) and Sex Education Forum.

LELE is a **free** 12 week supportive whole-school programme, enabling schools to find practical solutions to tackling HBT bullying. The programme will reach 150 schools from April 2019 - March 2020 and it is aimed at schools who have not previously done significant work to address HBT bullying. It has had strong feedback from participating schools.

What's included?

- 4 focused CPD face-to-face training sessions
- Online CPD training and interactive video tutorials
- Support from an expert advisor with extensive experience in implementing anti-bullying strategies in schools
- The opportunity to learn, collaborate, network and share best practice with other schools participating in the programme nationwide

What are the benefits?

- Establishes an evidence-based strategy to reduce HBT bullying, and promote inclusion
- Supports readiness for statutory Relationships Education, Relationships and Sex Education (RSE) and Health Education
- Adheres with new Ofsted requirements on recording HBT bullying and promoting an inclusive school environment
- Complies with the Equality Act 2010
- Contributes to whole school SMSC, British Values, SIAMS

LELE is currently planning delivery in the East Midlands and the South East. If your school is in any of the areas below please click on the link to register your interest. If you are interested in taking part but are located in other areas please contact us at learnequality@ncb.org.uk

Guidance on employing workers aged 16 and 17



It's both legal and beneficial to employ young people (aged 16 and 17), in social care services, including home care and community-based services. Employing young people gives them the opportunity to start a career in care. The right employee, who has the right values and behaviours, can provide fresh thinking, challenge status quo and support with succession planning. They may also bring with them 'lived experience' that reflects the people employers are supporting.

To employ workers aged 16 and 17, an employer should:

- ✓ ensure they're undertaking a formal, approved social care learning programme. This is commonly via the apprenticeship pathway. Undertaking the Care Certificate is important for all new employees including those aged 16 and 17, however, it can't be classed as a learning programme to cover this requirement
- ✓ where possible treat them as an additional worker within a team. This gives the employee an opportunity to learn from an experienced staff team
- ✓ ensure that appropriate support is offered to them; this could be in the form of coaching, peer support, buddying or mentoring
- ✓ ensure that the registered manager (or a delegated person) will assess their competency and confidence to carry out all the tasks required of them. This may include personal care. Once the employee is assessed as competent and confident, they could begin to work out of sight of experienced colleagues
- ✓ obtain consent from the person (or their advocate) who will be accessing care or support directly from the young person
- ✓ ensure that inexperienced workers are never left in charge of a care setting or to work on their own
- ✓ not require the employee to work when they are supposed to be learning
- ✓ not ask young employees to work between 10pm and 6am (although there are some exceptions to this rule). In some roles employers can ask a young employee to work at night if all the following apply:
 - ✓ no-one 18 or over is available to do the work
 - ✓ it's suddenly busy or the person is needed to keep the service running



For everyone!

Be Fearless

Speak out
against
violence

Get info/give info
about crime 100%
anonymously at
fearless.org

 fearlessagainstcrime
 fearlessorg  fearlessuk

fearless

How do I get back on court?

Lisa



Walking Netball is a slowed down version of the game of netball, designed for anyone looking to exercise in a relaxed, supportive and friendly environment. A game of Walking Netball is for all ages and abilities and every session contains a gentle warm-up.

"Trying not to run is the hard part."

"It's a great leveler and is for all abilities and standards. There's no advantage to being quick on the court so this makes it fair."

"It's good for training too. Your health is the most important thing and it's not just netball, it's social too."

Walking Netball

Avonmouth Community Centre,
Bristol, BS11 9EN

Wednesdays

12:45 – 1:45pm

Starting 15th January

£4 per session

For more details contact
Jac Blacker at

avonmouthccamanager@gmail.com

Or just pop along!



