

**Families in
Focus**



July 2023 Families in Focus Bulletin - Part 1

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

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

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

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

Part 2 – Information and Support for Practitioners

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

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

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Information and services for children and young people

Your Holiday Hub Summer Activity link



**Your
Holiday
HUB**
Bristol

**Hundreds of
holiday activities
are available
in Bristol**
Eligibility criteria apply

Sports

Day trips

Cookery

Performing arts

Crafts

yourholidayhubbristol.co.uk

Your
Holiday
HUB
Department
for Education

BRISTOL
BAND

FEEDING
BRISTOL

PLAYFUL
BRISTOL

HAF funded by DfE – supported by Bristol City Council, BAND, Feeding Bristol and Playful Bristol



Places where children can eat for free or £1



PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE 6 WEEKS SUMMER HOLIDAYS 2023

COURTESY OF MONEY SAVING CENTRAL



<p>ASDA Kids eat for £1 All Day. Every Day at Asda cafes, with no adult spend required.</p> <p>TESCO Kids eat free with a purchase of 60p+ from Mon 24th July - Fri 1st September 2023</p> <p>SAINSBURY'S CAFES Kids eat for £1 with the purchase of an adult hot main. From 11.30am every day.</p> <p>BEEFEATER & BREWERS FAYRE Two children under 16 can get a free breakfast every day with one paying adult</p> <p>THE REAL GREEK Kids under 12 eat FREE every Sunday for every £10 spent by an adult</p> <p>TABLE TABLE Two children under 16 can get a free breakfast every day with one paying adult</p> <p>TRAVELODGE Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free</p> <p>HUNGRY HORSE Kids eat for £1 on Mondays & up to 2 Kids get free breakfast with 1 adult breakfast</p> <p>PREMIER INN Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free</p> <p>SIZZLING PUBS Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.</p> <p>IKEA Kids get a meal from 95p daily from 11am</p>	<p>HORRISONS Spend £4.49 & get one free kids meal all day, every day.</p> <p>GORDON RAMSEY RESTAURANTS Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants</p> <p>PRETO Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms</p> <p>BILLS 2 kids eat FREE all day, every day from Monday 24th July - Friday 1st Sept 2023</p> <p>BELLA ITALIA Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.</p> <p>WHITBREAD INNS Two kids under 16 eat for FREE with every adult breakfast purchased</p> <p>SA BRAINS PUBS Children can eat for £1 with any adult main. Valid All Day Wednesdays</p> <p>FUTURE INNS Under 12's eat for free with any adult meal. During the school holidays</p> <p>PAUSA CAFE @ DUNELM Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm</p> <p>YBI SUSHI From Mon 17th of July until Fri 11th of Aug kids eat free with every £10 adult spend</p> <p>TO BE CONFIRMED... M&S and Farmhouse Inns</p>
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Avonmouth Food Bank Summer Treat Boxes



Summer Holiday Treat Boxes

Available for low-income families

Includes items such as crisps, snacks, drinks, and baking kits etc.

Available for collection only. One box per family

1-4pm every Thursday from 20th July to 31st August from the Social Justice Hub in Avonmouth, BS11 9EN, while stocks last!

Self-referral only - Call the Foodbank on 0117 923 5343 to book your box!

Scrapstore Summer Play Sessions



SUMMER PLAY SESSIONS

led by Children's Scrapstore

Join us and explore a variety of play equipment for hours of creativity and imaginative play. Expect arts and crafts, sports kit, construction materials and a fully funded lunch for the children.

ALL SESSIONS 10.30AM- 2.30PM

PARK BY BMX TRACK, LAWRENCE WESTON, BS11 0EZ
TUESDAY 25TH JULY,
TUESDAYS 15TH, 22ND, 29TH AUGUST

LAWRENCE WESTON COMMUNITY FARM, SALTMARSH DR, BS11 0NJ
TUESDAY 8TH AUGUST
A FOREST SCHOOL PLAY SESSION IN THE WOODS WITH BACK2BASICS!

PARK ON BEVERSTON GARDENS, LAWRENCE WESTON, BS11 0SB
EVERY THURSDAY OF THE SUMMER HOLIDAYS
INCLUDES A FOREST SCHOOL PLAY SESSION WITH BACK2BASICS ON 24TH AUG!

Aimed at over 8s, younger children welcome with adult supervision

Contact - alys@childrensscrapstore.co.uk for more information





Bristol Playday



Bristol
Playday 

2023

From:
11am - 3pm

Wednesday 2nd August
Across three locations:
Blaise Castle BS10 7QS
St Agnes Park BS2 9QJ
The Big Hideout BS13 ORF

Games,
Arts & Crafts,
Nature Trails,
Accessible and Quiet
Spaces too!

Check out the
website for more
info:
playday.org.uk






#Playday2023

Grassroot Communities

WHAT'S YOUR PASSION?

CREATIVITY COMMUNITY CAREER PATHWAYS
NATURE YOUTH WORK SOCIAL ACTION

ARE YOU 16-30 YEARS OLD

The **GRASSROOT ACTIVATORS PROGRAMME (GAP)** is a yearlong course in central Bristol that will support YOU to be the changes YOU want to see...

Learning a wide variety of new skills, knowledge, experiences, and connections to help **transform your life...**

We will help YOU close the GAP to **achieving future opportunities** with your own dedicated Youth and Community Worker and Business mentor...

Do YOU want to be supported to realise an opportunity based on your passion?

Starting in September from 11-4pm on Tuesdays and Wednesdays...

Change is coming and it is going to be from the grassroots and up...

To explore this opportunity in more detail please contact Ben Carpenter



 07787502232
 info@grassrootcommunities.org



 SCAN ME

EveryFAMILY Summer Timetable



SUMMER TIMETABLE
 everyFAMILY, Brentry Lane, BS10 6RG
everyFAMILY
 empowering families for life
FREE

EVENTS:	DATE	DETAILS
ART DAY (AGES 8-11)	Thursday 27th July 10-2pm	For ages 8-11 years. Includes Hotdogs and salad. Booking essential 01179593800
WESTON TRIP	Tuesday 1st August	Optional packed lunch included. Booking essential please phone 0117 9593800 to book.
PARENT AND TODDLER GROUP	Mondays 10-11.15am	For 0-5 years. Drop in. No booking required. Starts Monday 31st July
SEND GROUP	Tuesdays 1.30-2.30pm	For under 8's (during school holidays). Drop-in. No booking required. Starts Tuesday 8th August.
WE THE CURIOUS	Wednesday 9th August 10am-12.30pm	Family Fun with activities from We The Curious. For ages up to 8. Booking essential 01179593800
TEDDY BEARS PICNIC	Thursday 24th Aug 11.30-12.30	Includes picnic food. Bring your favourite teddy. Includes activities and a story. For ages 0-5 years. Booking essential 01179593800
OUTDOOR ADVENTURE DAY AGES 8-11	Thursday August 31st 10-2pm	For children aged 8-11 years - Includes Pizza and Salad. Booking essential 01179593800

Bristol Libraries Summer Reading Challenge

Summer Reading Challenge 2023

Get ready for Ready, Set, Read! Arriving in Libraries and online this summer!

Developed in collaboration with the Youth Sport Trust, 'Ready, Set, Read!' will celebrate play and participation and will encourage children to engage in reading, games and sports, in any way that best suits them.

Children are challenged to get reading over the summer holidays. By taking part in the free Challenge, children will be able to join a superstar team and their marvellous mascots as they navigate a fictional summer obstacle course brought to life with illustrations by children's illustrator Loretta Schauer.

The challenge begins in libraries from Saturday 8 July.

Children can also take part online!

How to take part

Children can join at the library and pick up a Ready, Set, Read! folder or do the digital challenge online or do both!

To take part in the library, simply pick up a free folder, collect stickers and then read at least 8 books. At the end the reward is a brilliant Summer Reading Challenge medal!

To take part online go to summerreadingchallenge.org.uk/ where children create their own profile with the assistance of an adult. They set their own reading goals, and can read any books they choose! Children are encouraged to read library books, digital eBooks and listen to eAudio books. Each time they finish a book; they add it to their profile and write a review.

Rewards and Incentives

Children are rewarded with stickers and a medal if they take part in the library.

Online, the rewards are fun digital activities and incentives along the way, with online badges and games. When they complete the challenge online, they receive a downloadable certificate.

Benefits of the Summer Reading Challenge

Children who take part maintain reading confidence levels over the summer and are more enthusiastic about books and reading.

It keeps children actively reading over the summer, supporting the transition between year groups and stages.

The programme offers something fun & FREE to do together for your children, families and communities.

Accessing Books and Joining the Library

All of our libraries are now OPEN – Please check here for more details:

<https://www.bristol.gov.uk/libraries-archives>

We also offer e books and e audio books for free with your library membership card! If you're not already a library member, joining is easy and free, just [click here to join the library](#).

Support us

Please promote the Summer Reading Challenge in your school or setting and share on your social media channels. Find us on Twitter [@BristolLibrary](#), Instagram [BristolLibraries](#) and Facebook [Bristol Libraries](#).



There are lots of other activities going on in libraries over the summer too numerous to enclose. Just pop along to your local library and find out what's on!

Ambition Lawrence Weston Summer Programme

WHEN	WHAT	WHERE	WHEN	WHO
Monday 24 th July	Scarecrow making with Imayla https://form.io/form/231364401891354	Atwood Drive Allotments	10-2pm	Families
Tuesday 25 th July	Family Trip to The Wild Place	Leaving Youth Centre at 10am	10-4:30pm	Families
Wednesday 26 th July	Roman Villa open day with story teller – no need to book	Roman Villa, Long Cross BS11 0LH	10-2pm	Everyone Welcome
Thursday 27 th July	Family Trip to Weston Super Mare	Leaving Youth Centre at 9:15am	9-15-5pm	Families
Friday 28 th July	Fencing with the Little Musketeers https://www.eventbrite.co.uk/e/933792037617	Lawrence Weston Youth Centre	10-12pm	Ages 6+
Monday 31 st July	Campfire Cooking and pebble painting https://www.eventbrite.co.uk/e/653796993407	Atwood Drive Allotments	11-1pm	Everyone Welcome
Tuesday 1 st August	Family Trip to Barry Island	Leaving Youth Centre at 8:45am	8:45-5:30pm	Families
Wednesday 2 nd August	Breakfast Club – no need to book	Lawrence Weston Youth Centre	9-10:30am	Everyone Welcome
Wednesday 2 nd August	Netball with Kerry https://www.eventbrite.co.uk/e/655811496787	Lawrence Weston Youth Centre	10:30-12pm	Ages 6+
Thursday 3 rd August	Family Trip to Old Down Country Park	Leaving Youth Centre at 9:30am	9:30-4:30pm	Families
Friday 4 th August	Cooking with Beulah – Fruit Smoothies https://www.eventbrite.co.uk/e/663472312547	Lawrence Weston Youth Centre	10:30-12pm	Families
Monday 7 th August	Bugs, Slime and Dirt up close https://www.eventbrite.co.uk/e/663483094797	Atwood Drive Allotments	10:30-12:30	Families
Tuesday 8 th August	Family Trip to Avon Valley	Leaving Youth Centre at 9:15am	9:15-5pm	Families
Wednesday 9 th August	Breakfast Club – no need to book	Lawrence Weston Youth Centre	9-10:30am	Everyone Welcome
Thursday 10 th August	Family Trip to St Fagan's	Leaving Youth Centre at 9:15am	9:15-5pm	Families
Friday 11 th August	Dodgeball with James https://www.eventbrite.co.uk/e/653802830867	Lawrence Weston Youth Centre	10-12pm	Ages 6+



