

Families in Focus

February 2023 Families in Focus Bulletin - Part 1

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

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

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

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

Part 2 – Information and Support for Practitioners

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

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

Contents

Contents	- 2 -
Information and services for children and young people	- 3 -
Creative Youth Network Groups - Music.....	- 4 -
Creative Youth Network Groups – 3D Art	- 5 -
Creative Youth Network Groups – Song Writing.....	- 6 -
Creative Youth Network Groups – Craft & Textiles	- 7 -
Princes’ Trust – Explore Programme Bristol.....	- 8 -
Off The Record.....	- 9 -
Lawrence Weston Youth Centre – Half Term Activities for Local Residents.....	- 11 -
Children’s Scrapstore Events	- 12 -
Bristol Cycling Centre	- 13 -
Life Cycle UK	- 17 -
Information and services for parents / carers.....	- 18 -
North Bristol Children’s Centre – Useful Information.....	- 19 -
North Bristol Children’s Centre – Groups & Events Timetable	- 20 -
North Bristol Children’s Centre – 8 Week Antenatal Course	- 21 -
North Bristol Children’s Centre – Dad’s Stay and Play	- 22 -
Ebenezer Church Welcoming Space – What’s On	- 23 -
Southmead Children’s Centre – Food Club	- 24 -
Branch Community Church - Henbury.....	- 25 -
Community Learning West – Free Courses Spring 2023	- 26 -
Read Easy – Free One-to-One Reading Coaching for Adults	- 27 -
Lawrence Weston Free 6 Week Cookery Course	- 28 -
Resilient Parenting Six Week Course.....	- 29 -
Community Learning West – Beginners Woodworking Course	- 30 -
Rainbow Trust – Whole Family Support.....	- 31 -
NSPCC Learning – Online Safety workshops.....	- 32 -
Bristol City Council: Cost of Living Advice and Support Links.....	- 33 -
Bristol Autism Support – What’s On February & March	- 34 -
Bristol Parent Carer Forum – SEND Events Calendar 2023	- 35 -
SEND and You - Drop-In Sessions	- 36 -
SEND and You – January to March 2023	- 37 -
Keeping Warm for Less Information from Centre for Sustainable Energy.....	- 38 -
Voscur – Cost Of Living Support Brochure	- 42 -
MHST – Holiday Support	- 50 -

Information and services for children and young people

Creative Youth Network Groups - Music



Music

Free for 11-16 year olds

Try beat making, sampling, and more using professional music software.

**18th January - 23rd March
2023**

**5 - 7pm every Thursday
Greenway Centre,
Southmead, BS10 5PY**

Sign Up Now:
<https://bit.ly/CYN-Creative-Courses>

**Any queries? Call/text/WhatsApp Luke - 07821 687791
or email creative.dept@creativyouthnetwork.org.uk**



CREATIVE
YOUTH
NETWORK.

Creative Youth Network Groups – 3D Art



3D Art

Free for 13-19 year olds

Learn a range of sculptural techniques, and experiment with plaster, clay and recycled materials.

18th January - 23rd March 2023
5:30 - 7:30pm every Wednesday
The Station, Silver Street, BS1 2AG



Sign Up Now:
<https://bit.ly/CYN-Creative-Courses>

Any queries? Call/text/WhatsApp Jill - 07741 661708
or email creative.dept@creativyouthnetwork.org.uk



CREATIVE
YOUTH
NETWORK.

Creative Youth Network Groups – Song Writing



Song Writing

Free for 11-16 year olds

Experiment with your voice and lyrics whether you're into rap, singing, spoken word, or playing an instrument.

18th January - 23rd March 2023
5 - 7pm every Wednesday
Kingswood Estate,
Britannia Road, BS15 8DB



Sign Up Now:

<https://bit.ly/CYN-Creative-Courses>

Any queries? Call/text/WhatsApp Kathleen - 07741 660260
or email creative.dept@creativyouthnetwork.org.uk



CREATIVE
YOUTH
NETWORK.

Creative Youth Network Groups – Craft & Textiles



Craft & Textiles

Free for 11-16 year olds

Create your own piece of artwork, experiment with paint and dye and play with a wide range of fabrics and recycled materials.

18th January - 23rd March 2023

5 - 7pm every Wednesday

**Bedminster Quaker Meeting House,
Wedmore Vale, BS3 5HX**

Sign Up Now:

<https://bit.ly/CYN-Creative-Courses>



**Any queries? Call/text/WhatsApp Jessie - 07741 659917
or email creative.dept@creativeyouthnetwork.org.uk**



CREATIVE
YOUTH
NETWORK.

Princes' Trust – Explore Programme Bristol



FREE COURSE FOR YOUNG PEOPLE AGED 16-30

INFORMATION

Taster Day: Wednesday 8th February 2023

Course Start: Tuesday 14th February 2023

Location: The Prince's Trust, Canningford House,
Victoria Street, Bristol BS1 6BY

Email: harry.goodrick@princes-tust.org.uk or
sam.walton@princes-trust.org.uk

Our free three-week programme offers you the chance to build confidence, meet new people and enjoy new experiences.

- Take part in activities including outdoor learning, sports, arts and many more.
- Develop key skills like teamwork, confidence and communication.
- Learn in a fun and supportive environment with support from experienced mentors.

Get in touch and Start Something today.



Prince's Trust

Off The Record



OTR is a mental health organisation and social movement by and for young people aged 11-25 living in Bristol, South Gloucestershire and North Somerset. We're not just a charity providing mental health services, we're a mental health movement mobilised to support, promote and defend the mental health, rights and social position of young people. OTR is free, confidential and self-referral – we give young people a choice and a voice.

Our Current Offer



Project Updates

Yoga for Menstrual Cycle Support

This new project for 16-25 year olds uses yoga, discussion and creative activities to explore how young people can support themselves and engage positively with their menstrual cycles – whether they experience difficulty like period pain or PMS, or simply want to understand more about themselves. No yoga experience required!

This will be a space to have open and honest conversations about periods and the menstrual cycle. The aim is for young people to leave feeling more confident in supporting themselves, seeking support from professionals if needed, and talking about periods in general.

Every Monday throughout February, 4:45-6pm @ St Paul's Community Centre, BS2 8XJ

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

Green Influencer Programme

We've teamed up with Action for Conservation to offer six environmental workshops for 11-18 year olds around climate change and environmental and social justice. We'll think about what we can do as a community to protect our planet, explore the nature around us in Bristol and take action to protect it together. Young people will then be supported to deliver their own project focused on what interests them.

Tuesday 7th, 14th and 21st February, 4:30-6:30pm @ 1-2 Perry Road, Bristol, BS1 5BQ

Find out more and sign up here: otrbristol.org.uk/art-works

Book Club

The OTR Book Club is a safe place for young people aged 16-25 to gather and meet like-minded book-lovers, as well as read titles they may not have previously considered. Members are able to vote on genres and books each month, meaning sometimes they'll get to read their own favourites and other times something new that others have recommended. The books are then provided free of charge by Give a Book.

Last Monday of the month, 6-7:30pm, alternating between being online and in person.

Read more and sign up here: otrbristol.org.uk/book-club

Hubs

Our Hubs are safe and relaxed spaces young people can drop into for a chat – no appointment needed. They're a great place to meet our team, discover more about what we offer and learn about mental health and self-care. There will also be opportunities to get involved in creative activities, and lots of tea and biscuits on offer too!

Mondays 4-7pm @ 8-10 West Street, Old Market, Bristol, BS2 0BH
Wednesdays 3:30-5:30pm @ Armadillo, Station Road, Yate, BS37 4FW
Saturdays 10am-1pm @ 8-10 West Street, Old Market, Bristol, BS2 0BH

You can read more about Hubs here: otrbristol.org.uk/what-we-do/hubs

Get In Touch

Check out our website to read more about our services and sign up: otrbristol.org.uk

Give us a call on **0808 808 9120** – our Enquiry Line is open **Monday-Friday 2-5pm**
Outside of these hours, you're welcome to leave us a voicemail and we'll get back to you – just make sure to give your name and number!