Walk this way
[englandnetball.co.uk/
walking-netball](http://www.englandnetball.co.uk/walking-netball)



MOVE Dance FEEL

IS COMING TO
BRISTOL
IN PARTNERSHIP
WITH



Penny Brohn UK
Living Well with Cancer

Upcoming courses in 2020:

24-26 January

20-22 March

29-31 May

17-19 July

25-27 September

20-22 November

For further details contact, and
to book:

bookings@pennybrohn.org.uk

0303 3000 118

www.pennybrohn.org.uk

The courses are 2.5 days in
duration, taking place from
**4.30pm on Friday until 4pm on
Sunday**. You're invited to attend
all six courses throughout the
year, which will offer a sense of
progression, or alternatively attend
just one course.

These courses are **free to attend**
and no prior dance experience
is necessary. Please wear
comfortable clothing you can
move easily in.



*'It makes me feel the
absolute joy of being
alive.'* - Participant

© Camilla Greenwell

**ENHANCING
WELLBEING**

through

PEER SUPPORT

ACCOMPLISHMENT

POSITIVE EMOTION

CREATIVITY & SELF-EXPRESSION

Move Dance Feel is a creative project for
women affected by cancer, including those
caring for someone with cancer, designed to
offer **holistic support** and **enhance wellbeing**.

It uses dance as a medium for **social cohesion**
and helps women to **reconnect with the body**
after treatment.

*'I come feeling tired and I leave feeling like
I have more energy.'* - Participant

We offer dance and movement sessions to
adult women with any type of cancer, at any
stage in their cancer experience - having just
been diagnosed, undergoing treatment, or post-
treatment. Participants are welcome to bring
along a female **friend or family member**.

Move Dance Feel employs an inclusive and
person-centred approach to facilitation where
the dancing builds in response to the needs
and abilities of the group, incorporating plenty
of time for rest.

Throughout the weekend we'll move, talk,
dance, explore and eat together - sharing meals
at Penny Brohn UK, where accommodation is
also provided.

The courses will combine dynamic and creative
movement activities with **playful** opportunities for
interaction and quiet reflection.

There is a particular focus on the **physicality of
dance, artistic exploration** and **creative
collaboration**.

*'It's a psychological game-changer to
come here.'* - Participant

*'This is a mix of connecting with myself,
others, mind and body, a sense of some
tightness unbinding.'* - Participant



  @MoveDanceFeel

 movedancefeel@gmail.com



ARTS COUNCIL
ENGLAND

Shirehampton Markets & SCAF.



High Street Market Dates 2020 So Far.

Thursday 9th January 2020 from 10am – 3pm

Thursday 6th February 2020 from 10am – 3pm

Thursday 5th March 2020 from 10am – 3pm

Thursday 2nd April 2020 from 10am – 3pm

Thursday 7th May 2020 from 10am – 3pm

Thursday 4th June 2020 from 10am – 3pm

Tithe Barn, High Street, Shirehampton, Bristol, BS11 0DE.

The Community Markets For Our Local Communities.

Enjoy the Community Spirit whilst enjoying your shopping experience with our market stall holders. Plenty to choose from, many unique, bespoke handmade items and a great selection of food stalls, inc: eat in/take away hot food.

www.facebook.com/shirehamptonmarkets.com

shirehamptonmarkets@outlook.com



COMMUNITY LEARNING



Find Your Strengths

Wednesdays, 5th February - 11th March 10.00 - 14:30

Do you want to make changes in your life but feel a bit stuck?

Boost your confidence and discover your motivation with this NEW interactive course. It will help you to improve your self-esteem and resilience, and get you ready to take life into your own hands!

Tutor: Jodi Pilcher Gordon

Course would suit: Anyone looking to improve their wellbeing, get into work or training, or just to try something new.

Venue: The Greenway Centre, Southmead, BS10 5PY

More info at www.communitylearningwest.net
or enrol on 07375 073 496



BRISTOL
LEARNING CITY

EMPLOYMENT
SKILLS &
LEARNING



Considering a career in childminding?

Become an early years professional and run a rewarding business from home

Bristol Childminding Network
The heart of quality home-based childcare





What does childminding involve?

Childminders care for children of any age, providing a safe, stimulating and enjoyable experience in a home environment. Giving reassurance and cuddles, planning for indoor and outdoor play and responding to interests – it's a great job helping children to flourish!