Ambition Lawrence Weston Summer Holiday Programme 2023

Monday 14 th August	Family Friendly Guided Bee Walk https://www.eventbrite.com/e/family-friendly-bee-walk-tickets-675295766817?aff=odditycreator	Lawrence Weston Moor	12:30-2pm	Everyone Welcome
Tuesday 15 th August	Family Trip to Brean	Leaving Youth Centre at 9:30am	9:30-5pm	Families
Wednesday 16 th August	Breakfast Club – no need to book	Lawrence Weston Youth Centre	9-10:30am	Everyone Welcome
Wednesday 16 th August	Childrens Kitchen Cooking Session https://www.eventbrite.co.uk/e/679023022057	Lawrence Weston Youth Centre	11-1pm	Families
Thursday 17 th August	Family Trip to SS Great Britain	Leaving Lawrence Weston Youth Centre at	10-2pm	Families
Friday 18 th August	Cooking with Beulah – Frittata https://www.eventbrite.co.uk/e/664507599117	Lawrence Weston Youth Centre	10:30-12pm	Families
Monday 21 st August	Building Wildlife Habitats	Atwood Drive Allotments	10-12pm	Everyone Welcome
Tuesday 22 nd August	Family Trip TBC			
Wednesday 23 rd August	Breakfast Club – no need to book	Lawrence Weston Youth Centre	9-10:30am	Everyone Welcome
Thursday 24 th August	Family Trip TBC			
Friday 25 th August	Blaise Museum lunch club	Blaise Museum, Blaise Castle	10-2pm	Everyone Welcome
Tuesday 29 th August	Wildlife Photography https://www.eventbrite.co.uk/e/663033129117	Lawrence Weston Youth Centre and Lawrence Weston Moor	1-3pm	Everyone Welcome
Wednesday 30 th August	Breakfast club and Emergency Services Day	Lawrence Weston Youth Centre	9:30-1:30pm	Everyone Welcome

For booking info –
 Facebook Messenger - <https://www.facebook.com/ambitionlw>
 Chat through our website: <https://www.ambitionlw.org/>
 Email – contact@ambitionlw.org
 Telephone – 0117 9235112
 In Person – Lawrence Weston Youth and Community Centre, BS11 0RX

[Ambition - Lawrence Weston Youth & Community Centre](#)



Scare the Crows Lawrence Weston Community Allotment



SCARE THE CROWS!

LAWRENCE WESTON COMMUNITY ALLOTMENT

Monday 24th
July 2023
10am-2pm

Food, Scarecrow Making and
Crafting at Lawrence Weston
Community Allotment -
Meet Atwood Drive Allotments
BS11 0PR



[APPLY HERE](#)



FREE MEAL PROVIDED

PRIORITY GIVEN TO FAMILIES IN
RECEIPT OF **BENEFIT RELATED**
FREE SCHOOL MEALS
AGES 8-12

FOR MORE INFORMATION, PLEASE CONTACT -
DONNA.SEALEY@AMBITIONLW.ORG
ROSIE BARTLEY 07544889508 ROSIE@IMAYLA.CO.UK



Roman Villa Open Day

Roman Villa Long Cross Open Day July 26th 10-2pm

Visit the villa for this special Ambition Lawrence Weston open day and find out what life was like for the Romans living here around 1700 years ago. There'll be crafty activities, trails, dressing up and info about the site. Have stories read to you by a special story teller and enjoy some Roman Juice.

Led by archaeology curator Kate Iles

Drop in anytime....and bring a picnic

**For more information
contact@ambitionlw.org
0117 9235112**

No need to book



Forest School Funday



FOREST SCHOOL FUNDAY

FRIDAY
11TH
AUGUST
2023
10AM - 2PM

LAWRENCE WESTON CITY FARM, BS11 0NJ

WHITTIE, COOK, CRAFT AND MORE!

AGES 8-12
(UNDER 8S MUST BE ACCOMPANIED BY AN ADULT)
PLEASE DRESS FOR THE WEATHER!



SPACES LIMITED - PLEASE APPLY HERE



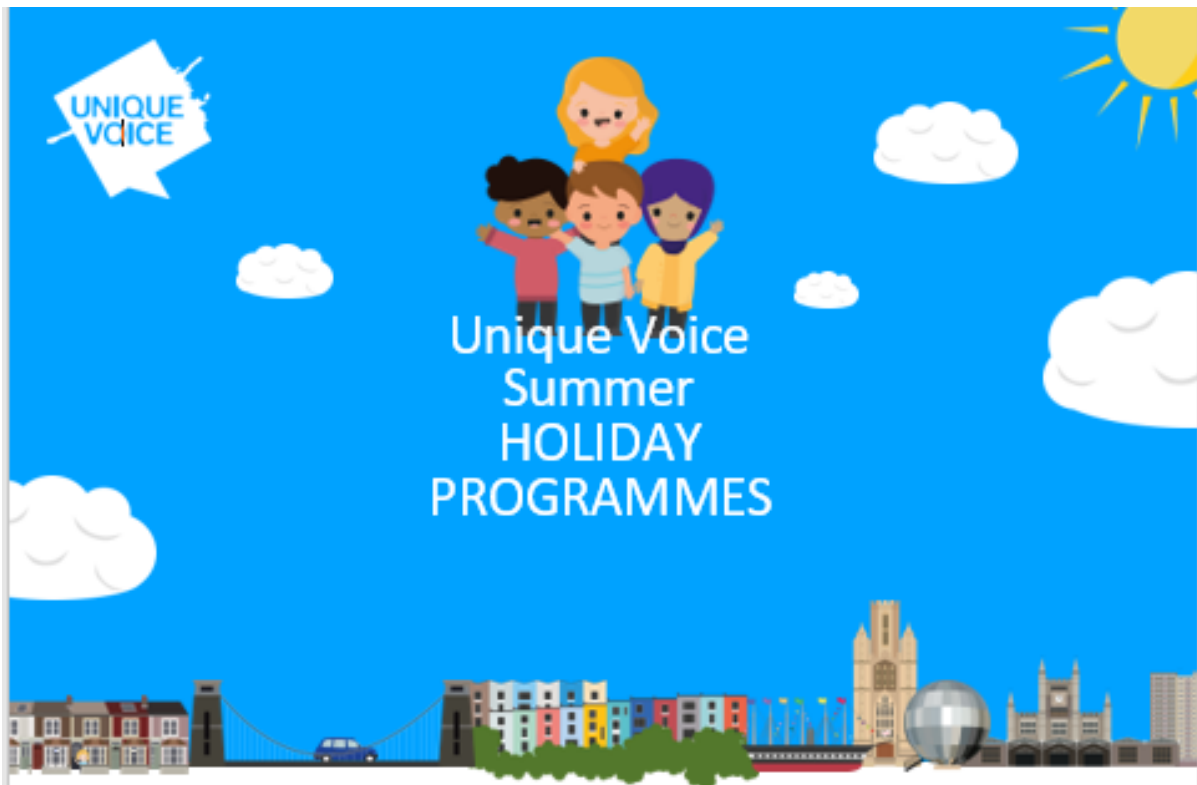
FREE MEAL PROVIDED

PRIORITY GIVEN TO CHILDREN ON BENEFITS-RELATED FREE SCHOOL MEALS

FOR MORE INFORMATION, PLEASE CONTACT ROSIE:
07544889508 OR ROSIE@IMAYLA.CO.UK

Unique Vice Summer Holiday Programmes



We will be delivering **Holiday Activity and Food programme** (HAF) funded holiday programmes this summer break across Bristol and South Glos. Sessions will be running Tuesdays - Fridays throughout the summer, 10:00 - 2:00pm daily.

Children will be taking part in performing arts, games, crafts and outdoor play. All activities designed to increase confidence, social emotional development and of course play!

- Children are provided with a free hot lunch and snacks each day.
- Places are free and fully funded by Bristol City Council and South Gloucestershire Council.
- Sessions are delivered by UV Youth and Play Worker. Our team has an Enhanced DBS on the update service and receives trauma-informed and safeguarding training.

Unfortunately at this time, we are unable to support children who require 1:1 support at our ~~programmes~~.

[To make a referral please click here](#)

If you have any questions contact Becky, UV Community Manager, at beckyh@uniquevoice.org

Upcoming Summer Programmes

Locations

We are running programmes in Eastville, ~~Wills~~, Little Stoke, Mangotsfield, ~~Lockaze~~, Patchway and ~~Withwood~~.

Dates

- Tuesday 25th - Friday 28th July
- Tuesday 1st - Friday 4th August
- Tuesday 15th - Friday 18th August
- Tuesday 22nd - Friday 25th August

Time

10:00am - 2:00pm

Eligibility

- Children must be aged between 5-11 years
- and in receipt of benefits-related Free School Meals.

This provision has been supported by funding from Bristol City Council and South Gloucestershire Council via the DfE



Blaise Museum



Blaise Museum

WHAT'S COMING UP THIS SUMMER



Museum entry and events are all free - donations welcome

Family holiday fun

Thurs 3, 10, 17, 24 August, 11am-3.30pm Craft, storytelling, trails and much more!

Visit the Villa

Kings Weston Roman Villa, Wed 26 July, Sat 29 July, Sat 9 September, 11am-4pm
Explore a real Roman villa, take a tour and get hands on with artefacts and activities.

Bristol's Brilliant Archaeology

Sat 16 September, 11am-4pm
A festival full of family fun with archaeological activities, demonstrations and stalls.

Blaise Museum

Open Thursday to Sunday, 11am-4pm,

bristolmuseums.org.uk

On the Blaise Estate

Blaise Community Gardens
Open Mon, Wed and Sat, 10am-2pm

Blaise Plant Nursery
Open every day, 10am-4pm

Blaise Castle
See friendsofblaise.co.uk for opening times



Supported by public funding from
ARTS COUNCIL
ENGLAND



Visit the Villa Café and Tour



Visit the Villa – Café and Tour

Tuesday 18 July 2023

Festival of Archaeology Wellness Café

Hope Church, Long Cross
10am until 12pm

Join us for a special discover more about Lawrence Weston's very own Roman Villa with tea, cake and museum curators.

Visit the Villa

Kings Weston Roman Villa, Long Cross
12.30pm until 2pm

Take a lunchtime look around Kings Weston Roman Villa.



Find out more or pick up a key to visit
the Villa at Blaise Museum
Open Thursday to Sunday, 11am–4pm,
bristolmuseums.org.uk



ly Sessions

Lockleaze Community Gardening Group

All Abilities Community Gardening Group

FREE

Weekly fun and friendly gardening
Every Thursday
1 pm - 2.30 pm.



We will be visiting various community
gardens and growing spaces
around Lockleaze.