Send us an email at hello@otrbristol.org.uk

Lawrence Weston Youth Centre – Half Term Activities for Local Residents

Please note: To be able to attend you must be a resident of Lawrence Weston

Half Term Activities at Lawrence Weston Youth Centre

Monday 13th February:

Fencing with The Little Musketeers

for children aged 6+

10-12pm Lunch served at 12:15

Booking Essential

<https://www.eventbrite.co.uk/e/511661532417>

Tuesday 14th February:

Valentine Arts and Crafts

10-12pm Lunch served at 12pm

Booking not necessary

Wednesday 15th February:

Story and Rhyme Time with Bristol Libraries

11-12pm Lunch served at 12:00

ideal for children under 8

Booking essential

<https://www.eventbrite.co.uk/e/511690870167>

Thursday 16th February:

Half Term Film Night with hotdogs

6pm start

Booking Essential

<https://www.eventbrite.co.uk/e/511710759657>

Friday 17th February:

Pancake Making

10-12pm

Booking essential

<https://www.eventbrite.co.uk/e/5117570180>

For more information:

E: contact@ambitionlw.org

T: 0117 9235112



Children's Scrapstore Events



February Events

Super Saturday in St Werburghs!

Saturday 25th February 2023

Join us at any of our three locations for all sorts of FREE family activities and fun on Saturday 25th February 2023! Look out for our posters and on our social pages for more information.






February Half-Term Activities 2023

Our February Programme is now available for booking!

- Space
- Small Worlds
- Robots
- Animation

For more information & to book: www.childreansscrapstore.co.uk/events

February Half-Term Play Sessions 2023!

FREE Stay & Play creative open access activities aimed at over 8s - younger siblings welcome with adult supervision, led by Children's Scrapstore. Lunch will be provided.

<p>Thursday 16th February</p> <p>10:30am - 12:30pm</p> <p>Beverston Gardens, Lawrence Weston Bristol, BS11 0SP</p> 	<p>Tuesday 14th February</p> <p>10:30am - 12:30pm</p> <p>Park by BMX Track, Lawrence Weston Bristol, BS11 0EZ</p> 
---	--







Scrapstore House, 21 Sevier Street, St Werburghs, BS2 9LB
 tel: 0117 908 5644 // email: events@childreansscrapstore.co.uk // charity no. 1008788

Bristol Cycling Centre



Our sessions at Bristol Cycling Centre

Rock up & Ride - Ride freely around our track with a wide range of cycles available. Our cycle instructors are on hand to assist if needed.

Learn to ride - Adult or child, learn to ride a bicycle with the help of a parent/carer and the support of our cycle instructors.

Cycle Skills - Develop your skills such as steering, braking and gears with our cycle instructors' support.

Family Cycling - Cycle together as a team. Grow in confidence as a family in our traffic free environment.


Disability session - Enjoy a ride around our track with one of our cycles, including a wide range of inclusive cycles.

Rusty Bikers - Adult only session. Get your confidence back and get back cycling with the help of our friendly, knowledgeable Bikeability instructors.



DISABILITY


If you identify as disabled these sessions might be for you, we aim to create a welcoming space that boosts confidence.

 betterbybike.info/bristolcyclingcentre



RUSTY BIKERS


Are you new to cycling? Want to learn to ride as an adult? Or maybe not ridden for years and wanting to practice somewhere safe? Get your confidence back and get cycling with the help of our friendly, knowledgeable Bikeability instructors.

 betterbybike.info/bristolcyclingcentre



CYCLE SKILLS


Build upon new skills practicing braking, gears, steering with the help of our instructors. This session is a follow on from Learn to Ride.

 betterbybike.info/bristolcyclingcentre



LEARN TO RIDE


This session is for children and adults who are learning to ride. All ages are welcome as it's never too late to learn. It can also be a great opportunity for parents and children to learn about the joy of cycling together.

 betterbybike.info/bristolcyclingcentre



ROCK UP & RIDE

This session is open to all ages to ride together as a family, with a friend and/or supporters, or as a lone rider.

 betterbybike.info/bristolcyclingcentre



FAMILY CYCLING

This session is open to all ages, connections and relationships to enjoy cycling together. Our instructors can help you learn to cycle as a team.

 betterbybike.info/bristolcyclingcentre

Life Cycle UK

Life Cycle UK

Life Cycle UK has many different projects to help make cycling accessible for all. Here are a few of the services we offer:

- **Cycle Buddies:** A 1:1 session with trained volunteers who will help you navigate roads and cycle paths in your area. They will help plan routes to your work, the doctors or to friend's and family to build your confidence as a solo cyclist. Sessions are free and you can book up to 5 <https://www.lifecycleuk.org.uk/cycle-buddies-local-bike-rides#Sign%20up>
- **Group Rides:** We offer a selection of group rides including 'Over 55s' for those aged 55+: <https://www.lifecycleuk.org.uk/over-55s>, 'Supported Leisure Rides' usually shorter rides for those wanting to build their confidence cycling: <https://www.lifecycleuk.org.uk/supported-leisure-rides>, and 'Two's Company' these are tandem rides for visually impaired people: <https://www.lifecycleuk.org.uk/tandem-rides>
- **Youth Activities:** We also have free, drop-in cycling & bike maintenance sessions for young people aged 8 – 14 every week at Felix Road Adventure Playground (Tuesdays 3.30 – 5.30pm) / Southmead Adventure Playground (Wednesdays 3.30 – 5.30pm) / Lockleaze Adventure Playground (Thursdays 3.30 – 5.30pm) <https://www.lifecycleuk.org.uk/youth>

We are currently recruiting for volunteers across all services so drop us an email to inclusive-cycling@lifecycleuk.org.uk if you'd like to find out more.

Ella Paine

Inclusive Cycling Project Administrator

Information and services for parents / carers

North Bristol Children's Centre – Useful Information



USEFUL INFORMATION



SUPPORT & GUIDANCE LINKS



WELCOMING SPACES

A Welcoming Space is a place of connection already established in communities where people can meet up, socialise, keep warm and access support relating to the cost of living.

Call the #WeAreBristol helpline on 0800 694 0184 Mon to Fri, 8.30am to 5pm.

Scan to find your local Welcoming Space



Remember you don't have to be on a low income to get financial support for childcare costs.



BENEFITS

If you are a new parent, your income has changed, your family circumstances have changed or you are looking at registered childcare, email: nbcc@bristol-schools.uk to speak to our Advice and Guidance worker. We can check that you are accessing everything you are entitled to regarding benefits and support in paying for childcare for under 5's.

There are a number of other agencies in Bristol that can provide advice including Citizens Advice Bristol & North Bristol Advice Centre:

NORTH BRISTOL ADVICE CENTRE

Independent welfare benefits and debt advice, including complex casework, appeals and representation at tribunal:
Tel: 0117 951 5751 Website: www.northbristoladvice.org.uk
(Online Advice Tool for enquiries 24/7)

Citizens Advice www.citizensadvice.org.uk

BUDGETING, GAS & ENERGY

For energy saving advice and support in the Bristol area call 0800 082 2234 or visit www.cse.org.uk/advice



- Visit National Energy Action www.nea.org.uk
- Visit Citizens Advice www.citizensadvice.org.uk

MENTAL HEALTH

The pressures of the cost of living crisis are likely to affect our mental health & wellbeing, making us feel stressed, anxious or low. Please reach out to get the support you deserve:



Visit VitaMinds www.vitahealthgroup.co.uk or phone 0800 012 6549 for 24/7 Support

WomanKind supports women in the Bristol area with professional counselling, group psychotherapy, befriending and a helpline service. visit www.womankindbristol.org.uk

Every Mind Matters - www.nhs.uk/every-mind-matters/

The Samaritans also offer support 24 hours a day, 7 days a week on 0330 094 5717

BROADBAND

You are able to get a reduction in broadband if you are claiming means tested benefits. Speak to your broadband provider and ask about the 'social tariff'.