Registered childminders:

- ◆ Are usually self-employed
- ◆ Set their own rate of pay
- ◆ Run their own business
- ◆ Choose their own hours



Who can become a childminder?

Anyone over 18 can become a childminder – diversity is welcome. You will be expected to keep records and support the development of children's communication in English. You do not need a qualification to become a childminder, although you will need to do a short childminder training course.



Have you got what it takes?

Before you start-out, it's worth considering whether a childminding career will suit you and your home circumstances. You need to enjoy the company of children, be patient, organised and interested in developing your knowledge and skills.

Childminding in your own home affects everyone who lives with you. Your own children will benefit from fun and friendship, but of course they will also have to share your time and attention.

Rules and regulations

Childminders

- Must register with Ofsted to care for children under eight years of age
- Work on domestic premises, but not the child's home
- Meet the expectations of quality early education and childcare in the Early Years Foundation Stage
- Work closely with parents and carers
- Care for no more than six children under eight years of age, three of which can be under the age of five
- Are inspected by Ofsted to make sure children are getting the best
- Receive early education government funding




What help will I get once I start work?

Once you are a registered childminder you will be able to advertise your service to parents and carers through www.1bigdatabase.org.uk and the Family Information Service www.bristol.gov.uk/fis.

You will be offered professional support through Bristol City Council's Early Years Department:

- ◆ Visits from a Childminding Support Worker
- ◆ Professional development opportunities, including guided self-evaluation through the Bristol Standard
- ◆ Professional online advice and email support
- ◆ Regular newsletters
- ◆ Children's Centre childminding groups and Forest School sessions
- ◆ Early education advice from a Children's Centre lead teacher
- ◆ Resource library

Childminders are friendly and supportive and often meet up and network with each other.



What's the process?

1. Book onto a free information session
2. Attend a childminder training course
3. Complete a Paediatric First Aid course
4. Get a DBS check
5. Complete a health declaration
6. Register with Ofsted

Getting started

Book onto a free information session:

E: askcyps@bristol.gov.uk

T: 0117 357 4192

www.bristol.gov.uk/earlyyearswork

If you would like this information in a different format, for example, Braille, audio CD, large print, electronic, BSL, DVD or community languages, please contact the Family Information Service, www.bristol.gov.uk

Childminder

a **job** where no two days look the same



Join the early years community as a childminder
Visit pacey.org.uk/become or call **0300 003 0005**

FAMILIES IN FOCUS PARENTING TEAM (FIPT)

Parenting Supervisor

Denise Quilty

M: 07881267126

Denise.quilty@bristol.gov.uk

Parenting Practitioners

Karen Legge

M: 07384243765

karen.legge@bristol.gov.uk

Chris Hardy

M: 07552289599

Chris.hardy@bristol.gov.uk

Kauser Perveen

M: 07464983529

Kauser.perveen@bristol.gov.uk

Lucy Dixon

M: 07929365231

Lucy.dixon@bristol.gov.uk

East Central Families In Focus Team

Bristol Education Centre

Sheridan Road

Horfield

Bristol

BS7 0PU

0117 3576460

familiesinfocuseastcentral@bristol.gov.uk

Parenting Supervisor

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Jude Elias

M: 07920365232

Judith.elias@bristol.gov.uk

Tasha Kirby

0117 352 1499

Tasha.kirby@bristol.gov.uk

North Families In Focus Team

Ridingleaze

PO Box 3176

Bristol

BS3 9FS

0117 352 1499

familiesinfocusnorth@bristol.gov.uk

Parenting Supervisor

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Vicky Mundy

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Vicky Collis

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Vicky.collis@bristol.gov.uk

South Families In Focus Team

The Park

Daventry Rd

Knowle

BS4 1DQ

0117 903 7770

familiesinfocussouth@bristol.gov.uk

New post on The Bristol Mayor



[Bristol declares an ecological emergency](#)

by [marvinjrees](#)

Today, with city partners, we declared an Ecological Emergency– making us the first city in the UK to do so. This declaration will provide a focus for the whole city to come together and take positive action on the nature and wildlife emergency.