To book, contact us on
wellbeing@lockleazent.co.uk
01179 141 129, or pop into the Hub



**Lockleaze
Neighbourhood
Trust**



Spear Bristol



16 - 24? Looking for work?

If you're 16 – 24 and serious about finding the right job, the Spear Programme could be for you.

Spear is a free, interactive programme that gets you ready for work or further training.

Join us on Tuesday 19th September at Christ Church Clifton, BS8 3BN




75%

find work and are still there a year later

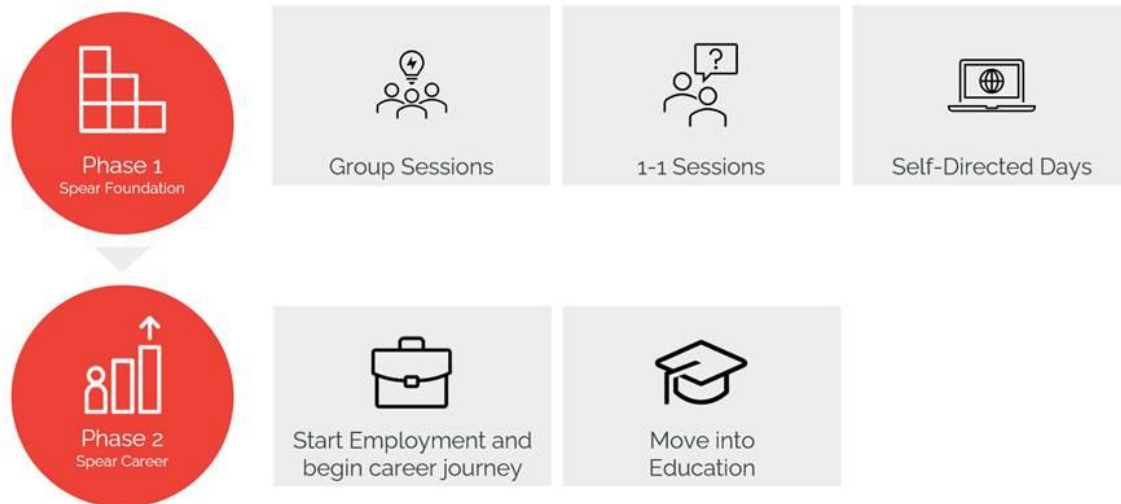
Sign up at
spearbristol.co.uk

T: 07840 527 336 E: Isabel.thompson@spearbristol.co.uk

Looking for to get into work or education and needing some support? The Spear Programme could be just for you! [Here's our website.](#)

 WHAT IS SPEAR?

- Spear is a **FREE 6-Week intensive programme** that equips **16-24 year olds** with the **skills and mentalities** they need to get back into work or education.
- This includes interview training, workplace opportunities, and interactive skills-based workshops on resilience and confidence-building.
- Spear then offers a **FREE year of support** so that there is consistent follow up for you



If you are interested, then sign up here <https://resurgo.org.uk/spear-programme/find-out-more/>

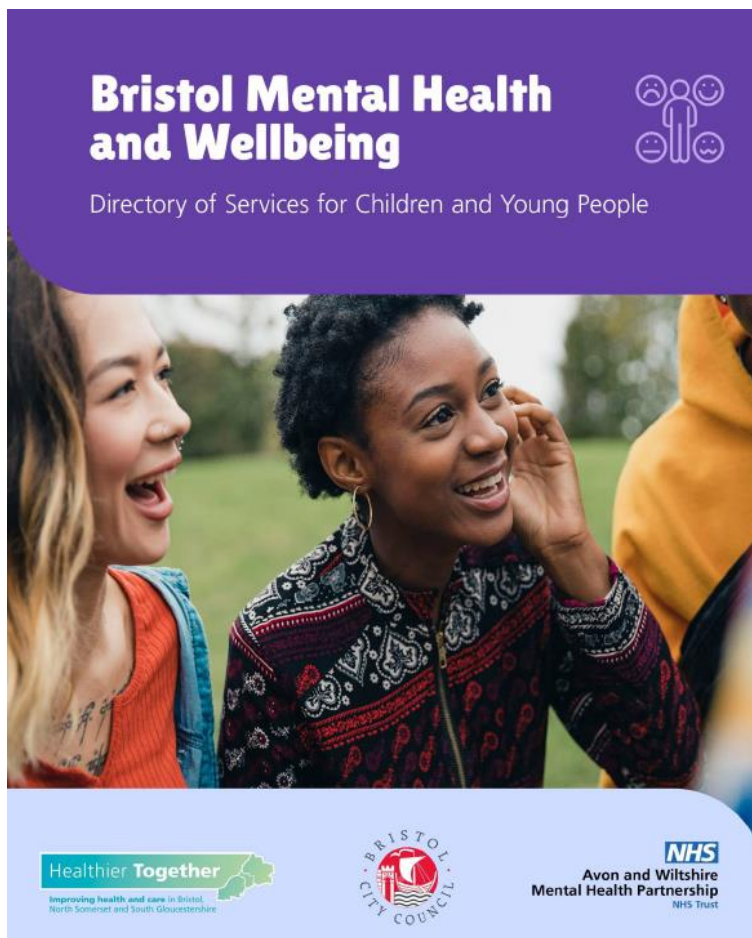
Want to hear from someone who has completed the Spear Programme? Listen to Poppy share her experience here <https://vimeo.com/798728028>

Bristol Mental Health & Wellbeing Directory

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

[Download it here:](#)

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



Bristol Mental Health and Wellbeing

Directory of Services for Children and Young People

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

BRISTOL CITY COUNCIL

NHS
Avon and Wiltshire
Mental Health Partnership
NHS Trust

Twilight Walk Lawrence Weston



Come along
to find out
more about
nature at
night with
**Avon
Wildlife
Trust!**

Twilight Walk at Lawrence Weston Moor

Friday 21st July | 8.30 - 10.30pm | Lawrence Weston Moor

July is a fantastic time to get outside and enjoy nature on your doorstep. Flowers are blooming, bees and butterflies are collecting nectar, and lots of fledgling birds have hopped from their cosy nests, July can feel like a wildlife party! Join us for an evening stroll around Lawrence Weston Moor, where we'll take in the sights, nature's sounds, and stop by the pond for some bat detecting!

Find out more & let us know you're coming by booking a spot (it's free!), limited tickets available booking is essential:

<https://lawrencwestonbats.eventbrite.co.uk>

Or contact Alex | email: mywildcity@avonwildlifetrust.org.uk | tel: 07421 226112



Avon Wildlife Trust. Reg. in England & Wales No.1495108. Reg. Charity No.280422. VAT No.567561410

Lawrence Weston Bike Show



St Andrew's
AVONMOUTH

St Peter's Church
LAWRENCE WESTON

with the

**Christian
Motorcyclists
Association**



Lawrence Weston Bike Show

A family friendly show for all types and sizes of motorbikes and scooters.

Bank Holiday Monday 28th August '23

10am - 4pm

Supporting




children's hospice
SOUTH WEST


Registered Charity No. 1003814

Best Bike awards
Bike safety checks
Bouncy Castle
Refreshments
Music
.....and much more

People First



People First



Self Advocacy Speaking Up Groups for adults with a learning disability in Bristol & South Gloucestershire



Get together with your peers
to share ideas and speak up
about things that are
important to
YOU.

Groups are free to attend and we will provide
tea/coffee & biscuits.



Would you like to find out more information
about future groups and events
in your area?




Please contact us:

01934 426086



info@nspf.co.uk

We look
forward
to hearing
from
you 

Ebenezer Church Women's World Cup Screening



EBENEZER CHURCH

WOMEN'S WORLD CUP ON THE BIG SCREEN

AT EBENEZER CHURCH
[286 FILTON AVENUE, HORFIELD, BS7 0BA]

ENGLAND VS HAITI
[SATURDAY 22ND JULY | 10.30 AM]

ENGLAND VS DENMARK
[FRIDAY 28TH JULY | 9.30 AM]

CHINA VS ENGLAND
[TUESDAY 1ST AUGUST | 12.00PM]

KEEP AN EYE ON WEBSITE
FOR FUTURE GAMES -
WWW.EBE.ORG.UK/WORLDCUP



Princes Trust Explore Programme July



EXPLORE PROGRAMME BRISTOL

FREE COURSE FOR YOUNG PEOPLE AGED 16-30

INFORMATION

Taster Day: Wednesday 5th July 2023
Course: 11th - 28th July 2023
Location: The Prince's Trust, Canningford House,
Victoria Street, Bristol BS1 6BY
Email: rosie.kinnear@princes-trust.org.uk
Call: 0800 842842

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

Princes Trust Explore Programme August



EXPLORE PROGRAMME BRISTOL

FREE COURSE FOR YOUNG PEOPLE AGED 16-30

INFORMATION

Taster Day: Wednesday 9th August 2023
Course Start: Tuesday 15th August 2023
Location: The Prince's Trust, Canningford House,
Victoria Street, Bristol BS1 6BY
Email: harry.goodrioki@princes-trust.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

Young Women's Forum

YOUNG WOMEN'S FORUM

CREATING CHANGE TOGETHER

AGES 16 - 25

OPEN TO ANYONE WHO
IDENTIFIES AS A WOMAN

FREE TO ATTEND,
REFRESHMENTS PROVIDED



Be part of making history
by creating the Young Women's Forum Bristol where young
women come together to discuss & enact change. Have your
voice heard, shape your future & meet like-minded women.

Supported by Bristol Women's Voice.



Monday, 31st July , 5:00 - 6:30 pm
The Station, Silver Street
BS12AG.

Shirehampton Markets and Community Fayre



Join us at our
High Street Market.

Thursday 3rd August 2023
10am until 3pm.

At:

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

Plenty of independent stalls to choose from:

*Handmade Gift Ideas, Arts & Crafts, Homeware, Jewellery,
Personal Care, Garden Plants, Toys, Dr. Bike,
& A Great Selection Of Food Too!*

PLUS: *Games, Crafts, Painting Poppies, Face Painting, &
High Street Character Hunt.*

Family Fun & Disability Friendly.
FREE ENTRY.

Supporting small local business & our High Street.

Contact:

shirehamptonmarkets@outlook.com



Shirehamptonmarkets



ShireMarkets



nextdoor.co.uk/g/6dg6vz86a/

Brought to you by Shirehampton Markets & SCAF



Delivered as one of the activities under the City Centre and High Streets Recovery and Renewal programme, funded by Bristol City Council and the West of England Combined Authority's Love our High Streets project.



Join us at our
Summer Community Fayre

Saturday 22nd July.
10am until 3pm.

At:

*Public Hall, Station Road,
Shirehampton, Bristol, BS11 9TX.*

Plenty of independent stalls to choose from:

*Handmade Gift Ideas, Arts & Crafts, Homeware,
Personal Care, Garden Plants, Toys, Jewellery,
Cakes & Barbecue.*

PLUS: *Games, Crafts, Painting Poppies, Face Painting, &
High Street Character Hunt.*

Family Fun & Disability Friendly.

FREE ENTRY.