BRISTOL REFUGEE RIGHTS

Advice and support with your house, money or asylum claim. Email, phone, text or WhatsApp. Leave a message with your name, phone number, language you speak & if you need an interpreter. Tel: 07526 352 353 www.bristolrefugeerights.org

Project MAMA: Drop-in groups and support available for refugees throughout pregnancy, childbirth, and the first few weeks of parenthood. www.projectmama.org

FOOD

If you're struggling to afford food at the moment, there are organisations and schemes across the city which can help you.

There are foodbanks across Bristol for those who are eligible:

North Bristol and South Gloucestershire Foodbank: <https://nbsg.foodbank.org.uk>

Find your local food club: www.bristollearlyyears.org.uk/health/bristol-food-clubs

Call the #WeAreBristol helpline for free on 0800 694 0184 Monday to Friday, 8.30am to 5pm.

GENERAL COST OF LIVING ADVICE

Call #WeAreBristol helpline for free on 0800 694 0184



Do you need cost of living advice and support? Visit @BristolCouncil support at www.bristol.gov.uk/residents/people-and-communities/cost-of-living-support or call the #WeAreBristol helpline for free on 0800 694 0184 Monday to Friday, 8.30am to 5pm. Guidance is available on housing, benefits, financial help, mental health & wellbeing.

North Bristol Children's Centre – Groups & Events Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>15</p> <p>ibcc north bristol children's centres</p> <p>Winter- Spring 2023</p> <p>Groups & Events Timetable</p> <p>Monday Tuesday Wednesday Thursday Friday</p> <p>Filton Avenue</p> <p>ESOL 9:30am-11:30am Introduction course for people wanting to improve their English. please contact Richard: richard.davies@bristol.gov.uk Creche Available.</p> <p>Childminders 9:15am-11:15am A group for Childminders to share good practice and ideas.</p> <p>Stay & Play 9:30am-11am Drop-in for fun family activities and more. Aimed at ages 0-5.</p> <p>Under 5s Hub 9:30am-11:30am An opportunity to drop-in and speak to your local health visiting team. Gain information and advice about all aspects of your child's development. Tel: 0300 125 6278</p> <p>Early Birds 1pm-2:30pm Join us if you have a non-mobile baby who was born prematurely or spent time in special care after birth.</p> <p>Under 5s Hub 10am-11:45am An opportunity to drop-in and speak to your local health visiting team and socialise with other parents.</p> <p>Tots Talking 1pm-2pm An 8 week course to support your 2 year old with learning language. Creche available.</p> <p>Honey Suckle Breastfeeding Group 10:15am-11:45am A supportive session to help you and your baby get the most out of breastfeeding.</p> <p>Scan to view our online timetable and more!</p> <p>★ Location: Horfield Baptist Church Brynland Avenue Bishopston Tel: 0300 125 6278</p> <p>Starts late February. Please contact us for more information nbcc@bristol-schools.uk</p> <p>★ New Location: Stoke Park Children's Centre Romney Ave, Lockleaze, BS7 9BY</p> <p>Stoke Park</p> <p>ESOL 9:30am-11:30am Introduction course for people wanting to improve their English. Please contact: richard.davies@bristol.gov.uk</p> <p>Childminders 9:15am-11:15am A group for Childminders to share good practice and ideas.</p> <p>Stay & Play 1pm-2:30pm Drop-in for fun family activities and more. Aimed at ages 0-5.</p> <p>Under 5s Hub 9am-10:45am An opportunity to drop-in and speak to your local health visiting team and socialise with other parents. Tel: 0300 125 6278</p> <p>Breastfeeding Group 12:30am-2pm A supportive drop-in session to help you and your baby get the most out of breastfeeding.</p> <p>Incredible Years Parenting Program 12:30pm-2:30pm To find out more and book your space please contact nbcc@bristol-schools.uk</p> <p>Southmead</p> <p>Community Learning -Maths for Adults 9:30am-11:30am Improve your maths skills for home, work or volunteering. -English for Adults 1pm-3pm. Improve your English for work or home.</p> <p>Young Parents 11am-12:30pm Meet other young parents in your area. A safe space to get support & advice.</p> <p>Under 5s Hub 9:00am-11:00am An opportunity to drop-in and speak to your local health visiting team. Gain information and advice about all aspects of your child's development and socialise with other parents. Tel: 0300 125 6278</p> <p>Stay & Play 9am-10:30am Drop-in for activities and play. Aimed at ages 0-5.</p> <p>Breastfeeding Group 12:30pm-2pm A supportive session to help you and your baby get the most out of breastfeeding.</p> <p>Shirehampton Stay & Play 9:30am-11am Drop in to Shirehampton Public Hall for lots of activities and fun! Station Rd, BS11 9TX.</p> <p>Sea Mills</p> <p>Please contact us for more information nbcc@bristol-schools.uk</p> <p>Stay & Play 1pm-2:30pm Drop-in for activities and play. Aimed at ages 0-5.</p> <p>Under 5s Hub 9am-11am An opportunity to drop-in and speak to your local health visiting team and socialise with other parents. Tel: 0300 125 6278</p> <p>5 To Thrive 10am-11am A 6 six week course for you and your baby focussing on attachment, play and baby brain development. To book a space contact nbcc@bristol-schools.uk</p> <p>Avonmouth</p> <p>Rainbow Group 9:30am-11:30am Supporting families with children who have additional needs, in a safe environment.</p> <p>Please contact Helen on 07825 315732 for more information.</p> <p>Stay & Play 9:30am-11:00am Drop-in for activities and play. Aimed at ages 0-5.</p> <p>Childminders 9:45am-11:15am A group for Childminders to share good practice and ideas.</p> <p>Brenty & Henbury</p> <p>Stay & Play 10:00am-11:30am Drop-in for weekly themed activities and movement aimed at ages 0-5. ★ Location: Henbury Village Hall, BS10 7QG</p> <p>Under 5s Hub 9am-11am An opportunity to drop-in and speak to your local health visiting team.</p> <p>Breastfeeding Group 11:30am-1pm A supportive session to help you and your baby get the most out of breastfeeding.</p> <p>Drop In 8.45-9.45am Tea and coffee available. Join us at Henbury Court Primary Academy.</p> <p>Tiny Tots 10am-11am A group for non-mobile babies. Fun & movement to music.</p> <p>★ Location: Henbury Court Primary Academy, BS10 7NY</p> <p>★ Location: Henbury Village Hall, BS10 7QG</p>					

North Bristol Children's Centre – 8 Week Antenatal Course




8 Week Antenatal Course


Welcome to The World Parent Group


**Free
Course!**


The Welcome to the World Programme is an 8-week group for parents expecting a baby. Topics include empathy and loving attentiveness, infant brain development, healthy eating choices, breastfeeding, infant care, managing stress and difficult feelings, promoting self-esteem and confidence, and the couple relationship.


"If understanding and knowledge is power then this course definitely empowers parents to get it right from the very beginning"

 Understanding your baby - a baby's brain development

 Your future as parents and as a family

 Your roots, traditions, hopes and fears for the future

 Breastfeeding and the practical tasks of caring for a new baby

 The need to nurture ourselves

"I didn't realise I needed to start talking to my baby while he was in the womb"

"I find it friendly and fascinating from a man's point of view"

For more information email:
nbcc@bristol-schools.uk



North Bristol Children's Centre – Dad's Stay and Play

nbccc
north bristol children's centres

www.northbristolcc.org.uk

f i

The Ranch - Southmead

DAD'S STAY & PLAY

SATURDAY 11th March at The Ranch,
Doncaster Rd, Bristol BS10 5PP.

Drop-in between 9:30Am - 11AM

Lots of activities suitable for ages up to 5

Dads, Grandparents & Male carers with children 0-5 years.