The figures are shocking. 15% of British wildlife is now at risk of extinction. In Bristol, swifts and starlings have been virtually wiped out, with recorded numbers dropping by 96% since 1994

Priorities will include looking at ways to stop wildlife habitats from being destroyed, managing land in a sustainable way and creating and caring for wildlife-rich spaces in every part of the city.

It is our hope that this announcement will kick-start the response that is required to deal with the scale of the challenges that face us, providing a focus for the whole city to come together and take positive action.



Action is needed at all levels, from central Government, through to local partnerships, communities and individuals. In recognition of this, we will be working with our colleagues across the West of England and with Government to seek to secure the policies, funding and powers we need to restore nature nationally and locally.

Building on the city's declaration of a climate emergency in 2018, today's announcement acknowledges the essential role nature plays in society and the economy, from clean water and air, food, timber and flood protection.

Prioritising the protection of wildlife is motivated by economics as much as the ecological need. The World Economic Forum's 2020 Global Risks Report ranks biodiversity loss and ecosystem collapse as one of the top five threats humanity will face in the next ten years. Over half the world's total GDP is dependent on nature and its services through impacts on operations, supply chains, and markets – that's \$44 trillion.

We are not starting from scratch on this issue. The One City Plan already includes an ambition to double wildlife in Bristol, which demonstrates the ambition of the city to stop the decline in wildlife and start to restore what has been lost.

Some examples of the work we are doing include:

- [MyWildCity](#), a 3-year project led by Avon Wildlife Trust project with Council support to raise the profile of eight wildlife sites in neighbourhoods across the city;
- [Replant Bristol](#), a multi-stakeholder group championing the current One City Plan's 'double tree canopy by 2046' target;
- Bristol Green Capital Partnership have [chosen Nature as one of its five workstreams](#);
- The West of England Nature Partnership is working on a [regional Nature Recovery Network as](#)

part of a national initiative, which supports biodiversity by joining up wildlife-rich landscapes.

As a council, we are committed to playing our part. My ask is that you do yours too. If you've got a garden, let your grass grow, build a bug hotel or pond, or let a patch go wild to support more wildlife. Maybe you could work with your neighbours to create wildlife rich green spaces in your local area. And if you're not green-fingered, you can still have an impact by reducing your consumption of products produced in ways that damage wildlife habitats worldwide.



We know that there will be times when this intention comes into conflict with other aims and goals, but we endeavour meet these challenges with practical compromise and pragmatic approach to do our best for Bristol's wildlife.

It is not too late to start the recovery of our wildlife. We must work together to grasp this last chance and put things right for nature and wildlife in our city. This is about how we responsibly build and develop the city so humans don't threaten wildlife and instead support them to grow alongside us.

Thank you to the Avon Wildlife Trust, We the Curious, the SS Great Britain Trust, the University of the West of England, Bristol Zoological Society, NHS Bristol, North Somerset and South Gloucestershire CCG, North Bristol NHS Trust, University Hospitals Bristol Foundation Trust and the Future Economy Network for their support.

[marvinjrees](#) | February 4, 2020 at 6:22 pm | Categories: [Uncategorized](#) | URL: <https://wp.me/p2Rw9J-C>



Lawrence Weston Community Farm

Wed 19th Feb 1 - 3pm

Woodland Winter Warmer

Free family activity. Children must be accompanied.

Join the Ape Project outside in the Water Vole Woodland to make your own bread sticks and toast them on the fire.

Free but donations always gratefully received.
Please contact us before if you are coming from a nursery/child minder etc.



www.lwfarm.org.uk
Lawrence Weston Community Farm, Saltmarsh Drive, Lawrence Weston BS11 0NJ
0117 9381128 Kerry@lwfarm.org.uk





Lawrence Weston Community Farm

Farm Tots

Wednesdays 10.30-11.30am

£2.50 or £2.00 for members (includes drink and snack).

Come and help look after the animals. For parents/ carers and under 5's, have fun outdoors with your children with a relaxed, friendly group.

Farm Tots is drop-in and runs all year round. Please call or look at our Facebook page to check it is running, due to bad weather etc.