*Supporting small local business
& our High Street.*

Contact:

shirehamptonmarkets@outlook.com



Shirehamptonmarkets



ShireMarkets



nextdoor.co.uk/g/6dg6vz86a/

Brought to you by Shirehampton Markets & SCAF



Bristol Cycling Centre

 betterbybike.info/bristolcyclingcentre
 Bristol Cycling Centre
 bristol_cycling_centre
 BrisCycleCentre

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



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



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

Central Library Lego Club



**Central
Library**

LEGO CLUB

Love Lego? Come to our Lego Club!

**14:30pm-15:30pm
On the 2nd and 4th Saturday
of every month
From the 25th of February 2023**

**Suitable for children 4-10 yrs
Children must be accompanied by an adult**

 **Bristol Libraries**
www.bristol.gov.uk/libraries



Barnardos Hype Art Lab



Believe in children
Barnardo's

HYPE
HYPe Art Lab

WELCOME TO HYPE ART LAB

for young people from 13 +
(Neurodiverse and Autism friendly)

WHAT'S INVOLVED

- Drawing
- Printing
- Painting
- Picture making
- Collage
- Making reels (Wed 16th Aug)

DATES:

Tue 1st Aug 2pm - 4pm
Wed 2nd Aug 2pm - 4pm and 4.30pm - 6.30pm
Tue 8th Aug 2pm - 4pm
Wed 9th Aug 2pm - 4pm and 4.30pm - 6.30pm
Wed 16th Aug Reel making 4.30pm - 6.30pm

**NO EXPERIENCE NECESSARY
JUST BRING ENTHUSIASM!**

 Email J3admin@barnardos.org.uk to book your place per session or call 07593 685617

● J3 library, 2nd Floor Easton BS5 0FJ

Empire Fighting Chance Summer Holiday Sessions

SUMMER HOLIDAY NON-CONTACT BOXING SESSIONS

**EMPIRE
FIGHTING
CHANCE**

Mixed non-contact boxing sessions with a qualified coach during the summer holidays.

Young people can learn boxing techniques, improve their fitness levels, and enjoy a fun environment without any physical contact or sparring.

FREE for any young person aged 8 to 16

WHEN?

School summer holidays 2023

Monday 31st July to Friday 1st September

Every weekday (Monday to Friday)

at 11:00am - 12:00pm (one hour)

except Bank Holiday on Mon 28th August

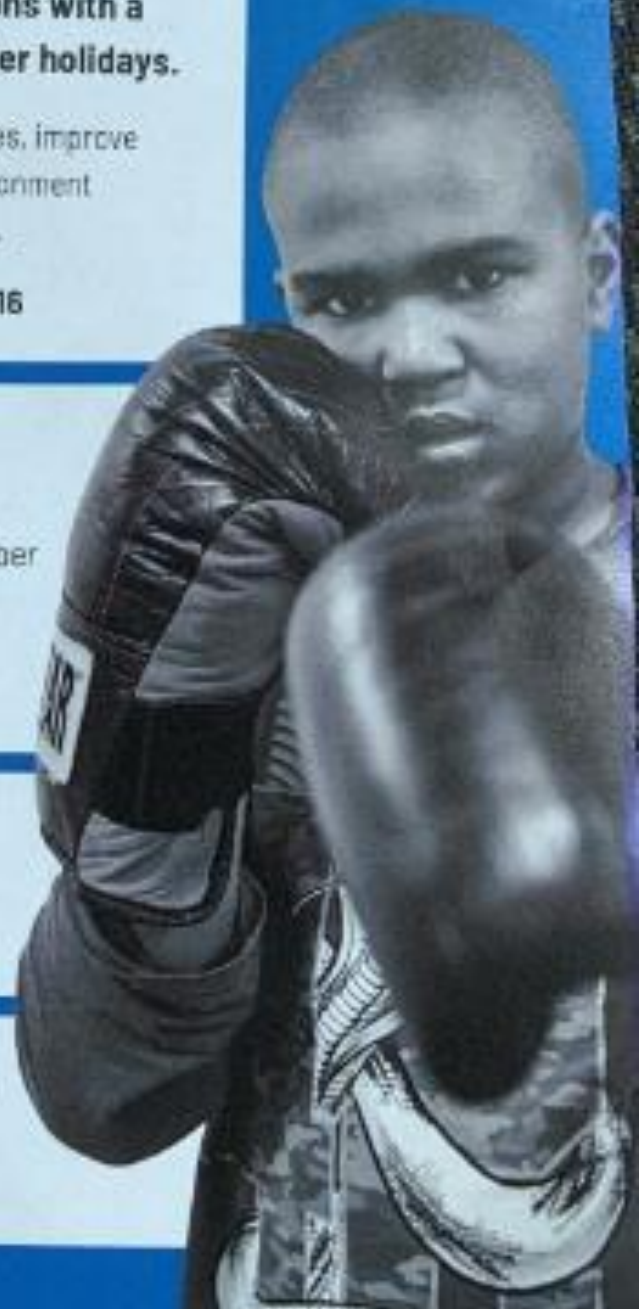
WHERE?

Empire Fighting Chance, The Mill, Lower Ashley Road, Easton, BS5 0YJ

WANT TO BOOK?

Email info@empirefightingchance.org

Or call 0117 472 5167



Bristol Drugs Project M32 Youth Group



M32 Youth Groups @ BDP Summer 2023

The groups are an opportunity for young people aged 5-16, who have parents who use alcohol or other drugs problematically, to have respite from the family situation, a time for fun and exploring new activities as well as building confidence and resilience.

The groups are open to children and young people from across the city and free transport is provided to pick them up and take them home.

The groups are held on Mondays after school from 4.45 to 6.45 pm. They meet twice a month for the 5-10 year olds and monthly for those aged 11-16. There is always a chance to have food together, followed by opportunities for arts and crafts, physical activities and learning new skills. There is always someone to talk to if a young person also wants some time out.

Please contact us if you want more information, or to refer a young person on:

0117 987 6009.

Youth Group

Bristol Drugs Project Parents Summer information

Parents!

WORRIED ABOUT YOUR CHILD USING ALCOHOL AND OTHER DRUGS THIS SUMMER?

Summer holidays are a time for fun and activities for young people, but it does mean a lot more time away from adult eyes. If you are worried that your child might be drinking or using drugs this summer we are here to help.

We can meet with your young person flexibly, promptly and in a place that suits them. We can discuss their use with them and guide them to access further support if they need it.

This can be a tricky period for you as a parent too, so we can also support you to access help through our partner organisation DHI's Family Support and Webfam services.

Call: **0117 987 6008**

Email: **info@bdp.org.uk**

Bristol Drugs Project New Leaf

NEW LEAF

cannabis advice + support*

- 🍃 **Want to know more about cannabis?**
- 🍃 **Concerned around your smoking?**
- 🍃 **Becoming worried about how you are feeling and what you are doing?**
- 🍃 **Want to cut down or stop?**
- 🍃 **Anxious about someone you care for?**

***For young people aged 11 - 19**

0117 987 6009
newleaf@bdp.org.uk

This project is supported by
the CHK Foundation.



Chat Health

 Community Children's Health Partnership



11-19 YEARS OLD?

We help young people with all kinds of things like ...



Mental Health
Bullying
Alcohol
Self Harm
Healthy Eating
Relationships
Drugs
Smoking

Message us for confidential advice and support and to chat with a School Nurse.

 Chat Health

Send a message to:
07312 263093

The service is open on Monday to Friday from 9am-5pm.

We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We might inform someone if we are concerned about your safety, but we would always speak to you first. Your messages are stored and can be seen by child psychiatrists that also follow the same confidentiality rules. We will reply to you within one working day and you should get an immediate bounce-back to confirm we received your text. Texts will not be seen outside of normal working hours. If you need help as fast as you have text from us, contact a number of services like your doctor. Our text number does not answer the calls or text you're a messages. We support messaging from UK in both main lines, any device. Our text number does not answer the calls or text you're a messages and some "number blocking" mobile apps prevent the school nurse from sending the messages to you by texting it to our number. Please respect your school's mobile phone policy. Messages are charged at your usual rate.

Service provided by
 Sirona
CORPORATE HEALTH

ARA Recovery for all Gambling Services

Ara are the National Gambling Treatment Service provider for Wales and the South West. We provide free, confidential treatment and support to anyone in Wales or the South West of England affected by gambling harms. The support available includes free advice, information, 1:1 counselling, peer and group support.

Ara
recovery for all
Gambling Service

www.recovery4all.co.uk

0330 1340 286

The Six To Ten Project

Six To Ten supports anyone impacted as the result of another person's gambling. With 12 weeks of FREE one-to-one support, we can help with finances, housing, health, relationships, legal, career and training, and much more.

For affected others help:

Phone: 03301241274

Email: info@thesixtoten.co.uk

Website: www.thesixtoten.co.uk



Young People's Gambling Harm Prevention

We deliver the Young People's Gambling Harm Prevention Programme in partnership with Gamcare. We offer FREE workshops for young people aged 10-19 and FREE CPD accredited workshops for the professionals who work with them. Workshops are ideal for school lessons, assemblies, and other types of youth-focused sessions.

For more information, please email:

rachelbonser@recovery4all.co.uk



Information and services for parents / carers

Bristol Libraries: Opening Hours

Bristol Libraries – opening hours

From 27 June 2022

		Mon	Tue	Wed	Thu	Fri	Sat	Sun
Central Library	0117 9037250	9.30-5	9.30-7	9.30-5	9.30-7	9.30-5	10-5	1-5
Avonmouth	0117 9038580	10-2	1-5	10-2	CLOSED	1-5	10-2	CLOSED
Bedminster	0117 9038529	10-7	CLOSED	10-7	10-5	10-5	10-5	CLOSED
Bishopston	0117 3576220	1-7	CLOSED	11-5	11-5	11-5	11-5	CLOSED
Bishopsworth	0117 9038566	10-5	CLOSED	11-5	CLOSED	10-5	11-5	CLOSED
Clifton	0117 9038572	10-2	1-5	CLOSED	1-5	10-2	1-5	CLOSED
Filwood	0117 9038581	11-5	CLOSED	11-5	CLOSED	11-5	10-2	CLOSED
Fishponds	0117 9038560	10-5	10-5	CLOSED	11-7	10-5	10-5	CLOSED
Hartcliffe	0117 9038568	1-5	CLOSED	10-2	1-5	1-5	CLOSED	CLOSED
Henbury	0117 9038522	11-5	CLOSED	11-7	CLOSED	11-5	11-5	CLOSED
Henleaze	0117 9038541	11-5	11-5	1-7	11-5	1-7	10-5	CLOSED
Hillfields	0117 9038576	CLOSED	10-5	10-5	CLOSED	CLOSED	11-5	CLOSED
Horfield	0117 9038538	11-5	11-5	CLOSED	10-5	CLOSED	10-5	CLOSED
Junction 3	0117 9223001	1-7	11-5	1-7	CLOSED	11-5	10-5	CLOSED
Knowle	0117 9038585	1-5	11-5	CLOSED	11-7	11-5	10-5	CLOSED
Lockleaze	07342031887	CLOSED	11-4	11-4	11-4	CLOSED	9-2	CLOSED
Marksbury Road	0117 9038574	CLOSED	10-5	CLOSED	10-5	CLOSED	11-5	CLOSED
Redland	0117 9038549	CLOSED	11-5	11-7	11-5	11-5	11-5	CLOSED
St George	0117 9038523	3-7	10-2	1-5	10-2	1-5	11-5	CLOSED
St George Extended Access*	0117 9038523	8-3	8-10 2.15-7	8-1 5.15-7	8-10 2.15-7	8-1 5.15-7	8-11 5.15-7	1-5
St Pauls	0117 9145489	1-5	1-5	10-2	1-5	CLOSED	11-5	CLOSED
Sea Mills	0117 9038555	10-2	10-2	1-5	1-5	10-3	10-3	CLOSED
Shirehampton	0117 9038570	1-5	CLOSED	1-5	10-2	1-5	10-2	CLOSED
Southmead	0117 9038583	CLOSED	11-5	11-5	CLOSED	1-5	11-5	CLOSED
Stockwood	0117 9038546	1-5	1-5	10-2	1-5	10-2	11-5	CLOSED
Stockwood Extended Access*	0117 9038546	8-1 5.15-7	8-1 5.15-7	8-10 2.15-7	8-1 5.15-7	8-10 2.15-7	8-11 5.15-7	1-5
Westbury	0117 9038552	2-7	11-4	11-4	11-4	11-4	11-4	CLOSED
Westbury Extended Access*	0117 9038552	8-2	8-11 4.15-7	8-11 4.15-7	8-11 4.15-7	8-11 4.15-7	8-11 4.15-7	1-5
Whitchurch	0117 9031185	1-5	10-2	1-5	CLOSED	1-5	10-2	CLOSED
Wick Road	0117 9038557	CLOSED	10-5	10-5	CLOSED	10-5	11-5	CLOSED