Please get in touch to find out more!
Email: nbccc@bristol-schools.uk Phone: 0117 377 2685

Ebenezer Church Welcoming Space – What’s On

What's On

Welcoming Space



January - March 2023

at Ebenezer Church (286 Filton Avenue, Horfield, BS7 0BA)

MONDAYS	
9AM - 10.30 AM	COMMUNITY BREAKFAST Simple breakfast of croissant or pain au chocolat, cereal, toast and hot drinks for £1.50. Toys available for pre-school children.
WEDNESDAYS	
2PM - 3.30PM	FOOTPRINTS Group for senior citizens in our local community, with meals, activities and special events - www.ebe.org.uk/footprints
THURSDAYS	
10.30AM - 12.30PM	TASTE CAFÉ Drop-in community cafe with affordable homemade cakes, lunches, etc..
1PM - 3PM	FOODBANK OUTLET If you are at a crisis point and struggling with food, then please contact the foodbank about getting support - call 0117 472 5172.
FRIDAYS	
9AM - 10.30AM	COMMUNITY BREAKFAST Simple breakfast of bacon butty, cereal, toast and hot drinks for £1.50. Toys available for pre-school children.
3.30PM - 5PM	AFTER SCHOOL HANGOUT Different zones with crafts, games, books, homework space and a free meal. For families with primary school aged children. Sign up each week here - www.ebe.org.uk/afterschoolhangout
ONE-OFF EVENTS	
5.30PM - 7PM	COMMUNITY PANCAKE PARTY - Tuesday 21st February Everyone welcome to enjoy savoury and sweet pancakes. Also other pancake-related fun for all ages. Free entrance. www.ebe.org.uk/pancakeparty
VARIOUS TIMES	SPORTS CAFÉ Details of sports shown on the big screen will appear on website below.
	SPEEDQUIZ NIGHT/ BOARD GAMES EVENING Details will appear here soon will appear on website below.
	CAP MONEY COURSE Details of next course will appear will appear on website below.
	KINTSUGI HOPE WELLBEING GROUP Details of next group will appear will appear on website below.

Regular updates and details of other local warm welcoming spaces - www.ebe.org.uk/welcomingspace or contact Ebenezer Church Office on 0117 9791399

Southmead Children's Centre – Food Club



Bristol City Council Children's Centres
Early Education and Childcare



Do you have a child under 5 years old?

If so, come along and join our

Food Club

Southmead Children's Centre

Doncaster Road, Southmead BS10 5PW

A weekly food club to reduce food waste!



We aim to provide local families access to a range of good quality, healthy food each week at the low cost!

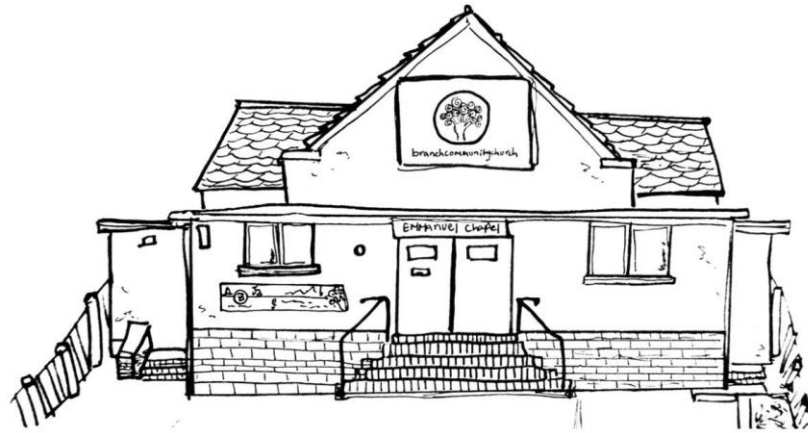
The Food Club runs every Thursday morning

10.00am – 11.00am

No need to book just come along; membership is £1.00 and £3.50 each week for a bag of food.

Please contact us on 0117 3772343 for further information

Branch Community Church - Henbury



Tuesday morning Toddler Group: PlayBox – 9.30am-11.15am for play, singing, chats and refreshments (£2 a family)

Fridays Warm Space Initiative: LunchBox – between 12.30pm and 2pm, and will include a hot meal, drink, pudding and getting to know lots of other people from the community (£2 suggested donation but certainly not expected)

More information can be found on our website - [Branch Community Church](#)

Community Learning West – Free Courses Spring 2023



FREE courses for Spring '23 North Bristol

Bristol Community Learning continues to offer a range of **FREE** short courses to people living in Bristol and/or surrounding areas, aged 19 plus who have few or no formal qualifications and/or who face significant barriers to further learning and employment. Community Learning may have some tablets/**laptops** to loan out to learners on our courses (plus Wi-Fi bundles) to help learners with limited **digital access**

ESOL Conversation Clubs and course for more info check our website for online & face to face clubs www.esolcc.org or visit Learn English in Bristol website: www.LEB.community e.g. **ESOL Conversation Clubs** during school terms at Horfield Job Centre, Fridays, 1-2pm, and at Shire Employment Hub/Shirehampton Methodist Church on Thursdays, 10-11am.

Eat Well and Save Energy

Cookery course for Lawrence Weston residents as part of the Grow, Cook and Eat Project in Lawrence Weston. Lawrence Weston Baptist Church, starts Monday 20th February for 6 weeks, 10-12.30pm. FREE slow cooker, hand blender and starter items for cooking.

Contact suzanne.gaffney@bristol.gov.uk or carol.griffiths@bristol.gov.uk

For information about other courses please contact carol.griffiths@bristol.gov.uk or richard.davies@bristol.gov.uk

COMING SOON – 01172 510230, www.communitylearningwest.net

- Health and Social Care
- Childcare
- Level 2 Advocacy

Read Easy – Free One-to-One Reading Coaching for Adults



Do you know someone who struggles to read?

Read Easy provides free and confidential one-to-one reading coaching for adults.

People can learn to read or improve their reading skills at their own pace and without pressure. It's friendly, flexible and fun!

To find out more,
please contact:

07907491414

bristolnetworker@readeasy.org.uk

readeasy.org.uk

Lawrence Weston Free 6 Week Cookery Course

Eligibility: Our courses are especially for adults (with 3 years residency or other residency status) aged 19 years plus with few or no formal qualifications. This course is particularly for Lawrence Weston residents -Grow, Cook, Eat project.



EAT WELL & SAVE ENERGY - COOKERY COURSE

MONDAYS FROM 20th FEBRUARY, 6 weeks, 10-12.30pm

Lawrence Weston Baptist Church, 117-119 Long Cross, BS11 0HL

Learn to cook tasty dishes and how to save energy (gas & electricity) when you cook

- Cook together in a small, friendly group and either eat what you cook on the day or take enough home for the family/ your household
- Get a FREE slow cooker and hand blender and other starter cooking items

To book a place contact: suzanne.gaffney@bristol.gov.uk 07887451776 or carol.griffiths@bristol.gov.uk 07341882755

Eligibility: Our courses are especially for adults (with 3 years residency or other residency status) aged 19 years plus with few or no formal qualifications. This course is particularly for Lawrence Weston residents -Grow, Cook, Eat project.



Resilient Parenting Six Week Course



Resilient Parenting is a six-week psycho-educational group for parents and carers, exploring the factors that contribute to resilience and how we can strengthen them. The project aims to support parents and carers to build their own resilience by providing an informal discussion space with a focus on wellbeing.

This course is open to parents and carers of 11-25 year olds who live in Bristol, South Gloucestershire or North Somerset, who would like time to reflect on their own ability to manage stress and adversity and learn some tools and techniques to support them in doing this. There will be a maximum of 12 parents in the group and two facilitators.