"We love Farm Tots - it is the highlight of our week!"

A Farm Tots mum





Starting Wed June 27th 2018

Lawrence Weston Community Farm

Walking Group

Wednesdays 2 - 3.30pm



Improve your health and meet new people by joining our free, friendly, weekly walking group

Our walks are aimed at people wanting to improve their physical and mental health through gentle walk exercise. They take place on the farm and surrounding green space and are between 30 - 60mins depending on walker's needs. We end the walk with tea / coffee and some time to chat in the farm's Community Room.

Please arrive at 1.45 pm if it is your first time to fill in a registration form. (Walk starts at 2.00pm)

For any further information or to discuss any access needs, or if you would like to volunteer on the walks please contact:
kerry@lwfarm.org.uk / 0117 9381128

Lawrence Weston Community Farm
Saltmarsh Drive BS11 0NJ

www.lwfarm.org.uk

Charity No: 1046563 Company Ltd: 3040752





Lawrence Weston Community Farm

Herbs for Health Project 2020



Meet new people and spend time outside - Help sow and grow a range of herbs at the farm - Learn about their different uses - Have a go at using them for tea making, cordials and cooking - Learn how to use them to make oils and balms - Join a free tour of Bristol Botanic Gardens - Feel relaxed and enjoy learning something new!

Time: Fridays 11am - 12.30pm

Dates: First Friday of every month all year

FREE

Venue: Lawrence Weston Community Farm

Please contact Kerry for more details of how to join the project.

Kerry@lwfarm.org.uk 0117 9381128. These sessions are for adults over 50 yrs who can work independently or who are accompanied by a supporting person.

Lawrence Weston Community Farm
Saltmarsh Drive BS11 0NJ
www.lwfarm.org.uk





Lawrence Weston Community Farm

Farm Hands 8 - 11yrs

10 - 12am and 2 - 4pm Sat and Sun

Help look after the farm, gardens, woodland and orchard, learn how to feed and clean the animals, collect eggs, welcome visitors, grow and cook, explore the woods, make new friends, work hard and have fun!



Places are available for children living in Lawrence Weston, Sea Mills, Avonmouth and Shirehampton and also Looked After Children from across Bristol. We prioritise children who are in need of a positive activity. Please visit the farm or contact Kerry for an Application Form. Farm Hands help on the farm once a week for 6 months.



Lawrence Weston Community Farm, Saltmarsh Drive, Lawrence Weston
Bristol BS11 0NJ 0117 9381128 www.lwfarm.org.uk
Kerry@lwfarm.org.uk
Open Tues - Sun and BH Mondays 9.30am - 4.30pm
(Open BH Mons)



Lawrence Weston Community Farm

Running a Small Holding £45 total

(Part 1) LWCF Sat 21st March 10am - 1pm

(Part 2) Yatton Sat 18th April 10m - 1pm

These workshop are suitable for people thinking about or just starting out in smallholding. Run by Juley Howard the two parts will look at; land management, planning, animal husbandry, legislation, growing vegetables/fruit, food for livestock as well as other products such as willow and hay. We will look at finance and marketing surplus produce and discuss issues such as how to finance a smallholding from scratch depending on the interest of the group.

Please email: juleyhoward@cooptel.net or see here for more details and venues and to book:

To buy tickets <https://tinyurl.com/ulf654t>



GOOD GRIEF

A FESTIVAL OF LOVE & LOSS



THE GOOD GRIEF CONFERENCE

11 - 13 MAY 2020

Join our multidisciplinary three-day Conference at the University of Bristol and learn about the many facets of grief and bereavement.

Come to listen to cutting-edge scientific research, fresh perspectives from literature and music, and the voices of those who have become expert through personal experience.

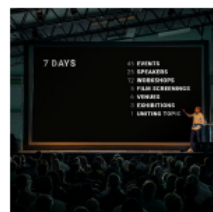
The Good Grief Conference is accompanied by Loved+Lost, a photographic exhibition from Simon Bray. Reserve your tickets online from 27 February.