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

*Extended Access times are unstaffed. Please ask at the library for details of how to apply to join the Extended Access scheme.



Bristol Libraries: Baby Bounce and Rhyme



Baby Bounce and Rhyme



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

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

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



Bristol Libraries: Storytime Sessions



Storytime Sessions

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

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

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

Next Link Healthy Relationships and Domestic Abuse Awareness



NEXT LINK. PLUS+
 changing the face of
 domestic abuse support services
 Bristol

Healthy Relationships and Domestic Abuse Awareness

Preventative work with children and young people to support the development of safer, stronger and healthier relationships.

- Tailored age appropriate workshops for primary and secondary school pupils covers:
 - Safety and how to get support
 - Resolving conflict and disagreements
 - Healthy and unhealthy relationships
 - Early signs of coercive control (Secondary School Only)
- Training for school staff on Domestic Abuse awareness and pathways for support
- Helping schools to work towards their Bristol Ideal Award
- Option to take part in Home Office funded national evaluation to understand what works to improve children's understanding of domestic abuse and knowledge of how to get support
- Direct referral pathway into Domestic Abuse advocacy and support, including:
 - Children and young people domestic abuse workers
 - One to One therapy and play therapy
 - CRUSH and ACEAware Recovery Toolkit group work for young people
 - 1:1 drop in sessions in schools for advice and information for staff and parents
 - DA support for non-abusive parent and family members in safe house or the community
 - Advice on referrals to perpetrator programmes in Bristol



Contact us on
cyp.healthyrelationships@nextlinkhousing.co.uk
0800 4700 280

Next Link is the lead provider of the Next Link Plus partnership which includes the following organisations:



Next Link does not tolerate discrimination and expects its service users to respect each other and their differences. Next Link is part of Missing Link Mental Health Services. Missing Link is a Housing Association with charitable status, registered under the Co-operative and Community Benefit Societies Act (2004). Supported by Bristol City Council.



More information on evaluation.....

We are working with a team of researchers from the University of Central Lancashire to evaluate whether the programme is helpful in improving children's knowledge about abuse as well as how to get help. This is a really exciting opportunity for Bristol to lead the way in developing an effective programme to reduce our young people's involvement in unhealthy relationships and to enhance their mental health and recovery from domestic abuse.

We strongly encourage schools taking up the training to be part of the evaluation so we can understand whether we should continue to deliver the programme in the future. The design of the evaluation is still being agreed, however based on what we know about similar studies this is likely to involve children completing short questionnaires before and after they receive the training. This will take place in school time and will be supported by members of the research team. Each school taking part in the evaluation will receive an honorarium.

At this point we are asking schools to express their interest in receiving the programme and being part of the evaluation. Once the evaluation has received ethical approval we will be in touch to set up a meeting to set out what your school's involvement will look like. At that point you will be able to make a final decision about involvement in this exciting work.

Contact us on
cyp.healthyrelationships@nextlinkhousing.co.uk
0800 4700 280

Healthy Relationships and Domestic Abuse Awareness



NHS Healthy Start: Get Help to Buy Food and Milk

What is NHS Healthy Start?

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

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

You can also get free Healthy Start vitamins.

You'll get:

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

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



What can I buy?

Fruit and vegetables

✓ They can be:

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

✗ They cannot:

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

Plain cow's milk

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

✗ It cannot be:

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

Who can apply?

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

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

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

You will also be eligible for Healthy Start if:

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

Infant formula

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

✗ It cannot be:

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

Healthy Start Vitamins

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

Find your nearest vitamin provider on the Healthy Start website.

Take your prepaid card with you when you collect them.

For more information and to apply to the NHS Healthy Start scheme, visit:

www.healthystart.nhs.uk

Or call us on **0300 330 7010**

Our contact centre is open Monday – Friday, 8am – 6pm (except public holidays)



Follow us on Facebook and Twitter
@NHSHealthyStart

The allpay prepaid card is issued by allpay Ltd pursuant to license by Mastercard International Incorporated. allpay Ltd is a company regulated by the Financial Conduct Authority (FRN 900539) for the issuance of electronic money. Head office and registered address: Fortis et Fides, Whitestone Business Park, Hereford, HR11 3SE (Company No 02933191). Mastercard is a registered trademark of Mastercard International Incorporated.

How to apply

Visit
www.healthystart.nhs.uk

Fill in the online application form

Receive your pre-paid card in the post

You'll need to activate your card to get your PIN before using it.

Shop for healthy food and milk in most retail stores that sells the eligible food and milk items and accepts Mastercard® payments.

You'll need to insert your card into the card reader and enter your PIN when you make your first transaction.

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

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



NHS

Healthy Start

Get help to buy food and milk

Support for Inter-Parental Conflict

Support for Inter-Parental Conflict (SIPCo) A Project to Improve Parents' Relationships

Do you have a child or children aged between 8 and 14? Do you find it hard to get on with your partner or your ex? Do you frequently argue or shout at each other? Or have you stopped talking to each other because it's too difficult? If so, then this SIPCo project could help.

Whether you are with your partner or have separated, are an LGBTQ+ parent, a parent in an extended family, or any other group, we are looking for parents and carers who live in Bristol who:

have a **child aged 8-14**

are **getting into conflict** with a partner or ex-partner

are **willing to try something new** to help reduce their conflict.

This project (called SIPCo) aims to help you learn how to reduce the amount of conflict between you and your partner, or your ex.

The help on offer will either be relationship therapy (delivered by the couple therapy charity Tavistock Relationships) or access to some online resources with local support for reducing parental conflict.

The project is trying to compare the two types of support, so parents will be provided with one or the other. We expect both kinds of support to be helpful for families.

In the relationship therapy sessions (which will take place online), a therapist will help you and your partner/ex to communicate better, while the online resources are programmes that you will work through at your own pace with the support of a locally trained professional.

If you are interested, please get in touch using the details below. Referrals are open now.

Gina Pazienza

Email address: relationshipsmatter@bristol.gov.uk

One Plus One Debt and Relationships



Debt and relationships

Online materials to help you with debt and the impact it has on your relationships

Debt and money troubles are among the biggest causes of relationship stress.

In these short animations, real couples tell their stories of being in debt and the steps they took to get things back on track.

If you're worried about debt, watch these clips to see why it's best to act as soon as possible, and why it's always a good idea to talk to your partner about what's happening.



To access the online material, you will need a smartphone, tablet, or computer, and a good internet connection. It's FREE to use, so you'll just need to create an account with a username and password.



Register at this address
www.oneplusone.org.uk/parents
or scan the QR code



Lockleaze Guardians of Children with additional Needs.



LOCKLEAZE GUARDIANS OF CHILDREN WITH ADDITIONAL NEEDS

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



Come along to our friendly group and meet other parents and carers who have a child with additional needs who get it. Share your story and get practical advice about additional support at school, home and in the community

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

For further information please contact Jonathan Ford, Wellbeing Navigator on wellbeing@lockleazent.co.uk or 07708471787.



More information from Lockleaze Neighbourhood Trust - [Whats on? — Lockleaze Neighbourhood Trust \(lockleazehub.org.uk\)](https://www.lockleazehub.org.uk)

Lockleaze Wednesday Wellbeing Walks

Wednesday Wellbeing Walks

Keep Active - Make Friends - Connect with Nature

Free guided walk for all abilities

Hidden Delights of Cheswick Village

Wednesday 14th June

Stoke Park Walk

Wednesday, 12th July

Wednesday, 9th August

(Children accompanied by adults)

Meet at the Hub at 10.25 am

Dress for the weather

To book, contact us on wellbeing@lockleazent.co.uk

01179141129, or pop into the Hub

Join us for a
cuppa and lunch
afterwards at
The Hubbub!

#ActiveLockleaze
#WellbeingLockleaze



wesport
INSPIRING ACTIVE LIVES



**Lockleaze
Neighbourhood
Trust**



Lockleaze Neighbourhood Trust: The Really Wild Lockleaze



Lockleaze Neighbourhood Trust: The Really Wild Lockleaze Project

Lockleaze Nature Network Get Together

Wednesday 26th July 5.30pm-7.30pm

Cameron Centre, Cameron Walk, Lockleaze, Bristol BS7 9XB

A social evening for people who live or work in Lockleaze who care about nature and want to make a difference.

- Explore what a Lockleaze Nature Network could do
- Hear updates from local green organisations.
- Hang out, chat, and eat yummy food!
- [Kids](#) corner
- To book contact reallywild@lockleazent.co.uk or https://www.eventbrite.com/e/lockleaze-nature-network-get-together-tickets-666702564317?utm_source=eventbrite&utm_medium=email&utm_campaign=post_publish&utm_content=shortLinkNewEmail

Wild flowers and grasses seed collection walk

10-12pm 16th August 2023

Meet at the Hub, Gainsborough Square, BS7 9FB

Help collect the seed needed to create beautiful meadows across Lockleaze.

In Lockleaze, we are aiming to increase the space for nature in our gardens and on our greens. Collecting fresh local seed is the best way to create wildflower meadows. Join us on this [two mile](#) walk, with Eric our ecologist, where we will be collecting seed on the way. Please bring your own water, and scissors if you have them! Supervised children welcome.

To book contact reallywild@lockleazent.co.uk

Carers Support Young Adult Carers Walk and Talk



Walk & Talk

Dates: 27th July, 10th & 17th & 31st August 2023

Times: 1:00-2:30pm

Location: Bristol City Centre area, location will be announced closer to the dates.