**STARTS THURSDAY 2ND FEBRUARY 12:30-1:45PM
ONLINE VIA ZOOM**

**FOR PARENTS &
CARERS OF YOUNG
PEOPLE AGED 11-25**



SIGN UP HERE

otrbristol.org.uk/resilient-parenting



Community Learning West – Beginners Woodworking Course



**Beginner's
Woodwork
Course**

**TBC Dates and Times – from January 2023
Redcliffe**

- Join a FREE and friendly beginner's course to learn new skills and meet people
- Learn the basics of practical carpentry skills
- Help build raised beds for a local community garden
- Find out about further learning and career opportunities

bryony.sims@bristol.gov.uk **07721 512583**

This course is aimed at adults aged 19+ with few or no formal qualifications

 **WEST OF ENGLAND**
Combined Authority

 **COMMUNITY LEARNING**

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

Rainbow Trust – Whole Family Support



RAINBOW TRUST CHILDREN'S CHARITY








**South West Team
covering the Bristol area**

Rainbow Trust Children's Charity supports families who have a child aged 0-18 years with a serious illness.

Rainbow Trust pairs each family with an expert Family Support Worker who enables them to make the most of time together, giving them practical and emotional support, whenever they need it, for as long as is needed.

We support the whole family including parents, carers, the unwell child, brothers, sisters and grandparents. Support is hugely varied and depends on the needs of the family. It can include:

-  listening to a family's fears and anxieties
-  keeping a seriously ill child company during hospital stays
-  driving families to medical appointments to help save time and money
-  organising fun activities to help sick children, their brothers and sisters
-  support through bereavement and grief.

If you would like any more information, or to make a referral to our service please visit www.rainbowtrust.org.uk/support-for-families/ask-for-support

NSPCC Learning – Online Safety workshops



NSPCC Online Safety Workshops for Parents & Carers

The NSPCC Online Safety Workshop for Parents & Carers can be delivered online or face to face and is tailored to meet the needs of the audience.

The workshop has some core content, which consists of general online safety information for parents and includes:

- What children and young people are doing online
- Parental concerns
- What the risks are for young people in terms of what they see, do and who they meet online
- How to manage these risks as a parent
- Sources of help/support

In addition, we have content on the following topics:

- Gaming
- Grooming
- Livestreaming
- Mental health and well being
- Modelling good behaviour
- Online bullying
- Online challenges, hoaxes and scams
- Online dating
- Online friendships
- Online pornography
- Parental controls
- Persuasive design and screen time vs screen use
- Sharing nudes
- Social media

For a 30minute webinar/workshop, we suggest having the general presentation and a focus on 2 of the themed topics. For up to 5 themed topics the session is 1 hour. If you are interested in booking a workshop, please state which topics you would like us to include and some suggested dates/times.

Our workshops are delivered free of charge.

For further information or to book a workshop, please contact: parentworkshops@nspcc.org.uk

Bristol City Council: Cost of Living Advice and Support Links



bristol.gov.uk

Cost of living support

[Cost of living support \(bristol.gov.uk\)](https://www.bristol.gov.uk)

Where to get help

We Are Bristol helpline

You can call the free We Are Bristol helpline to get information and advice about the cost-of-living crisis, including where to get help about:

- financial benefits
- food
- mental health and wellbeing
- finding your nearest Welcoming Space

Call for free on 0800 694 0184 between 8:30am to 5pm, Monday to Friday.

The Citizen Service Point

If you need more advice and support around the cost of living that you've not been able to get from this page, or the organisations listed, visit the [Citizen Service Point](#).

Bristol Autism Support – What's On February & March

All About Autism: Monday 6th February 6.30-8.30pm - This session is for parents and carers who are awaiting an autism assessment for their child, have recently received a diagnosis for their child or those who just generally want to know more about autism. [Click here for more information and to book.](#)

Autism & Sleep: Monday 20th February 12-1.30pm - an online information session with Vicky Cooksley, Sleep Consultant. [Click here to book.](#)



Coffee Mornings / Meet Up's – every week or so across Bristol

Join us for a casual chat with a cuppa at any of our coffee mornings. No need to book just turn up on the day, our volunteers will have lanyards and table stands so will be easy to find. Children are welcome. See dates and locations below.

Coffee Mornings this month:

Grandparents meet up: **Friday 3rd Feb**, Grounded, Fishponds 10-11am

293 Gloucester Road: **Monday 6th Feb**, Boston Tea Party 10-11am

293 Gloucester Road: **Monday 6th March**, Boston Tea Party 10-11am

Bedminster: **Monday 20th Feb**, Grounded, Bedminster 10-11am

Easton: **Friday 24th Feb**, Thali Cafe, Easton 10-11am

Bristol Parent Carer Forum – SEND Events Calendar 2023



Events

Events – Bristol Parent Carers

An amazing new online timetable resource for events for children with special needs.

Thanks to Hayley Hemming and the fantastic team at Bristol Parent Carer Forum.

The calendar on this page is a valuable resource for families in Bristol seeking inclusive events and activities for children with special needs.

The calendar, which was launched in January 2023, is the product of the collaborative efforts of several organisations working to support and empower families in the Bristol community. We hope this makes it easier for parents and caregivers looking for opportunities for their children to engage in meaningful and enjoyable experiences.

Keep an eye on this page for updates and new events – there’s always something exciting happening!

You can edit the way the information is displayed by using the ‘week’ or ‘month’ tabs.

If your child needs help and support to attend these events, contact the [WECIL Befriending service](#) and for more information on the work each of these organisations does, read our leaflet [here](#).

Bristol SEND Dates	
Today	Tuesday, 24 January
7:00pm	BNSSG Managing autistic special Interests online Booking Required
Tuesday, 24 January	
10:30am	BNSSG What is Autism? online Booking Required
6:15pm	WECIL Autism Drop off Play programme for children aged 8-13 years old and their siblings Southmead, BS10 5pp Booking Required
7:00pm	WECIL Youth Confidence building for disabled young people aged 13-19 Hillfields Youth Centre, BS16 4EH Booking Required
8:00pm	Murmuration Nurture Group Easton Community Centre Booking required
8:15pm	WECIL Autism Drop off Play programme for children aged 13-18 years old and their siblings Southmead, BS10 5pp Booking Required
Wednesday, 25 January	
9:30am	Rainbow East and Central Stay & play group for pre-school children with additional needs Avonmouth Children's Centre, BS11 9LG Drop in
4:00pm	Extraordinary Links Craft stay & play session for children with any type of special educational need or disability Drop in
5:00pm	Access Sport Streetenry inclusive street dance Aged 6-9 Booking Required
6:00pm	Access Sport Streetenry inclusive street dance ages 10-18 Booking Required
7:00pm	Bristol Parent Carers Benefits, discounts and grants for parents and carers of children with SEN Online Booking Required
7:00pm	Access Sport Streetenry inclusive street dance ages 18+ Booking Required
Thursday, 26 January	
9:30am	Rainbow South Stay & play group for pre-school children with additional needs Hartcliffe Childrens Centre, BS13 0JW Drop in, see notes
10:00am	Bristol Autism Support In Person Weekly Support Group

SEND and You - Drop-In Sessions



SAY
SEND AND YOU
SENDIAS

**SEND Drop in sessions
@ Symes Resource
Centre**



Do you have a query about special educational needs or disability?

Join our **SEND Drop-in** on the **second Thursday** of each month during term-time.

Grab a cuppa and meet other parents and carers.

Discuss your concerns and have your questions about SEND answered by a trained & qualified adviser.

Get support with paperwork, preparing for meetings, understanding SEN Support in school, accessing the help you need, signposting to other useful services ...and lots more!

Come along and find out how your SENDIAS Service (Special Educational Needs and Disability Information, Advice and Support Service) can help you.

**Join us at the Community Room, Symes Community Building,
Peterson Avenue, Bristol, BS13 0BE on the following dates:**

12 January
09. February
20 April
11 May
08 June
13 July

12.00 noon until 1.30 pm. No need to book, just turn up.

The building is accessible and heated. We can help you to access online information. There are toys for pre-school children. If you have any queries, please contact us on mail@sendandyou.org.uk or on 0117 9897725.

To access a map of how to get to @Symes Resource Centre please click [here](#).