THEMES



WHAT IS GRIEF?

MON 11 MAY
Losing someone can have a profound impact on who you are and how you see the world. But what is grief? The first day of the conference will feature speakers from sociology, English literature and psychotherapy to address these questions. It will explore creative representations of loss in art and also investigate public perceptions of grief. Speakers include: Andrew Hilton, founder of Shakespeare at the Tobacco Factory, Jane Harris and Lizzie Pickering (The Good Grief Project) and psychotherapist and paediatric counsellor, Julia Samuel MBE, founder and patron of Child Bereavement UK.



TYPES OF GRIEF

TUES 12 MAY
Are there particular forms of loss that are harder to share because of trauma and stigma? And what is the relationship between grief and creativity? On Tuesday, we will bring together personal and professional perspectives on grief to explore the challenges faced by those bereaved because of substance misuse, suicide or stillbirth. Clinical Psychologist Kirsten Smith will examine complicated grief and Michel Faber will read poetry from *Undying: A Love Story*, which he wrote in memory of his wife, who died of cancer.



ANTHROPOLOGICAL AND CULTURAL PERSPECTIVES ON GRIEF

WEDS 13 MAY

To what extent is the experience and expression of loss shaped by cultural expectations and practices and are there aspects of grief that cut across cultures and times? Today's chair, Professor Alice Roberts, introduces experts on topics including Muslim perspectives on bereavement and grief in popular culture. Douglas MacGregor, founder of Songs of Loss and Healing, explores how loss and grief are expressed through music around the world.

GET IN TOUCH

Email hello@goodgriefbristol.com or find further information at www.goodgriefbristol.com



GOOD GRIEF

A FESTIVAL OF LOVE & LOSS



11-17 MAY 2020
BRISTOL

TIME	MONDAY 11	TUESDAY 12	WEDNESDAY 13
THEME	WHAT IS GRIEF?	TYPES OF GRIEF	ANTHROPOLOGICAL AND CULTURAL PERSPECTIVES ON GRIEF – CHAIRED BY PROFESSOR ALICE ROBERTS
9:30-10:00	Good Grief, Bristol festival opening ceremony with Bristol University Singers		
10:00-11:00	Professor Tony Walter (Bath University): Sociological approaches to grief Dr Becky Millar (University of York): Grief – A philosophical study	Simon Bray: Loved+Lost photography project and exhibition Dr Kirsten Smith (Oxford University): Complicated grief	Muslim perspectives on grief and bereavement: a conversation between Dr Marta Bolognani (The Harbour), Dr Sabina Patel (Muslim Bereavement Support Service) and Rizwan Ahmed (Bristol Muslim Cultural Society and University of Bristol)
11:00-12:00	Dr Lesel Dawson (University of Bristol): Grief in literature Dr Mimi Thebo (University of Bristol): Grief in children's literature	Cara Lavan: A personal perspective on grief after a drug overdose Dr Lorna Templeton (Bath University): Grief after substance misuse	Professor Margaret Stroebe (Utrecht University/University of Groningen): The Dual Process Model of Grief Q&A
12:00-12:30	BREAK FOR LUNCH		
12:30-13:30	Grief Café	Grief Walk	Yoga
14:00-15:00	Andrew Hilton (Director): Grief in Shakespeare A Lewis Fry Memorial Lecture	Lucy Driver: A personal perspective on grief after suicide Dr Sharon McDonnell (University of Manchester): Grief after suicide	Dr Ruth Penfold-Mounce (University of York): Grief in popular culture Dr Jimmy Hay (University of Bristol): Grief in film
15:00-16:00	Amunpreet Boyal (Sue Ryder) and Dr Alistair Hewison (University of Birmingham): Public attitudes to grief & bereavement in the UK Professor Richard Cheston (University of the West of England): Anticipatory grief in dementia	Peter Byrom and Kaeti Morrison: Parental perspectives on grief after stillbirth Dr Danya Bakhtakhi (University of Bristol): Grief and bereavement after stillbirth	Dr Mark Taubert (Cardiff University): Gender and grief Anndeloris Chacon (Bristol Black Carers): Grief and bereavement in Afro-Caribbean communities
16:00-17:00	Jane Harris and Lizzie Pickering (The Good Grief Project): Finding a language of grief Includes short film <i>Lessons in Grief from The Mexican Day of The Dead</i>	Dr Linda Machin (Keele University): Vulnerability and resilience in grief and bereavement Panel discussion	Dr John Troyer (Bath University): The formation and legacy of grief and bereavement groups in the UK Dr Samir Guglani (Medicine Unboxed): Life's fragility – Encounters with loss
17:00-18:00/18:30	Julia Samuel MBE: When grief hits – Coping with crisis Panel discussion	Michel Faber: <i>Undying: A Love Story</i> – Poetry of grief	Douglas MacGregor: Music, grief and healing around the world; Music performance