This is for 16-17 year olds. Transport cannot be arranged.

The aim of our 'walk and talk' service is to improve carers' health and wellbeing by getting some gentle exercise, being outside in nature and connect with other carers. The groups run over 6 weeks for carers aged 16+ and they take place in a green space within their community. There is a mixture of groups: some for carers on their own; some for carers with the person they care for; some age-specific, for example, for young adult carers.

The walking groups are led by an experienced support worker, who chat with carers offering information and advice with any issues they might be experiencing in their caring role. During the walks and in the follow up work, the walk leader gets to know each carer's situation and provides a listening ear. Through these groups, we introduce our range of free support services (counselling, befriending, carers' assessments, employment support, etc.), as well as signposting to other local services.

For further information or to book, people can send an email to walk@carerssupportcentre.org.uk

Avonmouth and Shirehampton Wellbeing College

AVONMOUTH AND SHIREHAMPTON

Free
Wellbeing
Workshops

Improve your wellbeing

www.second-step.co.uk/wellbeing-colleges/bristol-wellbeing-college

Bristol Wellbeing College
for anyone 18+

Email

bristol.wellbeing.college@second-step.co.uk

Call

0117 914 5498

Book here!



SECOND STEP
PUTTING MENTAL HEALTH FIRST

It's about
you
BRISTOL WELLBEING COLLEGE

Avonmouth Wellbeing College

Feel **anxious** or **low** at times?

Learn tools, skills and strategies to improve your wellbeing at

AVONMOUTH COMMUNITY CENTRE

FREE to anyone 18+

Tuesday Afternoons	2.30pm - 4.30pm
11 July	Arts & Crafts: Pebble Painting
18 July	Writing for Wellbeing
25 July	Building Resilience
01 Aug	Confidence Building
08 Aug	Assertive Communication: Saying 'No'
15 Aug	Introduction to Coping with Low Mood
22 Aug	Introduction to Anxiety

See our full calendar online!

To book visit:

www.second-step.co.uk/wellbeing-colleges/bristol-wellbeing-college/

Get in touch:

bristol.wellbeing.college@second-step.co.uk or 0117 914 5498



Shirehampton Wellbeing College

Feel **anxious** or **low** at times?

Learn tools, skills and strategies to improve your wellbeing at

SHIREHAMPTON JTE HUB

FREE to anyone 18+

Thursday Afternoons	2.30pm - 4.30pm
13 July	Introduction to Anxiety
20 July	Ways to Wellbeing
27 July	Writing for Wellbeing
03 Aug	Confidence Building
10 Aug	Building Resilience
17 Aug	Assertive Communication: Saying 'No'
24 Aug	Understanding Yourself

See our full calendar online

To book visit:

second-step.co.uk/bristol-wellbeing-college

Get in touch:

bristol.wellbeing.college@second-step.co.uk or 0117 914 5498



NACOA



Providing information, advice and support
for everyone affected by a parent's drinking

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

Patrons: Tony Adams MBE • Calum Best • Lauren Booth • Rt Hon Liam Byrne MP • David Coldwell • Geraldine James OBE • Sophie K
Cherie  Elle Macpherson • Vicky Pattison • Suzanne Stafford CQSW • Camilla Tominey • David Yeland

Nacoo (National Association for Children of Alcoholics) addresses the needs of children growing up in families where one or both parents suffer from alcoholism, this includes children of all ages, many whose problems only become apparent in adulthood.

Nacoo's aims are: -

1. To offer information, advice and support to children of alcohol-dependent parents
2. To reach professionals who work with these children
3. To raise their profile in the public consciousness
4. To promote research into the problems they face and the prevention of alcoholism developing in this vulnerable group

Nacoo's free, confidential telephone (0800 358 3456) and email helpline (helpline@nacoo.org.uk) is at the heart of all we do, providing information, advice and support for everyone affected by a parent's drinking.

Our work is about planning for a more positive future, an opportunity for children, young people and adults to see that the world can be different from the one they know and that they can make positive choices for themselves.

Nacoo's services include: -

- Free, confidential helpline
- Online message boards
- Website with personal experiences (www.nacoo.org.uk), FAQs, resources and research
- COAisathing.com community blog site
- Information packs
- Publications for a range of ages, situations and professions
- Volunteering opportunities and training
- Lectures, outreach and COA Week co-ordination
- Research into the experience of children affected by parental drinking
- Media and social media advocacy
- Parliamentary representation for children affected

The National Association for Children of Alcoholics (Nacoo)
PO Box 64, Bristol, BS16 2UH

Registered Charity No: 1009143

Tel 0117 924 8005
Email admin@nacoo.org.uk
Web nacoo.org.uk
Socials @nacooauk



Bristol, North Somerset and South Glos Talking Therapies



**Bristol, North Somerset &
South Gloucestershire
Talking Therapies**


**Are you feeling low,
worried or stressed?
We are here to help you**

At NHS Bristol, North Somerset & South Gloucestershire Talking Therapies, we provide a range of support to thousands of people to help them to improve their mood and find ways to manage.

If you are 16 years and older and live in Bristol, Somerset or South Gloucestershire we can support you by providing the tools you need to get life back on track.

**Contact us
today - it is a FREE
and confidential
service.**

 vitahealthgroup.co.uk

 0333 200 1893

 Text 'YOU' to 88802

**Scan to
self refer**



Services provided by



Are you experiencing:



Excessive worry



Low mood



Depression



Anxiety



Lack of motivation

We provide a range of evidence based talking therapies and new ways of coping to help you better manage your mood.

Our therapies are available via secure video, text-based therapy, webinar, phone or face to face (one to one or group).



Our easy 3 step approach

01

Self-refer using our website, or by scanning the QR code on this leaflet or by giving us a call.

02

You will be assessed by a friendly member of our team. Together, we will agree the best support for you.

03

A fully qualified therapist will support you throughout your treatment.



Contact us today - it is a FREE and confidential service.



vitahealthgroup.co.uk



0333 200 1893



Text 'YOU' to 88802

Scan to self refer



**Making People Better in Bristol,
North Somerset & South Gloucestershire**

NSPCC Learning online Safety Workshops for Parents and Carers

NSPCC Learning¹

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

Parent Talk

Parent Talk



Down-to-earth parenting advice you can trust

Parent Talk offers free online support for parents and carers. Find answers to parenting questions, or talk to a parenting coach about anything that's worrying you. It's all free, and no topic is too big, small, or embarrassing.

Our parenting coaches have seen and solved it all – from weaning to teenage worries. They're support workers, childminders, play practitioners and teachers. They're parents and carers, just like you.

Visit parent-talk.org.uk. Or scan the QR code below – just open your camera, point it at the code, and you should get a pop-up to be taken to our home page.



parent-talk.org.uk



Mindful Parenting and Community Project



Mindfulness enables you to develop inner strength in the face of stress, anxiety and illness. You then become able to pause, see the situation more clearly and choose to respond rather than continue in usual patterns of immediate and automatic reacting.

The Mindful Parenting & Community Project CIC (MPCP)

MPCP was established by a group of Bristol-based Mindfulness Practitioners to support positive mental health and wellbeing in the South West.

We focus our services on the more deprived areas of the South West to bring improved health and wellbeing to those that are more isolated or vulnerable within their community.

We offer a variety of grant funded mindfulness-based courses and sessions based on specific themes.

All of these can be tailor-made to the specific needs of the group and delivered in a variety of venues within Bristol and the South West.

We can offer:

- 1:1 [sessions](#),
- Information workshops,
- Bespoke workshops,
- Mindfulness Courses,
- Retreat Days and Weekends.

Stressbusting For Parents

Our Stressbusting Course is an evidenced-based mindfulness course that was developed by Professor Susan [Bögels](#) and Kathleen [Restifo](#).

These courses are grant funded and delivered in more deprived areas of Bristol and the South West to support families who might not be able to attend a private mindfulness course.

It is a 10-week course using the building blocks of mindfulness that includes both formal and informal practices, movement, communication and relationship-based practices.

The aim of this course is to:

Look at how to manage the stress and frustration that comes from life as a parent. This course supports parents to notice stressful situations and learn mindfulness-based techniques to respond calmly to children.

When life gets tough, relationships with our children can be a source of additional worry and anxiety. We sometimes feel we do not have the resources or time to respond to them in the way that we would wish.

Stressbusting for Parents will support carers in their role as a parent.

It will help to:

- Feel more confident about being a parent.
- Manage the stress and frustration that affect us during difficult moments.
- Recognise and manage difficult / strong / uncomfortable emotions.
- Talk with, and listen to children.
- Strengthen the parent/child bond and improve communication.

Coming soon for autumn 2023:

We are organising a 10-week stressbusting course for parents taking place in South Bristol in the Autumn term with a taster session.

This is a free course for those parents on benefits or living in deprived areas and the aims of the course are described in the previous sections.

We are also organising taster or introductory workshops in all the MANS areas of Bristol.

Please contact us if you would like to be involved, host workshops or courses or you have clients you would like us to invite.

To find out more about any of the above, please email: mpcp.bristol@gmail.com

www.mpcp.info

Crimestoppers Cannabis Cultivation

Cannabis cultivation is harming your community

Criminals don't care who they exploit, or about the violence and damage they bring to our communities.

They destroy lives whilst pursuing vast profits.

You can speak up and remain 100% anonymous. Always.

CrimeStoppers.

0800 555 111

100% anonymous. Always.
crimestoppers-uk.org

SEND and Community Support Groups

Thinking about reaching out?

If you are becoming worried about your child's needs, here's where you can go for free, information advice and guidance

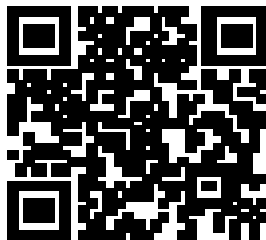
SEND and YOU

Independent advice and support service for special educational needs and disabilities

0117 989 7725

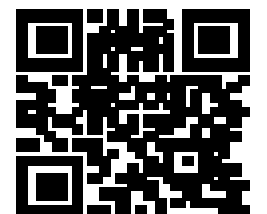
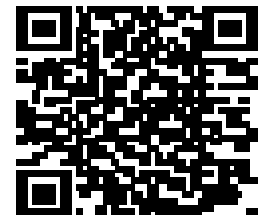
www.sendandyou.org.uk

support@sendandyou.org.uk

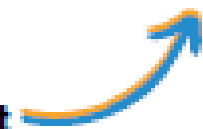


Bristol's Local Offer

website: a single place of information about services and support for children and young people from birth to 25 years old who have Special Educational Needs or Disabilities, and for their families and carers.



Sign up to the mailing list



FLORA

Families Local Offer Resources and Advice:

A free helpline for early support with your child's additional needs

0117 352 6020

flora@bristol.gov.uk



The person responsible for SEN, normally referred to as the **SEND Coordinator or SENDCo**

at your child's nursery, school or college can help you to understand the settings SEN policy and the help that can put in place to support your child.