SAY
SEND AND YOU
SENDIAS

SEND and You – January to March 2023



SAY
SEND AND YOU
SENDIAS

Bristol Events

January - March 2023

SEND Information Session Greenway Centre BS10 5PY 1 - 3.30 pm, 4 - 5.30 pm Wednesday 18th January 2023	Bristol Daytime SEND Surgery Wednesday 22nd February 2023
Local Offer Event https://www.eventbrite.co.uk/e/local-offer-info-event-tickets-467989959567 Friday 19th January 2023	
SEND and You Youth Matters Group Monday 23rd January 2023	Bristol Evening SEND Surgery Tuesday 7th March 2023
Bristol Evening SEND Surgery Tuesday 31st January 2023	SEND and You Youth Matters Group Monday 20th March 2023
Drop in Q and A Mediation Session More information available nearer to the time Wednesday 22nd February 2023	SEND Support Evening Information Session Tuesday 21st March 2023

Keeping Warm for Less Information from Centre for Sustainable Energy

Centre for Sustainable Energy | home energy advice | 2022

See all our energy advice leaflets at www.cse.org.uk/advice-leaflets



Keeping warm for less

Ways to keep out the cold if you can't afford to turn your heating up

Living in a cold home is bad for our physical and mental health. It can raise blood pressure, and lead to serious conditions such as strokes, heart attacks and pneumonia, as well as social isolation, sleep deprivation, depression and anxiety.

Those with an existing health condition are especially vulnerable, particularly those with physical conditions such as asthma, circulatory problems, diabetes and arthritis, and mental health issues.

It is recommended that you heat the rooms that you are spending most of your time in to between 18 and 21°C. This should help you to avoid damp and should ensure you are kept warm enough.

If you feel that you can't afford to do this, this factsheet will walk you through the best ways to save money on energy bills while staying warm.

We will talk about:

- 1 Heating just one room in the house.
- 2 Draught-proofing your windows, doors and floors.
- 3 Preventing damp and mould.
- 4 Wrapping up warm.
- 5 Using a heated throw, or a blanket or sleeping bag.
- 6 Staying active to warm yourself up.
- 7 Having hot food and drink throughout the day.
- 8 Finding warm places to go near your home.



In addition to doing what you can to save money, it's worth checking that you're getting all the financial support available. The government's Cost of Living Support service at helpforhouseholds.campaign.gov.uk/help-with-your-bills is a good place to start. And remember that billions of pounds of council tax support, pension credit and other welfare benefits go unclaimed each year, so it's worth having a benefits check to see if you're missing out on anything. A good place to do this online is entitledto.co.uk.

See all our energy advice leaflets at www.cse.org.uk/advice-leaflets

1 Prioritise one room to heat

Prioritise heating the room you're going to spend the most time in. The smaller the room, the cheaper it will be to heat. Most houses have a room which is usually warmer than others, and it may be sensible to choose this room. Rooms that get a lot of sun are often warmer.



Although gas and oil prices have risen, they're still cheaper than electricity. If you have a gas, LPG or oil boiler, it's cheaper to use this than a plug-in electric heater. Turn the radiators down in the rooms you're not going to heat as much, using the radiator valves.



Put a reflective panel behind any radiators that are on external walls. These reflect heat back into the room, reducing the amount lost to the outside. They can be bought cheaply online and in DIY stores, and will pay for themselves in one winter.



If you use plug-in electric heaters, place them away from windows and external walls. We advise against portable gas heaters as these are a fire hazard and can make homes feel damp.



If you have electric night storage heaters, turn them all down apart from the ones you're going to prioritise. See our factsheet (left) to find out more about how to use your night storage heaters. We also have one specifically on Dimplex storage heaters.

2 Get rid of draughts

It's important to make sure the heat you're paying for stays in the space you're heating. On average, 15% of the money someone spends on heating their home is lost to draughts.

Doors

- Keep all the doors in your home closed.
- Hang curtains over external doors.
- Cover keyholes and letter boxes.
- Use draught excluders or rolled up blankets to block gaps under doors. You can attach a draught excluder to the door so that you don't trip over it.

Windows

- Use self-adhesive draught-proofing strips to improve the seal of your window frames.
- Add curtain liners or blankets to existing curtains so they keep the heat in better.
- Close the curtains at dusk, and open them in the morning to let the sun warm the room.
- Don't let your curtains cover radiators. Tuck them behind if possible.



Floors and walls

- If you have uncarpeted floors, cover them as much as you can with carpets or rugs. This will be warmer on your feet.
- Draughtproof the room by filling in the gaps in your floorboards and skirting boards.

Placing furniture

- Move chairs and sofas away from external walls as sitting near them will be colder.
- Leave a gap of 6 inches or more between furniture and radiators to allow the heat to spread around the room.

See our factsheet on DIY draught-proofing for more tips.



[Fact sheet \(left\)](#)

[Fact Sheet \(right\)](#)

See all our energy advice leaflets at www.cse.org.uk/advice-leaflets

3 Wrap up warm



- Wear thick, warm socks and slippers. Boot-style slippers work best as they cover your feet and ankles.
- Tuck your trousers into your socks or slippers to prevent cold air getting in.
- Wearing a hat, gloves, scarf or coat indoors may make you feel a bit silly, but it will definitely keep you nice and warm.
- Wear lots of layers (e.g. leggings, tights or long-johns under your trousers). This will keep you warmer than a single thicker layer.
- Some materials such as wool and fleece are very good at keeping you warm.



4 Move around

- Moving around generates internal heat, and this will help you to stay warm, so it's beneficial to break up periods of sitting down with periods of activity.
- Gently walking around your home or on the spot is best. If you do anything too strenuous, like star jumps, you'll sweat and this will cool you down.



Many people find going for a walk outside helps them to feel warmer when they get home, and is good for their mental health.

5 Use a heated throw, blanket or sleeping bag

- Heated throws only cost 2p an hour to use. That's just £3.36 a week, even if you have it on day and night. They cost around £50 to buy. But it'll mean you can turn your heating down which will save you money, and the throw will pay for itself within a month.
- Fluffy blankets or sleeping bags will also help you stay warm. While they don't work as well as a heated throw, you may own one already and they can be cheaper to buy.
- Putting an extra layer (fleece or blanket) under the duvet will keep you much warmer than laying a blanket on top of the bed. And warm pyjamas are great too!
- Other things that can keep you warm are heated pads, heated floor mats, electric blankets and microwaveable wheat bags. These all cost less than 2p per hour to use.



Heated throws are cheap, portable and safe to use. You can even unplug them and put them in the washing machine.

See all our energy advice leaflets at www.cse.org.uk/advice-leaflets

6 Make hot food and drinks

- Drinking hot drinks and eating hot food raises your internal temperature.
- It's important to have as many hot drinks and hot meals as possible throughout the day.
- To save energy, only boil the water you need and use a microwave where possible as this is the cheapest option for heating food and drinks.



7 Find warm spaces

- Many councils are making designated 'Warm Hubs', heated public places you can spend time in for free and keep warm. Even if there aren't any in your area, many churches, community centres, libraries and museums offer free entry and activities.
- Some community venues also offer cheap or free hot meals.
- Consider starting an informal rota with friends taking it in turns to go to each other's homes so you don't need to warm as many homes at once. You could even share a meal.



8 Prevent damp and mould

Damp causes houses to feel colder and is bad for your health. We produce a lot of moisture when we cook, shower and dry clothes. All this moisture has to go somewhere, and if it's trapped in your home, it'll cause damp and mould.

You can help your home stays dry and mould-free by:

- Keeping the doors closed and the windows open in rooms where you're showering, cooking or drying laundry, and use extractor fans if you have them.
- Keeping furniture away from walls to allow air to circulate.
- Cleaning mould off the walls to stop the mould spores from spreading.
- Where possible, drying your clothes outside. If you can't do this, use the fastest spin speed on your washing machine to get as much moisture out as possible before you hang them. Avoid hanging clothes on warm radiators because this increases the humidity in your home; instead hang them in a room with the door closed and window open.