www.goodgriefbristol.com @goodgriefbristol @goodgriefbristol @GoodGriefFest #GoodGriefBristol



Useful resources



The Caring in Bristol Handbook

Information for people experiencing homelessness or hardship in Bristol

https://caringinbristol.co.uk/wp-content/uploads/2019/11/CIB_Caring_Handbook_Downloadable.pdf

Domestic Abuse

RESPECT UK

Enquiries about Male Victims of Domestic Violence

0808 8010327 Mon-Fri 9am – 5pm

women's aid

until women & children are safe

National Domestic Violence Helpline
24/7 number 0808 2000 247

www.womensaid.org.uk



National LGBT+ Domestic Abuse Helpline – 0800 999 5428 Open Mon-Tues-Fri 10am – 5pm Weds – Thurs 10am – 8pm.

Tuesdays 1pm-5pm Trans Specific service. www.galop.org.uk

Addiction



Honest Information about Drugs

0300 1236600

<https://www.talktofrank.com>

NATIONAL DEBT HELPLINE

Helplines open Mon-Fri 9am – 8pm

Saturdays 9:30am – 1pm



Gamblers Helpline
Open from 8am – midnight 365 days a year. 0808 8020 133

www.gamcare.org.uk

drinkaware

0300123 1110

Weekdays 9am 8pm

Weekends 11am 4pm

www.Drinkaware.co.uk

Advice Helplines

SAMARITANS

24/7 365
Call 116 123
www.samaritans.org



Adviceline 03444 111 444

Open from 9am until 5pm
Mon-Fri

www.citizensadvice.org.uk



Call 0300 123 3393

Lines open 9am until 7pm Mon-Fri
www.mind.org.uk
Text: 86463



Carers Direct UK only
Helpline 0300 123 1053 open
Mon-Fri 9am 8pm Sat-Sun
11am 4pm



Helplines open 24/7 Call 0300 555 2222

www.stoploansharks.co.uk



If you have been affected by a crime please call us on 0333 696 2305. Helplines open 24/7
www.victimsupport.org.uk

Shelter

Call 0808 800 4444
Helplines open: 8am 8pm
weekdays
9am 5pm weekends
<https://england.shelter.org.uk>



Love later life

0800 678 1602. Open 8am until 7pm
365 days a year.

www.ageuk.org.uk



Non-emergency Call 111



METROPOLITAN
POLICE

Non Emergency Call 101

Mental Health Services Contacts

Assertive Contact and Engagement Service - 0117 239 8969

www.bristolmentalhealth.org/services/assertive-engagement-service

ACE work with people with mental health needs who have found it difficult to access mainstream *services*. This includes LGBT community, people who are refugees or asylum seekers, people with disabilities and people from black and other ethnic minority communities.

Bristol Hearing Voices Network – 07912 624 296

www.hearing-voices.org/area/bristol

Bristol Hearing Voices Network promotes positive explanations of voice hearing, intrusive thoughts and other unusual experiences; and gives people a framework for developing their own ways of coping.

The Network usually meets every Tuesday between 3pm and 4.30pm, at Broadmead Baptist Church, Union Street, Bristol BS1 3HY.