SEND Parent Carer and Community groups who may be able to offer further support



North Bristol Childrens Centre Young Parents Group

nbcc
north bristol childrens centre

www.northbristolcc.org.uk

New Location

YOUNG PARENTS GROUP

WHEN
Every Monday
10:30am-12pm

WHERE
Long Cross Children's Centre
Lawrence Weston Bristol
BS11 0LP

PERFECT FOR
PARENTS UNDER 23

Babies, Toddlers, Mums,
Dads and parents to be.

STAY & PLAY

Free flow play
Children's activities
Inside & outside play
Stories
Singing
Drinks & snacks

ACCESS

A safe space
Support & advice
Information & guidance
Sign posting to other

Bristol Tea and Tech



Frustrated that everything is online these days?

Bristol Tea and Tech are running free drop-ins where our friendly volunteers can help you get online safely and easily to develop your digital skills and confidence.

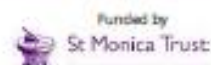
Whether you have no experience of computers, or just want to update your skills, we can help. Bring your own smartphone, tablet or laptop, or use one of ours.

Venues and dates

<p>Trinity-Henleaze United Reformed Church Waterford Road, Henleaze, Bristol BS9 4BT 10:00-12:00 on the following Fridays: June 9th and 23rd; July 7th and 21st; August 4th and 18th</p>	<p>Horfield Methodist Church 1 Churchways Ave, Bristol BS7 8SN 14:00 -16:00 on the following Fridays: June 9th and 23rd; July 7th and 21st; August 4th and 18th</p>	<p>Ambition Lawrence Weston Long Cross, Lawrence Weston, Bristol BS11 0RX 10.00-12.00 on the following Fridays: June 2nd, 16th and 30th; July 14th and 28th; August 11th</p>
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www.northbristoladvice.org.uk
0117 951 5751
Registered Charity number: 1066921



North Bristol Advice Centre Get Online

Get Online



North Bristol
Advice Centre



Get help with:

The Gain Space

Tuesdays: 10am - 12:30pm
Wednesdays: 1:30pm - 4pm

Just drop in!

Accessing online learning

Filling in online forms

Setting up and using email

Searching for information and jobs

Online safety and security

Using social media



**6 Gainsborough Square
Lockleaze, BS7 9XA**

Free support to help you Get Online and make the most of digital services

We can support those with little to no experience of computers, as well as those familiar with digital who are looking to improve or update their skills. Bring your own smartphone, tablet or laptop or use one of ours.

Examples of support we can offer:

➤ Email

Setting up an email account; composing and sending emails; managing the inbox.

➤ Online forms

Applying for a bus pass; registering for state pension; applying for travel documents.

➤ Online learning

Accessing and using Learn My Way; researching and signing up for training courses.

➤ Devices

Setting up and using mobile phones, tablets and laptops; downloading and navigating apps.

➤ Browsing

Searching for information; checking and commenting on planning permissions; comparing costs of train tickets; searching Ebay and Gumtree for products or services.

➤ Online safety

Understanding data security and how to stay safe online; updating passwords; registering devices for security checks.

To find out how we can help you Get Online, contact Nicola
Tel: 0117 951 5751
Email: nicola@northbristoladvice.org.uk

One Front Door



Looking for a simple route into work or training?

ONE FRONT DOOR

One Front Door can help you:

- Find the right job
- Find training and education
- Learn new skills
- Find volunteering or apprenticeship opportunities

Our coaches will help you create an action plan, build your confidence and achieve your goals!

We also help employers and training providers to advertise vacancies and courses.

Visit: onefrontdoor.org.uk
Call us today: **0117 922 3440**
Email: onefrontdoor@bristol.gov.uk

BRISTOL CITY COUNCIL

© 2019

The One Front Door Project aims to support Bristol residents who need employment support, advice and guidance. We can also signpost recommendations around other issues including Mental Health, Wellbeing, Financial problems and a wide range of other topics. One Front Door can work with anyone in Bristol and priority is given to those who are unemployed.

If you are unemployed, we can help you consider your work and training options and help you find out about the support services available in Bristol.

Volunteers Wanted Shirehampton

Volunteers Wanted

Are you able to give a couple hours or more to Shirehampton Markets? We are in need of volunteers to help at:

[Saturday Community Fayres](#) at the Public Hall in Shirehampton held 3 times a year mid-April, Mid-July & Mid-November

- **To help set up event** first thing in morning & **pack away** at the end of the day.
- **Help with our 'Market Kitchen' team** throughout the day.
- **Help wanted for arts and crafts room** throughout the day.
- **Volunteers to put up lamp post notices** first thing in the morning and then take down end of the day.

[First Thursday of each month at our High Street Markets](#) at the Tithe Barn, Shirehampton.

- **Help wanted for our arts and crafts/activities** throughout day during School Holidays.
- **Volunteers to put up lamp post notices** first thing in the morning and then take down end of the day.



Community Learning Course's

Community Learning West – FREE courses for people living in Bristol and/or surrounding areas, aged 19 or over who have few or no formal qualifications and face significant barriers to further learning and employment. If your course is online and you are worried about getting started with online learning, please call the contact number for the course you are interested in and they will be able to help you.

ESOL Conversation Club EASTON Free, drop-in sessions for ESOL learners. Fun and relaxed way to practise speaking English in a nice and friendly atmosphere.	10am to 11am	Mondays	Ongoing Term time	Esolconversationclubs@bristol.gov.uk	Easton Community Centre Kilburn St BS5 6AW All levels welcome
ESOL Conversation Club ZOOM Free, drop-in sessions for ESOL learners. Fun and relaxed way to practise speaking English in a nice and friendly atmosphere.	10am to 11am	Mondays	Ongoing Term time	Esolconversationclubs@bristol.gov.uk	Session via ZOOM, please email for more info All levels welcome
ESOL Conversation Club BEDMINSTER Free, drop-in sessions for ESOL learners. Fun and relaxed way to practise speaking English in a nice and friendly atmosphere.	2pm to 3pm	Mondays	Ongoing Term time	Esolconversationclubs@bristol.gov.uk	Bedminster Library Bedminster Parade Bedminster BS3 4AQ All levels welcome
ESOL Conversation Club HARTCLIFFE Free, drop-in sessions for ESOL learners. Fun and relaxed way to practise speaking English in a nice and friendly atmosphere. *creche spaces available*	10am to 11am	Tuesdays	Ongoing Term time	Esolconversationclubs@bristol.gov.uk	Hartcliffe Nursery and Children's Centre Hareclive Rd BS13 0JW All levels welcome
ESOL Conversation Club HANNAH MORE PRIMARY SCHOOL Free, drop-in sessions for ESOL learners. Fun and relaxed way to practise speaking English in a nice and friendly atmosphere. *only for members of Hannah More school*	2pm to 3pm	Tuesdays	Ongoing Term time	Esolconversationclubs@bristol.gov.uk	Hannah More Primary School New Kingsley Road St Phillips BS2 0LT All levels welcome
ESOL Conversation Club CITY CENTRE Free, drop-in sessions for ESOL learners. Fun and relaxed way to practise speaking English in a nice and friendly atmosphere.	5.30pm to 6.30pm	Tuesdays	Ongoing Term time	Esolconversationclubs@bristol.gov.uk	Central Library Café College Green BS1 5TL All levels welcome
ESOL Conversation Club ST PAUL'S Free, drop-in sessions for ESOL learners. Fun and relaxed way to practise speaking English in a nice and friendly atmosphere.	10am to 11am	Wednesdays	Ongoing Term time	Esolconversationclubs@bristol.gov.uk	St Paul's Learning Centre 94 Grosvenor Rd BS2 8XJ All levels welcome

ESOL Conversation Club BISHOPSTON Free, drop-in sessions for ESOL learners. Fun and relaxed way to practise speaking English in a nice and friendly atmosphere.	3.45pm to 4.45pm	Wednesdays	Ongoing Term time	Esolconversationclubs@bristol.gov.uk	Bishopston Library Gloucester Road BS7 8BN All levels welcome
ESOL Conversation Club UNITE VICTORIA STREET Free, drop-in sessions for ESOL learners. Fun and relaxed way to practise speaking English in a nice and friendly atmosphere.	5.30pm to 6.30pm	Wednesdays	Ongoing Term time	Esolconversationclubs@bristol.gov.uk	Unite the Union Tony Benn House Victoria Street BS1 6AY All levels welcome
ESOL Conversation Club ZOOM Free, drop-in sessions for ESOL learners. Fun and relaxed way to practise speaking English in a nice and friendly atmosphere.	10am to 11am	Thursdays	Ongoing Term time	Esolconversationclubs@bristol.gov.uk	Session via ZOOM, please email for more info All levels welcome
ESOL Conversation Club ST PAUL'S Free, drop-in sessions for ESOL learners. Fun and relaxed way to practise speaking English in a nice and friendly atmosphere. *creche spaces available*	1.30pm to 2.30pm	Thursdays	Ongoing Term time	Esolconversationclubs@bristol.gov.uk	St. Paul's Nursery School and Children's Centre Little Bishop Street BS2 9JF All levels welcome *CRECHE SPACES AVAILABLE* please book spaces by calling 07917615354
ESOL Conversation Club CITY CENTRE Free, drop-in sessions for ESOL learners. Fun and relaxed way to practise speaking English in a nice and friendly atmosphere.	5.30pm to 6.30pm	Thursdays	Ongoing Term time	Esolconversationclubs@bristol.gov.uk	Central Library Café College Green BS1 5TL All levels welcome
ESOL Conversation Club STOKE LODGE Free, drop-in sessions for ESOL learners. Fun and relaxed way to practise speaking English in a nice and friendly atmosphere.	5.30pm to 6.30pm	Thursdays	Ongoing Term time	Esolconversationclubs@bristol.gov.uk	Stoke Lodge Adult Learning Centre Shirehampton Road BS9 1BN All levels welcome

ESOL Conversation Club HORFIELD/SOUTHMEAD Free, drop-in sessions for ESOL learners. Fun and relaxed way to practise speaking English in a nice and friendly atmosphere.	1.30pm to 2.30pm	Fridays	Ongoing Term time	Esolconversationclubs@bristol.gov.uk	Southmead & Horfield Job Centre 1-15 Monks Park Ave BS7 0UD All levels welcome
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We welcome suggestions for new courses so please call us if you do not see a course you are looking for. Check our website www.communitylearningwest.net and our Facebook page <https://www.facebook.com/BristolCommunityLearning/>

* These courses are delivered on behalf of Community Learning West by commissioned partners.

SEND Parent carer Nurture Groups

NEW SEND PARENT CARER NURTURE GROUPS



Starting this September: 8 sessions to build emotional wellbeing and friendship amongst SEND parents

For LGBTQ+ parents: Mondays-8-9:30pm, Fishponds

For Somali Parents: Tuesdays 10.00-11:30am, Barton Hill

For all parents: Tuesdays 1.00-2:30pm, Lockleaze

For all parents: Wednesdays 10.30-12.00pm, Hartcliffe



FOR MORE INFO AND TO BOOK VISIT
MURMURATIONCOMMUNITYTHERAPY.COM

ESOL Conversation Club



The poster features a large pink speech bubble at the top left containing the title 'ESOL CONVERSATION CLUB' in bold green letters. To the right is the Bristol Libraries logo, which includes a colorful bar chart and the text 'Bristol Libraries' and 'www.bristol.gov.uk/libraries'. Below the title are two smaller speech bubbles: a yellow one on the left saying 'Drop in session for adults' and an orange one on the right saying 'Practise speaking English in a relaxed and friendly environment'. The central illustration shows a man in an orange shirt and a woman in a pink shirt sitting on a green hill, facing each other and smiling. At the bottom, a dark green banner contains the following text in white: 'Weekly on Wednesdays', '*Starting the 22nd of February 2023', '3:45pm - 4:45pm', and 'Bishopston Library'.