For more information, see our factsheet on condensation, damp & mould.



St James Court,
St James Parade,
Bristol BS1 3UH
0117 934 1400
www.cse.org.uk
info@cse.org.uk

Charity: 298740
Founded: 1979

We're a charity supporting people and organisations across the UK to tackle the climate emergency and end the suffering caused by cold homes.

Our Home Energy Team offers free advice on domestic energy use to people in Bristol, Somerset, Wiltshire, South Gloucestershire, Dorset, Berkshire, Hampshire and Oxfordshire.

Contact us:

PHONE 0800 082 2234
EMAIL home.energy@cse.org.uk
WEB www.cse.org.uk/loveyourhome
TWITTER @HelloCSE

Voscur – Cost Of Living Support Brochure

**Cost
of
LIVING**
support booklet



OVERVIEW

The cost of living crisis is going to affect everyone. Every single one of us will feel it impact us somewhere in our lives – whether that's heating our homes, thinking about what we can or can't eat, or planning ahead for the future. For those who are already facing the toughest challenges within society – feeling marginalised and isolated, experiencing discrimination or inequality, finding that they cannot participate as easily in opportunities – this rise in the cost of living will exacerbate further those barriers. For some, this may be one crisis too many.

The VCSE (voluntary, community and social enterprise) sector in Bristol already provides essential spaces, services and programmes that focus on helping or empowering people in these situations. However, the VCSE sector is tired – really tired – after rising so expertly and with such innovation to the trials of the Coronavirus pandemic. People – staff, volunteers, trustees – gave so much of themselves to keep organisations going and to find ways to answer emerging needs at a time of intense societal change. The cost-of-living crisis is not allowing room for the decompression space that most people feel they need.

However, with further investment in the sector – involving many different types of resources – and by building on these excellent foundations with increased partnership working, the sector is ideally placed to expand, develop and respond to the cost-of-living crisis. Many of the answers to the challenges that lie ahead of us, as we as a community consider how to combat the economic problems ahead, are already there: the VCSE sector is providing these solutions.

This booklet brings together some of the resources for people or organisations that Voscur, working with key partner organisations, has identified. We encourage you to tell us more about what resources or information you need, and to contact us if you'd like to take part in shaping our understanding of working together to reduce the impact of this crisis.

- Rebecca Mear, Voscur CEO



FINANCIAL SUPPORT

MONEY

A £400 discount on energy bills, which you don't need to repay, is available to all households with a domestic electricity connection in England, Scotland and Wales via [The Energy Bills Support Scheme](#).

You can check your eligibility for any benefits via Bristol City Council's [benefits calculator](#).

For specific benefits, the below websites will show you how much you may be able to claim:

- [Pension benefits](#): 0845 606 0365
- [Carers allowance](#): 0845 606 4321
- [Child benefit](#): 0845 302 1444
- [Disability and sickness benefits](#): 0800 882 200
- [Housing benefit and council tax reduction](#)
- [Pension credit](#): 0800 991 234
- [Tax credits](#): 0845 300 3900
- [Jobseekers allowance \(unemployment benefits\)](#): 0800 055 6688

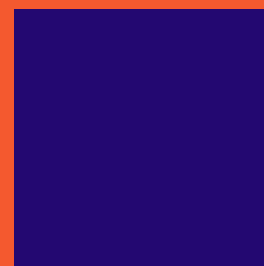
ADVICE

The following organisations offer guidance in navigating debt:

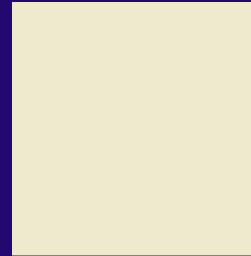
- [Citizens Advice Bristol](#)
- [North Bristol Advice Centre](#)
- [South Bristol Advice Services](#)
- [St Pauls Advice Centre](#)
- [Talking Money](#)

BROADBAND

Virgin Media offers low-cost Broadband for those on Universal Credit. [Eligible customers can get online for £12.50 per month on their new Social Tariff](#).



WELCOMING SPACES



A Welcoming Space is a communal area where people can access cost of living support. These spaces provide a range of services, from foodbanks to activities, and have been set up in already-established spaces of connection within communities.

Welcoming Spaces are split into two tiers. Tier 1 spaces are 'community living rooms', where people can socialise, share resources and seek advice relating to the cost of living.

Spaces that fall into Tier 2 have more restricted opening times, and may have activities targeted toward a specific community.

All Welcoming Spaces are wheelchair accessible with an accessible toilet.

**CLICK
MAP TO
SEARCH**



FOOD

Food support is available to you from across the city.

[FareShare](#) offers two options for getting food – a paid for service with a FareShare Community Food Membership or the opportunity to collect free surplus food from your local supermarket through FareShare Go.

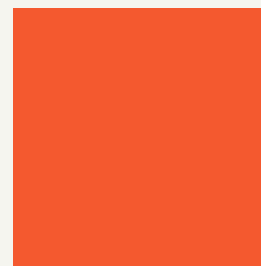
The [Feeding Bristol website](#) provides recipes and details of the [Holiday and Food \(H&F\)](#) programme, where children eligible for free school meals can get free food and take part in activities.

Visit the [Family Action FOOD Club website](#) to access food at a reduced cost.

Visit your local food bank websites for information on how to get food parcels if you're eligible:

- [North Bristol](#)
- [North West Bristol](#)
- [South and East Bristol](#)

[Local crisis and prevention fund](#) can make food bank referrals.

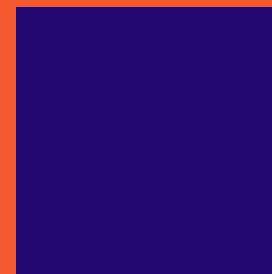


MENTAL health

Bristol Mental Health provides a range of NHS mental health support services including therapy, rehabilitation, dementia support, and wellbeing advice, also crisis support including Women's Crisis Centre, which provides a safe place for women in mental health crisis to stay.

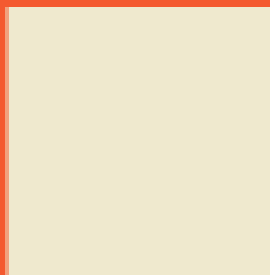
VitaMinds is a talking therapy service designed to support individuals by providing the tools needed to get things back on track. It's a free service.

Bristol Mind is a local mental health charity offering information and signposting, counselling, and a telephone helpline. Also hosts a variety of mental health self help groups.



Off the Record provides mental health services, a mental health movement mobilised to support, promote and defend the mental health, rights and social position of young people.

Samaritans provides confidential non-judgmental emotional support, 24 hours a day, for people who are experiencing feelings of distress or despair, including thoughts of suicide.



EMPLOYMENT

One Front Door can help you find work and training. They give priority to unemployed residents. Call them on 0117 922 2440 from 9am to 5pm, Monday to Friday or email onefrontdoor@bristol.gov.uk.

Clean Start Training and Employment supports people to manage their money better, find work (and better paid work) and get online.

Employment Plus by the Salvation Army can support with CV writing, interview skills, job searches, advice and guidance. They also have a training website that is free to access.

The Ways2Work Network is a community of employment support and training organisations sharing information about opportunities to help you find work.

The National Careers Service:

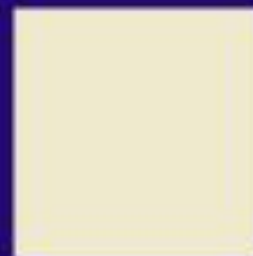
- gives advice and guidance on learning, training and work at all stages in your career
- helps you match your skills to potential new careers

Future Bright offers free, one-to-one coaching and support to help you take your next step at work.

Bristol Community Learning offers free courses to improve your confidence and skills for life and work, including:

- English
- maths
- digital skills

Thrive at Work provides free tools and resources, including free e-learning, to help create a mentally healthy workforce and mentally healthy workplaces.