Bristol Mind Services – 0117 980 0370

35 Old Market Street, Bristol BS2 0EZ

www.bristolmind.org.uk

Bristol Mind works to raise awareness, reduce stigma, and promote good emotional & mental health.

Bristol Mindline – 0808 808 0330

www.bristolmind.org.uk/help-and-counselling/mindline

Bristol Mindline offers a free listening service to anyone who needs to talk, as well as information on other services that may be able to help you.

Bristol Sanctuary - 0117 954 2952 (phone) / 07709 295 661 (text)

1 New Street, St Jude's, Bristol, BS2 9DX

www.bristolmentalhealth.org/services/bristol-sanctuary

The Bristol Sanctuary is a comfortable and safe place that is open for people experiencing severe emotional distress to go to for help outside of daytime hours. At the Sanctuary, people can find a quiet space, chat to others, or talk to a support worker.

Caring in Bristol - 0117 924 4444

The Night Shelter, 14 Little Bishop St, Bristol BS2 9JF

www.caringinbristol.co.uk

Caring in Bristol looks after homeless and vulnerable people.

Changes Bristol – 0117 941 1123

43 Ducie Road, Bristol BS5 0AX

www.changesbristol.org.uk

Changes Bristol is a mental health charity that provides weekly mutual peer support meetings for those in mental distress.

Community Rehabilitation Service - 0117 909 6372

www.bristolmentalhealth.org/services/community-rehabilitation-service

The Community Rehabilitation Service supports people with long-term mental health and complex needs to gain the skills and confidence to live as independently as possible.

Crisis Service – 0300 555 0334

www.bristolmentalhealth.org/services/crisis-service

The Crisis Service and Crisis Line provides support and specialist intervention for people experiencing an extreme mental health or emotional crisis, 24 hours a day, seven days a week.

Dementia Wellbeing Service – 0117 904 5151

www.bristolmentalhealth.org/services/dementia-wellbeing-service

The Dementia Wellbeing Service offers a personalised package of support for those living with dementia and their carers, covering all aspects of dementia care.

Early Intervention in Psychosis Service - 0117 919 2371

www.bristolmentalhealth.org/services/early-intervention-in-psychosis

The Early Intervention in Psychosis Service supports people in the early stages of psychosis.

Employment Service - 0117 923 2741

www.bristolmentalhealth.org/services/employment-service

Bristol Mental Health's Employment Service supports people with mental health problems to get back into work, or to remain in work.

Hope Project – 0117 4288 930

www.second-step.co.uk/our-services/recovery-mental-health/hope-project

The Hope Project provides short-term emotional and practical support for men, Specifically aged between 30 and 64.

Off the Record Bristol – 0808 808 9120

8-10 West Street, Old Market Street, Bristol BS2 0BH

www.otrbristol.org.uk

Off the Record (OTR) provides free, confidential mental health support for young People aged 11 & 25 living in Bristol & South Gloucestershire.

Men's Crisis House - 0117 934 9848

www.bristolmentalhealth.org/services/mens-crisis-house

The Men's Crisis House provides accommodation to men experiencing mental health problems where hospital admission might be the only other alternative available. The home has ten bedrooms in a large house with 24 hr support, with clients able to stay in the house for up to four weeks.

Rethink Mental Illness

Tel: 0117 903 1805 (Community Support) / 0117 903 1803 (Carers)

St. Paul's Settlement, First Floor, 74 - 80 City Road, Bristol, BS2 8UH

www.rethink.org/help-in-your-area/services/community-support/bristol-community-support-services

Rethink offer one-to-one face-to-face, telephone support; as well as group support; to anyone (18+) living with or supporting someone with a mental health problem.

VitaMinds – 0333 200 1893

www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/bristol-north-somerset-south-gloucestershire

VitaMinds offer a variety of talking therapies to support individuals experiencing a range of difficulties, including depression, anxiety and work-related stress.

Women's Crisis House - 0117 924 6459

www.bristolmentalhealth.org/services/womens-crisis-house

The Women's Crisis House offers an alternative to psychiatric admission for women who are experiencing a mental health crisis and are unable to cope in the community.

The service can support women for up to four weeks.