**ESOL
CONVERSATION
CLUB**

Bristol Libraries
www.bristol.gov.uk/libraries

**Drop in session
for adults**

**Practise speaking
English in a relaxed
and friendly
environment**

Weekly on Wednesdays
***Starting the 22nd of February 2023**
3:45pm - 4:45pm
Bishopston Library

IT Buddy Support



IT Buddy Support

- Bedminster Library** - Monday 5:30pm-6:30pm, Wednesday 5:30pm-6:30pm & 1st Friday of every month 11:30am-12:30pm
- Bishopston Library** - Saturday 2pm-3pm & Thursday 2pm-4pm
- Central Library** - Monday 11am-12pm, Wednesday 2pm-3pm
- Fishponds Library** - Tuesday 11am-12pm
- Henbury Library** - Wednesday 3pm-5pm
- Henleaze Library** - Alternate Tuesdays 2pm-4pm
- Horfield Library** - Saturday 3:30pm-4:30pm
- Junction 3 Library** - Tuesday 2:30pm-4:30pm
- Sea Mills Library** - Wednesday 2pm-4pm
- St George Library** - Tuesday 10:30am-12:30pm
- St Paul's Library** - Saturday 11:30am-12:30pm
- Westbury Library** - Wednesday 1pm-3pm

IT Support sessions are FREE!

Do you need support with writing an email or filling in an online form? Come to one of our 1-1 IT Buddy sessions!

Please contact your local library for more information



Beezee bodies Nutrition



putting your
FAMILY'S HEALTH
at your fingertips

FREE online course for families
to log on to healthy habits.

Live stream our expert family nutritionists to the comfort of your own home! We are experts at engaging children around healthy eating and fun exercise, and have plenty of tricks up our sleeves to help you and your kids make healthier choices, and then turn them into habits for a healthier, happier life!

BeeZee Families Live is a free, 10 week course of online webinars for children (5-12yrs) and their families to learn about healthy lifestyles.

SIGN UP FOR FREE!

-  beezeebodies.com/familieslive
-  03308 186308
-  @beezeebodies
-  BeeZee Families



 BeeZee Families

 *eligibility criteria applies, see website for details

SEND Parent Carer and Community Advice and Groups

Thinking about reaching out?

If you are becoming worried about your child's needs, here's where you can go for free, information advice and guidance

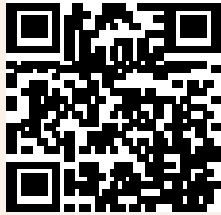
<p>SEND and YOU Independent advice and support service for special educational needs and disabilities 0117 989 7725 www.sendandyou.org.uk support@sendandyou.org.uk</p> 	<p>Bristol's Local Offer website: a single place of information about services and support for children and young people from birth to 25 years old who have Special Educational Needs or Disabilities, and for their families and carers.</p> <p>Sign up to the mailing list </p>	 
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	<p>FLORA Families Local Offer Resources and Advice: A free helpline for early support with your child's additional needs 0117 352 6020 flora@bristol.gov.uk</p>	
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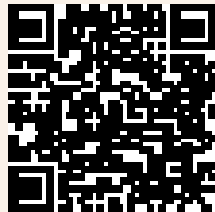
The person responsible for SEN, normally referred to as the **SEND Coordinator or SENDCo** at your child's nursery, school or college can help you to understand the settings SEN policy and the help that can be put in place to support your child.

SEND Parent Carer and Community groups who may be able to offer further support      

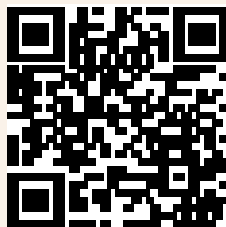
SEND and Community Support Groups



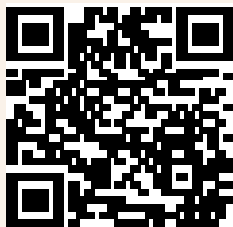
Autism Independence is a Bristol-based organisation which works with families and local authorities to help transform the lives of children with autism



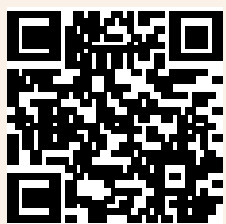
Bristol Autism Support provide information, support and training for parents and carers of autistic children in BS postcodes. Parents and carers do not need a diagnosis for their child in order to access our services.



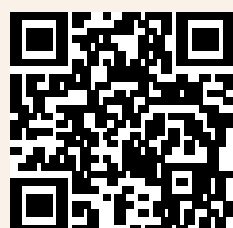
Bristol Parent Carers An independent charity run by parent carers for parent carers; providing signposting information for parents/carers of children and young people with SEND. They work with local SEND services to ensure that they are able to meet the needs of local families & hearing your feedback is an important part of that.



Bristol Black Carers provide culturally appropriate support and services for young and adult carers from the Caribbean, African and Asian communities and their families across Bristol.

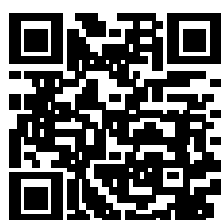


Barton Hill Activity Club Young kids: we offer a number of activities/ holiday/ half term activities. Families/residents with language barriers we provide support with communication. Elderly: shopping, errands deliver medication, fill in forms



Extraordinary Links Create a safe environment for families to enjoy time together and build a support network for the entire family. We encourage parents of a disabled child to bring all children, as siblings need support too!

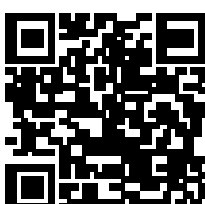
SEND and Community Support Groups



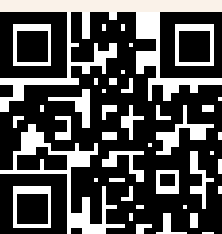
Gympanzees fun & fitness for children and young people with disabilities. Pop Up play centres during Easter & Summer holidays, with multiple interactive rooms, different session types & specialist disability equipment. Equipment lending service for families & an online resource hub full of ideas & activities to support disabled children to get active & encourage play & learning at home.



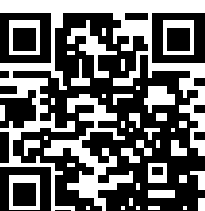
Incredible Kids Offer inclusive play sessions in Bristol. Whether you are looking for support, advice, friendship or fun inclusive family play you will find something for everyone in your family at Incredible Kids.



Ignite Bristol a movement to get more Disabled people active in Bristol. A place to showcase inclusive activities for participants & a new network of individuals, clubs & organisations working together to make Bristol a more disability inclusive, active city.



Khaas Offer recreational, respite & educational activities for children & their families, alongside support, information & advice. Culturally competent to working with the BAME community and have the skills and knowledge to deliver services that meet the needs of the community



Mothers For Mothers Are women with lived experience offering Information Advice & Support on perinatal mental health. If you're experiencing anxiety, depression, distress and/or isolation during pregnancy and/or after the birth of your baby - REACH OUT to us for immediate support. We offer SEND support to families.

Please drop into our peer support groups for an informal session with a SEND Support Worker

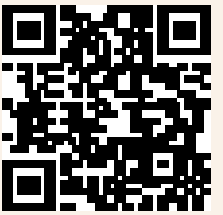


Murmuration Community Therapy runs nurture groups - 8 week-courses supporting the mental health & social connections of SEND parents, leaving them with an ongoing network of support. For parents of children with any disability or at pre-diagnosis stage.

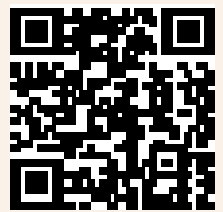
SEND and Community Support Groups



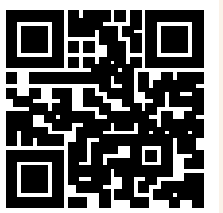
National Autistic Society (Bristol Branch) is run by a small group of volunteer parents, carers and friends of people on the autism spectrum who give their time and energy to support autistic people and their parents/carers.



NeonDaisy helps girls who are identified as autistic to make connections with each other. We also inspire & inform professionals and families about neurodiversity to build better support, sooner



Nothing Special an interactive group set up to help those who wish there was something out there for their young person. If you can't find it's not out there, create it and make it happen



SENSE Believe everyone should be able to take part in life, no matter their disability. Our work helps thousands of people who are deafblind or who have complex disabilities to communicate, experience the world and fulfil their potential.



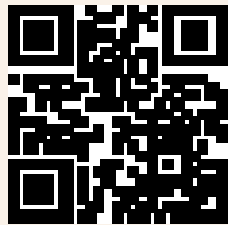
Somali Resource Centre Help Somalis to access mainstream services and navigate complex UK systems so that we creating a healthy, vibrant Somali community, integrated into British society as active social and economic participants



FACE is a youth and community charity commissioned to coordinate the Bristol Autism Project for Bristol City Council. BAP provides holiday-time activities for autistic children or those with Social, Communication and Interaction Needs aged 4-18 and their families (parent or trusted adult must attend). Families must be registered with BAP to receive programmes and booking details.

For more information about these and other SEND groups and activities see Bristol's Local Offer Website and Facebook page

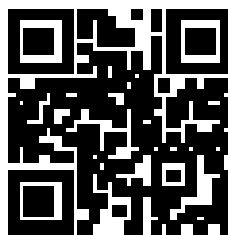
SEND and Community Support Groups



Family Centre, Deaf Children Provide information, advice & a sense of community to deaf families. We run workshops, BSL courses & provide social, emotional, & educational support for the whole family together with recreational activities & opportunities for the children.



Ups and Downs Are a Down Syndrome support charity serving children & young people, their parents/carers & all linked professionals dealing with the health and education of children and young people who have Down Syndrome



WECIL support families with Disabled Children through drop off & family evening & weekend activities designed around the child or young persons interests & needs as well as support & guidance for any areas that families may be struggling with. Every question, issue, frustration or query is valid. We work closely with you and offer support on what matters to you & to find practical & realistic solutions.

Support From Bristol City Council Teams



Family courses offered by the Bristol Autism Team

BAT support children and young people who have a formal diagnosis of autism and those on the pathway to diagnosis. BAT also support families of children who have a diagnosis of autism or are going through the assessment process & have social communication and interaction needs



Family courses offered by the Families in Focus team

Families in Focus offer a range of parenting courses for parents of children aged 3 to 17 . All courses are free, term time only and unless stated are available to Bristol Parents and Carers



What help should I expect from my school or setting . This guide describes the provision that is expected to be made for children & young people with SEND in Bristol schools and educational settings. It sets out the approaches that should be in place for all CYP with SEND in mainstream schools and EY settings. It also describes the provision that should be in place for CYP with different levels of SEND