HOMELESSNESS

Shelter offer support and advice with a range of housing problems including homelessness, evictions, renters' rights, repairs, and navigating the council housing system. They exist to defend the right to a safe home.

Citizens Advice are able to offer housing related advice.

Second Step are a mental health charity who also have homelessness services.

CHAS are a Bristol-based organisation that offers community-based housing advice, support and advocacy service and free, independent and confidential support to anyone in and around Bristol with housing issues, big or small.

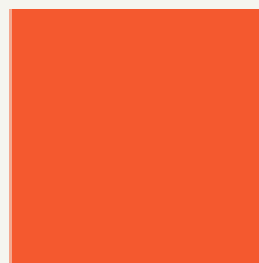
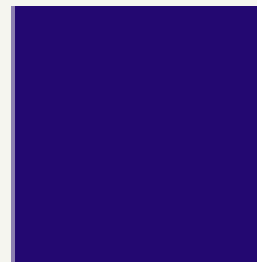
Caring in Bristol have produced a Housing Support Handbook.

ABA can provide housing support for people struggling with substance misuse.

1625ip specifically supports young people, aged under 25, who are homeless or are (or deemed as) at risk of homelessness.

There are night shelters and advice for people currently rough sleeping.

Move in, Move on, Move up is a service from One Front Door for anyone with a history of rough sleeping or living in temporary or unsettled accommodation. They give one-to-one support to help people get a job and earn more money.



MHST – Holiday Support

TIPS TO MAKE YOUR DAYS BRIGHTER THIS WINTER



My Wellbeing Checklist

- Am I getting enough sleep?
- Am I eating well?
- Am I drinking enough water?
- Am I connecting with friends?
- Am I moving my body enough?

A Few Ideas To Get You Started

- ★ [Make food together](#) → [‘Christmas For Kids Recipes’](#)
- ★ [Go outside in nature or for a walk](#) → [‘The Best Walks in Bristol’](#)
- ★ [Play a game together](#)
- ★ [Do something creative](#) → [‘Top 10 Free Creative Ideas for Families’](#)
- ★ [Listen to music](#)
- ★ [Watch a film](#)
- ★ [Move – dance, play, run, do yoga, play ‘Statues’](#)
- ★ [Grow a plant](#) → [‘Plants to Enhance Learning and Wellbeing’](#)
- ★ [Rest and sleep](#) → [‘Tips for Better Sleep’](#) | [‘How to Relax’](#)
- ★ [Enjoy a bedtime story](#) → [‘How to Read a Bedtime Story’](#)
- ★ [Get some space](#) → [‘Safe and Peaceful Place Visualization Exercise’](#)
- ★ [Self-care menu](#) → [‘Self-Care, Anxiety and Depression Coping Strategies’](#)
- ★ [Wellbeing action plan](#) → [‘Wellbeing Action Plan’](#)

compiled & produced by



BOOSTING YOUR MOOD



Apps

- ☆ [Calm Harm](#)
- ☆ [Clear Fear](#)
- ☆ [Calm](#)
- ☆ [Headspace](#)
- ☆ [DistrACT](#)

Happiness Chemicals and How to Hack Them

<p style="text-align: center;">DOPAMINE THE REWARD CHEMICAL</p> <ul style="list-style-type: none"> • Completing a task • Doing self-care activities • Eating food • Celebrating little wins 	<p style="text-align: center;">OXYTOCIN THE LOVE HORMONE</p> <ul style="list-style-type: none"> • Playing with a dog • Playing with a baby • Holding hands • Hugging your family • Giving compliments
<p style="text-align: center;">SEROTONIN THE MOOD STABILIZER</p> <ul style="list-style-type: none"> • Meditating • Running • Sun exposure • Walk in nature • Swimming • Cycling 	<p style="text-align: center;">ENDORPHIN THE PAIN KILLER</p> <ul style="list-style-type: none"> • Laughter • Essential oils • Watch a comedy • Dark Chocolate • Exercising

Managing Challenging Thoughts & Feelings

- ☆ [How to Deal with Unhelpful Thoughts!](#)
- ☆ [Reframing Thoughts - Take That Thought to Court!](#)

Christmas Resources

- ☆ [Tis The Season To Be Lonely' zine](#)
- ☆ [Looking After Your Mental Health Over the Holidays](#)
- ☆ ['Childline- Christmas'](#)

Coronavirus & Mental Health

- ☆ [Coronavirus and Mental Health!](#)
- ☆ [Help With How I'm Feeling!](#)

Community Resources

- ☆ [Bristol Somali Resource Centre](#)
- ☆ [Barron Hill Activity Club](#)
- ☆ [Bristol Youth Concern](#)
- ☆ [Southmead Development Trust](#)
- ☆ [Southville Community Centre](#)
- ☆ [Hartcliffe & Withywood Community Partnership](#)
- ☆ [Bristol Refugee Rights](#)
- ☆ [Muslim Youth Helpline](#)
- ☆ [Knowle West](#)

Alcohol & Other Drugs

- ☆ [Bristol Drugs Project: Contact Us](#)
- ☆ [Bristol Drugs Project: The Drop](#)
- ☆ [Bristol Drugs Project: Online Tools](#)

Support For Parents/Carers

- ☆ [Parents Survival Guide](#)
- ☆ [Supporting Your Child During the Coronavirus Pandemic](#)
- ☆ [Action For Children: 'Talk To Us'](#)
- ☆ [Five Ways to Manage Your Wellbeing as a Parent During Lockdown](#)
- ☆ [Guide to Supporting Children Who Are Worried](#)
- ☆ [The Stress Bucket](#)



Community Children's
Health Partnership



If you're struggling...

- ★ **Kooth**
An online counselling platform for young people aged 11-18, allowing you to talk to a trained counsellor via webchat. You can also take part in discussion boards and read articles written by other young people.
- ★ **Childline | 0800 1111 (7:30am-3:30am)**
Helpline and webchat where you can talk about anything that's on your mind.
- ★ **CAMHS Crisis Line | 0800 953 9599 (24/7/365)**
Immediate emotional and practical telephone support for young people aged 17 and under.
- ★ **Papyrus HOPELINEUK | 0800 068 4141 (9am-midnight)**
Offering phone, text and email support for young people experiencing suicidal thoughts.
- ★ **Samaritans | 116 123 (24/7/365)**
Listening support for anyone who is struggling to cope and wants someone to talk to.
- ★ **Shout | Text 'SHOUT' to 85258 (24/7/365)**
Text support for young people in crisis.
- ★ **Campaign Against Living Miserably | 0800 58 58 58 (5pm-midnight)**
Helpline and webchat providing information and support.
- ★ **The Mix | 0808 808 4994 (3pm-midnight)**
Information and advice for young people up to the age of 25, including articles, discussion boards, and phone and webchat support.



creativeyouthnetwork.org.uk



bdp.org.uk



otrbristol.org.uk

North Bristol

- ★ <https://southmead.org/event/youth-sessions-at-the-ranch/2022-12-14>
The Ranch offer sessions at their adventure playground across different weekday evenings. A good chance for children to keep social over the christmas holidays!
- ★ <https://southmead.org/gym>
The Greenway Centre Gym in Southmead offers concession rates for young people. Classes can also be accessed via move GB
- ★ [Where are all the warm banks in the South West? These are the confirmed locations so far | ITV News West Country.](#)
Warm Banks where people can go to spend time in the warm, talk to others in the community and learn some useful energy saving tips.
- ★ [welcome | Bristol NW Foodbank \(bristolnorthwestfoodbank.org.uk\)](#)
North Bristol food banks.
- ★ [Help For SEND Parents & Carers - Wednesday 18th January 2023 - The Mead BS10 - Southmead News & What's On](#)
Support in January for parents of children with SEND.
- ★ [Lawrence Weston Farm Outdoor Activities](#)
Call Helen on 0117 9381128 or email Helen@lwfarm.org.uk to find out more.
- ★ www.ebe.org.uk/welcomingspace
'What's on at Ebenezer Church' November/December, lots of weekly and one-off events

